



April 2022

Housing Choice Voucher Newsletter

SRHA has partnered with Gateway Services to provide supportive services to its program participants. The company has over 20 years of combined mental health experiences. Gateway Services, LLC is prepared and committed to helping individuals meet their challenges by providing interventions, which emphasize wellness, recovery, and resilience. It is our mission to assist individuals with developing the necessary skills to enhance their well-being, experience success, and fulfillment of their aspirations.

We encourage you to reach out to the agency if you are in need of the following services. Please let them know SRHA informed you of there services.

Gateway Services Program Includes:

- An emphasis on trauma-sensitive, culturally, gender and developmentally appropriate community-based services
- A variety of housing options for qualified participants.
- Licensed Clinical Psychologist who serves as the Clinical Director
- Licensed Professional Counselor as our Program Director
- An established collaborative partnership with Medication Management agency; Alpha Psychiatry

Contact Gateway Services at 757-392-1783 for more information and details. You can reach out to SRHA Resident Service Specialist, Ms. Tammy McClinton to be referred directly to the agency for services at 757-925-6550.



The Portal on SRHA Website

All program participants and applicants are to if not have already register on our website (www.suffolkrha.org) for the online portal. Due to the Coronavirus (COVID-19) restrictions, this is an awesome way to update your information for annual reexamination, interim changes, and upload documents.



We strongly encourage you to register at our website **www.suffolkrha.org/pay-online** to register for an account. Once, registered you will be able to upload document to your caseworker as well as make changes to your application. Please keep in mind you must first register with a valid email address to be granted access. Please remember your user ID and password. In addition, you can communicate directly with your caseworker and there is a record of any documents you upload. This will eliminate the need to visit the office. We are streamlining things making the process contactless and safe. This is a reliable method of doing business considering Covid-19 restrictions.

Free Paid Internship with Hope for Suffolk

Hope for Suffolk invest in teens through there farm work program and personal development workshops. Interns gain work experience, income, job training, community and a positive use of time. Interns attend weekly workshops (with dinner provided!) for which they receive community service hours. The workshops cover everything from conflict resolution to making good impressions to budgeting to interview skills. The program runs from **March through October**. For young adults **between ages 15 and 20**. Their goal is to empower youth to overcome obstacles and to set and achieve personal goals.



While interning students can earn up to **\$10 per hour** while getting real work experience. They can earn community service hours, meet great people, and become empowered to become who you want to be. Participants will leave the program with life-long relationships, connections with employers, a resume, and training for success. They also will have scholarship opportunities that will help out as well.

Application: <https://wrpca.ccbchurch.com/goto/forms/142/responses/new>

FAMILY SELF-SUFFICIENCY

The FSS Program with Ms. Tammy McClinton

Family Self-Sufficiency is a program which offers housing assistance as part of a coordinated linkage to other programs and services to include child care, transportation, personal and career counseling, adult basic or college education, job training and job placement assistance.



The goal of the FSS Program is to assist highly motivated persons to become economically self-sufficient (i.e., self-supporting by obtaining employment and/or education without receiving city, state and federal assistance). Any SRHA Housing

Choice Voucher (HCV) client and/or Public Housing residents. The FSS Program Staff will help you access your needs and direct you to those resources that will enable you to move forward in becoming self-sufficient.



To find out more on how to become successful and establish an escrow account please reach out to Ms. Tammy McClinton at 757-925-6550 or tmcclinton@suffolkrha.org to find out more about the program and sign up.



Events for the month of April:

April 2, 2022: Saturday : Spring Festival - Fun day with local crafters, food trucks, pictures with the Easter Bunny, and a petting zoo! Jesse Lou's Food Truck & Lumpia King by Gavin will be here to serve up some tasty eats. Look out for these vendors:

The Pink Box Bakery, Serenity Wellness, Omas Craftroom & Tasty Treats, Pampered Chef, Salty Dog Boutique, Color Street Nails, Black Horse Creations, Burn Boot Camp, Scentsy, Paints By D'Aurio, and Lisa's Beauty Me Jewelry Boutique.

Location: 5501 Bennett's Pasture Rd, Suffolk, VA 23435-1507, United States Sponsored by Embroidery & Print House



April 6, 2022: Wednesday -Mom to Mom Support-Virtual Class 2022—Under the best of circumstances adjusting to motherhood can be exhausting, confusing, and exciting all at the same time. Learning how to manage and master these new challenges can be overwhelming. Sharing your experiences with other moms who have similar and different experiences is enlightening, comforting, and healing. The mom-to-mom support group is for new mothers who have recently delivered a baby and would like to: Share and discuss milestones and coping with parenting challenges, Gain encouragement from lactation consultant and/or other moms. **Note: Minimum class size required, you may be contacted to cancel/reschedule. Registration is required for all classes. Please contact 1-800-SENTARA (1-757-703-3322) if you need to cancel.**

April 9, 2022: Saturday : Eggstravaganza - Join Suffolk Parks & Recreation for our Annual Spring Eggstravaganza. This event will have your kids hopping for joy at Bennett's Creek Park from 11 a.m. until 2 p.m. This event will be filled with games, pony rides, crafts, music and more, is geared towards families with children 10 years old and under. Kids can decorate bags to stash the eggs they collect throughout the scavenger hunt. Peter Cottontail will arrive to this egg-citing event at 11:15 a.m. and will be available all morning to meet with the children. Bring your camera to capture a day full of memories! **This event is free and open to the public. Food and vendor items will be available for purchase in the park. Bennett's Creek Park is located at 3000 Bennett's Creek Park Road**

April 30, 2022: Saturday : Minority Health Awareness: Community Health and Resource Fair 10 am -until. In recognition of Minority Health Awareness and Prevent Child Abuse Awareness month, the Early Childhood Home Visiting programs are partnering to bring a day of fun and information to our Portsmouth community. The Community Health and Resource Fair will be held on April 30 at Brighton Rock AME Zion Church (1300 Centre Ave, Portsmouth, VA 23704). Free screening will be provided for vision, hearing, A1c, and blood pressures. Register to have a free mammogram and breast screening. Registration is also available for free COVID vaccinations and boosters as well as sports physicals for youth. Health workshops will feature topics on father engagement, maternal health and breastfeeding, and women's health for seniors. There will also be a fun time of fitness and movement for all.

EVENTS ARE **NOT** SPONSORED BY SRHA