

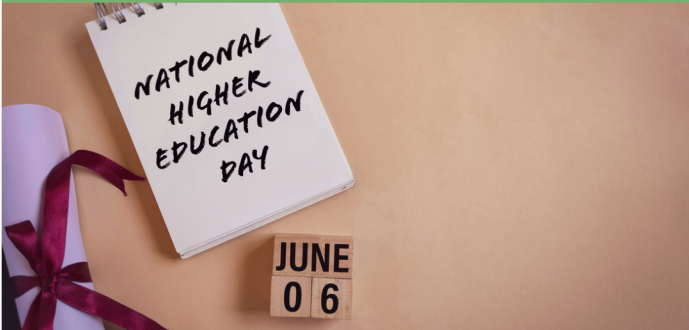


# FAMILY SELF-SUFFICIENCY

## NEWSLETTER



PAGE 3 | MINDFULNESS / EARTH DAY



PAGE 2 | EMPOWERMENT CORNER



PAGE 4 | BUDGETING



PAGE 5 & 6 | ACTIVITIES

### ANNOUNCEMENTS

PAGE 7

- April - June's Workshops
- Book RICH Environment
- Program Coordinating Committee
- Warm Essentials Drive
- Welcome New FSS Participants!
- What Home Means To Me

### RESOURCES

PAGE 8

### SUMMER CAMPS

City of Boise Parks and Recreation playcamps, Rec 'Em, and Mountain Discovery camps are available now. Register here: [Youth Summer Camps](#)

### UPCOMING HOLIDAYS

- Earth Day - April 22nd
- National Picnic Day - April 23rd
- Mother's Day - May 14th
- Memorial Day - May 29th
- National Higher Education Day - June 6th
- Flag Day - June 14th
- Father's Day - June 18th
- Juneteenth - June 19th
- First Day of Summer - June 21st

### VIEW OUR WEBSITE!

[www.bcacha.org/programs/subsidized-housing/family-self-sufficiency-program/](http://www.bcacha.org/programs/subsidized-housing/family-self-sufficiency-program/)

### BE INFORMED: JOB ANNOUNCEMENTS

Contact your FSS Coordinator, today!

### FSS COORDINATORS

ARIANA BRAULT	<a href="mailto:ABRAULT@BCACHA.ORG">ABRAULT@BCACHA.ORG</a>	(208) 287-1060
KATIE ISOLA	<a href="mailto:KISOLA@BCACHA.ORG">KISOLA@BCACHA.ORG</a>	(208) 287-1079
TRUDY NEBEKER	<a href="mailto:TNEBEKER@BCACHA.ORG">TNEBEKER@BCACHA.ORG</a>	(208) 287-1059
TAMMY PARKER	<a href="mailto:TPARKER@BCACHA.ORG">TPARKER@BCACHA.ORG</a>	(208) 287-1045

1001 S. ORCHARD ST. BOISE, ID 83705



## EMPOWERMENT CORNER: EDUCATION

BY ARIANA BRAULT, MSW

It is never too late to accomplish your educational goals of returning to school, expanding your education, or switching your career path. The thought of higher education can be overwhelming, especially if you do not know where to start. But, there are a lot of free programs that can assist in returning to school or finding a training program best suited for your interests.

The Educational Opportunity Center (EOC) program through TRIO provides counseling and information on college admissions to qualified adults who want to enter or continue a program of post-secondary education. The program also provides services to improve the financial and economic literacy of participants. An important objective of the program is to counsel participants on financial aid options, including basic financial planning skills, and to assist in the application process. The goal of the EOC program is to increase the number of adult participants who enroll in post-secondary educational institutions.



Programs from EOC include: academic advice, personal counseling, career workshops; information on post-secondary education opportunities and student financial assistance; help in completing applications for college admissions, testing, financial aid; coordination with nearby post-secondary institutions; media activities designed to involve and acquaint the community with higher educational opportunities; tutoring; mentoring; education or counseling services designed to improve the financial and economic literacy of students; programs and activities previously mentioned that are specially designed for students who are limited English proficient, students from groups who are traditionally underrepresented in post-secondary education, students with disabilities, students who are homeless, children and youths, and students who are in foster care or are aging out of foster care system or other disconnected students.

