

Winter Tip: Keep a blanket, hat/gloves, shovel, flashlight, and a snack in your car in case of emergency.

# Royal Throne

## January 2021

### NEW OPPORTUNITIES

HELPING PEOPLE. CHANGING LIVES.



## A New Year, New Opportunities!

### January

- Apply for LIHEAP (energy assistance) (Contact your local FDC)
- Sign your child up for Head Start & Early Head Start
- Financial Literacy Education

### February

- Apply for LIHEAP
- National Children's Dental Health Month (Check out our I-Smile program)
- Sign up for Financial Literacy classes

### March

- National Nutrition & Healthy Eating Month (Do you know about our WIC program?)
- Problem Gambling Awareness
- Sign up for Financial Literacy classes

### April

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

### May

- Apply for a plot in the Community Gardens
- National Prevention Month

### June

- Weatherization (Contact you 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)

### 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)

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!

### *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.