

# HUB



HOPE UNIVERSITY BULLETIN

November 2015 Volume 3 Issue 11

*Serving Roslyn, Ellensburg, Cle Elum & Kittitas*

## Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

## Did You Know?

### HOPE U WORKSHOPS AND COACHING ARE FREE!

We offer a variety of workshops and 1:1 coaching sessions. Looking for a job? Need a resume? Need help with your budget? Let us help you as we set goals together and watch them come to life!

With the holidays approaching, finances can be tight and stress can be abundant. Check out our *Stress Management* workshop online, as well as *Managing Your Money* to learn tips on making your dollar stretch and managing those associated stressors.

## We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

## November Events!

### FREE THANKSGIVING DINNER!

A warm, traditional Thanksgiving feast with all the fixin's! Bring the family!  
November 25 @ 3pm: Ellensburg Moose Lodge  
November 25 @ Noon: Cle Elum Putnam Centennial Center

### COLD WEATHER SHELTERS OPEN

Need a warm place to stay at night or know of a family in need? Several churches in Ellensburg have teamed up to offer shelter 7 days a week from 7pm to 7am. Call HopeSource for location information.

### COMMUNITY CHRISTMAS BASKETS

Ellensburg community members, businesses and organizations have the opportunity of "adopting a family" and funding a Christmas Basket filled with toys, food and perishables. If you would like to be a recipient of a basket, applications are available at HopeSource beginning November 9th.

### NEED A WARM COAT?

Time to layer up! Clothing banks are stocked and ready to serve you! Visit Church of Christ @ 408 S Maple St. on Mondays & Fridays 9am-11am, and First United Methodist Church @ 210 N Ruby St. on Tuesdays & Saturdays 9am-12pm

*With  
Respect,  
Honor and  
Gratitude*

*Thank You  
Veterans*

*Veterans Day  
Parade and Lunch  
November 11th  
@ 11am  
Pearl & Pine*

# HOPE U *Online* WORKSHOPS



[www.hopesource.us](http://www.hopesource.us)

For the month of November, we are offering in-person workshops for Managing Your Money and Energy Conservation. All other workshops are available online! Visit our website today!

## ENERGY CONSERVATION

Tips on behaviors and techniques that can make your home more energy efficient and save you money in the long run. Learn how to analyze, lower and control your utility bills and get low and no-cost energy saving tips.

## DEVELOPING POSITIVE WORK HABITS

Learn the basic building blocks of building a good work ethic, such as self-discipline, positive attitude, customer service, attendance, workplace appearance and productivity.

## ORGANIZATION AND TIME MANAGEMENT

Discover four simple steps that can organize any area of your life and home. Planning, fighting procrastination and other principals of time management are discussed. Learn how to use the Covey Time Matrix to prioritize all the details in life so you don't feel so overwhelmed.

## MANAGING YOUR MONEY

Learn the five step process of money management. Learn to set goals, make a budget, increase income and use a spending journal to help you patch spending. Our most popular class!

## SAVING MONEY WHEN YOU SHOP

Learn how to save money on groceries, utilities, transportation, entertainment and clothing.

## STRESS MANAGEMENT

This workshop will focus on recognizing different sources of stress, changing our reaction to stress, preparing ourselves to handle stress, and ways to avoid unnecessary stress.

## CREDIT AND DEBT

This class will help you to understand your credit report and how it affects your credit score, as well as ways to improve both. Learn how to use credit cards wisely and develop strategies for eliminating and reducing debt through debt consolidation, stepladder payments and credit counseling.

## LIVING SMARTER

Learn how to be your personal best through eating healthy and exercising. Get introduced to [www.choosemyplate.com](http://www.choosemyplate.com) to understand how to enter and assess your daily intake online to take care of your body better.

509.925.1448