



Resources for Veterans and Military Families 7 December 2020

Important Dates and Events

December 7 (Tonite) - NAMI Connections Virtual Veteran Support Group, 5:30-7pm. Questions or more information, please call 410 772 9300, or email Yulanda Blackston: yblackston.namihc@gmail.com Register at

<https://www.eventbrite.com/e/nami-howard-county-connection-veterans-support-group-tickets-130261512691>

Joining a Veteran Peer Support Group can help you to feel better in any number of ways, such as:

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help

December 8 – Virtual Learning for Families with a Child with Exceptional Needs, 10am-11am. [Register here.](#)

December 8 – Virtual Comedy Workshop, 12-1pm. Join comedian Amelia Bane for a virtual comedy writing workshop for Veterans & Military Families! This free workshop is presented by Community Building Art Works and the Steven A. Cohen Military Family Clinic at Easterseals. We'll search for the absurd in every day experiences and

use what we find to inspire humor pieces. No comedy or writing experience necessary. Let's make each other laugh!

December 9 – Ft. Meade Facebook Townhall on Mental Health, 1pm

December 12 – Cohen Clinic Crafting Collage Postcards! Using recycled materials, 10am

December 15 - Affordable Housing Opportunities for Veterans and Military Families Amid COVID-19, 10-11:30am.

December 17 - Resiliency and Self-Care for the Healthcare Worker: Facing the COVID-19 Pandemic Webinar. Email to register christina.taranto@homeinstead.com

December 19 – Wreaths Across America

December 22 - Virtual Creative Writing Workshop with Community Building Art Works for Veterans and Military Families! 4th Tuesdays of the month. 12pm-1pm. Join author Seema Reza for a free workshop, presented by Community Building Art Works and the Steven A. Cohen Military Family Clinic at Easterseals. We'll read a short piece of writing, see what makes it work, and use it to enter into our own stories. Bring a notebook and a good pen. No writing experience required—if you can talk, you can write. Benefits Include: Communication Skills, Connect with Others, Improved Mood. Please contact Seema Reza at seema@cbaw.org with questions.

Now Open by Appointment – Success in Style, complete form online for an appointment. For veterans and military spouses entering the workforce and need professional attire. Open Tuesdays, 11am to 3pm at Savage Mill location

Now thru December 20 – Saratoga War Horse has several classes scheduled this calendar year at the Baltimore County Agricultural Center, 1114 Shawan Rd. Cockeysville, MD 21030 (below), as well as at our facility in Saratoga, NY (please inquire for specific NY times/dates.) December 10,11,12 / 18,19, 20

The Saratoga War Horse program takes place during 3-day classes, offered several times each month. The average class size is 5 participants. The program is available to veterans and service members from all branches of the military, regardless of when or for how long they served. There is NO cost for veterans to attend the Saratoga War Horse program. We pay 100% of lodging, meal, and program expenses.

For more info, contact our Veteran Intake Coordinator, Janine Jagodzinski, janine@saratogawarhorse.org 518-252-0285 or our local Outreach Manger, Jason Marshall jason@saratogawarhorse.org 518-531-3219

January 7 – Howard County Commission for Veterans and Military Families Monthly Meeting, 7pm. Email veterans@howardcountymd.gov with questions and webex link.

January 8 - Problem Solving Workshop: 6 week course every Friday at 12 - 1pm beginning Jan 8th 2021. Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org for zoom link.

Every Tuesday – Men’s Roundtable, 10am-12pm. Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers. To register or for more information, khull@howardcountymd.gov or 410-313-7466.
howardcounty.gov/aging

Every Thursday – [Fort Meade Facebook Town Hall](#), 5:30pm. Education Town Hall

Last Thursday of the month – Veteran Career Club, 11am-12pm.
Email anthony.butlersr@maryland.gov for more information

Every Thursday - [Meditate with Delphi](#) every Thursday, 8:30am. Free.
Password: meditate

Every Day – [Veterans Yoga Project Livestreaming classes](#)

1st & 3rd Thursday of the Month - Cohen Clinic Virtual Offerings, 11:30am - 12:30pm EST Registration Required: <http://bit.ly/CohenOfficeHours>
Participants will receive an email with Zoom instructions after registering through Eventbrite. We encourage you to connect with us during Cohen Clinic Office Hours to learn more about our clinic services including outreach and case management. This is an opportunity for the entire community, potential and existing clients, and community partners to meet with us, and discuss: Information about our specific programs and services and sharing your ideas with us and letting us know how we can help you or your organization.

