



## Fun Fridays

Join us each Friday, from 11am-3pm for activities such as art, crafts, games, and more. It will be different every week, but the goal is to end the week with some fun! Please share activity suggestions with any of the Ground Floor staff.

## Services

- Laundry
- Showers
- Quiet Rooms
- Kitchen
- Computers
- Queer Youth Services
- Housing Support
- Education & Employment

## Supplies

- Toothbrush, toothpaste, and other personal hygiene items
- Food & Snacks
- Emergency Tents, Tarps, Blankets, and more
- Narcan
- First Aid
- Condoms & Pregnancy Tests
- Clothes & Shoes



# NEWSLETTER

Issue 1 April 2026



## THE GROUND FLOOR

The Ground Floor is Northwest Youth Services' day-use drop-in center for youth and young adults, ages 13-24, who are experiencing homelessness, housing insecurity, or are low income.

We are located at 2500 E Street - in the basement of the First Congregational Church of Bellingham. Look for the pink door at the end of the ramp and ring the bell.

### Our hours are:

<b>Monday</b>	<b>9am-4pm</b>
<b>Tuesday</b>	<b>9am-4pm</b>
<b>Wednesday</b>	<b>12-4pm</b>
<b>Thursday</b>	<b>9am-4pm</b>
<b>Friday</b>	<b>9am-4pm</b>
<b>Saturday</b>	<b>CLOSED</b>
<b>Sunday</b>	<b>CLOSED</b>

## Educational Opportunity!



Thursday, April 30, 2026

9am-12pm

Syre Student Center

Tours & Information

Raffle & Prizes

Email Jaden Lopez at

jlopez@whatcom.edu to RSVP

# Community Partner of the Month: Charlie Health



- Virtual Intensive Outpatient Program (IOP).
- Most insurance options accepted.
- Specialized programs and individualized treatment.
- Individual therapy along with peer support groups.
- Specialized programming for: Trauma, LGBTQIA+, Neurodivergence, and more.

*No waitlists. Flexible scheduling. Affordable care.*

## GET STARTED:

Call 1 (986) 206-0414 or

Self-refer at <https://www.charliehealth.com/>

## Simple Suppers with FCCB

**Tuesday, April 28, 2026 | 5:00–7:00 PM**

Join us for a monthly “Simple Supper” with our growing community of friends—engaging in conversation and sharing time together.

### Menu

- Two Types of Soup (flavors change monthly)
- Cornbread Muffins

### Schedule

- Supper served between 5:30 and 6:15
- Come early to visit and share stories

### Dietary Notes

Our meals are gluten-free and primarily plant-based — recipes are posted beside the soups.

### Volunteers Welcome

Help with cooking and cleaning is always welcome. Kitchen Crew starts at 4:00 PM; cleanup begins immediately after the meal and usually finishes by 7:00 PM.



April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 	18
19	20	21	22	23	24	25
26	27	28 	29	30 		



## April Birthdays

Calling all April babies! If you have a birthday in April, please join us for cake and ice cream the afternoon of Friday, April 17<sup>th</sup>.

**Birthstone:** Diamond



**Birth Flower:** Daisy



**Zodiac:**

