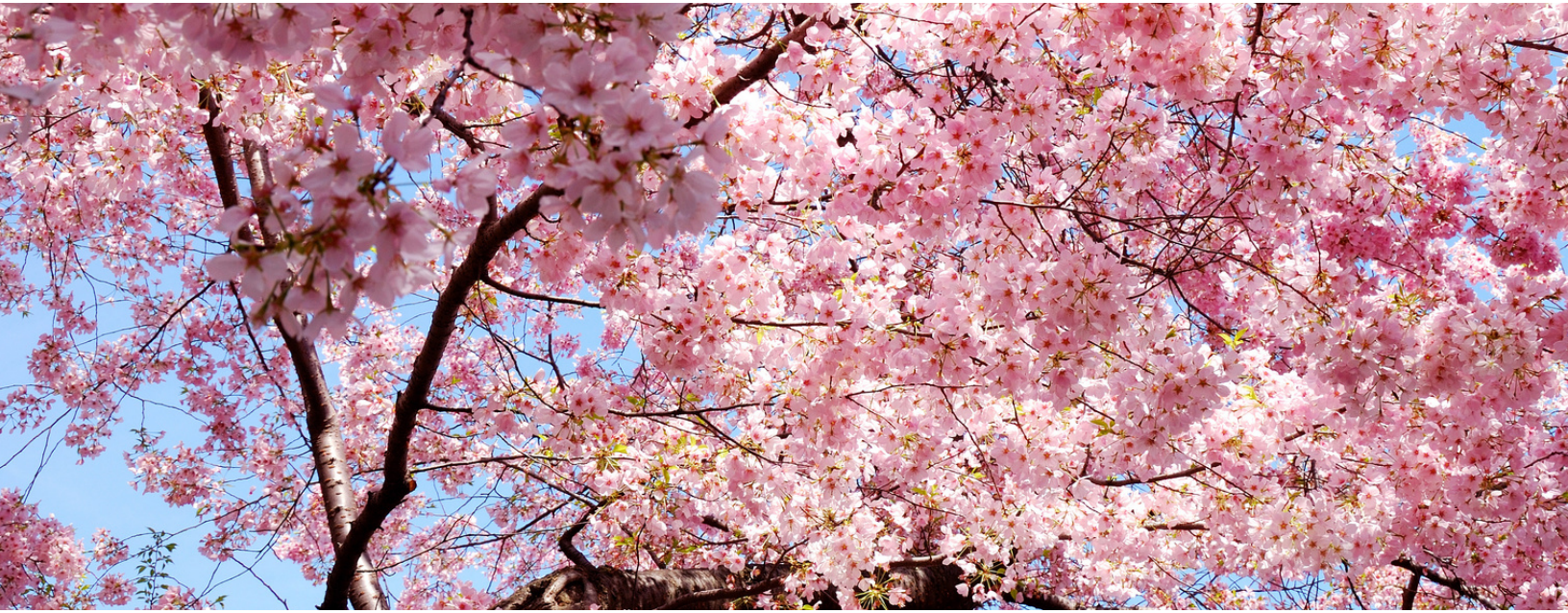


KANDELIA CONNECTS



**HAPPY SPRING
SEASON**

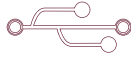
Welcome to our second edition of Kandelia Connects! We intend to use this monthly newsletter to inform our community about local resources available to them. This edition will include information about community food resources, upcoming community health events and city resource navigation.

This resource letter will be a constant work in progress! If there are specific kinds of resources you want us to research and highlight, contact Diana, one of our Family Program Coordinators - diana.beare@kandelia.org

**WE WANT
YOUR INPUT**



FOOD ACCESS



FOOD SECURITY RESOURCES



kandelia

1

BEACON HILL FOOD FOREST - FREE OPEN HARVEST

Beacon Food Forest began as a crazy dream. In 2009, four friends from Beacon Hill who were studying food forestry created a design envisioning how the 7 acre plot of grass west of Jefferson Park could be transformed into a diverse ecosystem that would provide fresh, healthy, local food to neighbors.

Most of the Beacon Food Forest is an open harvest site (except for our designated food bank plot and City of Seattle P-Patches). This means that we allow anyone to forage from the site freely.

Stop by to harvest fresh food or check out their website to learn more -

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

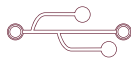
SEATTLE P-PATCH GARDENING PROGRAM

Do you want to start gardening in your neighborhood? Seattle P-patch has resources to sign-up for gardening plots throughout the city, or to start your own! Check out their site below.

<https://www.seattle.gov/neighborhoods/p-patch-gardening/how-to-sign-up>



HEALTH & WELLNESS



COMMUNITY HEALTH INFORMATION



kandelias

2

CONSEJO COUNSELING & REFERRAL SERVICES

Consejo is a licensed, award-winning treatment center offering outpatient behavioral health care, trauma-informed care, and supportive transitional housing. Since 1978, Consejo has served children, youth, adults, and elders in King, Pierce, and Thurston-Mason County.

Their services include behavioral health, substance use counseling, whole body health care teams, family and youth counseling, domestic violence and transitional housing referrals for latino community members.

723 SW 10th Street, Renton, WA, 98057

Mon - Fri 8:00am - 5:00pm

Sat - Sun Closed

206-461-4880



FRED HUTCH COMMUNITY HEALTH & WELLNESS FESTIVAL

You are invited to the 10th annual Health & Wellness Festival, a community event in celebration of Minority Health Month. Join us for health resources, raffles, Zumba, family fun activities and cancer prevention information.

This free event is from 11 a.m. until 3 p.m.

Saturday April 20th, Rainier Beach Community Center

<https://www.fredhutch.org/en/events/health-and-wellness-festival.html>

SELF EMPOWERMENT



TOOLS FOR SUCCESS



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3

WASHINGTON IMMIGRANT SOLIDARITY NETWORK RESOURCE FINDER

[HTTPS://RESOURCES.WAISN.ORG/EN](https://resources.waisn.org/en)

The Washington Immigrant Solidarity Network (WAISN) is a multi-lingual, multicultural coalition and network of over 400 immigrant leaders, allies, and immigrant-serving organizations, that supports and builds power for immigrants and refugees across Washington State through direct services, education, organizing, policy advocacy, and funding.

Unlike other resource databases in the state, the WAISN Resource Finder actively vets resources to ensure their accessibility to undocumented immigrants, providing detailed information about ID requirements, language support, and potential limitations based on immigration status.

Use the search bar or filter your search by categories, including:

- Health Care (Mental/Physical)
- Childcare
- Legal Support
- Rental Support
- Food Access
- Education
- Labor
- Transporation