Judgement FREE Zone!
Connecticut Food Bank in partnership with Filling in the Blanks of Norwalk and Family & Children’s Agency will be distributing a variety of FREE, fresh and nutritious food to families in Norwalk on the fourth Saturday of each month (September 28th, October 26th, November 23rd…). No signups, documentation or income eligibility requirements. Go to Ben Franklin Center, 66 Bayview Avenue, Norwalk from 10:30am to 11:30am to find these wonderful items. Bring your own reusable grocery bags!

Norwalk Area Farmers Markets – Open to the Public!
Stop by for fresh-from-the-farm fruits and veggies. WIC and EBT/SNAP Accepted at both locations!
Norwalk Community Health Center parking Lot, 120 Connecticut Avenue, Norwalk, CT.
Every Wednesday through November 27th, 10AM – 3PM
First Congregational Church on the Green, Corner of Park and Lewis Streets
EBT/SNAP 2-for-1 Program!
Every Saturday through October 26th, 9AM – 2PM

What is RAB?
RAB stands for Resident Advisory Board. The Resident Advisory Board is made up of residents from Public Housing. These residents reflect and represent the residents assisted by the Norwalk Housing Authority. The role of this board is to assist and make recommendations regarding the development of the PHA plan and any significant amendment or modifications to the PHA Plan. We want YOUR Input! Call 203-838-8471 ext. 140 and speak with Alison to become a member.

Renter’s Insurance
As a resident of Public Housing, you may want to consider purchasing renter’s insurance. Renter’s insurance is a form of insurance that covers a policyholder’s belongings against perils such as fire, theft, windstorm, hail, explosion, vandalism, riots, and others. It also provides personal liability coverage for damage the policyholder or dependents cause to third parties. It also provides additional living expenses, known as loss-of-use coverage, if a policy holder must move while his or her dwelling is repaired. Possessions can be covered for their replacement cost or the actual cash value that includes depreciation. Norwalk Housing Authority’s insurance only covers the NHA structure. Call YOUR insurance carrier for details.

UPDATE YOUR INFORMATION
Please be sure the main office has all of your current contact information up to date in our system including a working phone number, email address, and current license plate number. We need to be able to contact you efficiently. Just come in to the main office at 24 1/2 Monroe St., Norwalk to update your information.

Maintenance Inspection
Management would like to remind residents about upcoming inspections. It is very important that residents cooperate during the process of repairs to your units. Notices will be sent out in advance and we would appreciate your help and cooperation with making sure that the areas around your apartment remain free of trash, glass and general clutter.
FREE! Tai Chi Classes & Health Education Lectures

NHA residents, let’s reduce stress, increase flexibility and balance with two FREE classes in Tai Chi, a gentle form of physical exercise and stretching. In addition, sign up for one or both Health Education Lectures on Arthritis and Back Pain and Posture, presented by a certified instructor with the Hospital for Special Surgery.

TAI CHI GROUP EXERCISE CLASSES will be held on September 24, 2019 and October 1, 2019.

HEALTH EDUCATION LECTURES for Arthritis will be held on September 10th, 2019 and Back Pain & Posture will be held on November 12th, 2019.

All classes and lectures will be held at NHA’s CNI Office, 149 Water Street, 2nd Floor, Norwalk, from 5:30PM to 6:30PM. Pre-registration is required, call 203-838-8471 X675(Maria) or X681(Nadine) for any of the wellness series of classes and lectures.

Are you interested in a new career in the growing health care field?

Learn about FREE training at Southwestern CT Health CareerX, Academy. Offered through the WorkPlace, some training opportunities include C.N.A., Pharmacy Tech, Patient Care Tech, Medical Billing and Coding, and more. Eligibility requirements are based on family income or those that have been unemployed (27 weeks or longer). Pre-registration is required.

Dates/Times: Sept. 9th, 10AM or 2PM or Sept. 16th, 10AM
Place: NHA CNI Field Office, 149 Water St., 2nd Floor, Norwalk

First-time Homebuyers Certification Program

Come to this FREE program presented by Bridgeport Neighborhood Trust, to learn what’s involved in becoming a homeowner on Saturday September 21st, 9:00am – 5:00 PM. Please note date change! Take the confusion out of home-buying. You’ll be guided step by step through the process including reviewing your finances, determining how much you can afford, reviewing your credit, shopping for a home, obtaining a mortgage, preparing for the closing, and more. This popular class fills up quickly! Pre-registration is required, space is limited. This program will be held at the NHA/CNI Field Office, 149 Water Street, 2nd Floor, Norwalk. Contact 203-838-8471 Nadine(x681) or Lisa(X188) and to learn the steps you can take TODAY to become a homeowner! Transportation available to NHA residents only with at least one-week advanced notice.

NHA Federal Public Housing and Federal Section 8 residents may qualify for mortgage subsidies for up to 15 years!

Need Employment Assistance??

Hop on the all-new Career Resources bus and get help with your job search from a Career Resources job specialist!
When: October 24, 2019 1PM – 3PM, Drop-ins welcome
Note Location: The Career Coach bus will be next to Ryan Park (behind the 98 South Main Street Parking Lot) to assist you – FREE!

