

Whatcom Mental Health: Sharing Resources & Facilitating Connections

Newsletter: May 2024

Note: You can search on this pdf using Control+F / Command+F

In June 2024 I will be taking a hiatus from compiling the Whatcom Mental Health newsletter.

This will be the last newsletter this year.

I'm pausing the newsletter for an undetermined time while I consider different options of how to continue to provide this information.

The May 2024 newsletter will stay online once the newsletter is paused. (The webpage will still be active and a link to May 2024 will be live at <https://www.whatcommentalhealth.org/>) Please note that this information is only current as of May 2024.

Thank you,

Anji Citron

GROUPS/CLASSES/WORKSHOPS – NEW

Skills-Based Stress Management Group for Middle Schoolers.

May 2 – June 6 (Thursday evenings for 6 weeks)

6:30-8 pm

Location: Downtown Bellingham in the Herald building

Know a child, or a parent, that is struggling with navigating the middle school experience? A child that is feeling the weight of expectations at school, at home, and with friends? Struggling with anxiety and overwhelm? Needing help towards increasing confidence, self worth and desiring more authentic connections?

Skills based, peer support group led by Brittany Bruner, MA, LMFT, CMHS, Thursday evenings for 6 weeks, May 2nd to June 6th, 6:30pm to 8pm.

Who is it for: This group is for those female identifying, that are currently in middle school, grades 6th through 8th. As a therapist specializing in working with adolescents, I help to create a safe, non-judgmental space to be heard and validated. Through a peer support group setting, I will teach tools and skills to help kids feel more confident in navigating various stressors and juggling expectations. Together, alongside peers, we will explore ways of reducing stress, taking care of oneself and

maintaining meaningful connections! Let me help with finishing the school year feeling confident and successful!

What to expect: Effective stress management, reduced anxiety, increased confidence, improved sense of self worth, safe space for expression

Cost and Payment: Cost is \$300 for the 6 weeks. Payment is due in full by the first group. Please contact Brittany if other payment arrangements need to be made.

For more information and registration for the group, please contact Brittany Bruner

Email: brittanylbruner@gmail.com

Phone: 360 325-9626

“Fierce Compassion”: A Women's Retreat with Carolyn McCarthy & Karen Schwisow. May 24-26

Whidbey Institute

This popular retreat sells out every year! Beautiful setting, delicious food, wonderful community, powerful practice.

<https://mindfulnessnorthwest.com/events/fierce-compassion-womens-retreat-may-24-24-carolyn-karen/>

Interpersonal Process Group for Mental Health Providers. Ongoing

Daniel Diamond, LICSW is running an interpersonal process group for therapists and other mental health providers. This is a weekly, in-person process group focused on using the power of the present moment to create a safe, supportive, and healing environment for those of us whose work so often involves creating safety for others. The focus of our sessions is the experiences and interactions of the group members with one another. We work primarily in the here-and-now, allowing members to experiment with new and more satisfying ways of relating to others.

The fee is \$35/session. We meet Monday evenings in downtown Bellingham.

If you may be interested in joining or would like to learn more, please contact Daniel Diamond, LICSW at 516-459-7347 or daniel@diamondmentalhealth.com to begin the conversation.

Rainbow Heads/Neurodiversity group (online). Mondays, 12:30-2 pm

We discuss our experiences relating to being Autistic and/or ADHD, such as masking, having conversations with neurotypical people, decisions for diagnoses, and experiences with medication, and

whatever feels important to us! Learn more and schedule a consultation to get started at <https://www.katamageau.com/>

Healing from Toxic Relationships group (online). Wednesdays, 12:30-2 pm

This is a group to talk and learn about toxic relationships, domestic violence, and/or intimate partner violence. This includes relationships with family, partners, work, friendships, all types of relationships. There is also an online course that people can take whenever is convenient for them! Learn more and schedule a consultation to get started at <https://www.katamageau.com/>

Mindfulness offerings.

<https://www.carolynmcc.com/>

<https://mindfulnessnorthwest.com/programs/#upcoming>

Midday Mindfulness

Drop-in online hour of guided practice. Warm community and simple, welcoming practices.

FREE but you must register

Wednesdays at noon

For Therapists: Financial Wellbeing Class Offered each month on the 3rd Thursday.

Usually 3-4 pm (on Zoom)

Are you stressed about your finances?

Would you rather feel calm, skilled, and inspired with money? 

Managing personal finances is complex, and most of us weren't mentored in the skills and methods we need to feel (and be) grounded and financially secure.

In this nourishing 1-hour class for therapists (and others who hold sacred space for clients):

- We'll begin with a somatic grounding practice to feel more centered and resourced when working with personal finances.

— Next we'll explore a practical method for cultivating clarity in your cash flow (including working with variable income in your practice).

— By the end of class, you'll have 2 new tools for your financial toolbox, an introduction to a beautifully supportive budgeting method and app (YNAB), as well as a taste of compassionate financial coaching . . . which may just be the answer you've been seeking. :-)

♥ REGISTER HERE ♥:

<https://greenestar.co/wellbeing-class-for-therapists>

Cost: \$15

Facilitated by Alyson Greene May, M.Ed., Financial Coach (Certified YNAB coach) and Owner of Greene Star Financial Healing

Learn more about financial coaching with Alyson: [Greene Star Financial Healing ♥ YNAB Coaching for Clarity & Calm](#)

Questions? Reach out to Alyson Greene May: alyson@greenestar.co

Family Constellation Workshops & Deeper Study Learning Circle offered by Elaine Dilley.

Bellingham

Public Family Constellation Workshops

In 2024, Public Family Constellation workshops will be held monthly, from Feb 17 - Oct 12, in-person, in Bellingham, WA, on Saturdays from 10 am-2 pm.

The investment is \$45 for folks who attend and represent and \$130 for the two folks who get to set constellations. Packages are available for folks who plan to attend half or all of the year's workshops.

Go to www.ElaineDilley.com to book and collect more information.

Psychodrama Psychotherapy Theory and Practice Clinicians Group, in person, in Bellingham, meeting twice a month.

A confidential experiential ongoing Group for Clinicians just began in Bellingham. We meet twice a month, from 10 to 12 pm, on Fridays. New members are welcome to join as long as there is space. We will not meet in July and August, but will resume in September.

This experiential group process encourages participants to access their own inner healing through co-created, novel experiences and engaging opportunities, allowing space for the emergence of what is holding us back as well as room for our more creative and authentic selves. In the 'as if' mode of play, healing emerges organically in the present moment.

We will be externalizing internal processes so we can play with them separate from ourselves. When we experience something different happening in play we can begin to make new mental pictures and possibilities for ourselves internally. It is our psychosomatic experiences that make experiences real for us.

We clinicians are a lively, interesting, creative and challenging group. We need time and space to focus on ourselves. We need support, connection, practice, and active engagement to foster our personal and

professional mental, emotional and relational creativity. Practical 'bite size' learning experiences at the edge of the known will be shared and co-created.

Psychodrama works on a person's internal images and processes them in the 'as if' mode through external play. This is a sensitive and trauma informed group.

Group facilitator is Mariann Shapiro. Mariann is a Licensed Mental Health Counselor for 34 years in Skagit County and a Certified Trainer, Educator and Practitioner of Group Psychotherapy, Psychodrama and Sociometry. Since 2000 she has been continuously facilitating psychodrama groups in Skagit County, most often with her husband Bob. In addition, Mariann is a faculty member of Antioch University, where she teaches Psychodrama Psychotherapy in the Drama Therapy Counseling Department. She brings vulnerability, care, humor, knowledge, curiosity, and skill gained from years of study and practice. She finds wonder in the creative solutions and embodied changes that emerge as we explore the behaviors, habits, choices and patterns that sustain us, as well as those that challenge us. You too will wonder and delight in the creative spirit that shines within what appears to be life's sticky business. Shared experiences in the enfolding present moment encourages us to trust our bodies, the moment, one another and our capacity to grow in courage and complexity.

All human beings have to be creative and keep making little inventions. Otherwise, they cannot survive in their constantly changing environments. The idea is to find creative solutions that preserve one's own complex structure in the process of adaptation.

Psychodramatic explorations play with what's going on inside of us and between us by externalizing them, using not only each other but also props, sculptures, choice, role reversals and imagination to feel into a situation and change it externally and internally. What you experience here is applicable to your work with clients and can enliven both you and your practice. If you do groups or would like to, this experiential group work will provide structure and a practice that can help to grow more group work.

This safe enough and confidential group gives us a chance to be in and with our tender places, allowing us to bring experiences from the present, past and future alive for exploration and integration in safe and profound ways. In everyone there is an autonomous healing center. Connecting with this center in ourselves will help our clients connect with their own healing center where change naturally happens.

As clinicians can appreciate how the right challenge at the right time is a great growth opportunity. We are built for connection, seeking and play. We are curious creatures who learn best in interaction with others, we learn through the experiences we are having in the moment. Novel, connective, tender and challenging experiences enhance our learning and keep us growing for the good. The explorations in living we share in this group can change how we experience ourselves and allow us more breathing space and curiosity in every new encounter. The more complex our inner relationship images or process structures are, the more capable we are of dealing with adversity and conflict.

A group needs a Group! Perhaps you can you know of someone who would benefit from experiencing group support, interaction, exploration and clinical support and psychological learning in a confidential, attuned and creative environment.

If so, please share this information with them.

Cost is \$45.00 per group. This group will be open to new members until it reaches capacity.

If you are interested in this possibility, contact Mariann for a conversation. You can log into the website and click if you want to be on the mailing list for Psychodrama work, play and rest shops in Bow.

Mariann Shapiro, LMHC, TEP
marianneshapiro1@gmail.com
360 421 5212
www.rehearsalsforliving.com

Emotion Regulators: Virtual 90 Minutes Once Weekly DBT Skills Training Groups.

Accepting new group members every week!

The groups meet virtual via Zoom platform once per week and are separated into different demographics.

The fee is \$60 per group. There is a reduced rate available for \$30 per group for those experiencing financial hardship. The groups are prepaid monthly and credit/debit cards are accepted through the client portal. The commitment is for one month and individuals may choose not to sign up for another month at the end of every cluster.

Groups are available for the following demographics:

Women and non-binary persons ages 18 and up

Gender Inclusive ages 18 and up

I am not taking insurance, however I will provide a receipt that may be submitted to insurance for potential reimbursement. Individuals are encouraged to contact their insurance company for more information on what to expect with potential reimbursement. I am an out-of-network provider.

After initial contact, I will schedule a complimentary 20-30 minute consultation where we will discuss a potential group member's needs. I will also provide a 20-30 minute consultation with the individual where I will provide additional information about the group and answer any additional questions.

I encourage group members to remain with their current individual therapists throughout treatment. It is a requirement for group members to be seeing their individual provider weekly.

Looking forward to collaborating with you for the best possible care for our mutual clients! Please direct interested parties to my website where they may complete a contact form and provide their full name, email, and phone number.

Warmly,
Elisabeth Rehn, LICSW, MHP
206-309-9495

emotionregulators@gmail.com
www.emotionregulators.com

A Mindful Love Course: A six-week, online course for couples.

Developed and presented by Connie Feutz, MA, LMHC. Connie Feutz has been treating couples for 35 years and was one of the six original Master Clinicians of the Gottman Institute.

An inspiring and effective couple's workshop, from the privacy and comfort of your own home. For you and your partner or as an adjunct to your work with couples. It's completely compatible with what you are already doing in your office; a way to bolster and facilitate your couple's progress.

The Mindful Love Course is a six-week online course in which Connie Feutz shares the fundamentals of what she has learned over her 35+ years of clinical experience about what creates and sustains a strong, resilient and harmonious relationship, drawing from research-based principles and what five masters of love and relationship teach, including John Gottman, Sue Johnson and Thich Nhat Hanh.

The course is self-paced: couples sign up when it's convenient for them. Couples receive a videotaped lecture at the beginning of each week—which they watch at their leisure—as well as suggested exercises to do together over the week.

Over the six weeks, Connie offers the couple 14 exercises to do together, all of which support increased connection and navigating conflict. Once purchased, the videos and written materials are yours, or your couple's, for life.

Price: \$300

For more information, click here: <https://nwmarrriagecounseling.com/a-mindful-love-course/>

GROUPS/CLASSES/WORKSHOPS – NOW FORMING

Jewish in Bellingham in 2024.

Daniel Diamond, LICSW is starting a therapeutic support group for Jewish members of the greater Bellingham community. This will be a safe, inclusive, and therapeutic environment for Jewish Bellinghamsters to receive support from one another. We will share, kvetch, bond, learn, and grow. The group will be focused on the emotional needs of the members. We're not trying to bring peace to the Middle East, but we are trying to find greater peace within ourselves. We will be meeting in downtown Bellingham at a time to be determined. If you are interested or would like to learn more, please contact Daniel Diamond, LICSW at 516-459-7347 or daniel@diamondmentalhealth.com.

Finding Love and Dating (online) for adults.

Day and Time TBD

This is a group to talk about finding love! Dating is hard! Let's get together to talk through the process, the challenges, watch out for the warning signs of abuse/red flags, set up dating profiles, get through those first awkward messages and dates, and celebrate our successes! All genders and sexualities welcome and appreciated! Learn more and schedule a consultation to get started at <https://www.katamageau.com/>

Careers and Entrepreneurship (online) for teens-adults.

Day and Time TBD

This is a group to talk about finding and creating careers we love! There are limitless jobs out there - why not find one you love! In this group we will talk about determining what we love and what we're good at, building businesses, writing cover letters and resumes, and everything in between! All ages and abilities welcome! Learn more and schedule a consultation to get started at <https://www.katamageau.com/>

DBT Skills/ Empowering Your Control Over Your Emotions. Day and Time TBD

This is a group to learn about managing and regulating your emotions, to decrease symptoms and feelings of overwhelm. DBT is Dialectical Behavioral Therapy, which teaches skills to help with emotional regulation, mindfulness, distress tolerance, interpersonal effectiveness, and more. DBT has been shown to be helpful for PTSD (post traumatic stress disorder), depression, and anxiety. DBT was created right here in Seattle at the University of Washington! Learn more about DBT here.

Schedule a consultation if you are interested!
<https://www.katamageau.com/>

Mending Babyloss Support Group. Now Forming

Mending Babyloss offers support for parents after the loss of a child in the first year of life.

Knowing that you are not alone, that others have felt similar feelings and survived, goes a long way toward healing.

A group is formed when we have enough parents to participate. We usually hold two support groups twice a year for 6-8 weeks.

You may contact us at mendingbabyloss@gmail.com or on our closed Facebook page.

Facilitators: Marguerite Johnson 360-201-8734. Tracy Pippard 360-920-2599.

Relationship workshop for new parents – Skagit County.

Interest pool forming now! Thanks to the generous support of United Way of Skagit County, we are able to provide Gottman's Bringing Baby Home workshop at a reduced cost for couples who are expecting a baby or who are in the early years of parenting together. Dates to be determined. Please contact Jennifer Sass-Walton, Skagit County Public Health's Child & Family Health Manager at jennis@co.skagit.wa.us or 360-416-1529 for more info. Thank you!

Seeking Teenagers with Tic Disorders/Tourette's Disorder and their Parents to participate in a Monthly Support Group.

I am looking for teenagers with Tic Disorders/Tourette's Disorder and their parents who might be interested in participating in a monthly support group that will meet in Bellingham. If you would like to be contacted about participating in this support group please contact me. Thank you.

Jayne D. Fergoda, Ph.D., LICSW (360) 685-4224

GROUPS/CLASSES/WORKSHOPS – ONGOING

Grieving Support Groups: Remote, Virtual, and Online.

https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups?fbclid=IwAR3pIxEXKSLtCJl1A5LHyBnkLqlb-CdYDrbWAXv-6PWrfjTn-SzZpbm_HgI

Men's Circle.

Bellingham Men's Circle:

<https://www.sparkofgenius.org/bellingham-mens-circle/>.

Open to anyone above the age of 20 who considers themselves a man.

Contact Peter Schulte: <peter@sparkofgenius.org>

DVSAS Support Groups.

Domestic Violence Support Groups:

New Beginnings.

Parenting After Violence.

Platicas.

Sexual Assault Support Groups:

C.H.A.T. Teen Support Group.

Connections.

Spectrum LGBTQ+.

<https://www.dvsas.org/support-groups/>

Advanced Care Planning: Normalizing conversations about end of life care. Increasing the number of people with advance directives.

Community Workshops (free & open to the public)

Registration Not Required

Participants will learn: ·Why Advance Care Planning is important for all adults ·How to choose someone to be your Durable Power of Attorney for Health Care (your Health Care Agent) ·How to talk

to loved ones and doctors about preferences for end of life care ·How to complete & file Advance Directive paperwork Please see website or call for updated information:

For a private appointment, or to find out about additional workshops or to schedule a workshop for your group: Call 360-788-6594 | TTY: 800.833.6388 | info@whatcomalliance.org | www.whatcomalliance.org . Language Assistance Available. This is a free and unbiased service provided by staff and trained volunteers through Whatcom Alliance for Health Advancement.

Memory Loss Support Groups from Alzheimer Society of Washington (Ongoing)

Staying Connected

A group for people experiencing early-stage memory loss to gain cognitive, physical and social support and interaction in a safe environment from others who “get it.” Bring a brown bag lunch and join us for discussions, exercise, speakers, music, new friends, and so much more!

Mondays: 11:00 AM -1:00 PM, Lynden

Tuesdays: 11:00 AM – 2:00 PM, Bellingham

Wednesdays: 11:00 AM – 2:00 PM, Bellingham

\$15 per session. To apply for the group or for more information, please call the Alzheimer Society of Washington at 360-671-3316.

Care Partner Support Groups

This support group has two components: one group is specifically for caregivers, while the other, happening simultaneously, is for the person experiencing early stage memory loss. This professionally facilitated group includes peer and professional support, education and referral to available resources. In order to benefit from the group, those with early stage memory loss must have a diagnosis of Alzheimer’s Disease or another dementia, and must feel comfortable participating in a group setting.

First and Third Thursday of each month: 1:00 PM – 3:00 PM at the First Congregational Church, 2401 Cornwall Avenue, Bellingham.

Please call the Alzheimer Society of Washington at 360-671-3316 in advance to discuss placement into this group.

Caregiver Support Groups

All caregivers caring for a person with memory loss are welcome to attend these monthly support groups. Join others experiencing the same things you are, and get peer and professional support, referrals to local resources, and practical education about dementia, caregiving, and ways to cope.

First Tuesday of the month: 10:00 AM – 12:00 PM, Lynden Manor, 905 Aaron Drive, Lynden.

First Tuesday of the month: 1:30 PM – 3:00 PM, Blaine Senior Center, 763 G Street, Blaine.

First Thursday of the month: 10:00 AM – 12:00 PM, Louisa Place, 2240 Main Street, Ferndale.

Second Thursday of the month: 1:30 PM – 3:00 PM, Grace Church, 1815 Cornwall Avenue, Bellingham.

Adult Children Caring for a Parent:

Second Wednesday of the month: 6:00 PM – 7:30 PM, First Congregational Church, 2401 Cornwall Avenue, Bellingham.

Please call the Alzheimer Society of Washington at 360-671-3316 for more information.

NAMI Groups.

-**Online groups** please use the links at our website - www.namiwhatcom.org

-**In Person groups** meet at: 800 E. Chestnut St., Suite 1C, Bellingham

-Feel free to contact the NAMI Whatcom office with any questions. (360)-671-4950

NAMI Family Support Group - Mondays 10:30 am-Noon (In Person) Wednesdays 6:30-8 pm (Online)

- NAMI Family Support Group is a support group for family members, parents, caregivers, and friends of individuals struggling with mental health conditions.

NAMI Connections Recovery Support Group - Tuesdays 6:30-8 pm Online (except 4th Tuesday of each month is In Person)

- NAMI Connection is a structured recovery support group that offers respect, encouragement, and hope. Free to those living with mental health conditions, this group promotes connection and understanding while respecting confidentiality.

Survivors of Suicide Loss Support Group 2nd and 4th Mondays 6:30-8 pm (Online)

-This group is for those who have lost a loved one to suicide.

Phone: (360)-671-4950

Website: www.namiwhatcom.org

Facebook: <https://www.facebook.com/NAMIWhatcom/>

Women's Cancer Support Group.

Monday mornings

10-11:30 am

Drop in. Free.

Peace Health Cancer Center
3301 Squalicum Parkway, Bellingham

This is an open, ongoing support group for all women in Whatcom County who have been previously or currently diagnosed with cancer. Whether you have been recently diagnosed, have a recurrence or undergoing treatment of any kind-this group is here for you. It is led by a licensed therapist in the field of Oncology. It is confidential and provides women with a sanctuary where they can discuss the impact of cancer on their lives, their support system, and family lives. It is an opportunity to bond with other women, to prevent unwanted aloneness, to receive support for oneself and give support to others on the same journey. Valuable information and sharing is helpful for all women who attend this group. Call Mary RN, MFT @788-8232 for more information or questions.

Survivors of Incest Anonymous meeting. Monday evenings

For survivors of childhood sexual abuse. Meets Monday evenings in Bellingham. Visit our website:

<http://www.siaawso.org/>

Narcotics Anonymous. Monday evenings

5:30 - 6:30 pm

Narcotics Anonymous. Monday evenings 5:30 - 6:30 pm Healing Waters Nar-Anon Family Support Group is an off-shoot of Al-Anon and is primarily for friends and family members who have loved ones with a substance abuse problem. We meet each Monday at St. Lukes Education Center (3333 Squalicum Pkwy, Bellingham, WA 98225) to offer each other our strength, experience and hope. It takes a village to manage your life with an addict and we welcome anyone who is struggling with this issue to join us. Look for the purple signs in the parking lot. We will have free coffee, tea, hot chocolate and refreshments for all who attend.

Grief Group for Men who have lost a son or daughter. Second Monday of the month

6-7:30 pm

The group meets in Lynden and will be hosted by Colleen Lee, LMHC.

For more info, please call Ms. Lee at 360-214-2062.

Parent to Parent of Whatcom County: Parent Support Meeting. Second Monday of the month (virtually)

We provide support for families of Children with Developmental Disabilities and Ongoing Health Care needs.

We have monthly Parent Support Meetings, support for Siblings, and networking events. We have our Monthly Parent Support Meeting the second Monday of the month from 7 pm – 8 pm Virtually on zoom. Email p2p@arcwhatcom.org to receive the zoom link. A meeting for parents and caregivers of children with developmental delays, disabilities and ongoing health care needs. We will be sharing resources, sharing our experiences, and offer each other support. This is for adults only, but we have free on-site child care is provided to those who contact us, RSVP, the Friday before the meeting.

We also facilitate a closed Facebook group for caregivers of children with developmental disabilities and ongoing special health care needs at P2P: Whatcom County
<https://www.facebook.com/groups/1289791781074855>

A safe place to share, connect, inform, and support. Learn about local events/activities, therapies, recommendations from others who have been there and get it!

We also offer Dad Socials, Sibshops (Sibling Support), Adult Caregiver Connect (for those with children 16+), Autism Parent Connect, Parent Wellness groups, Helping Parent matches, one-on-one support and resources for our community. Contact Parent to Parent at (360) 715-0170 ext 302 or email p2p@arcwhatcom.org

<https://arcwhatcom.org/wp/programs/parent-to-parent/>

Bellingham Co-Dependents Anonymous (CoDA) Group. Every other Monday evening

7 - 8:30 pm

St. Joseph's Hospital, South Campus, Group Room

This is a coed open group.

