

DECEMBER

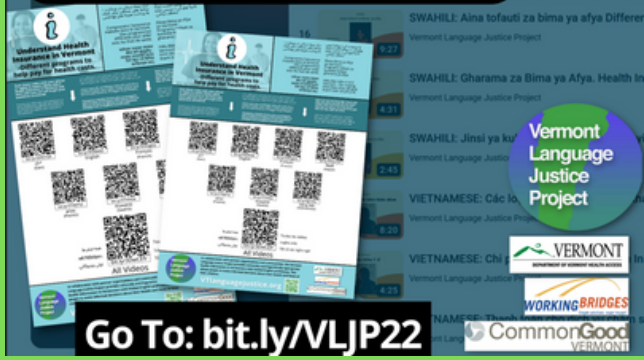
RESOURCE HIGHLIGHTS



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Online Smoking Support Group!

No need to wait until the new year to start reaching your goals! Did you know that smoking is the #1 most preventable cause of death in the United States? There are resources available to help you on your journey to quit. Starting December 1st, join 802Quits Virtual Support Group on Thursdays from 2pm-3pm. This group offers not only support and strategies, but nicotine gum, and lozenges to help ease cravings. To register, contact Nichole Cunningham at ncunningham@nmcinc.org or by phone at (802) 752-1985.



Educational Funding Available!

If you are looking to complete your education or further it, Vermont has some generous programs to keep the costs down. The Vermont State Colleges System offers tuition for household incomes less than \$150,000 and/or 300% of the Federal Poverty Level. The 802 Opportunity Grant offers free tuition to VT Residents whose family income is less than \$75,000 per year. VSAC Advancement Grants can be used towards non-degree programs. You can apply for up to 5 grants in your lifetime! There are many funding opportunities for first-generation students, veterans, National Guard members, and more. See your RC for info on more programs that may fit your educational needs!



Support is Here if You Need it!

The change of seasons and holidays are emotionally tough for many people. You are not alone and there are resources to help support you through the challenging times. 9-8-8 can be dialed in a mental health emergency. The Howard Center's First Call at 802-488-7777, also offers immediate support. Check out [United Way's comprehensive resource on supports](#), for more options!



DEC

Mark Your Calendars

- 12/03 BIPOC Flu and COVID 19 Vaccination Clinic. [Register](#)
- 12/10 BIPOC Flu and COVID 19 Vaccination Clinic. [Register](#)
- 12/11 Sensory Friendly Sundays at Echo Museum 9-10am
- 12/13 CVOEO's [Keys to Credit](#) 6pm-8pm
- 12/14 CVOEO's [Finding Housing](#) 1pm-2pm
- 12/17 BIPOC Flu and COVID 19 Vaccination Clinic. [Register](#)
- 12/17 Old Spokes Home's Bike Bonanza 1-3pm

Register for Bike Bonanza!

Old Spokes Home will be holding their annual Bike Bonanza on Saturday, December 17th from 1:00pm to 3:00pm (Location TBD). Income eligible families can receive free bikes for their children! Families must register in advance. Email Charles at charles@oldspokeshome.com with any questions.



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



Contact Me!

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