



THE GREENVILLE HOUSING AUTHORITY

AN MTW NEWSLETTER

DECEMBER 2024

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12/18/24

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1/8/25

MTW FSS ORIENTATION:

2/12/25

Reminder

**CLOSED FOR
Holidays**

TGHA Offices will be closed
12/24/24 thru 12/27/24



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EMPOWERMENT SEMINAR SERIES &

MTW FSS ORIENTATION

JAN 8, 2025

1:00PM - 3:00PM

111 WELBORN ST, GREENVILLE, SC 29601

SPEAKER

FOOD

PRIZES



THIS EVENT IS FOR ADULT HOUSEHOLD MEMBERS ONLY.
ALL ATTENDEES MUST BE REGISTERED FOR EVENT.

REGISTER HERE

864.467.4250

MTW@TGHA.NET

WWW.TGHA.NET

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MTW FSS Program

**Providing a ladder
to success for those
who wish to
reimagine their
lives while being
supported by
rental assistance.**

Because it's your life!

To learn more about the MTW FSS Program,
please email: mtw@tgha.net
or call (864) 467-4250 option 3

*Follow
-US-*



@tgha_mtw



Participant *Corner*

A Place to
showcase
participant
talents.

Love the Greatest Gift

Depression is Real, No one knows how
someone feels.

They smile to keep from crying, but
deep down inside they feel as if their
dying.

Love is what we really need. Take the
time out and do a good deed.

For we never know what the next man
is going through.

Be a Beacon of Light, let the Love shine
through!

For Love is the greatest gift you can
give, while God gives Us the strength to
Live!

Be loving and kind all the time!

Hug someone and be gentle and kind!

By Keoka Williams
HCV Participant

Managing Stress During The Holidays



TGHA's FSS Coordinator, Jenneh Jones met with United Ministries' Mental Health Counselor, Joel Koontz to discuss ways to deal with stress during the holidays. Joel Koontz is a Licensed Professional Counselor.

What are some common sources of holiday stress, and how can people identify them early?

Feelings of scarcity and lack are common when you're seeing online and TV holiday ads showing families doing sweet things for each other. It can bring up feelings about what they don't have and can't afford. The holidays can also punctuate grief, those points of loss, the empty chair. Really taking the time to foster a relationship with yourself is most important.

Can you share practical tips for managing holiday-related anxiety and depression?

People need to have deep loving, kind, curious self-acceptance. They must be honest about the things that trigger these feelings and set moments aside to look for small things to feel grateful for. The spirit of Christmas should be about generosity not about things. Fostering a relationship with self and others is a more meaningful gift than things. Focus should be on establishing traditions with loved ones.

How can individuals set healthy boundaries with family and friends during the holidays?

Awareness of the family members or friends that like to touch on sensitive subjects is important. If we take inventory of the people and things that trigger negative emotions, we can be better prepared to deal with them. You can work up a script to use to redirect the conversation or to step away for a moment.

What role does self-care play in reducing holiday stress, and what are some effective self-care practices?

I so appreciate that term because it just evokes that sense of preparedness. It requires real self-compassion and being in tune with the healthy things that make us feel better. It's also about knowing how to avoid overdoing things. Some effective self-care options are grounding and breathing exercises, engaging in activities that bring joy like reading, journaling, taking a walk or creating a sensory experience that brings a sense of nostalgia (like cooking something that reminds you of your grandma's cooking).

How can parents help their children cope with holiday stress and maintain a positive environment?

Stay connected with your children. Use active listening, reassurance, and validate their experiences. This is an opportunity to anchor family values. We can choose to create a tradition of volunteering to do deeds for others. You can use this time to set apart your family's way of being during the holidays.



LANDLORD OFFICE HOURS



TGHA's CEO & the Landlord Liaison will participate in an "office-hours" style meeting with landlords who wish to join a zoom or teams call **every month**. This meeting will take place the third Wednesday of each month from 1:00 pm-2:30 pm.

**Next Meeting will be held:
Wednesday December 18, 2024 from 1 pm-2:30pm**

There will be information and updates about the Housing Choice Voucher program as well as an opportunity for comments, concerns, or questions from our landlords.

This is part of our MTW landlord cohort responsibilities.

**TO RECEIVE A LINK TO THE MEETING PLEASE SEND AN EMAIL TO:
LANDLORD@TGHA.NET**





COMMUNITY RESOURCE PAGES

INDUSTRY PATHWAY

FREE

LEASING TRAINING

This course will cover beginner skills for multifamily leasing: phone calls, touring apartments, resident satisfaction, assisting the onsite team and more!



COURSE INCLUDES



JOB TRAINING

Training will be multifamily leasing focused covering everything from first phone calls touring apartments.



ENTRY LEVEL JOB SKILLS

Skills taught in this training can be applied to many positions in the multifamily industry beyond leasing. Multifamily offers many paths of upward mobility.



JOB FAIR

At the end of the training we will hold a job fair with our industry partners to assist participants in finding permanent employment.