<http://www.coda.org/>

Contact Scott W: 360-676-8588

“Introduction to Systemic Family Constellations.” First Monday of the month

7 – 9:30 pm

Sustainable Living Center (above the ReStore) at 2309 Meridian Street

Bellingham

All are welcome.

Suggested donation: \$15-\$45

Led by Lisa Iversen, MSW, LCSW.

To learn more, visit <https://www.ancestralblueprints.com/>

Men's Cancer Support Group. First and Third Tuesday of the month

3:30-5:pm

Drop in. Free.

Peace Health Cancer Center
3301 Squalicum Parkway,-Bellingham

This is open, drop in support group for men in Whatcom County who have been diagnosed with cancer now or in the past. You may be in or out of treatment. You may have ongoing side effects, issues or questions. You are not alone on this journey. This a confidential meeting place where you can receive and give emotional and practical support. This groups is led by a licensed therapist in the field of Oncology. Call Mary RN, MFT @ 360-788-8232 for more information or questions.

Caregiver Support Group via Zoom. Second Thursday of the month

2 -3:30 pm

Via Zoom

Are you providing care to a spouse, family member or friend?

Caregivers need care too. Please join our support group where you can come together with other caregivers to discuss the stresses, challenges, and rewards of providing care for a loved one. You will receive emotional support as well as practical knowledge to help you in facing both present and future challenges.

Meetings may have a speaker as well as time to share.

Free (you will have to sign in and fill out a form

Facilitator: Ellen Liu Kellor, MSW

For more information or to request the Zoom link, contact Ellen Liu Kellor MSW, at 360-734-3064 or ellen.kellor.msw@gmail.com

This support group is not designed for mental health care. Should participants have any mental health, medical, or disability questions or concerns, they should consult their personal physician or other mental health care professional.

If you would like to present to this group, please contact: Ellen Liu Kellor MSW, at 360-734-3064 or ellen.kellor.msw@gmail.com

Newly Bereaved Grief Support.
Second Tuesday of each month from 10-11:30 am
First Wednesday of the month from 5:30-7 pm

Adults experiencing a recent loss of a loved one are invited to attend a group session at PeaceHealth Whatcom Hospice Bereavement Center. Learn what may be expected in the first year of grief. This free session is a starting point when grief feels overwhelming. To help lessen the stress of loss, facilitators will provide an introduction to grief and present suggestions and resources for facing the grieving process. There will be time for sharing experiences, feelings and challenges. Drop in on the date and time that works best. No registration is required. One session may be beneficial or participants may decide to enroll in additional programs. This free program will be held in the Bereavement Center at the Whatcom Hospice Administration Office, lower level, 2800 Douglas Ave, Bellingham, WA.

For more information, please contact PeaceHealth Whatcom Hospice at 360.733.5877. Additional bereavement programs may be viewed at www.whatcomhospice.org

Caregiver Support Group.
Second Tuesday of the month

6-7:30 pm

St Luke's Health Education Center

Are you a Caregiver of a spouse, family member, or friend?

Consider joining with other caregivers in forming a new support group where problem-solving issues and providing general support for each other will be the goal.

Most meetings will have a speaker as well as time to share.

Free (you will have to sign in and fill out a form)

Facilitator: Maureen Kane

For more information or to register as a participant, contact:
Kate Massey, Northwest Regional Council
(360) 676-6749 kate.massey@dshs.wa.gov

The support group is not designed for mental health care. Should participants have any mental health, medical, or disability questions or concerns, they should consult their personal physician or other mental health care professional.

For Clinicians: If you would like to present at this group, please contact Maureen and maureenkanecounseling@gmail.com

Fidalgo Danceworks: Dance for Parkinson's – in Anacortes. Tuesday afternoons

1:30 – 3:30 pm

Offered for people with Parkinson's Disease and their caregivers, this dance class is designed to engage participants' minds and bodies through many styles of dance while addressing PD-specific concerns of balance, flexibility, coordination and gait. Taught by a professional dancer trained in the Dance for PD method.

At Fidalgo DanceWorks, we believe in the transformative nature of dance, in its ability to lift body, heart and mind to new levels of possibility. With equal parts inspiration, dedication, and expertise, we offer a gentle and supportive environment in which dancers at every level can reach their highest potential and individual goals.

Family and Friends Cancer Support Group. Second and fourth Tuesday afternoons

3:30 – 5 pm

Drop in. Free.

Peace Health Cancer Center
3301 Squalicum Parkway,-Bellingham

This support group is for any family, friend, caregiver or support person who has someone in their life who has been diagnosed now or in the past with cancer. It is place to explore how cancer has impacted your life. It is a confidential support group, where you can learn how to cope with this disease and the impact it has on you and the person who has cancer. It is a safe and emotionally supportive group where you can share information, insights and issues. It is led by a licensed therapist in the field of Oncology. Call Mary RN, MFT @ 360-788-8232 for more information or questions.

Virtual Men's Adult DBT Skills Training and Support Group. Wednesdays 12-1:30 pm

Accepting new members.

\$60/group or \$30 for financial hardship. No insurance accepted but Superbill provided

**Food and Body Image Healing Process Group.
Wednesday evenings**

5:30-7pm

Led by Ariel Larson, PhD & Sarah Voth, RD, CEDRD

10 week Cycle (closed process group)

Open to all genders and identities

Fee is \$75 week

Group members are encouraged to be meeting with a therapist and dietitian

Contact Ariel: 360-296-3989 ariellarsonpsychology@gmail.com
or Sarah: 360-224-3808 sarahvoth@outlook.com

**Support group for those who grew up with family dysfunction/ACOA.
Wednesday evenings**

7 pm

Support group for those who grew up with family dysfunction and are looking for healing through a sharing and supportive community. ACOA has been around since 1974. We have men and women in our group. This is a 12 step based program for anybody seeking to recover from the effects of family dysfunction, whether that's alcohol, drugs, or any kind of neglect or abuse.

St Joseph Hospital, South Campus, Room: Small dining room. Take elevator to ground floor.

If you have any questions, please email Milo at mpsockeye@yahoo.com

**“The Compassionate Friends: Supporting Family After A Child Dies.”
Second Wednesday of the month**

7 pm

Christ the Servant Lutheran Church
2600 Lakeway Drive, Bellingham

Information: Alice: (360) 220-8955 or tcfbellingham@gmail.com

<https://www.compassionatefriends.org/>

**Círculo de Alianza Latina para la Maternidad Acompañada (CALMA).
Third Wednesday of the month on Zoom**

Noon – 1 pm

CALMA is a Spanish speaking group for mothers.

apoyocalma@gmail.com

**Village Circle.
1st Thursday of the month on Zoom**

10-11:30 am

A group for birthing parents of all kinds. They meet twice a month on Zoom.

villagecirclebellingham@gmail.com

**Brigid Collins' Dad's Group.
Ongoing: Thursday afternoons**

12:30 - 1:30 pm

1231 N. Garden Street
Bellingham

Drop-ins welcome. Support and Parenting Information. Redefining Dads. Mindfulness.

**“Interactive Advance Care Planning: Your Voice - Your Choice.”
First Thursday of each month**

6-8 pm

St. Luke's Health Education Center, 3333 Squalicum Parkway

Community Workshops are every first Thursday of each month.

Free, but Registration Is Required; space is limited.

Short (7 minutes) video on the importance to "have the conversation" about Advance Care Planning.

<https://www.youtube.com/watch?v=HCKSWNvhDhY>

Hilary Walker, Advance Care Planning Coordinator:
hwalker@peacehealth.org or 360 752 5267

**"Sweat Your Prayers: Movement as Spiritual Practice."
Thursday evenings**

7-8:30 pm

Firehouse Events Center
1314 Harris Ave.
Bellingham

"Sweat Your Prayers" is a gathering of community to practice the universal rhythms of flowing, staccato, chaos, lyrical and stillness in a continuous wave of free spirited dance connecting to the sacredness of oneself and another.

Drop-in \$15 (class cards available)

For more info: Scotty@ScottyLewis.Com

www.ScottyLewis.Com

**"War Through the Eyes of Women": A Book Club (for women only).
Second Thursday of the month (check facebook for schedule)**

6 - 7:30 pm

"Join us as we discuss powerful literature by women writers who have a deep understanding of military service and life on the home front. This is a guilt-free book club - come when you can; read what you can."

Bellingham Vet Center
3800 Byron Ave, Suite 124

<https://www.facebook.com/warthroughtheeyesofwomen/>

**Mental Health Support / Discussion Group.
Third Thursday of the month**

10 – 11:30 am

East Whatcom Regional Resource Center
8251 Kendall Rd
Maple Falls

NAMI Whatcom Office
800 E. Chestnut St., Suite 1C
P.O. Box 5571
Bellingham, WA 98227

Phone: (360)-671-4950

Website: <https://www.namiwhatcom.org/>

Facebook: <https://www.facebook.com/NAMIWhatcom/>

“Pet Loss Grief Support Group.” Third Thursday of the month

6 – 7:30 pm

Whatcom Humane Society’s monthly Pet Loss Support Group offers support and resources to help with the loss of a pet. The Pet Loss Support Group meets every Third Thursday from 6:00 p.m. to 7:30 p.m. in the multipurpose room at Whatcom Humane Society. There is no charge for this group, no reservations needed, and you are free to attend as often as necessary throughout your grief process.

The Pet Loss Support Group provides a safe, supportive place, where pet owners can share stories about their pet and work through their grief with others who have suffered a similar loss. Volunteers provide supportive help for those who have been touched by the loss of a pet, anticipating the death of a pet, dealing with the difficult decision of euthanasia, have suffered from a lost or stolen pet, or wondering when/if it is time to get another pet.

http://whatcomhumane.org/?pet_loss_group

Postpartum DBT Skills Group (virtual). Friday mornings

9:30-11:30 am; 6-20 weeks

Who: parents (of all genders) of babies under 1ish: LGBTQIA+, BIPOC, birthing/nonbirthing, first time parents and parents with older children, etc. are all welcome. Pregnant and expecting parents may also join!

Cost: sliding scale - affordable for EVERY parent

If you have a new baby, you already know that one of the most challenging parts of being a parent is dealing with your own complicated emotions.

Dialectical Behavior Therapy (DNT) is an evidence-based treatment designed for people struggling with emotional dysregulation - which is practically standard for a new parent! This group draws upon the well-established skills group model of DBT, tailored specifically for parents of babies.

This skills group will help you to:

Understand and cope with your emotions, from the normal day-to-day emotions we experience throughout life to the pain of postpartum mood and anxiety disorders

Ease the suffering that so commonly accompanies the joy we are often more comfortable expressing about parenthood

Improve your interpersonal skills to help you navigate changing relationships as you grow into this new (or not so new) role as a parent

Set yourself up with the skills you'll need to help your child(run) understand and manage their own emotions as they grow

Balance the goals of working to be the best parent you can be AND accepting yourself as the imperfect parent you (as we all) are

Connect with a community of parents striving toward these same goals

Babies welcome! You can expect to care for yourself and/or your baby how you need to throughout the group. There will be time to check in and build community, review how you're using the skills in your life, and learn new skills during each group.

Your group leader: Marisa Keller (she/her), PhD is a licensed clinical psychologist and Linehan Board of Certification, Certified DBT Clinician, with certification in perinatal mental health (PMH-C) who brings a wealth of experience working with children, adolescents and adults struggling with their emotions. She is passionate about providing accessible, high-quality services to families in Washington and is excited to share her expertise in DBT with fellow parents.

Connect: marisakellerphd@gmail.com

Perinatal Support Washington Connection Point: A Support Group For Pregnant Parents-To-Be. Fridays on Zoom

11:30 am - 1 pm

Adjusting to Parenthood is meeting virtually! Join us. No registration required – simply follow this link on Fridays at 11:30: <https://zoom.us/j/92374601864>

This is a new mom support group, offering additional support for the emotional changes and challenges of adapting to parenthood. Becoming a new parent can be overwhelming, and it often takes time to adjust to changing roles and unfamiliar experiences. Good support can help ease the transition, especially if it provides a place for new mothers to come together and express the reality of how hard parenthood can be. Adjusting to Parenthood is a place for women to feel heard and to be honest about the highs and lows of motherhood. It offers a supportive environment in which the full range of postpartum experiences is welcomed, and the everyday realities of being a new mom are understood.

At the end of each group, we offer a 15-minute question and answer on infant feeding, infant development, and infant and adult mental health. Come and get your questions answered! The group is appropriate for any mother who needs support to vent, to process, to hear other women's stories, and to learn that she is not alone. Expectant moms and moms with babies in arms are welcome. We have toys and space for crawlers and walkers and we welcome moms of older kiddos (up to 2 years) but we do not have separate childcare.

No Fee while we are meeting virtually.

Meditation Class.
Friday mornings

10 – 11 am

Chris Stephens, certified by the Self Awareness Institute in Laguna Beach, CA, introduces a multidisciplinary approach to reducing anxiety, mood disturbance, or pain.

Call to register: 360-788-6701, PeaceHealth St. Joseph Medical Center

Men’s Process and Support Group on Google Meets.
Open enrollment.
Friday evenings

5:30- 7 pm

\$40/session

Contact Ryne at <https://mindfulway-therapy.com/contact-me> or 360.345.3828

“Conversando los Viernes” -- – Support group for Latino women survivors of domestic violence -- run in Spanish.
Every other Friday

For more information, please call Rocio at 360.734.3438.

Autism Support Group.
Second Friday and Last Monday of the month

2–3:30 pm

The Center for Independence office
114 W. Magnolia St, Suite 104
Bellingham

This support group is open to individuals on the Autism Spectrum. It is a safe and confidential way to discuss concerns, ask questions, and support others. Please RSVP to attend the group: 360-393-3890.

The Center for Independence is a 501 (C) (3) organization serving as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We serve senior citizens with senior-related disabilities as well.

We serve people in Island, Pierce, San Juan, Skagit, Snohomish, Thurston, South King and Whatcom counties.

<http://centerforindependence.org/>

<http://centerforindependence.org/bellinghamoffice.html>

New Dads/Men's Group. 3rd Friday of the month

6 – 7:30 pm

Peer support for dads offering connection and a safe place to talk.

info@generationsforward.net

Superwoman Empowerment Group. One Sunday each month

2-4 pm

314 East Holly.

Upstairs from Wise Awakenings and the barber shop.

Every one of us is a Superwoman with our own set of superpowers. Even a Superwoman can use support, encouragement, and tools to live a more connected, happier life. These workshops are geared toward connection, support, and gaining tools to live a more connected, happy life. March 10 workshop: Speaking From the Heart: 1. Crafting your story/message. Everyone has a story to tell that will positively impact others. The group is open to women wanting to step into their power who could use support and tools to get there.

Fee: \$25 This group meets once a month on a Sunday afternoon from 2-4 pm.

Please contact Dori Eppstein, M.A. with questions or to RSVP:

Call or text: 970-980-3661 Email: hello@hellodori.com

PFLAG Support Meetings. First Sunday of the month

5-7 pm

Bellingham Food Coop Community Room (next to the Bakery on Holly St.)

405 E. Holly St., Bellingham

These meetings are open to the LGBTQ community, their friends, families, and allies. We provide a space for questions, and the sharing of struggles and celebrations.

For more information: whatcompflag@gmail.com
360-255-3408

<https://www.facebook.com/WhatcomPFLAG/>

Eating Disorders Anonymous Meetings. Sunday mornings

11:30 am - 12:30 pm

Community Food Co-op Bakery Café
405 E Holly St. (in conference room inside the café, across the hall from the bathrooms)

Eating Disorders Anonymous (EDA) is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from their eating disorders.

People can and do fully recover from having an eating disorder. In EDA, we help one another identify and claim milestones of recovery.

The only requirement for membership is a desire to recover from an eating disorder. There are no dues or fees for EDA membership. We are self-supporting through our own contributions.

EDA is not allied with any sect, denomination, politics, organization or institution. EDA does not wish to engage in any controversy. We neither endorse nor oppose any causes.

Our primary purpose is to recover from our eating disorders and to carry this message of recovery to others with eating disorders.

In EDA, we try to focus on the solution, not the problem. Solutions have to do with recognizing life choices and making them responsibly. Diets and weight management techniques do not solve our thinking problems. EDA endorses sound nutrition and discourages any form of rigidity around food.

Balance – not abstinence – is our goal.

In EDA, recovery means living without obsessing on food, weight and body image. In our eating disorders, we sometimes felt like helpless victims. Recovery means gaining or regaining the power to see our options, to make careful choices in our lives. Recovery means rebuilding trust with ourselves, a gradual process that requires much motivation and support. As we learn and practice careful self-honesty, self-care and self-expression, we gain authenticity, perspective, peace and empowerment.

Questions: edabellingham@gmail.com

Support for Parents of Transgender and Gender Nonconforming Children. Second Sunday of the month

3:30 – 5:30 pm

Gender Diversity is pleased to announce the launch of its new parent support group for families in Bellingham. This new group is for parents and guardians who have transgender and gender nonconforming children (of any age) and it will meet on the second Sunday of every month.

Peace Health, South Campus
Health Education Center - main floor
809 E Chestnut, Bellingham

If you know of a family who needs information and support regarding a child's gender expression or identity, this group can help. We provide support to help families understand the wide range of naturally occurring gender identities and expressions that exist.

Topics addressed can include:

- Is this a phase?
- What if my child changes his/her mind?
- Are trainings available for my child's school?
- Are there other families like mine?
- Is my child gay?
- How do I talk to friends, family, and co-workers about this?
- How do we find a good doctor (therapist, school, etc.)?
- My spouse and I disagree on how to address this issue. What should we do?
- Did my parenting in some way cause this?
- How do I change my child's ID documents?

*A brief telephone intake is required for the group.

If you have further questions, please email info@genderdiversity.org or by calling 1-855-4GENDER. We'd love your help spreading the word about this new group! Please forward widely.

Dances of Universal Peace. Third Sunday of the month

6 – 8 pm

Center for Mindful Use
100 E Maple St, Suite B
Bellingham

(corner of Maple and Cornwall, behind the Satori store; enter across the rainbow footbridge on Cornwall; street parking is free on Sundays or pay to park in lot across Maple)

“The Dances of Universal Peace are dynamic contemplative body prayer, multicultural celebration of the sacred meditation in music and movement, simple, meditative, and uplifting group dances, accompanied by devotional songs and chants honoring the world's spiritual traditions invoking personal healing for planetary peace.”

No previous experience is necessary; all dances are taught to the group each time. All are welcome. People whose mobility is limited are welcome to participate, including those in wheelchairs. There are

many ways to join the dance that don't involve using your feet. Please give us a call in advance if you'd like to bring children under the age of 8. Please arrive at 5:45 to settle in; if you come late, you may need to ring our doorbell.

A fragrance-free event.

Donation: \$5-10.

You're also invited to attend Dances in Mount Vernon, 1st Sundays, see website for info.

For More Info:

Regarding the ongoing monthly dance circle: Munajat at 425-802-2699 or dimockmarti@gmail.com or visit the DUP website <http://seattledup.org/bellingham.htm> .

Self Injury Support Group. Ongoing

<http://sites.google.com/site/sisbellingham/home>

Health center support groups. Ongoing

http://www.healthsupportcenter.org/support_group_listing.html

[Adult A.D.D. Association \(AADDA\)](#)
[Bellingham Gluten Intolerance Group](#)
[Community Action for the Disabled](#)
[Depression and Bipolar Support Alliance \(DBSA\)](#)
[Hepatitis Education Project](#)
[MS Support Group](#)
[NAMI of Whatcom County](#)
[Northwest Braille Services](#)
[Chronic Pain Support Group](#)
[Parkinson's Disease Support Group](#)
[Polio Support Group](#)
[Positive Frontiers](#)
[The Sarcoid Support Group](#)
[Now Hear This! Bellingham Chapter](#)
[United Blind of Whatcom County](#)

DVSAS (Domestic Violence and Sexual Assault Services) Support Groups Ongoing

Adult and teen support groups: Support groups are held for adults and teens at DVSAS and off-site at local schools. New Beginnings Support Group is offered twice-weekly for women who have experienced or are currently experiencing domestic violence. Connections is a 12-week group for men

and women who have experienced sexual assault. Teen groups are held throughout the school year for girls who have witnessed or experienced domestic violence and/or sexual assault. Call 360.715.1563 or email cackerman@dvsas.org for more information.

Children's groups: A parallel children's group is offered during New Beginnings and Connections. The children of group participants have the opportunity to play in a safe, child-appropriate environment while increasing social skills, learning positive conflict resolution, and processing their own difficult feelings. Call 360.715.1563 or email cackerman@dvsas.org for more information.

Parenting after violence program: For women who have experienced domestic violence, parenting can be a challenge. This group helps women to understand the effects of domestic violence on themselves and their children, learn healthy discipline techniques, and explore their parental role. Call 360.715.1563 or email dvsasemail@dvsas.org for more information

Financial empowerment classes: Increasing financial literacy can lead to empowerment and independence. These classes help women to gain financial knowledge, identify economic abuse, and better understand their financial situation. Call 360.715.1563 or email dvsasemail@dvsas.org for more information.

“Physical and Mental Wellness for War Veterans.” On Hiatus

<http://yogabellingham.com/index.html>

On hiatus. If you are interested in the class resuming, please contact Abby.

For more information contact instructor at abbyoga@msn.com or 360-738-2207.

PARENTING RESOURCES

Neufeld Institute: Making Sense of Kids, Developmental Science in Practice:

<https://neufeldinstitute.org/>

1:1 and couples sessions to improve parenting skills.

Parents are invited to break the cycles of intergenerational trauma, cultural influences, and fear that influence parenting, and to learn skills that improve family dynamics and children's mental health.

Text 564-209-4180 to schedule a free consultation
Jaime Moore, MFTA

<https://www.dandelionperspectives.com/>

Perinatal Support Washington trainings.

Parenting support resources from Whatcom Perinatal Mental Health Taskforce:

<https://whatcomperinatal.org/find-support-parents/>

One-on-One Peer Support for pregnant and birthing parents with children under 3.

There is a free resource for pregnant and birthing parents with children under 3 in Whatcom County. The EMBERcenter offers offering one-on-one peer support to help mothers with the inevitable challenges of parenthood. Peer support providers offer you a space to discuss your recent experiences, brainstorm solutions to upcoming problems, or simply get things off your chest with a non-judgmental listener.

If you join this community of peers and mothers, you will be matched with a peer provider and receive one support session every week (via your preferred method of phone/text message/video chat). Each session is about 30 minutes.

Interested in learning more? Call Single Entry Access to Services (SEAS) 360-715-7485

<https://embercenter.wixsite.com/western>

Supportive Parenting for Anxious Childhood Emotions.

Cadence Child & Adolescent Therapy currently has openings for parents or caregivers interested in SPACE (Supportive Parenting for Anxious Childhood Emotions)! SPACE is an innovative, parent-based treatment program developed for youth with anxiety or OCD by Dr. Eli Lebowitz of Yale University. Although children and teens do not typically attend SPACE sessions - they are the clients. Parents who participate learn skills and tools to help their child or teen overcome anxiety or OCD. Research has shown that SPACE is as effective as a child participating in their own individual treatment. We'd love to hear from any parents and caregivers who might be interested!

For more information about care at Cadence - <https://www.cadencechat.com/>

For more information about SPACE - <https://www.spacetreatment.net/>

Cultivating an Anti-Racist Support Network for Transracial Adoptive Families: a fully customized interactive workshop.

A fully customized and interactive 2- hour workshop designed for transracial adoptive families and members of their communities (family, friends, neighbors, church community, & coworkers). This is your event - you get to choose whom you invite!

