



**In Today's Eblast-Different Ways you can take action now:**

- [Flu and Measles in Colorado](#)
- [Save Money on Water & Energy at Home](#)
- [The Parent Café](#)
- [Mindfulness and Stress Management for Women](#)
- [Incredible Years Parenting Group](#)
- [Bright by Three Offers Free Information Critical to Child's Development](#)
- [Come dump old, unsafe car seats](#)
- [Hiring Events and Job Fairs](#)
- [The LCWC is now active on Social Media!](#)
- [View Email in Web Browser](#)



## Flu and Measles in Colorado

The 2017 flu season is taking off in NoCo and across Colorado. Dr. Adrienne LeBailly, Larimer County Health director, stresses that even though most influenza cases are occurring in older persons, people of any age can still get very ill from it, that's why she recommends flu shots for anyone over 6 months old. For more information on flu and flu vaccination, see <http://www.cdc.gov/flu>. For information on Health Department immunization clinics, see [www.larimer.org/health](http://www.larimer.org/health).



## Save Money on Water & Energy at Home

If you are a Fort Collins Utilities or a Loveland Water and Power customer, a **free home efficiency** assessment with water and energy saving upgrades is available to you. The Larimer County Conservation Corps has partnered with Fort Collins Utilities and Loveland Water and Power to offer services and products to improve your home's efficiency **at no cost to you**. This limited time offer is available now through **April**.



CONTACT US TODAY TO FIND OUT MORE!  
(970) 498-6081 or visit [larimerworkforce.org/energy](http://larimerworkforce.org/energy)

## The Parent Café

Join other parents, share stories, build a support



**New Initiative! Connect with Skillful**



Is the lack of a college degree preventing you from obtaining employment?

Skillful is a new skills-based, online platform that values people's skills, not just degrees, and supports lifelong learning in today's rapidly changing economy. Job seekers can now use Skillful to connect to employers with well-paying jobs and educators who can help them acquire new skills and advance their careers.

**Click here to check out the Skillful website and learn about the benefits this program has to offer.**

network, grow friendships and learn how to better parent utilizing the Strengthening Families Protective Factors. Dinner and children's activities provided.

**Registration required.**



**The Matthews House**  
Growing Stronger Together

**When:** Mondays, February 6-April 24, 5-7pm

**Where:** Thompson School Admin. Bldg., 800 S. Taft Ave., Loveland

**Cost:** No charge

**To register, call 970-413-1321**

[Learn more](#)

## Mindfulness and Stress Management for Women

The Women's Clinic of Northern Colorado and UCHHealth proudly present



"Take Charge of Your Health:

Mindfulness and Stress Management for Women." Let's mindfully discover ways to find balance in our lives ... whether it's work, family, hobbies, faith-based activities, exercise or social media ... we are having to make intentional decisions about how our time is spent.

[Learn more.](#)

**When:** Thursday, April 27, 6-9pm

**Where:** Medical Center of the Rockies, Long's Peak Room, 2500 Rocky Mountain Ave., LV

**Cost:** \$25/person

## Incredible Years Parenting Group

FREE to parents of children ages 2-10 years. Dinner and children's groups (limited spots) are available.



### FORT COLLINS SESSION

**When:** Mondays, January 23-May 1, 5:30-7p.m.

**Contact:** Corinna Crandall, LMFT, 970-342-5325

*(THIS HAS ALREADY STARTED - PLEASE CALL TO SEE IF YOU CAN JOIN IN LATE)*

### LOVELAND SESSION

When: Tuesdays, February 21-May 9, 5-6:30p.m.  
Contact: Heather Meyer, MA, LPC 970-556-2529

## Bright by Three Offers Free Information Critical to Child's Development

Eighty-five percent of a baby's intellect, personality, and social skills are developed in the first three years of life. All parents need a little guidance on how to make the most of this critical period; that's why **Bright by Three** provides three age-appropriate kits aimed to give families crucial information about their child's development. Learn more about how you can make Bright by Three's free program available to the families you work with by visiting their [partner page](#).



## Come dump old, unsafe car seats

Safe Kids Larimer County, in partnership with Colorado State Patrol, will be holding a 'Get Dumped Day'. Around Valentine's Day, our thoughts turn to our loved ones, especially our children. Safe Kids Larimer County urges parents and caregivers to ensure their children are riding as safely as possible by dumping their old, unsafe car seats and boosters. Car Seats Colorado provides a pod for recalled, expired and/or crashed car seats. These seats are then taken to be recycled.



**When:** Sunday, February 12, 12-2pm (Appointments NOT required)  
**Where:** Colorado State Patrol, 3832 I-25, FC  
[Learn more online](#) or call the **Safe Kids office at 970-495-7502.**

## Hiring Events and Job Fairs

**Get face time at our next Hiring Event that's valuable to you!**

How often have you said, "If I could just talk to someone at the company, I know they will hire me!" We can help. The LCWC hosts Hiring Events in our Fort Collins and Loveland office nearly every week. This is the opportunity for you to visit with company representatives while offering face to face interaction with an employer you would like to work for. It is



an opportunity to introduce yourself, present a copy of your resume, and let them know why you are the one!

But first, we are asking for some much needed assistance so we can better serve you. We have a short survey to gain your input on how these events can best support you. What decisions do you make while deciding whether or not you will attend our next Hiring Event? What types of businesses would you like for us to host at Hiring Events? What are the best days of the week, times, and locations for you to attend a Hiring Event?

[Click here](#) to take this short survey to help us, help you! We will compile the results and coordinate our Hiring Events based on what you are looking for!

## The LCWC is now active on Social Media!

The LCWC has created a **Facebook** and **Twitter** page to best highlight our Career Services. Please [click here](#) to follow us on Facebook and [here](#) for Twitter to receive updates and notifications of job search tips, daily connecting Colorado job postings, hiring events, workshops, helpful job search articles, and more!



[Larimer County Workforce Center Career Services Facebook](#)



[Larimer County Workforce Center Career Services Twitter](#)

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