Family Self-Sufficiency Newsletter

September 5, 2018

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Fall is around the corner let us help you fall into a new career check out our career spotlight on page 2. Don’t forget LiHEAP energy assistance will start accepting applications October 1st if you are in need of utility assistance. You can contact the program directly at (319) 739-0100. Also available in this issue information for those with barriers such as a disability or criminal history. There are programs that may be able to assist you with finding quality work. Please contact the programs directly. September is a month where most are getting back in to normal routines with kids going back to school. Don’t forget to take time to think about your FSS goals and how you can work towards them. A little progress each day adds up to big results!

Are you or someone in your family experiencing a Mental Health crisis?

MOBILE CRISIS OUTREACH (MCO) responds on-site 24/7/365 for community members of all ages in the East Central Region. Contact: 1-855-800-1239

Check out these web sites:
- www.kirkwood.edu/hospitality
- WWW.LinnCounty.org
Love to try new things? Have a flare for adding just the right touches or perhaps a sweet tooth? Culinary Arts is the profession that will always be in need!

**Culinary Majors**
- Culinary Chefs earn an average yearly salary of **$34,920.00**
- Baking & Pastry Arts
- Food Prep/Prof. Cooking
- Hotel & Restaurant Management
- Culinary Arts Management

**Education Opportunities**

Kirkwood offers a 2 year Associate of Applied Science degree. To learn more contact:

The Hotel at Kirkwood Center
319-848-8770.

**Paths Program**

10 Week Career training program (includes a $1,000 stipend upon completion) Call -319-364-0067 or email at: info@fouroaks.org

**Job Opportunities**

- **Culinary Arts Instructor**– Kirkwood Community College
- **Line Cook Market Grille** – Hy-Vee
- **Prep Worker**– Kraft Heinz
- **Cook**– Kraft Heinz
- **Cook**– Unity Point Health
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**Calendar Link:** [https://www.iowaworkforcedevelopment.gov/cedar-rapids](https://www.iowaworkforcedevelopment.gov/cedar-rapids)
Section 8 Family Self-Sufficiency

Phone: 319-286-5872
Fax: 319-286-5870

Cedar Rapids City Hall
101 1st Street SE
Cedar Rapids, Iowa 52401

Section 8 Family Self-Sufficiency

EXPUNGEMENT AND EMPLOYMENT BARRIERS RESOURCE CLINIC

If you face obstacles because of your criminal record, you might qualify to receive free assistance from an attorney at the clinic.

Saturday, September 22 | 10 a.m.
1240 26th Ave. Court SW | Cedar Rapids, IA

EXPUNGEMENT COURT DEBT LICENSE & REGISTRATION ISSUES BACKGROUND CHECKS

Pre-registration is required. Complete a form online at linncounty.org or call 515-243-1193.

SET TASK FORCE
CEDAR RAPIDS City of Five Seasons

IowaWORKS

IowaWORKS is an official Employment Network of the Social Security Administration that provides Ticket to Work Program services. Ticket to Work is a free and voluntary program that is available to persons aged 18 to 64 who have a disability and receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI).

Benefits of assigning your ticket to work with our Employment Network include:
- Ability to transition back into receiving benefits if needed
- Assistance in understanding how working affects benefits
- Continued cash benefits
- Medical reviews are waived while making timely progress in the program

IowaWORKS offers a variety of services and supports to provide to you based on your individual needs. Examples of these include:
- One-on-one support as you progress in your employment
- Assistance with wage reporting to Social Security
- Access to benefits planning
- Help identifying and obtaining accommodations in the workplace
- Assistance communicating with your employer

Renae Popelar, TICKET TO WORK LIAISON
319-365-9474 ext. 31187
Renae.Popelar@iwd.iowa.gov
Come spark ideas to build your financial confidence

Join us for a free Budgeting/Savings and Building/Rebuilding Credit Class

You are invited to a financial education event.
To help inspire you to reach your financial goals, Wells Fargo will be here to present information on services and resources available to you.

During the class we will discuss tips for budgeting and savings as well as tools and resources you can use to build or rebuild credit

Date: September 10th
Time: 10:00am
4444 1st Ave NE #436, Cedar Rapids, IA 52402

For more information, please contact:
Rebecca Dickson
319-368-1420 Rebecca.a.dickson@wellsfargo.com

The information contained in this flyer is subject to change without notice.
Printed materials expire 06/31/2019.