While each workshop is customized to each family's unique circumstances, there are foundational discussions that are included in every workshop including:

Racial norms in America

Racism in child-welfare

Strategies to interrupt adoption-related microaggressions (i.e. “Where is his real mom?”, “How’d you get them?” etc.)

https://www.angelatucker.com/workshops?ss_source=sscampaigs&ss_campaign_id=60789caebaf5f52774e274ea&ss_email_id=6078b0df138a300465fa18a2&ss_campaign_name=Cultivating+an+Anti-Racist+Family+Network+-+workshop+for+adoptive+families&ss_campaign_sent_date=2021-04-15T21%3A32%3A22Z

<https://www.angelatucker.com/>

Perinatal Support Washington’s new Therapy Program.

This program is specifically designed for people throughout the reproductive period. This includes those trying to conceive, pregnant and parents through 24 months postpartum who are experiencing or at risk for perinatal mood and anxiety disorders. This program is also appropriate for people experiencing infertility or perinatal loss. We have 5 therapists and interns participating in our Clinical Training Program, who are offering individual therapy services.

* All services are provided via telehealth through Dec. 2020, with a high probability that telehealth will be extended through Winter 2021.

** Services are available in English at this time.

Insurance and Financial Info:

Premera, Lifewise & Cigna (In process: Molina and Aetna).

For those with other insurances, benefit checks available to determine their out-of-network benefits and costs.

Free and sliding scale therapy available for clients who do not have insurance, while we are paneling with their insurance company or for those who are experiencing financial hardships.

How to access services:

Providers: If you would like to refer a patient or client, please complete our clinical services referral form located on our website's For Providers page and our Intake Coordinator will reach out to them. Program description on website coming soon.

Parents: Our Warm Line is the access point to all of our services. Contact us by phone or text anytime to receive support and get connected with resources, including this program, peer support, wellness planning, support groups and more.

<https://perinatalupport.org/online-therapy/>

30-day digital detox for girls.

Social Media Mindfulness is a step-by-step, 30-day digital detox for girls who have become a little too obsessed with social media. More than just taking a break from social media, Social Media Mindfulness can help her:

- improve relationships
- strengthen her self-control
- decrease anxiety and stress
- learn to live in the present moment
- feel overall happier & capable of achieving her dreams

<https://girl-reimagined.teachable.com/p/social-media-mindfulness>

Rebound parenting programs.

<https://www.reboundfamilies.com/roots>

Resources for talking about race with children.

https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR3NqS_ubAWSNR_cKCD-GgyThiELOuc9Q_cpD69dlILQ1zSVZi56HH9AZsQ

"Being at Your Best When Your Kids Are at Their Worst." Emotional Self-Regulation for Parents.

A free online workshop.

<https://www.simplicityparentinginstitute.com/bayb-register?ref=https%3A%2F%2Fwww.simplicityparentinginstitute.com%2Fa%2F16832%2Fxp22wKpN>

Raising Intuitive Eaters Workshop.

A 2-hour in-person class for parents and caregivers who are struggling with how to address their child's picky eating behavior, weight concerns, exercise habits, negative body image, and more.

Accompanying the workshop is a comprehensive eBook that gives parents an easy, step-by-step guide to structuring meals and helping their child eat intuitively and grow in the way that's best for them! Written and designed by Sarah Voth, Registered Dietitian and Certified Eating Disorder Dietitian, this resource is for parents of children ages 2-17 years old. The more of this book you read beforehand, the richer you will find our discussions in the workshop!

Class topics will include:

- In depth discussion of parent & child feeding roles
- Understanding typical adolescent growth including puberty
- Reading growth charts, assessing for normal growth in children and teens
- Navigating cultural food fads and dieting messages
- Empowering positive body image in children and teens

Open time for discussion and questions!

This class is designed to help you go deeper with these new paradigms which, for some, can bring up a lot of questions. This work, while inspiring, life changing and rooted in decades of solid feeding research, is also highly counter-cultural. Parents often take comfort in having individual guidance and support throughout the process of learning these new skills!

http://www.flourishfoodandbody.com/store/p6/2_hour_Workshop_eBook_%28Bundle%29.html

Love & Truth Rising.

A social enterprise with a Mission to Positively Transform Love, Sexuality & Human Connections. Ten years of creating positive impact for youth and families in Whatcom County, and beyond.

Emotional & Sexual Health Consulting, Professional Coaching for adults, Comprehensive Sexuality Education for all ages, Events & Programs.

All services & programs are LGBTQIA friendly and welcoming.

Led by Vanessa Osage, Certified Sexuality Educator, CSE, Certified Professional Coach, CPC, Founder/Executive Director of the nonprofit, Rooted Emerging. Specializing in guiding adolescent girls toward healthy intimacy, empowering women in their relationships, encouraging all genders toward sexual health and supporting parents to give their kids a better model than they were given.

Ongoing events, special coaching packages, groups and programs. Free 20-minute Call is available to all new clients.

Love & Truth Rising
www.loveandtruthrising.org
VEOConsulting.LLC@gmail.com
(360) 510-3205

Relationship workshop for new parents – Skagit County.

Interest pool forming now! Thanks to the generous support of United Way of Skagit County, we are able to provide Gottman's Bringing Baby Home workshop at a reduced cost for couples who are expecting a baby or who are in the early years of parenting together. Dates to be determined. Please contact Jennifer Sass-Walton, Skagit County Public Health's Child & Family Health Manager at jennis@co.skagit.wa.us or 360-416-1529 for more info. Thank you!

Parent to Parent of Whatcom County.

We provide support for families of Children with Developmental Disabilities and Ongoing Health Care needs. We have monthly Parent Support Meetings, support for Siblings, and networking events. We have our Monthly Parent Support Meeting the second Monday of the month from 7 pm – 8:30 pm typically at the Arc of Whatcom County in Bellingham, but we do two a year out in the county in Lynden.

The Arc of Whatcom County
2602 McLeod Road

A meeting for parents and caregivers of children with developmental delays, disabilities and ongoing health care needs. We will be sharing resources, sharing our experiences, and offer each other support. This is for adults only, but we have free on-site child care is provided to those who contact us, RSVP, the Friday before the meeting.

We also provide one-on-one support and resources for our community.

Contact Parent to Parent at (360) 715-0170 ext 302 or email p2p@arcwhatcom.org

www.p2pwhatcom.org

Thank you,

Karlene Umbaugh

Coordinator, Parent to Parent of Whatcom County
(360) 715-0170 ext 302

karleneu@arcwhatcom.org

www.p2pwhatcom.org

Resources and support for families with transgendered family members.

<http://mothersoftransgenderchildren.wordpress.com/when-plag-doesnt-cut-it/>

<http://transparenthood.net/?p=620>

<http://www.facebook.com/mypurpleumbrella> (Gender-variant children's playgroup and community network)

Parenting is no easy task! We are here to help!

In a world of conflicting advice and never-ending demands on our time, it can seem next to impossible for families to know what's best for their children. Brigid Collins is pleased to announce a monthly series of parenting seminars for parents, grandparents, families and friends of children, aimed at supporting positive parenting and tackling tricky issues like managing children's anxiety and teaching responsibility.

For more information, or to register, please visit http://www.brigidcollins.org/parenting-academy-1/?mc_cid=5765bd4d44&mc_eid=bc13d7ca2e

Parent-Teen Mediation Program at Whatcom Dispute Resolution Center.

Mediation: A voluntary, confidential, & affordable way to resolve conflict.

Parent-Teen Mediation: Whether you're not getting along, feeling misunderstood, or planning for the future, we can help. Mediation empowers teens and guardians to communicate effectively, solve problems, and reach solutions that work for them. 93% of recent clients reported that their issues were addressed, including: communication, navigating changes, academic issues, roles and more. Parent-teen mediation is by donation with a small administrative fee.

Youth and Peer Mediation: Assisting youth to resolve a conflict, or facilitate a peer-mediation training.

<http://whatcomdrc.org/youth/>

Parents Matter.

An Alliance of School, Family and Community partnerships who connect over caring about kids' health in all realms.

<https://www.facebook.com/ParentUniversityNW>

“not if but when: books for young people about death and loss.”

Mission statement of this group: encourage and support sharing good books and stories about death and loss with children and teens throughout their lives

<http://www.notifbutwhen.org/#not-if-but-when>

Parents in Recovery.

Brigid Collins Family Support Center announces a new program called Parents in Recovery. This is a targeted-intensive case management program working with moms or dads in recovery with children, whether they are in the home or not, ages 3-18. The program components include recovery and parenting support, case management meetings for client-specific goals, supportive advocacy, links to community resources and access to Brigid Collins groups. For more information or to refer clients to the program please call 360-734-4616.

Postpartum Support, IVF / Fertility Antenatal Support, Infant Massage, “Bringing Baby Home.”

<https://www.lovebubbledoula.com/>

Whatcom Taking Action.

Whatcom Taking Action is a community collaborative working to create a cohesive, family-centered system of services and supports for children, youth and families that are impacted by developmental, behavioral and other special health care needs.

<http://whatcomtakingaction.org/>

Fathers' Group.

A group for Fathers to share their stories, receive and give support, and to develop ideas, garner support, and to make lasting and positive changes for shared parenting, which is in the best interests of children.

Free.

If you are interested in meeting please contact Cameron at 360-296-8829.

“Parenting Academy” (for parents with children 0-18) in Whatcom and Skagit counties.

A positive, practical, research-based approach to parenting now open in Bellingham.

The Parenting Academy offers the most advanced and successful parent skills-building programs available.

Our expert, accredited parenting coaches at the Parenting Academy apply research-proven strategies to the unique, real-life situations in your family. They provide judgement-free, confidential support to help you parent at your best!

With a combined experience of over 50 years of professional parent coaching in Whatcom County, our coaches work alongside you to help you achieve the goals you have set for your family, your children and yourself.

We offer a free consultation to help us find the best fit for you!

<https://parenting-academy.org/>

Hand in Hand Parenting.

Our mission is to support parents and provide them with the insights and skills they need to listen to and connect with their children in a way that allows each child to thrive.

<http://www.handinhandparenting.org/who-we-are/mission-vision-core-beliefs/>

Lecture Series in Seattle area on various Parenting Topics:

<http://www.parentmap.com/category/lectures>

Moms of Whatcom County!

Come join this new, online community of growing moms. A safe place to share, connect, inform, inspire, support. Learn about local events, get advice from other moms! Start play groups and book clubs and MORE!

For moms of all ages and stages in every season of life.

Check it out:

www.BellinghamMomsforMoms.com

<https://www.facebook.com/BellinghamMomsforMoms>

Wild Whatcom Nature Programs.

Explore the great outdoors with Nature! Program is designed for parents and children.

<http://wildwhatcom.org/>

Cesarean Support Group. On Hiatus

This group meets once a month and is by donation only. Any woman who has had a cesarean section is welcome to this group. It doesn't matter how long it has been since your cesarean. If you are in need of a safe space in which to process your emotions around this experience and heal any unresolved pain, this group is for you.

If you are interested in participating in this group, please contact Lisa Tenney at www.tendingmoon.com.

“Swaddling the New Mother.” Call to schedule

Deep emotional and physical nurturing of the new mother within the first 6 weeks postpartum. Babes in arms welcome. Contact Mary to schedule this: maryburgess555@gmail.com

A lovely gift for new mothers during their first 6 weeks postpartum. During this special time, Mama is treated to tea, herbal and oil care for her body that has done so much, swaddling in a deliciously soft blanket, gentle visualizations and dialogue to help Mama integrate her birth experience and come softly back into her body. A quiet, sensual, nourishing experience. Bring your baby - set her next to you so you can care for her as needed. A nourishing bowl of hot rice, with toppings of your choice, and friendly conversation, included in each swaddling session.

Class Cost: \$45

Questions/Info, contact Mary: maryburgess555@gmail.com / 360.510.0188 / www.lifesongperinatal.com

Birth Classes and Postpartum Depression resources.

www.tendingmoon.com

“Parents Helping Parents” support group. Ongoing

<http://www.brigidcollins.org/index.php?display=50&expand=40>

“Parenting after Violence” classes. Ongoing

DVSAS offers these classes to female victims of domestic violence with children. They run for 6 sessions; free childcare is available. Contact DVSAS about their waiting list for the next classes. 671-5714

<http://dvsas.org/pages/Our-Services>

Bellingham Technical College’s Child and Family Classes. Beginning each academic quarter

<https://www.google.com/search?q=ContinuingEducation&oq=ContinuingEducation&aqs=chrome.69i57.6416j0&sourceid=chrome&ie=UTF-8>

Brigid Collins' Parenting Skills Building Program: evidence-based programs. Ongoing

Brigid Collins is recognized as the leading provider of evidence based parenting programs in Washington State.

Brigid Collins' Parenting Skills Building Program consists of the following three evidence based parenting programs:

1. Parent Child Interaction Therapy (PCIT)
2. Positive Parenting Program (Triple P)
3. Incredible Years (IY).

These programs have been proven to help parents improve their relationship with their children and decrease family stress.

Brigid Collins also provides support groups, monthly activity events, pregnancy support for moms in recovery and assists families in finding additional supports in the community.

<http://www.brigidcollins.org/index.php?expand=40>

“Rooted Emerging: Celebrating youth rites of passage.” Ongoing programs

<http://www.rootedemerging.org/>

“Helping Children Through Family Changes” -- a 4 1/2 hr. seminar for parents which focuses on children's needs during separation, divorce, parenting plan development, or other family residential changes.

Topics Include:

- Children's developmental stages
- Corresponding needs and expectations
- Effect of conflict on children
- Meeting children's needs while under stress
- Reducing stress through a "successful" divorce
- The grief process and signs of stress
- Divorce as a process
- Changing parental and marital roles
- Residential options to enhance a child's relationship with both parents
- Financial responsibilities of child-rearing
- Conflict management and dispute resolution options

Classes fill quickly! **ADVANCE REGISTRATION IS REQUIRED**

To register, call 360-676-0122 Tuesday through Friday 10 am—5 pm

Each parent must call to complete their own registration. A certificate is given to each person who completes the entire seminar and pays the applicable fee. The certificate may be filed with the court in Family Law Matters. This course is required for any divorcing parent with minor children.

Fee: \$45 per person (sliding scale available)

Washington’s Mental Health Referral Service for Children and Teens.

If you are getting calls from exasperated parents trying to find care, for all insurances, but especially for State insurance, this care navigator will take on their request and look for the best provider to fit their circumstances.

Washington's Mental Health Referral Service for Children and Teens connects patients and families with evidence-supported outpatient mental health services in their community. This free, telephone-based referral service is funded by Washington Healthcare Authority and operated by Seattle Children's.

The Mental Health Referral Service will provide thorough mental health referrals for children and teens 17 and younger from across Washington.

<https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>

How do families access this service?

Families can call 833-303-5437 or submit an online request form:

<https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/referral-form/>

We will ask for your patient's information, including their mental health needs, location, and health insurance plan.

What can patients and families expect?

After matches are found, a referral specialist will call and email the family to access providers or agencies in real-time.

A few weeks after providing the referrals, a referral specialist will contact the family to see if they were able to make an appointment and ask if additional resources are needed.

If no appointment has been made, we will address any barriers or link the family to another provider.

Please direct families to these resources regarding spanking:

<http://stopspanking.org/>

Find us on Facebook: <http://www.facebook.com/protectchildrenfromviolence>

Safe Start Center: Children's Exposure to Violence

Evidence-based strategies for reducing the impact of children's exposure to violence.

<http://www.safestartcenter.org/about/>

PROFESSIONAL EDUCATIONAL OPPORTUNITIES

Mental Health workshops available in the Pacific Northwest.

<https://workshopcalendar.com/>

Institute for Brain Potential (IBP).

<https://www.ibpceu.com/IBP/home>

Cascadia Training offerings.

<https://cascadia-training.regfox.com/the-neurodiversity-symposium>

<https://cascadia-training.com/courses/> F

Perinatal Support WA Resources and Trainings for Providers.

<https://perinatalsupport.org/for-providers/>

Online BehavioralHealth courses.

<https://behavioralhealthce.com/>

Provider Trainings hosted by Perinatal Support Washington.

<https://perinatalsupport.org/for-providers/#trainings>

Grief courses.

<https://healthymourning.com/professional-training/>

Perinatal Support Washington trainings.

https://api.neonemails.com/emails/content/PW37i_6w6H8zWAB_yC2XE0fIWZiSAgvaM_q4P2zfJys=

Trainings from AEDP Cascadia.

<https://aedpvancover.com/>

The Magic of Growth and Change: Psychodrama in Bow.

April 20

9:30 am - 6:30 pm

Bow

Experiential Co-Created Group Explorations for Personal and Professional Growth and Change.

Psychodrama is a co-creative group process for exploring and making manifest changes in our way of living. Our work, play and rest grows organically from our inner and outer awareness and from our sensitivity and care for ourselves, one another and the ground that we share. The earth holds us as we co create safety through the presence of human connection and attunement.

We will use the blended model of psychodrama and psychomotor therapy to bringing loving attention to the needs of the human moment. Dark and the light meet in equal measure as we bring forward the life we find in the hidden places.

In this body informed work we act as one another's therapeutic agents and honor our capacity to be with each other and hold what comes with care and curiosity. We will allow time for what emerges to unfurl naturally and slowly, this allowing softens us and keeps us tender, allowing ways to connect back to the body, mind and dream time.

Psychodrama provides a place for connective group warm ups, psychodramatic enactments, and personal sharing to nurture, support and protect what emerges. There will be time for learning, practice, sharing and integration as well as experiencing the magic of growth and change. There will be times for reflection as well as action, times for rest as well as movement.

For communal healing we will focus Awareness on the body, our imaginations and strengths, attachment bonds and wounds, complex trauma and relationship edges. We may seek new roles where rest can occur.

People attend our trainings for personal as well as professional development. Those new to psychodrama as well as people with experience are welcome to attend. This is a group experience. Who you are and what you bring to group shapes the group. Your strengths and challenges are welcome in equal measure.

Lunch and Snacks will be co-created and shared.

Future Offerings

Saturday Offerings

Half Days in Skagit Valley

Morning of June 1, 9:30 - 12:30, \$100

Afternoon of Nov. 16, 1 to 5:30, \$150

Full Day Explorations 9:30 - 6:30 \$170

September 21, December 14

Two Days, June 21 and 22. Friday 2:30 - 7, Saturday 9:30 – 7

3 Day October 11, 12, 13, Residential Retreat at Cedar Springs

Your Facilitators: Mariann and Bob Shapiro

Mariann & Bob Shapiro are both American Board Certified Practitioners of Sociometry, Group Psychotherapy & Psychodrama. Marianne is also a Certified Trainer & Educator of this creative and effective experiential group process. Rehearsals for Living has been offering on going weekly groups and monthly weekend trainings consistently for 23 years. Mariann, MA, MFA, LMHC, TEP practices psychotherapy in Mount Vernon, WA and Bob, M.Ed., C.P., is a lifelong practitioner and instructor of T'ai Chi and Qi Gong and a Mediator. They bring a wealth of caring, curiosity, humor, knowledge, transparency, skill, and faith to this work.

Training Credits may be earned towards Psychodrama Certification by the American Board of Examiners in Group Psychotherapy, Psychodrama and Sociometry.

www.rehearsalsforliving.com

Karen King, MS, LMHC is offering a few different supportive options for Therapists in Bellingham:

WA State Supervision

Are you working toward your hours post-licensure and want to find a Supervisor you really click with? I have space for 4 supervisees, and I have a wealth of experience to draw upon as I mentor you in your journey to becoming a Professional Counselor. The main approach to Supervision I use is the Mentorship Model. I see you as a professional to respect and collaborate with, and hope to help you gain the confidence to recognize your existing skills. I give constructive feedback when asked, and enjoy differing opinions and approaches. I relish a good and juicy conversation from differing points of view. I find through difference we invite deeper understanding of this amazing work we do.

<https://karencking.com/washington-state-clinical-supervision>

Kairos: A Psychedelic Integration and Process Group for Therapists

Do you have your own Psychedelic experiences that have helped you gain insight into not just your personal life, but naturally also your clients' inner workings and struggles?

Profound spiritual transformation can be a powerful influence on our clinical work, and there is a lack of places to talk about these experiences openly and with others who have felt the same process working on them. This is the place to talk about how the journeys we have taken continue to work on us, and impact the people we love and also the people we work with.

<https://karencking.com/therapist-support>

PsyNaut Circle- A Year-long In Person Monthly Peer to Peer Consultation Group for Psychedelic Assisted Therapists in Bellingham

Psychedelic Assisted Therapy is exploding in popularity and yet there is very little guidance yet on how to become ready, where exactly to get certified, and how to set up a practice or what processes and procedures to use. The practice of PAP is so unique, and the challenges are so novel that it is essential to rely on the experience and wisdom of our Peers in this amazing community. Peer to Peer Consultation can help you navigate the major hurdles to either add or deepen with Psychedelic Medicine in your practice.

<https://karencking.com/business-consulting>

2024 Psychedelic Assisted Therapy Training

Have you been following the field since you first heard about Psychedelic Assisted Psychotherapy and its effectiveness?

Have you been really interested in getting training but unwilling to spend \$7000 to \$10000 for training that may or may not even qualify you?

I am a MAPS trained MDMA Assisted Therapist trainee 2021 and also a graduate of the yearlong Naropa MAPS Psychedelic Assisted Therapy training program in 2023. I have been a practicing Ketamine Assisted Therapist at the clinic I founded since 2020 and have been leading a peer-to-peer consultation group called PsyNaut Circle for the past year. I have also consulted with a NYC startup to add Ketamine Assisted Therapy to their practice and business model.

Become a Psychedelic Assisted Therapist in an affordable five module course taught in person

Module 1- Intro to Psychedelic Medicine

Module 2- Ketamine Assisted Therapy

Module 3- Psychedelic Assisted Therapy techniques

Module 4- MDMA Assisted Psychotherapy

Module 5- Psilocybin Assisted Psychotherapy

<https://karencking.com/2024-psychedelic-assisted-therapy-training>

Please visit my website to schedule a time to chat with me to see if any of these options may be a good fit!

Go to <https://ThePsychedelicCounselor.as.me/chat> to book a chat with me if you are interested in PsyNaut Circle, Clinical Supervision or Kairos: Therapist Support Group.

Client Sexuality and Clinician Implicit Bias. On Zoom on demand.

[Client Sexuality and Clinician Implicit Bias | ConstantEdu](#)

Sexual Healing: Helping Our Clients Have Healthy Sex Lives after Trauma. On Zoom on demand.

This course will go over the basics of human sexuality, including sexual and gender identities, as well as the roles of desire, arousal, and libido. This course will also explore how certain types of traumas may affect your clients sexually and how to intervene in supportive, sex-positive ways.

As clinicians, most of us are aware that trauma greatly impacts the lives of our clients. However, a large majority of clinicians don't know how to talk to their clients about sexuality, and subsequently, aren't able to help their clients with trauma that has influenced their sex lives. Because of the shame-filled way our society treats sexuality, most people have a complicated relationship with it.

Experiencing attachment wounds can also be a major barrier to healthy sexual relationships. In addition, many people have been victims of sexual assault, and these experiences have a staggering impact on one's sexuality.

Whether your client has experienced shame, infidelity, or relational/sexual trauma, their sex lives are likely impacted, and they may need our support to help them achieve the healthy relationship with sex that they'd like to have.

This course will go over the basics of human sexuality, including sexual and gender identities, as well as the roles of desire, arousal, and libido. This course will also explore how certain types of traumas may affect your clients sexually and how to intervene in supportive, sex-positive ways.

