RESOURCE HIGHLIGHTS



Looking for Supports for Child with

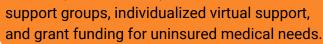
Looking for supports for a child with a disability? Kayla's Directory lists

resources and services in

Vermont accessible and/or
specific to children with
disabilities, including adaptive
sports programs, physical therapy, financial support, and educational testing.



of children with disabilities, including a confidential peer-run helpline (802-876-5315),





Join the Howard Center for their free webinar, "Recognizing & Recovering from Burn Out", on

Wednesday, Oct. 12th from 6-8:00pm, with Dr. Alice Chen and Ferine Paris

Meyer. <u>Click here to register!</u>



Affordable Tires from Wheels for Warmth!

Pick up affordable tires (each \$30 or under) at this year's Wheels for Warmth tire sale! Good condition used tires will be sold on **Saturday, Oct. 29th, 2022** from **8am-12pm** at both Vermont Granite Museum in Barre and

Casella Construction in Mendon. Half prices start at 10am! There is a 2-tire set (8 tire) limit per family.



It's Not Too Early to Get Your Flu Shot!

The best way to prevent the flu is to get a flu shot. Flu shots are offered at many places, including doctors' offices, pharmacies, and more. Flu vaccinations can reduce flu illnesses, doctor's visits, and missed work and school due to the

illness, as well as prevent flu-related hospitalizations and death. Check out this link to find out where you can get your flu vaccine. You can also



read more on the flu on <u>VT's Department of</u> Health website.

Mark Your Calendars

10/5 CV0E0's Keys to Credit Zoom Workshop, 10am-12pm

10/10 World Mental Health Day

10/13 Medicare Open Enrollment Webinar 6pm-7:30pm

10/23 Phone In Free Legal Clinic, 12-1pm, (802) 862-5010

10/26 Avoiding Scams and Fraud Workshop 7-8:30pm

10/29 Wheels for Warmth (Barre & Mendon)

Need Affordable Dental Care?

If you are in need of affordable dental care and don't have insurance, check out VT Legal Aid's state-wide list of dental clinics, that offer low cost or sliding scale services, including the

VT Tech Dental Hygiene Clinic, offering cleanings for \$35! (Clinic is based on VTC's semester schedule.)



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





Resource Coordinator

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Northwest Vermont