

WELFARE-TO-WORK

APRIL 2025 NEWSLETTER

"April is a time for growth."



breathe

April is
Stress Awareness Month

Self Care

Participant Testimony

I have had a very good experience with my WTW Case Managers and the program. My Case Managers were able to explain the program and the options I had available for my situation. The exemption options were thoroughly explained, and they went over the documentation with me. I was able to get my paperwork submitted and my exemption approved which allows me to focus on my health and my family.

Ways to cope with stress, of course not every strategy will work for everyone, but here are a few suggestions.

- Engage in daily exercise
- Take time each day to focus on your breathing
- Surround yourself with people who are calming
- Plan ahead when you know stress is coming your way
- Remove yourself from the stressor

UPCOMING COMMUNITY EVENT!

COMMUNITY BABY SHOWER

WHEN? MAY 17, 2025

WHERE? 499 MARQUERITE STREET, WILLIAMS, CA

TIME? 10:00 A.M. TO 1:00 P.M.



Think About It – Dressing For Success!

Places to shop that can save you money by finding quality items at significantly lower prices.

Trinkets Thrift Store - Colusa, Ca
Thrifty Bargain - Yuba City, Ca
Magic Thrifty - Yuba City, Ca
Habitat for Humanity - Marysville, Ca
Willows Community Thrift Shoppe - Willows, Ca
Gates Resale - Chico, Ca

Bargain World - Yuba City, Ca
Clothing Revival - Yuba City, Ca
Salvation Army Family - Marysville, Ca
The Arc Thrift Store - Chico, Ca
Thrifty Bargain - Chico, Ca

What Works Best?

- **Conservative Colors:** wear blue, black, green, tan – etc. accent with bright colors.
- **Collared shirts (for men)**
- **Conservative necklines**
- **Long sleeves, short sleeves**
- **Skirts length:** no more than 3" above knee

Things to Avoid?

- **Loud Colors:** red, orange, purple, neon of any kind.
- **Large prints, flowers etc.**
- **Sleeveless, tank tops, halter tops, low cut tops**
- **Sweatshirts or T-shirts of any kind.**
- **Short or tight skirts**

FOR A CHANCE TO RECEIVE A \$50 INCENTIVE, TAKE THE SURVEY

This Client Satisfaction Survey will gauge your satisfaction with the CalWORKs program and allow you to make suggestions to improve it. Please take the survey if you have recently completed Orientation, a SAR 7, or signed a plan. Surveys received will be used as a way for the state to initiate changes to enhance your CalWORKs experience. You can also opt into being contacted by your County Welfare Department to discuss any of your survey responses.

TO TAKE THE SURVEY VISIT: [HTTPS://WWW.SURVEYMONKEY.COM/R/CALWORKS_CSS](https://www.surveymonkey.com/r/calworks_css)

-OR-

CALL +1 (888)445-1955 TO TAKE THE SURVEY WITH A LIVE AGENT.

-OR-

SCAN THIS QR CODE TO ACCESS THE SURVEY.

SCAN THIS QR CODE FOR FREQUENTLY ASKED QUESTIONS.



LOCAL INDIGENT CARE NEEDS

Do you need additional support with understanding available resources? As a collaborative effort between Department of health and human services (DHHS) and Tri-County Community Action Partnership (TCCAP) under the Local Indigent Care Needs (LICN) project there are Community Health Workers (CHWs) available to help you. Services are tailored to your needs and include support in navigation of health care, county, housing and community services. To learn more simply contact Tri-County Community Action Plan (TCCAP) @ 530-433-4420 or by email info@tricountiescap.org

DID YOU KNOW BUDGETING & SPENDING MANAGEMENT IS KEY HERE'S WHY?

- **Track Income & Expenses:** Carefully monitor all sources of income and every expense to understand where your money is going.
- **Prioritize Needs over Wants:** Allocate the majority of your budget towards essential items like housing, food and utilities, then consider discretionary spending.
- **Cut Unnecessary Costs:** Identify areas to reduce spending, such as dining out, entertainment, and impulse purchases.
- **Meal Planning:** Plan meals ahead of time to avoid food waste and stick to a grocery list.
- **Shop for Deals:** Look for discounts and coupons, consider buying in bulk when possible.