Objectives

- Understand the process of human sexuality and development
- Recognize and describe how people develop healthy sexuality
- Identify the ways that historical experiences can impact sexual tastes and interests
- Clarify the differences between sexual and gender identity
- Discern the components of desire, arousal, and libido
- Describe the process of healthy sexual arousal
- Clarify how different types of traumas manifest in various impacts on one's sexuality and sex life
- Realize and recognize what it means to be a sex-positive clinician
- Feel comfortable taking practical actionable steps to have a sex-positive practice
- Learn and implement practical interventions for sexual recovery

6 CE's.

<https://constantedu.com/courses/6467df51fcae0800144921c3>

Practicum and Internship positions for mental health counseling graduate students.

Accent Counseling, a local Bellingham group private practice is offering Practicum and Internship positions for mental health counseling graduate students needing to complete their required hours starting in the 2023 Fall and Winter semesters.

Accent Counseling's Internship Program centers around giving graduate students a supportive and positive atmosphere to learn and grow in their clinical skills as they move toward graduation. We offer flexible hybrid in-person and telehealth scheduling, one-on-one individual supervision, as well as a fun weekly intern support group!

For questions and to apply, please reach out to our Intern Coordinator at interncoordinator@accent-counseling.com and request the application form!

Seeking DBT-interested clinicians.

Middle Path Counseling is seeking independently licensed clinicians to participate in comprehensive Dialectical Behavioral Therapy treatment (DBT). We are a collective of independently licensed clinicians who collaborate to provide fidelity based DBT treatment in Whatcom County. Interested applicants must have their own insured private practice and either be a licensed therapist or associate level licensed therapist. Supervision hours are available for associate level therapists.

Interested applicants must be willing to attend a weekly therapist consult team, be willing to attend the 5 day DBT foundations training, and have willingness to lead DBT skills groups when needed. Partial scholarship options may be available. Please email letter of interest and resume to info@middlepathcounseling.com

Training in Facilitating Action Explorations with Groups and Individuals.

This training offers experiential, practical and effective approaches for working in action. Action methods can greatly enhance and enliven how you work and are with others. These methods and the underlying philosophy can be applied to therapeutic as well as non therapeutic settings, with groups or individuals.

We will practice the subtle art of transferring the narrative into action, and developing a close knowledge of facilitating groups and experiential learning. Skillful experiential Facilitation will enhance the power, effectiveness, aliveness and creativity of your personal and professional life. This work brings the unconscious and the body into play, enabling us to integrate both conscious and unconscious processes and to co-create changes just below the surface of every day awareness.

This training will provide a trauma informed, safe, supportive and confidential environment to experience action explorations, and aspects of psychodramatic enactment, while learning about role dynamics, the complexities of life, and the overall process of working effectively with groups.

This learning environment provides the Opportunity to expand your personal and professional knowledge and skills while enjoying the support and connection of an engaged learning community. This training is intended to be socially conscious and economically affordable. If you are interested, please contact me. The training group now meets every other Monday from 2 to 5. But in January we could be able to change the time and day to accommodate the largest number of trainees, but planning for time changes this has to begin now.

Marianne Shapiro, MA, MFA, LMHC, is a Certified Trainer, Educator and Practitioner of Group Psychotherapy, Psychodrama and Sociometry. Marianne practices psychotherapy in Mount Vernon, WA and has been actively engaged in facilitating groups, workshops and trainings, mainly with her husband Bob, for the past 22 plus years.

Contact MarianneShapiro1@gmail.com

Pre and Peri-Natal Human Development Course. Call for dates

Human Development Center

1101 N State Street
Bellingham

This two year course will access essential information in the fields of human development, interpersonal neurobiology, Poly Vagal theory, attachment psychology, pre and peri-natal somatic psychology. We will learn how to work from a template of healthy attachment principles, within ourselves and with our friends, family, clients, and work communities. Because this course is based in personal development, we will gain the resources of these collective fields through the process of learning at your own pace from the inside out. The structure for each module will be 3/4 experiential and 1/4 tutorial. During class, contextual information will be provided to assist in the unfolding of the learning path that has personal meaning for you. Specific resources for cognitive learning will be suggested both before and between modules so you can apply yourself at your own level of interest in integrating the material. Whether you are interested in personal growth or deepening professional therapeutic skills, this course can facilitate your leading edge of development as a conscious human being.

This learning environment will enhance skills for mental health professionals, bodyworkers, teachers, care givers, parents, people in service industries, and people in all walks of life who want to learn to connect more authentically.

Cost is \$400 per module. Contact Clara Cunningham for more information at 360-4833-6192 or claracunningham1008@gmail.com

Psychodrama and experiential group explorations and trainings offered by demand.

Contact Marianne Shapiro, LMHC, TEP, and let her know what you are interested in.

marianneshapiro1@gmail.com www.rehearsalsforliving.com

Mediator Certification and Practicum Program.

The WDRC offers a practicum for individuals interested in becoming certified mediators.

The WDRC upholds stringent standards for mediators-in-training in order to ensure that the service our clients receive is high caliber and professional. The majority of our mediation services are provided by volunteers. At a minimum, all of our mediators have completed the professional mediation training, a practicum program in which they have been evaluated and certified according to the standards set forth by Resolution Washington and the Washington Mediation Association (WMA). Our practicum is an approved WMA Practicum Program.

Our family mediators have taken at least 24 additional hours of Family Mediation Training, and completed an additional practicum program. Many of our mediators also have backgrounds and experience in human resources, law, healthcare, education, and community planning, which enhance their skill sets and sensitivity to a variety of different types of disputes.

Interested in receiving mediator certification?

In order to become certified as a mediator, you must complete the following steps:

Complete the Professional Mediation Training
Apply and be admitted to the Practicum Program

Complete the Practicum Program, including a mock mediation assessed by WDRC certification team
Once certified, fulfill annual continuing education hours and actively mediate

The Mediation Practicum Program is a rigorous process. Once admitted to the Program most people take 12-18 months to reach certification. If you are interested in family or other specialized mediation certification, please note that advanced training in the topic area and additional practicum steps will be required.

To apply, please print the following application documents and submit your complete application to Luke Wiesner. If you would like us to email you the application documents, please contact Luke at luke@whatcomdrc.org or 360.676.0122.

EMDR Certification Group. Groups now forming

Are you trained in EMDR (Weekend 1 & 2) and wanting to expand your knowledge and increase your credential to "EMDRIA Certified"? Affordable groups are now being formed and will begin as soon as mutually convenient.

Please see <http://www.emdria.org/> for Certification requirements or call or email Shellea Swan at shellealcpc@gmail.com, 847-226-0580. Groups will meet in Fairhaven. Individual or group consultation also available.

Neufeld Institute offerings.

<http://neufeldinstitute.com/>

RESOURCES

Financial Coach.

Alyson Greene May, M.Ed., is a Financial Coach (Certified YNAB coach) and owner of Greene Star Financial Healing.

As a financial coach, I support therapists & healers (and their clients) in experiencing clarity and calm, and even playfulness, in their relationship with money. I teach and coach YNAB, a powerful method for relieving money stress and organizing your cash flow. I also offer financial wellbeing classes (on the 3rd Thursday of each month), nature-based ceremony and adventures, and financial astrology.

Learn more: <https://greenestar.co/>

Questions? alyson@greenestar.co

New Bellingham psychiatrist.

Dr. Sammy Randhawa in Fairhaven has taken on another psychiatrist who is accepting patients/scheduling now. Her name is Dr. Nadia Saina. Please see below for information about how she practices, what insurance she accepts, the website, and contact info.

<https://fairhavenmentalhealth.com/>

360-393-3308 ext, 1

Insurance accepted is Premera, Regence, Aetna, United healthcare, Cigna, out of network/self pay, and soon to Kaiser.

About Dr. Nadia Saina:

I graduated at the University of Kansas Medical School and did my General Psychiatry residency at the University of Kansas as well. I enjoy treating all aspects of psychiatry with a special interest in treatment resistant depression and ECT. I diagnose and treat depression, anxiety, OCD, bipolar spectrum disorders, schizophrenia spectrum disorders, and more. I focus on patient centered care and I am a strong advocate for my patients. I am LGBTQIA+ friendly.

In my free time I enjoy world travel, hiking, running and reading.

Seattle Hakomi:

<https://www.seattlehakomi.com/>

New Wellness app.

Greetings colleagues! I am so excited to announce a new wellness app is in development now, with an anticipated date of release at the end of Spring! This app is geared toward teenagers. In addition to individual users, this app may act as a tool to enhance treatment for helping professionals who work with youth. Please visit my website and add your contact info for the newsletter to stay informed of the release date! www.catchmecoach.com

Catch-Me gives users in-the-moment, tangible strategies that help them change behaviors, improve their communication and their relationships.

Users add info based on the emotional goals they choose.

AI within the app starts to learn its users through mood tracking, situational triggers and more.

Catch-Me builds out user's customized resource library to create targeted tools and strategies that work best for that individual and the behaviors they're trying to change.

Catch-Me = It's catching you in the act of engaging in problematic behavior

It's catching you as your supportive coach who's got your back!

Thank you,

Deb Shawver, LICSW

Bellingham Therapeutic Counseling, PLLC

360-536-1565

shawvers11@hotmail.com

www.catchmecoach.com

Here's a survey to take:

<https://lbmv1kh7lq0.typeform.com/to/Ri1Lj7qY>

The Western Washington University Counseling Training Clinic will be offering free mental health counseling services starting in January.

Beginning January 2024, graduate students in Western Washington University's Psychology Department will provide individual counseling, under faculty supervision. These services are free. Western's Counseling Training Clinic has openings for individual counseling of adults, adolescents, and children. We are offering in person services for all ages and remote services for individuals 13 years and older from January through June, 2024. Appointments for individual counseling are available from 12 p.m. to 5 p.m. Monday through Thursday. Counselors are trained to deal with a wide range of issues such as depression, anxiety, relationship difficulties, vocational choices, grieving, communication problems, parent-child conflicts, and childhood issues. Anyone interested in these services can call the Counseling Training Clinic in the Psychology Department at 360-650-3184, and leave a confidential message with a contact phone number.

<https://chss.wvu.edu/psychology/counseling-training-clinic>

Mobile Mama has availability for new clients.

Mobile Mama has availability for new clients who are enrolled in Molina, Premera/Lifewise, Aetna or choose to pay privately.

Our interns as well as some of our therapists have availability for new perinatal clients and can provide support from conception through motherhood.

Please reach out with any questions.

Michelle Anderson MA, LMHC, PMH-C

www.MobileMama.com

Eating Disorder Recovery and Resources.

<http://www.flourishfoodandbody.com/resources.html>

Coalition of Clinician-Survivors (CCS).

The Coalition of Clinician Survivors exists to provide support, education, resources and consultation to mental health professionals and other professional caregivers who have experienced suicide losses in personal and/or professional contexts. We recognize that, regardless of whether the loss was of a loved one, a client/patient or a student, the repercussions are profound and are likely to impact a clinician both personally and professionally.

<https://www.cliniciansurvivor.org/>

End of Life Washington.

<https://endoflifewa.org/>

We envision a world where people understand their end-of-life choices and can die on their own terms, without barriers.

End of Life Washington upholds your right to the full range of end-of-life choices, including Death with Dignity, through advocacy, education, and support.

Local workbook available.

I have published a workbook for helping clients know who they are and stay true to themselves. I couldn't find anything for the many clients who were asking for this, so I created it. You can see the Table of Contents in the look inside feature (from computer, doesn't work on phones) to see if it would be of use to you/your clients.

Here is the summary: Do you struggle with knowing who you are? Is it hard to make decisions or even know what you want? If you do know what you want, is it hard to ask for it? Sometimes we used to know who we were and then a life change happened such as divorce, illness, retirement or graduation and we feel lost. This workbook is designed to help you become strong in your identity and stay true to yourself. Through guided exercises you will learn more about yourself, your needs and what makes you....you.

Link: https://www.amazon.com/dp/B0CCSSH7/ref=sr_1_1?crd=1GHZABKMLAYD6&keywords=maureen%20kane&qid=1690129429&prefix=maureen%20kane%20Caps%20C151&sr=8-1&fbclid=IwAR0UFig-oOzNFRPS8Q-QyooGin4W32aVCFKellfRLYiNemSxozAfxUld2pg

It will be in Village Books.

Maureen Kane, LMHC, LCPC
info@maureenkanecounseling.com

Coastline Counseling Association.

Join our Association!

About us:

Coastline Counseling Association was created to help clinicians feel more confident in joining the world of private practice.

Are you new to private practice? Do you want to be independently contracted with insurance companies but aren't sure where to start? Are you already established but want to worry less about administrative tasks? Looking for a community of therapists? Coastline Counseling Association can meet all of these needs!

For years, we watched our colleagues feeling stuck in their jobs, wondering if private practice could be a real option but they hesitated because of the confusing and overwhelming process of building their own practice. It's frustrating and we've been there! From these stories, we had an idea to create our Association.

Our Association offers a variety of services, including:

step-by-step business set up

credentialing with insurance companies

comprehensive billing services (insurance billing, client invoicing, and client payment)

marketing and guidance on strengthening your digital presence

connection with supportive therapists

regular consultation groups and informative workshops

quarterly meetings with Founders for ongoing support and guidance

STRUCTURE

The structure of our Association is unique as it prioritizes the autonomy of each Member. This means that we do not dictate how much you work, how much you make financially, what kind of clients you have to see, or even where you see them! As a Member, you get to construct your practice in a way that aligns with your goals. We tend to think of our model as "private practice with training wheels," and our intention is to help you with all the nitty-gritty details so you can focus on what you enjoy doing best - sitting with your clients. Whether you're just embarking on the journey of opening a practice or you're a seasoned private practice owner with the desire to lighten your workload - our Association strives to meet you exactly where you are.

FEES

To account for the investment that we make in each Member (mentorship, consultation, insurance billing, financial guidance, etc.), we charge a percentage of your total income. This amount is invoiced to you at the end of each month and is based on insurance claims that were completed (submitted and paid out to you) and paid client sessions. This amount is closely tracked and communicated by our biller.

REQUIREMENTS

Fully licensed in WA State as a mental health counselor or clinical psychologist

CONTACT

Visit our website for more information and to contact us with your interest:

<https://coastlinecounselingassociation.com/>

High Conflict Divorce Coaching/Advocacy.

Solidarity Consulting with Jody Bauer

In 2014, on my actual 20th wedding anniversary, my life imploded. What had been a pretty awful relationship, all things considered, dissolved into a fight for my sanity, my children, my livelihood, my sense of reality.

Like so many in abusive relationships, I had no visible scars. I did not have the language to articulate to my friends or family what I was going through.

In my experience, I've found that attorneys are overwhelmed and unable to manage the enormous emotional strain their clients are under. Therapists are invaluable for clients dealing with such trauma but typically have limited knowledge of family court. Lacking such a guide myself, I began looking for a way to take what I know and walk with others going through a similar hell.

I have been a nurse practitioner for 23 years and have always been drawn toward understanding the impact of our nervous system on our bodies. My hope was to bring this skill into advocacy for others going through this chaos. In 2021, I came across a certification course for high conflict coaching and I knew I'd found my plan. In Feb 2022, my certification was complete and Solidarity Consulting was born.

Although I work with clients going through any divorce, I have special interest and training in the predictable patterns of post separation abuse, NPD and other personality disorders, and understanding how these dynamics play out in family court.

My work involves helping clients understand and navigate within the reality of the family court system. We spend time working on documentation for the courts and with their ex, saving time and money as this translates into less time paying an attorney.

My hope is that Solidarity Consulting will continue to be a landing place for folks going through divorce: A place to be seen, to be believed, supported and to succeed through this transition.

Jody Bauer, www.solidarityconsulting.com

360-399-6263

* Consultation/strategy video session \$150/hr

* Weekly group support \$25/wk, 8 wk commitment required.

Whatcom Perinatal Mental Health Taskforce website:

<https://whatcomperinatal.org/>

Resources for Whatcom providers and for parents (including peer support, mental health support, and medication information) all in one place.

Rare Disease Coalition Pilot Program.

I am a co-chair of the Mental Health Task Force at the NW Rare Disease Coalition, which recently launched a pilot program to showcase a variety of mental health resources available to the rare community. This program is designed to support rare disease patients, their families, and caregivers through an open calendar of free and virtual sessions and support groups. I thought individuals in your network might be interested in learning more and participating at <https://nwrare.org/#mentalhealth>.

Thanks, Christina R. Newell, LMHC, CMHS

Ketamine-Assisted Psychotherapy Available in Bellingham.

Bellingham Ketamine-Assisted Psychotherapy Clinic is offering ketamine-assisted psychotherapy (KAP) at our downtown Bellingham office.

KAP is an innovative psychological treatment approach which, within a safe and supportive setting facilitated by a trained psychotherapist and/or physician, promotes a temporary softening of psychological defenses allowing for deeper self-reflection and processing. This can lead to a disruption of negative feelings and patterning. Many clients find this interruption can provide significant shifts in overall outlook and well-being.

KAP can be an effective treatment for depression/treatment-resistant depression, anxiety, grief and loss/end of life distress, distress related to chronic or life-limiting illness, PTSD/trauma, and other psychiatric diagnoses.

Treatment includes an initial medical and psychological assessment, preparatory sessions, medicine sessions during which ketamine is administered via sublingual lozenges or intramuscular injection, and follow-up integration sessions. The exact nature and sequence of the treatment process varies depending on the particular issues being addressed, our clinician's treatment recommendations, and each individual's needs and goals.

Providers Laurel Watjen, LMHC, Lisa Yeager, MSW, LICSW, and Jessica Yoos, MD are specially trained in KAP, as well as the broader field of psychedelic-assisted psychotherapy and research.

Reach out to us for more information or to discuss potential referrals by emailing BellinghamKAP@protonmail.com

Peer Education and Advocacy: Teens Against Abuse:

Weekly Programming for Whatcom County Teens:

<https://www.dvsas.org/peer-education-and-advocacy-teens-against-abuse-2/>

Support Spaces for Teens at DVSAAS.

Support Spaces are a weekly, peer facilitated, virtual drop-in space for teens to discuss relationships, consent, boundaries, and support, without the structure of a, “support group.” Support spaces are peer-facilitated by a Teen Peer Advocate. The only requirement to join is an agreement to maintain the confidentiality of your peers.

Support Spaces are hosted via Zoom on Tuesdays from 4-5 pm for High School students, and Wednesdays from 5-6 pm for Middle School students. Participants do not have to identify as a person who has experienced abuse or assault to join- the only requirement is an agreement to maintain the confidentiality of your peers. These spaces are open to all genders and are drop in-based- regular attendance is not required! Anyone looking for a space to discuss relationships, consent, boundaries, and support is welcome!

Sliding scale telehealth therapy.

Pacific Lutheran University's Couple & Family Therapy Center (which offers individual therapy as well and is not Lutheran-belief-based counseling), has a very low cost sliding scale. Therapy is done by Master's students under supervision.

<https://www.plu.edu/mft/the-couple-and-family-center/>

Compass Health’s Mobile Crisis Outreach Team (MCOT).

This team was known previously as CPIT, but changed approximately a year and half ago to MCOT. MCOT now provides both involuntary services through our DCRs and voluntary services with our MHPs, SUDPs and CPCs. Please see below info from our website with more info-
<https://www.compasshealth.org/services/mcot/>

The Mobile Crisis Outreach Team (MCOT) is a community-based outreach team with the ability to respond to and provide crisis services in the community (e.g., homes, schools, shelters). The Team serves adults, adolescents, and children who are experiencing a behavioral health (mental health and/or substance use) crisis regardless of their funding source. MCOT offers short term crisis intervention and prevention services utilizing strength-based, solution-focused, culturally competent, trauma-informed, and recovery-oriented interventions.

MCOT consists of a team of behavioral health professionals, including mental health professionals, certified peer counselors, and chemical dependency professionals collaborating with the individual in crisis and their family members to develop a plan to get through the current crisis, manage future crises, and move towards recovery.

Who is Eligible?

Anyone who is physically located in Skagit, Island, San Juan, and Whatcom counties and is experiencing a behavioral health crisis or is in a pre-crisis situation that seems to be deteriorating, and without intervention, could result in a behavioral health crisis.

What services do we offer?

Urgent community response, usually within 2 hours

Care planning services for up to 2 weeks

Community Outreach

Involuntary Treatment Act Services

This service is available in:

Skagit County

Island County

San Juan County

Whatcom County

To access this service, call the VOA Crisis Response Services (the Care Crisis Line) at 1-800-584-3578 24/7 – 365 days-a-year to speak with a mental health professional who will assess the situation, make appropriate referrals, and/or dispatch the MCOT community based outreach team.

If you have any additional questions please let me know.

Jon Dukes, LICSW/DCR

"Jon.Dukes" Jon.Dukes@compassh.org

Manager of Whatcom County Mobile Crisis Outreach Team (MCOT)

PFLAG.

"PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed." Learn more about the Bellingham Chapter:

<http://www.whatcompflag.org/home.html>

Support and resources for LGBTQ+.

Washington Gender Alliance Support Group

Tuesdays 7:30-9pm

St. James Presbyterian Church, 910 14th St. Bellingham, WA 98225

Community-oriented, peer-facilitated, open support group for people who are transgender, gender variant or whose lives may be directly or indirectly involved with a transgender or gender variant person

<http://washingtongenderalliance.com/>

Queer Youth Project Support Group: 360-734-9862

Call for location

Tuesdays and Thursdays 3:30-5pm

A safe and confidential weekly support group for lesbian, gay, bisexual, transgender, queer, questioning, and ally 14-18 year olds

Gay, Lesbian, Bisexual, Transgender (GLBT) National Hotline: 1-888-843-4564 (24/7)

GLBT National Youth Talkline 1-800-246-PRIDE (7743)

Trans Teen Online Talk Group for teens 12-19 Wed 4-6pm pacific

Online Peer Support Chat

<http://www.glbthotline.org/>

Trevor Project: 1-866-488-7386 (24/7)

<http://www.thetrevorproject.org/>

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24

Trans Lifeline: 877-565-8860

<http://www.translifeline.org/>

Hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

<https://ingersollgendercenter.org/what-we-do/support-group/>

Religious trauma counseling.

Organizing a group of practitioners who specialize in working with religious trauma. All practitioners have experienced at some point being part of a closed religious community and understand some of the unique aspects to religious trauma.

Currently looking for experienced trauma therapists with some form of somatic training to join our new directory; www.religioustraumacounseling.com We are already seeing a lot of referrals and soon will be getting more than we can manage. We are looking for people who grew up or have experience being in closed religious communities.

Digital community of women finding specialized, compassionate and professional help to overcome the trauma from betrayal and infidelity.

<https://bloomforwomen.com/?fbclid=IwAR1RAGHhMqeaLo8NoZ104i69xLzVcdjfaXMBbaQ8ka11oUVF0eagQ7BE1E>

Crisis Stabilization Center.

The Crisis Stabilization Facility provides services to adults who are experiencing a mental health crisis, or who are in need of withdrawal management services, and helps them restore and stabilize their health.

The stabilization facility offers an alternative to hospitalization or arrest. It is also a clear point of access to mental health and substance use services in Whatcom County.

If you or someone you know is experiencing a behavioral health crisis and would like support, these local resources are available to you:

<https://www.compasshealth.org/services/crisis-triage-stabilization/>

<https://pioneerhumanservices.org/treatment/centers?tid=19#0>

Mend Seattle: quality, low-cost mental health counseling through telehealth to individuals, couples and groups.

If you are unable to accommodate requests for sliding scale, please refer people to us.

