

family village issaquah

newsletter

eliminating racism
empowering women
Seattle | King | Snohomish

ywca

August 2017

Vol. 8 No. 7

YWCA Seattle | King | Snohomish is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

EMPOWERMENT FEST

08/16/17 4:00-7:00pm

Experience Community Building

&

Join the Village

**RESOURCE TABLES
GAMES & GIVEAWAYS
FOOD PLUS FAMILY FUN**

**YWCA
IS ON A
MISSION**

YWCA Family Village Issaquah
930 NE High St. Issaquah, WA 98029

hopelink
Helping people. Changing lives.

WELLS
FARGO

eliminating racism
empowering women
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the **Y**
YWCA

B
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Become Exceptional

orca
LIFT
Building Families.
Inspiring Possibilities.

HIGHLANDS COUNCIL
BUILDING COMMUNITY AT ISSAQUAH HIGHLANDS

STRUCTURING: A KEY COMPONENT TO SELF ESTEEM

by Claudia Lockwood MA LMHC

A good tool for a healthy mental life is STRUCTURING.

Many folks believe that freedom means no fetters, no strings, no one telling you what to do...when in fact freedom comes from STRUCTURE, not chaos.

Structuring provides freedom, **creates self-esteem**, provides grounding: all desirable mental states. But how???

When everything is all over the place, when you don't know where you are or where you are supposed to be, that is not freedom, that is CHAOS! Now, picture this: You have a budget, you keep to it, you pay your bills on time, you have a schedule, you know where you are supposed to be and where you are going, you make commitments and can follow through – that is structure and that creates FREEDOM! Your choices are based on sound information. Want to buy an extra pair of tennis shoes for your fast growing daughter? Look at your expenses and your budget and then make an informed choice. If you don't know what is in your bank and you spend that tennis shoe money and it is not there, and it eats into the rent money and you can't pay that – then there is chaos and no freedom at all.

Structuring is a big key to self-esteem and good mental health. Find a calendar, set up a schedule, get help with budgeting, get on a savings program even if it is \$1 a month, hey, you are saving...feels good!

Now, one size and one life tool does not fit all...if you are looking to improve your life tools, we have Counselors who are available at Family Village Issaquah. We serve adults, 18 and over and offer free counseling for Affordable Health Care recipients as well as a sliding scale fee for all others. Counselors are available Monday through Friday by appointment. To get started, contact Laura Miller at 425 922-6192. She will guide you through the process. If you have other issues and need immediate help you can always call us or use the King County Crisis Line at (206) 461-3222 , or go to the nearest emergency room.

Your Family Village Staff

Front Desk #: 425-270-6800

After-Hour Emergency #: 206-461-4888

Monday—Friday

9:00am—5:00pm

Services

Markeese..... Youth & Child Advocate
Victoria.....Program Coordinator
Fernanda..... Program Assistant
Beth.....Program Services Intern

Housing

Trina..... Housing Services Manager
Lisa.....Assistant Manager
Michelle..... Housing Office Intern

Facilities

Dan..... Maintenance Supervisor
Tony.....Maintenance
Mary..... Custodian
EricCustodian/Maintenance

Mental Health

425-922-6192

Laura..... Mental Health Director
Ben..... ORCA LIFT Coordinator

TRINA'S THOUGHTS FROM HOUSING & SERVICES

Walking Wednesdays for the community with staff Aug 9th/23rd 4:00pm-5:00pm



Stay tuned for new classes in Fall:

Parent Support Group, Finances, Stress Relief- Yoga off the Mat and many more !

From The Staff:

We would like to say farewell to our Child & Youth Director, Gina Yarwood. We thank you for your 17+ year commitment and dedication to the YWCA. Wishing you the best in all you do!