Need Extra Cash? Come To Express Employment’s Event!

Would you like to pick up some extra cash over the summer and beyond? Is it time for a new job or a career change? Meet the professionals at Express Employment and find out about the many choices they have for you. Express can connect you with warehouse work, office and administrative positions, help desk work, as well as professional accounting and sales positions, and much more. Temporary and permanent work options are available!

September 10th at 1:00pm
NHA/CNI Offices, 149 Water St., 2nd flr., Norwalk
Lisa Tella: 203-952-8308; Nadine: 203-838-8471, x 681
What is an Individualized Education Program (IEP)?

The IEP is often described as the cornerstone of special education. That’s because this legally binding document details a student’s annual learning goals as well as the special services and supports the school will provide to help him meet those goals. Before your child can receive special education services, you and the school must complete several steps. Here’s how the process generally works:

1. Referral for evaluation: When your child is struggling and a learning or attention issue is suspected, you or the school can ask for an evaluation. Your request may be accepted or denied. Either way, the school must explain its decision to you. The school can’t evaluate your child unless you give written permission.

2. Evaluation: If the school agrees to evaluate your child, the school psychologist and other specialists will give your child various tests. They also may observe him in the classroom. The evaluation will identify whether your child has one of the 13 disabilities covered by the IDEA. The evaluation will also provide information about his educational needs. Medical conditions such as ADHD are diagnosed by a physician or another medical professional. However, federal law doesn’t necessarily require a medical evaluation to identify a child as having ADHD.[2] Some school districts have policies that allow school psychologists to diagnose ADHD as part of the special education evaluation. School psychologists need to have appropriate training to do this.

3. Determination of eligibility: After the evaluation, a special team from the school meets with you to discuss whether your child has a disability and if it affects his ability to learn. (If your child doesn’t meet the requirements for an IEP, he may qualify for a 504 plan, which can provide many of the same accommodations and services.)

4. Developing the IEP: If your child is eligible for special education, his IEP team creates a plan to meet his needs. You are an equal member of this team and play a very important role. You know and understand your child better than anyone else on the team. Your insights can help ensure that your child receives the services and supports he needs to succeed in school.

There’s a common saying in public schools: “Special education is not a place. It’s a service.” Take advantage of the resources that are available to your child. And remember that many of these resources are available to your child in a general education classroom.

If you’re debating whether to have your child evaluated for special education, thinking through some key questions could help you make up your mind. If you decide to go for it, Understood can help you prepare for the evaluation and develop the IEP. And if you choose not to get an evaluation, or if your child is denied special education services, this site has other suggestions for how you can help your child.
NHA Youth Participate in the 2019 YMCA Race 4 Chase Triathlon

For the fourth year in a row, NHA public housing and Section 8 youth competed in the Race 4 Chase Triathlon, an annual event held to honor Chase Kowalski, a victim of Sandy Hook who loved to swim, bike and run. 21 NHA youth between the ages of 6 and 13 attended six weeks of free summer camp organized by the Riverbrook Regional YMCA. In addition to swimming, biking and running, youth also take part in STEM programs, arts and crafts, library visits and more. A total of 515 youth from YMCA’s across Connecticut participated in this year’s event on August 3rd at the Southington YMCA.

Three NHA teens obtained employment through the Riverbrook YMCA as summer camp counselors: Narold Champagne, Ahsaiah Millien, and Gabriel Nunez, and two former Race 4 Chase triathletes, Angel Espinal and Kwame T. Agyeman volunteered as counselors in training.


Special congratulations to Jazmin Taylor-Moss, who, at only age five, won first place in her age group for completing the triathlon! In addition, NHA youth Naisha Bien-Aime and Tramont Murray Jr. were awarded the Riverbrook YMCA Sportsmanship Award for displaying exemplary performance and character throughout the program, in recognition of their compassionate attitudes, willingness to help others, and respectfulness toward their coaches and fellow triathletes.

NHA STEM Collaborates With WESPORT!

Hands on Making and Experimentation! MakerSpace at Westport Public Library has a variety of products, tools and equipment in addition to 3D printers available for patrons to use on-site. To define a makerspace by its purpose and simplest of terms, it is a place where young people have an opportunity to explore their own interests; learn to use tools and materials, both physical and virtual; and develop creative projects. Imagine DIY meets education! Makerspace is not only a hack shop where you can go to learn how to use an arc welder for the afternoon, but an educational concept as well! A makerspace presents readily-available materials that can act as a provocation for inquiry, as well as modern technology and items to invent with. Makerspace is more than a space itself; it is a mindset that supports NGSS and inquiry learning. We have a student culture of children who have learned to consume technology; educational zombies with all of their technological skill residing in the swipe of an index finger. With a makerspace, we can move beyond consumption to creation! For more information on this upcoming MakerSpace opportunity for your child contact STEM Coordinator Sheiree Powell at 203-939-0481 or spowel@norwalkha.org

Creating Masterpieces With Clay!

For 2 weeks in the summer program, students from the learning center had the opportunity to learn and practice how to create masterpieces with clay. Each student had the chance to personally work with Ms. Diana from Ase Kreationz and spin clay on the wheel. This was all done at the amazing JAM Studios.