



# THE FSS NEWSLETTER

SEPTEMBER 2024

SEPTEMBER is

# Self Improvement Month



Hello September

*“S” is for September and Self-Improvement Month*

*Yes, SEPTEMBER is NATIONAL SELF-IMPROVEMENT MONTH. It's a time to reflect on the past year, set new goals, and work on improving yourself in various ways.*

*Self-improvement can mean different things to different people, and there's no one right way to do it. Some other areas to focus on include:*

- \*Eating Healthier \* Reading More \* Reducing Screen Time \* Finding Peace \* Reducing Stress \* Spending Time with your Loved Ones \* Learning a New Skill \* Getting Active or Getting Creative!*

*Dear FSS Participant,*

Thank you for your commitment to your goals with CRHA's FSS program. As we embrace September, a month focused on self-improvement, I'm inspired by the incredible progress you've made!

Here are five key points to keep in mind:

1. **Stay Focused:** Every small step brings you closer to your goals.
2. **Embrace Growth:** Challenges are opportunities to learn and grow.
3. **Celebrate Wins:** Acknowledge your accomplishments, no matter how small.
4. **Stay Resilient:** Your resilience will help you overcome obstacles.
5. **Believe in Yourself:** You have the strength to achieve your dreams.

*We are proud of the progress and excited to support on your FSS journey to see where this path leads you.*

Sincerely,

*~ Mr. Mahiri, FSS Coordinator {CRHA Family Self Sufficiency (FSS) Coordinator}*

# FREE Peer Support Groups On Our Own - Charlottesville Supporting Mental Health & Substance Use Recovery

## What We Offer:

- **Daily Peer Support**
  - In-person and on Zoom
  - Time: 3 PM, Monday-Friday
- **Weekly Specialized Support Groups/Schedule Highlights:**
  - **Creativity:** Express yourself through art, journaling, and creative writing. Share your work with others in a safe and supportive environment. **Meets Mondays at 3PM.**
  - **SMART Recovery:** Science-based addiction recovery, helping you learn skills to manage cravings, change your thinking patterns, and develop coping mechanisms. **Meets Tuesdays at 3PM.**
  - **Mindfulness:** Guided meditation practices for stress reduction, emotional regulation, and improved mental well-being. **Meets Thursdays at 3PM.**
  - **Anger Management:** Learn strategies to manage and channel anger in healthy ways. **Meets Mondays at 3PM.**
  - **Queer Support:** A safe and welcoming space for LGBTQIA+ individuals to connect, share experiences, and find support. **Meets Wednesdays at 3PM.**
  - **Chronic Pain Support:** Share experiences, coping strategies, and resources for managing chronic pain. **Meets Wednesdays at 3PM.**
  - **Music + Recovery:** Explore the healing power of music through listening, singing, and playing instruments together. **Meets Tuesdays at 3PM.**
  - **Assertiveness:** Learn effective communication skills to express yourself clearly and confidently. **Meets Fridays at 3PM.**
- *All groups are free and open to the community!*

## Location & Contact:

- **Address:** 123 4th St. NW, Charlottesville, VA 22902
- **Phone:** 434-979-2440
- **Website:** [www.onourownville.org](http://www.onourownville.org)
- Walk-ins welcome!

Join a community of hope and healing today!



# UVA PIPELINES & PATHWAYS CAREER BUILDING 101 WORKSHOP SERIES

**SEPT  
25**

**EFFICIENCY UNLEASHED: BOOST YOUR ORGANIZATIONAL SKILLS FOR PEAK PRODUCTIVITY**

**WEDNESDAY, SEPTEMBER 25TH – 12:00PM-1:30PM**

*Presented by Nyshae' Carter, CEO & Founder of Yanara K. Consulting*

*Ready to achieve your goals, simplify your daily routine, and tackle tasks with greater ease?* Join Nyshae' Carter, founder of Yanara K. Consulting, for this virtual workshop designed to provide practical tips that, when applied, will enhance your organizational skills through effective time management. You'll learn to maximize your time, minimize distractions, and boost your productivity. Step into your best self by discovering a more organization, efficient, and stress-free approach to life.



Nyshae' Carter is the CEO and Founder of Yanara K. Consulting, a dynamic firm that has successfully operated for the past four years. With over a decade of experience and a proven track record of supporting more than 15 businesses, Yanara K. Consulting is dedicated to helping small businesses thrive. The firm offers comprehensive services, including marketing, web design, branding, accounting, bookkeeping, and grant research/application support. Passionate about empowering entrepreneurs, Nyshae' is committed to guiding clients in achieving their goals through tailored consulting solutions.

## ENHANCE YOUR SKILLS. ADVANCE YOUR CAREER.

Join us for the **UVA Pipelines & Pathways Career Building 101 Workshop Series**. Through these virtual, interactive workshops, you will learn the basics for building your career and get the tools you need to obtain your dream job at UVA!

- Free and Open to the Public
- Live via Zoom
- Attend Multiple Workshops

Once you register, you will be emailed a Zoom meeting invitation link to access each workshop the day of the event.

