

WEST VALLEY COMMUNITY NEWS
MARCH 6, 2026



Tamarack Grief Center Adult Groups:
Child Loss Adult Support Group: Tuesdays, 5:15-6:30 p.m., March 24th to April 28th. This six-week support group is for adults who have experienced the death of a child of any age. For more information and to register, please click here.

Adult Workshops:
Living with Losses: for adults grieving non-death losses: Tuesday, March 10th, 5:30-6:30 p.m.: Losses such as moving, job loss, loss of an important relationship, etc. can be extremely disruptive and emotional. Join us in our Kalispell office for companionship and tips on how to process these non-death losses. For more information and to register, please click here.

WV COMMUNITY FITNESS - *For teachers and community members*
Get your Monday workout done right here at the school! Please join us on Mondays from 4:00-5:00 in the elementary cafeteria (unless told otherwise) for some strength training/fat burning/overall healthy fun!
Classes will vary and will be determined by class interest: High Intensity Interval Training HIIT, TRX bands, Free Weights, Fitness Balls, Pilates, Circuit Training, Cardio Boxing, Cardio Pump, Step Class, Stretching, Fitness Bands, Foam Rollers, Booty Barre, Zumba, Dance Aerobics, Core, and more!
Low impact needs and modifications are always provided. Remember it is FREE! So bring a friend, family, or community member. If you have any questions or concerns please let me know. Please email me to let me know if you plan on attending, tmeasure@westvalleyschool.com.
Looking forward to seeing you there, Tara Measure, PE Specialist/Fitness Instructor

NEW CHILDCARE FACILITY - in the West Valley area. Call or text to find out about availability and answer any questions, 406-955-1712.



Click here for more information or click the photo to view the guide: [Kalispell Parks and Recreation | PDF to Flipbook]