



# Royal Throne

## A New Year FULL of New Opportunities

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

### January

- Apply for Heating Assistance
- Sign up for Financial Literacy classes (Contact your local FDC)
- Sign your child up for Head Start 2019-2020 school year

### February

- Apply for Heating Assistance
- National Children's Dental Health Month (Check out our I-Smile program)

### March

- National Nutrition & Healthy Eating Month (Do you know about our WIC program?)
- Problem Gambling Awareness Month

### April

- Financial Literacy Month
- Alcohol Awareness Month (We offer Prevention & Treatment of alcohol)
- National Volunteer Month (Contact us to volunteer!)

### May

- Apply for a plot in the Community Gardens
- National Prevention Month
- Learn more about qualifying for Weatherization (Contact your local FDC)

### June

- Men's Health Month (The Health Department offers men's health services)
- Sign up for Financial Literacy classes

### July

- Check out your local Summer Food Service Program!
- Apply to become a mentor (Call 712-792-9266 to learn more about mentoring)

### August

- Back to School Health Clinic
- Sign up for school supplies
- World Breast Feeding Month (Our Health Dept. has Breast Feeding Peer Counselors)

### September

- National Recovery Month
- Hunger Action Month (Contact your local FDC for a food pantry or to learn about local food resources)

### October

- Apply for Heating Assistance
- National Dental Hygiene Month (Contact our Health Dept.)
- Head Start Awareness Month
- Weatherization Month

### November

- Apply for Heating Assistance
- Sign up for holiday baskets
- Tobacco Awareness Month
- Giving Tuesday (Consider donating to New Opportunities)

### December

- Apply for Heating Assistance
- Sign up for Christmas toys (At your local FDC)

**Most of the services we offer are year-round! Those services include food pantries, Head Start, Health services, Prevention services, Substance Abuse Treatment counseling, Weatherization and many volunteer opportunities. If you have questions about any of the programs that we offer, contact us at: 712-792-9266!**

**A Tip From the Financial Literacy Coordinator**

**Be sure to jot down your financial goals for 2019—simply writing your goals makes you more likely to achieve them!**