



WORK UNITED NEWSLETTER

The latest news and updates from your
Work United Resource Coordinators

FREE Income Tax Assistance

Did your household earn \$66,000 or less in 2018? Save your money and do your taxes online at www.myfreetaxes.com

Angel or Pru can assist you with this process if you need.

Did you know that professional tax prep help can cost hundreds of dollars? This program is FREE! Don't miss out! You will need to have the following items:

- *Social Security or Individual Taxpayer Identification Number (ITIN) for each family member and working adult
- *1095-A if you received a tax credit from healthcare.gov marketplace
- *Childcare provider name, address, and tax ID, if applicable
- *Bank routing and account numbers for checking or savings account (if you qualify for a refund via secure direct deposit)
- *Last year's tax return, if you have it.
- Need Adjusted Gross information
- *A valid email address
- *W2's, 1099's, 1098's, and other tax forms



Are you struggling with the New England Winter dark days?

Seasonal Affective Disorder (also known as S.A.D.) is a form of depression in which people experience depressive episodes during specific times of the year. We endure long winters here in the Northeast. The lack of vitamin D can really take its toll on our mental health. During these gray days some experience low energy or feel sluggish, depression, loss of interest in activities, sleep problems, changes in appetite or weight, and difficulty concentrating to name a few symptoms. S.A.D. is estimated to affect 10 million Americans according to Psychologytoday.com. You can find more information about S.A.D. by clicking on this [link](#).

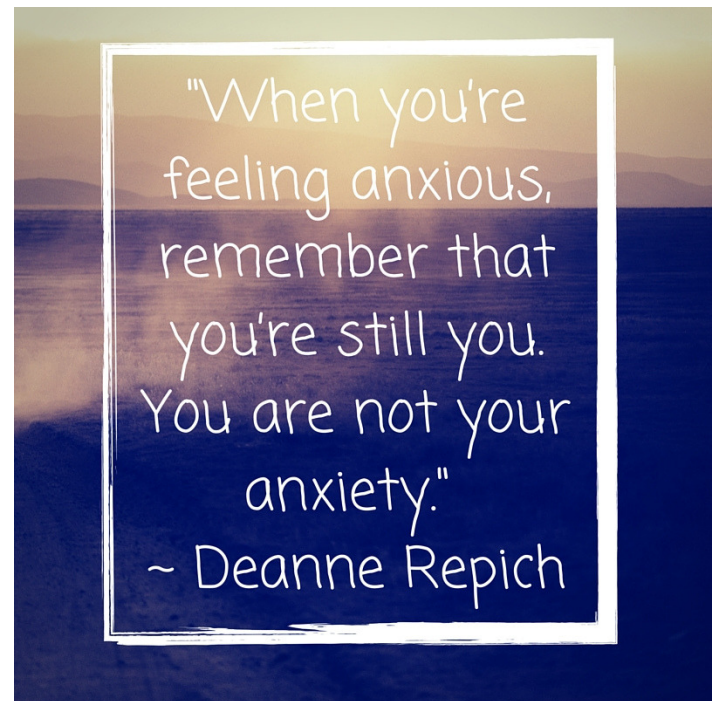
If you think you might be suffering and you would like to speak with someone, get in touch with your Employee Assistance Program (EAP). This is offered for FREE by your employer and it is confidential. Most EAP's have a number of free counseling sessions. You may also "shop" for a therapist by zip code just click on this [link](#). If you need assistance with this process your Working Bridges Resource Coordinator is here to help! You don't need to suffer and you're not alone. Suicide prevention line: 1-800-273-8255

Don't Forget!

***Daylight savings time** Sunday March 10.
Turn your clock an hour forward.

*Its time to start signing the kiddos up for **summer camp!** Looking for financial aid? Your Work United Resource Coordinator might be able to help.

Don't wait till it's too late!



MEET YOUR WORK UNITED RESOURCE COORDINATORS



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FOR EMPLOYEES AT

- Coop Food Stores
- Alice Peck Day
- Mascoma Bank
- Mt Ascutney Hospital



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