



Summer Newsletter

Maternal Child Health

June 2025

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Summer programs



Free Lunch Longview Kelso



Summer Safety

Welcome Summer!

Sunny days and warm weather ahead!

Cold Water Swimming Dangers

Even though the outside air temperature might be warm, rivers, streams, and lakes will NOT be!



Cold water from mountain snow runoff can bring in swift currents that could catch you off guard.



Swim with a buddy!

Mountain snow runoff with a low water temperature could potentially harm you when swimming in rivers, streams, and lakes.



Hypothermia and cold water shock can occur when exposed to cold water.



The fast-flowing water from mountain snow runoff will make rescue more difficult.



Always wear a life jacket!



National Weather Service
Portland, Oregon



Avoid alcohol!



PREVENT CHILD HOT CAR DEATHS



NEVER leave your child alone in a car – not even during a quick errand.



KEEP car doors and trunks locked so kids can't climb in on their own.



CREATE REMINDERS. Place a personal item in the backseat.



TAKE ACTION. If you see a child alone in a car, call 911.

♥ Hearts in Harmony ♥



33rd annual International Festival

FREE ADMISSION

11-4 Saturday
June 7, 2025

Lower Columbia College
Student Center
Longview, WA

PERFORMANCE SCHEDULE — subject to change —

INSIDE ON STAGE

- 11 Vietnamese Community of Clark County
45 minutes Music, Dances & Fashion of Vietnam
- 12 Kalabharathi School of Dance
30 minutes Dances of India
- 1 Sissifese International Folk Dance Troupe
45 minutes Dances of the Pacific
Hawaiian, New Zealand, the Philippines & Tahiti
- 2 Blazing with Purpose
45 minutes Dances of Uganda
- 3 Los Cumbieros del Sureste
45 minutes Live Latin American Cumbia Music

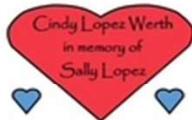
OUTSIDE UNDER PAVILION

- 11:30 Turquoise Pride
45 minutes Native American Drumming
- 12:30 Carlos & Pam Mendoza - all welcome after
30 minutes A Salvadoran Dance - Open Stage
- 1:30 LCC Multicultural Club
45 minutes Dances of Various Cultures

Thanks to Edward Jones for sponsoring
Sissifese International Folk Dance Troupe
&
Turquoise Pride



2025 International Festival Premier Sponsor



2025 International Festival Major Sponsors



BRUNO'S PIZZA

2025 Business Sponsor

Thank you so much!

Lower Columbia College Multicultural Club, all event sponsors, contributors, performers, vendors, participants, attendees, Wallace Elementary School student artists & International Festival planning team

For more info, please text or 360-751-4427 or e-mail cindy@ethnicsupportcouncil.org.

IT'S MUD DAY AT THE CDM!



Children's Discovery Museum

Sunday, June 29th

1:00PM - 4:00PM

404 Long Ave

Kelso, WA

Discover, Learn & Play at the CDM!

Share with everyone to come join the community in having fun and even getting delicious handmade PIZZA from our Lower Columbia School Gardens at the International Festival!

SUMMER MEALS
At Longview Public Schools

Free meals to all children ages 18 years and younger at:

Teen Center 2121 Kessler Blvd. June 23-Aug 22
12-12:30pm

Archie Anderson Park 22nd Ave & Alabama St.
June 23-Aug 15 12-12:15pm

Ascent Teen Center 1400 Commerce Ave. June
23-Aug. 15 12-12:15 pm

Supervised activities offered at the Teen Center,
Archie Anderson Park & Kessler (call Parks and
Rec Dept. at 360-442-5400).

****No Meals July 3-4****



Families will get a one-time \$120 benefit per year for each eligible child to help buy groceries during the summer months. Nearly 600.000 WA children received SUN Bucks over the summer of 2024! Visit <https://sunbucks.dshs.wa.gov/en/>



Kelso's Free Summer Meals 2025

For ages 18 and younger. All meals must be consumed on site.



Our Locations

Site	Dates	Breakfast	Lunch	Location <small>All meals must be consumed on site at all locations</small>
Kelso High School 1904 Allen Street	June 16 th - August 1 st Mon-Fri	8:15am-8:45am	11:00am-12:30pm	Inside main doors, cafeteria at the end of Main st. and to the left
Kelso Public Library 551 Three Rivers Dr.	June 24 th - August 1 st Tues-Fri	N/A	12:00pm-1:00pm	Inside Kelso Three Rivers Mall
Lexington Elementary School 200 Boardwalk Way	June 30 th - July 31 st Mon-Thurs	N/A	11:30am-12:30pm	Inside main doors, cafeteria to the left
Wallace Elementary School 1213 S 5th ave	June 30 th - July 31 st Mon-Thurs	N/A	11:30am-12:30pm	Inside main doors, cafeteria straight ahead
Barnes Elementary School 401 Barnes ave	June 30 th - July 31 st Mon-Thurs	N/A	11:15am-12:15pm	Inside SIDE door off of parking lot from main entrance
Children's Discovery Museum 404 Long Ave	June 25 th - August 1 st Wed-Fri	N/A	12:00pm-1:00pm	Enter off Long Ave

