

After-school programs

REGISTER TODAY!

Register Your Children for Success at NHA's Wonderful After School Program!

The Learning Centers welcome NHA kids in grades K-12 for afternoons rich with learning, creativity, athletics, and fun!

Daily enrichment runs from 3:30-6:30PM in this free, year-round program. The environment is safe and structured and offers new and diverse experiences as well as tutoring, homework assistance, skill building, personal attention, and positive peer groups. Registration packets are available in all Learning Centers and the NHA main office.

Register now at any Learning Center or call 203-852-1144 x102

LEARNING CENTER LOCATIONS

20 West Avenue | Washington Village | Roodner Court | Meadow Gardens | Colonial Village

**MONDAY—FRIDAY
3:30-6:30PM**

EDUCATIONAL SUPPORT
Homework Completion · Literacy Program
Math Program · Science Club
Bridge to College and Career track
for high school students

ENRICHMENT SUPPORT
Swimming · Music Club · Photography
Videography · Studio Art · Drama
...and much more!

NHA Family Self-Sufficiency Graduates Eneisha Simmons and Firmina King

Two NHA Family Self Sufficiency participants graduated this July. Ms Eneisha Simmons and Ms Firmina King each received their escrow/savings checks earned through the program. Working closely with their respective FSS coordinators, Raquel Taveras and Marie Juleau, they established self-sufficiency goals throughout the course of the program. Ms Simmons earned her Associates Degree, and Ms King is on course to complete her Bachelor's Degree in Nursing.

Congratulations and continued success to both Ms Simmons and Ms King!



FSS Graduate Eneisha Simmons (center), Director of Housing Kras Carlucci (left), and Section 8 FSS coordinator Raquel Taveras (right) at the NHA FSS graduation.

Victory at Race4Chase!

On Saturday, August 5, eight NHA youth participated in the Race4Chase triathlon at YMCA Camp Sloper in Southington, CT, along with over 450 youth from throughout Connecticut. They were cheered on by their families and staff!

Congratulations to Christina Antoine, 6, Julie Pavlisca, 10, Leonardo Marin, 11, Bryna King, 11, Dazeil Massey, 9, Angel Espinal, 11, and Kaydence Torrealba, 8.

Special congratulations also go to Kaydence who was the recipient of the Riverbrook YMCA's Race4Chase Sportsmanship award. The Race-4Chase Kid's Triathlon program provides youth with a safe, healthy, non-competitive environment to discover the sport of triathlon—swimming, cycling, and running. The Riverbrook YMCA led a 6-week summer program to prepare youth including the NHA team for the triathlon under the supportive guidance of coaches, lifeguards, and instructors. In addition, the athletes learned how to adopt a healthy lifestyle and the fundamentals of good nutrition, strength, and flexibility.



Kaydence Torrelba of Colonial Village receives the Race4Chase Sportsmanship Award.



Race4Chase athletes (back, from left) Jessie Ahumuza, Shawn Ahumuza, Leonardo Marin, Angel Espinal, Matthew Millien, Bryana King, Christene Freedman and (front, from left), Kaydence Torrealba, Christina Antoine, Yessamin Arias, Julie Pavlisca.

6 REASONS TO JOIN THE FAMILY SELF-SUFFICIENCY PROGRAM

SET ATTAINABLE GOALS

With an increase in salary, a portion of your rent is saved in a separate account. You'll be eligible for that money when you complete the program successfully.

SAVE MONEY AND PREPARE FOR HOMEOWNERSHIP

FSS Coordinators will assist you in preparing for homeownership, providing you with resources to start your journey.

FIND LUCRATIVE AND FULFILLING EMPLOYMENT

FSS Coordinators assist with resumés, job search, and interview prep. Coordinators also work with professional job developers as well as provide referral services.

REPAIR YOUR CREDIT

Learn methods to improve credit. Receive help in communicating with credit counselors.

EARN YOUR DEGREE

Coordinators provide you with the necessary tools to reach your educational goals and assist with finding the best school to fit your needs.

