

HUB



HOPE UNIVERSITY BULLETIN

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Serving Roslyn, Ellensburg, Cle Elum & Kittitas

Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

Did You Know?

DO YOU HAVE AN OLD WOOD STOVE?

If you are considering replacing it, you can save some money—thanks to HopeSource’s Wood Stove Replacement program! Kittitas County residents who regularly heat with an uncertified wood stove or one that was made prior to 1995 could potentially receive \$500-\$1,500 toward the cost of a replacement heating device. Larger discounts are available for income-qualified households.

For information on the Wood Stove Replacement program, call HopeSource at (509) 925-1448 or visit www.hopesource.us/woodstove.

November Events!

ENJOY A GUIDED NATURE WALK!

Get outside! Enjoy a nature walk at Helen McCabe Park, guided by an expert from the Yakima Canyon Interpretive Center. This activity happens each month, so you or your family can enjoy this fun tradition all year long! Meet at the corner of Thrall and Canyon Road, Sunday, November 13th from 3:00 pm -4:00 pm.

DROP-IN CAREER COUNSELING

Drop into CWU and meet with Career Counselor Michael Kegel. Mike can help with resumes and cover letters, as well as assisting you in your job search! Visit the CWU Library, room 190B, anytime between noon and 5 PM, on November 1st, 8th, 9th, 15th, or 16th. (509) 963-1921

COOKIE SCAVENGER HUNT—FREE FAMILY FUN!

Enjoy a free family activity that your children will love! Begin the cookie ‘hunt’ at The Rotary Pavilion on the corner of 4th and Pearl to pick up a cookie and a map. Then, it’s off to the many shops downtown to pick up decorations and assemble the perfect cookie! This event runs from 2-4pm, on November 25th, but we recommend starting the hunt right at 2 as supplies are limited.

*It does
not matter
how slowly
you go
as long as
you do not
stop.*

- CONFUCIUS

We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

HOPE FOR YOU



Inspiring Words of Hope & Encouragement

WHERE DOES THE TIME GO?

-RECORD HOW YOU SPENT YOUR TIME

Think of your past week and fill out this chart to the best of your memory.

-DON'T OVERLOAD

Review activities and decide which five are the most important to you. Be sure most of your time is spent doing these activities.

-MAKE THE MOST OF YOUR TIME

Decide where you may be wasting time, and where time spent does not match up with the activities you find most important

-SAVE TIME FOR FUN

Not enough free time or time spent doing activities you love can lead to stress and tension. Make sure to save time for activities you enjoy.

WEEKLY TIME INCOME—168 HOURS			
Fixed Time Expenses		Variable "Want to do" Time Expenses	
Work/School		Friends/Socializing	
Sleep		Family	
Other:		Playing with kids	
Other:		Reading	
Other:		Learning/Studying	
FIXED TIME TOTAL:		Sports	
TIME REMAINING:		Exercise	
Variable "Have to do" Time Expenses		Dating/Romance	
Personal Hygiene		Social Networking	
Cooking/Eating		Texting	
Cleaning		Phone Calls	
Laundry		Television	
Child Care		Internet	
Driving/Walking/Transit		Video Games	
Finance/Budgeting		Hobby #1:	
Shopping/M meal Planning		Hobby #2:	
Organizing at home		Hobby #3:	
Appointments		Other:	
Other:		Other:	
"HAVE TO DO" TOTAL:		"WANT TO DO" TOTAL:	
TIME REMAINING:		TOTAL DIFFERENCE:	