We are a collective of healers with diverse educational backgrounds and identities committed to an anti-oppressive and liberatory approach to therapy. We emphasize serving the QTBIPOC (Queer, Trans, Black, Indigenous, People of Color) Community.

<https://mendseattle.com/about-us/>

Ayurvedic Suggestions.

I have recently written several blog posts aimed at giving practical suggestions (and education around they Ayurvedic "why" of them) for experiences people might be having in this stressful time (ie: anxiety, difficulty sleeping, constipation, loose stools, etc).

Here is a link to the blog:

<https://www.ayurvedichealthcenter.com/blog/>

Here is a link to a helpful tip sheet:

<https://www.ayurvedichealthcenter.com/wp-content/uploads/2020/04/AHCWS-TipSheet-PandemicSurvival.pdf>

Katrina Svoboda Johnson, LMP, AHP/CAP
Ayurvedic Health Center
+1 (360) 734-2396 office
+1 (503) 718-8211 mobile

For immediate support: a list of counseling hotlines in the US.

https://www.opencounseling.com/hotlines-us?utm_source=OpenCounseling+Therapists&utm_campaign=91dc698f80-

Assistance and Counseling Resources.

National Suicide Prevention Lifeline: 1-800-273-8255

Free, confidential support for people in distress and/or crisis (not limited to suicidal crisis)

<https://suicidepreventionlifeline.org>

Trevor Project Hotline (LGBTQ focus): 1-866-488-7386

<https://www.thetrevorproject.org>

National Parent Helpline: 1-855-427-2736

<https://www.nationalparenthelpline.org>

Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline:
1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Volunteers of America Care Crisis Response Services: 1-800-584-3578

<http://www.imhurting.org>

Teen Link: 1-866-833-6546

Confidential and anonymous help line for teens

<https://www.crisisconnections.org/teen-link/>

Child Abuse Hotline: 1-800-422-4453

<http://www.childhelp.org/hotline/>

Bellingham Domestic Violence and Sexual Assault Services (DVSAS): 1-877-715-1563

<https://www.dvsas.org>

Business Line: 360-671-5714

National Domestic/Relationship Violence Hotline: 1-800-799-7233

<https://www.thehotline.org>

National Sexual Assault Hotline: 1-800-656-4673

<https://www.rainn.org>

National Eating Disorders Helpline: 1-800-931-2237

<https://www.nationaleatingdisorders.org>

Self-Injury Cutting: 1-800-366-8288

<https://selfinjury.com>

Connect with State and Local Resources: 211

<https://wa211.org>

Help Guide – a nonprofit mental health and wellness website

<https://www.helpguide.org>

Spanish Warm Line for Perinatal Support Washington.

Call our toll free support line at 888.404.7763 or email us at WarmLine@perinatalsupport.org

Leave a message and a Spanish speaking Warm Line staff will return calls within twenty-four hours. Our support line offers free telephone support for all parents. We provide warm, understanding, effective and private support and professional referrals for new parents and their family members.

<http://perinatalsupport.org/en-espanol/>

The Adoptee Lounge.

You're not looking for therapy, but you do want to talk about adoption with other adopted people who just get it. The conversations will center on adoption, but may flow into topics about life, friends and hobbies. I am pleased to be viewed as a mentor and facilitator to those in the lounge. ~ Angela Tucker

<https://www.angelatucker.com/adopteelounge>

Links to educational material about sensitivity regarding pronoun use:

Why do pronouns matter? <https://www.mypronouns.org/what-and-why>

Pronoun FAQs <https://medium.com/trans-talk/faq-on-pronouns-trans-people-b501cb1f668f>

WHERE TO GO FOR HELP.

Whatcom Alliance for Health Advancement (WAHA) is now closed for services to the public. The following is a list of resources which may help you in addressing the needs that WAHA has helped people access until now:

Refugee and Immigrant Services Northwest

Population: Refugees and immigrants in Whatcom, Skagit, and Snohomish counties.

Issues: Assistance with employment, education, and health care navigation.

(425) 388-9156

4101 Meridian St.

Bellingham, WA 98226

PeaceHealth Advanced Care Planning

Population: Patients of PeaceHealth medical groups and PeaceHealth St. Joseph Medical Center.

Issues: Help developing Advance Directives and dealing with end-of-life and chronic disease challenges.

Hilary Walker, ACP Program Coordinator

360-752-5267

hwalker@peacehealth.org

(Note: for persons who are not PeaceHealth patients, planning is in process to maintain Advanced Care Planning services at another organization. Information will be provided to the community once that planning work is done.)

Community Resource Center

Opportunity Council

Population: All.

Issues: food, housing, including referrals for housing and rental assistance

Phone: (360) 734-5121 ext.370 or dial "0"

1111 Cornwall Ave.

Bellingham, WA 98225

Open to the public, Monday-Friday 10am-4pm

Aging & Disability Resources

Northwest Regional Council

Population: Older adults and people with disabilities; family caregivers.

Issues: Information and assistance regarding community resources, determining eligibility for specific programs, and help with accessing services.

600 Lakeway Drive

Bellingham, WA 98225

(360) 738-2500

Sea Mar Community Health Center (Bellingham, Everson)

Population: All.

Issues: Health Insurance Enrollment into Expanded Medicaid and Qualified Health Plans on www.wahealthplanfinder.org, community resources, help with forms with financial assistance, sliding fee scale, Rx assistance. Help with basic food application assistance and classic Medicaid DSHS programs. Limited assistance with Medicare counseling.

Customer Service Representatives/Health Benefit Exchange Navigators (ask for Claudia Martinez and Jessica Mata in the clinic) (360) 788-7106

Unity Care NW (Bellingham, Ferndale)

Population: All.

Issues: Health Insurance Enrollment into Expanded Medicaid and Qualified Health Plans on www.wahealthplanfinder.org, community resources, help with forms with financial assistance, sliding fee scale, Rx assistance. Have one staff member who can help with Medicare counseling.

Outreach and Enrollment department, Bellingham: (360) 788-2669 Ferndale: (360) 752-7410

Office of the Insurance Commissioner

(OIC) Statewide Health Insurance Benefits Advisors (SHIBA) program

Population: 65+ and/or disabled.

Issues: Provide Medicare counseling on the phone or redirect caller to a local volunteer in their area, information on Medicare, classic Medicaid, insurance options, Medicare /Medicaid fraud + abuse, appeal/grievance support, and prescription access 1 (800) 562-6900 (Monday-Friday 8am-5pm)

NW Medical Society

Population: All.

Issues: Help finding a primary care or specialty medical provider who will accept Medicaid or Medicare
April Metz de Montiel aprilm@northwestmedical.org

(360) 676-7630 (Monday-Friday 10 am-2 pm)

www.northwestmedical.org

Northwest Youth Services

Population: Homeless or at-risk youth, including LGBTQ+, ages 13-24.

Issues: Housing, emergency drop-in center, help with basic resources, counseling on vocation services, substance abuse.

(360) 734-9862

www.nwys.org

Whatcom DREAM

Population: All.

Issues: Financial literacy, financial advocacy, applying for health care financial assistance / charity care assistance.

Trudy Shuravaloff

(360) 319-3759

<https://thewhatcomdream.org/>

Online series in which a group of men explore their experience as men.

<http://www.wearemanenough.com/>

Oprah Show: Full episode “200 Men” show about sexual abuse of boys.

<http://www.oprah.com/own-oprahshow/full-episode-200-adult-men-who-were-molested-come-forward-video>

Covenant for Honoring Children.

<https://www.childhonouring.org/covenantprinciples.html>

“Confronting Clutter” resources.

<http://www.confrontingclutter.com/events/>

Please join the closed group on Facebook called Washington State Therapists in Private Practice.

If you are a local therapist seeking support and resources from others in the private sector please join the closed group on Facebook called Washington State Therapists in Private Practice. This group is for those interested/affiliated with mental health therapy who have a private practice in the State of Washington. This is a space to exchange ideas, seek peer consultation, share networking and marketing strategies, ask business and clinical questions, make announcements for upcoming events and trainings, and post information about continuing education opportunities.

Administered by Natosha Scheenstra, MSW, LICSW at (360) 583-6310 therapy@natoshascheenstra.com and Christopher Heckert, MSW, LICSW, CMHS at (360) 392-2829 chris@heckertcounseling.com if you have any questions.

Free Cancer Education Program

Binaytara Foundation is a non-profit organization founded in 2007 with the goal of improving healthcare in resource-poor communities and currently has various national and international projects related to health.

The foundation is starting a monthly cancer education program titled "Northwest Patient Summit: Empowering Patients, Demystifying Cancer" in Bellingham. This program is designed for the general public and is free. For more details, please visit:

<http://cancersummit.binayfoundation.org/> and <http://binayfoundation.org/>

“not if but when: books for young people about death and loss.”

Mission statement of this group: encourage and support sharing good books and stories about death and loss with children and teens throughout their lives

<http://www.notifbutwhen.org/#not-if-but-when>

Facebook group focused on Palliative Care.

Slow Medicine (USA) explores shared, nonrushed medical decision-making, palliative care, and treatment focused on preserving function and maximizing comfort, especially for elders.

Slow Medicine: <https://www.facebook.com/groups/108731512508516/>

Resources for gender spectrum issues.

(compilation of resources from a listserve; I can add to this list if you have more!)

Diane Ehrensaft, PhD, is an internationally known specialist in gender spectrum issues. She is author of a couple of important books and is the Mental Health Director for the Child & Adolescent Gender Center (CAGC) at the University of California San Francisco. Diane Ehrensaft was very helpful and responsive consulting about resources on the East Coast for religious relatives struggling with understanding their transgender teen who was soon to enter college. You might also want to browse the CAGC website (<https://www.genderspectrum.org/we-can-help/cagc/>) for ideas about resources.

WPATH site has a lot of helpful information <http://www.wpath.org/>

<http://www.apa.org/pi/lgbt/index.aspx> LGBT concerns overarching page-- could have some helpful information

The Genderbread Person is helpful in explaining the differences between sex, gender, sexual orientation, sexual behavior, attraction, etc.: <http://itspronouncedmetrosexual.com/2015/03/the-genderbread-person-v3/>

Books:

Here you can find a list of cisgender privileges (similar to Peggy McIntosh's Invisible Knapsack): <https://petersontoscano.wordpress.com/2009/10/15/privilege-of-non-transgender-people/>

“Trans 101” by N.M. Teich

"Where's My Book" by L. Gromko

[http://staging.counselingcenter.illinois.edu/sites/default/files/Trans Ally Manual%20rev%2010_26_2011.pdf](http://staging.counselingcenter.illinois.edu/sites/default/files/Trans_Ally_Manual%20rev%2010_26_2011.pdf)

<https://www.genderspectrum.org/explore-topics/parenting-and-family/>

<https://www.pflag.org/transgender>

I work at the Gender Identity Center of Colorado and one of our standard resources for clinicians who are new to working with people in the trans community is Transgender Emergence: Therapeutic Guidelines for Working With Gender-Variant People and Their Families by Arlene Lev. You can also find some great information on the GIC website at www.gic-colorado.org. Dr. Karen Scarpella, the director, wrote a book on coming out to one's family called Sharing the Good News that has been found to be really helpful for a lot of people.

WPATH is the major organization that develops standard of care guidelines for caring for trans patients. http://www.wpath.org/site_home.cfm

Link to a video on trans mental health / legal issues: <https://vimeo.com/26123906>

The Centre for the New Human is a community of people passionate about what is possible for humanity - what is the Light, the Divine Nature, the Self Presence within and among us; how we come to know that in ourselves and how we move and act in this world as that.

This Journey is a shared one. We do not heal and awaken alone. We invite you to join with us, to share of your Journey with us. Our intention here is to nourish what joins us, and to set aside the many divisive messages, be they political, religious or personal, that serve to split us into competing camps of seemingly separate souls.

We invite you to check out our website and blog posts, and to subscribe to notifications of new posts!

<http://thecentreforthenewhuman.org/our-blog/>

Thank you!

Peace, love, blessings,

Paz, amor, bendiciones

Dennis Gaither

Crisis Prevention and Intervention Team.

Snohomish County

- Located at the Bailey Building in Everett
- Manager: Jess Cemenska
- Supervisor: Christina Murphy
- Available 24 hours per day, every day

Clinical Approach and Structure

Traditionally Crisis Services have been provided primarily in a “one touch and done” framework but this new structure and approach encourages and supports episodes of care. Interventions can be in response to a crisis or more proactive in nature, and follow up contacts are expected (via phone or face-to-face). There is a substantial expectation for community-based outreach and for firm service linkage and not just referrals.

Clinical staff will apply skills that are supported by Motivational Interviewing and Cognitive Behavioral Therapy models within the context of Trauma Informed Care. Limited psychiatric services will also be available when it is believed that an evaluation might support rapid stabilization.

One of the most significant changes will be the addition of Certified Peer Counselors to the provision of Crisis Services work. Peer Counselors will respond to outreach requests paired with a clinician, and will provide follow-up services with clinicians and independently.

Who is Eligible?

Anyone physically located in the county and experiencing a mental health crisis is eligible (as has been the case for many years). Additionally, individuals may be referred who are in a pre-crisis situation or a situation that seems to be deteriorating and without intervention could result in a crisis. This is a voluntary service available to all ages with a substantial outreach component.

Individuals who are in services should work with their treatment teams to address emerging crisis situations. The CPIT will respond after hours to people who have services in place that have no after-hours response capability. The team will respond within a two (2) hour time frame to emergent crisis calls.

How to Refer

Anyone may call VOA Care Crisis Response Services (the Crisis Line) at 1-800-584-3578.
NDA & Dispositions can be called back at 1-800-747-8654

The team may be contacted directly from 9am to 5pm (Monday through Friday) as well at the following number:

Snohomish County: 425-349-7447

Resources on “Sex, Asperger’s and Autism.”

The Center for Independence.

The Center for Independence is a 501 (C) (3) organization serving as a resource for individuals with disabilities to fully access and participate in the community through outreach, advocacy, and independent living skills development. We serve senior citizens with senior-related disabilities as well.

We serve people in Island, Pierce, San Juan, Skagit, Snohomish, Thurston, South King and Whatcom counties.

<http://centerforindependence.org/>

<http://centerforindependence.org/bellinghamoffice.html>

Engedi Refuge.

(from Becca Johnson, PhD) Engedi Refuge is a local home for women who have been sexually exploited (prostituted) and are in “recovery” from the multitude of traumas. It is a residential program and has been operating for over two years now — the first such home in Washington state (and it’s in our backyard).

<http://www.engedirefuge.com/>

Whatcom Taking Action (for families with children with special needs).

Taking Action is a partnership including community members, parents, and providers of care and support services. Together we are building an integrated system of care and support that local families can access -- easily and efficiently – who need help with resources and service navigation for kids ages birth to 21 who have (or may have) special needs.

<http://whatcomtakingaction.org/>

Naturopathic Care for Eating Disorders.

Dr. Wohlford is a naturopathic physician who specializes in treating mental illnesses including eating disorders. She has successfully treated individuals with disordered eating of varying levels of severity ranging from overeating and struggles with weight loss to anorexia and bulimia.

For more information, contact:

Genevieve Wohlford, MA, ND

Phone: 360-436-6311

Email: genevieve.wohlford@gmail.com

Website: <http://www.dr-genevieve-nd.com/>

Current Classes for Community Education at Whatcom Community College focused on Personal Enrichment and Professional Development.

(See especially classes under “Fitness and Health” and “Self-Exploration.”)

<http://www.whatcomcommunityed.com/continuing-education1/community-education/current-classes/>

Anacortes Center for Happiness.

One of Washington’s very first Social Purpose Corporations, the Anacortes Center for Happiness’ stated mission is to “provide joy, growth, connection and kindness to its patrons and anyone associated with it – as well as the local, state, national and world community.” <http://anacortescenterforhappiness.org/>

Calendar for Happiness events in Anacortes: <http://anacortescenterforhappiness.org/happy-calendar/>

Internet and Social Media Safety Blog.

<http://thedigitalsheepdog.ca/>

Bellingham Public Schools Family Resource Center.

The Family Resource Center (FRC) in Bellingham Public Schools is located at Carl Cozier Elementary School in Portable A. The resource center links local resources and human services to our families and addresses the needs of the whole child to promote student success. We will ensure that all families are honored and supported.

What does the Center offer? The Family Resource Center will assist families who want to reduce barriers to success. Our services are free and confidential.

By visiting, you can access information and available services in the Bellingham community. These will include:

Basic Needs such as food, clothing, housing

Counseling Services

Emergency Assistance

Employment or Education Opportunities

The center will also provide:

A Computer Lab for Employment Support Services

Student Success Strategies

Parent Support and Education

Drug and Alcohol Awareness Information

HOURS OF OPERATION

Monday to Thursday
1 - 5 pm

CONTACT

360-676-6470, ext. 5851
frc@bellingshamschools.org

Steve Morse
Director, Teaching and Learning
360-676-6470, ext. 4456

The FRC is located at
Carl Cozier Elementary School
1330 Lincoln Street, Portable A
1330 Lincoln Street, Portable A
360-676-6470 x 5851, frc@bellingshamschools.org

<https://bellingshamschools.org/family-resource-center>

WA connection to services (in English and Spanish).

<https://www.washingtonconnection.org/home/exploreeoptions.go>

A link to DSHS eligibility for benefits website:

<http://www.dshs.wa.gov/ESA/TEC/>

DVSAS (Domestic Violence and Sexual Assault Services) Overview.

DVSAS began operating domestic violence safe shelter services for Whatcom County in July. We have been honored to add shelter into our menu of support services for survivors! Shelter services have continued without interruption and can be accessed 24 hour a day by calling our helpline at (877 or 360) 715-1563 – 711 for telephone relay service. Callers who qualify for shelter will be connected for an intake. The Womenscare Shelter helpline has been set up to ring to DVSAS so don't worry if you call the previous number. The DVSAS Safe Shelter is staffed 24 hours a day by trained advocates so you can assure your clients that we are ready to help at any time!

Domestic Violence and Sexual Assault Services of Whatcom County (DVSAS) serves individuals affected by domestic violence and sexual assault and leads the community toward ending these abuses of power. Whether it's been twenty minutes or twenty years, DVSAS helps people rebuild their lives. Through a 24 hour help line, advocacy counseling, children's programming, support groups, prevention education and a safe housing program, DVSAS provides services to thousands of people each year. On a broader scale, DVSAS builds partnerships with law enforcement, social services providers, and policymakers to improve the community response to domestic violence and sexual assault. DVSAS has delivered compassionate, confidential services since 1979. Support from volunteers, donors, and partners allow DVSAS to provide services free of charge.

How can you reach us?

Ask a question, find support, and get information through our 24-hour helpline at 360.715.1563. or by email dvsasemail@dvsas.org

24-Hour Services

24-Hour helpline: Advocacy counselors provide safety planning, emotional support, crisis intervention, safe housing intakes, and referrals through the helpline 24 hours a day, 365 days a year.

Support during medical exams: When an individual undergoes a sexual assault forensic exam at St. Joseph Hospital, advocacy counselors are dispatched to support the victim and family/friends through the process. Advocacy counselors also provide support during other exams related to domestic violence or sexual assault and can help victims to access necessary services.

911 Safety planning: From the scene of a domestic violence call, officers throughout Whatcom County conduct a danger assessment and call DVSAS advocates to provide immediate safety planning and crisis intervention to victims.

Support Services

Advocacy counseling sessions: Advocacy counseling is available to clients who want to meet one-on-one with an advocacy counselor. Sessions are available on a walk-in or scheduled basis during business hours. These sessions strength and empowerment-based and include emotional support, on-going safety planning, identifying coping skills, problem solving, information about the affects of domestic violence and sexual assault, and referrals to other community resources.

Advocacy counseling is offered at the downtown support center, at the DSHS office, over the phone, and at safe locations throughout the County by arrangement.

Legal Advocacy

Protection order assistance: Advocacy counselors to provide assistance completing requests for civil domestic violence protection orders, sexual assault protection orders and anti-harassment orders. Assistance is available on a walk-in basis during business hours and include help filing and support during court hearings.

Court preparation and accompaniment: Legal advocates support clients through civil and criminal court processes related to domestic violence and sexual assault, including child custody hearings, trials, and interviews. Support includes preparing clients for court, attending court hearings and post-hearing debriefing.

Law enforcement reporting: If clients decide to report domestic violence or sexual assault to law enforcement, advocacy counselors can help guide them through the process. Law enforcement officers are often able to take reports at the downtown support center or advocates can accompany them to the police station.

Support Groups

Adult and teen support groups: Support groups are held for adults and teens at the downtown support center, at the DSHS office, at local schools and other locations throughout the county. The New Beginnings Support Group is offered four times a week for women who have experienced or are currently experiencing domestic violence, one session is in Spanish. Connections are a 12-week group

for men and women who have experienced sexual assault. Teen groups are held throughout the school year for girls who have witnessed or experienced domestic violence and/or sexual assault.

Children’s groups: Children’s groups are offered during support groups. The groups focusing on increasing the resiliency skills of children by allowing them play in a safe, child-appropriate environment while increasing social skills, learning positive conflict resolution, and processing their own difficult feelings.

Parenting after violence program: This group helps women to understand the effects of domestic violence on themselves and their children, learn healthy discipline techniques, and explore their parental role. It is offered several times throughout the year.

Safe Housing Services

Safe Shelter: The DVSAS Safe Shelter is a confidential, shared residence for female-identified survivors of domestic violence and their children. Basic food, clothing, personal items and bedding are provided to residents if needed. Intakes into the Safe Shelter are available 24-hours a day. The Safe Shelter is fully handicapped accessible and service animals are accepted.

Safe Hotel Stays: We can make arrangements for Safe Hotel stays in some cases such as, the Safe Shelter is full and the survivor is in immediate danger, the survivor identifies as a male or for other reason’s a family would be better accommodated in a hotel setting.

Homelessness Prevention

DVSAS has limited funds to help survivors avoid becoming homeless due to domestic violence. Funds can help survivors stay in their current home or move directly into permanent housing.
Education and Training

Violence prevention program: The Empowerment Project is a three-session curriculum offered at local middle schools, high schools, and youth organizations. It is designed help youth understand the dynamics of abusive and healthy relationships, explore consent, develop empathy and confidence in setting boundaries.

Professional trainings and education: As a leader in the community, DVSAS provides trainings and education to local business, organizations, and service providers on domestic violence and sexual assault.

Classes and workshops offered by InterPlay Academy.

InterPlay Academy is a private experiential education facility located just north of Bellingham, Washington.

We provide our “learning partners” with transformative experiences of connection which teach the skills to heal the symptoms of dis-connection in our lives.

We offer:

Personal and Relational Development Coaching
Equine Facilitated Experiential Learning

Groups/Classes/Workshops
Professional Development/Team Building/Leadership Training
Horsemanship Instruction

For more information, see: <http://www.interplayacademy.com/>

Free assessments related to the DSM-V:

<http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures#Level1>

Whatcom County Health Department: Mental Health Program.

http://www.co.whatcom.wa.us/health/human/mental_health/index.jsp

Dragonfly retreat: Lake Chelan recovery program.

(working specifically with people with eating disorders, and therapist also uses skype for therapy)

<http://thedragonflyretreat.com/>

Bellingham Insight Meditation Society (BIMS) supports **meditation and practice** in the Buddhist Theravada tradition. We are a growing community and welcome guests, drop-ins, and visitors.

Insight meditation is a simple and direct practice, the moment-to-moment investigation of the mind/body process through calm and focused awareness. Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure, pain, fear, joy and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise. This practice is sometimes called "vipassana", which is a Pali word for insight.

