

SEPTEMBER

# RESOURCE HIGHLIGHTS



## Find a Food Shelf



The Vermont Foodbank maintains a list of food shelves in the state. Search by ZIP/city, or look at the map for shelves tagged nearby. Details about hours, websites, and directions are noted when available. For more details about accessing specific food/meal



sites, reach out directly to the site or call 2-1-1. Visit [vtfoodbank.org/agency-locator](http://vtfoodbank.org/agency-locator) to view the list.

## Looking for a Therapist?



Vermont Counseling Network keeps a list of therapists with current availabilities. The list is updated every Monday. Providers are tagged with information about insurance, age ranges, specialties, and more. Visit their website and click "Find a Therapist," or scan the QR to view the list of therapists with current openings.



Reach out to any providers you are interested in using the contact information provided on the site to learn about their availability.



## Mark your calendar!

- 9/6 - Virtual FSA ID Help, VSAC, [vsac.org/events/list](http://vsac.org/events/list)
- 9/14 - "How to Secure Your Online Financial Accounts," NEFCU online learning, more at [tinyurl.com/NEFCU-learn](http://tinyurl.com/NEFCU-learn)
- 9/14 - "Basics of Buying a Home," Zoom, more at [tinyurl.com/CHT-homebuying](http://tinyurl.com/CHT-homebuying)
- 9/28 - "The Keys to a Successful Home Building Experience," NEFCU online learning, more at [tinyurl.com/NEFCU-learn](http://tinyurl.com/NEFCU-learn)

## Stressed About Debt?

GreenPath is a national nonprofit focused on financial wellness that offers free financial counseling for debt management and student loan counseling. During your phone session, a NFCC-certified debt and credit counselor can work with you to understand your specific financial goals and obstacles, explain your debt management options, help make a customized action plan to reach your goals, and more. No appointment is needed - just call **855-933-0478**



to speak with a counselor, or scan the QR code to learn more.



## MY HEALTHY VERMONT

Want to be healthier and feel better? My Healthy Vermont can

help. Workshop are offered by trained facilitators on a variety of health topics include quitting smoking, high blood pressure management, chronic pain management, diabetes prevention and management, and chronic disease management. Online workshops are available to all Vermonters from any location via computer or smartphone. To register for a workshop, complete a quick online form and a My Healthy VT coordinator



will reach out via phone or email to help complete your registration. Scan the QR code to learn more.



For even more resources, join our Facebook group at: [facebook.com/groups/WorkingBridgesNorthwest](https://facebook.com/groups/WorkingBridgesNorthwest)

SCAN ME!



## Resource Coordinator

Holly Micklas  
802-829-6048

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9/12-19 - Upper Valley E-Bike Lending Library, Norwich Public Library, more at [tinyurl.com/Norwich-E-bike](http://tinyurl.com/Norwich-E-bike)

9/14 - "How to Secure Your Online Financial Accounts," NEFCU online learning, more at [tinyurl.com/NEFCU-learn](http://tinyurl.com/NEFCU-learn)

9/23 - Affordable Energy Resource Fair, LISTEN Community Dinner Hall, White River Junction, [tinyurl.com/energy-fair](http://tinyurl.com/energy-fair)

9/28 - "The Keys to a Successful Home Building Experience," NEFCU online learning, more at [tinyurl.com/NEFCU-learn](http://tinyurl.com/NEFCU-learn)

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## Contact Us!

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- 9/19 - Free tree giveaways, Rutland, register in advance at [tinyurl.com/tree-giveaway](http://tinyurl.com/tree-giveaway)
- 9/23 - Free tree giveaways, Brattleboro, register in advance at [tinyurl.com/tree-giveaway](http://tinyurl.com/tree-giveaway)
- 9/28 - "The Keys to a Successful Home Building Experience," NEFCU online learning, more at [tinyurl.com/NEFCU-learn](http://tinyurl.com/NEFCU-learn)

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