

Care1st Avondale Resource and Housing Center Newsletter



The 5th Annual Health and Resource Fair

Inside This Issue: Kick off the new year healthy! The Care1st Avondale Resource and Housing Center is hosting its “5th Annual Health and Resource Fair” on Saturday, January 30, 2016 from 9:00 a.m.-1:00 p.m. Join us for food, prizes, music, health screenings, resources and more! These services will be offered to the community at no cost and will be available throughout the day. Bring the whole family to enjoy a day of fun! For more information, please call 623-333-2703.

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Financial Fitness Class

Do you want to get financially fit for the new year? Then join us for the “Financial Fitness Class” on Saturday, January 16, 2016 from 9:00 a.m.-1:00 p.m. Learn how to save money, create balanced personal and family budgets, understand the advantages and disadvantages of personal credit and why credit is important. This class can provide you the tools you need to secure your financial future. Seating is limited so register today! Lunch will also be provided. To learn more or to register, call 623-333-2703.



Helping Young Kids Beat the Holiday Blues



December is crowded with activity and excitement, which can all be fun for young children, but may also have some unintended consequences: behavior changes.

Toddlers and preschoolers can experience a myriad of emotions, including: anticipation of special activities and events; joy (or disappointment) regarding gifts; anxiety being around unfamiliar relatives and situations; confusion over changing routines (including lack of sleep); sadness at missing their caregivers and friends; and feeling let down when, suddenly, all of the seasonal hoopla ends. First Things First offers the following tips – compiled from various online resources – families can use to help kids navigate these holiday hurdles:

Follow routines. As much as possible, keep morning rituals, naps, bedtimes and meal schedules as consistent as possible. They give kids a sense of security and confidence.

Let kids be kids. Whatever the activity, think of it from your child's point of view. Make sure they understand what will happen and what is expected of them. Bring things for them to do or play with so they enjoy themselves, too.

Listen to your child's cues. Changes in eating habits, difficulty sleeping, impulsiveness, withdrawal and tantrums can all be signs that your child is experiencing feelings that they find difficult to express. Talk with your child in a supportive way and help them find ways to work through those emotions.

Be available. Make time for one-on-one activities with your child – reading together, playing with new toys, craft projects, volunteering or exercise. These are ways for your child to feel connected to you despite all the hustle and bustle.

Look back – and forward. Reliving holiday memories and identifying exciting things happening in the next few months – a birthday, a family trip, etc. – are ways to help your child put the holidays in to context.

By taking time to check in with our kids (and ourselves), we can keep the holiday blues at bay and make the end of the year a winter wonderland for everyone.

Victoria Bray is the Southwest Maricopa Outreach Coordinator and can be reached at vbray@azftf.gov. To learn more about how to help your young kids stay healthy and ready to succeed, visit www.azftf.gov.

Raising A Reader

Did you know learning to read begins before your child starts school? Parents and their children ages birth to five years old are invited to partake in “Raising a Reader”, a special literacy program! Learn how to build early literacy skill in your children to help them enter school ready to learn. This 8-week workshop kicks off on Monday, January 11, 2016 from 9:00 a.m.-11:00 a.m. and will be held on Mondays at no cost at the Care1st Avondale Resource and Housing Center. To register, contact 623-333-2703.



Need Tax Help? Volunteer Income Tax Assistance (VITA) is Here!

Volunteer Income Tax Assistance (VITA) sites provide tax preparation and financial education at no cost to those who need it most. Taxpayers who have used this service in the past often say they have used the refunds to open a savings account, pay bills, and enroll in job training to begin the new year on fresh footing. IRS trained and certified VITA volunteers ensure families and individuals receive tax credits they qualify for including the Earned Income Tax Credit (EITC). They work to increase financial stability among working taxpayers. United Way’s VITA volunteers focus on connecting every qualified Maricopa County taxpayer to a tax credit that could transform their lives. The Care1st Avondale Resource and Housing Center is a VITA site during tax season (January 26 -April 16, 2016) on Tuesdays from 5:00 p.m.-7:00 p.m. and Saturdays from 9:00 a.m.-1:00 p.m.



What You Need To Bring With You:

- Social Security Cards, or IRS ITIN cards or ITIN letters for all household members
- Picture ID for taxpayer and spouse
- Proof of income, including W-2 and 1099 forms
- Name, address, and tax ID number of childcare provider
- Amount of money paid to childcare provider for 2015
- Account and routing numbers for direct deposit
- If filling jointly, both adults must be present to sign return

Upcoming Events

January 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 
17	18 	19	20	21	22	23
24	25	26	27	28	29	30 
31						

- Goodwill Career Services: Jan. 4, 11, 18, and 25 – 1:00 p.m. -3:00 p.m.
- Arizona Science Center: Jan. 6 -10:00 a.m.-11:00 a.m.
- Southwest Nutrition and Physical Activity Classes: Jan. 6 and 13 – 5:30 p.m.-6:30 p.m.
- Raising A Reader: Jan. 11 and 25 – 9:00 a.m.-11:00 a.m.
- Financial Fitness Class : Jan. 16 – 9:00 a.m.-1:00 p.m.
- Developmental, Hearing and Vision Screenings: Jan. 19 – 1:00 p.m.-3:00 p.m.
- Commercial Sexual Exploitation of Children: Jan. 26 – 5:00 p.m.-6:30 p.m.
- Resource Center “Health and Resource Fair”: Jan. 30 – 9:00 a.m.-1:00 p.m.
- TOPS Healthy Pregnancy Class: Jan. 7, 14, 21 and 28 – 4:30 p.m.-6:30 p.m.
- TOPS Teen Parenting Class: Jan. 13, 20 and 21 – 5:00 p.m.-7:00 p.m.
- Closed: Jan. 1 – New Years Day and Jan. 18 – Martin Luther King, Jr. Day

Care1st Avondale Resource and Housing Center

328 W. Western Avenue, Avondale, AZ 85323

623-333-2703

resourcecenter@avondale.org

Monday-Thursday: 8:00 a.m.-7:00 p.m. and Friday: 9:00 a.m.-5:00 p.m.

Open 3rd Saturday: 9:00 a.m.-1:00 p.m.

