

SUCCESS STORIES

FAMILY SELF-SUFFICIENCY PROGRAM GRADUATES

When Cynthia enrolled in the FSS program, she had been unemployed for six months. She realized that in order to fulfill her career goal of working as an educator, she needed to brush-up her math and writing skills. She decided to begin courses at Southwestern College in Child Development. Later, she landed a job as Assistant Director at a childcare facility. She continued with her education and was able to reach her final goal of becoming a Preschool Teacher! She aggressively searched for a job until she obtained a promising position with potential for advancement and with medical benefits. She hopes to branch off and start her own Childcare Center once she gains enough experience and knowledge about the business.



**Cynthia (right) with
FSS Coordinator Rosemary Uribe**



**Monica (left) with
FSS Coordinator Megan O'Dowd**

Monica enrolled in the FSS program while working as a driver for a rental car company. After joining the program, Monica enrolled in Southwestern College, determined to obtain an Administration of Justice certificate. Later she realized that Administration of Justice was not the type of career she expected. Looking for a change, Monica applied for a position as Leasing Coordinator with a military housing corporation agency. She got the job! She has completed a number of on-the-job trainings including Housing Law, Leasing, Navy Policies & Procedures, and Tenants Rights. She also completed a typing certificate. Monica enjoys her job and sees a good future in it. She said that the FSS program "Provided me with valuable resources and gave me guidance."

SERVICE ANNOUNCEMENT

WIRELESS TELEPHONE LAWS

New laws dealing with the use of wireless telephones while driving goes into effect July 1, 2008. The first law prohibits all drivers from using a handheld wireless telephone while operating a motor vehicle. Motorists 18 and over may use a hands-free device. The second law also prohibits **drivers under the age of 18** from using a wireless telephone or a hands-free device while operating a motor vehicle. The law does allow a driver to use a wireless telephone to make emergency calls to an emergency services agency.



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SAN DIEGO CITY COLLEGE'S COMPUTER BUSINESS TECHNOLOGY (CBT) PROGRAM

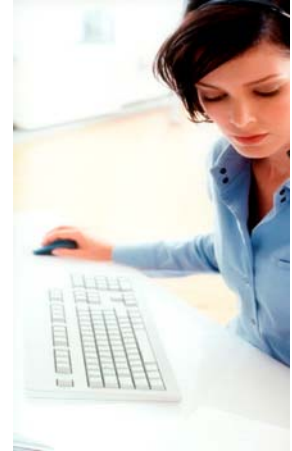
NEED TO UPDATE YOUR OFFICE COMPUTER SKILLS?

San Diego City College's Computer Business Technology Program offers up-to-date software application classes in Microsoft Windows Vista and Microsoft Office 2007

- Access • Excel • Internet
- PowerPoint • Typing • Word

The San Diego City College CBT Center
1313 Park Blvd., Room T330
Monday - Thursday, 10 am - 6 pm

For more information call 619.388.3130 or visit www.sdccity.edu



SOUTHWESTERN COLLEGE HIGHER EDUCATION CENTER



880 National City Blvd. Suite 103
 National City, CA 91950
 619.482.6391, www.sbditc.org



Business Resource Center is Free to the Public

- **Access to Business Software:** Design business cards, work on presentations, Microsoft Office XP, Quickbooks, Business Plan Pro, Simply Accounting and more
- **High-Speed, Wireless Internet:** Perform business-related research, 10 PC's available for use
- **Entrepreneur Library Series:** Essentials for starting almost any type of business, import/export, wholesale, e-businesses, child care, cleaning services, and more
- **Publications in English & Spanish:** Important information on various business topics, business plans, financing, franchising, marketing, corporate, etc.

Please call ahead- as they close periodically for training events. Materials are for reference only. The SWC BRC is a satellite of the U.S. Small Business Administration in San Diego. Managed by the Small Business Development & International Trade Center.

