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## **25-26 CIS Newsletter #3**

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Hello, Squalicum community!

My name is Justin Sanchez, student services coordinator at SQHS. I work for the nonprofit Communities in Schools which is dedicated to supporting K-12 youth on academic, behavior, and social-emotional goals, ensuring they have the basic necessities at school and home to thrive. I also work with 30-35 students a year for targeted, ongoing support in all those areas.

My office is in the Student Services and Family Resource Room (B214). Kids can get snacks, hygiene products, school supplies, resource flyers, and take-home meals.

Here is my quarterly newsletter on resources/events. This focus will be on local health and job opportunities, FAFSA/WAFSA workshops, YMCA Youth Institute, and food resources. Take up these spring and summer opportunities!

### **HEALTH OPPORTUNITIES**

- **DSHS Mobile Office:** Food, cash, medical support, including making changes to existing cases or requesting EBT cards
- **East Whatcom Health Fair:** 5/16/26 10:00-2:00 at 8251 Kendall Road. Free event, though advanced registration may be required. Medical, dental, memory, and insurance resources, plus free food!

### **JOB, EDUCATION, & FINANCIAL OPPORTUNITIES**

- **Teen Job Fair:** 4/16 3:00-5:00 at Bellingham High School. Open to all high school students in the district! Featuring part-time and summer employment and full-time entry-level employment for graduating seniors
- **[Continuing Education with Charlie Health](#):** Register for upcoming continuing education events presented by clinic experts at Charlie Health. Topics include OCD support, anxiety support through creativity, body image, adolescent and adult mental health, affirmation, and more
- **WorkSource Job Opportunities:** 3/31/26 event from 9:00-4:00 at 8251 Kendall Road. Help with job coaching, training programs, accessing unemployment, etc.
- **WECU First Step Visa Program:** Teens ages 15-19 can learn how to build good credit and avoid bad debt through the First Step Visa Program. They can choose between a live webinar or an on-demand course. After completing either option, students can apply for a \$300 First Step Visa credit card – with proof of income or a parent/guardian as co-borrower. Parents are welcome to join but not required. Registration is [here](#). Next live webinar is 5/14/26 6:00-7:30 PM; register [here](#). The on-demand course is available [here](#) any time.

## EAST WHATCOM HEALTH FAIR

When: Saturday, May 16<sup>th</sup>, 2026 10:00am-2:00pm  
with additional services on May 15<sup>th</sup>

Where: EWRRRC (East Whatcom Regional Resource Center)  
8251 Kendall Road, Maple Falls, WA

Who's Invited: All are welcome!

Cost: FREE, advanced registration may be required

Health Resources:

- Medical, Dental, & Vision Services
- Pediatric Wellness Services
- Memory & Hearing Services
- Insurance Resources & Registration
- Assistance Community & Other Wellness Services
- Massages, Free Food, Fun Extras & More!

### You're invited to the East Whatcom Regional Resource Center (EWRRRC)

to explore local career paths, gain valuable new skills, and let the experts at WorkSource support you in finding a job you love.

 TUES, MARCH 31, 2026

 9 AM-4 PM

 EWRRRC:  
8251 Kendall Road  
Maple Falls, WA 98266

### Register Now!



 Over the phone: (360) 599-3944

 Online: [tinyurl.com/WorkSourceEWRRRC](https://tinyurl.com/WorkSourceEWRRRC)

 In Person: 8251 Kendall Rd, Maple Falls

## DSHS Mobile Office Oficina Móvil is Coming!

OPPORTUNITY COUNCIL

1111 CORNWALL AVE, BELLINGHAM

THURSDAY 03/05/2026 10:00AM TO 2:00PM

Apply inside • Solicitar adentro

Food • Cash • Medical

Comida • Efectivo • Médico



You can also drop off paperwork, complete a review, make changes to an existing case or request an EBT card.

### Services We Offer

- Resume, interview, and job search coaching
- Referrals to training programs
- Help starting unemployment applications or accessing your SAW/ESD account
- Connections with local WorkSource resources

Hiring? Work with us!

