

BACK-TO-SCHOOL SPECIAL EVENTS!

GRPS BACK-TO-SCHOOL CELEBRATION

August 17, 4 - 7 p.m.
John Ball Park Zoo
1300 Fulton Street West

The FREE Grand Rapids Public Schools Back-to-School Celebration will feature:

- Information about GRPS school choices, special education services, after-school and early childhood programs, and more!
- Children's activities, including face painting, inflatables, giveaways, free food

BACK-TO-SCHOOL BASH AT CAMPAU COMMONS!

August 18, 11:30 a.m.-12:30 p.m.
Campau Commons Community Center, 821 South Division Ave.

FREE lunch and children's activities—You could WIN book bags and school supplies!

BACK-TO-SCHOOL BASH AT CRESTON PLAZA!

August 18, 11:30 a.m.-12:30 p.m.
Creston Plaza Community Center, 1080 Creston Plaza Dr. NE

FREE lunch and children's activities—You could WIN book bags and school supplies!



GRAND RAPIDS HOUSING COMMISSION
Family Self-Sufficiency Program
1420 Fuller Ave. SE
Grand Rapids, MI 49507
616/235-2600

Training & Employment Resources



GRCC JOB TRAINING PROGRAMS

Grand Rapids Community College (GRCC) offers 18-week Job Training Programs to prepare students for automotive, tech and construction careers:

- Automotive Technician
- Computer Support Technician
- Construction Electrician
- Introduction to Construction
- Machinist/CNC Technician
- Residential Construction
- Welding/Fabrication Technician

Information sessions regarding Job Training Programs are offered each Monday morning at 10 a.m. at the Tassell M-TEC located at 622 Godfrey Avenue SW. For more information, please call GRCC at 616/234-3800.

WEST MICHIGAN WORKS VETERAN NETWORKING CLUB

West Michigan Works offers a Veteran Networking Job Club that meets the first and third of every month at 10 a.m. at the Westside Service Center located at 215 Straight Ave. NW. The club offers a wonderful opportunity to meet with other veterans, network with veteran-friendly employers and learn about jobs

in West Michigan. For more information, please call 616/336-4460.

GRAND RAPIDS URBAN LEAGUE EMPLOYMENT PROGRAM

The Grand Rapids Urban League has an Employment Program that offers an assessment service to help you explore your interests and find a good career fit, as well as employment counseling and placement services. An Employment Specialist will meet with you to help you build your resume and fine-tune your cover letter. For more information, please call the Urban League at 616/245-2207; email: info@urbanleague.org.

GOODWILL CAREER CENTER

The Goodwill Career Center offers free career planning services and a variety of employment-related resources:

- Computer education courses
- Typing instruction
- Help building a resume
- Weekly job leads

The Career Center is located at 3777 Sparks Dr. SE; assistance is available Monday-Thursday, 9 a.m.-3 p.m. For more information: (616) 532-4200, ext. 1317.

Mental Health Resources



The “Letting Go” technique for managing stress or anxiety offers a step-by-step approach to feeling calmer and happier. The technique helps practitioners let go of negative thoughts by shifting focus to the simple process of breathing; studies from meditation, mindfulness and yoga practices show that a focus on breath consistently improves mood.

If you are a visual person, it may help to picture yourself at the beach, in your garden, or in another favorite place as you complete the five steps below. Results can be felt in as little as one minute.

The “Letting Go” technique:

1. Close your eyes and focus on your breathing.
2. Inhale to a count of five, hold to a count of five and exhale to a count of five.
3. When you exhale, imagine exhaling your stress or anxious thought. Visualize and feel it leaving your body.
4. Repeat aloud or silently “let it go.”
5. Visualize and feel the stress disappear.

Help for Sufferers of Anxiety Disorders

An estimated 18% of adults, 20% of teens and 13% of children ages 8-15 have anxiety disorders that interfere with daily living. The good news is that anxiety disorders are treatable.

Pine Rest offers professional help to those suffering with anxiety disorders. To learn about counseling or outpatient services, call 1-866-852-4001.

Congratulations, FSS Program Graduates!



Summer 2017 Family Self-Sufficiency Program graduates celebrate during a special event in the Sheldon Apartments Community Room.

Congratulations to our summer Family Self-Sufficiency Program graduates:

Tamela Corp	Pamela Huggins	Treonna Plummer
Grishondra Farmer	Camille Marshall	Rathena Tillman-Morgan
Talisha Hancock		



FSS Program Participant Wins Jean McKee Scholarship Award

Congratulations to Esperance Mihigo, one of three 2017 Jean McKee Resident Scholarship winners and member of an FSS Program-participating household. Esperance attends Grand Rapids Community College where she is a Bio-Medical Sciences major; her career goal is to become an obstetrician.

The scholarship program was established in 2000 in memory of Jean McKee, an attorney and longtime champion of education who served on the Housing Commission Board from 1985 until her death in 1999.

Each year scholarships are awarded to GRHC residents who are graduating high school seniors or who currently attend or plan to attend college or vocational school. Winners must maintain a minimum 2.5 GPA and full-time enrollment to receive \$500 annually for up to four years; the total potential scholarship award is \$2,000. *The Jean McKee Resident Scholarship Program has a preference for applicants from households that participate in the GRHC's Family Self-Sufficiency (FSS) Program.* Application materials for the 2018 competition will be available on our website, www.grhousing.org, in February.

Wholistic Health Center Accepts Uninsured Patients

The Baxter Community Center Wholistic Health Center is a medical clinic that currently accepts both insured (Priority Health or Meridian) and uninsured patients. The center is located at 935 Baxter Street SE.

Pediatric services include well-child physicals and immunizations; physicals are by appointment only. Adult services include well-adult exams and services to address any standard health issue.

For more information or to schedule an appointment, call 616/456-5310.



Money Management Series

MSU Extension is offering a free “Dollar Works 2” personal financial education program designed to help participants manage their financial resources, achieve goals and increase their financial stability.

Dates, time and place for this helpful financial management series:
August 16, 18 and 23, 1-3 p.m.
121 Franklin St. SE, Suite 120 (DHHS)

Pre-registration required: call 616/632-7874 or email ortquisj@anr.msu.edu.