

Community NEWSLETTER

March 2026



Animals as Natural Therapy



Opportunity Council has partnered with Animals as Natural Therapy to bring certified therapy animals to each of our housing sites, creating meaningful, therapeutic experiences tailored to our unique resident populations.

At 22 North, serving individuals who have experienced chronic homelessness, these visits provide a calming and nonjudgmental space that supports stress reduction, emotional regulation, and rebuilding trust. Consistent interaction with therapy animals offers comfort and companionship while encouraging social engagement and connection within the community.

At Dorothy Place, serving survivors of domestic violence, animal-assisted therapy creates a safe and gentle environment for healing. These visits help reduce anxiety, support emotional resilience, and offer moments of peace and comfort, allowing residents to reconnect with a sense of safety and trust.

At Laurel Forest, serving low-income seniors, therapy animal visits help reduce isolation, elevate mood, and spark joy and curiosity. These interactions encourage socialization, provide emotional comfort, and create uplifting moments that support overall well-being and quality of life.

Bellingham Library Tech Help

Bringing in tech help from the Bellingham Library into a senior apartment complex has a significant impact on residents' independence, confidence, and overall quality of life. Many seniors face barriers when navigating technology, which can limit access to essential services, communication, and information. Providing on-site support helps residents learn how to use devices, access telehealth, manage online accounts, and stay connected with loved ones. This not only reduces frustration and isolation but also empowers seniors to engage more fully with their community and the digital world, fostering a greater sense of autonomy and inclusion.



Looking Ahead

Northwest Barber Academy Haircuts



Providing free haircuts on a routine basis from Northwest Barber Academy for residents has had a meaningful impact on both residents and students. These services offer relaxation, dignity, and a boost in self-esteem while at the same time, Northwest Barber Academy students gain valuable real-world, hands-on experience working with people, strengthening their skills, confidence, and professionalism. This partnership creates a mutually beneficial exchange—supporting the well-being of while our clients while helping students build experience that enhances their future careers.

Village Vet vaccination clinic

Village Vets' donation of a vaccination clinic for residents' emotional support animals (ESAs) has a direct and meaningful impact on both residents and their pets. Ensuring that ESAs are properly vaccinated helps residents meet lease requirements, maintain their housing, and avoid potential disruptions to their stability. Beyond compliance, the clinic promotes the health and well-being of the animals, strengthens the human-animal bond, and reduces stress for residents who rely on their ESAs for emotional support. This thoughtful service supports housing security, peace of mind, and overall wellness for residents and their companions.