For further information on TRIO, contact Holly Kimbrell at (208) 364-9925 or [hkimbrell@uidaho.edu](mailto:hkimbrell@uidaho.edu)



### Learn to Earn Free Toolkit!

Using the Learn to Earn Toolkit, you'll build skills to prepare you for the workforce. Through your training on the Learn to Earn Toolkit, you will:

- Create your personal account and profile
- Be introduced to 10 topic areas of learning for the workforce
- Learn specific lessons within each topic area
- Explore career possibilities
- Learn new employment vocabulary

<http://learntoearn toolkit.org/>

## FREE ADULT EDUCATION AT CWI:

Gain the knowledge that will change your life through CWI's Adult Education (AE) programs. All classes and programs through AE are provided FREE of charge. We are here to help you succeed. Free services are available to adults, 16 years and others not currently enrolled in public school.

- Learn English (English Second Language) classes
- Improve English and/or Math Skills
- Study for the GED
- Prepare for College
- Start ESL Career Pathways

[cwi.edu/programs-degrees/adult-education](http://cwi.edu/programs-degrees/adult-education)



## MINDFULNESS: SELF-AWARENESS IN SELF-SUFFICIENCY

BY KATIE ISOLA

When we start making efforts to become more self-sufficient, we find that consistency is most important in making progress toward our goals and achieving success in our lives. However, with being consistent we can fall into the, “being perfect” category. This can become an issue if we have any type of setbacks from mistakes, errors or emergencies. We stop any motivation we had for accomplishing our goal. Cutting yourself slack when things do not go right or if you hit a few road blocks is essential for success in any goal or area of life. A way to remedy this is to plan for failure. This does not mean that you expect to fail, but rather that you have a plan for how to continue on and get back on track if and when you do fail. This is your self-awareness realizing a few hiccups here and there have little impact on your long-term success when you are consistent with making an effort to change.

For example: we all know people who have made the lifestyle change of eating healthy and working out. We look at them now and think, “I can never be like that”. What we forget is every single one of those people we think we cannot be like were once counting calories and weighing food consistently for months or years to develop the skill to judge their meals appropriately. We also forget they failed many times along the way, and most likely still fail at times. Willpower is not the key to success, consistency is. We often lie to ourselves about the progress we are making on important goals. We tell ourselves, “I’ve been doing well with the time I have available,” or “I’ve been trying really hard.” These statements are never backed up by any measurement of our goal progress. They are just soft excuses to make us feel better that we have not made a lot of real progress toward a particular goal. So why do these lies matter? Why is self-awareness important for self-sufficiency? Because you need to be self-aware before reaching self-sufficiency. If you are not aware of what you are actually doing or not doing, it is very hard to change your life with any type of consistency, which is the key to lasting change.

If you are serious about making changes in your life, no matter what your goal may be, start measuring what you are trying to accomplish. For example: you are trying to save money for a down payment on a house or to pay off a large debt. You tell yourself, “I will stop eating out all the time”. You may feel like you only eat out a couple times a week but never check your bank statement to see how many times you actually ate out. There is no consistency in you trying not to eat out. You are not aware of how much you are actually doing it, so how can you stop it or make changes?

It is important to understand this does not mean you will never be able to eat out. But when you know where you stand with yourself and your habits, you become self-aware. You will then become conscious of the decision whether you choose to, or need to eat out, rather than not realizing how much you are actually still eating out. Measuring how often you do something brings your level of self-awareness in line with your reality to be able to make changes and become more self-sufficient in the goals and areas of your life you want to improve.

### Reference

Clear, J. (2022, August 31). The beginner's guide to continuous self-improvement. James Clear. Retrieved March 9, 2023, from <https://jamesclear.com/self-improvement>

## EARTH DAY - APRIL 22ND: BECOME A WASTE WARRIOR & PLANT A TREE

Did you know, a plastic bottle can take over 450 years to break down in a landfill? Before throwing something away think about whether it can be recycled or repurposed.

