

From: TOGETHER! <info@thurstontgether.org>

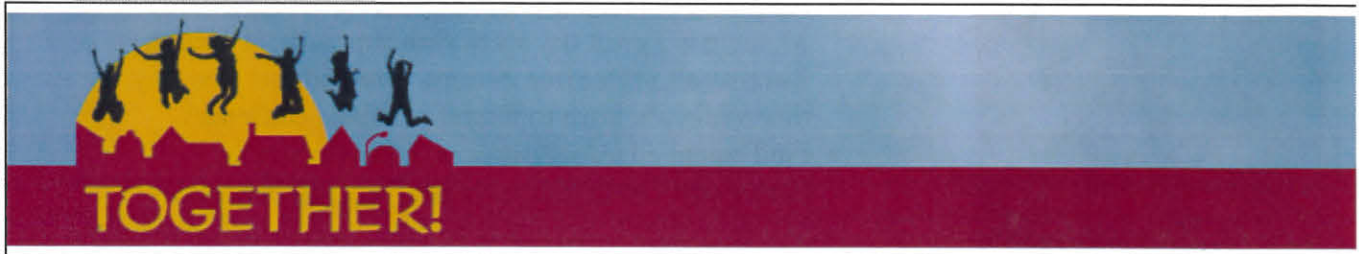
Subject: January News: Here's Some Resolution Help

Reply: info@thurstontgether.org

Having trouble viewing this email? [Click here](#)

Hi, just a reminder that you're receiving this eShare because you have signed up for TOGETHER!'s monthly newsletter. Please add info@thurstontgether.org to your address book so your eShare will land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



eShare, January 2012

Happy New Year, TOGETHER!!

In This Issue

[Baby Cooper!](#)

[Resolution Help](#)


[Big Events in 2012](#)

Give to TOGETHER!

[Donate Now](#)

Monthly Newsletter

[Join Our Mailing List!](#)

 [Forward this issue](#)

Quick Links

[TOGETHER!](#)

[Upcoming events](#)

[Find us on Facebook](#) 

[New Baby](#)

'OK, I made my resolution. Now what?'

It's a new year, and you've made your resolutions. Now it's a couple of days in, and you may be thinking "Wow..this is harder than I thought," or "I really want to do this, but I just don't know where to start!" Relax! There's help out there to get you through some of the tough ones. Here are some of the most common resolutions, with resources for each to help you accomplish it and stick to your plan.

I resolve to ...

... Quit smoking

- Our [Cessation Resource Guide](#) contains quitting resources for both teens and adults in Thurston County, and tips to help you do it on your own.
- [Come see us](#) and we'll give you a Quit Kit, a goodie bag full of things to make the process easier.
- The state quit line provides free resources for everyone, and personal coaching sessions if your insurance covers it. Call 800-QUIT-NOW or [check them out online](#).



... Spend more time with my kids

An enthusiastic welcome to Maggie Grace Cooper! Born on Dec. 14, Maggie is the first child for our Executive Director Jim Cooper and his wife, Thomasina.



Congratulations on the arrival of "mini Cooper"!

- Local Parks & Rec departments have great opportunities for family activities, and most are free or low-cost. Some are ongoing classes or sports, others one-time events.

- [Lacey](#)
- [Olympia](#)
- [Tumwater](#)
- [Thurston County](#)



- Attending the [Hands On Children's Museum](#) is a great day spent with your kids, of course. But they also offer free lectures. Your kids get free play time while you learn to master parenting challenges.
- Find parent education services at [Family Support Center](#) and [Family Education and Support Services](#).

... Quit drinking

- The State Alcohol & Drug Help Line is 800-562-1240 for adults and 877-345-8336 for teens.
- In addition to [Alcoholics Anonymous](#), there are many places to go for screening or treatment, including [Behavioral Health & Recovery](#), [Alternatives Professional Counseling](#) and more. Tribe members can check with their tribal health clinics, and teens can talk to their school counselor or email [True North](#).
- If you go it alone, keep the [Crisis Clinic](#)'s number on hand in case you need nonjudgmental emotional support. Adults, call 360-586-2800; teens, 360-586-2777.



... Help the environment

- Keep unused prescription drugs out of our water supply and don't let them harm fish either. When you're done with pills, **don't** toss them in the toilet or trash! Take them to a drop box, where law enforcement disposes of them safely. [Here's a list of all the Thurston County drop boxes, with a link to statewide locations.](#)



... Volunteer to help others

- TOGETHER! needs tutors and caring adults at our after-school programs. [Here's more information.](#)



- Teens have a lot of opportunities to help out locally. See our [Youth Volunteer Resource Guide](#).
- Many local nonprofits rely on volunteers. If you know of one you'd like to support, call them directly. Or search online for "Thurston County volunteer opportunities" to find something you may not have thought of.

For many more numbers and websites, see our [Parent Resource Guide](#).

Big Nights (or Days) Out in 2012

Prevention Policy Day: Feb. 20

Early each year, teen volunteers rally at the state Capitol to



celebrate prevention and to educate lawmakers and the public about laws and policies that affect youth. They often speak at a large gathering, but they also meet individually with state legislators.

It's open to youth who'd like to participate individually, and to entire youth groups (for groups, just the leader should register).

Come and champion ideas and laws that support youth!
[Register to attend Prevention Policy Day 2012.](#)

Champions for Kids Celebration: Mar. 12

Each year at the Champions for Kids Celebration, TOGETHER! and its partners recognize people in our community who go above and beyond in their dedication to youth and children.



Champions support and value young people by providing a direct service to youth, being a positive role model, volunteering, or showing dedication beyond their employment.

Anyone can sponsor a table or other parts of the event (and name a Champion), or buy a seat. The night also includes dinner and entertainment.

[Buy a seat or table at Champions for Kids.](#)

If you wish to be a sponsor, contact Diane at 360-493-2230, ext. 15, or [by email](#).

"Meth and More: Drug Abuse in Our Area": Apr. 17

Each spring, we and several partners offer a popular daylong training on local concerns and trends. Law enforcement, prevention experts, health professionals and more share information on the state of substance abuse in the area. It offers presentations from recognized authorities, success stories, informative breakout sessions, lunch, and often door prizes.

[Attend the conference](#)

If you'd like to be a presenter, you can still apply. Submit your presentation proposal by next Monday (Jan. 9).

[There's more information here.](#)



TOGETHER! engages and mobilizes families, schools and the community to advance the health, safety and success of our youth. Our vision is for all young people in Thurston County communities to be supported, healthy, safe and valued.

To learn more, [visit us online](#) or call us at 360-493-2230.



[Forward email](#)



Try it FREE today.

This email was sent to dkoenig@thurstontgether.org by info@thurstontgether.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

TOGETHER! | 418 Carpenter Rd SE Ste 203 | Lacey | WA | 98503