

FAMILY SELF SUFFICIENCY NEWSLETTER



HAPPY NEW YEAR! 2024

Chelmsford Housing
Authority
10 Wilson Street
Chelmsford, MA 01824

Hours:

(September-June)
Monday- Friday
8:30AM-4:30PM

(July-August)
Monday-Thursday
8AM-5PM
Friday
8AM-Noon

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New year, new beginnings! It is once again a New Year, and time to focus on new beginnings, as well continuing to focus on our goals. Most of us tend to make our New Years Resolutions, do our best to stick to them, then slowly veer off. Here are some tips:

1. Start with small goals

Giving yourself the ability to meet your goal in small steps can help you avoid discouragement along the way.

2. Make it measurable

For example, if you want to exercise more, set the amount of time you want this to be: 30 minutes a day, 4 times a week. By assigning a measurement, you are specifying what goal success looks like.

3. Be realistic

Set your goals according to your lifestyle and with what you will be able to achieve, otherwise you might lose your motivation, be honest with yourself.

4. Create a plan

So you know what you want to accomplish, but make sure you also determine the when, where, and why of your vision – that way you can establish an action plan and set yourself on the right path to achieve your goal.

5. Stay positive

It can be difficult to make changes in your life, but focusing on the negative side will only discourage you. Focusing on the positives will help you stick to your resolution and make it happen.

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HOW TO SPOT FAKE OR FRAUDULENT JOB POSTINGS

Here are some red flags to watch out for when searching for jobs online:

1. Vague job descriptions:

Fake job postings often have vague or incomplete job descriptions. Be wary of postings that don't provide specific details about the job duties, qualifications, or location.

2. Unrealistic salary:

If a job posting offers an unreasonably high salary for little work, it's likely a fake posting. Be cautious of job postings that promise to make you rich quickly.

3. Requests for personal information:

If a job posting requires you to provide personal information, such as your social security number before you've even applied for the job, it's likely a fake posting.

4. Upfront payment:

If a job posting requires you to pay upfront for training, equipment, or any other reason, it's likely a scam.

5. Poor grammar and spelling:

Legitimate job postings are usually written in professional language. Be wary of postings that contain poor grammar, spelling errors, or use of excessive capitalization. By being aware of these red flags, you can protect yourself from fake job postings and ensure a safe and successful job search.

Remember to always research the company and the job posting before applying and trust your instincts if something seems too good to be true.

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valentine's day **WORD SCRAMBLE**

1. ianonmopc _____
2. euartarntns _____
3. anecsdl _____
4. eaidmr _____
5. jltuei _____
6. suiltpt _____
7. ouebtqu _____
8. heschri _____
9. eljywre _____
10. ecpoul _____

RESOURCES:

Fuel Assistance:
Community Teamwork
(978-459-6161)

Food Assistance:
Merrimack Valley Food Bank
(978-454-7272)

Child Care:
Child Care Circuit
(978-686-4288)

Department of Early Education &
Care
(617-988-6600)

Mental Health & Safety

**National Suicide Prevention
Lifeline:** Call 1-800-273-8255 The
lifeline provides 24/4 free
confidential support for people in
crises Elder Abuse & Neglect; Call
1-800 -922-2275

**National Domestic Violence
Hotline:** Call 1-800-799-7299, TTY
1- 800-787-787-3224, Chat: online
at thehotline.org

**Crisis Hotline- TEXT/WHATSAPP
741741**