Researchers estimate roughly 15 billion trees in the world are cut down each year. Help offset that loss by planting a tree of your own. Trees absorb carbon dioxide and release oxygen for people to breathe. They also provide shelter and food for animals such as squirrels and owls. Depending on where trees are planted, their shade can even reduce the need for air-conditioning in hotter months.

Electricity doesn't just happen—it has to be produced from things around us. A lot of times it comes from fossil fuels (such as coal, oil, or natural gas) that contribute to climate change. But electricity can also be made from renewable sources like wind, water, the sun, and even elephant dung! No matter where it's coming from, try conserving electrical energy by using only what you need.

Volunteer to pick up trash at a nearby park, start a collection drive for recyclable items, or organize a screening of an environmentally themed movie. By getting involved and working with others, you're not just helping the Earth—you're making new friends too!

### BE A PLANET HERO!

- In its lifetime, one reusable bag can prevent the use of 600 plastic bags.
- Recycling one can of soda will save enough energy to power a TV for three hours.
- Shutting down a computer when it's not in use cuts the energy consumption by 85 percent.
- For every mile walked instead of driven, nearly one pound of pollution is kept out of the air.

You can learn more tips in helping our planet each and every day here:  
<https://kids.nationalgeographic.com/celebrations/article/earth-day>



# FINANCES: BACK TO BUDGET BASICS

BY ARIANA BRAULT, MSW

Budgeting is one of the most important aspects of financial responsibilities and it can be a very useful tool when keeping track of savings which is important to have access to when emergencies arise such as an unplanned surgery or car repair. Getting started can be the hardest part, especially if your finances feel out of control, but The Consumer Financial Protection Bureau recently published these easy-to-follow steps which are designed to help you create a budget that really works for you.

**Step 1:** Where does my money come from? The first place to start is getting a complete picture of where your money comes from. You may be self-employed, have multiple jobs or receive child support or government benefits -- all of these sources should factor into what you have available to make ends meet. Start by recording all of your income with this [Income Tracker](#)

**Step 2:** Where does my money go? Equally important but the heaviest lift is logging your spending so you get a realistic picture of what your money, on an average month, is going to. [Spending Tracker](#) helps you both log and sort your spending by categories like utilities and housing to eating out and entertainment. If this feels overwhelming, start small and look at your expenses one week at a time by either reviewing your receipts or checking account. You could also start a daily log of your expenses so you are making sure to capture those small expenses -- like buying breakfast or lunch instead of bringing it with you -- that add up over time.

**Step 3:** What are all my bills and when are they due? If you are coming up short at the end of the month, it could be that the timing for your bills and income do not match. [Bill Calendar](#) is designed to help you remember when your bills are due but also keep in mind weeks when you need to be careful about your spending. Missing payments or not paying on time can also have larger impacts on your credit scores and overall financial well-being.

**Step 4:** Create your working budget. Once you have identified all of your income sources and started tracking your spending and when your bills are due, [Budget Worksheet](#) pulls everything together so you have a working and realistic budget. Creating a budget will help you figure out if you have enough money to cover your expenses, while also having enough to save or spend on something extra you may want for yourself or your family. Be sure to update your budget if you experience a change in employment or your spending habits.

## Sticking to a budget

Changing your money habits will not happen overnight. Making – and sticking – with a budget takes effort, but here are a few important tips for being successful.

