

# JANUARY

## RESOURCE HIGHLIGHTS



### Are You Eligible to Claim the Earned Income Tax Credit (EITC)?

The Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. If you qualify, you can use the credit to reduce the taxes you owe (and maybe increase your refund). By law, the IRS must wait until mid-February to issue refunds to taxpayers who claim the EITC, so if you claim this credit, your refund may be delayed. Scan the QR code to learn more and click on the “Check if You



Qualify” button for help determining if you are eligible for this credit.



### Money Management Winter Workshop Series

Interested in learning about money management skills? Northeast Community Action (NEKCA) is offering a series of workshops via Zoom on a variety of topics. The remaining workshops include:



- How to Save Money (1/17)
- The Real Cost of Home Ownership (2/14)
- Meal Planning & Grocery Shopping on a Budget (3/13)

All workshops are from 12-1pm via Zoom. Join directly by visiting [bit.ly/3Rq13Ko](https://bit.ly/3Rq13Ko).

For questions, contact NEKCA Money Management Coaches Nate Sanders ([nsanders@nekcavt.org](mailto:nsanders@nekcavt.org)) or Hannah Simons ([hsimons@nekcavt.org](mailto:hsimons@nekcavt.org)).



### Families & Communities Committee

This virtual committee hosted by Building Bright Futures works to increase family leadership at the provider, agency, and community levels. The committee is entirely virtual and open for parents to join anytime. All you need to do is show up with all of the knowledge and experience that you hold.

**Parents and caregivers will be compensated for participating in committee meetings and activities.** Meetings are held twice a month, once in the evening and once during the day. To learn more, email



[families@buildingbrightfutures.org](mailto:families@buildingbrightfutures.org) or fill out a Membership Form online. Scan the QR to learn more.



### Mark your calendar!

- 1/4- Families & Communities Committee daytime meeting, 10-11:30am (Zoom), link to join at [tinyurl.com/Family-Committee](https://tinyurl.com/Family-Committee)
- 1/9- Families & Communities Committee evening meeting, 8-9pm (Zoom), link to join above
- 1/9- “Medicare and You Workshop,” 2-4pm, (Zoom), Central VT Council on Aging, info to register at [tinyurl.com/Medicare-Workshop](https://tinyurl.com/Medicare-Workshop)
- 1/17- “How to Save Money,” 12/1pm, NEKCA (Zoom), join directly at [bit.ly/3Rq13Ko](https://bit.ly/3Rq13Ko)
- 1/18- “What to do When Your Car Lease Ends,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)
- 1/25- “Taxes - What You Need to Know,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)



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

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### Resource Coordinator

Holly Micklas  
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United Way of Northwest Vermont

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### Caregiver Skills Class

“Powerful Tools for Caregivers” is a 6-week course offered by Age Well. This course will be offered 4 times in 2024, with Session 1 running from 1/23-2/27. This course is an evidence-based, self-care educational program for family and friend caregivers. During the 6-week program, participants learn to minimize the potentially negative impacts of caregiving. The 6 classes are:

- Taking Care of You
- Identifying and Reducing Personal Stress
- Communicating Feelings, Needs, and Concerns
- Communicating in Challenging Situations
- Learning From Our Emotions
- Mastering Caregiving Decisions

To register, call the Age Well Helpline at



1-800-642-5119 or email [ptc@agewellvt.org](mailto:ptc@agewellvt.org).

Scan the QR code to learn more.



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[families@buildingbrightfutures.org](mailto:families@buildingbrightfutures.org) or fill out a Membership Form online. Scan the QR to learn more.



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1/9- Families & Communities Committee evening meeting, 8-9pm (Zoom), link to join at [tinyurl.com/Family-Committee](https://tinyurl.com/Family-Committee)

1/10- “Basics of Buying a Home,” Champlain Housing Trust (Zoom), register at [tinyurl.com/get-a-home](https://tinyurl.com/get-a-home)

1/18- “What to do When Your Car Lease Ends,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)

1/23- First class of “Powerful Tools for Caregivers,” Age Well (Zoom), call 1-800-642-5119 to register

1/25- “Taxes - What You Need to Know,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)



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### Free Energy Works Weatherization Training

Vermont Adult Learning is offering a free two week Weatherization Training course in Rutland from 1/22-1/31. Help Vermonters stay safe and save money by learning new skills and committing to a new career path. No experience needed. The training is free to take and you will receive a \$500 stipend upon completion of the training. Vermont Adult Learning supports transportation to and from trainings as needed, can provide stipends to licensed childcare providers to ensure you're able to attend, and offers lunch and snacks on training days. Contact Haley at [hstephen@vtadultlearning.org](mailto:hstephen@vtadultlearning.org) or at



(802)560-4036 to learn more and register for this course, or scan the QR code to learn more.



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- 1/9- Families & Communities Committee evening meeting, 8-9pm (Zoom), link to join above
- 1/10- “Homelessness: A Community Conversation with Springfield Supported Housing Program,” 6pm, Springfield Town Library, more at [tinyurl.com/Springfield-Town-Library](https://tinyurl.com/Springfield-Town-Library)
- 1/18- “What to do When Your Car Lease Ends,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)
- 1/25- “Taxes - What You Need to Know,” NEFCU (Zoom), more at [tinyurl.com/NEFCU-learning](https://tinyurl.com/NEFCU-learning)



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