**No meals June 19th and 20th, July 3rd and 4th*

For information including menus and more, visit our website at kelso.wenet.edu, Nutrition Services page
Call: 360-501-1808
Email: nutrition.resource@kelsosd.org

This institution is an equal opportunity provider



Kelso Comidas gratis durante el verano

Las comidas gratuitas de verano están disponibles para todos los niños de 18 o menos en los siguientes lugares:



Ubicaciones

Sitios	Fecha	Desayuno	Almuerzo	Ubicación <small>las comidas se deben comer en la cafetería</small>
Kelso High School 1904 Allen Street	16 de junio - 1 de agosto Lunes-Viernes	8:15am-8:45am	11:00am-12:30pm	Dentro de las puertas principales, al final del pasillo
Kelso Public Library 351 Three Rivers Dr.	24 de junio - 1 de agosto Martes-Viernes	N/A	12:00-1:00pm	Dentro del Three Rivers Mall
Lexington Elementary School 200 Boardwalk Way	30 de junio - 31 de julio Lunes-Jueves	N/A	11:30am-12:30pm	Dentro de las puertas principales, a la izquierda
Wallace Elementary School 1213 S 5th ave	30 de junio - 31 de julio Lunes-Jueves	N/A	11:30am-12:30pm	Dentro de las puertas principales, en la cafetería
Barnes Elementary School 401 Barnes Ave	30 de junio - 31 de julio Lunes-Jueves	N/A	11:15am-12:15pm	Dentro de las puerta lateral
Children's Discovery Museum 404 Long Ave	25 de junio-1 de agosto Miércoles-Viernes	N/A	12:00pm-1:00pm	Dentro del museo

**No hay programa 19 & 20 de junio, 3 & 4 de julio*

Para más información, por favor contáctese con la oficina de servicios alimenticios al 360-501-1807
kelso.wednet.edu
Email: nutrition.resource@kelsosd.org
Esta institución es un proveedor de igualdad de oportunidades

STORYTIME

Presented by the
Lower Columbia Gardens
Tuesday, June 10

9:00am
at **Tamo Park**

Join us for a storytime
at Tamo Park presented by
the Lower Columbia Gardens!



Longview School District will be offering a Summer Extension Program for incoming 1st-3rd grade students! Where: Olympic Elementary School When: July 9, 16,23 from 12-4pm Includes Story-based themes and crafting Game-based Math Reading

For information on Summer Extension hours and more from Longview School District click on link

Now Offering



Extended Hours Option with Childcare 7:30am-5:30pm

Kelso, Longview, Castle Rock Locations

Apply Today!

360-442-2800

For Income Eligible Children and Families



Lower Columbia College Head Start ♥ Serving Cowlitz County Since 1972

Now participating in WCCC (Working Connections Child Care)

“State of our Workforce Unpacked: Addressing Iowa’s Childcare Crisis” by National Fund for Workforce Solutions Online Event June 11, 2025. Check out the link for info and to register! <https://www.linkedin.com/events/unpacked-addressingcentraliowa-7335331460154851329/>