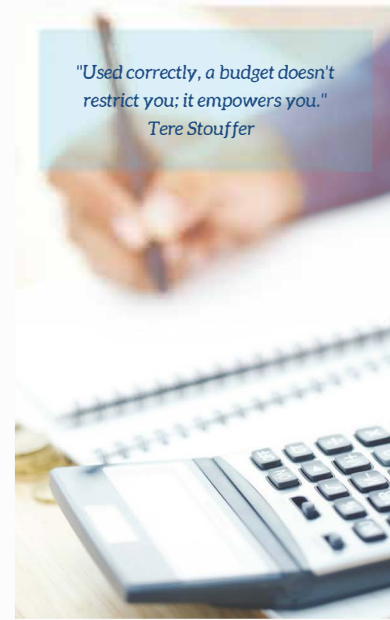
- Create a tool that works for you. Be realistic and start looking at your finances one month at a time. Create a way that is easy for you to track income and spending in real time, whether it is a daily journal or putting receipts in a folder you review at the end of each week.
- Analyze your spending habits. This is an opportunity to take a comprehensive look at your spending, and it is also the easiest way to look for areas where you can cut back. If you know you are prone to impulse spend, create a plan that is doable to help you limit that spending.
- Set a goal.
- Whether it is small or large, it is helpful to have an end goal and something you are working towards. Also, rewarding yourself, even in small ways, can help you keep up with any progress you have made.
- Develop a support system. Like sticking to an exercise routine, it is easier when you are surrounded by families and friends you can trust to offer you support, either by doing a budget with you or listening when you are struggling.

## References

Dantus, C. (2019) [Budgeting: How to create a budget and stick with it](https://www.consumerfinance.gov/about-us/blog/budgeting-how-to-create-a-budget-and-stick-with-it/). <https://www.consumerfinance.gov/about-us/blog/budgeting-how-to-create-a-budget-and-stick-with-it/>

"Used correctly, a budget doesn't restrict you; it empowers you."

Tere Stouffer





## FAMILY ACTIVITIES: 1,000 HOURS OUTSIDE CHALLENGE!

BY TAMMY PARKER, M.A., LSW

In 2014, a professional golfer started a craze called the “Ice Bucket Challenge”. All around the world, government leaders, CEOs, cops and firefighters, teachers and students, parents and kids accepted the challenge of having a bucket of ice water poured over their heads. Some did this for fun. Others raised large amounts of money for their favorite charities by getting soaked.

### Welcome the 1,000 Hours Outside Challenge!

Many websites have popped up promoting the global movement to get our kids (and their parents) outside in nature and sunshine to match the average time we are connected to our phones, video games and other electronic media. Research shows kids spend an average of 1,200 hours per year in front of screens. That is over 3 hours per day. We moms and dads aren't doing much better...maybe even worse!

“Nature does not steal time; it amplifies it.”  
Richard Louv, *The Last Child in the Woods*.

The 1,000 hours movement encourages us to build into our lives time for being outdoors. Spending time outside creates balance. Make room in your life to spend time outside. The recommendation is 2-3 hours per day, but you can catch up on the weekends. It's free!

Once you create the family culture of spending time outside, your kids will ask to play outside. Children of all ages need time to play creatively. So....let's go!

Boise has over 90 parks, including 86 tennis courts, 48 soccer fields, 25 pickle ball courts, 22 basketball courts, 6 bocce ball courts, 3 lacrosse fields, an archery range and a cricket field. There are over 45,000 trees, 190 miles of trails covering 4,600+ acres and 11 reserves.

Check them out here: [https://kids.kiddle.co/List\\_of\\_parks\\_in\\_Boise](https://kids.kiddle.co/List_of_parks_in_Boise)

“Do not send them – take them!”  
Charlotte Mason, British educator, 1842-1923

- Bike or skate
- Birthday party
- Build a backyard fort then tear it down again
- Build a snowman
- Catch snowflakes or raindrops on your tongue
- Climb fences
- Coloring/drawing
- Dining
- Eat a snack
- Feed ducks
- Find bugs
- Go camping in the forest or in your backyard
- Go exploring
- Go fishing,
- Go on a night time lantern hike
- Go to a splash pad
- Have a nature scavenger hunt
- Have a snowball fight
- Have a water fight
- Hide and seek
- Hike
- Visit a park
- Identify birds
- Make believe
- Make mud pies or snow angels
- Picnic

