



Resident Empowerment Highlights

FRESNO VIBRANT COMMUNITIES
 QUALITY HOUSING ENGAGED RESIDENTS

AUGUST 2021

Fresno Housing distributed nearly 3,500 backpacks

On Tuesday, August 3, FH celebrated National Night Out with a backpack giveaway to help children get ready for the new school year. Although the events were intentionally scaled-back to increase our residents and staff safety, our families were appreciative. The backpack giveaway and community engagement continue to be meaningful to those we serve.



Sherwin Williams Paint Training Brings Joy and Job Skills

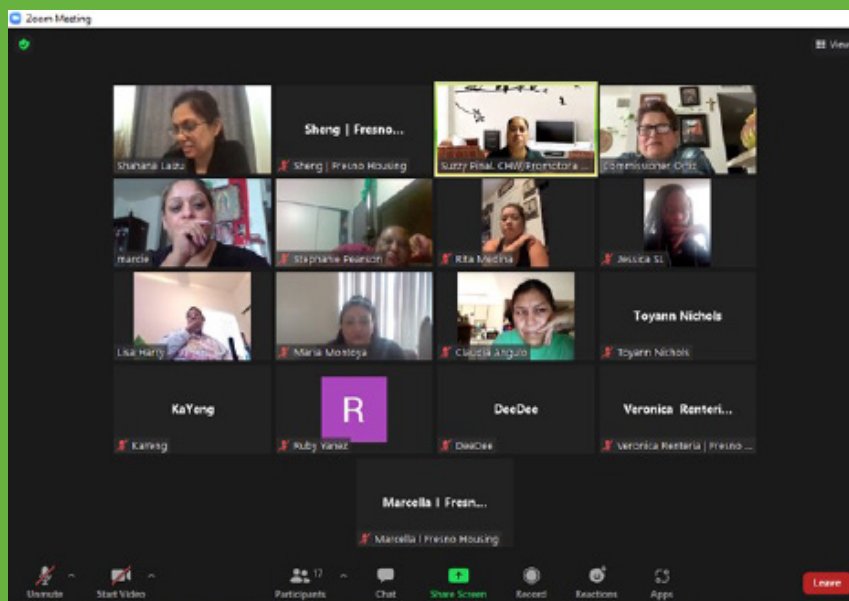
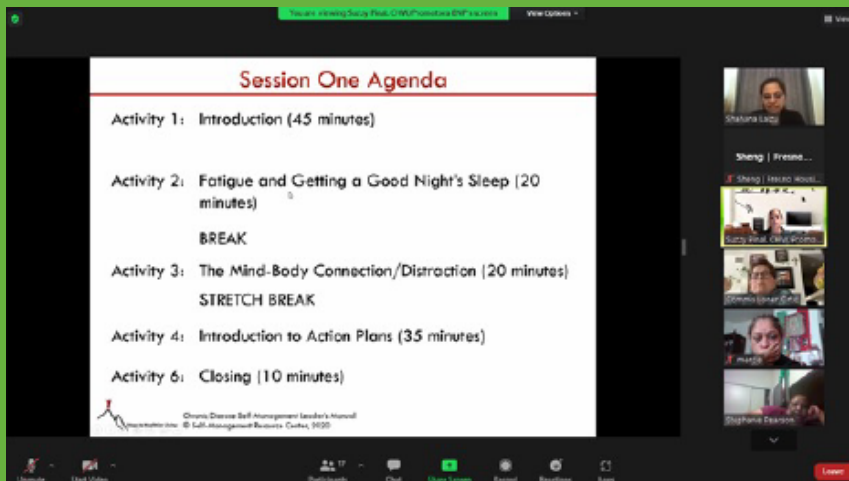
Granada Commons Resident Alba Gonzales from Kerman participated in the summer 2021 cohort of the Sherwin Williams Training. At first, Alba was a bit nervous and a little skeptical about the class, but once she started, she better understood the skills and knowledge she would gain. Alba thoroughly enjoying the training and would recommend it to anyone interested in the painting trade.

// Thanks to this training, I was able to obtain certifications and a job doing something I enjoy. //

-Alba Gonzales



Healthy Living, Healthier You Workshop with Saint Agnes Medical Center



Fresno Housing Resident Empowerment has partnered with Saint Agnes Medical Center Community Health and Well-Being to offer an interactive 6-week series of workshops through Zoom, starting on August 12, 2021, focusing on chronic diseases. Residents will learn how to set health goals, manage stress, eat healthier, manage current health conditions, and communicate with loved ones. The workshop is an opportunity to meet new people, receive support and learn tools to live a healthier life. Each participant will receive a workbook, worksheet package, and a relaxation CD.



Virtual Afterschool Program Returns with the New School Year

The Fresno Housing Resident Empowerment Team is hosting a virtual Afterschool Program that started the week of August 16, 2021. The goal of the program is to increase youth enrichment with supportive and educational programming. It runs weekly, Monday through Thursday, 3pm–5pm. Youth residents in grades K-12 can explore and learn through a range of activities.

Activities

- Specialized homework help for students
- Tutoring
- Arts & Crafts
- Games
- Physical games & sports
- Cognitive games
- Literacy
- Holiday events

For more information call your Resident Services Coordinator:
 Irma Garcia (559) 513-5411
 Marcella McIntosh (559) 513-5183
 Monique Narcisco (559) 614-5670
 Veronica Renteria (559) 573-4212
 Sheng Xiong (559) 513-5000

COMMUNITY RESOURCES FOR RESIDENTS

Crisis Mental Health Support

CalHOPE has 24/7 phone support and chat platform:
calhopecoconnect.org

In addition, non-clinical crisis counselors are available at NAMI Fresno during business hours:

Monday–Friday
8am–5pm



Support & Education Courses

559-224-2469

Warm Line & Office

"To give hope and improve the quality of life for all people affected by mental illness."



