

THE STAR PROJECT

summertime fun in walla walla

July 2023



Did you know that there are quite a few fun family friendly things to do in Walla Walla that not only don't involve wineries...but are free or very low cost?

Neither did I, until I did a little searching and found the following ideas!

Walla Walla Public Library is a smorgusboard of fun things to do with your kids, with things like Artspace classes every Monday to a Mathtastic class every Wednesday and courses on cool things from Dungeons & Dragons...to a sewing lab that goes through the end of July!

The library is on 238 E. Alder and is open from 10am-7pm Mon-Fri and 10am-3pm on Saturdays.

Kids can bowl for free this summer IF you go to Bowlaway Lanes website and fill out the very user friendly registration. The times available are somewhat limited, but they have availability EVERY day and the only cost to parents is the cost of the shoes. Registration for this IS A MUST, so get out there and check it out!

411 Ash St in Walla Walla and 509-529-3000

The Walla Walla Children's museum located at 77 Wainwright Drive is another fan favorite for many kids. With both indoor and outdoor play areas...there are plenty of activities to keep little ones busy. Cost is \$5 a person, but there are scholarships available as well.

Downtown Walla Walla also has a series of free concerts available to everyone with two live shows every Saturday night through September. Guests are encouraged to bring chairs or blankets to sit on and listen to the music

The MOST Bus is available the 2nd and 4th Tuesday in JULY. This will be the last of the bus for the foreseeable future, so use it while it is here!



Overdose Awareness Day

"Recognizing those people who go unseen"

When: August 31st, 2023

Where: Washington Park, 700 W. Cherry St.

What: FREE family friendly BBQ to raise awareness of overdose and to CELEBRATE RECOVERY! More information to come!



A shout out to Del Taco for giving so many of our participants an opportunity to join the local work force!

Thank you to everyone who came to our Taco Bar dinner in June! It was wonderful seeing families and friends enjoying food, snow cones and balloon animals! Then a couple weeks later everyone was able to enjoy pizza at the park and see the kids cut loose and play. Participation is a BIG part of our program and we are grateful to every body who helps and attends!

We also want to make sure that we thank our participants who came to STAR to help whip the lawn and outside area into shape. Thank you Tyson and Billy Jo and Ray Ray. The outdoor area looks SO much better and we appreciate the hard work.



CYNTHIA'S CORNER

TOPIC: How to access Medical and Dental Services.

Dear Participant,
Working your way through the system to make an appointment for medical or dental care can be frustrating, here are a few ways that could help make this a bit easier for you.

1. Find out who your assigned medical provider is. How do you do this? There is a number on the back of your medical card. Call this phone number and they will give you the name and the phone number of the medical or dental provider you have been assigned to. In the case the provider that you've been assigned to does not have openings or states that they do not take your insurance, call the customer service number on the back of your card and they will either contact the clinic to find out more information or they will assign you another provider.
2. When you call the clinic, it will help if you tell the receptionist that you are a new patient and need to make a "New Patient Appointment". They will probably ask for your "member ID", this is the ID number listed on your medical card. A new patient appointment is longer than a regular appointment because the provider is going to ask you questions about your health, this is called a "health history" and helps the provider understand what your health care needs are.
3. Have a phone number where the clinic can call you or leave a message for you. The office will also call or send a text message to remind you of your upcoming appointments.
4. Have a calendar that you can write down your appointment dates and times, who and where the appointment is with and any special instructions.

What is the Headstart Program?

Head Start is a family development program funded by the federal government. It promotes school readiness by enhancing the cognitive, social and emotional development of its students. The program's environment supports children's growth in language and literacy, cognition and general knowledge, physical development and health as well as social and emotional development and approaches to learning. The role of the **parents** as their child's first and most important teacher is emphasized by the program's structure and activities. The program strives to build relationships with families that support family well being and positive parent-child relationships.

Walla Walla Center for Children and Families is still accepting applications for the next 2023-2024 school year. They have early learning preschool programs for children ages 3,4 and those who turn 5 after August 31st. They offer full and part time day sessions. Transportation IS available to Walla Walla residents. ALL OF OUR PROGRAMS are at NO cost to the family! If parents/guardians are interested, they can submit an early learning interest form online at **www.wwccf.org**.

The public is also encouraged to contact The Walla Walla Center for Children and Families at **509-527-3066** for more information.



Upcoming Events

- **July 4th Celebration at Pioneer Park**

All day event, come enjoy the park and booths and say Hi to us at The STAR Project booth!

- **July 6th, 2023 Quail Run**

This local retirement home could use help with landscaping and yard work, and The STAR Project has volunteered to help out. Please contact Katie or Rachael if you are interested AND lunch will be provided.

- **July 19- Participant Dinner!**

This is going to be another fun dinner at Wildwood Park @ 5:30PM. Bring your kids and families, your appetite and enjoy the summer weather and company. There will be a really great door prize as well!

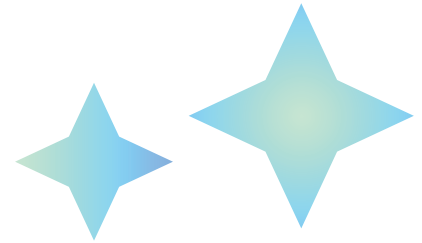
- **Fall Food Fest!**

This is going to be a FUN participant based food challenge. More information to come on this ,but get your cooking hat on and get ready to COMPETE!!





Parenting Programs in Walla Walla



I think that it is fair to say that we all can use some help in the parenting department sometimes. Being a parent is hard and it really does take a village to raise a family. Unfortunately, not everyone has a circle of friends or family that they can turn to when they have questions or even just need a break, but there are some good local resources that families can reach out to.

The Children's Home Society does not offer parenting classes per se, but they do have a family navigator (speaking both English and Spanish) that will work 1:1 with your family and they focus on education and support. If you call the Children's Home Society and do a screening with Jay Lucas at 509-529-2130, she then forwards the information to a family navigator and they will reach out to you with whatever assistance they can offer.

There is also a Free Parenting Support and Learning Opportunities Class. It is a 4-session mini-parenting course and is offered online by the WW Public Schools and Strong Living Founder, Heather Robinson. They focus on strategies that help strengthen communication, parenting and relationship skills as well as encourage family connections. Each session will have strategies for families parenting children 0-18 and you can attend any or all sessions. Register at <https://bit.ly/wwpsparenting>.

www.safeharborsupportcenter.org/programs is an AMAZING site. They offer Family Assistance, Youth programs and seminars that you can sign up for. They have so much good information, and it is easy to navigate and to understand.

If you are interested in going to church-based activities, Life Church offers many different groups that are open to the public. Please call 509-526-3450 for more information on what they have to offer. Long story short...the staff here at The STAR Project, all know how hard it can be, and we want nothing more than to see you all succeed and grow. There are some ideas in this newsletter that could help, or at least might be enlightening. If you are EVER struggling, please reach out, because there is always help if you remember to ask for it!

KEEP GOING.
KEEP GROWING.

