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The Lopez Island Family Resource Center (LIFRC) newsletter. For more information, find us at [lifrc.org](http://lifrc.org) or call 360.468.4117.



## High School Girls Group

Girls Group is a safe and creative space to develop resilience, empathy, leaderships skills and inner emotional power. The group meets twice a month and *is* free of charge. Past activities include kayaking, baking, yoga archery, and dance.

This group is led by Amy Ray, (LICSW) and LIFRC's Food Programs Manager, Katherine Bryant Ingman. Amy is a Licensed Clinical Social Worker who has worked with adolescents and parent child relationships. Katherine has worked with youth in the past, recently leading the Prevention Coalition youth group before starting at the LIFRC in 2020. If your teen is interested in participating, please email [katherine@lifrc.org](mailto:katherine@lifrc.org) by June 5.

## P-EBT School Year 2020-21

Families don't have to apply for the P-EBT Program! If your child is eligible for free or reduced-price school meals, she or he may automatically qualify. Families should make sure a current mailing address is on file at their school & are encouraged to fill out a school meal application if their child doesn't get free or reduced-price meals already.

Eligible families should have been notified by late March, if you haven't, please call the LIFRC at 360-468-4117 or P-EBT Contact Center at 833-518-0282 to get your P-EBT card



## 2021 Summer Workshops

LIFRC Programs Staff is working hard to finalize the 2021 Summer Workshops; publish day is close!!! Start checking our website, [lifrc.org](http://lifrc.org) and Facebook for updates. If you have questions call us at 360-468-4117.