



## Spring Has Sprung at HopeSource!

### SSVF Success

Our Support Services for Veteran Families team has hit the ground running since we were awarded the \$880,000 grant in November. Since the start of the SSVF program, many veteran households have been delivered from homelessness to permanent housing.

One story sticks out in my mind: when the Smith family was referred to us they were living in a utility trailer in 20 degree weather. They had a two year old son and another little one on the way with no hope of jobs or housing options. That same day we housed them in a nearby hotel, within the week the husband was hired at a full-time job, and within the month, permanent

### NEW Workshop!

We are so excited to announce that we are debuting our newest Hope University class this month: **Stress Management!**

AmeriCorps member and Financial Literacy Coordinator Shianne created this workshop with our clients in mind-it was the number one request when asked about new Hope University topics.

She says this makes sense because "we all get stressed, and it limits our productivity and affects our quality of life. Some of us may know some ways to cope with stress, but not all of us were taught healthy ways to manage stress well. This workshop aims to fill these coping gaps and raise awareness to the ways stress affects us."



housing was secured-all thanks to the SSVF program and the case manager's dedication to the family.



## Mercer Creek Hope Fund Success

One of our 2014 highlights was our partnership with Mercer Creek to administer the Hope Fund to fill the gap for clients in need.



Recently we were able to assist Justin with all of her

admission and registration fees to Yakima Valley Community College. She just celebrated six months of sobriety and is driven to pursue a career in chemical dependency recovery so that she can help others overcome what she has. Justin's ultimate goal is to be able to have her daughter back in her home, and believes that attending YVCC and establishing her career is the perfect way to do so. Hope University

Stress Management will focus on:

- Recognizing different sources of stress
- Changing our reactions to stress
- Preparing ourselves to handle stress
- Avoiding unnecessary stress

Research has shown that a significant increase in stress can lead to heart disease, chest pain, asthma, hypertension, and persistent headaches. Those are serious effects for such a common experience! What does this tell us? That if we don't learn to manage our reactions to stress, we could face some serious consequences. Check out some more startling stress facts in the infographic below!



coaching and the Mercer Creek Hope Fund have given her the stepping stones she needed. Way to go, Justin!

## QCI Certified

Our Weatherization and Energy Manager Andrew recently received his Quality Control Inspector (QCI) certification through the Building Performance Institute (BPI). This certification is currently the most advanced level of certification offered through the BPI for home energy professionals.

This accomplishment not only allows the HopeSource weatherization program to meet stringent requirements from the Department of Energy, but is also a clear reflection of HopeSource's commitment to excellence and quality of services provided to clients. Way to go, Andrew!



Did you know that our class schedule is available online? Find our Hope University Bulletin on our website, [www.hopesource.us](http://www.hopesource.us).

Hope University classes are always free and open to the public! Call our office at (509) 925-1448 to reserve your seat.

## Pathways to Freedom

Last month we purchased seven homes on Cora Street in Ellensburg!

Each of the homes are three bedroom, two bathroom, single family dwellings. The acquisition of this property will help us provide safe, affordable housing for families in our county. Currently all of these units are occupied with renters but over time will be available to Pathways Participants who are working towards home ownership.

While in the program, participants live on site with reduced rent so that they can save money for a down payment on a home of their own. Throughout this process they are working one on one with our financial coaches to build the skills needed in order to be successful homeowners. We are so excited about this opportunity to partner with families in realizing their dreams.



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