

Hello high school students of Walla Walla!



I don't know about you but I'm trying SOOO hard to be excited about winter: snow, warm fires, hot tea... but I'm also really cold. I hope you're all finding ways to stay warm. If you need help with resources, please let me know and I will help you find people who know answers.

FONDO DE ALIVIO ECONÓMICO PARA INMIGRANTES AFECTADOS POR COVID-19 EN WASHINGTON

Nuestra coalición con más de 400 organizaciones ganó un fondo de ayuda económica para personas indocumentadas que viven en el estado de Washington y han sido impactadas por el pánico del COVID-19.

¿CUÁNTO PUEDO RECIBIR?
Las personas podrán recibir \$1,000 por adulto aprobado, no más de \$3,000 en total por hogar en Washington.

LA APLICACIÓN:
La aplicación estará disponible por Internet durante 6 semanas.
Empezando el miércoles 21 de octubre del 2020 a las 8:00 AM
Cerrando el domingo 6 de diciembre de 2020 a las 8:59 PM.

REQUISITOS PARA APLICAR:
Para aplicar, debes cumplir con **TOCOS** los requisitos a continuación:

- Ser mayor de 18 años.
- Vivir en el estado de Washington.
- Tener dificultades financieras debido a la pandemia del COVID-19.
- No ser elegible para el pago federal por Impacto Económico de la Ley CARES Act (Beneficio conocido como "cheque de estímulo por coronavirus").
- No ser elegible para el seguro de desempleo en el estado de Washington durante la pandemia de COVID-19.

DOCUMENTOS REQUERIDOS:
Para aplicar con éxito, debemos **comprobar su identidad y que vive en el estado de Washington**. Sus documentos tienen que contener su **nombre, apellido, y dirección** comprobando que vive en el estado de Washington. Los documentos pueden ser:

- Tarjeta de identificación del estado (ID)
- Licencia de conducir
- Identificación escolar del estado de Washington
- Cuestionario recibida factura que muestre su nombre y la dirección donde reside (como Internet, teléfono, etc.)
- Factura de servicios públicos (electricidad, gas, basura, agua o alcantarillado)
- Estado de cuenta bancario
- Contrato o alquiler que muestre su nombre y la dirección donde reside

LISTO PARA APLICAR?
VISITA: IMMIGRANTRELIEFWA.ORG

También puedes llamar 1-844-734-5737 (Lunes a Viernes 9 AM - 9 PM)
Cuando llame, tenga listos varios documentos para asistirte con la aplicación.

Speaking of resources, if your family was not eligible for federal stimulus funds or unemployment and need financial assistance, please look into the Immigrant Relief Fund. Additional information in [English](#) and [Spanish](#).

Hang in there and reach out - we're all in this together! Care for yourselves and those you love,

Katharine

SELF CARE

How do I find Motivation?

Join us for a discussion!
Wednesdays, 2:30pm
ZOOM ID: 9936 857 2717
You can just come or sign up at bit.ly/postwahi

Join the health center and my office for a chat about finding motivation!

ADULTING

So you mean to tell me a stress ball isn't for throwing at people who stress you out?

If you've seen me present on Zoom recently, you may have seen me playing with **STRESS BALLS**. Zoom stresses me out so I pretty much always have a toy in my hands to play with to help me focus more. You can make one too! [Here's a movie about how to make one](#) (or email me and I'll make deliveries)

It's not. =)

ARE YOU INTERESTED IN HEALTH CARE?

Join the Community Health Professions Academy! The CHPA program starts in January each year and continues through May. During CHPA, scholars will explore various health professions, including Public Health, Dentistry, Medicine, Nursing, Neurotechnology, and Traditional Medicine. All scholars will have opportunities to connect with professionals in these fields and participate in hands-on activities that will be mailed to them. Due to the COVID-19 pandemic, all CHPA activities will be conducted virtually. All students grades 8-12 who reside in Washington state are eligible to apply to CHPA.

You may find the application for the CHPA program

here: https://docs.google.com/forms/d/e/1FAIpQLSdcuOo0MINJdBPX6_M8mO-J7BZynVbCxEK_3oXywYVx6UJaQ/viewform?usp=sf_link. The priority deadline to apply is December 6, 2020. Please see the full application or the attached informational flyers for further information.

LET'S TALK TO COLLEGES!

Sign up at bit.ly/postwahi or just come!

Monday, 2pm

Cal Lutheran teaches Common App

Learn about Cal Lutheran (in California) and the common app!

<https://clu.zoom.us/j/91391453175>



Washington State
**REGIONAL
COLLEGES**
LEARN ABOUT CENTRAL,
EASTERN, AND WESTERN
WASHINGTON
UNIVERSITIES

**Oct. 27
1pm**
Zoom:
9825 1019 172

CWU
WWU

Tuesday, 1pm

Central Washington, Western Washington, and Eastern Washington Universities

Learn about our regional colleges!

[Join Zoom Meeting](#)

ID: 98251019172

Have a great day!

Katharine

Katharine Curles

[Wa-Hi/SEATech Career & College Center](#)

kcurles@wwps.org

Text: 541.809.1659

Call: 509.526.8680

You can book a meeting with me [here](#)

I respond to the pronouns she/her/hers

Be in touch with the Career Center by:

Instagram (@BeyondWaHi)

Twitter (@BeyondWaHi)

Facebook <https://www.facebook.com/BeyondWaHi/>

Remind (SENIORS: text @wahi2021 to 81010, JUNIORS: text @wahi2022 to 81010, SOPHOMORES: text @wahi2023 to 81010, FRESHMEN text @wahi2024 to 81010)