- Plant a garden/flowers
- Play catch
- Play flashlight tag
- Play marbles
- Play on swings/slides
- Puddle jumping
- Reading
- Roast marshmallows
- Search for mushrooms
- Shoot hoops or play street hockey
- Skip rope
- Take a day trip
- Take a nap in the sun
- Video games
- Visit the zoo
- Walk barefoot in the grass
- Walk on the Greenbelt (25 miles of trail along the Boise River)
- Watch clouds
- Water balloon toss
- Work in the yard while working on your tan

“Even if you fail, you win”

Ginny Yurich  
Founder of 1,000 Hours Outside

### Dawdle, dream and wonder!

For more information on spending 1,000 Hours Outside, check out these websites:

[www.1000hoursoutside.com](http://www.1000hoursoutside.com)

[www.1000hoursoutside.com/blog/1000-hours-outside-podcast-books](http://www.1000hoursoutside.com/blog/1000-hours-outside-podcast-books)

[www.1000hoursoutside.com/newsletter-signup](http://www.1000hoursoutside.com/newsletter-signup)

### Ada County Fishing Ponds

Boise River  
Esther Simplot Ponds  
Quinn's Pond  
Silver Lake  
Veterans Park Pond  
Riverside Pond  
Lucky Peak Reservoir  
Arrowrock Reservoir  
Logger's Pond  
Park Center Ponds  
Marianne Williams Pond  
Julius M. Kleiner Park  
Ponds  
Eagle Island Park Pond  
McDevitt/Norm's Pond  
Settlers Park Pond

### Canyon County Ponds

Lake Lowell  
Snake River  
Swan Falls  
Celebration Park  
Caldwell Gravel Ponds -  
#2 & #3  
Caldwell Rotary Pond  
Sego Prairie Pond  
Wilson Springs Pond  
Wilson Springs Pond

# ACTIVITIES CONTINUED: SPRING & SUMMER

BY TRUDY NEBEBEKER

Now that spring is here, it is time to start planning for the upcoming summer break from school. We are fortunate to live in a community where a wide variety of activities are available to help families keep their kids involved and engaged. However, early planning is necessary because classes, camps and other planned activities fill up very quickly.

### YMCA

The local YMCA has a wide variety of activities for children and adults alike. From day camps, to wall climbing to swimming lessons, there are many activities at several locations in our area. For details, please visit their website. There is income-based assistance available for families who qualify.

[YMCA TV](#)

[YMCA Financial Assistance](#)

### Boise Parks and Recreation

2023 summer activities classes, swim lessons and other program schedules will be available on April 10, 2023. Registration opens on April 17 for residents and April 19 for non-residents. Parks and Recreation also offers summer play camps for children who will be going into grades 1 through 6 this fall. Summer play camps are a great way to keep your children active and engaged in learning and to promote prosocial behaviors during the summer.

You can access the information and registration forms online at: [City of Boise Parks and Recreation Registration](#)

If summer activities or day camps are cost prohibitive for your family, there are scholarships and financial assistance available. There are a variety of scholarship funds available. Please review the City of Boise Department of Parks and Recreation website for more information.

[2023 Summer Playcamp Information New Registration Dates](#)

### Idaho Empowering Parent Grant

In the 2022 legislative session, Idaho set aside \$50 million from federal COVID-19 relief funds to create the Idaho Empowering Parents grant. These funds were made available to assist Idaho parents in bridging the education gap created by the pandemic. While many of our FSS Families have already taken advantage of the grant to purchase home computers and other eligible educational items to meet the needs of their children, many may not realize that this opportunity is still open and taking applications.

Eligibility requirements to apply for the grant begin with being a parent or guardian of children in grades K through 12. The grant is awarded to families on a rolling basis, as funds are available and qualification criteria are met. The applications that are now being accepted are for families whose 2021 income did not exceed \$60,000. Once you qualify, you may receive up to \$1000 per child or a maximum of \$3000 per family to purchase items or services including computers or other technology; or to help pay for internet service, educational materials, or tutoring. Approved items will be purchased online through approved marketplaces.