<http://www.bellinghaminsight.org/?PHPSESSID=5a162febe6844ada01f770dd6e643519>

Afloat floatation therapy.

Floatation tanks also known as float tanks/pods, isolation tanks and previously known as sensory deprivation chambers, help people relieve stress and chronic pain, recovery quickly from injuries and improve mental and athletic performance.

www.afloattherapy.com

(360) 224-7320.

Northwest Youth Services.

Has six beds reserved for emergency 21-day stays; the remaining 10 beds are set aside for teens who need transitional or permanent housing. Northwest Youth Services expects to provide shelter to about 100 teens a year.

- Additional information about Northwest Youth Services, its shelter for runaway and homeless youths in Bellingham, and its other programs are online at www.nwys.org.

- The nonprofit also has a 24-hour hotline through its Positive Adolescent Development program. the PAD program.

The 24-hour PAD hotline is 360-393-0116.

Interview with Canadian physician and best-selling author Gabor Maté on the stress-disease connection, attention deficit disorder, close encounters with drug addiction, and the destruction of American childhood.

<http://www.democracynow.org/shows/2012/12/25>

Lecture by Don Tapscot, “a leading-edge techno-critic who keeps his eyes on digital trends. In this talk, he explains who the Net Generation is, and why people of all ages should listen to this smart, savvy group.” (actual lecture starts at 2:48 minutes.)

<http://www.ideacityonline.com/talks/don-tapscott-starts-ideacity-2013/>

<http://stopspanking.org/2012/11/27/what-is-your-ace-score-lower-your-childs/>

I really like this particular article, because the site allows you **to calculate your Adverse Childhood Experiences score** and shows your risk for negative health outcomes (thanks to Mark Bennett who programmed it for me!) Try it out and see what your ACE Score is. The idea is, to lower the ACE Score of our children!

Thanks for your help!

Robbyn Peters Bennett

And new posts on the site:

<http://stopspanking.org/2012/12/05/what-researchers-say-about-spanking/>

<http://stopspanking.org/2012/11/27/i-was-spanked-and-i-turned-out-ok-did-you-2/>

<http://stopspanking.org/2012/12/15/how-can-we-stop-the-violence/>

Legal assistance: different programs offered by LAW Advocates.

Whatcom (LAW) Advocates interviews and refers eligible low-income Whatcom County residents to a panel of local attorneys who volunteer their time to provide free or low-cost civil legal help. Interpreter services are available.

Program Descriptions of Legal Assistance that is available:

Street Law

On two Saturdays per month, three volunteer lawyers sit at tables offering free legal advice on a first-come first-serve basis, to anyone who asks. Originally designed to reach low-income street people and street kids, Street Law increasingly provides free legal advice to Whatcom County's "working poor." Summer Street Law is on the corner of Railroad Avenue and Magnolia Street, and during the rest of the year Street Law is at the downtown Bellingham Public Library.

Tenant Clinic

Our newest program is the courthouse based tenant clinic. Our clinic attorney-coordinator teams with a pro bono attorney at a courthouse based clinic for housing clients on a first-come, first-serve basis. The clinic is held every Friday that the Court hears evictions and other tenant related matters. The clinic will serve clients who are in danger of losing their housing due to situations ranging from mobile home park closures to foreclosures against landlords.

Domestic Violence Self Help Clinic

Three or four times monthly, LAW Advocates hosts a clinic devoted to victims and survivors of domestic violence. A local family law attorney provides these clients with advice and in depth assistance with their parenting plans ultimately providing protection to these victims and survivors as well as their children. This clinic also uses student interns currently enrolled in the paralegal program at Whatcom Community College to assist with interviewing and document preparation.

Direct Representation

Two hundred Whatcom County attorneys volunteer to represent low-income clients referred by LAW Advocates, including clients like an illiterate man talked into deeding away his home or a family who had their water cut off due to the landlord's unpaid bill. Our mission is to ensure that our clients are equal participants in the legal system. While the cases our volunteer attorneys handle do not necessarily make headlines, they are critical to our clients. Areas eligible for direct representation are Landlord-Tenant, Bankruptcy, Debtor/Creditor, Employment Law, Foreclosure, Consumer Protection, Guardianship, Tort Defense, Contracts, and License Revocation.

Family Law Clinic

Legal advice, brief service and document review for family law matters.

The Will Clinic

The Will Program is a cooperative project between LAW Advocates and Senior Information and Assistance. The program serves low-income seniors age 60 and older, as well as those living with HIV/AIDS, otherwise disabled, or facing life-threatening illness, who need a will or other estate document.

Disability Benefits Advocacy

LAW Advocates helps mentally ill, homeless people obtain state and federal disability benefits. With this assistance, homeless members of our community have hope of obtaining a modest income and medical benefits to treat and stabilize their conditions thereby ending their homelessness. We help the people who are least able to navigate their way through the complicated disability application process on

their own. In so doing, we connect clients to various support services helpful to them in their struggle for stability.

Immigration Law Advice Clinic

Legal advice or brief service for immigration law issues.

Debtor/Creditor Advice Clinic

Legal advice or brief service for debtor/creditor issues.

Whatcom Civil Rights Project

This project is a collaborative effort between LAW Advocates, the Whatcom Human Rights Task Force, and students in a law and justice curriculum at Fairhaven College, Western Washington University. The project provides legal assistance and advocacy to persons facing discrimination and civil rights abuses in Whatcom County. For eligibility screening, call the Whatcom Human Rights Task Force at 360-733-2233

<https://www.lawadvocates.org/>

Affordable Acupuncture for Anxiety & Stress.

Skagit Community Acupuncture is run by Hadea Tift, Licensed Acupuncturist, and focuses on providing affordable care for the community. Hadea has a particular interest in helping people dealing with anxiety, stress, PTSD, and depression, as these patients respond so well to this adjunct therapy.

Cost of an appointment is \$15-\$35, allowing patients to choose how much they pay. And with gentle needling and no disrobing, SCA provides help that is effective, affordable and comfortable.

You can find out more about SCA by visiting their website: www.skagitcommunityacupuncture.com or by calling 360-757-2244 or emailing info@skagitcommunityacupuncture.com

I want the community to know about **the all-options pregnancy counseling and case management services** Amara provides throughout Western Washington communities.

We don't keep a wait-list! Women can access our free services at any time. Getting connected to an Amara counselor is as simple as calling 206.260.1700 or 1.800.239.9238.

Amara all-options pregnancy services at a glance

- We offer unbiased, confidential, all-options pregnancy counseling to women and their partners who are facing an unplanned pregnancy or who are questioning their ability to parent at this time in their lives.
- Counselors are available to meet with clients in their homes, at service provider offices/clinics, or at neutral locations throughout the community.
- We offer support along the path clients have chosen.
- We help clients access community resources if needed.
- Our services are free for everyone.

Please let me know if you want me to present at staff meetings or meet one-on-one with community providers for a more in-depth description of our all-options pregnancy services.

Jenny Bouldry <http://amaraparenting.org/>

Mindfulness Northwest offers mindfulness instruction, mindfulness based stress reduction (MBSR) courses, and professional development in the Pacific Northwest.

<http://www.mindfulnessnorthwest.com/>

Here's an excellent and thought-provoking exchange in a UK government conference about **addiction as an illness rather than a judicial concern**:

http://www.youtube.com/watch?v=O_LHuII-jYQ

Ongoing, intensive, outpatient DBT program.

Middle Path Counseling serves adolescents 14-18 and adults 19 and up in a 24-48 week full-fidelity DBT program.

For more information, please visit our website: www.middlepathcounseling.com . For intake, please call 206-201-0120.

Health Insurance Covers New Services for Children with Significant Behavioral Issues

In 2011, Group Health began covering Parent-Child Interaction Therapy (PCIT) for children with disruptive behavior disorders. Recommended by Dr. James M. Harle, MD, Bellingham child psychiatrist, and based on extensive research, PCIT is contributing to significant treatment improvements for children.

For over seven years, Brigid Collins Family Support Center has been a provider of PCIT and since 2011 has been an approved PCIT provider for Group Health. For more information, contact Megan Brown, LICSW, at mbrown@brigidcollins.org or 360.734.4616.

Good information for **working with Male Survivors of Sexual Violence**:

<http://www.wcsap.org/male-survivors-sexual-violence>

ANSWERS counseling offers maternity support services and infant case management to women throughout Whatcom County. We serve a high population of Apple Health/Medicaid women at no cost to them. Services included are nursing, nutrition, behavioral health and community health which includes basic needs, daycare, transportation, advocacy, housing, medical, dental, financial and just about anything causing women and families stress. Once your child is born, you may qualify for in-home visits with a licensed specialist for up to a year. Please contact us at 360-255-7855 to find out what we can do to ease your mind during pregnancy and beyond. For immediate assistance, you can contact the Director at (253)229-9632.

Fax: 360-255-7018

Email: karlacain@answerscounseling.org

<http://www.answerscounseling.org/index.html>

The Northwest Network -- Just like our name says, we're a network: We link people with skills, information and resources.

Whether you're a survivor interested in organizing your friends and family members across Washington State, part of an LGBT collective working for progressive social change, a provider seeking to improve domestic violence/sexual assault support services in your region, or a staffer drafting policy positions in Washington D.C., we have something for you.

<http://nwnetwork.org/resources/>

Below are **simple guidelines for establishing a child sexual abuse prevention protocol within your organization**. Whether your organization or business deals directly with children or not, setting up such a policy is a leadership action that will help your employees learn the basics of preventing abuse, not only for their own children, but all children in our community. For training and consultation call Byron Manering, executive Director at Brigid Collins Family Support Center, 360.734.4616 x12, or, bmanering@brigidcollins.org.

Adult/Youth-Child Safety Standards for Businesses, Organizations, and Programs
Brigid Collins Family Support Center – www.brigidcollins.org – bmanering@brigidcollins.org

Establishing clear practice expectations regarding adult/youth and child interactions facilitates a personal feeling of safety for both the child and the adult/youth. It also reduces the risk of inappropriate interactions or the perception of inappropriateness between adults/youth and children. Having a policy will help reduce your business or institution's risk and may also be beneficial to your insurance requirements regarding sexual misconduct.

The following practices should be followed in all situations. Sufficient quality assurance procedures necessary to maintain organization wide fidelity to the practices should also be in place.

All adults/youth working with children through an organization or program should:

Pass a WA State Patrol background check prior to working with a child.

Ask references, "Do you have any concerns about this individual working with children or teenagers?" and/or, "Would you feel comfortable having this person supervise activities with your own child?"

Review the state Child Protection Mandatory Reporter video.

Receive 3 hours training from a recognized and proven child abuse prevention skills course.

Be oriented to the organization's practice expectations on adult/youth and child interactions.

New hires should be observed and evaluated for appropriate interactions and compliance with Adult/Youth-Child Safety Standards during a probation period.

Incidents of any adult/youth being alone with a child should be avoided if possible and appropriate. If circumstance of an adult/youth and child being together alone cannot be avoided:

The time an adult/youth begins meeting alone with a child and ends that meeting is pre-determined by a supervisor to be appropriate for the activity.

Another staff is made aware of when and where the alone time is occurring.

The door is left ajar, preferable fully open, or the activity takes place in a public setting.

If possible, an adult is assigned to do random drop-ins during the time an adult/youth is alone with a child. This person knows the scope of the activities and the length of time that is expected for the adult/youth and child interaction.

All children should be informed of these Adult/Youth-Child Safety Standards and be told to tell a trusted person if they ever see an adult/youth not following the standards with them or other children.

All adults/youth should be informed of these Adult/Youth-Child Safety Standards. If an adult/youth sees another adult/youth not following these standards, they should discuss them with that adult/youth immediately and request that the standards be followed. A supervisor should be notified of the interaction.

All adult/youth should follow mandatory reporting guidelines for reporting child abuse, child sexual abuse, or neglect without exception.

Recovery Help Line: 1-866-789-1511

Crisis Clinic's Washington Recovery Help Line offers **24-Hour support for people dealing with substance abuse, problem gambling and mental health issues**, and providing referrals to treatment and support services. This statewide help line is operated by Crisis Clinic and funded by the Department of Social and Health Services' Division of Behavioral Health and Recovery. The Crisis Line is supervised by state qualified Mental Health Professionals to ensure a professional response.

Help for Teens

Many teens in Washington State are faced with substance abuse, gambling and/or mental health issues. We know that teens are more likely to confide in someone their own age. So, **Crisis Clinic offers Teen Link, a statewide teen-answered help line available every evening between 6-10 pm**. Trained teen volunteers are able to talk to others about a wide range of issues including drugs, alcohol and gambling and make referrals to service providers.

Resources for schools from Dr. Bruce Perry related to child trauma.

<http://teacher.scholastic.com/professional/bruceperry/>

Important Websites Providing Information on Mental Illness

* Child & Adolescent Bipolar Foundation
<http://www.bpkids.org/>

* Health Support Center
<http://www.healthsupportcenter.org/>

* National Alliance on Mental Illness
<http://www.nami.org/>

* NARSAD - (National Alliance on Schizophrenia and Depression)
<http://www.narsad.org/>

* National Institute on Mental Health
<http://www.nimh.nih.gov/index.shtml>

* Self-Help Sourcebook Online
<http://www.mentalhelp.net/selfhelp/>

* Suicide Prevention Action Network USA
<http://www.spanusa.org/>

* Surgeon General
<http://www.surgeongeneral.gov/>

* Depressive Bipolar Support Alliance
<http://www.dbsalliance.org/site/PageServer?pagename=home>

* Washington Community Mental Health Council
<http://www.wcmhcnnet.org/>

* Teen Screen Program, Columbia University
<http://www.teenscreen.org/>

from <http://www.namiwhatcom.org>

The Whatcom Dispute Resolution Center offers a variety of conflict resolution and communication trainings. We have regularly scheduled community trainings open to anyone that is interested. We also offer trainings to businesses and organizations, as requested. We can customize our training to best meet your needs. Interested? Just give us a call today to discuss your needs.

You may register for any of our classes by calling us at 676-0122.. We are also available via email. For training inquiries please email: wdrc@whatcomdrc.org

<http://whatcomdisputeresolutioncenter.org/training.htm>

Whatcom County has launched a **discount card program to help consumers cope with the high price of prescriptions**. The County is making **free Prescription Drug Discount Cards** available under a program sponsored by National Association of Counties. It offers average savings of 22-percent off the retail price of commonly prescribed drugs.

www.caremark.com/naco or www.acrxcards.com

“Stewards of Children: Adults Resolving Child Sexual Abuse in the Community.”

Ongoing opportunity to have this program presented at your request in the community!

Stewards of Children is a revolutionary, interactive prevention program developed by Darkness to Light, a national child sexual abuse prevention organization. The program **educates adults to prevent, recognize, and react responsibly to child sexual abuse and take proactive steps to protect children**.

Adults who participate in the training will learn how sexual abuse affects communities nationwide. They will learn about the long-term and often devastating effects abuse has on individuals. Most importantly, participants will leave with simple, proactive strategies for protecting children from abuse.

If you are interested in having this program presented to your teaching, church, neighborhood association, medical staff or other group of adults, please contact Gail Tierney at (360) 734-4616 or gtierney@brigidcollins.org

The cost for this training and materials is \$10 per person, with a minimum of six participants for each program. Available in Spanish.

Education and support offerings.

<http://www.peacehealth.org/apps/course/>

Community resource directory from the Opportunity Council.

<http://fms1.oppco.org/resources/guide.php>

Free monthly newsletter from a coalition focusing on supporting those with attachment difficulties.

www.attach.org

Are you a parent or therapist struggling to make sense of a child's emotions and behaviors? Do you work with children who struggle with attachment challenges? Are you in search of an understanding and supportive community? ATTACH is here to help...

ATTACH is an international coalition of professionals and families dedicated to helping those with attachment difficulties by sharing our knowledge, talents, and resources.

Advanced Care Planning: Normalizing conversations about end of life care. Increasing the number of people with advance directives.

Community Workshops (free & open to the public)

Registration Not Required

Participants will learn: ·Why Advance Care Planning is important for all adults ·How to choose someone to be your Durable Power of Attorney for Health Care (your Health Care Agent) ·How to talk to loved ones and doctors about preferences for end of life care ·How to complete & file Advance Directive paperwork Please see website or call for updated information:

For a private appointment, or to find out about additional workshops or to schedule a workshop for your group: Call 360-788-6594 | TTY: 800.833.6388 | info@whatcomalliance.org | www.whatcomalliance.org . Language Assistance Available. This is a free and unbiased service provided by staff and trained volunteers through Whatcom Alliance for Health Advancement.

Wild Whatcom is a non-profit organization founded by experienced outdoor educators with the shared vision of providing innovative experiential education in northwest Washington. Exploring widely, connecting deeply, and serving others are the foundation of all our offerings.

<http://wildwhatcom.org/>

The mission of the **Whatcom Family & Community Network** is to help build our community's capacity to assure all children, youth, and families have the skills and opportunities they need to lead healthy, productive lives.

<http://wfcn.org/>

Bellingham residents can now take **expired narcotic pain relievers and prescribed controlled substances** to the Police Department for secure and legal DISPOSAL. Currently, six local pharmacies accept unwanted and/or expired medications, but only the Police Department can accept prescription narcotics and prescription controlled substances. (www.cob.org/services/environment/pharm-take-back-program.aspx or www.medicinereturn.com)

SEEKING RESOURCES

Looking for therapists with space for new clients.

If you are a therapist looking to add clients to your caseload, WWU is often seeking referral options for college students.

Contact Nikki Cassidy cassidn@wwu.edu if you would like to be added to our database. Include your website, what insurance you take, if you are seeing clients in-person or virtually, and any other information you would like us to know.

NETWORKING

Facebook group for mental health professionals.

Please join the closed group on Facebook called Whatcom Mental Health Professionals.

<https://www.facebook.com/groups/478497855856605>

This group is a space for collaboration and seeking referral options as well as sharing resources and/or events. Those working in the field of mental health are welcome!

Seeking DBT-interested clinicians.

Middle Path Counseling is seeking independently licensed clinicians to participate in comprehensive Dialectical Behavioral Therapy treatment (DBT). We are a collective of independently licensed clinicians who collaborate to provide fidelity based DBT treatment in Whatcom County. Interested applicants must have their own insured private practice and either be a licensed therapist or associate level licensed therapist. Supervision hours are available for associate level therapists.

Interested applicants must be willing to attend a weekly therapist consult team, be willing to attend the 5 day DBT foundations training, and have willingness to lead DBT skills groups when needed. Partial scholarship options may be available. Please email letter of interest and resume to info@middlepathcounseling.com

Perinatal Mental Health in Skagit County.

If you are a Skagit County provider who is interested in working with women with perinatal mental health challenges, we would love to hear from you! This is an area of focus identified in our recent First 1,000 Days community health improvement plan. We just submitted an application for funding to build community capacity for perinatal mental health in Skagit County. With or without the extra funding, we plan to move forward to improve these services. Please contact Jennifer Sass-Walton, Skagit County Public Health's Child & Family Health Manager at jennis@co.skagit.wa.us or 360-416-1529 for more info. Thank you!

Looking for therapists to train for Marathon Couples treatment.

This is not employment.

I'm looking for clinicians with experience working with couples, who have training in EFT, who would like to learn about the Marathon Couple's treatment model. I have been offering Marathons for 20+ years. As of 15 years ago, it is the only way I will treat couples (I do not offer the 50-90-minute sessions for couples in distress.) I am currently training clinicians in the Marathon model in Bellingham, Vancouver BC, and the Maryland/DC area.

I receive between 8 and 12 inquiries a week from couples wanting to work with me, with this model. I have filled the practices of the three Bellingham clinicians training under me. I am looking for 2-4 more local clinicians who would like to learn this model.

You can read more about it here: <https://nwmarrriagecounseling.com/services/marathon-couples-therapy/>

If you are interested, please email me: Connie@NWMarriageCounseling.com

Dear Colleagues,

I am writing to ask that you join **the US Alliance to End the Hitting of Children**. I have the honor of serving as a Board Advisor, and it is one of my responsibilities to recruit as many people as possible to join.

Research from the field of child neuroscience and trauma has helped me understand that violence interferes with the development of a child's brain. When a mother uses fear and pain to discipline her child, it activates the stress response system of the child and inhibits the parts of the child's brain that support impulse control, cognition, and empathy. Fear and pain interferes with learning and compromises the bond between the parent and child. For millions of children in America, punitive forms of discipline keep them in a constant state of arousal, biologically. This is toxic to the developing brain. So it is no surprise that spanking is highly correlated to behavioral problems, mental health problems, and lower IQ.

We know that over 94 million Americans have experienced physical abuse as children, and that most child physical abuse begins with physical punishment. Even more alarming, physical abuse as children is highly correlated to adult health problems such as heart disease, obesity, diabetes, and depression. Why? In large part, because child abuse alters the neurochemistry of the brain and can change the actual structure of the developing brain.

Violence toward children is a national health crisis, as described by Dr. Robert Anda (principle researcher of the Adverse Childhood Experiences Studies, CDC). One giant step toward ending violence against children is to educate parents on the dangers of any form of physical violence (including spanking) and to ask society to provide children equal protection under the law from all forms of violence. (More research info: <http://robbynpeters.wordpress.com/>)

Joining the Alliance helps, because:

- A larger membership of the National Alliance means more strength,
- There is greater access to research, education tools, model legislation, and
- There is an opportunity to learn from others' work and ideas.

To learn more and join us, go to <http://endhittingusa.org/>.

Please forward this invitation to any one you know that cares for children and is committed to reducing violence and suffering in our culture. I truly believe that together we can create a more educated and compassionate culture that protects our children and our future.

Warmest thanks,

Robbyn Peters Bennett, LMHC, CMHS StopSpanking.org robbynpeters@comcast.net

WAYS TO SUPPORT OUR COMMUNITY

Apply to be a part of our trauma-informed therapist referral database.

I am reaching out on behalf of the Traumatic Stress Institute (TSI) - Klingberg Family Centers and Nova Southeastern University's Trauma Resolution & Integration Program (TRIP). The Traumatic Stress Institute is a non-profit agency that works to transform organizations and service systems towards trauma-informed care through the delivery of whole-system consultation, professional training, coaching and research. TRIP is a university-based community mental health center that specializes in treatment of trauma-related disorders, dissociation, and minority stress, staffed entirely by 6-12 predoctoral trainees and supervised by a licensed psychologist.

One of the unique offerings by TSI is the Resource & Referral Help Desk, which was previously initiated and maintained by the Sidran Foundation. **The Resource & Referral Help Desk is a free service that assists individuals and professionals across the U.S. in locating trauma-informed resources and referrals.** Help Desk emails and phone calls are responded to by Nova Southeastern University's (NSU) Trauma Resolution and Integration Program (TRIP), a nationally-known program based in Fort Lauderdale, FL dedicated to providing therapeutic services to adults who have experienced traumatic events.

In particular, the Resource & Referral Help Desk maintains an extensive database of trauma-informed providers, including treatment centers (IOP, PHP, residential) and individual practitioners in the community who offer group, individual, family, and couples counseling specific to treating trauma-related disorders and dissociative disorders.

We are in the process of completely revamping and updating our current database. We are also working to ensure that providers are trauma-informed, trained, and experienced clinicians. As an indication of how widely this service is used, in the past four years, **we received on average more than 650 calls/emails per year.**

We will continue to offer a free listing in our database to clinicians and treatment organizations.

