

# Family Self-Sufficiency Bulletin

## Spring 2018

HOUSING AUTHORITY OF THE CITY OF SANTA BARBARA

### FAMILY SELF-SUFFICIENCY NEWS

A message from Magdalena Rodriguez, FSS Coordinator

*"Don't downgrade your dream just to fit your reality. Upgrade your conviction to match your destiny."*

– Stuart Scott

Dreams do come true. Too cliché? Sound like a movie line? That might be true but what is also true is that one of your fellow FSS program mates recently left the Section 8 program to move into a home of their very own. The FSS program is very happy to share that a 2017 FSS graduate was able to utilize their escrow monies to assist in realizing their dream of becoming homeowners. How did they do it? First, they did what you did. Sign up for the FSS program. Second, the family increased their earnings by obtaining steady employment and working part time jobs that fit in with their family's schedule and earned an educational degree over the course of 7 years. Third, the family attended the Financial Literacy workshops and worked on their credit score and saved money. You're right, sounds like hard work. But I believe in the ability of a family to achieve extraordinary feats to make a dream come true despite the systems in place that make it hard. In the following pages I offer information that may help on your road to self-sufficiency but in the end you are the one walking it. There is work to be done; let's get to it!

IF YOU  
CAN'T STOP  
**THINKING**  
ABOUT IT,  
DON'T STOP  
**WORKING**  
FOR IT.

*Success doesn't  
come from  
what you do  
occasionally.  
It comes from  
what you do  
consistently.*

### CURRENT EVENTS:

#### Tax Season

If you are filing 2017 taxes, get them done for FREE! The Volunteer Income Tax Assistance (VITA) is now open and will be running through the filing deadline. VITA offers electronic filing, friendly service, and nine different locations with varied hours to fit your schedule.

For more information call  
**(805) 897 - 1028**

#### Training Program

The purpose of the Training Program is to provide Housing Authority residents and low-income members of the community with the skills and experience to acquire and retain employment in the public or private sector through paid on-the-job training. Program participants will assist with clerical, accounting, light-industrial, and coordinating youth and senior programs.

For an application log on to  
[www.hacsb.org](http://www.hacsb.org) or call Magdalena Rodriguez at  
**(805) 897 - 1028**

#### Career Skills Institute

Investing in your professional training is one of the most essential life decisions you will ever make. The SBCC Career Skills Institute meets your professional development needs in the areas of Business, Design, and Technology. Tuition Free! Earn certificate and digital badges!

**(805) 683-8282** or  
[www.sbcc.edu/csi](http://www.sbcc.edu/csi)



## First 5 - Talk, Read, Sing!

Learning starts at birth, and the first months of a child's life are very important for brain growth. Just like our bodies, our brains need exercise to grow and become strong. Hearing spoken languages from birth is necessary to strengthen a child's developing brain.

A baby's brain is more than 80% developed by the age of three, so brain exercises during the early months and years are critical!

From the time your baby is born, **TALK, READ, AND SING** to your child **EVERYDAY**. It's the brain exercise they need to help them succeed throughout life.

Go to [First5California.com/parents](http://First5California.com/parents) for great ideas about talking, reading, and singing to your child everyday.

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## Santa Barbara City College Spring Job, Internship & Volunteer Fairs

Job & Internship Fair  
Wednesday, March 7<sup>th</sup>  
11:00 AM - 1:00 PM



Volunteer & Internship Fair  
Wednesday March 14<sup>th</sup>  
11:00 AM - 1:00 PM

721 Cliff Drive, Main Campus (East), Friendship Plaza  
Outside the cafeteria

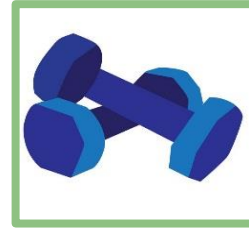
SBCC Job & Internship Fairs are held on West Campus near the fountain overlooking the ocean and will feature employers and organizations offering jobs, internships, and volunteer positions.

Some participating employers include AmeriCorps (March 7<sup>th</sup> & 14<sup>th</sup>), California Department of Public Health (March 14<sup>th</sup>), Santa Barbara Special Olympics (March 14<sup>th</sup>), Pacific Senior Care (March 7<sup>th</sup>), Pure Joy Catering (March 7<sup>th</sup>) and many more employers from various backgrounds.

## 30 Ways to Practice Self-Care

### Physical

1. Get outside and go for a walk.
2. Learn some new dance moves.
3. Take a hike down an unknown trail.
4. Play with a dog.
5. Take a nice, hot shower.
6. Move some of your bedroom furniture around.
7. Visit your favorite coffee shop.
8. Go get a good workout.
9. Curl up in bed and get a much needed nap.
10. Get the kite out of the attic and fly it.



### Mental

1. Read a good book.
2. Learn to draw something new.
3. Find a fun DIY activity on Pinterest.
4. Buy a coloring book and color away.
5. Turn off your phone and decompress.
6. Ask for help when you need help.
7. Stay off social media. You might feel better!
8. Read some inspiring or motivational quotes.
9. Listen to calming music.
10. Write down your current thoughts and feelings.

### Emotional

1. Turn on your favorite song.
2. Find a quiet place and meditate.
3. Avoid triggers and stressful situations.
4. Light your favorite candle and enjoy the smell.
5. Slow your breathing.
6. Take a 10 minute break from what you're doing.
7. Put on fresh, comfy clothes. Pajamas will do!
8. Spend time with your loved ones.
9. Watch your favorite TV show or movie.
10. Eat energizing, healthy foods.





## 12 Month Money Challenge



Schedule an entire year of savings by following the table below. If you are able to keep up with this schedule, then by the end of the year you will have saved a total of \$1,050.00!

| Month        | Monthly Amount Saved | Total \$ Saved    |
|--------------|----------------------|-------------------|
| January      | \$25.00              | \$25.00           |
| February     | \$50.00              | \$75.00           |
| March        | \$75.00              | \$150.00          |
| April        | \$100.00             | \$250.00          |
| May          | \$125.00             | \$375.00          |
| June         | \$150.00             | \$525.00          |
| July         | \$150.00             | \$675.00          |
| August       | \$125.00             | \$800.00          |
| September    | \$100.00             | \$900.00          |
| October      | \$75.00              | \$975.00          |
| November     | \$50.00              | \$1,025.00        |
| December     | \$25.00              | \$1,050.00        |
| <b>Total</b> |                      | <b>\$1,050.00</b> |





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### *Financial Literacy Workshops Spring 2018*

- Personal finance education begins with knowing how to plan. From creating a budget to the home mortgage process, the Financial Literacy Workshops provide strategies for creating and implementing a comprehensive financial goal plan.

- \* Financial Goal Setting
- \* Budget & Savings
- \* Credit Basics/Credit Cards
- \* Investments/Retirement
- \* Home Mortgage Process

### *Motivational Mixers 2018*

- Stay engaged, motivated, and on track with the support of fellow FSS participants! Sometimes focus and motivation can get lost in life challenges but get back on track with Motivational Mixers. As a FSS participant you will get the opportunity to hear from a guest speaker that will share their self-sufficiency story and then you will get an opportunity to take part in reflection exercises.