

May RESOURCE HIGHLIGHTS



FREE • CONFIDENTIAL • AVAILABLE REMOTELY

Find the support you need!

Did you know that there are **free** support groups available **online** to address your needs? **NAMI VT** offers both peer & family [support groups](#) for people living with a mental health condition. In addition to their [recovery coaching](#), and helpful links to [online recovery meetings](#), the **Turning Point Center** also offers a [Families Coping with Addiction Group](#). **COVID Support VT** has a [Recovery Through Wellness workshop](#) on Tuesdays & Thursdays along with several other online workshops geared towards coping with the pandemic. **UVM Medical Center** offers links to online [reputable support groups](#) that address issues ranging from grief to coping with various medical conditions.



Vermont Emergency Rental Assistance

This Program ([VERAP](#)) helps tenant households with paying rent, past-due rent balances, utility and home energy costs, and other expenses related to housing. Eligible Vermonters must be current renters in Vermont (includes mobile home lot rent) & have an adult in their household that has experienced a reduction in household income, incurred significant costs, or experienced other financial hardship due to COVID-19 & have an income at/below 80% of their area [median](#).

erap.vsha.org



Seeking help with funeral expenses?

If you are coping with the death of a loved one who passed due to COVID-19, help is available. FEMA will [help pay for US funeral expenses](#) up to \$9,000 for COVID-19-related deaths to help ease some of the financial stress and burden caused by the pandemic. www.fema.gov/disasters/coronavirus

Take the Way to Go Spring Challenge!

From May 1 to May 16, take the challenge to walk, bike, roll, bus, or carpool to take part in the "Way to Go!" Transportation Challenge and earn points to win awesome prizes! Register with Go Vermont for free and track your green travel trips to earn rewards. Learn [more](#):



Spring clean your money goals!

Champlain Housing Trust is offering a series of free workshops this Spring all about making the most of your money. Their May offerings include workshops on reducing your energy bills and investing your money on all income levels. Register here: www.tfaforms.com/488550



Mark your calendars!

- 5/1 Green Up Day greenupvermont.org
- 5/11 CHT Slash Your Energy Bills class begins
- 5/16 Free phone-in legal clinic 1-3pm 802-862-5010
- 5/21 Free seed handout at Burlington High School
- 5/26 CHT Investing class begins

For even more resources, join our Facebook group at <https://www.facebook.com/groups/WorkingBridgesNorthwest/>

Resource Coordinators

Sarah Allerton
802-578-4265
sarah@unitedwaynwvt.org

Kristin Kany
802-735-4438
kristin@unitedwaynwvt.org