In particular, we define trauma-informed providers, programs, and organizations as including the following: licensure in their applicable field; having education or schooling, certifications, and/or practicum/internship experience in working with traumatization. We may also review whether providers/organizations have other aspects of their professional identity such as membership in a professional trauma organization, using trauma-informed language throughout one's website, publications in journals or other forms of media, and service/leadership positions, etc.

If you are interested in being listed in our therapist directory, we request that you complete our application form. **The link to the application can be found here.**

https://docs.google.com/forms/d/15kuq0Q0Xdhr3wQABdq_nuD-YxYIKI5iY-8JOWnvyJ34/viewform?pli=1&pli=1&edit_requested=true

We also welcome you to forward this to any trauma-informed therapists who you believe would also like to be listed and/or to share across any relevant listservs to which you belong.

Please do not hesitate to reach out with any questions that you may have. We thank you for your help in being a resource for the hundreds of trauma survivors who seek help each year.

Thank you for your time and consideration,

Brianna Domaceti, B.A., Coordinator, Traumatic Stress Institute Resource & Referral Help Desk Team

Amy Ellis, Ph.D., Director, Traumatic Stress Institute Resource & Referral Help Desk Team;
Director, Trauma, Resolution, & Integration Program, Nova Southeastern University

Did you go into debt to do this work?

Repayments of our student loans begin January 1st, 2023. Are you ready? Does it frighten you, like it does me, to imagine how in this economy you are going to be able to pay on these loans? Were you depending on the (weak) debt forgiveness package, which is now held up in partisan and bureaucratic lawsuits?

I am looking to make local connections and form a community with folks of all ages in Whatcom County that have student loan debt, in particular with fellow mental health professionals. I am a therapist in private practice who currently owes a ridiculous amount of debt – debt that was required for the schooling I needed to become the professional I am today. However, I was not prepared for the rampant undervaluing of this work by society and thus its constant underpayment of my services. The equation of inequity is apparent and has led me to this call to action. Therefore, with guidance from the Debt Collective, a debtor’s union that is fighting to cancel predatory debt, we can together figure out how to be a participant in a platform of social justice, purposeful action, and organized rebellion.

Your debt story can be the action. Your voice is the movement. Reach out to me at sharpsassy@gmail.com if you are interested in connecting.

Medicaid recipients in need of services.

Medicaid recipients are in desperate need of MH services. If any providers are interested in working with a local State agency in new and innovative ways for meeting this need, please call Tonja Derr at 360.714.4174.

“Pass The Hat” -- helping Whatcom County families.

Pass The Hat is a unique local non-profit with two distinct missions. Primarily, it helps Whatcom County families by providing financial relief from unforeseen tragic events. Tragedy brings grief and loss, and it also brings unexpected bills as a result. It is often too much to bear for families already facing heartbreaking situations.

For those without insurance or financial means, Pass The Hat can step in to help. Pass The Hat will also fund up to 12 sessions of counseling and has its own network of providers working with them to insure a timely response to an urgent need.

Their other mission is to create a large community of support by only asking our donors to give just \$2 a month. That's it. Join thousands of fellow community members, doing the same, and your small \$2 contribution becomes enormously powerful, helping local families.

Please go to www.pass-the-hat.org to sign up.

We welcome you to join our team of grief counselors; please email us at admin@pass-the-hat.org.

Whatcom Dispute Resolution Center Seeking Qualified Trainers.

The Whatcom Dispute Resolution Center (WDRC) seeks to expand pool of qualified instructors for our Helping Children Through Family Changes course. This seminar is required for all Whatcom County parents who are divorcing with minor children. The curriculum encompasses stages of grief, developmental needs of children, family considerations surrounding times of transition, and more. The 4 1/2 hour seminar is offered approximately 16 times a year on various days and times. The WDRC would like to hear from community members who have a genuine interest in (1) helping people build skills to effectively manage and resolve conflict (2) supporting the well-being of children during times of family change (3) the WDRC's philosophical approach and mission.

Applications accepted on an ongoing basis.

Guidelines: Respondents must include the following:

- Ø A letter of interest
- Ø A current resume
- Ø 3 professional references

Preferred Qualifications:

- Graduate level degree in counseling, psychology, family therapy, or related area;
- Minimum 3-5 years experience in direct service work with families and children,
- Minimum 3-5 years experience as a trainer/group facilitator
- Ability to see and appreciate children's perspectives through the divorce process.
- Familiarity with mediation
- Philosophical alignment with DRC

Submission: Respondents should send all materials in e-mail or hardcopy form to:

Moonwater, Executive Director

director@whatcomdrc.org

Whatcom Dispute Resolution Center

13 Prospect Street, Suite 201

Bellingham, WA 98225

Learn more about the WDRC: www.whatcomdrc.org

Engedi Refuge seeks pro bono counselors.

(from Becca Johnson, PhD) Engedi Refuge is a local home for women who have been sexually exploited (prostituted) and are in “recovery” from the multitude of traumas. It is a residential program and has been operating for over two years now — the first such home in Washington state (and it’s in our backyard). I am the Clinical Director -- I oversee the counseling (emotional-trauma restoration / clinical team). At first I provided direct services, but now I oversee the two therapists. We have 7-8 women in the program. We are recruiting local therapists who would like to apply to provide 2 hours of pro bono counseling each week. It is a faith-based program and we all utilize the TF-CBT model for our clinical program. We are in need of trained therapists comfortable (& supportive) of a faith-based program and experience &/or training in the TF-CBT. I will provide the necessary training on the dynamics and concerns of this particular population - the prostituted.

Those interested in applying to provide services for victims of human/sex trafficking, please contact Dr. Becca Johnson at RCJohnson448@gmail.com or call 360 305-6658

Seeking therapists to contract with The Whatcom County Children’s Advocacy Center at Brigid Collins.

The Whatcom County Children’s Advocacy Center at Brigid Collins is currently looking for additional therapists to contract with. The Children’s Advocacy center works with children and families who have experienced sexual abuse. We provide referrals for individual therapy as well as hosting closed group therapy sessions twice a year. Groups are held weekly on Monday evenings for 10 weeks. Therapists who are interested in contracting with Brigid Collins will need to meet the following requirements:

Hold a Master’s Degree in psychology, counseling, social work, or related field

Be certified as a therapist by the State of Washington

Have completed and kept current, all required registrations, licenses, etc.

Preferably have two years post-graduate experience in child sexual abuse and/or adult sexual abuse treatment; and

Have, or will within six months have 23 hours of OCVA approved education specific to sexual abuse treatment (WCSAP Therapist CORE Training preferred)

Be willing to see young children 4-12 years old

Any therapist interested in becoming contracted to provide individual therapy to address child sexual abuse and/or lead group therapy can contact Brigid Collins: 360-734-4616.

Seeking Volunteers for DV Response Team.

The Bellingham Whatcom County Commission Against Domestic Violence (DV Commission) is seeking volunteers for our newly formed Message Response Team. The purpose of this team is to provide accurate information about domestic violence and local resources for the general community. The Message Response Team will achieve this goal in two ways: timely response to domestic-violence related incidents that are lethal or high profile (e.g. incidents that are published/discussed in the media), and pro-actively developing and publishing content.

For more information please go to <http://dvcommission.org/take-action/>

Foster Families Needed.

Nearly 8,000 Children in Washington State in Foster Care!

Homes are urgently needed for foster children, especially:

- *Sibling Groups
- *Children who need behavioral and emotional support
- *Youth age 12 or over
- * Gay, lesbian, bisexual or transgender children
- *Infant to 3 years old
- * Children with significant medical needs
- * Native American, Hispanic and African American homes

For more information: Call 888-KIDS-414 or visit <http://fosteringtogether.org/>

NAMI Whatcom needs Volunteers.

NAMI of Whatcom County is looking for you! Come be a part of a great organization doing great things for their community. Many talents are needed:

- * Volunteer Coordinator
- * Grant Writing
- * Fund Development
- * Office Coordinator
- * Class facilitators

If you are interested in volunteering with us, please contact us. We also welcome you to come by our office at 1212 Billy Frank Jr. Street. Our office hours are 10 am – 1 pm

To learn more about NAMI, please check out our website: www.namiwhatcom.org

A Child Is Waiting For You.

Every day, abused and neglected children in Washington State are taken from their homes and placed into foster care because their parents cannot - or will not - take proper or safe care of them. CASA volunteers are needed to help make sure that the educational, emotional, medical and practical needs of these children are identified and met.

WHAT IT TAKES

CASA volunteers are ordinary people...men and women, students and executives, retirees and busy professionals. . .who give of their time and hearts to make an extraordinary difference for some of Washington's most vulnerable children.

As a CASA volunteer, you will get to know the child you're advocating for and speak to everyone involved in the child's life including their family members, teachers, attorneys, social workers, therapists, psychiatrists, and others. You will research the facts of the child's case, create a plan for advocacy, facilitate a collaborative relationship between all parties on the case, make written recommendations to the court and monitor progress towards established goals. The information you gather and your recommendations help the court make informed decisions.

CASA will provide all of the training you need to be a powerful voice for a child's best interest. We just ask that each volunteer commits to seeing the child regularly - visiting at the child's placement, going to a park or sometimes attending special activities and events together. You will also periodically attend court hearings (typically twice annually) and additional time may be required for advocating for the best interests of your child. A CASA volunteer typically spends 10-15 hours per month on his or her case.

NEXT STEPS

There are opportunities for this unique volunteer experience throughout Northwestern Washington. To request additional information in your area, follow this link http://dev.wacasa.org/?page_id=2791

Seeking Board Members for Blue Skies for Children.

Are you passionate about children? Can you attend a monthly board meeting on the third Wednesday of the month? Are you willing to donate your time and resources to a great cause? BLUE SKIES FOR CHILDREN NEEDS BOARD MEMBERS.

For information, call 756-6710.

www.blueskiesforchildren.org

ANNOUNCEMENTS: EMPLOYMENT

Catholic Community Services is Hiring Therapists!

Please go to our website to view the open positions: Job Listings at CCSWW ([icims.com](https://ccsnw-ccsww.icims.com/jobs/search?ss=1&searchCategory=43265&mobile=false&width=1437&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420))

<https://ccsnw-ccsww.icims.com/jobs/search?ss=1&searchCategory=43265&mobile=false&width=1437&height=500&bga=true&needsRedirect=false&jan1offset=-480&jun1offset=-420>

Per the current CBA, union positions will be subject to a 3% increase 7.1.24 and a 7% increase 7.1.25.

For those in private practices: Join Medicare network!

The Consolidated Appropriations Act 2023 now allows MFT's and Mental Health Counselors to see Medicare recipients. Please consider contracting with Medicare. – one day (if we're lucky) we will all have Medicare coverage and we will want good outpatient mental health services for ourselves!

Practicum and Internship positions for mental health counseling graduate students.

Accent Counseling, a local Bellingham group private practice is offering Practicum and Internship positions for mental health counseling graduate students needing to complete their required hours starting in the 2023 Fall and Winter semesters.

Accent Counseling's Internship Program centers around giving graduate students a supportive and positive atmosphere to learn and grow in their clinical skills as they move toward graduation. We offer flexible hybrid in-person and telehealth scheduling, one-on-one individual supervision, as well as a fun weekly intern support group!

For questions and to apply, please reach out to our Intern Coordinator at interncoordinator@accent-counseling.com and request the application form!

Licensed Mental Health Professional wanted.

Bayside Therapy Associates is looking for an experienced licensed mental health professional to join our highly successful and long established group practice in Bellingham, Washington. We are a group of independent practitioners who share new patient referrals and business costs.

Requirements:

Licensed: LCSW, PhD., Psy.D., MFT, LMHC.

3 years experience in clinical work.

Benefits:

High Earning Potential, Independence, Flexible Work Hours, Billing Services, Insurance Credentialing, Group Consultation, Monthly Staff Meetings, Professional Collegiality, Intake and Referrals. Office space may be available.

Please send cover letter with vitae by September 1, 2022 to: Bayside Therapy Associates, 12 Bellwether Way, Suite 220, Bellingham, WA 98225.

Hiring: LMHCA.

I am seeking to hire an LMHCA who wants to work within the field of OCD and related disorders/anxiety disorders. I specialize exclusively in OCD and related disorders and am looking to expand my practice to provide more services to this population, since the need is high. I would like to hire a clinician who is passionate about treating these issues and eager to learn more about working with this population. Free supervision is provided. Flexible schedule!

Please contact tamara@tamaraharrisoncounseling.com for more information.

Join Our Team.

Are you a dedicated counselor or therapist who feels isolated in private practice? Are you worried that working in an agency setting may be leading to burnout?

Would you like the comfort of working in a private practice with full administrative support, among a community of supportive therapists? Would you like the ability to earn your desired income and strike your desired work-life balance?

Inside Passage Counseling in Bellingham, WA is hiring therapists to join our team. We are a well-run private practice that has provided the highest quality individual and couples therapy in the North Puget Sound area for 15 years. We are currently expanding and looking for fully licensed and associate licensed therapists who are passionate about providing individual, couple, and family therapy to our awesome clients.

Are You:

- Fully licensed or associate licensed to practice counseling in WA State?
- Interested in being a part of a supportive therapist community?
- Wanting to avoid burnout by working with motivated clients and, at the same time, practicing self-care?
- Interested in skipping the business, practice management, marketing, financial, and legal stresses of being in private practice?
- Wanting flexibility, your desired income, and work-life balance?
- Desiring WA State approved supervision for licensure?
- Wanting supervision toward Certification in Emotionally Focused Couples Therapy (EFT), the most effective form of couples therapy?
- Wanting to fulfill your vision for delivering high-quality, connected, mental health care in our community?

By joining our practice, you can focus on what you love: providing rewarding, effective therapy while we take care of the rest, including:

- Scheduling
- Billing
- Marketing
- Providing beautiful, furnished office space in Downtown Bellingham
- Intake and documentation support
- Answering client questions and client administrative support
- An excellent practice reputation
- Fully HIPAA compliant telehealth, practice management system, phone, and email
- WA State approved supervision for LMHCAs and LMFTAs
- EFT supervision, if desired
- Peer consultation and support
- Ongoing training opportunities

This is a fantastic opportunity to work with a caring and skilled group of therapists while receiving highly responsive administrative support.

About Us:

Inside Passage Counseling was founded in 2006 by Heather Varnau, LMHC, Certified EFT Couples Therapist and Supervisor, IFS Therapist, and Gottman Method Therapist. We specialize in relationship counseling for individuals, couples, and families using evidence-based and empirically validated therapy methods.

We currently have two licensed therapists/supervisors on staff and a full-time administrative assistant. Inside Passage Counseling is looking to expand the scope of our practice by hiring additional therapists

who gravitate toward attachment-oriented, trauma-informed, mindfulness-based, and relational modalities of therapy for individuals, couples, and families.

Minimum Requirements

- Fully licensed or associate licensed therapists in WA State. Associate licensed therapists may receive WA State approved supervision on site.
- License is in good standing with no complaints filed.
- Excellent references.
- Able to see clients by telehealth and in-person at our beautiful Bellingham office. Fully remote therapists will also be considered.
- Willing to see a minimum of 10 clients per week.
- Embody the therapeutic relationship skills that foster a strong working alliance between therapist and client, such as warmth, connectivity, consistency, appropriate boundaries, and congruent communication.

Desired Qualifications

- Training and experience practicing evidence-based therapy models.
- EFT and IFS interest, training, experience, or knowledge is desired.
- Desire to see 15+ clients per week.
- Interest and experience working with couples, children, teens, and families is a plus.
- Availability in the evenings is helpful, but not required.

Compensation

Pay depends on license type, experience, and training. Our practice pays 30-50% higher than most group practices. Our therapists are able to earn a six figure gross income by seeing 20-25 + clients per week.

Benefits

- Free WA State approved supervision
- Free supervision in Emotionally Focused Couples Therapy (EFT) that may be used for Certification
- Pay increases, based on gaining additional training, experience, and client load
- Monthly peer consultation
- Training opportunities provided
- Investment in therapist self-care

To Apply:

Please send your CV and letter of interest to Heather Varnau, LMHC at heather@insidepassagecounseling.com. In your letter, please tell us why you want to join our team, your education, trainings you have attended, ideal client population and your client focus. Please include a statement about your commitment to equity and inclusion.

We look forward to hearing from you!

Behavioral Health Clinician/Counselor.

Northwest Regional Council (NWRC) is a multipurpose human services agency that relies on high performing employees to provide the best possible community-based supports for adult citizens, people with disabilities, and people affected by complex, chronic health conditions. We are seeking a Behavioral Health Clinician for our growing team. Still working towards your licensure? No problem! NWRC offers individual clinical supervision toward licensure onsite at no expense to the employee.

TYPE OF POSITION: Full-time, permanent, non-exempt

LOCATION: 1 FTE Mount Vernon (Skagit County)

CLOSES: Open until filled

PAY RANGE: \$29.24 – \$38.15 hourly, DOQ

BENEFITS:

- 100% Employer paid Medical, Dental, Vision for Employee & Dependents, with multiple plan options, including voluntary medical buy-up options
- Washington State Public Employees Retirement System (PERS 2 or PERS 3)
- 100% Employer paid Employee Assistance Program (EAP) for employee & dependents
- Life and Long-term Disability insurance, including voluntary buy-up options
- Vacation Leave, accrued at 8hrs/month & increasing with longevity
- Sick Leave, accrued at 8hrs/month
- 13 Paid Holidays Annually
- Voluntary Flex Spending Plans for health and/or child/elder care
- Voluntary Deferred Compensation Program
- Alternative Work Schedules may be available after 6-month performance evaluation

Note: NWRC meets the Public Service Loan Forgiveness (PSLF) definition of a public service organization.

JOB SUMMARY: The Behavioral Health Clinician is a part of a multidiscipline Care Management Team at NWRC. Reporting to the Care Management Supervisor for Behavioral Health, the Clinician provides ongoing, individual counseling to a diverse adult population in their place of residence (virtually or in person), including, but not limited to, individual psychotherapy, treatment planning, identification and development of natural supports, advocacy, and collaboration with other supports.

QUALIFICATIONS:

Education/Experience:

Master's Degree in Behavioral or Health Sciences, or related field, required.

2 years' experience providing direct human services to clients, preferably in a community setting.

Knowledge, Skills and Abilities:

Demonstrated ability to assess client needs with consideration of the values of diverse groups.

Demonstrated knowledge and experience with evidence-based practices, or interest and ability to learn.

Ability to establish a therapeutic alliance with a wide range of clientele in the Medicaid system.

Ability to work effectively with individuals with complex needs and multi-system involvement.

Ability to establish and maintain effective working relationships with coworkers, community agencies, and the general public using courtesy and tact.

Ability to maintain a positive, solution-focused demeanor when responding to conflicts or problems.

Skill and/or fluency in speaking other languages, i.e. Spanish or Russian, is desired.

Licenses/Certificates:

Valid and current Department of Health credential as a:

Licensed Mental Health Counselor (LMHC) or,

Licensed Marriage and Family Therapist (LMFT) or,

Licensed Independent Clinical Social Worker (LICSW) or Equivalent field, OR

An Associate working towards licensure in one of the above fields.

Note: Individuals who do not already hold a license or associate license through the WA DOH must submit an Agency Affiliate Counselor Application upon hire and be approved by the DOH.

Must have a valid Washington State driver's license, a vehicle available for work-related travel, and appropriate liability insurance.

WA State DOH licensed professionals are required to be fully vaccinated

TO APPLY: Obtain required application materials from <http://www.nwrcwa.org/employment/> or by contacting Human Resources at (360) 676-6749. Please submit all application materials, a cover letter and resume to Careers@NWRCWA.org , or by visiting our offices.

SELECTION PROCESS: After reviewing the applications, the NWRC will contact the most qualified candidates to participate in a selection process consisting of job-related selection exercises. NWRC will make reasonable accommodation upon request for those individuals with disabilities.

COVID-19 PANDEMIC: Our staff are performing a combination of in office and remote work. During onboarding and orientation activities, new hires will be expected be on-site, wearing a mask and

following social distancing requirements. Employees are expected to adhere to company policy thereafter.

Northwest Regional Council is an equal opportunity employer.

Unity Care Northwest is Hiring!

We are currently looking for an Inpatient & Emergency Room Community Connector (Social Work, Case Manager, Patient Navigator)

WHO ARE WE?

Unity Care NW is a private, non-profit, federally qualified health center that has been proudly and successfully serving the greater Whatcom County area since 1982. With clinics located in Bellingham & Ferndale, we offer comprehensive primary medical, behavioral health, and dental care as well as pharmacy services to a diverse and often underserved patient population of all ages. Employing almost 275 caring and compassionate employees, our mission is to increase the years of healthy life in the people & communities we serve.

WHAT DO WE VALUE?

Here at Unity Care NW, we value:

Respect
Integrity
Accountability
Collaboration
Innovation

We have an inclusive culture and strive to demonstrate our Values in Action in all that we do. We value each individual on our team and aim to onboard a diverse workforce of the very best talent, whose ambitions and values align with ours.

JOB SUMMARY:

As the Inpatient & ER Community Connector you would work with patients who are high-utilizers of the Emergency Department and you would facilitate multidisciplinary efforts to reduce utilization patterns in identified patients. You would also work to identify areas of potential risk upon discharge, provide appropriate care transition services, connect patients to the medical home and appropriate care management and community services. While this position is stationed at our local hospital, it reports to and works closely with our organization.

OUR IDEAL CANDIDATE WILL:

Have a Master's Degree in Social Work or a related field
Have a minimum of two years of care coordination for vulnerable populations
Have a current Basic Life Support (BLS) certification.
Be a Washington State Licensed Independent Clinical Social Worker (LICSW) (preferred)
Have a strong interest in working with a diverse patient population

WHAT WE OFFER:

A friendly and collaborative team work environment
Competitive compensation with a starting wage range \$56,804 to \$ 68,702 per year
Medical, Vision & Dental Insurance
Generous Paid Time Off & 6 Paid Holidays
401(k) match after one year
Alternative transportation incentives

If you would like to commit to a team such as this, and feel you could help us in our efforts, please apply. We would love to hear from you! To apply, visit our Careers Page:

<https://www.vs4.vscyberhosting.com/unitycarenw/>

Unity Care NW has an Employee Health Program for the safety of our patients and staff. The program requires all employees to receive annual flu immunizations unless an appropriate accommodation is granted.

Licensed Mental Health Counselor.

Department: didg^wálič Wellness Center – Swinomish Development Authority.

The didg^wálič Wellness Center is seeking a Licensed Mental Health Counselor to come join an integrated care clinic that combines primary care, behavioral health, and opiate treatment under one roof. The Mental Health Counselor will have expertise in counseling that includes providing assessment, individual counseling, and case management; will possess strong crisis intervention and will be able to provide comprehensive individual and group therapy.

More details here:

<https://www.didgwalic.com/employment/MHCJob.pdf>

Career and engagement opportunities at Lydia Place.

<https://lydiaplace.org/employment/>

Seeking two LMHC's or LMHCA's.

Mobile Mama Therapy in Bellingham, WA is committed to providing exceptional counseling services for women through their winding journeys of motherhood. We are excited to announce that we are looking to hire two LMHC's or LMHCA's. If you are interested in working exclusively within the perinatal period including issues surrounding conception and fertility, pregnancy, traumatic birth, baby loss, adjustment to motherhood, attachment, parenting and Perinatal Mood and Anxiety Disorders (PMADs), we are interested in you! We will provide extensive perinatal mental health training and supervision for the new employee(s). For more information, please check out

<https://www.mobilemamatherapy.com/hiring/>

Please send a letter of interest and a resume to Michelle@MobileMamaTherapy.com

Multicultural Resiliency Specialist position at WWU Counseling Center.