SUCCEED!

The FSS program is the support network you need to help make your dreams come true. Contact us today to see if you are eligible at 203-838-8471 x187. Section 8 call 203-838-8471 x186 Public Housing

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| <p>HEALTH & INFORMATION PAGE 2</p> <p>NATURALIZATION HEALTH MANAGEMENT VACCINATION FACTS SMALL BUSINESSES</p> | <p>JOBS & EDUCATION PAGE 3</p> <p>JOB OPPORTUNITIES HEALTH CARE CAREERS BARTENDERS ACADEMY DRUG TESTING INFO</p> | <p>LEARNING CENTERS PAGE 4</p> <p>HORIZONS SONO ARTS FESTIVAL FREE COLLEGE HELP HEAD START REGISTRATION</p> |
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Live Well! Chronic Disease Self-Management Program

Attend a Live Well Workshop Series and learn how to:

- Deal with anxiety, stress, pain, fatigue, and difficult emotions ·
 - Exercise to help improve strength and energy ·
 - Improve your nutrition ·
- Communicate better with your healthcare provider ·
 - Make difficult decisions ·
- Set small achievable goals and much more! ·

Register for a FREE 6 week Live Well Workshop Series at
Norwalk Public Library, 1 Belden Avenue, Norwalk

To register, please call 203-899-2780, x15133, email Cynde Bloom Lahey at
clahey@norwalkpubliclibrary.org, or register online at www.norwalklib.org.

Wednesdays, 10 am—12:30 pm
August 23 & 30 and September 6, 13, 20 & 27



U.S. Naturalization Information Session

HOU will be holding a Naturalization Information Session that will focus on eligibility, the benefits of becoming a U.S. citizen, problematic situations, and fee waivers.

Tuesday, September 12TH—4:30-6:00PM

Norwalk Housing Authority's CNI Field Office
149 Water Street, 2ND Floor, Norwalk

Call today to reserve a place.
203-838-8471 ext. 675 or 203-621-8092

HOU estará ofreciendo una sesión informativa sobre el proceso de Naturalización. El taller se enfocará en los requisitos de elegibilidad, beneficios de ser ciudadanos, situaciones problemáticas, y exención de pagas.

Si esta interesado favor de llamar a
Maria (203) 621-8092 or Nadine (203) 838-8471 X 681

Don't Wait... Vaccinate

For example, Haemophilus influenzae type b (Hib) diseases were a major problem a few years ago until the vaccine was developed for infants. Over several years, we went from 20,000 cases of Hib diseases to less than a few hundred. The vaccine is the only explanation for this decrease. Unvaccinated children are still at risk for Hib meningitis and other serious illnesses.

These diseases have been virtually eliminated from the United States. Does my child need to be vaccinated?

Immunizations have reduced most of these diseases to very low levels in the United States. However, some of these diseases are still common in other parts of the world. Travelers can bring these diseases into this country. Without immunizations, these infections could quickly spread here. Immunizations also help people who cannot be vaccinated or who do not respond to vaccines if those around them are vaccinated.

Source Adapted from Frequently Asked Questions: Diseases Aren't Around Anymore-Why Do We Need Vaccines?
(Copyright © American Academy of Pediatrics Updated 12/2009)

· 2017 SMALL BUSINESS DEVELOPMENT ACADEMY ·

Learn How to Start and Sustain Your Own Business FREE PROGRAM PRESENTED BY LOCAL PROFESSIONALS

ALL SESSIONS WILL BE 6:00 - 8:00PM (WITH A BREAK MIDWAY) AT THE NORWALK INN & CONFERENCE CENTER, 99 EAST AVENUE

Tuesday, October 3: Kickoff—Inspiration and valuable wisdom from featured speakers, and more

Tuesday, October 10: "Having a Plan"—Learn the elements of a realistic and effective business plan

Tuesday, October 17: "Setting It Up"—Understand the various legal issues and aspects pertaining to the formation and continuance of a small business, as well as needed filings, permits and licensing