LEVEL UP AT THE KELSO PUBLIC LIBRARY 2025 SUMMER CALENDAR

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE	10 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Movie Time 12 PM	11 Storytime 11:30 AM Craft Time 11:45 AM Movie Time 12 PM	12 Movie Time 12 PM STEAM Activity 1 - 3 PM Potato Chip Challenge 5 - 7 PM ***	13 Sensory Playtime 10 AM Movie Time 12 PM Sand Art Bottles 1 - 3 PM	14 Ice Cream in a Bag @ Tamo 9 - 11 AM Wind Chimes 11 AM - 2 PM
	17 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Movie Time 12 PM	18 Storytime 11:30 AM Craft Time 11:45 AM Movie Time 12 PM Life Sized Jenga 1 - 3 PM	19 Juneteenth The library will be closed in observance of the holiday	20 Sensory Playtime 10 AM Movie Time 12 PM Galaxy Glitter Sensory Bottles 1 - 3 PM Backlight Slp & Paint 5 - 8 PM ***	21 Pokémon Day 11 AM - 2 PM
	24 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	25 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM Life Sized Candy Land 1 - 3 PM	26 Free Lunch 12 - 1 PM Movie Time 12 PM STEAM Activity 1 - 3 PM 3rd Annual Duct Tape Challenge & Info Fair 5 - 7 PM	27 Sensory Playtime 10 AM Free Lunch 12 - 1 PM Movie Time 12 PM Mini Gardens 1 - 3 PM Stuffed Sleepover Drop off 10 AM - 5 PM	28 Ping Pong Planets 11 AM - 2 PM Stuffed Sleepover Pick up 10 AM - 5 PM
JULY	1 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	2 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	3 Movie Time 12 PM Friendship Bracelets 1 - 3 PM Family Movie 5 - 7 PM	4 Independence Day The library will be closed in observance of the holiday	5 Karaoke 11 AM - 2 PM
	8 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	9 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM Giant Bead Pets 1 - 3 PM ***	10 Free Lunch 12 - 1 PM Movie Time 12 PM Frozen Rubber Ducks 1 - 3 PM Life Sized Battleship 5 - 7 PM	11 Sensory Playtime 10 AM Free Lunch 12 - 1 PM Movie Time 12 PM Melted Crayon Art 1 - 3 PM	12 Water Gun Painting @ Tamo 9 AM - 11 AM Nintendo Switch Gaming 11 AM - 2 PM
	15 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	16 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM DIY Shadow Box 1 - 3 PM	17 Free Lunch 12 - 1 PM Movie Time 12 PM Seed Bead Bracelets 1 - 3 PM Family Foot Night 5 - 7 PM	18 Sensory Playtime 10 AM Free Lunch 12 - 1 PM Movie Time 12 PM Slime Party! 1 - 3 PM	19 Button Making & Designing 11 AM - 2 PM
	22 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	23 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	24 Free Lunch 12 - 1 PM Movie Time 12 PM Make a Bear 1 - 3 PM Children's Top Chef 5 - 7 PM ***	25 Sensory Playtime 10 AM Free Lunch 12 - 1 PM Movie Time 12 PM Lanyards 1 - 3 PM FNAF 6 - 8 PM ***	26 Balloon Tennis 11 AM - 2 PM
AUG.	29 Storytime @ Tamo 9 AM Storytime 10:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	30 Storytime 11:30 AM Craft Time 11:45 AM Free Lunch 12 - 1 PM Movie Time 12 PM	31 Free Lunch 12 - 1 PM Movie Time 12 PM Breathing Straws 1 - 3 PM Tie Dye Party 5 - 7 PM	1 Sensory Playtime 10 AM Free Lunch 12 - 1 PM Movie Time 12 PM Gaming Can 1 - 3 PM Book Scene Contest Starts	2 Minecraft Day 11 AM - 2 PM Summer Reading Surveys Due by 5 PM for Grand Prize entries

FREE SUMMER LUNCH

Free Lunch provided by the Kelso School District is available to anyone 18 and younger, from 12 - 1 PM, between June 24 - August 1, 2025, Tuesdays through Fridays. No enrollment required. All meals must be consumed on site.

There will be no meal service on Mondays, Saturdays, Sundays, July 3, or July 4



Thursday, August 14, 2025 is the last day to turn in Summer Reading Logs and pick up prize books.

351 THREE RIVERS DR #1263 KELSO, WA 98626 (360) 423-8110 [HTTPS://WWW.KELSO.GOV/LIBRARY](https://www.kelso.gov/library)

SCIENCE HEROES

Tuesday, June 17, 2025

3:00pm

at the Kelso Public Library



The library is hosting Science Heroes in their mission to turn science into an adventure! Through hands-on experiments and fun, interactive stories, they get kids excited about the science that's all around us as we celebrate the scientists who color our world with art!



Check out ALL what's happening this summer at **Kelso Public Library!** Programs for all ages, no matter where you live! Also a **FREE SUMMER MEAL location**

Once finished, bring your reading log to the library and choose a prize book. *This may be done up to 5 times during the summer.*

Complete 2 reading logs and fill out our summer survey for an entry into our grand prize drawing!

Grand Prize Entries must be received by **5:00 p.m. on August 2, 2025.** Only 1 entry is allowed per person. *Participants will get one entry to win 1 of the 4 grand prizes.*

DIALOGUE

@ Longview Public Library

New Month, New Newsletter!



**Register now for the
Summer Reading
Program at the
Longview Public
Library!**



SUMMER STORY TIMES

**COLOR
OUR
WORLD**



**Baby
Story Time**

Mondays | 10:30 AM
June 23 - July 28

**Family
Story Time**

Fridays | 10:30 AM
June 20 - July 25



Check out a culture pass at the Longview Public Library!