The WWU Counseling Center is currently seeking a Multicultural Resiliency Specialist to join their team. The ideal candidate for this position will have a minimum of one-year experience working in a college or university counseling center, the ability to provide brief and focused counseling, and demonstrated competency working with multicultural and other diverse populations.

<https://employment.wwu.edu/en-us/job/498278/multicultural-resiliency-specialist>

Temporary Mental Health Counselor position at WWU Counseling Center.

<https://employment.wwu.edu/en-us/job/498223/temporary-mental-health-counselor>

Temporary Part Time Mental Health Counselor or Psychologist position at WWU Counseling Center.

<https://employment.wwu.edu/en-us/job/498123/temporary-part-time-mental-health-counselor-or-psychologist>

Mental Health Counselor 1.

Bellingham WA vicinity, Salary (Associate level): \$62,691, (Independent license) \$64,563.20

Benefits:

We offer our providers an excellent benefit package which includes Noncontributory Health insurance, CEU Paid Training, paid license renewals, 4% match 401K, 3% increase (approved on satisfactory performance), Approved site for loan repayment. Very generous paid time off, Paid sick Time, team-based and collaborative work environment, training provided to become proficient in assigned work duties.

What are we looking for in a Therapist?

Practice cultural humility in providing services to the assigned clients, consistent attendance. For this Position, Therapists will be working with Adults, children, adolescents and their families in individual and a group format. Person must be flexible, organized and able to handle transitions well. Working knowledge of DSM-5 is required or willing to learn. Professional Credentials Independent LMHC license or Associate license from any state is acceptable.

Education/Experience: Master's degree from accredited School.

How to Apply:

Please send your resume to this email akhan@nooksack-nsn.gov for initial screening. If you are short listed, you will be formally invited to apply on the organizational application and will be contacted for scheduling an interview.

PeaceHealth is Hiring Clinical Social Workers in Bellingham and Sedro-Woolley.

Are you a Clinical Social Worker ready for your next career challenge? Are you looking for more balance between work and play? Are you eager to work for an organization that prioritizes continuity of care for all its patients? Do you want to work for a mission-based organization that values serving the immediate needs of its local community?

If so, PeaceHealth's Clinical Social Worker might be the right position for you!

A champion of Behavioral Health care, this position is an integral part of the treatment team for a variety of complicated cases. A clear, organized, and compassionate communicator, this position regularly interfaces with other behavioral health staff, legal entities, and patients in need of psychiatric and behavioral care in Whatcom and Skagit, WA counties.

Basic qualifications for the Clinical Social Worker position include:

Master's degree in Social Work OR a master's degree in related field (i.e. Counseling) with two years of related work experience

Two or more years of clinical experience is preferred

Must have LCSW, LICSW, or must have CSWA (Clinical Social Work Associate) status

For a list of all jobs requirements or to submit your application, visit <https://jobs.peacehealth.org/> and search Req ID #s: 165046 or 166304.

EEO Affirmative Action Employer/Vets/Disabled in accordance with applicable local, state, or federal laws.

LMHCA, LMHC, CAAR, LASW, LSWAA, and LSWAIC credential will also meet licensure/certification requirement

Mental Health practitioner specializing in pregnancy, birth, postpartum and women's health issues.

Hello Birth and Women's Health Professionals, w

We are looking for (1) a half or part time mental health practitioner specializing in pregnancy, birth, postpartum and women's health issues and (2) a half time, independent provider (CNM, ARNP, ND etc) for our Midwifery/lactation/women's health space in Lynden, WA. We open February 1 and are actively looking for two amazing people to join us!

Lynden is a small, agricultural town in northern Whatcom County, just 5 minutes from Canada. Approx 15K people + 5K people in surrounding towns.

We are: a Licensed Midwife, providing home and birth center births, a Nurse Midwife/ARNP, providing women's health, an RN/IBCLC providing lactation services. Childbirth classes, breastfeeding classes etc.

We are hoping to find the right people for these opportunities soon!

If interested in talking more, please PM me or email: maryburgess555@gmail.com

Northwest Youth Services.

Northwest Youth Services is an Equal Opportunity employer. Employment is based upon individual qualifications without regard to race, color, sex, religion, national origin, citizenship, age, marital status, veteran status, disabilities, political ideology, sexual orientation, or any other legally protected status. Alumni or foster care and those who have experienced youth homelessness are encouraged to apply.

<https://www.nwys.org/jobs>

PeaceHealth is hiring an Employee Assistance Program Counselor.

Now Hiring!

Full-time Employee Assistance Program Counselor position in Bellingham, WA, with Health Promotion Northwest Employee Assistance Program, a division of Peace Health.

A valid WA State therapist license is required. EAP experience, business consultation, and substance abuse treatment experience preferred. Must have ability to work at least one evening per week, and travel to Burlington, WA office one day per week. Valid driver's license and own automobile required.

This position serves a variety of companies, employees, and their family members in a professional, team-oriented setting. Excellent communication and collaboration skills a must.

Peace Health is an equal opportunity employer and a drug-free workplace. Please apply online at <https://jobs.peacehealth.org/>

For further information, contact jbaird@peacehealth.org

Therapist: Skagit office of Brigid Collins Family Support Center.

Brigid Collins Family Support Center has a current job opening for an on-staff Therapist based out of the Skagit office. This is a part time to full time position with a starting pay-rate of \$18.18/hr. This job description and application instructions can be found on our website <http://www.brigidcollins.org/employment> or applicants can apply through Indeed.

We are looking for a skilled professional interested in working with children and interested in trauma therapy. We are looking for someone who is interested in being a part of a dedicated and supportive team at a nationally accredited Children's Advocacy Center. Licensure supervision available. Position can be part-time or full time.

Primary Responsibilities include: Provide individual, family and group therapy services to child victims of sexual assault or physical abuse (and their non-offending caregivers). Likely to include afternoon and

evening hours, but flexible schedule otherwise. Must complete 23 hours of initial sexual abuse/assault training, an additional 17 hours of core sexual abuse therapy training and trauma based cognitive-behavioral therapy training. Experience in CBT therapy preferred.

Whatcom Dispute Resolution Center Seeking Qualified Trainers.

The Whatcom Dispute Resolution Center (WDRC) seeks to expand pool of qualified instructors for our Helping Children Through Family Changes course. This seminar is required for all Whatcom County parents who are divorcing with minor children. The curriculum encompasses stages of grief, developmental needs of children, family considerations surrounding times of transition, and more. The 4 1/2 hour seminar is offered approximately 16 times a year on various days and times. The WDRC would like to hear from community members who have a genuine interest in (1) helping people build skills to effectively manage and resolve conflict (2) supporting the well-being of children during times of family change (3) the WDRC's philosophical approach and mission.

Guidelines: Respondents must include the following:

- Ø A letter of interest
- Ø A current resume
- Ø 3 professional references

Preferred Qualifications:

- Graduate level degree in counseling, psychology, family therapy, or related area;
- Minimum 3-5 years experience in direct service work with families and children,
- Minimum 3-5 years experience as a trainer/group facilitator
- Ability to see and appreciate children's perspectives through the divorce process.
- Familiarity with mediation
- Philosophical alignment with DRC

Submission: Respondents should send all materials in e-mail or hardcopy form to:

Moonwater, Executive Director

director@whatcomdrc.org

Whatcom Dispute Resolution Center

13 Prospect Street, Suite 201

Bellingham, WA 98225

Learn more about the WDRC: www.whatcomdrc.org

Brigid Collins is seeking therapists.

Brigid Collins is looking for qualified therapists who are interested in contracting with Brigid Collins to serve children who were sexually abused as well as their non-offending caregivers. This would include individual therapy (pay is \$80/session) as well as possibly facilitating group for children who were sexually abused or group for the non-offending caregivers (pay is \$110/group). We are looking for therapists who have experience in TFEBT. If interested, please call Gail Tierney at Brigid Collins: 360-734-4616.

Seeking therapists to contract with

The Whatcom County Children’s Advocacy Center at Brigid Collins.

The Whatcom County Children’s Advocacy Center at Brigid Collins is currently looking for additional therapists to contract with. The Children’s Advocacy center works with children and families who have experienced sexual abuse. We provide referrals for individual therapy as well as hosting closed group therapy sessions twice a year. Groups are held weekly on Monday evenings for 10 weeks. Therapists who are interested in contracting with Brigid Collins will need to meet the following requirements:

Hold a Master’s Degree in psychology, counseling, social work, or related field

Be certified as a therapist by the State of Washington

Have completed and kept current, all required registrations, licenses, etc.

Preferably have two years post-graduate experience in child sexual abuse and/or adult sexual abuse treatment; and

Have, or will within six months have 23 hours of OCVA approved education specific to sexual abuse treatment (WCSAP Therapist CORE Training preferred)

Be willing to see young children 4-12 years old

Any therapist interested in becoming contracted to provide individual therapy to address child sexual abuse and/or lead group therapy can contact (360) 734-4616 for more information.

Seeking a facilitator for Brain Injury Support Group.

We are currently seeking someone to provide facilitator support to both of (survivor and caregiver) our Bellingham Support Groups. These groups meet concurrently the second Thursday of each month from 7 pm until 9 pm at the St. Joseph’s South Campus, 809 East Chestnut in Bellingham.

There are many Brain Injury Support Groups throughout the state of Washington. Each group has developed its own unique style based on the needs and interests of its participants.

Support Groups provide the opportunity to:

Gather information and news

Share common needs and strengths

Express any type of view without being judged

Socialize with people who have common experiences

Meet new friends and find new connections in the community

Find courage and take risks in a safe place

The facilitator(s) for the Bellingham Support Group(s) should be someone who has a passion for enhancing the quality of life for members of the Brain Injury Community; an added bonus would be someone who is already connected to the Brain Injury community.

The primary responsibilities of the facilitator(s) include:

- Ensuring Support Group has a space to meet that is accessible
- Sending out emails/making phone calls to remind members of Support Group meetings
- Scheduling speakers and/or arranging topics to be discussed at each meeting
- Applying for continued funding through the TBI Council funding grant which is currently administered by the Brain Injury Support Group Network. Funding is available to support the activities of this group. The facilitator will not incur costs to run this group.
- Maintaining regular communication with BIAWA when needs arise.

Per diem of \$50 per meeting. Meetings are monthly.

You will receive ongoing support from the Brain Injury Alliance of Washington to ensure the support group continues to be a great success for those we serve. If you, or someone you know, is interested in learning more about filling the important role of Support Group Facilitator for either our survivor or caregiver Bellingham, please give us a call at 877-982-4292. Deborah Crawley

RN Recruitment Notice.

ANSWERS Counseling, Consultation & Case Management Services is seeking an Independent Contracted RN preferably with an IBLCE to provide outreach services for our Whatcom County Maternity Support Services program. We offer a professional team, flexible hours and excellent pay.

For more information visit our web site answerscounseling.org. Either email karlacain@answerscounseling.org or fax cover letter and resume to (360) 255-7018. If you have questions, feel free to call me directly at (253) 229-9632.

Current job openings at Compass Health:

<http://www.compasshealth.org/join-our-team/>

Current job openings at Lake Whatcom Residential and Treatment Center:

<http://lwrtc.org/Employment.html>

ANNOUNCEMENTS: OFFICE SPACE

Looking For Office Share.

2 days a week - days flexible.

Starting in mid August or early September

Must have a window, and reliable internet for confidential Zoom sessions

About your potential office mate:

I'm a queer woman pastor with church members around the country. I need a confidential space with internet and a window where I can offer pastoral care to my queer, trans, and ally congregants over Zoom. I'm having a baby in late May, so shifting away from the home office model once parental leave ends mid August! Please contact me at pastor@communityofhopechurch.com or 773-234-8108. During parental leave, reach me through the contact form on my website: www.rachaelweasley.com

Sublet available.

Office for sublet, available Monday, Thursday, and Friday. 150 square feet, beautifully decorated, large windows, with natural light, ground floor and ADA accessible. Secure, professional building near freeway, bus, across from WECU on Orleans. Contact Susan at susankanerunning@gmail.com.

Office available.

Fully furnished downtown (therapy or other) office to share-with waiting room

Warm, mindful space with beautiful views of campus and the bay

Available Fridays through Tuesdays \$300/month

Contact: laurelh898@gmail.com for a video/virtual tour

Laurel Holmes, LMHC

New Therapist Community/Co-working Space Opening Soon.

The pandemic radically changed how we practice therapy. Many of us gave up full time offices, created home offices, and moved our practices online. And now that the world is opening back up, telehealth seems to be here to stay. But this transition, while it has many positives, has caused some real problems.

- Lack of a secure, professional business address for licensing and insurance billing (that's not your home or a PO box)
- Lack of flexible office space when you need to see a client in person or get out of your house for various reasons (noise, kids, unstable internet, etc.)
- Increased feelings of isolation and loneliness
- Lack of support when you need it.

I know I have encountered each of these! This is why I am building Whatcom Therapy Alliance (WTA), a shared office community for mental health providers built on a coworking model. As a member you get:

- A professional business address with HIPAA compliant mail and fax service.
- A flexible office which you can reserve by the hour when you need it equipped for in-person and Telehealth sessions.
- A supportive, collaborative, inclusive community of professionals in various stages of their private practice journeys
- A comfortable lounge to complete notes or other admin tasks with quiet spaces as well as places to meet and engage with others.
- Consultation groups focused on various subjects and modalities.

- Events including social hours and CEs.
- Affordable, flexible plan options based on what you need

Sound interesting? WTA is still in its infancy, and I need you to help me build and shape this community! I invite you to be a part of creating a new way to practice mental health treatment in Bellingham and the surrounding region.

Click here to schedule an informational meeting (via Zoom) to meet with me to discuss what WTA can do for you and your practice: <https://calendly.com/whatcomtherapyalliance/30min>

You can also fill out this survey to let me know your specific needs:
<https://forms.gle/2zrLXXAaVidbEYVZA>

Kristine Nystrom, LPC, LMHC: kristine@whatcomtherapyalliance.com
Whatcom Therapy Alliance
www.whatcomtherapyalliance.com
A supportive, coworking community for mental health professionals

Sublet available.

We are subletting our Barkley offices, of which we have three beautifully decorated spaces all with windows in the beautiful Barkley medical center. I will have photos and more details if anyone want to contact me! We are renting to therapists who want as few as half day hours or as much as a room full time. Prices for monthly rentals will be around \$650-750 a month furnished. My email for more info is Karen.king@kinghealthassoc.com

Offices.

There's a great opportunity available where NW Behavioral used to be @ 3031 Orleans St, Ste. 101. The landlord is leasing the indiv offices in that suite at \$600/mo gross (including internet, utils, taxes, janitorial of shared spaces). ADA accessible, 1st floor, a well known location off the bus line, gender neutral bathroom, conference room/kitchenette, reception and waiting area.

Contact Ben Black at Pacific Continental Realty. (864) 906-3225

Seeking Once a Month Inexpensive Art Therapy Workshop Space.

Please let me know if you have a space we could use on a weekend day once a month for art therapy. Or, do you have any leads?!!!

I want to keep the rental and my fees affordable for my clients, so inexpensive or trade would be super helpful! Join the sessions for free? What we need is wall space and a long banquet type table with good ventilation and lighting, access to a bathroom and water.

Please let me know! Thank you! mdraketherapy@gmail.com

Sublet available Saturdays, Sundays, and/or Mondays.

120 square foot office available for sublet near downtown. Plenty of parking, air conditioning and a nice window – Saturday, Sunday, Monday. \$100/per month for one day.

Maureen Kane, 401-903-2877

ANNOUNCEMENTS: OTHER

Turtle Haven Sanctuary and The Forest Hermitage: Personal Retreat Space.

Curated and comfortable space for personal retreat in Whatcom County, perched in a lovely grove of evergreens, alongside the Middle Fork of the Nooksack River. <http://www.turtlehavensanctuary.com>

We imagine in your particular calling, you yourself may be interested in reflection and retreat time while also encountering those who might benefit from a retreat experience. Our intention in sharing this news is to let you know that The Forest Hermitage exists as an intimate, artistically infused space for reflection and creativity for Seekers, Contemplatives, Artists, Writers, Naturalists, Caregivers, Directees, and Activists, as well as those engaged in a particular moment of healing, finding themselves in need of renewal. It was created for anyone who is called to find inspiration and communion with an inner guide, a muse, or the Holy, in a quiet space dedicated to nourishment for the human body and soul. The Hermitage is just 35 minutes away from Bellingham, but can feel like another world!

The Forest Hermitage is a comfortable space that can be used by an individual or a small group, accommodating from 1 person up to 8, depending on intention and configuration of guests. Our primary motivation is in providing local refuge in our own county, for those in need of pulling back and moving into the peace and healing of an inspiring space, in a rural, forest clearing. The Hermitage has a well equipped kitchen, beautiful art work from local artists, and plenty of space for reflection and creation. There are other amenities such as an outdoor shower and a jetted tub. The living room offers a cozy gas stove and writing nook, and there is a small library with a desk, inspirational books and art materials upstairs.

Turtle Haven Sanctuary is nearby, and at times, and by arrangement, its trails, 11 circuit labyrinth, and inspiring view of the Twin Sisters are accessible to Forest Hermitage guests. There is deep quiet, river song and walks to be taken directly from The Hermitage as well.

If you would like to see images and learn more about this resource, please visit our website, and do let us know if you have questions or suggestions. <http://www.turtlehavensanctuary.com> . We invite you to pass along this information to colleagues as well as anyone else who values self-guided or companioned pilgrimage for an inner purpose.

Elizabeth Kerwin and Jillian Froebe

ANNOUNCEMENTS: SERVICES OFFERED

Market Research Survey for Mental Health Professionals.

I am conducting market research to determine the needs of mental health professionals in their business pursuits. I'm collecting information about your business needs, your goals for growth, and any challenges interfering with your success. I would greatly appreciate you taking the time to fill out this quick survey.

https://docs.google.com/forms/d/e/1FAIpQLSdE4BQgv9KhZF_yW7W0NwT27VuymBMQUUBUvUnicAZfUKG5Aw/viewform

For questions or to inquire about support services for your practice, I can be reached at megan@meganohmsva.com.

Megan Ohms

Billing Services/

Billing Solutions offers a flexible, HIPAA-compliant system that helps you understand insurance, track visits, and payments, and customize services to suit your needs. Simplify, expand, and see more patients while being fully compensated for your valuable work.

We specialize in mental health billing and have been in business for 15 years. Contact us to find out how we can increase your income and reduce your stress.

<https://billingsolutionsnw.com/>

360-306-8099

shellybilling@billingsolutionsnw.com

robinbilling@billingsolutionsnw.com

Social Work Mentorship.

Looking for additional support as you earn your MSW or LICSW? You have your LICSW and still want help focusing on your practice without the high cost of supervision? I offer flexible and engaging mentorship that meets monthly to twice monthly, to help offer additional support, engagement, and encouragement in reaching your academic and professional goals. www.holdingthehopetherapy.com

Lindsey Arrasmith, MSW, LICSW, SUDP

Supervision Services for LMHCA or LMFTA.

Maureen Kane Counseling, PLLCMe

I am a Washington State Approved Clinical Supervisor. I work with one or two Masters' level associates at a time who are looking to start their own practice and earn full licensure.

I have a program that includes business coaching, supervision, and insurance billing.

I work best with those who are ready for independent private practice and running their own business, and have had therapy themselves.

Feel free to contact me for more information. www.maureenkanecounseling.com

Assistant Services.

Offering my services as an assistant in Whatcom County. Could you use someone part time to run errands, manage your calendar, or other tasks that would make life easier in this unusual COVID-19 era? Currently getting my BS in Sport Psychology and an MA in Performance Psychology. I would appreciate the opportunity to learn more about the processes of working in psychology, while being of service. As a student member of the International Society of Sport Psychology, a military veteran, and a volunteer with a disaster-relief organization, service to and the assistance of others is important to me. For further information including my skills, qualifications, or referrals, please call Andrew Smolen at (425) 577-8576 or email at Andrew.smolen@gmail.com

Billor for Hire.

Tired of dealing with insurance companies and all the nit picky details required to get you paid for your services? I have provided accurate billing and peace of mind for my clients for over four years, and I never tire of it! I have experience in mental health, family practice and rehab coding and billing protocols with all the major insurance companies, I'm a member of the AAPC, keeping me informed of the latest trends and up to date on all the current telehealth guidelines.

I offer competitive rates to manage your outgoing and incoming claims, patient collections, billing statements and appeals. I also offer help with credentialing and insurance verification.

It is my mission to make sure that YOU are rewarded for your time and energy, not the insurance companies. Contact me and together we can create an experience tailored to your unique needs.

Sadie Thornton

Inner Peace Medical Billing
innerpeacemedicalbilling@gmail.com

Billing.

Looking for a dependable, organized, and responsive insurance billing agent? I can handle your insurance claims, track payments, accounting, patient invoices, and make sure you get paid in a timely manner. Every hour you spend in front of a database or on hold with an insurance agent is an hour you could spend with a client or refilling your well. Let me handle the books so you can devote your practice to taking care of the people who need your services.

Jennifer Gilbert

Trust Billing Services

www.trustbillingservices.com

jengilbertbilling@gmail.com

360-739-9404 voice/text

Approved Clinical Supervision.

I offer Approved Clinical Supervision per WAC 246-809-334 for Marriage and Family Therapists, Mental Health Counselors, Advanced Social Workers, Independent Clinical Social Workers, and Certified Counselors. The purpose, goals, and objectives of Clinical Supervision include fulfilling the requirements under Washington State Department of Health Credential Licensure and to promote the development of the supervisee's professional identity and competence.

For further information, please call Natosha Scheenstra, MSW, LICSW at (360) 583-6310 or email me at therapy@natoshascheenstra.com or view my website at <https://natoshascheenstra.com/>

Clinical Supervision.

I am an approved Clinical Supervisor and currently providing supervision to those in need. I can be reached at 518-281-8665 or email at yumber@hotmail.com .

Caitlin Connolly

Licensure Supervision.

Offering supervision for licensure for MSW's. Will also consider offering supervision for other clinicians. Experienced in mental health, medical social work, case management, palliative care, leadership and management. Am certified in Geriatric Mental Health (UW, 2012) Certified Case Manager (CCM, 2011) and have completed my externship in Emotionally Focused Therapy (EFT, 2015). Offering individual and group appointments, evenings during the work week. Call or email for further information.

Denise Katterhagen MSW, ACSW, CCM, LICSW

360-318-4777

airsdk@gmail.com

Social Work Supervision for Licensure.

Ongoing open enrollment group for MSW's working towards Washington State Licensure. Meetings on Wednesday evenings with exact dates to be scheduled.

For further information contact Roberta Jaffe, ACSW, BCD, LICSW

360-738-8806 robertajaffe@comcast.net

Professional Consultation Services.

Offering Professional Consultation Services in the field of clinical social work, psychotherapy, and development of private practice business. This covers the three primary areas of managing private practice including Clinical, Billing and Accounting, and Marketing and Networking. I provide quality information, resources, and a service that is based on knowledge and expertise in this field. Professional Consultation Services are for professionals at all levels of their career and business development.

For further information, please call Natosha Scheenstra, MSW, LICSW at (360) 583-6310 or email at therapy@natoshascheenstra.com.

Thank you for your help in facilitating the sharing of this information.

Compiling, editing, and distributing this newsletter is a volunteer effort by the editor, Anji Citron.

This will be the last issue in 2024. I'm pausing the newsletter for an undetermined time while I consider different options of how to continue to provide this information.

Anji Citron, MSW, LICSW
mail@WhatcomMentalHealth.org