

FSS

JOURNAL

Winter 2018

“WHAT HOME MEANS TO ME” POSTER CONTEST FOR STUDENTS IN GRADES K-12

The NAHRO Housing America “What Home Means to Me” poster contest invites young GRHC residents in kindergarten through 12th grade to submit original artwork for a chance to win a gift card or an iPad and a trip to Washington, DC.

Contest entry deadline: February 20, 2018. For entry forms and complete information: grhousing.org/pdf/poster_contest.pdf

Poster-Making Parties at Creston Plaza & Campau Commons
All GRHC residents in grades K-12 welcome—poster board, art supplies and snacks provided!

Creston Plaza Community Room, 1080 Creston Plaza Dr. NE:
Jan. 29 - Feb. 1, 3:00-5:00 p.m.

Campau Commons Community Room, 821 S. Division Ave.:
Feb. 5 - Feb. 8, 3:00-5:00 p.m.

SECTION 8 HOMEOWNERSHIP PROGRAM ORIENTATIONS

All orientations will be held at Wyoming Public Library 3350 Michael Ave. SW, Wyoming
Orientation Dates/Times:
3/20/18, 2 p.m. 9/18/18, 2 p.m.
6/19/18, 2 p.m. 12/11/18, 2 p.m.

For complete program information: 616/450-4825 or grhousing.org/homeowner.html



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



Education opens the door to a brighter future!

You Could Win a \$2,000 College Scholarship!

The GRHC’s 2018 Jean McKee Resident Scholarship competition is underway! Established in 2000 in memory of longtime Housing Commissioner Jean McKee, the Resident Scholarship Program offers college scholarships to eligible residents of GRHC housing programs. Scholarship winners receive \$500 per year for up to four years, for a total scholarship award of up to \$2,000. Since the program’s inception, the GRHC has awarded scholarships totaling \$34,000, helping 34 residents pursue higher education.

The Jean McKee Resident Scholarship competition has a preference for Family Self-Sufficiency Program participants.

Eligibility Requirements:

- Must have been a resident of a GRHC housing program for the past year.
- Applicant must be sponsored by a GRHC employee who will confirm that the applicant’s household is in good standing with the GRHC in accordance with our Admissions & Continued Occupancy Policies.
- Open to graduating high school seniors, current college or vocational school students, and adult residents seeking to begin or return to college or vocational

school. Graduating high school seniors, Family Self-Sufficiency Program participants and undergraduate students will receive priority status.

- Applicants who are graduating high school seniors and those currently attending college must have a cumulative GPA of at least 2.5 (C+ letter grade).
- Applicants seeking to return to college or vocational school must provide an official high school or college transcript which demonstrates that the applicant is a high school graduate and had a cumulative high school or college GPA of at least 2.5.
- Must attend an accredited vocational school, community college, college or university as a full-time student.
- Scholarship winners are eligible to renew the scholarship annually for up to four years. Continuing requirements of scholarship winners:
 - Must maintain a cumulative 2.5 GPA.
 - Must maintain full-time enrollment.

The scholarship application deadline is May 8, 2018.

For application materials and complete information: <http://www.grhousing.org>.

Health Resources

FREE FitKids360 Program



Health Net of West Michigan offers a seven-week healthy lifestyle program for children ages 5-17. FitKids360 is a childhood obesity prevention program that is free, fun and led by health experts at sites located throughout the Grand Rapids area. The program combines education about nutrition, behavior and exercise with a wide range of physical activities. Free transportation resources are available. For more information: 742-8907; email: Fitkids360@healthnetwm.org.

Adolescent Healthy Living Group

Pine Rest Christian Mental Health Services offers a supportive community of healing for teens 13 years and older who struggle with depression, anxiety and other mood issues. The Adolescent Healthy Living Group meets once per week for 12 weeks and offers sessions that also include parents. For details: 866-852-4001.

Stress Reduction Tips

Try these simple-but-effective strategies for coping with stress:

- Avoid caffeine, alcohol, nicotine and sugar as these stimulants will increase your stress level.
- Use exercise—even a brisk walk—to neutralize the stress hormones that surge when you are feeling tense.
- Get enough sleep. Turn off electronic devices and stop doing mentally demanding work several hours before bedtime. Practice meditation.
- Talk things through with a friend, family member or trained professional.

Congratulations, FSS Program Graduates!



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

Congratulations to our winter Family Self-Sufficiency Program graduates:

Alexandria Goodman	Sarah Sobczak	Jenice Vance
Latonya Griffin	Satoya Steward	Vivian White
Marvie Johnson		

Employment Resources

KENT ISD PROJECT NORTHSTAR

Project NorthStar provides coaches for young people ages 16-24 who have personal challenges that stand in the way of completing an education or getting a job. Key services include:

- Career exploration and planning
- Post-secondary education planning
- Mentoring, tutoring, job shadowing
- Job search assistance, job training
- Employability skills development
- Financial literacy training
- Referrals to other resources

For complete information: 365-2241.

UNITED CHURCH OUTREACH MINISTRIES WORK SKILLS TRAINING

The Work Skills Training program offers:

- Job interview training
- “Soft skills” (communication) training
- Conflict resolution training
- Training in safety best practices
- Cross-training in specific skilled tasks
- Training in understanding boundaries and supervision

For complete information: 241-4006.

The Rapid bus service offers smart riding tips for winter weather:
<http://blog.ridetherapid.org/smart-riding-tips-for-winter-weather/>

Educational Resources

MSU MONEY MANAGEMENT EDUCATION

MSU Extension offers a free three-part money management series to help participants:

- Make sound financial decisions
- Create a spending plan and save more
- Create financial goals
- Pay down debt and use credit wisely

The series will be offered Feb. 8, 15 and 22, 11 a.m.-1 p.m., at Sheldon Apartments, 1010 Sheldon SE. To register: 450-4825.

ADULT EDUCATION

Godwin Heights Public Schools is partnering with Wyoming Community Education to provide adult education classes to Wyoming and the surrounding communities. This partnership offers ESL, high school completion and GED preparation classes. For complete information: 530-7500.

KENT ISD BRIGHT BEGINNINGS

Bright Beginnings offers Kent County families that include young children the following free services:

- Personal home visits to provide parenting information and tips
- Play groups, parent meetings
- Developmental screenings

For complete information: 365-2276.