7545 N Del Mar Avenue, Suite 105
Fresno CA 93711
559-224-2469
info@namifresno.org
www.namifresno.org

Groceries

Central California Food Bank can help with groceries. Sign up for #CalFresh over the phone: (559) 237-3663

Need groceries? We can help!

CalFresh Assistance | **Contact Brenetta! 559-237-3663**

Senior Hunger Programs | **Groceries2Go**

Farm Worker Distributions | **Neighborhood Markets**

School Food Programs | **Volunteer Opportunities**

CalFresh FOOD | **CENTRAL CALIFORNIA FOOD BANK**

SCAN QR CODE FOR CALFRESH | **CCFOODBANK.ORG**

FresnoCONNECT Community Homeownership Initiative

FresnoCONNECT Community Homeownership Initiative
A OneFresno Program

Free Credit Counseling Workshop

JOIN REALTIST OF FRESNO COUNTY AND OUR PARTNERS AT OPERATION HOPE AS WE PROVIDE AN IN DEPTH WORKSHOP ON ALL THINGS CREDIT. REGISTER NOW TO RESERVE YOUR SPOT, YOU WON'T WANT TO MISS OUT. THE FOLLOWING WILL BE DISCUSSED.

- Understanding your Credit
- Disputing Claims
- Budgeting
- Building Credit/Credit Repair

AUGUST 28TH, 2021 SATURDAY 10:30AM TO 12PM

REGISTER: WWW.ONEFRESNOCONNECT.COM

Carmen Reid
Financial Wellbeing Coach
Operation HOPE-Inside Bank of the West
Oakland CA.

Rental & Utilities Assistance

Past and future rental assistance is available through September 30, 2021.

Community partners are available to help with City of Fresno applicants: Reading and Beyond, The Fresno Center, Centro La Familia Advocacy Services, Inc., Education & Leadership Foundation, West Fresno Family Resource Center, Jakara Movement.

NEED HELP PAYING RENT & UTILITIES?

You may now be eligible to qualify for your portion of rent, even if you applied in the past!

APPLY NOW!

Most Fresno Housing residents now qualify for unpaid and future rental assistance through the City of Fresno or County of Fresno.

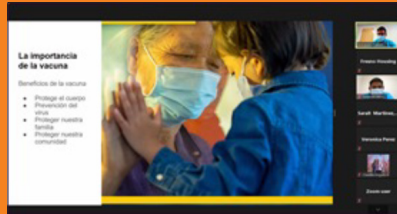
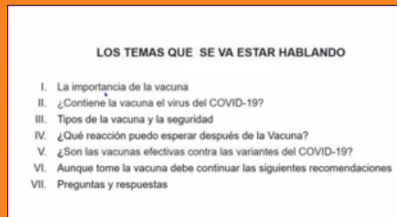
City of Fresno:
www.fresno.gov/mayor/erap
559.621.6801

County of Fresno:
www.fresnorentalhelp.com
559.515.4700

Program ends September 30, 2021

COVID 19 Vaccination Education Offered in Spanish

The Binational Center for The Development of Oaxacan Indigenous Communities (CBDIO) presented information about the importance of COVID 19 vaccines. CBDIO works for and with the indigenous migrant communities from Oaxaca, Mexico, who reside in California, to identify the most pressing problems and needs that affect our communities. Residents were informed of the facts, including possible reactions, types, and dispelling myths. Many residents had questions regarding the misinformation they had received.



Book Club

Residents are invited to register for our next Book Club. All participants who register receive the book "If I Stay" by Gayle Foreman. The six-part series beginning in August includes discussion questions and an open conversation about the characters and content of the book. The last two workshops will review a movie comparison to discuss the differences between the book and the movie.

To sign up, residents can call (559) 614-5670

UPCOMING EVENTS

For more events, please check out our online calendar at fresnohousing.org or Facebook page

Healthier Living, Healthier You

August 26 @ 10:00am-12:00pm

Join us for the 6-week series of workshops that reviews chronic disease. Learn how to set health goals, manage stress, eat healthier, manage your health conditions, and communicate better with loved ones. This workshop is provided by Saint Agnes Medical Center.

Free COVID 19 Vaccine Clinic @ Viking Village

First Dose: Friday, August 6th

Second Dose: Friday, August 27th
3:00pm-7:00pm

Viking Village (Community Center)
4250 N. Chestnut, Fresno, CA 93726

Open to all resident 12 years and older. Reserve vaccination appointment by visiting MyTurn.ca.gov or call 1-833-422-4255. Walk-ins are welcome.

If you have a question, please feel free to contact Monique Narciso, Service Coordinator at mnarciso@fresnohousing.org or 559-614-5670.

Alzheimer's Workshop – 10 Signs

August 27 @ 4:00pm-5:00pm

Residents participated in the first session of a three-part series to learn about Alzheimer's disease. The workshop presented in May was Understanding Alzheimer's and Dementia. Following months will cover Health Habits for Your Brain and Body. The series will conclude with Know the 10 Signs. The workshops are suggested for persons of all ages and it will be beneficial for those who have the disease or are caring for someone with the disease.