

# FSS

# JOURNAL

Summer 2019

## LIFE SKILLS YOU CAN USE

Whether you are looking for a new career or a fresh outlook on life, cultivating these life skills can help you reach your goals:

1. **Make learning a lifelong process; be open to new ideas and experiences.**
2. **Identify and eliminate the barriers that are holding you back from changes you want to make.**
3. **Practice self-awareness; learn more about yourself by noticing your habits and behaviors.**
4. **Align your habits with your goals.**
5. **Find support and cultivate broader understanding by building a social circle that includes both like-minded people and people who think differently than you on some issues.**
6. **Adopt a growth mindset to welcome change and be open to new opportunities.**
7. **Create a plan that will help you reach your goals. Think about the “why” of your actions so you can act with both intention and flexibility.**
8. **Manage your energy, not just your time.**



## “Meet Up & Eat Up” Summer Meals Available Now at Campau Commons & Creston Plaza!

Grand Rapids Housing Commission family housing developments are once again offering children ages 18 and under free weekday lunches through the USDA-funded “Meet Up and Eat Up” Summer Food Service Program. The program is administered locally by Grand Rapids Public Schools and strives to ensure that children who rely on school meal programs during the school year continue to be served when school is not in session.

The Campau Commons Apartments Community Center, 821 South Division Avenue, and the Creston Plaza Apartments Community Center,

1080 Creston Plaza Drive NE, are serving lunch Monday through Friday, 11:30 a.m.-12:30 p.m., through August 9. There is no enrollment or registration for this program; children can simply visit during the lunch period to enjoy a balanced meal. In addition to lunch, both GRHC meal locations offer summer activities as well as a “Back-to-School Bash” at the end of the summer season.

Campau Commons and Creston Plaza are among 36 local “Meet Up and Eat Up” lunch sites—visit [www.michigan.gov/meetupeatup](http://www.michigan.gov/meetupeatup) to find the location nearest you.



## ELNC Early Head Start Child Care Partnership

The Early Learning Neighborhood Collaborative (ELNC) Early Head Start Child Care Partnership program offers a full-day comprehensive and culturally competent child care program for children ages 0-3.

- No cost to qualifying families
  - Children who have disabilities are encouraged to apply
  - Transportation not available
  - Residency requirements apply
- For complete information: (616) 819-1406.



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

## Employment Resources

### YouthBuild

The YouthBuild program offers training and certifications in Customer Service, OSHA and Construction.

Program eligibility:

- Must be age 18-24
- Must be a Kent County resident
- Must be seeking a GED or already have a GED/high school diploma

For complete information about YouthBuild: 616-254-7767, or email: charvey@bethany.org.

### Open Employment Interviews at Pine Rest

Pine Rest Christian Mental Health Services will offer open employment interviews each Tuesday in July from 1:00-5:00 p.m. at the Pine Rest Campus located at 300 68th Street SE in Cutlerville. Available career opportunities include part-time entry-level positions as a patient care provider, certified nursing assistant or medical assistant.

Apply online ahead of your visit to the open interview at [pinerest.org/CARE](http://pinerest.org/CARE) and be sure to bring your résumé.

### West Michigan Works Job Fairs

Every third Wednesday of every month, West Michigan Works hosts job fairs from 9 a.m. - noon. Please bring multiple copies of your résumé and dress for an interview.

Upcoming dates and locations:

July 17 • September 18 • November 20  
Westside Service Center  
215 Straight Ave. NW, Grand Rapids

August 21 • October 16  
Franklin Service Center  
121 Franklin St. SE, Grand Rapids

### Grand Rapids Urban League

The Urban League is offering FREE informational sessions on health care careers. For more information, please call Lisa Derr at 616-252-2205; email: [lderr@grurbanleague.org](mailto:lderr@grurbanleague.org).

## Congratulations, FSS Program Graduates!



Congratulations to our June Family Self-Sufficiency Program graduates:

Carolyn Bass	Kasha Baez-Velasquez	Angela Bush
Monique Davis	Blair Hardin	

## Community Partner Spotlight: Network 180 Access Center

The mental health agency Network 180 operates an Access Center that links people coping with mental health challenges to appropriate services and resources. Located at 790 Fuller Avenue NE, the center helps with routine referrals weekdays 8:00 a.m. - 6:00 p.m. by appointment and provides emergency services 24 hours; the center phone number is 800-749-7720.

Answers to frequently asked questions about the Access Center:

### Who is eligible to receive Network 180 services?

Eligibility is determined by an evaluation of the mental health problem, type of insurance and county of residence. This can often be accomplished by a short phone screening.

### Who will pay for Network 180 services?

Medicaid and some types of insurance are accepted. Network 180 also serves people who do not have insurance. Payment is based on ability to pay.

### What if I need transportation to Network 180?

If you need transportation assistance, be sure to inform Access Center staff when you make your first appointment; staff can help you find community transportation resources.

### How do I find the mental health service providers who are right for me?

If you have a case manager or supports coordinator, he or she will help you find an appropriate provider. The case manager may encourage you to meet one or more providers before making your choice.

### What if I think I have issues with both mental illness and substance abuse?

Network 180 can connect you with services in both areas so that one issue doesn't make the other harder to live with.

### How do I refer someone to network 180?

Family or friends may call to inquire about services, but anyone over the age of 18 who serves as their own guardian must call to request their own referral.