



# Monthly Newsletter

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## *February 2019*

As we move into February it can be harder to keep up those resolutions that we swore we would stick to this time. That doesn't mean that health, wellness, and balance should not still be part of our goals! Forget New Year's Resolutions, we are aiming for All Years Resolutions. Here at Pathways we are hoping to work together to make goals that we can sustain for the entire year, through the month of February and beyond. February is American Heart Month, which is a great place to start for an all years resolution. Check out our FREE cardiology clinic, or talk to your general provider, it is never too late to invest in your own health!

## *Inside This Issue*

### PG. 2

Check out our Financial Health Workshop and other recent events!

### PG. 3

Learn about the goings on of Pathways, our staff, and ways you can make a difference in your community.

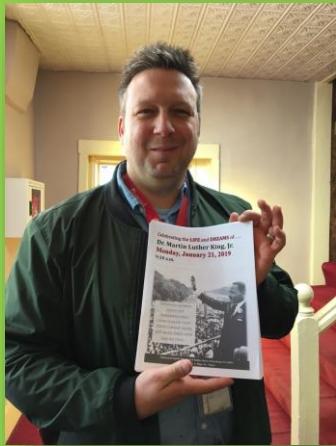


## **Pathways Works Promotes Financial Health**

On a sunlit January afternoon in the Pathways “big room,” Pathways Works and Virginia Credit Union collaborated to bring a presentation on financial health. Through the presentation we learned that financial health is about knowing where you stand and making a plan.

It is never too late to start yourself on a plan of financial health! Some tips to keep in mind: invest in yourself and your savings, view yourself as an asset, set up automatic credit card payments, and if you need help making a plan, find your local credit union, they can help!

This presentation was in the lead up to the Freedom Classic basketball game and was a good reminder that our financial health is worth investing in!



### **Pathways Honors Dr. Martin Luther King Jr. Day**

On January 21<sup>st</sup> the Pathways family had the honor of assisting and observing the Tabernacle Baptist Church’s Dr. Martin Luther King Day service. It reminded us to always be active in our service, and be engaged in the community we live in.

### **FREE Tax Preparation and Filing**

Contact Pathways Works:  
rbrown@pathways-va.org  
(804) 862-1104



**Applications are being accepted NOW for YouthBuild, Spring 2019!**

**For more information and to fill out an application, visit:**

**[www.pathways-va.org/youthbuild](http://www.pathways-va.org/youthbuild)**

**Questions? Contact:**  
**[mruland@pathways-va.org](mailto:mruland@pathways-va.org)**



# Tonya Friend



## Meet Our Staff

**What She Does:** Employment Coach: provide workforce development services such as interacting with employers, service providers, and neighborhood residents; provide job career coaching, and advocate for hard-to-employ residents such as the disabled and ex-offenders.

**Time at Pathways:** 2 years

**Favorite Pathways Event:** HarvestFest, because it is all about community

**Favorite Movie:** Tristen and Isolde

**Favorite Food:** Seafood

**Favorite Local Spot:** Crustacean Boil N Grill

## Pathways Programs, Dates to Know



Join our Envelope Giving CHALLENGE!

Visit our website ([pathways-va.org](http://pathways-va.org)) and help us reach our goal!



Pathways Works Financial Opportunity Center ORIENTATION:

February 27th, 2019 10 am -12 pm

March 13th, 2019 10am - 12pm



Cardiology Clinic

Every Other Thursday

February 28th, 2019 1 pm - 4pm

March 14th, 2019 1pm - 4 pm

## How Do I Get Involved in Pathways?

Becoming a donor and/or volunteering are great ways to get involved in the work done at Pathways. It's as easy as...

1

Visit our website – [www.pathways-va.org](http://www.pathways-va.org)

2

Select how you want to contribute. Click either DONATE NOW to donate OR click GET INVOLVED and select VOLUNTEER ([www.pathways-va.org/volunteer](http://www.pathways-va.org/volunteer)) for volunteer options!

3

Fill out our easy to use online forms. We appreciate your help, thank you for being part of the Pathways family!