## FINANCIAL AID COMPLETION EVENTS

- Need help filling out the FAFSA/WAFSA? Attend the virtual and in person events below!
- [Here](#) is a Zoom link to a FuturesNW financial aid registration on 4/8 6:00-8:00 PM
- [Here](#) you can sign up for an in-person session at the Lynden High School library 4/15 6:00-8:00 PM
- [Here](#) you can sign up for an in-person session at Burlington-Edison High School library 4/22 6:00-8:00 PM
- [Here](#) is a Zoom link to a FuturesNew financial aid registration on 4/29 6:00-8:00 PM

## YMCA YOUTH INSTITUTE OPEN ENROLLMENT

- Looking for a structured and supporting 9th-12th experience? This program, **June 29th-August 15th**, includes a week-long, tech free camping retreat focused on personal growth and community. Activities include college/career workshops, digital media and creative projects, and self-efficacy skill building

- 20 spots are open - acceptance is competitive! More info can be found [here](#)
- **Applications close April 15th.** Upon acceptance and a student-scheduled interview, the program would be **Monday-Friday 10:00-4:00**
- Upon successful completion of the program, participants may receive **up to a \$500 stipend** in recognition of their commitment and work

## YOUTH INSTITUTE

### DIGITAL MEDIA ARTS

Unleash your creativity with next-level video, graphics, sound, and music production. Let's turn your vision into art!

### JOB & ACADEMIC SKILLS

Resume writing, decision making, leadership, teamwork & problem-solving skills. Discover your post-secondary options by being exposed to different types of career paths.

### FIELD TRIPS

Attend field trips to unique & interesting places, including a multiday Wilderness Retreat experience!

Questions? For more information contact us at: 360-746-8444 or [teens@whatcomymca.org](mailto:teens@whatcomymca.org)



**SCAN TO LEARN MORE AND APPLY!**

Applications are due by April 15



## **BELLINGHAM FOOD BANK**

- Our food bank is amazing and is a great way to decrease your grocery bill. They are open Monday, Wednesday, and Friday from 10:00-6:00. Located at 1824 Ellis Street
- [Drive Through Program](#): Tuesdays 3:30-6:30. Reservations required for a one week or recurring basis.

### Free Grocery Program



[1824 Ellis St, Bellingham WA](#)

Monday 10 – 6  
Wednesday 10 – 6  
Friday 10 – 6

### Drive Thru



[1824 Ellis St, Bellingham WA](#)

Tuesday 3:30-6:30

### Home Delivery



This Program is Full, but you can [sign up for the waitlist here.](#)

Friday

### **FAMILY RESOURCE CENTER**

- As needed, connect with our Family Resource Center at Shuksan Middle School and Carl Cozier Elementary! Call the numbers below for food, diapers, toilet paper, laundry soap, shampoo, conditioner, etc. If transportation for pick up is needed, reach out to Justin or Frank Alvear. Donations of these items are also welcome if you have them
- **Shuksan**: 2717 Alderwood Avenue. Open Monday-Friday 9:00 AM-4:00 PM. 360-676-6456. Multi-lingual message line is 360-647-6816
- **Carl Cozier**: 1330 Lincoln Street. Monday-Friday 9:00 AM-4:00 PM. 360-676-5085

### **ADDITIONAL RESOURCES**

- **Community Resource Library**: The Whatcom Asset Building Coalition has local guides for food, housing, clothing, and holiday meals
- **Maple Alley Inn**: Opportunity Council is offering free meal programs and to-go meals. Breakfast is served Tuesdays 8:00-9:00 and lunch Wednesdays & Thursdays 11:30-1:00. Located at 2750 McLeod Road.
- **Whatcom Dispute Resolution Center**: The WDRC can provide and promote constructive and collaborative approaches to conflict. They offer education trainings, 1-on-1 sessions for identifying issues and setting goals, mediation to a wide range of disputes (family, landlord, work, etc.). Located at 206 Prospect Street. Call 360-676-0122 or email [wdrdc@whatcomdrc.org](mailto:wdrdc@whatcomdrc.org)

If you have questions, would like assistance with these resources, or need something not listed, contact Justin at [justin.sanchez@bellingshamschools.org](mailto:justin.sanchez@bellingshamschools.org) or (360) 676-6470 ext. 7607. Our family liaison Frank Alvear can be reached at [frank.alvear@bellingshamschools.org](mailto:frank.alvear@bellingshamschools.org), as well as for bilingual support.