For complete details and qualifications, please review their website: [Empowering Parents Idaho To Apply: Empowering Parents Application](#)

If you would like additional assistance with accessing any of this information, contact your FSS Coordinator. We will be happy to help in any way we can.

**"Play builds the kind of free-and-easy, try-it-out, do-it-yourself character, that our future needs"**  
James L. Hymes, Jr.





# ANNOUNCEMENTS



## Book Rich Environment

The BCACHA is scheduled to receive an additional 3,000 new books between March and May. The Kiwanis have partnered with BCACHA to build 4 onsite Little Free Libraries at our Public Housing locations. More details to come! Book Rich will be partnering with the Library! at Hillcrest's Free Lunch | Picnic in the Park. An anticipated schedule for this year's summer dates will be released.

## Welcome New FSS Participants!

Welcome 2023 FSS participants! We are excited to have you be a part of this wonderful program and to assist you in accomplishing your goals of becoming financially independent! We hope you see this as an opportunity to overcome your obstacles and to rise to the challenges.

"Some people want it to happen, some wish it to happen, and others make it happen." - Michael Jordan



## What Home Means To Me

Since 2008, this contest has recognized the amazing, poignant art of children who live in affordable housing across the country. Each piece of art visually shares the child's thoughts on what their home means to them. Each year, hundreds of children, ages 5-18, participate in the contest.

The final contest, conducted in Washington, D.C., is the culmination of numerous poster contests held by public housing authorities all across the United States. Three judges choose 13 winners from hundreds of entries to be featured in NAHRO's "What Home Means to Me" calendar. All winners receive cash prizes. The grand prize winner, whose art is featured on the calendar cover, will also receive a trip to NAHRO's Washington Conference to meet our membership and his/her Congressional representatives in Washington, D.C. You can learn more about this campaign, how to apply and specifications on the posters at this link: [What Home Means To Me](#)

## Upcoming Workshops



**April Workshop:** Building Credit presented by Todd Christiansen with Money Fit. On April 6th, 2023 at 10:00 am - 11:30 am, located at Boise City Ada County Housing Authorities & available on Zoom.

**May Workshop:** Ticket to Work presented by Lance Kaldor with Idaho's Dept. of Labor. May 8th, 2023 at 3:00 pm - 4:30 pm, located at Boise City Ada County Housing Authorities & available on Zoom.

**June Workshop:** Deseret Industries Employment Program.

## Warm Essentials Drive

The BCACHA FSS team received a total of 487 new hats and gloves from the community and of the items donated, Washington Trust Bank provided 150 hats. They also graciously donated monies to help us reach our goal of 1000 hats and gloves! A BIG Thank You to Olga Menchaca and Washington Trust Bank for partnering with our organization to help assist our families! If you would like a pair of gloves and a hat for you and or child(ren), please contact your FSS Coordinator today while supplies last!



## Program Coordinating Committee (PCC)

The Family Self-Sufficiency Program partners with a number of local organizations within the Boise City area like the Idaho's Department of Labor, Boise Small Business Administration, and TRIO. We hold quarterly meetings in efforts to expand our knowledge of community partners and obtaining the most up to date information on resources. If you are a local organization interested in joining our committee and learning about other supportive services within the area, please contact an FSS Coordinator today!

# COMMUNITY EVENTS & RESOURCES

## **Family Advocates**, Finding Strength to Live Better (STRIVE) Conference

A series of workshops. Community organizations will be offering life skills education including basic education in rental assistance, completing loan applications, insurance 101, car buying and maintenance, and at home first aid; to name a few. Open to all families in the community. Parents are invited to bring their children (Ages 5 - 12) as there will be lunch and childcare provided. Saturday May 20th, 2023, from 9am - 4 pm at The Riverside Hotel.