Check out a culture pass at the library! Free admission to various local attractions



June



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 NO Splash & play Story Time @ PC 10:00-11:30	7 Toddler Story time @ Kelso Library 10:00-11:00 Mobile Library @ Stella 9:15-11:00
8	9	10 Playgroup @ ARC/LifeWorks 10:00- 12:00 Story time @ Tam'O Park 9:00-10:00 Storytime @ Kelso Library 11:30-12	11 Story time @ Kelso Library 11:30-12:00	12 Happy Hands Playgroup 11:00- 12:00 @ PC	13 Splash & play @YMCA 12:00-1:00 Family Story time @ LV library 10:30	14 Childrens Discovery Museum LV Open 3:30-5:30
15	16 Messy Art Day @ LV Library 11:00	17 Playgroup @ Story time @ Tam'O Park 9:00-10:00 Storytime @ Kelso Library 11:30-12 Music & Movement @ PC 3:00-3:45	18 Autisim Support/Playgroup @ 10:00 Story time @ Kelso Library 11:30-12:00	19 Children's Discovery Museum LV Open 3:30-5:30	20 Splash & play @YMCA 12:00-1:00 Family storytime 10:30 @ LV library Movie time @ Kelso Library 12:00-2:00	21 Mobile Library @ Roy Morse Park 11:30-12:30
22	23 Baby Story time @ LV Library 10:30 Spanish Playgroup 10:30-11:30 @ PC	24 Story time @ Tam'O Park 9:00-10:00 Playgroup @ ARC/LifeWorks 10:00- 12:00 Family story time @ Woodland Library 10:30- 11:30	25 Story time @ Kelso Library 11:30-12:00	26 Family Story time @ Woodland Library 10:30-11:30 Fun hours @ LV library 9:00-12:00	27 Splash & play @YMCA 12:00-1:00 Family Story time @ LV Library 10:30	28 Mobile Library @ 3 Rivers Christian Middle & High school 11:30- 12:30 & @ Victoria Freeman Park 3:00-4:00
29 Mud Day @ childrens discovery museum 1:00-4:00	30 Baby Story time @ LV Library 10:30 PROGRESS CENTER CLOSED			PC - Progress Center LV - Longview		

Borrow a Life Jacket

Toma prestado un chaleco salvavidas



1
Check the label to choose the right size.

Revisa la etiqueta para escoger la talla correcta.



2
Fasten all buckles and zippers.

Abrocha las hebillas y los cierres.



3
Check for correct fit: snug but not tight.

Verificar que el tamaño sea correcto: ajustado sin apretar.



4
Wear it here. Leave it here.

Úsalo aquí. Déjalo aquí.



WATER SAFETY is so important in our area! Check out Mark Morris, Kelso or YMCA for Swim Lessons this summer!

Loaner Boards

Woodland

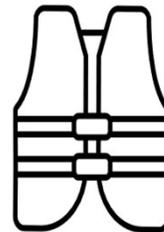
- Horseshoe Lake Boat Launch
- Horseshoe Lake Swimming Area
- S Pekin Rd Boat Launch
- Goerig Park
- Austin's Point
- Martin's Bar

Longview

- Willow Grove Boat Launch
- Willow Grove Swimming Areas

Castle Rock

- Boat Launch



SATURDAY, JUNE 21
10:00 AM - 12:00 PM



Path To
2025
Prevention
Youth & Family Link

CHALLENGE RUN/WALK | FUN BOOTHS AND COURSES | ALL AGES | RAFFLE AND PRIZES

START - FINISH
LAKE SACA JAWEA'S HEMLOCK PLAZA

Registration is Free | Free T-Shirt for 100 first registrants
[www.https://runsignup.com/Race/WA/Longview/CowlitzChallengeRun.com](https://runsignup.com/Race/WA/Longview/CowlitzChallengeRun.com)

Autism Playgroup

OPEN TO ALL CHILDREN WITH DEVELOPMENTAL CONCERNS

3RD WEDNESDAY OF THE MONTH 10-11:30
Sunshine Support
JUNE 18, 2025

Must Register!!
LOCATED AT LIFEWORKS SENSORY GYM
906 NEW YORK, LONGVIEW

Brought to you and supported by...





Follow us on Facebook & Instagram for updates

ABOUT US

The Cowlitz County Health & Human Services **Maternal Child Health Program** works to serve children, youth, and their families so that they can flourish in Cowlitz County!

Questions about how we can help?
Give us a call! We are always happy to talk and work to connect with our amazing community partners!

Contact Us

HHS Main Building
1952 9th Ave.
Longview, WA 98632
Monday-Thursday 7:30a-5p
Phone: 360-414-5599
Email: AskCowlitzHealth@cowlitzwa.gov
Fax: 360-425-7531

