



Inspire



Marietta Housing Authority Family Self-Sufficiency Program

NEW YEAR GOAL: TO GET A (BETTER) JOB



S —Specific

Who, what, when, where, how and why. Remember, specific goals have a better chance of being accomplished, and being employed.

M —Measurable

How many, how much, and how will you know that you have accomplished your employment goals. If you are **not** invited for an interview, you may want to review your resume. If you are **not** offered a job, you may want to reflect on your interview skills.

A — Attainable

Create on your employment goals on what you can do or what you know you're good at (even if you know it is hard). However, do not sell yourself short either. Failure is almost guaranteed if you create your goals on things you can't control. You can't make employers hire you, but you can prepare for the job with the best resume or the best interview possible. Develop the skills and attitudes necessary to achieve your goals.

R —Realistic

Be realistic with your employment goals. Are you able to achieve your dream job without training or education? If not, are you willing to acquire training or education? However, do not make your goals easy in order to accomplish them. Be willing to challenge yourself.

T —Timeline

Create a timeline of when you want your goals completed. Without a timeline attached to your employment goals, they will likely be forgotten.

Use the goal setting table to help you get started today! <http://www.butte-housing.com>

Goal:	_____

Specific	_____
Measurable	_____
Attainable	_____
Realistic	_____
Timeline	_____



grat·i·tude

The quality of being thankful: readiness to show appreciation for and to return kindness.

There has been a growing wealth of research on the benefits of acknowledging gratitude and on the mechanisms of how practicing gratitude succeeds in creating positive impact.

Some research has shown that those that practice gratitude have:

- Stronger immune systems and lower blood pressure
 - Higher levels of positive emotions
 - More joy, optimism and happiness
 - More generosity and compassion
- Less feelings of loneliness and isolation

Here are some actions on how to cultivate an attitude of gratitude:

- Journal daily the things you are grateful for
 - Send a gratitude letter expressing thanks
- Appreciate what you have by imagining your life without it
 - Take a walk outside
- Let something go that has been bothering you

Try some gratitude today and see if you enjoy the benefits!

<http://www.salinahousing.org/wp-content/uploads/2014/02/FSS-Newsletter-Nov-2017.pdf>

WORKFORCE GEORGIA/COBB WORKS

Entrepreneur Workshop Series

The Edge Connection from KSU is presenting a special workshop series to get your new year off right. This **evening series** will kick off on **January 17** and will take place **once month through April 18** geared towards individuals looking to get their small business off the ground. **Each class will take place on Wednesday evenings from 6pm - 8pm.**

Workshops Offered:

January 17 - Explore, Start & Grow your Business

February 28 - Introduction to Entrepreneurship

March 21 - Take the Fear Out of Finance

April 18 - Social Media 101

<https://www.cobbworks.org>



Welcome to FSS!
Brenda Lane
Kelly Scott
Janell Washington

As an incentive for reading the FSS Newsletter; the first **five** FSS Participants to find the symbol  in the newsletter and **email** an FSS Coordinator will receive a prize.

FREE COMPUTER CLASSES



CobbWorks Literacy Council is now offering FREE basic computer classes to eligible individuals.

OPTION 1: Intro to Keyboarding and Computing (WINDOWS 7)

January 9 - February 1
Tuesdays & Thursdays, 9am - 1pm
8 sessions

OPTION 2: Microsoft Excel (Windows 7)

January 13 - March 3
Saturdays, 9am - 1pm
8 sessions



OPTION 2: Microsoft Word (Windows 7)

March 6 - March 29
Tuesdays & Thursdays, 9am - 1pm
8 sessions

For information regarding eligibility go to the Cobb Works website to print and complete an application.

Once completed, bring packet to Donna Frankovsky at the WorkSource Cobb/CobbWorks office.

-<https://www.cobbworks.org>

FSS 2017 HIGHLIGHTS

\$88,434.00 in escrow money was awarded to FSS graduates in 2017.

\$2000 C. Pugh GAHRA Scholarship winner
\$1500 O. Farrow GAHRA Scholarship winner
12 FSS Graduates for 2017

2nd Annual Family Book Bag Day

2nd Annual Community Partner Luncheon

1st Annual Teen Summit

51% of MHA FSS Participants have Escrow

\$1000 O. Farrow MHA Scholarship winner

\$500 L. Harmon MHA Scholarship winner

\$500 A. Harris MHA Scholarship winner

\$500 T. Mitchell MHA Scholarship winner

143 FSS Children received STEM Tablets from Lockheed Secret Santa



Feel free to contact your FSS Coordinators to review your goals and the amount you might have accumulated in escrow. If you have no escrow money, let's discuss how you can earn it.

