

WEST VALLEY COMMUNITY NEWS
JANUARY 16, 2026

TAMARACK GRIEF RESOURCE CENTER -
Young Adult Retreat: This is a rare program designed for young adults, ages 19-35 to process their grief at an overnight retreat at a lovely lodge in the hills outside of Missoula. This retreat takes place on January 24-25. For more information, or to register, please click here.
Grief Matters Adult Support Group: In Kalispell, Tuesday evenings, 5:15-6:30 p.m., January 27th - March 3rd. This group is designed for adults, ages 18+, who are experiencing grief after losing a family member or other loved one. For more information or to register, please click here.
A Camp to Remember Mini Camp: In Kalispell, Monday, February 2nd, 4-7 p.m., for children in grades 1-5 who are grieving the death of a family member or other loved one. This camp will feature creative activities to process grief, outdoor activities, snacks, and the company of children who are having a similar experience. 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.

BIBLE CLUB - In the library every Thursday after school until 4:30, join the Bible Club for fellowship with your friends while diving into the Word together.

GIRLS ON THE RUN - is a social–emotional learning program for girls in 3rd–5th grade that uses fun, movement-based activities to help them grow their confidence, build meaningful friendships, and develop life skills. This season, we are launching our brand-new curriculum Hello, Bold Heart! — a curriculum created to help each girl discover the brave, powerful voice she already has.

Through this program, girls will:
• Build their Heart Power — the confidence to boldly share their thoughts, ideas, and feelings.
• Learn how to use their voices, even when they're nervous or uncertain.
• Participate in fun games and activities that not only get them moving, but also teach valuable skills they'll carry throughout their lives.

Season Details

- Start date: Week of March 2nd, 2026
- End-of-season celebration: 5K on May 16th, 2026
- Practice frequency: Twice a week (typically Monday/Wednesday or Tuesday/Thursday)
- Practice length: 75–90 minutes immediately after school

Registration opens January 19th!
Girls on the Run Registration Link:
https://www.pinwheel.us/register/index/SP26registration

If interested in coaching Girls on the Run please reach out to Julie Gaglione the Program Coordinator at https://www.gotrwesternmt.org/

JOB OPPORTUNITY - Night Custodian Needed At West Valley School
Hours 3:10 pm - 11:10 pm
$16.02 - $18.80 / hr
Benefits available
Apply on our website, www.westvalleyschool.com


Tamarack
GRIEF RESOURCE CENTER
GRIEF MATTERS
Adult Support Group
KALISPELL
Tuesdays, Jan 27 - Mar 3
5:15pm - 6:30pm
Adults who have experienced the death of a family member or loved one are invited to gather together as we honor grief, connect amidst loss, and share tools, stories, and ideas for coping.
Register here
For more info or to register, call 406-541-8472 or visit www.tamarackgrc.org/calendar



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