

What's Happening @ Jefferson County Public Health

April 2017

5, 12, 19, 26 **Wednesday Breastfeeding Tea**

A support group for moms and babies held every Wednesday at JCPH from 11:00 – 12:30 p.m.

5, 12, 19, 26 **Empowering Women for Wellness CALL 385-5811 TO SIGN UP.**

Wednesdays, 10:00 AM to 11:30 AM.

Community United Methodist Church, 130 Church Lane, Port Hadlock

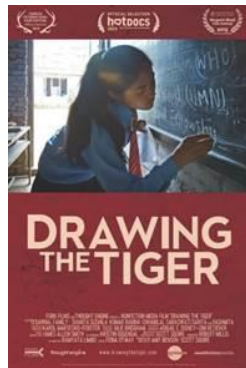
Expectant and post-partum mothers are encouraged to join this free weekly exercise and nutrition class, hosted by JCPH's Kathy Anderson. A provider referral is required. Call 385-5811 for details or email

spencer@olympicpeninsulaymca.org for more information.

7 **First Friday Babytime @ Jefferson County Health Department**

Babies up to 18 months and their caregivers enjoy songs, nursery rhymes, fingerplays, bubbles and other gentle activities for the very young. Please join us at 10:00am on the first Friday of the month. For more information call Port Townsend Library at 360.385.3181.

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**Drawing the Tiger – A free Film Screening
& Discussion led by Director**

The public is invited Monday, April 10, 5:30 – 8:00, at the Jefferson County Library, to a free screening and discussion, led by film director Amy Benson, of the film Drawing the Tiger, which is a featured film in the PTFW Women and Film weekend. This presentation is sponsored by the Chimaquam Prevention Coalition (CPD), the Jefferson County Library, the Port Townsend Film Festival (PTFF), and the Division of Behavioral Health and Recovery.

Strengthening Families 10-14 Communication Workshop for parents/caregivers and their youth, Thursdays, April 20 – May 25 from 5:30-8pm



Free workshop provides communication tools and models 15 communication methods to develop mutual respect, communication skills, and enhanced listening skills.

For additional information and to sign up contact

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Jefferson County Public Health

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All month

Check out the [Water Quality News - Winter Edition](#)



Ongoing

Grants Available For Open Space Projects in Jefferson County



The Jefferson County Board of County Commissioners invites applications for projects to enhance the county's open spaces. The Conservation Futures Program and Fund help protect important wildlife habitat, agricultural and timber lands, visual buffers, scenic areas, and open space lands linked to parks, cultural and

historic sites – all for the health, benefit and welfare of citizens. Projects must provide permanent protection of open space lands through the acquisition of real property or development rights or involve operations and maintenance costs for properties previously acquired with conservation futures funds. To request a program manual and application, and for more information, contact tpokorny@co.jefferson.wa.us or call (360) 379-4498.

The application deadline is Thursday, March 30, 2017 at 4:30 PM to the Jefferson County Environmental Health Dept., 615 Sheridan St., Port Townsend, WA 98368 or email to tpokorny@co.jefferson.wa.us. Workshops to explain the details of the Conservation Futures Program to agencies, groups and interested citizens are available by request throughout the year.



As you enact your New Years resolution think 5210!

Back to School Immunizations

Walk-in immunization clinics Tuesdays and Thursdays from 1-4 p.m. at JCPH. No appointment necessary.

Private insurance billing, Washington Apple Health accepted, sliding scale available. Please bring your immunization records.

[Click to view the Childcare and Preschool Required Immunizations](#)

[Click to view the School Requirements](#)

WIC Clinic and Family Planning Clinic: Hours Have Changed

Women, Infants, and Children (WIC) provides eligible pregnant or breastfeeding women and children under 5 years old with access to nutritious foods, information about feeding children nutritiously, and referrals to other services. Appointments are available in Port Townsend, (Mondays and Thursdays, 9-4:30 by appointment); in Quilcene (Walk-ins 1st, 3rd, and 5th Wednesdays of the month, noon to 4:00); and in Chimacum (1st & 3rd Tuesday of the month 9-2 by appointment). Call (360) 385-9400 for more information.

Let us know if you have an event to list in the next What's Happening issue!