Danita Austin –daustin@mariettahousingauthority.org

Dr. Regina Delay-rdelay@mariettahousingauthority.org

The FSS Program has been working to get the word out to Section 8 tenants about our program. If you know someone who could benefit from the services offered, please have them call our office!

Employers Value Life Skills

Life skills are abilities and behaviors that help you effectively deal with the events and challenges of everyday life. If you are looking for employment, be aware that almost every employer is looking for the skills listed below. When you make it clear to a potential employer that you possess these skills—through your resume, cover letter and job interview—you will maximize your chances of being hired!

Cooperation

The ability to get along with others and work as part of a team is critical to not only landing but also keeping a job.

Communication

The ability to convey information to others—verbally, in writing and through body language—are important in any workplace. Demonstrate that you will be able to communicate effectively with your boss, your co-workers and your customers.

Decision Making

Employers want employees who can analyze situations, weigh options and then make decisions on important matters.

Handling Criticism

It is important that an employee have the ability to receive feedback thoughtfully and to grow and adjust behavior based on that input. Self-awareness, thoughtfulness and professionalism are all key to this skill.

Information Technology

Computer and phone skills are critical for almost every job. Be prepared to use common computer programs such as Microsoft Word and Excel-<https://www.grhousing.org/pdf/fss-fall17.pdf>



Don't Forget to Check your Email at least every week!

Goodwill of North Georgia's Youth Employment Services

(Y.E.S.) program is a partnership between local school systems and employers to empower opportunity youth (age 16-24). These dynamic partnerships help participants overcome barriers to employment like disabilities, homelessness, foster care, low incomes, teen parenting and/or criminal backgrounds and make the connection between education and work. Goodwill staff works with participants to set career goals and equip them with the necessary skills to enter the workforce.

Y.E.S. participants earn high school credit for job readiness training classes and paid work experience. Students learn basic work habits needed for success on the job, and gain needed experience and transferable skills in order to pursue their career interests.

Eligibility: 16-24 years old. Priority enrollment for Hispanic/Latino youth.

Available at the Athens, Duluth, Gainesville, Northeast Plaza, Oakwood, Smyrna, and Woodstock Centers.

To apply, email youth@ging.org.



Keep your FSS Coordinator up to date with any contact, education, financial, employment and personal development changes.

**Be sure to check your email!
In addition to receiving your quarterly newsletter, your email is a great way to get immediate notice of special events, job opportunities in the community, and update appointments!**



Employment Tip

More and more companies are screening tenants online/ social media accounts before offering them employment.

One tip is to remember your social media accounts are typically public accounts which anyone can view, even your future boss.

Try to keep your posts positive, remember that poor grammar, unprofessional pictures or vulgar language can deter a potential employer from giving you a chance.

Don't let your social media keep you from being employed.

Mental Health Resources



Mental health disorders are real, common and treatable. The organization Mental Health America reports that approximately 1 in 5 American adults and 13-20% of children will be diagnosed with a mental health disorder in a given year.

If you or a loved one needs mental health support, here are some ways to get help:

- Get a referral from your family doctor.
- Eligible veterans can get care through the U.S. Department of Veteran Affairs. For information: 1-877-222-8387.
- Find affordable mental health services through the Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov/treatment> or call 1-800-662-4357.
- Contact Network 180, the community mental health authority for Kent County, to find out whether you are eligible for free or low-cost treatment and services on a sliding scale.
- Contact your workplace employee assistance program to get a referral to a mental health provider.
- Medicare offers a list of participating mental health professionals on its website: www.medicare.gov.



Maximize Your Sleep Quality



Research shows that lack of sleep can lead to anxiety, low mood or even depression.

These tips from the National Sleep Foundation can help you greet the day with energy and optimism:

- Go to sleep and wake up at the same time every day, even on weekends. Avoid midday naps. Sticking to a sleep schedule regulates your body's clock and can help you fall asleep and stay asleep more easily.
- Maintain a relaxing bedtime routine. Your body needs time to shift into sleep mode, so spend the last hour of your day doing a calming activity such as reading. If you have trouble sleeping, avoid electronics before bed or in the middle of the night.
- Exercise daily, but don't let an exercise activity encroach on regular sleep time.
- Avoid alcohol, tobacco and heavy meals in the evening—all can disrupt sleep.
- Keep your bedroom cool and dark. Consider blackout curtains, eye shades, ear plugs or a "white noise" machine.

Supplement Vitamin D

You may not get adequate Vitamin D during the winter due to lack of sun exposure.



Research shows that vitamin D deficiency is linked with poor mood and can also affect bone health.

Safeguard your health by asking your doctor whether you should supplement vitamin D.



