
















Norwalk Housing Authority – Family Self-Sufficiency Program Calendar of Events






September 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 	6	7
8	9 	10 	11	12 	13	14
15	16 	17	18	19 	20	21 
22	23	24 	25	26 	27	28
29	30					

October 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2	3 	4	5
6	7	8	9	10 	11	12
13	14	15	16	17 	18	19
20	21	22	23	24 	25	26
27	28	29	30	31 		

November 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 	6	7	8	9
10	11	12 	13 	14	15	16
17	18	19 	20	21	22	23
24	25	26	27	28 	29	30

Keep yourself up-to-date with everything that is going on at NHA!
Workshop and Info Session Calendar — See reverse side for details

Thursdays WEEKLY through October, 9am –10am — Weekly Walking for Health — open to all
Mondays September 9th 10am-noon or 2pm-4pm; September 16th 10am—noon

Health Career Academy Information Session

Tuesday, September 10th, 1pm — Express Agency Job Fair Presentation

Tuesday, September 10th, 5:30pm—6:30pm — Bone Health Series: Arthritis 101

Saturday, September 21st, 9am—5pm — First time Buyer — Home Ownership Certification

Tuesday, September 24th, 5:30pm—6:30pm — Bone Health Series: Tai Chi Group Exercise Class

Tuesday, October 1st, 5:30pm—6:30pm — Bone Health Series: Tai Chi Group Exercise Class

Tuesday, November 5th — 1pm — Express Agency Job Fair Presentation

Tuesday, November 5th — Don't forget to VOTE! Polling places open 6AM— 8PM.

(Check online for your polling location.)

Tuesday, November 12th, 5:30pm—6:30pm — Spinal Health: Back Pain and Posture

Wednesday, November 13th, 1pm—4pm **at UConn Stamford** — Tri-Chamber Networking Event

Tuesday, November 19th — 5:30pm—7:30pm — Your Credit, Your Life

Call ahead to reserve your space!!

203-838-8471 X681 (Nadine) or X188 (Lisa)

**Unless otherwise noted, above all workshops will be held at
NHA/CNI Field Office, 149 Water Street, 2nd floor, Norwalk**

Workshop and Information Session Description

- **Health Career Academy Information Session** –Presented by The Workplace: This info session will provide participants will all of the most up-to-date information on their free training available at their Southwestern CT Health Career Academy. Training will include skills assessment, occupational training, distance learning and job placement. Career training provided for the following fields:
⇒C.N.A, Pharmacy Tech, Patient Care Tech, Dental Assistant and more...
- **First time buyer-homeownership certificate**-Presented by Bridgeport Neighborhood Trust: HUD required certificate for all those who are eligible for homeownership assistance programs.
- **Express Employment Event** — Meet the professionals at Express Employment and find out about many choices they have available. Express can connect you with warehouse work, office and admin positions, help desk work, professional accounting, sales positions and more.
- **Career Coach Bus** -The American Job Center: Come aboard the coach bus for this one stop job training opportunity and receive Career Services:
 - Job Search Assistance; Resume Workshop; Social Networking; Job Search
 - Computer Training: Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Access
- **Naturalization Information Session** - Learn about the benefits of becoming a US Citizen, eligibility, problematic situation, free application and waivers.
- **Keeping Families Together** — Presented by the Southwest Connecticut Agency on Aging and Independent Living, navigate options for you or your loved one *regardless of age*.
- **ABCD Community Action Agency Information Session** — Services include emergency rental/utility assistance, DSS food stamp applications, clothing and food referrals, case management, job search assistance and so much more.
- **Your Credit, Your Life** — Presented by CT Money School, Understand your credit reports and history, learn and the steps needed to improve/correct/clear your credit. If you enroll in United Way's ALICE Saves program, you could earn \$10 for each month that you save at least \$20 per month.
- **Bartenders Academy** – Presented by Diageo, information Session on FREE Job Readiness Training & Internship Program
- **SCORE Entrepreneurship** — Presented by SCORE, the nation's largest network of volunteer, business expert mentors, learn what's necessary to start and grow your business. Part 1 focuses on Credit; Part 2 focuses on Entrepreneurship Getting Started.
- **Tai Chi Group Exercise** — Tai Chi, a self-passed system of gently physical exercise and stretching, can help to reduce stress and increase flexibility and balance. Can be practiced sitting or standing!
- **Dress for Success Information Session and Professional Wardrobe** - Offered through Career Resources, Dress for Success helps women transform their professional lives through FREE employment services, including providing FREE wardrobes for interviews and work days.
- **Weekly Walking for Health Group** — Meet at the CNI Office at 149 Water Street promptly at 4PM on Thursdays — walk trails at Oyster Shell park and other local area parks. Take steps for better health.
- **Bone Health Series**—Arthritis 101: learn current practices for arthritis, take control of your diagnosis; Spinal Health: learn causes of back pain & how to prevent it.