## **Idaho Department of Labor**, Resume & Interviewing Workshops

Attend an engaging interactive workshop to help you effectively market your skills and experience through your resume. Learn how to view resumes from the employer's perspective, target your resume to the job you want, avoid common resume mistakes, and be your own effective marketer. Attend an interview workshop and fine-tune your interviewing skills. Learn effective techniques, and understand and prepare for behavior-based interviews while avoiding common mistakes by practicing interactive interviews. Contact Anthony de Ville, 208-332-3575 ext. 3270 or [anthony.deville@labor.idaho.gov](mailto:anthony.deville@labor.idaho.gov) for dates or <https://www.labor.idaho.gov/dnn/calendar/>.

## **Boys & Girls Club of Ada County**, Prevention Programs

Open to all families in Ada County, for children ages 5-18, the Boys & Girls Clubs of Ada County function as a critical safety net during out-of-school time for children in our community. These programs are nationally recognized and impact the lives of children and teens. They ensure success is within reach of every child who walks through their doors. Scholarships are available. <https://www.adaclubs.org/about-the-club/>

## **City of Boise Parks and Recreation**, Activities, Camps and Classes

Continue to stay active indoors during the winter or enroll in spring activities to look forward to. They provide programming for all members of the community no matter their age, background or ability. Register online at: [City of Boise Parks and Recreation](#)

## **Hillcrest Library**, Guided Meditation

Join in to reset and relax with a guided meditation, short talk, and tea. Cushions and chairs provided. Thursday, April 6th, 2023, from 1:00 pm - 1:45 pm in the Canyon Room.

## **Hillcrest Library**, AARP Tax Preparation

AARP Foundation is providing complementary tax assistance and preparation in Idaho through its Tax-Aide program. You do not need to be a member of AARP or a retiree to use this service, and all Tax-Aide volunteers are IRS-certified.

All appointments are scheduled in-person. Please bring your documents with you in case you can be seen right away. For more information on what documents you will need to bring, [click here](#).

For more information on tax resources and other locations providing tax assistance, visit [BoisePublicLibrary.org/TaxInfo](#).

## **Hand in Hand Behavioral Health**, CBRS, Counseling & Therapy, and Peer Support

Whether you need ongoing support or occasional guidance - Hand in Hand Behavioral Health can and will be with you every step of the way, at whatever capacity you need. They have worked with clients from all walks of life and firmly believe anyone can benefit from extra support and a helping hand. Contact: (208) 605-3663 or email at [Info@hh.health](mailto:Info@hh.health)

## **El-Ada**, Utility Assistance, Weatherization, Harm Reduction, Food Pantry, and Veteran Services: (208) 322-1242 or [www.eladacap.org](http://www.eladacap.org)

## **Empowering Parents Program**, Computers & technology, Internet, Tutoring, Instructional Materials, and Educational Services & Therapies.

This program is available to help Idaho students from Kindergarten through grade 12 whose education has been disrupted by the pandemic. The Empowering Parents program provides resources to help parents improve their students' learning. <https://empoweringparents.idaho.gov/>

## **Salvation Army**, Boise Family Service Office and Food Pantry: located at 9492 W. Emerald St, Boise, ID 83704 office hours are 9:00 am - 3:00 pm

- Getting Ahead in A Just Gettin' By World - 12 week class that takes you through self-discovery and helps you build resources for a better life.
- Pathway of Hope - Empowering families toward stability, a 12-18 month case management program.
- Family Services Classes - Job, financial literacy and life skills classes
- Project Share - A heating and utility assistance program for low income families, individuals and seniors.
- Booth Program for Young Parents - For pregnant and parenting teens, wrap around services with community partnership Cardinal Academy Public Charter School

[boise.salvationarmy.org/boise2/overcome-poverty](http://boise.salvationarmy.org/boise2/overcome-poverty)

## **WCA**, Domestic Violence

The WCA provides a comprehensive and secure emergency and transitional shelter program, in confidential locations with round-the-clock staff assistance. The shelters have private rooms and common living facilities for women and children who are fleeing domestic and/or sexual assault. 24 hour hotline: (208) 343-7025 or [www.wcaboise.org](http://www.wcaboise.org)