2017 FSS Graduates! Congratulations!



Nadine Kelly



Claudia Panga



Tonya Stargell



Donice Jackson



Monica Corbett



Tikisha Rogers



Angela Jones



Shikera Cook



Shanika Grant



Quentessa Ross



Rashanna Dupree



Chervonta Pugh





Our Holiday Community Partners Thank You For Your Support!



Lockheed Martin Secret Santa



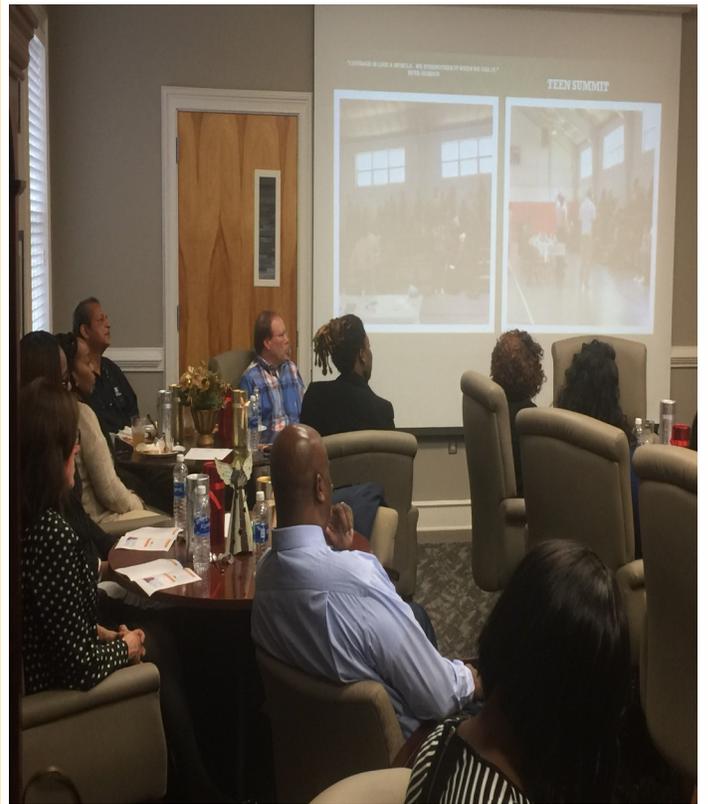
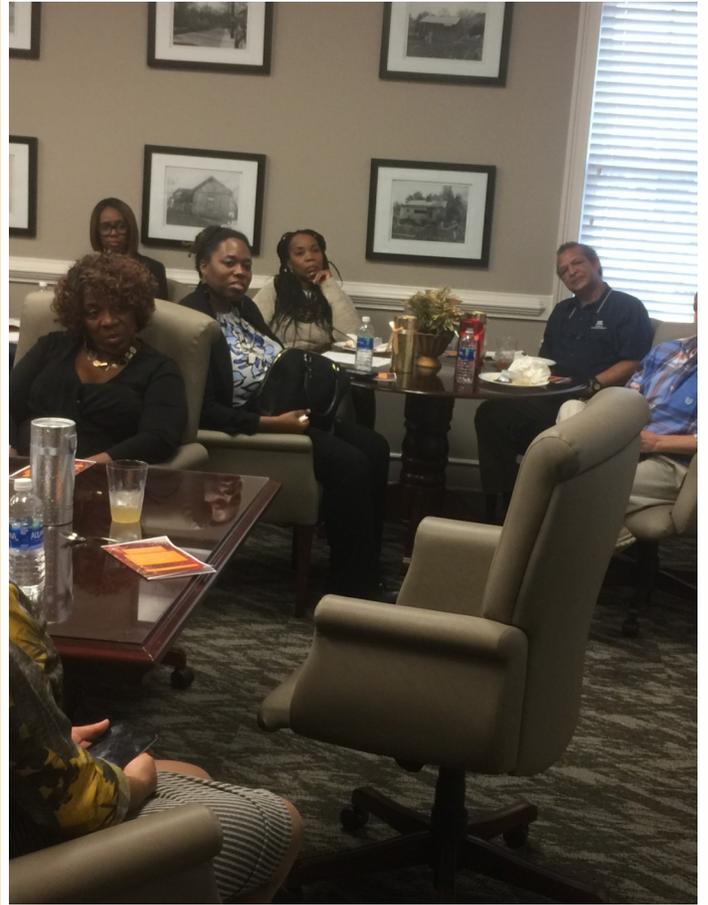
Mt. Paran North Church Christmas
Outreach

2nd Annual Community Partner Appreciation Luncheon





2nd Annual Community Partner Appreciation Luncheon





2nd Annual Community Partner Appreciation Luncheon