Small Business Development & International Trade Center

- Free one-on-one Business Counseling
- Market Research & Business Plan Development
- Sales & Marketing Strategies
- Financial Review & Analysis
- Information & Referral Resources
- Import/Export Assistance

Small Business & International Trade Workshops & Seminars in 2008

- Introduction to Marketing
- Small Business Start-up Workshop
- Entrepreneurial Training Programs
- IRS Taxes for Small Businesses
- Contracting with the Government
- Exporting & Importing Seminars
- Small Business Loan Day

Algunos seminarios son ofrecidos en Español

CERTIFIED NURSE ASSISTANT (CNA) TRAINING

The CNA program is 255 hours and is taught over a 12 week period. Golden Care Academy offers four classes per year. Tuition is free and subsidized by the San Diego Community College District ROP program. There is an estimated \$350 cost for materials including textbooks, scrubs and other related costs.

All classes are offered in the Golden Hill facility, conveniently located on the bus line. The CNA classes are taught by highly qualified instructors with more than 120 years combined nursing experience.



**The next Certified Nurse Assistant Class begins:
September 8 - November 21**

Golden Hill facility
2469 Broadway
San Diego, CA 92102



Please note, in order to apply, you must be a legal resident of the United States, possess a GED or high school diploma, and have no criminal background.

Contact Golden Care Academy today to reserve your place:
619.232.0557, info@goldencareacademy.org

HOMEOWNERSHIP

1ST TIME HOMEBUYER ORIENTATION

Buying a home can be exciting and enjoyable, and sometimes a little intimidating. As an FSS participant, you are already working on a career plan that will lead you to economic self-sufficiency. We want to take the fear out of buying a home and show you how home ownership can become a reality for you. Remember *Knowledge is Power*; the more you know about home buying opportunities, the closer you get to homeownership.

DO YOU WANT:

- to know where to start?
- information about home loans or grants?
- information about the credit that you need to qualify for a loan?

**Then this is the orientation for you!
Tuesdays 5:30 pm – 7:00 pm**

July 8, *English*
August 19, *Spanish*
September 16, *English*
October 14, *Spanish*



San Diego Housing Commission
1122 Broadway, San Diego, CA 92101

To register, please call Yolanda Valdez at 619.578.7460

YMCA YOUTH & FAMILY SERVICES



THE YMCA TLC FAMILY INSTITUTE'S PRESENTS

Youth & Community Center is having its first ever **Summer Camp**. The camp focuses on creating music, learning animation skills, and outdoor recreation. They have week long sessions for kids ages 8-15. The camp runs from 8:00 am - 2:30 pm with extended programming available until 6 pm. The cost is \$150 per week with limited financial assistance available. Lunch and snacks are provided. Space is limited, call 619.281.8313 to reserve your spot today!

- Week 1: July 7 - 11
- Week 2: July 14 - 18
- Week 3: July 21 - 25
- Week 4: July 28 - August 1
- Week 5: August 4 - 8

The Youth & Community Center is located in North Park at:
2929 Meade Ave, San Diego, CA 92116

**Understanding Temperament
Wednesday, July 23rd from 6-8pm**

Make life with your children easier this Summer. Learn about the 10 different temperament styles, why **every** parent should be familiar with them, the behaviors that are common to each style and how to identify and work with your child's unique temperament.



The cost for each workshop is \$20 when you pre-register. Partial scholarships are available! Contact Debra Roberts at 619.281.8313, x110 for more information.

All workshops and courses can be found on-line at http://www.yfs.ymca.org/english/index_cbs_TLCFamily.html.



FREE SUMMER LUNCH PROGRAM

No enrollment, paperwork, or income qualifications

Now, **any** child ages 2-18 can get **free** lunches during the summer at the San Diego Park and Recreation Centers listed here. This is a federally funded program sponsored by the San Diego Unified School District in partnership with the City of San Diego Park and Recreation Department.



