

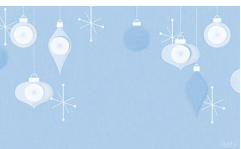


December 2019 Nest Calendar

Class Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *YWCA=425 Lafayette St, Waterloo
 *OT Independence= 1827 First Street W, Independence
 *OT Grundy Center= 1606 G Ave Grundy Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3 Seasonal Arts and Crafts 5pm @ YWCA Meal & childcare	4 EOC 10am @ Operation Threshold	5 Grundy Nest @ 10:00 Waterloo Office Day	6 General Assistance 10am 1st United	7
8	9	10 General Assistance 4:30pm @ YWCA Hispanic Nest	11 Waterloo Office day	12 *Holiday Dinner* 5-7pm @ UAW	13 Pathways 10am 1st United	14
15	16	17 Holiday Snacks to have and enjoy 5pm @ YWCA Meal & childcare	18 Pathways 10am @ YWCA Snack & childcare Grundy Nest @ 4:00	19 	20 EOC 10am 1st United	21
22	23 	24 Office Closed	25 Office Closed	26 Waterloo Office Day	27	28
29	30	31				
						<p>Questions? Contact the Nest Coordinator: 319-292-1805 OR 319-939-6219 Ljordan@operationthreshold.org</p>



What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, and educational books just to name a few.

EOC (Equal Opportunity Center): (Q&A) *Have you thought about picking up a trade, finishing your high school diploma or seeking a degree, the EOC through UNI can help. "The UNI-Educational Opportunity Center's mission is to assist eligible participants with overcoming educational and financial barriers with comprehensive, individualized support through collaboration with students, families, educational institutions and community agencies to provide a path to educational success."*

Seasonal Art and Crafts: *Interactive group activity, making and decorating seasonal decorations and keep sakes, fun for the family.*

General Assistance: Black Hawk County Community Service, have a lot of different programs to assist families , these will be described and discuss to help families better understand how to apply and how to use.

Pathways: *Pathways will be offering a in-depth description on the affects of alcohol and drugs prenatally and post partum, some solution for dealing with addiction or helping someone dealing with addiction*

Healthy Snacks for the holiday: Susan Roos from Ia.State.Ext (Live, Eat, Buy), will be sharing some great ideas for affordable and healthy snacks to enjoy during this holiday season, this will be an interactive group, participation is advised but not mandatory.

Holiday Dinner: come eat and get your kids pictures taken with Santa and Mrs. Clause. Please RSVP to your worker for this event to receive a personalized gift.

Office Days are the best times to check your points, stop in to place orders, turn in point sheets get enrolled and ask questions if you have any concerns.

Benton classes are in Belle Plain, **Grundy** are in GrundyCenter and **Buchanan** are in Independence, you are welcome to attend any county and the point value will be the same.