

INFORMATION FROM THE COUNSELING CENTER

The HMS Counseling Department would like you to be aware of the following sources for help during this time of year.

Holiday Help Applications opened up the 1st of November - Thanksgiving dinner supplies and Christmas help are available. Please contact Lyla at lyla.tuttle@washk12.org

Food Distribution Calendar: please see the At-Risk website for a list of local food assistance sites and times: www.washk12.org/at-risk

The **Home Energy Assistance Target program**, known as H.E.A.T., is a federally-funded energy assistance program. The goal of the program is to assist eligible individuals and families meet the higher costs of energy during the winter and summer. Applications are open at <https://fivecountyheat.org/>

KONY COINS FOR KIDS Christmas Assistance

If you need assistance with Christmas this year, please see the school secretary or counselor before Nov. 14, 2024 for a referral letter to KONY Coins for Kids Christmas program. After receiving the referral letter, APPLY ONLINE at <https://coinsforkids.net/> between Nov. 1 and Nov. 14, 2024. Online applications after Nov. 14 will not be accepted.

KONY COINS FOR KIDS Volunteers

KONY Coins for Kids (CFK) program is dependent on volunteers to support the program. If you are interested in volunteering and/or donation opportunities, please visit this website <https://coinsforkids.net/>

***** En Español *****

KONY COINS FOR KIDS Asistencia De Navidad

Si tu necesita asistencia de Navidad este año, por favor ve al consejero de su escuela antes de Noviembre 14, 2023 para obtener una carta de referencia para KONY Coins for Kids. Después de recibir la carta de referencia, aplique en línea a <https://coinsforkids.net/> entre Noviembre 1 y Noviembre 14, 2024. Aplicaciones en línea después de Noviembre 14 no serán aceptadas.

KONY COINS FOR KIDS Voluntarios

El programa KONY Coins for Kids (CFK) depende de los voluntarios para apoyar el programa. Si está interesado en oportunidades de voluntario y/o dar donación, visite este web <https://coinsforkids.net/>