



# JUMPstart

Short-Term Services  
to Give You a *Boost*

## ARE YOU AN

**Albany resident hit hard** by the recent pandemic?

## ARE YOU STRUGGLING WITH:

Health • Housing • Utilities • Transportation • Safety

*We can give you a* **JUMPstart**

Through this new, free service,

our **COMMUNITY RESOURCE ADVOCATES**

will work with you in your home or in a community location to:

- break down barriers
- connect you to resources
- get you where you want to go



**ALL IN 6  
WEEKS OR  
LESS!**

## WE HELP WITH THINGS LIKE:

- Insurance (including Medicaid) assistance
- Public assistance & SNAP benefits
- Landlord/tenant issues
- IDs
- Emergency food
- Refugee support

**It's FREE, and open to all City of Albany residents**

**LEARN MORE** at Northern Rivers' website

**[nrfs.org/jumpstart](https://nrfs.org/jumpstart)**

518.982.2188 or [JumpStart@nrfs.org](mailto:JumpStart@nrfs.org)



**NORTHERN RIVERS**