Park & Recreation Center address and lunch time

June 23-August 27, 2008* at these sites:

Adams	3491 Adams Ave.	12:30-1:30
Encanto	6508 Wunderlin Ave.	12:00-1:00
Linda Vista	7064 Levant St.	1:00-2:00
M.L.King Jr	6401 Skyline Dr.	12:00-1:00
Mid-City Gym	4302 Landis St.	12:00-1:00
Mira Mesa	8575 New Salem St.	12:30-1:30
Morley Field	2221 Morley Field Dr.	11:30-12:30
Skyline Hills	8285 Skyline Dr.	12:00-1:00
Southcrest	4149 Newton Ave.	12:30-1:30
Stockton	330 32nd St.	12:00-1:00

July 22-August 27, 2008 at these sites:

Azalea	2596 Violet Ave.	12:00-1:00
City Heights	4380 Landis St.	12:00-1:00
Willie Henderson	1035 S. 45 th St.	12:00-1:00
Mt. View	641 S. Boundary	12:00-1:00
North Park	4044 Idaho St.	12:30-1:30
Paradise Hills	6610 Potomac St.	12:00-1:00
Penn Athletic Field	2550 Dusk Dr.	12:00-1:00
South Clairemont	3605 Clairemont	11:30-12:30

INTEGRATIVE HEALTH NIGHTS

1st and 3rd Thursday of the month from 3 - 7 pm

Presented by Alternative Healing Network

Tubman-Chavez Multicultural Center

415 Euclid Ave, San Diego, CA 92102 (at Market St.)

across from the "Euclid" trolley (orange line)

Featuring Free:

- **Acupuncture**
- **Massage**
- **Energy Healing**
- **Chiropractic**
- **Biomedical Consults**
- **Yoga and other meditative arts**



For information please call 619.325.3580, or visit www.althealnet.org.

All are welcome, but under 18 must be accompanied by parent or guardian.

Thanks to the Jacobs Family Foundation for supporting this program!



KIDCARE EXPRESS MOBILE MEDICAL UNIT (MMU)

The MMU is in your community bringing you and your family...

HEALTH CARE

The MMU provides the following services:



Sick Care

Physicals	Vision Screening	Birth Control
Immunizations	Health Screening	Pregnancy Test
Health Education	Hearing Screening	Gynecological Services

If you have questions about the Mobile Medical Unit or would like to know when the Unit will be in your community, please call 619.515.2357



*A Family Health Centers of San Diego and
San Diego Housing Commission Partnership*





FINANCIAL FITNESS & HOME BUYER TRAINING OFFERED BY COMMUNITY HOUSINGWORKS

Financial Fitness (FF)

This 6-hour workshop
will help you to:

- Establish S.M.A.R.T. goals with small steps to reach them
- Provide a copy of your credit report with a FICO Score
- Obtain tools for improving credit score
- Create a plan to reduce debt

Workshop Dates

Saturdays 8:30 am -3:30 pm

July 19, *English* September 6, *English*
August 9, *English* September 20, *English*
August 23, *Spanish*

Cost: \$20 (\$10 for HBE Grads)
 Snacks & drinks provided

Place: **4305 University Ave**
 Conference Room 610
 San Diego, CA 92105

To register, call Jeanean Ayala at
760.432.6878 x 306

Home Buyer Education (HBE)

This 8-hour HUD certified workshop
will help you to:

- Qualify for reduced rates with some lenders
- Learn about Community HousingWorks loan products, counseling, and deferred down payment loans
- Answer common homebuyer questions
- Go over the process of buying a home

Workshop Dates

Saturdays 9:00 am -5:00 pm

July 12, *English* August 23, *Spanish*
July 26, *English* September 6, *English*
August 2, *English* September 13, *English*
August 9, *English* September 27, *Spanish*