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## **25-26 CIS Boletín Informativo #3**

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¡Hola, comunidad de Squalicum!

Mi nombre es Justin Sanchez, coordinador de servicios estudiantiles en SQHS. Trabajo para la organización sin fines de lucro Communities in Schools, que se dedica a apoyar a jóvenes de K-12 en metas académicas, de comportamiento y socioemocionales, asegurando que tengan las necesidades básicas en la escuela y en casa para prosperar. También trabajo con 30-35 estudiantes al año para brindar apoyo específico y continuo en todas esas áreas.

Mi oficina está en la Sala de Servicios para Estudiantes y Recursos para Familias (B214). Los niños pueden conseguir bocadillos, productos de higiene, útiles escolares, folletos de recursos y comidas para llevar a casa.

Aquí está mi boletín trimestral sobre recursos/eventos. Este enfoque será en oportunidades locales de salud y empleo, talleres de FAFSA/WAFSA, Instituto Juvenil YMCA y recursos alimentarios. ¡Aprovecha estas oportunidades de primavera y verano!

### **OPPORTUNIDADES DE SALUD**

- **Oficina Móvil de DSHS:** Alimentos, efectivo, apoyo médico, incluyendo realizar cambios en casos existentes o solicitar tarjetas EBT
- **Feria de Salud de East Whatcom:** 5/16/26 de 10:00 a 14:00 en 8251 Kendall Road. Evento gratuito, aunque puede ser necesario registrarse con anticipación. Recursos médicos, dentales, de memoria y de seguros, ¡además de comida gratis!

### **TRABAJO, EDUCACIÓN, Y OPPORTUNIDADES FINANCIERAS**

- **Feria de Empleo Juvenil:** 4/16 de 3:00 a 5:00 en la Escuela Secundaria Bellingham. ¡Abierto a todos los estudiantes de secundaria del distrito! Presentando empleo de medio tiempo y de verano, y empleo de nivel inicial a tiempo completo para los estudiantes que se gradúan
- **Educación continua con Charlie Health:** Regístrese para los próximos eventos de educación continua presentados por expertos de la clínica en Charlie Health. Los temas incluyen apoyo para el TOC, apoyo a la ansiedad a través de la creatividad, imagen corporal, salud mental adolescente y adulta, afirmación y más
- **Oportunidades de trabajo de WorkSource:** Evento el 3/31/26 de 9:00 a 16:00 en 8251 Kendall Road. Ayuda con orientación laboral, programas de capacitación, acceso al desempleo, etc.
- **WECU First Step Visa Program:** Teens ages 15-19 can learn how to build good credit and avoid bad debt through the First Step Visa Program. They can choose between a live webinar or an on-demand course. After completing either option, students can apply for a \$300 First Step Visa credit card – with proof of income or a parent/guardian as co-borrower. Parents are welcome to join but not required. Registration is [here](#). Next live webinar is 5/14/26 6:00-7:30 PM; register [here](#). The on-demand course is available [here](#) any time.
- **Programa Visa Primer Paso de WECU:** Los adolescentes de 15 a 19 años pueden aprender cómo construir un buen crédito y evitar deudas malas a través del Programa Visa Primer Paso. Pueden elegir entre un seminario web en vivo o un curso bajo demanda. Después de completar cualquiera de las dos opciones, los estudiantes pueden solicitar una tarjeta de crédito Visa Primer Paso de \$300, con prueba de ingresos o con un padre/tutor como co-prestatario. Los padres son bienvenidos a unirse, pero no es obligatorio. La inscripción está [aquí](#). El próximo seminario web en vivo es el 5/14/26 de 6:00 a 7:30 PM; regístrese [aquí](#). El curso bajo demanda está disponible [aquí](#) en cualquier momento.