**CLICK HERE TO REGISTER**

[https://virginia.az1.qualtrics.com/jfe/form/SV\\_dbcSeOXZuzZNuF8](https://virginia.az1.qualtrics.com/jfe/form/SV_dbcSeOXZuzZNuF8)



**CONTACT US**

**VISIT** [jobs.virginia.edu/us/en/pipelines-pathways](https://jobs.virginia.edu/us/en/pipelines-pathways)

**CALL** (434) 962-3996

**CONTACT** [uvapipelines@virginia.edu](mailto:uvapipelines@virginia.edu)

**FOLLOW US**

[facebook.com/uvapipelines](https://facebook.com/uvapipelines)

[instagram.com/uvapipelines](https://instagram.com/uvapipelines)

[linkedin.com/company/uva-pipelines-pathways](https://linkedin.com/company/uva-pipelines-pathways)



# Improving Your Money Management Skills



**Wednesday, Sept 25th**

Come and learn how to improve your financial health and move closer to your goals!

- Where: 207 Ridge Street in The Chapel
- Time: 6:00 P.M.



money management class ~ wednesday, 9/25/2024  
at 6:00pm (it's free!)



# PHAR INTERNSHIP PROGRAM

Empowering Our Residents!

We are  
**HIRING**



## BENEFITS:

Earn \$15.00 Per Hour

Make up to 10 Hours Per Week!

Opportunities to build positive relationships with your neighbors!

Learn how to advocate for your community!

For More Info Email:  
[careers@pharville.org](mailto:careers@pharville.org)  
or apply at  
[pharville.org](http://pharville.org)

**APPLY NOW!**



Please Contact Vonzz at 434-340-8113  
for additional Assistance!



Ready to make a difference in your community? 🙌 Apply now for PHAR's Internship Program! ✨ Earn while you learn, build skills, and organize for real change. Open to all public housing & Section 8 residents. DM us or email [careers@pharville.org](mailto:careers@pharville.org) for more info!

Charlottesville Public Housing Association of Residents - PHAR

**NO  
COST!**



**JUST FOOD, JUST ECONOMY PRESENTS:**

## **FOOD BUSINESS 101**

Join Bread & Roses Community Kitchen for a workshop on the essentials of starting a food business.

**Monday, September 30**  
**7 pm-9 pm**

Trinity Episcopal Church, 1118 Preston Ave, Charlottesville



Registration is Required

**Use the QR code or go to [marketcentral.org](https://marketcentral.org)**

This event is sponsored by the Just Food, Just Economy initiative. Just Food Just Economy is a collaboration between Bread and Roses C'ville and Market Central.

The workshop is led by Tom Kelly, owner of Crustworthy Pizza.

Just Food, Just Economy's Fall classes start on September 30 with Tom Kelly's Business 101. Learn from an experienced business owner about the process of starting a food business, budgeting, licensing, and more!

<https://marketcentral.org/just-food-just-economy> to register online.



Friday Sept. 27th 9:30-10:30AM



# Coffee & Conversations

## Workforce Mingle

A casual gathering of local jobseekers and employers to share and explore opportunities, skills and networking - all over coffee.



Free coffee and refreshments.  
\*Must RSVP by 9/25



*Charlottesville*  
ALBEMARLE COUNTY, VIRGINIA

\*RSVP: [bichej@charlottesville.gov](mailto:bichej@charlottesville.gov)

*Join the Charlottesville Office of Economic Development for Coffee & Conversations on 9/27/24 at the Charlottesville Albemarle Convention & Visitors Bureau [CACVB] from 9:30am – 10:30am and connect with local jobseekers and employers. It's like a mini-job fair and workforce data sharing all wrapped up into one event with complimentary coffee and refreshments!*

*All are welcome to attend, but please RSVP to [bichej@charlottesville.gov](mailto:bichej@charlottesville.gov) by 9/25/24.*

# BECOME A DENTAL ASSISTANT BEGIN YOUR NEW CAREER

Entry Level Dental Assisting  
certificate program

- 11 week course
- weekday class schedule
- Tuesdays/Wednesday
- 10:30-1:30-6:15-9:15
- Affordable  
Tuition/scholarships
- Small classes
- Tuition includes
- All supplies
- Textbook
- All 4 certifications
- Flexible payment plans
- \$100 Registration fee

Classes starting this Fall

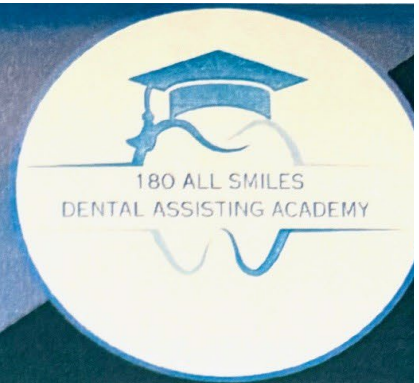
Register now

To register or for more info

Email [-180allsmiles@gmail.com](mailto:-180allsmiles@gmail.com)

register early classes fill up fast

CHARLOTTESVILLE VA , LOUISA VA



HANDS ON  
TRAINING



X-RAY  
CERTIFICATION



CPR  
CERTIFICATION



## Become a Tax Professional with H&R Block!

Interested in launching a new career? H&R Block is here to help with their **Income Tax Course (ITC)**! Enroll now and take advantage of available classes and scholarship opportunities. Plus, H&R Block is hiring for office staff—no experience needed!

