

August

RESOURCE HIGHLIGHTS



FREE • CONFIDENTIAL • REMOTE

Tax Withholding Estimator

The IRS has a **free tax withholding estimator**. You can use this tool to estimate your federal income tax withholding, and see how your refund, take-home pay or tax due are affected by withholding amount. This may be particularly beneficial if you have recently had a major life change such as a change in income, marriage, or birth of a child, but it can help anyone protect against having too little tax withheld and facing an unexpected tax bill or penalty at tax time next year.



Flood Resources

As Vermont once again recovers from July floods, there are resources available to help. The Vermont Department of Mental Health has put together a **Mental Health Resources for Flood Recovery** guide. Additionally, if you have **3SquaresVT** and lost food in the flood, you have until **August 8th** to apply for replacement benefits. If you need further support, **VT 211**, your **local community action agency**, and your **Resource Coordinator** can help you connect to resources.

Mental Health Resources:



Food Resources:



CSA Farm Share

Applications are open **August 1st-31st** for the next round of NOFA-VT's farm share program. This program allows people to get discounted CSA prices and increases access to fresh produce straight from Vermont's farms. Discounts range between 25% and 75% based on available funds. Anyone can apply to the farm share program, regardless of income. Find out more information on their



website, including Spanish translations



Mark your calendar!



- 8/8- Deadline to apply for replacement 3SquaresVT benefits**
- 8/14- Women & Bicycling 101** at the Work Commons in Newport 12-1pm. Learn bike safety and gain confidence in your skills.
- 8/18- Community Care Day** Rainbow Bridge Community Center in Barre
- 8/24- Community Health Education Fair** in Montpelier. All Brains Belong will have resource tables, activities, and presentations on the State House Lawn.
- 8/30- St. Johnsbury Final Fridays.** 4-7pm

Reach out to us!

WorkingBridgesTeam@unitedwaynwvt.org

United Way



United Way of Northwest Vermont

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- 8/2- **Free First Friday** at Shelburne Museum. Free entry from 5-7pm
- 8/1-4- **Franklin County Field Days**
- 8/8- **Deadline to apply for replacement 3SquaresVT benefits**
- 8/11- **VT Professionals of Color Network August Kickback**. 12-4pm in Colchester. Free for members and their families and friends
- 8/15- **AARP Social Bike Ride**. Free event for people 50 and older starting at Oakledge Park.

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- 8/8- Medicare Educational Seminar. 5pm at Brooks Memorial Library.
- 8/8- Deadline to apply for replacement 3SquaresVT benefits
- 8/14- Baby Cafe at Bennington Community Market. Free parenting support and community for new or expecting parents and caregivers.
- 8/16- Friday Night Live in Rutland. Free music, activities, discounts to local businesses, and more.

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