Tuesday, October 24: "Getting the Money"—Realize various ways and means of acquiring financing

Monday, October 30: "Planning for a Profit"—Find out the basics of keeping financials, taxes, and insurance

Tuesday, November 7: "Spreading the Word"—Learn about marketing, advertising, and communications

Tuesday, November 14: Graduation Reception—Program certificates are presented to graduates

TO ENROLL IN THIS FREE INFORMATIVE PROGRAM, CONTACT:
Greater Norwalk Chamber of Commerce
101 East Avenue, Norwalk, CT 06851 203.866.2521
info@norwalkchamberofcommerce.com



JOBS · TRAINING

NORWALK HOUSING FOUNDATION SCHOLARSHIP DIRECTOR

Seeking a professional for administering and marketing the Norwalk Housing Foundation Scholarship Program. You will also serve as the liaison to other external donors and the scholarship committee. Part-time up to 20 hours per week. Must possess a minimum of a Bachelor's degree with five years' experience.

For additional information and to apply email Nicole Ruffin at nruffi@norwalkha.org

ONE CALL DOES IT ALL!

The NHA work order line—**203-853-9091**—helps residents request routine work to be completed within 30 days, and emergency work to be completed within a 24 hour period.

The Department of Housing and Urban Development (HUD) allows all housing authorities 30 days to complete routine work so...just one call does it all!

24-HOUR EMERGENCY REQUESTS INCLUDE:

Broken Smoke Detectors · No Heat In Entire Apartment · No Hot Water · Flood · Leaks That Cause Damage · No Electricity, With Bill Paid · Lock-Out (Charge) Broken Elevator · Gas Leaks Call Yankee Gas Directly 877-944-5325

WORKERS' RIGHTS

DRUG TESTING IN THE WORKPLACE

Know Your Rights!

THURSDAY, SEPTEMBER 14—2:00-4:00



Can you collect unemployment if you're fired for drinking/using drugs on the job?

Can you be randomly drug tested at work?

Can a temporary or seasonal job drug test you?

What is "reasonable suspicion" testing?

What substances are drug tests looking for?

What jobs are likely to require testing?

What is random testing and who gets selected?

Find the answers to these and many more confusing questions at this informative session led by an attorney from the Connecticut Department of Labor. Information is power. Workplace laws and rules often change, so stay informed!

Call and reserve your place at this event!

NHA-CNI Field Office

149 Water Street, 2nd Floor, Norwalk

Lisa: 203 838 8471 x678 or Nadine: 203 838 8471 x681

Transportation available for NHA residents with one week's notice.



Learn About the Learning Centers!

INFORMATION NIGHT AND ICE CREAM SOCIAL!

Tuesday, September 26 at 6PM
CNI Offices

Please join us for a fun, informational gathering where you will learn all about the benefits of NHA's After School programming and meet the outstanding staff!

CREATE YOUR OWN SPECIAL SUNDIAE!
MUSIC · GIVEAWAYS · FAMILY GAMES

JOB TRAINING

FREE JOB READINESS TRAINING & INTERNSHIP PROGRAM

Free Information Session

BARTENDERS ACADEMY

Wednesday, September 7TH | 2—3:30PM

NHA-CNI Offices, 149 Water Street, 2ND Floor, Norwalk

SPACE IS LIMITED AND PRE-REGISTRATION IS REQUIRED

CALL NOW!

- Must be unemployed or underemployed to qualify ·
- Must be a minimum of 21 years old to participate ·
- Pre-screen and background check required ·

Must complete 4-week classroom training in Norwalk as well as a 2-week internship.

Classes are Monday through Friday, 10AM—2PM

October 2—October 27, 2017

203-838-8471 x678 (Lisa) or x681 (Nadine)



Health Care Career Info Session

Thursday, September 14—10-11:30AM

NHA Choice Neighborhoods Office

149 Water Street, 2ND Floor · Norwalk

Receive free training at Southwestern Connecticut Health CareRx Academy:

C.N.A. / PHLEBOTAMY / PHARMACY TECH

PATIENT CARE / DENTAL ASSISTANT

as well as

SKILL ASSESSMENT / JOB PLACEMENT SERVICES
OCCUPATIONAL TRAINING / DISTANCE LEARNING

Pre-registration is required and space is limited. Call now!