Webinar Series: Problem Gambling Training on Awareness, Prevention, Treatment and Recovery Topics. University of MD School of Medicine The MD Center of Excellence on Problem Gambling. Fridays at 12pm EDT
All training offered by the Center is free of charge and CEUs are awarded for Maryland licensed psychologists, social workers, counselors and therapists, and alcohol and drug addiction counselors.

[REGISTER TODAY!](#)

December 18, 2020 - A Compassionate Path of Recovery for Gamblers: Mindfulness Theory, Research and Treatment

Resources

[Howard County COVID-19 Updates](#)

Military/Veteran Crisis line: 800-273-8255.
Gilchrist Hospice Services

Promoting Mental and Physical Wellness – Mike Subin - Homefront Cable
TV <https://www.montgomerycountymd.gov/CCM/homefront.html>
Bob Koffman - President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) (<https://www.reach.gov/>)

Take the 2020 Military Family Lifestyle Survey

Newsletters, Articles and other Information

Local Health Improvement Coalition Resources and Classes

Howard County 50+ Connection

VFW Newsletter

Caregiver Support during COVID-19

Parent Pages – Dec newsletter, lots of great resources and free workshops

BWI Partnerships Virtual Events

Veteran's Guide to Starting a Business - <https://www.moneygeek.com/financial-planning/resources/guide-starting-veteran-owned-business/>

Caregiver Information

VA Maryland Healthcare System
Baltimore VA Medical Center
10 N. Greene St.
Baltimore, MD 21201
410-605-7000 ext. 54143

Courses for Veterans and Military Caregivers and Families

Program of Comprehensive Assistance for Family Caregivers (PCAFC) has expanded

Employment Information

Howard Community College Introduces Electrical Apprenticeship

If you or someone you know is seeking employment, the first step is to register for assistance with the Maryland Workforce Exchange (MWE) mwejobs.maryland.gov.

The Maryland Workforce Exchange has staff specifically dedicated to serve veterans with priority of service. Currently, MWE is conducting business virtually

and can assist veterans with their resumes as well as connecting them with employers via virtual job fairs.

Besides helping veterans craft a resume, there are programs to increase a veteran's opportunity to get an interview including the Work Opportunity Tax Credit (WOTC) that offers employers an incentive to hire veterans. Additionally, veterans may be eligible for on-the-job-training through the Workforce Innovation and Opportunity Act. Further, service-connected disabled veterans may also be eligible for paid training through the US Department of Veterans Affairs, Veteran Readiness and Employment under Chapter 31. The MWE has trained staff near you that can assist you in finding the right career.

Also, there are nonprofit organizations who will also assist you in finding a career including the [Veterans Staffing Network \(VSN\)](#) which is part of Easter Seals. VSN also has career coaches that will assist you with your resume as well as introduce you to employers who are looking to hire on a temporary basis with a possibility of permanent employment.

Remote Jobs for Military-connected and Veterans

Serving Together Peer Navigators want to connect you with those vetted employers who understand your and your clients' challenges and who value the unique skill set, experience, and resiliency our population brings to the work environment. If you are a Veteran, Guard, Reserve, Transitioning Active Duty, Spouse, or Caregiver, contact our Peer Navigators at 301-738-7176, M-F 9am-4:30pm or you can fill out a Get Assistance Form

at www.servingtogetherproject.org<https://www.bing.com/search?q=amazon.com%2Fnortheastmdjobs&src=IE-SearchBox&FORM=IESR4A>

Veteran Employment Resource Center | <https://rmvets.com/2020vetresources>

- Resume-writing tutorials & guidelines specific for military members and veterans
- How-to / Instructional videos
- Interviewing techniques and best practices guidance

Military Spouse Resource Center | <https://rmvets.com/2020spouserresources>

- Resume-writing tutorials & guidelines specific for military spouses
- How-to / Instructional videos
- Interviewing techniques & guidance

Search & Employ Magazine | <https://rmvets.com/2020searchandemploy>

- Digital bi-monthly military and military spouse employment focused publication

Other Job Opportunities:

[Gregory Ingram](#), Disabled Veterans Outreach Program (DVOP) Specialist

Division of Workforce Development and Adult Learning

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Roslyn Jones, Regional Veteran Employment Manager

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[Max Outreach](#) - OutreachCoordinator@maximus.com or by phone at 1-800-274-8582 ext 185

Howard County Workforce Development, Orion Jones at ojones@dllr.state.md.us

