


From: Alison Segar VLJP asegar@cctv.org 
Subject: april 2025
Date: October 4, 2025 at 11:34 AM
To: alison@vljp.org



New Videos!

New videos about mental health, substance misuse, employment rights, and weatherization.

Dear friends and colleagues,

We hope you're holding up as well as you can in these challenging times. We know you are working hard to protect and uphold the rights and access to resources of our refugee and im/migrant community members. If you don't already follow and receive updates from the [Vermont Asylum Assistance Project](#), [Migrant Justice](#), and [ACLU Vermont](#), please connect with them -- they are constantly updating their resources to help inform communities about how to stay safe.

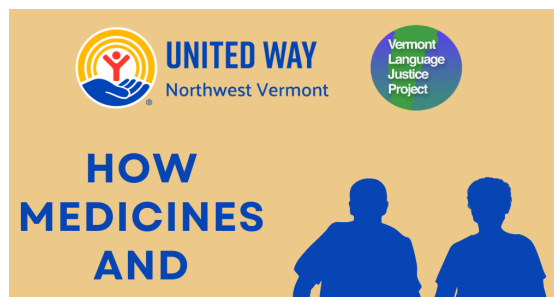
Many thanks to our partners who worked with us and supported the production of our latest videos: the VT Departments of Mental Health and Labor, United Way of Northwest Vermont, and Burlington Electric Department (BED).

Please share our videos with your clients and communities!

be well,

[Alison](#) & [Olivia](#) & [Dani](#)

New Videos from VLJP





ARABIC ♦ ASL ♦ BURMESE ♦ BOSNIAN ♦ DARI
 ENGLISH ♦ FRENCH ♦ HAITIAN KREYOL
 KIRUNDI ♦ JAMAICAN PATOIS ♦ MAAY MAAY
 MANDARIN ♦ NEPALI ♦ PASHTO
 PORTUGUESE ♦ SOMALI ♦ SPANISH ♦ SWAHILI
 TIGRINYA ♦ UKRAINIAN ♦ VIETNAMESE

ALL 21 LANGUAGES

How to call or text 988 for support if
 your speak a language other than
 English.

**ALCOHOL
 AFFECT
 YOU AS
 YOU GET
 OLDER**



ARABIC ♦ ASL ♦ BURMESE ♦ DARI ♦ ENGLISH
 FRENCH ♦ HAITIAN KREYOL ♦ KIRUNDI
 MAAY MAAY ♦ MANDARIN ♦ NEPALI
 PASHTO ♦ SOMALI ♦ SPANISH ♦ SWAHILI
 TIGRINYA ♦ UKRAINIAN ♦ VIETNAMESE

ALL 18 LANGUAGES

Information about changes in how
 your body processes alcohol and
 drugs as you age and information
 about getting support.

**KEEPING YOUR
 HOME WARM IN
 WINTER AND COOL
 IN SUMMER**

ARABIC ♦ ASL ♦ BURMESE ♦ DARI ♦ ENGLISH
 FRENCH ♦ HAITIAN KREYOL ♦ KIRUNDI
 MAAY MAAY ♦ MANDARIN ♦ NEPALI
 PASHTO ♦ SOMALI ♦ SPANISH ♦ SWAHILI
 TIGRINYA ♦ UKRAINIAN ♦ VIETNAMESE

ALL 18 LANGUAGES

Tips and guidance on steps you can
 take whether your rent or own to
 weatherize your home, be more
 comfortable, save money, and protect
 the environment.

**EQUAL
 OPPORTUNITY
 IS THE LAW**

ASL

ASL

Information on equal opportunity and
 anti-discrimination laws in
 employment for Deaf and Hard-of-
 Hearing Vermonters.

Know Your Rights

PRINT AND POST THESE FLIERS



LINKS TO ALL OUR RIGHTS AND LEGAL VIDEOS IN MULTIPLE LANGUAGES

[DOWNLOAD HERE](#)

We've updated our printable fliers that you can post and distribute. Scroll through resources to find the link.

[Find all our videos on YouTube](#)

[DOWNLOAD OUR FULL VIDEO RESOURCE...](#)

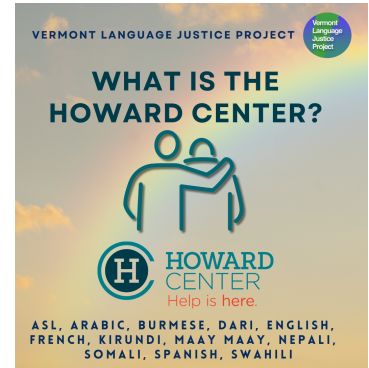
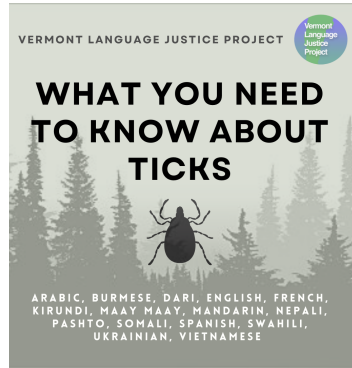
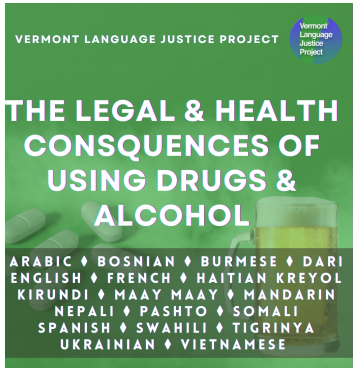
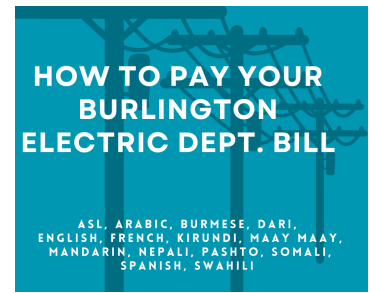


[FULL PLAYLIST HERE](#)

A playlist of all our videos to date about legal rights for im/migrants in the US.

Related & Timely Videos





In case you missed it:

- [Making a Family Preparedness Plan](#)
- [Getting Help for Your Child who is Struggling at Home and at School](#)
- [Understanding Contraception](#)
- [Vaccine Side Effects, Long-term Effects, and Ingredients](#)
- [Unemployment Claimants' Rights and Responsibilities](#)
- [Winooski Main Street Construction Update](#)

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