

# Getting Ahead in a Just-Gettin'-by World

*A program that offers useful tools, practical advice and valuable communication to help you and your family*

## What can I expect from the program?

- You will receive \$250 for your time in the course. The distribution of funds alongside of the attendance policy will be set and enforced by you and the members of the group.
- Lunch/supper provided at no cost.
- Childcare provided at no cost.
- Total of 12-13 sessions; 1-2 classes each week, including orientation.
- Class will be held either on Monday evenings or Tuesdays and Thursdays during the day.
- Expected class size of about 14-16 people.
- The group is run “kitchen table” style.
- There will be a facilitator to help explore solutions and keep the group on track—not someone who tells you what to do.
- The facilitator will help you gather your ideas and help you explore solutions.
- Monday classes will meet at Riley Elementary School, 5021 Orchard Street.
- Tuesday and Thursday afternoon classes will meet at CEDARS Early Childhood Development Center, 1533 N. 27th Street.
- Safe and encouraging environment.

## What can I expect to achieve during the program?

- Identify your strengths and build a personal future story.
- Work to build financial resources for you and your family.
- Become skilled at using the hidden rules of class to build resources.
- Learn the importance of “soft skills” for long term employment.
- Receive long term support, from people and resources in Lancaster County, to help you achieve your future plans.
- Help be a part of building a community where everyone can live well.

## What is expected of me as a participant?

- Commitment to attend ALL classes.
- Actively participate in discussions.



- Complete the lessons in the workbook.
- Engage in some discovery work that may occur outside of class.
- Be open to new ideas.

## How do I qualify?

- Applicants must live in Lancaster County.
- Must be 18 years or older.
- Must be able to read and speak English at a conversational level.
- Must fill out an application (available in the school office or on website [www.lincolnfoodbank.org](http://www.lincolnfoodbank.org))

## If selected...

You will need to attend a mandatory orientation on Tuesday, February 7th, 2017 from 6:00-7:00 p.m. at Riley Elementary School, 5021 Orchard Street.

## Questions?

If you have questions about this program, please contact Food Bank of Lincoln Youth & Family Programs Director Alynn Sampson at (402) 904-6550, ext. 101 or [asampson@lincolnfoodbank.org](mailto:asampson@lincolnfoodbank.org), or Program Facilitator Emily Koopmann at (402) 436-1164 or [emily.koopmann@lps.org](mailto:emily.koopmann@lps.org).

*Getting Ahead in a Just Gettin' by World & Bridges Out of Poverty in Nebraska are initiatives of the Food Bank of Lincoln.*

