

# newsletter

October 2018

Vol. 10 No. 8

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

***“I can’t imagine my life without cancer because I can help people now like they have helped me”. ~Resident Pam***

In 2012, Pam was diagnosed with Stage 2 Aggressive Lobular Carcinoma. It was a year of determination, strength, and confidence of survival. Pam says, “The things that mattered: money, bills, car repairs, work... are still there, but are now small compared to helping others who are going through cancer. I walked every day no matter how bad I felt. My spiritual faith was important to me and my belief in always looking forward and not back! Contact others who have been through the same type of cancer. They can answer your questions and give you strength. Your doctors will give you contact information. Join a survivor group. It is so uplifting to know you are never alone. I attended many group meetings, met many friends and have been a speaker at events.”



Pam now has permanent neuropathy from the chemotherapy treatment, however works part-time at Walgreens to keep busy and be out with people. She has lived at FVI since December 2016 to be closer to family, previously from Texas. Her son-in-law worked for a company that helped build FVI! Pam hopes to see that people coming here new to the community will take more responsibility and help FVI become a more beautiful place to live, and to have the respect for others, property, and life.

## MEET RENEE MULLIN, YOUTH & FAMILY THERAPIST!



FVI has partnered with Friends of Youth! “We are excited to re-establish our partnership with Friends of Youth and bring additional resources on-site to FVI. I am confident that Renee will be a strong asset for children, youth, and young adults” says Eric Buley, YWCA’s Regional Director of Children and Youth Services.

Renee is from Texas and came to Washington State to further her education. Renee enjoys working with children and families. Her experience includes working with youth ages four through 23 years old. She specializes in helping youth to manage their life stressors such as adjusting to new schools, family conflict, and trauma. The modality of therapy that she practices is experiential, but she also draws from Cognitive Behavioral

Therapy (CBT), and family systems. During her free time, she loves to listen to music of all genres, learning about different cultures, and reading.

*\*Friends of Youth delivers a broad range of services to youth and their families to improve their emotional stability and self-sufficiency. Friends of Youth envisions all youth having every opportunity to succeed.*

If you are interested in learning more, please contact [fviinfo@ywcaworks.org](mailto:fviinfo@ywcaworks.org) or visit the front desk. Staff will be able to assist with the intake process.

Please Join Us For:

# FRIDAY NIGHT FRIGHTS

Family Village Issaquah  
Lower Community Room

PLEASE EMAIL ALL QUESTIONS TO  
TCLENDINEN@YWCWORKS.ORG

Every Friday for the month of October Youth Programming will offer a different scary movie in the lower community room. Youth are welcome to bring pillows and blankets. Popcorn will be provided.




Family Village Issaquah

## TRICKS & TREATS

Youth programming will be hosting a holiday celebration for the youth of FVI

Wednesday October 31  
\*Program will run until 5:30\*

PLEASE EMAIL ALL QUESTIONS AND CONCERNS TO  
TCLENDINEN@YWCWORKS.ORG

## YOUTH PROGRAMMING SCHEDULE

**Your Family Village Staff**  
Front Desk #: 425-270-6800  
[fviinfo@ywcaworks.org](mailto:fviinfo@ywcaworks.org)

**After-Hour Emergency #: 206-461-4888**

Monday—Friday 10:00am—4:00pm  
Wednesday By Appointment Only

### Housing & Services

Trina..... Housing Services Manager  
Lisa.....Assistant Manager  
Victoria.....Program Coordinator  
Michelle..... Program Assistant

### Children Services

Eric..... Youth & Children Director  
Tahnayee..... Children & Youth Services

### Facilities

Dan..... Maintenance Supervisor  
Tony.....Maintenance  
Mary..... Custodian




YWCA FAMILY VILLAGE ISSAQUAH  
RESIDENT NIGHT OUT

# FALL FESTIVAL

NACHO BAR  
PUMPKIN DECORATING

October 18, 2018 • 5 PM - 7 PM  
VILLAGE COMMONS