### Why Join H&R Block?

- **No Experience Required:** Start fresh and gain valuable skills!
- **Flexible Learning:** 40 hours of content for just \$149 (Scholarships Available).
- **Earn While You Learn:** 20 hours of paid training if hired.
- **Set Your Schedule:** Work on your terms!

### Bonus Opportunity:

Complete 75 tax returns by April 15th and earn a **\$750 bonus!**

### Income Tax Course Details:

- Ideal for those new to tax preparation.
- Classes begin August 12—enroll anytime.
- 40 hours of content, \$149 per student (Scholarships available).
- Must have access to a computer.
- Open book and open note final exam (5 attempts available).
- Course completion does not guarantee employment, but an interview is included.

### Already Have Tax Knowledge?

Take the **Tax Knowledge Assessment** to bypass the ITC and fast-track your application!

### Post-ITC Opportunities:

- **Paid Training:** 20 hours of paid training if hired.
- **Level 2 Position:** Complete training before January for Level 2 placement.
- **\$750 Bonus:** Complete 75 returns by April 15th.
- **Flexible Scheduling:** You set your own hours!

H&R Block is looking for enthusiastic, ready-to-learn individuals who want to grow into a career. Whether you're looking to earn extra cash or start something new, H&R Block can offer the flexibility and earning potential you need!

**Contact Info:** Rosalind Jackson | H&R Block  
Albemarle Square  
434-978-4519 | [rosalind.jackson@tax.hrblock.com](mailto:rosalind.jackson@tax.hrblock.com)



# FREE HARM REDUCTION RESOURCE RESTOCK



**MONDAY,  
SEPTEMBER 30**



**4:30 -  
6:00 PM**



**CHARLOTTESVILLE / ALBEMARLE HEALTH  
DEPARTMENT, OUTSIDE AT DOOR #3**

1138 Rose Hill Dr., Charlottesville, VA

**COME BY AND STOCK UP ON THE FREE HARM  
REDUCTION SUPPLIES LISTED BELOW:**

- Fentanyl / benzodiazepine / xylazine testing strips
- Lock boxes (limited supply)
- Medication disposal bags
- Naloxone - an OTC opioid overdose reversal medication

**PLUS FREE NALOXONE RAPID REVIVE TRAINING**

## QUESTIONS?

Call **Veronica** at 804-339-8060  
or **Savannah** at 434-484-0255

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH





# CHARLOTTESVILLE REDEVELOPMENT & HOUSING AUTHORITY

## FAMILY SELF-SUFFICIENCY (FSS) PROGRAM\*

# NOW ENROLLING !!!

### IF YOU:

- ✓ Are planning to go back to school
- ✓ Want to obtain & maintain suitable employment
- ✓ Want to become financially independent



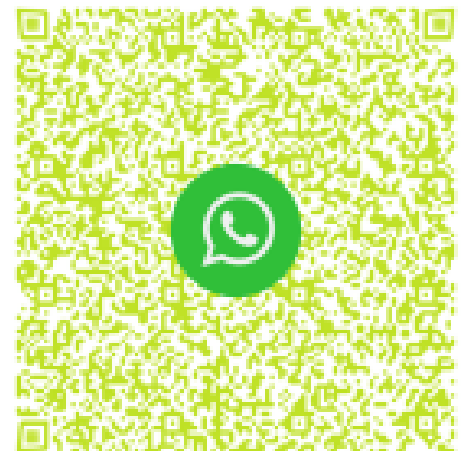
### WANT TO EARN SAVINGS WHILE WORKING?

+ graduate with new skills, high earnings, and a personal savings account?

Open to families in CRHA's Public Housing (PH), the Housing Choice Voucher (HCV) program & residents of project-based rental assistance (PBRA) projects.

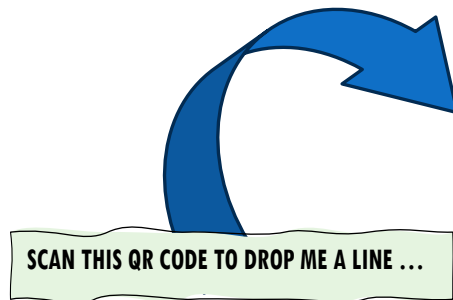
## Find Out How!

Scan QR Code to text/call the FSS office!



e-mail: [mahiric@cvilleha.com](mailto:mahiric@cvilleha.com)

**We ARE CURRENTLY  
ENROLLING  
“ NEW ”  
participants for our  
Fall Sign-Up  
Campaign to serve  
more families and  
GROW the CRHA FSS  
Program!**





**Knowledge is Power — but only when shared!**



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 **Charlottesville Redevelopment & Housing Authority**  
P.O. Box 1405, Charlottesville, VA 22902  
*Contact FSS Office @ (434) 906 1887*

 **e-mail FSS Coordinator**

[cvillerha.com](http://cvillerha.com)