



COMMUNITY RESOURCE NEWSLETTER

Week of September 7 - 13

Have an update
for next week's
newsletter?

Email
communityresources@oppco.org
by 9/17 at 12 PM

Helpful Resources

Community Resource
Center

Available by phone
M-F, 9 AM-4 PM
360-734-5121 ext. 0

Community Resources
During COVID-19

whatcomabc.org/covid-19

NEW

Food and Meal Guide
whatcomabc.org/food-access

COPING DURING COVID

It has been nearly six months now since COVID-19 arrived in our county and completely reshaped our lives and work. Although many of us are adjusting to our new way of life, **it is important to recognize how stress caused by the pandemic can impact our mental and emotional wellbeing--** both for ourselves and our clients. Now more than ever, it is vital to **take time for self-care, and to check in regularly with those we work with.** We hope you will find these resources helpful as we continue to learn how to cope in a crisis.

RESOURCES:

- [CDC: Coping with Stress](#)
- [Whatcom County: COVID-19 and Chronic Stress](#)
- [NIMH: Shareable Resources on Coping w/ COVID](#)
- [APA: Crisis Hotlines and Resources](#)



Deadline for voter registration is

OCTOBER 26TH



Your voice matters, and you can make sure it is heard by **registering to vote.** Whether you need to register, update your information, or simply check on your status, **you can access resources to accomplish all three goals online today.** VoteWa.gov is an online voter registration website where you may register, update, and learn what's on your ballot. **The deadline to register is fast approaching,** so now is the time to reach out to your clients, friends, family, and others within your network to ensure they are registered to vote. For **outreach materials** created by the League of Women Voters, feel free to utilize the toolkit available [here](#). Thank you for being an active participant in American democracy. **Your vote is your voice, and every vote counts-- make sure you don't get left out!**

Message brought to you in partnership with the League of Women Voters of Bellingham/Whatcom County

COVID-19 Resources

Unified Command
whatcomcovid.com

Whatcom County Health Department
whatcomcounty.us

COVID-19 Vital Information in 36 Languages
informingfamilies.org

Newsletter Guide

To subscribe, email communityresources@oppco.org

Visit whatcomabc.org/crn to view past newsletters

Icon Key:

 Asset Building

 Updated/New resource

 3-in-30 Survey

NEW THIS WEEK

New or updated resources & services

- [Bellingham Food Bank Distribution Update: Available in English, Spanish, and Russian.](#)

COMMUNITY OPPORTUNITIES

 **Fostering Resiliency, Resisting Abuse**
9/17, 11 AM | [Webinar Registration](#)

 **Coaching Competencies: Credit Deep-Dive**
9/30, 12 PM | [Webinar Registration](#)

Bellingham Housing Authority Request for Proposals
Deadline 10/30 | [Details Here](#)

EMPLOYMENT OPPORTUNITIES

DVSAS

[Multiple Openings](#)

Lifelong

[Medical Case Manager](#)

Opportunity Council

[Accounting Manager](#)

[Family Engagement/Services Coordinator](#)

[Physical Therapist](#)

[Speech and Language Pathologist](#)

[Residential Counselor](#)

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WABC

WHATCOM ASSET BUILDING COALITION

www.whatcomabc.org