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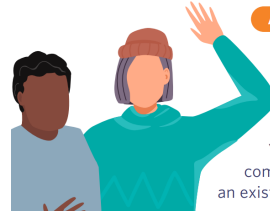
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## EVENTOS DE FINALIZACIÓN DE AYUDA FINANCIERA

- ¿Necesitas ayuda para llenar la FAFSA/WAFSA? ¡Asiste a los eventos virtuales y presenciales que aparecen a continuación!
- [Aquí](#) hay un enlace de Zoom para un registro de ayuda financiera de FuturesNW el 4/8 de 6:00 a 8:00 PM
- [Aquí](#) puede registrarse para una sesión presencial en la biblioteca de la escuela secundaria Lynden el 4/15 de 6:00 a 8:00 PM
- [Aquí](#) puede inscribirse para una sesión presencial en la biblioteca de Burlington-Edison High School el 4/22 de 6:00 a 8:00 PM
- [Aquí](#) hay un enlace de Zoom para un registro de ayuda financiera de FuturesNew el 29/4 de 6:00 a 8:00 PM

## INSCRIPCIÓN ABIERTA EN EL INSTITUTO JUVENIL YMCA

- ¿Buscas una experiencia estructurada y de apoyo para los grados 9th a 12th? Este programa, del 29 de junio al 15 de agosto, incluye un retiro de campamento de una semana sin tecnología enfocado en el crecimiento personal y la comunidad. Las actividades incluyen talleres sobre universidad/carrera, proyectos de medios digitales y creativos, y desarrollo de habilidades de autoeficacia.
- ¡Hay 20 plazas disponibles - la aceptación es competitiva! Se puede encontrar más información [aquí](#)
- **Las solicitudes cierran el 15 de abril.** Tras la aceptación y una entrevista programada por el estudiante, el programa sería de **lunes a viernes de 10:00 a 4:00**
- Al completar con éxito el programa, los participantes pueden recibir hasta **\$500 como estipendio** en reconocimiento a su compromiso y trabajo

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MORE AND APPLY!**

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## **BANCO DE ALIMENTOS DE BELLINGHAM**

- Nuestro banco de alimentos es increíble y es una excelente manera de reducir tu factura de supermercado. Están abiertos lunes, miércoles y viernes de 10:00 a 18:00. Ubicado en 1824 Ellis Street
- **Programa para conducir:** martes de 3:30 a 6:30. Se requieren reservaciones con una semana de anticipación o de forma recurrente.

## Free Grocery Program



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## **CENTRO DE RECURSOS FAMILIARES**

- Según sea necesario, ¡conéctese con nuestro Centro de Recursos para la Familia en la Escuela Intermedia Shuksan y la Escuela Primaria Carl Cozier! Llame a los números abajo para obtener alimentos, pañales, papel higiénico, jabón para ropa, champú, acondicionador, etc. Si se necesita transporte para la recogida, comuníquese con Justin o Frank Alvear. También se agradecen las donaciones de estos artículos si los tiene.
- **Shuksan**: 2717 Alderwood Avenue. Abierto de lunes a viernes de 9:00 AM a 4:00 PM. 360-676-6456. La línea de mensajes multilingüe es 360-647-6816
- **Carl Cozier**: 1330 Lincoln Street. Lunes a viernes 9:00 AM-4:00 PM. 360-676-5085

## **ADDITIONAL RESOURCES**

- **Biblioteca de Recursos Comunitarios**: La Coalición para la Construcción de Activos de Whatcom tiene guías locales para comida, vivienda, ropa y comidas festivas
- **Maple Alley Inn**: Opportunity Council está ofreciendo programas de comidas gratuitas y comidas para llevar. El desayuno se sirve los martes de 8:00 a 9:00 y el almuerzo los miércoles y jueves de 11:30 a 1:00. Se encuentra en 2750 McLeod Road.
- **Centro de Resolución de Conflictos de Whatcom**: El WDRC puede proporcionar y promover enfoques constructivos y colaborativos para el conflicto. Ofrecen capacitaciones educativas, sesiones individuales para identificar problemas y establecer metas, mediación para una amplia gama de disputas (familia, arrendador, trabajo, etc.). Ubicado en 206 Prospect Street. Llame al 360-676-0122 o envíe un correo electrónico a [wdrcc@whatcomdrc.org](mailto:wdrcc@whatcomdrc.org)

Si tiene preguntas, desea asistencia con estos recursos o necesita algo que no esté listado, comuníquese con Justin en [justin.sanchez@bellingshamschools.org](mailto:justin.sanchez@bellingshamschools.org) o al (360) 676-6470 ext. 7607. Nuestro enlace familiar Frank Alvear puede ser contactado en [frank.alvear@bellingshamschools.org](mailto:frank.alvear@bellingshamschools.org), así como para apoyo bilingüe.

