

Getting Ahead in a Just-Gettin'-by World

A program that offers useful tools, practical advice, and valuable communication to help you and your family get ahead, instead of simply getting by.



Earn and Learn

You will receive \$250 if you complete all sessions. Lunch is provided at every session at no cost. Workbooks will be provided. There are 12 sessions - 1 class each week, including orientation.

- **Dates:** 12 weeks on Tuesdays from April 23 through July 9 2019.
- **Time:** 10am to 1pm
- **Place:** Clinic with a Heart, 1701 S. 17th Street, Suite 4G (basement level)
- **Class Size:** 8 participants.

**Please make arrangements for transportation and childcare. Transportation and childcare will not be provided at these events.

What can I expect to achieve during the program?

- Identify your strengths.
- Learn how to build financial resources for you and your family.
- Learn important skills for long-term employment.
- Receive support to help you achieve your goals.
- Help build a community where everyone can live well.

What is expected of me?

- You must attend EVERY class.
- Participate in discussions.
- Complete lessons in the workbook.
- Engage in work that may occur outside of class.

How do I qualify?

- Applicants must live in Lancaster County.

- Must be 18 years or older.
- Only one person per household may participate at a time.
- You must be able to read and speak English at a conversational level.
- Must fill out an application online. Go to www.clinicwithaheart.org/gettingahead to apply.

Questions?

- If you have questions about this program, please contact Teresa Harms at (402) 421-2924 or Teresa@clinicwithaheart.org

Sponsors



Getting Ahead in a Just Gettin' by World & Bridges Out of Poverty in Nebraska are initiatives of the Food Bank of Lincoln.