Cost: \$40 (\$20 for FF Grads)
 Includes a workbook and lunch

Place: **4305 University Ave**
 Meeting Room 640
 San Diego, CA 92105

To register, call 619.282.6647

CREDIT MANAGEMENT

Springboard is a nonprofit consumer credit management organization formed in 1974. Our mission is simple: to provide and promote financial literacy for all consumers. Springboard offers personal financial education and assistance with money, credit and debt management through educational programs and confidential counseling to strengthen our communities. Springboard is accredited by the Council on Accreditation, signifying the highest standards for agency governance, fiscal integrity, counselor certification and service delivery policies. Services we provide include:

- Confidential Credit and Debt Counseling
- Housing Counseling
- Debt Management Plans - Debt repayment through our Debt Management Plan
- "Get Checking" Program
- Financial Education Programs
- Bankruptcy Pre-petition Credit Counseling and Budget Briefing
- Bankruptcy Pre-discharge Personal Financial Management Instructional Course



Counseling available by phone, internet, or in person 1.800.WISE.PLAN
(800.947.3752)

 www.credit.org

FAMILY SELF-SUFFICIENCY PROGRAM FREE FINANCIAL FITNESS WORKSHOPS



CitiBank
3910 University Ave
San Diego, CA 92105



San Diego Housing Commission
1122 Broadway Ste 300
San Diego, CA 92101



US Bank
5330 Napa St
San Diego, CA 92110



H&R BLOCK®



Tuesdays 6:00 pm - 7:00 pm at San Diego Housing Commission

ABC's of Credit	July 8	What is credit; types of credit; the difference between good and bad credit; how to obtain and read a credit report.
Earned Income Tax Credit	July 22	What is Earned Income Tax Credit; the difference between a tax credit and a tax deduction; who qualifies for the Earned Income Tax Credit.
Controlling Your Expenses	Aug 5	What is a budget; why you should have one; how to track your expenses; establishing a budget based on your needs; how to set and achieve personal financial goals.
Loan to Own	Aug 19	Become familiar with the characteristics of consumer installment loans.
Banking On it & Keeping it Safe	Sept 2	Learn the reasons you should keep your money safe (i.e. safety, convenience, cost, security), and protection laws that have been passed to protect your rights as consumers.
Pay Yourself First	Sept 16	Saving money is an important part of building your financial future. Learn tips on how to get started.

Saturdays 10:30 am - 11:30 am at locations indicated

Taking Control of Your Financial life	July 19	CitiBank Having control of your financial life can reduce stress, improve family relationships and your health. Figure out where you are financially, where you want to be, and how you are going to get there.
To Your Credit	Aug 9	US Bank The most important step to financial security is understanding your credit report and building a positive credit history. This course provides information on how to obtain your credit report, repair credit, and other useful resources.
Predatory Lending	Sept 13	CitiBank Identify and understand the latest predatory lending practices and how to avoid them.

FAMILY SELF-SUFFICIENCY

EXTENDED HOURS

The FSS Program has Extended Hours to better serve participants who have daytime commitments. Extended Hours are at 6:00 pm:

July 8 and 22
August 5 and 19
September 2 and 16

1122 Broadway, 5th Floor
San Diego, CA 92101

Extended Hours are by appointment. Please call your coordinator.

You can access underground parking from 11th Avenue. We will validate your parking!

We are unable to accommodate children at Extended Hours meetings. Please call Teresa in advance at 619.578.7469 if you need help with your childcare expenses during Extended Hours.

WHAT IS MY NEXT STEP?

Your Service Coordinator understands that sometimes it is hard to figure out how to start and maintain your **career plan**. You can call your coordinator and make an appointment to discuss your career goals and support service needs.

Get help updating your career plan, planning for vocational training, and obtaining referrals for developing a business plan or buying a home.

CALL YOUR COORDINATOR FOR AN APPOINTMENT:

Alejandra Inzunza	619.578.7465
Carol Conger-Cross	619.578.7458
Deb Furlong	619.578.7459
Megan O'Dowd	619.578.7456
Rosemary Uribe	619.578.7454