SOFT SKILLS

In addition to Fair Housing participants will learn communication skills they can apply in the field.

DECEMBER 10, 11, 12 9AM-4PM
33 VILLA RD. STE 101 GREENVILLE

Participant Requirements:

- Valid driver's license
- Ability to pass drug test
- Ability to pass background check (minimum 5 years)
- Seeking full time employment



864-242-0200



upperstate.org/news/industry-pathway-training



ENTRYWAY™

We are proud to partner with Entryway and provide participants the additional benefit of discounted housing (if needed).



GED[®] BOOTCAMP

**GOODWILL INDUSTRIES OF UPSTATE/MIDLANDS SC,
IN PARTNERSHIP WITH GREENVILLE LITERACY ASSOCIATION**

Are you ready to take the next step in completing your GED[®]? Join us for a GED[®] Application event to apply for our upcoming class!

GED[®] Application Event | December 18

Goodwill Youth and Family Services Center (YFSC)

45 East Main Street, Greenville, SC

Session 1 | 10:00 AM - 12:00 PM

Session 2 | 3:00 - 4:00 PM

16-WEEK GED[®] BOOTCAMP

CLASS DATES: February 3 - May 22, 2025

SCHEDULE: Monday - Thursday | 9:00 AM - 12:00 PM

LOCATION: YFSC | 45 East Main Street, Greenville, SC

CONTACT US TODAY

letswork@goodwillsc.org

877-LETSWRK

The 16-week GED[®] BootCamp is funded by Power:Ed and SC Student Loan through a grant award. Learn more at power-ed.org.



Goodwill Industries
of Upstate/Midlands
South Carolina



GLA
GREENVILLE LITERACY
ASSOCIATION

Do you have an idea you want to turn into a business?

ATTEND A BUSINESS WORKSHOP OR WEBINAR



Upcoming (Free) Events:

Creating a Business Plan That Works

December 10, 2024 at 1pm

How To Create A Marketing Plan For Your Small Business

December 11, 2024 at 1pm

Loans, Grants and Other Funding Options for Small Businesses

December 17, 2024 at 1pm

Strategies and Tips for Finding Retail Space for Your Business

December 19, 2024 at 1pm

To Register or For More information visit <https://www.score.org/business-education>

Take Control of your Financial Future



**"I think this
program is life
changing"**

**-Amanda, FEC
Client**

The Greenville Financial Empowerment Center can help you:

- Improve your credit score
- Reduce your debts
- Increase your savings
- Access safe and affordable banking products
- Reduce your financial stress
- Prepare for home ownership

Schedule your
FREE session today!

**In person and virtual
appointments available**

GreenvilleFEC.com

864-467-7503



**Greenville
Financial
Empowerment
Center**
*Free One-on-One
Financial Counseling*

GREENVILLE COUNTY
**HUMAN
RELATIONS**
COMMISSION
GCHRC



MANAGING HOLIDAY STRESS

Here are a few tips to head off that hectic holiday feeling and help you enjoy the season. Balance that long to-do list with these self-care techniques to reduce stress and increase your sense of joy.

If you are struggling to manage the symptoms of stress this holiday season there are resources available to help. You can call or text 988 to reach the Crisis Lifeline.



DON'T OVER-SCHEDULE

Choose your activities purposefully and honor your limits. If you're overwhelmed by your holiday agenda, consider skipping an activity or two. Remember, it's okay to take time out.



EXERCISE

Exercise can boost your mood, improve your sleep, and help you deal with depression, anxiety and ADHD. People who exercise feel more energetic throughout the day, sleep better at night, have sharper memories and feel more relaxed and positive about themselves and their lives.



LIMIT ALCOHOL CONSUMPTION

Don't attempt to drink away stress or unpleasant emotions; especially if you're on a medication that shouldn't be mixed with alcohol. If alcohol is being served at a gathering, remember that you're in control, and it's okay to leave if the desire to drink becomes too overwhelming.



ENJOY NATURE

Spending time in outdoors or bringing nature into your everyday life can benefit both your mental and physical wellbeing. The sun gives us the best source of Vitamin D and getting enough of this hormone is essential to maintaining a healthy immune system.



LISTEN TO YOUR FAVORITE MUSIC

Research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. That not only calms you down but is good for your heart, too.



KEEP UP HEALTHY HABITS

Be sure to include healthy options for snacks and meals throughout the season and step up your exercise routine to burn those extra calories. This year, in addition to keeping an eye on holiday eating, it's important to practice social distancing, wear a mask, and wash your hands regularly.



LOVE ON AN ANIMAL

Pets, especially dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health.



DON'T COMPARE YOUR HOLIDAY WITH OTHERS

Social media allows you to see what all of your friends are doing during the holidays. Making comparisons can leave you feeling let down. Remember that everyone's holiday traditions are different, and that photos typically only represent happy moments.



ATTEND YOUR SESSIONS

The holidays don't always feel like the "most wonderful time of the year" for everyone. With professional help, your therapist can guide you in your journey toward healing, so you can begin to find moments of comfort and joy.