203-838-8471 x180 (Jamie) or x681 (Nadine)

Eligibility based on family income or those who have been unemployed (27 weeks+) and have a high school diploma or GED.

LEARNING CENTERS

Fun and Learning With Horizons and NHA Learning Centers

Norwalk Housing Authority Learning Centers took part in Horizons National 2nd Annual Maker Showcase on Tuesday, July 25th, at Sacred Heart University. NHA STEM coordinator Sheiree Powell presented “Blast Off: Rocket Ships,” a how-to demonstration on rocket launching. Ms Powell was accompanied by 12 Washington Village students who showcased their makerspace projects built solely with recyclable materials. Students were thrilled to observe and participate in all the STEM demonstrations put together by the CT Horizon affiliates!



STEM Coordinator Sheiree Powell, above and right with Horizons campers. On right, Ms Powell is with WVLC student, Marrisette Chavez.



Learning Center tour guides share the great history of South Norwalk with visitors. (From left, Maika Sylvestre, Kimberly Castillo, Kamora Prince, and Katayvia Torres.)

SoNo Arts Festival

The SoNo Arts Festival returned the weekend of August 5th and drew crowds of revelers to the streets of historic South Norwalk. Art, live music, and local food vendors filled the streets, along with a photo booth and walking tours led by our own NHA Learning Center students. Great job!



Students from Roodner Court Learning Center with UPS's special delivery.

UPS and United Way Donate Backpacks and School Supplies

Norwalk UPS employees, together with the United Way,

held a school supply drive to collect items for NHA Learning Center students. Children from Roodner Court Learning Center were the happy recipients of the bags, which were fully stocked with pens, pencils, paper, rulers, calculators and many other useful items.

A great way to start the new school year!



Javen Rodriguez



Shayla Dorleans

BRIDGE TO COLLEGE AND CAREER PROGRAM



H.E.L.P.
Higher Education
Literacy Professionals

COLLEGE EDGE PROGRAM

Get **FREE HELP** applying to college!

APPLY BY SEPTEMBER 12th

Fall Session: September 13—December 16

BUILD COLLEGE WISH LIST

RESEARCH SCHOLARSHIPS

DRAFT PERSONAL STATEMENT

PREP FOR THE SAT/ACT

TOUR LOCAL COLLEGES

DEVELOP LEADERSHIP SKILLS

LIMITED SPACE: 20 STUDENTS

The College Edge Program is a comprehensive series of college readiness workshops, test prep lessons, college tours, and application counseling with the goal of 100% college placement. Complete online application with a \$50 refundable security deposit.

Courses will be held at:

Norwalk Housing Authority Learning Center
20 West Avenue, Norwalk

First Session: September 16, 2017

Wednesdays from 6:30pm—8:00pm

Saturdays from 9:00am—12:00pm



Time to Register for CDI Head Start!

CDI Head Start is now accepting applications for pre-school children between the ages of 3-5 regardless of race, sex, creed, color, religion, or national origin. They also accept children with disabilities. The program runs 9AM-3PM, Monday through Friday, and includes breakfast, lunch, and snacks!

Applications are available at the following Head Start locations:

Benjamin Franklin School **Nathaniel Ely**
165 Flax Hill Road 11 Ingalls Ave

Applicants bring the following documents to your appointment:

- Proof of Residence (most recent utility bill)
- Child's Birth Certificate* (child must be 3 years old by 12/31/17)
- Proof of income from all sources (W2s/ tax return, paystubs, DHS letter, SSI document)
- Please bring your child's most current physical/dental exam (if available)

For more information, please call (475) 208-6260 or (475) 208-6265.

Have a Great School Year!