

October RESOURCE HIGHLIGHTS



FREE • CONFIDENTIAL • ON-SITE

Looking for Supports for Child with a Disability?

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.



The Vermont Family Network offers a variety of supports for parents of children with disabilities, including a confidential peer-run helpline (802-876-5315), support groups, individualized virtual support, and grant funding for uninsured medical needs.



Free Webinar for World Mental Health Day!

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. [Click here to register!](#)



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 [VT's Department of Health](#) website.



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.)



OCTOBER Mark Your Calendars

- 10/5 [CVOEO'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)

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



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