



# Royal Throne January 2022

## A New Year, New Opportunities!

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!

### January

- Apply for LIHEAP (energy assistance) (Contact your local FDC)
- Sign your child up for Head Start

### February

- Apply for LIHEAP
- National Children’s Dental Health (Check out our I-Smile program)

### March

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

### April

- Financial Literacy Month
- Alcohol Awareness Month  
(We offer Prevention & Treatment of alcohol misuse)

### May

- Apply for a plot in the Community Gardens
- National Prevention Month (We offer Substance Use Disorder and Problem Gambling Prevention Services)

### June

- Weatherization (Contact your local FDC)
- Apply to become a mentor (Call 712-792-9266 to learn more about mentoring)

### July

- Apply to become a mentor (Call 712-792-9266 to learn more about mentoring)
- Sign up for school supplies

### August

- Back to School Health Clinic
- World Breast Feeding Month (Our Health Dept. has Breast Feeding Peer Counselors)
- Head Start School Year begins

### 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 LIHEAP
- National Dental Hygiene Month (Contact our Health Dept.)
- Head Start & Early Head Start Awareness Month

### November

- Apply for LIHEAP (energy assistance) (Contact your local FDC)
- Sign up for holiday baskets (At your local FDC)
- Tobacco Awareness Month

### December

- Apply for LIHEAP (energy assistance) (Contact your local FDC)
- Sign up for Christmas toys (At your local FDC)

### *The Joy of Giving.*

Help low-income families in your local community by donating or hosting a drive for personal hygiene items including: shampoo, soap, toilet paper & much more. Donations can be dropped off at your local Family Development Center.

