

# January Newsletter

Welcome to our monthly newsletter where we will be sharing highlights on events and giving you program updates! Be sure to also take a moment to review our Wish List and how you can make these wishes come true!



## Community Health Day

Community Members attended a tabling event hosted by Whatcom County Health Department. Here they learned how to recognize an overdose and how to administer Narcan, residents got a Narcan kit to keep on them. Whatcom County Health Department also went over the safe syringe exchange program and joined in on the conversation about safe sex practices and where free STI clinics are in the area

## Wish List

- Toilet Paper
- Ground coffee beans
- Mattress Protector (various sizes)
- Warm weather clothes
- Rain boots, various sizes
- Blankets



**Thank you Leaf and Ladle  
for setting up a Soup day  
with us!**