


From: Alison Segar VLJP asegar@cctv.org 
Subject: June 2024
Date: October 4, 2025 at 12:14 PM
To: alison@vljp.org



New Videos!

Check out VLJP's new videos about getting DOL services, paying a utility bill, lockdowns, and mental health.

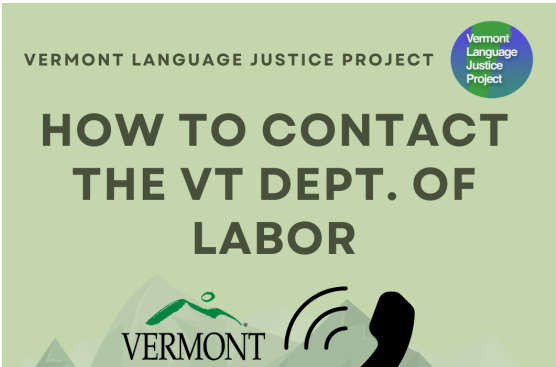
We're so happy to share five new videos. Many thanks to the VT Department of Labor, Burlington Electric Department, and VT Department of Mental Health for their support and collaboration in making these multilingual videos. Please share with your networks!

To avoid filling up your inbox, we'll be sending out a monthly newsletter (like this one!) that includes all the new videos we've made that month (instead of sending an email for each new video), as well as links to related or timely past videos. We'll still occasionally send out single videos when there's a time-sensitive situation. Feedback on the new system is welcome!

If you'd like to partner with VLJP to make a video, please reach out to us.

As always, thank you for your support,

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





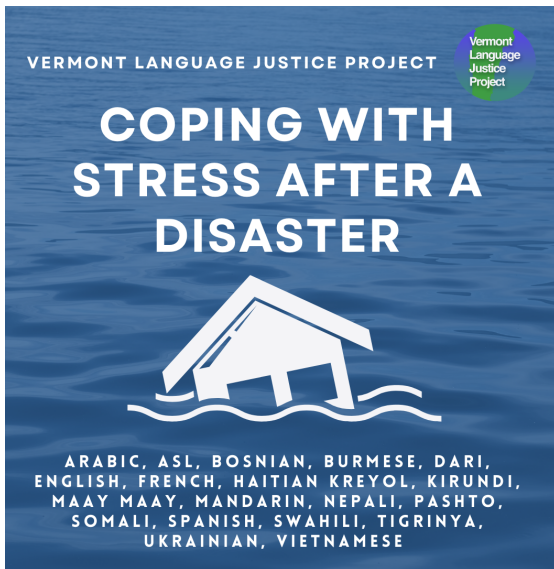
[ALL 19 LANGUAGES HERE](#)

A short video about how to contact the DOL to get employment-related services. Covers language access services and the DOL interpreter line.



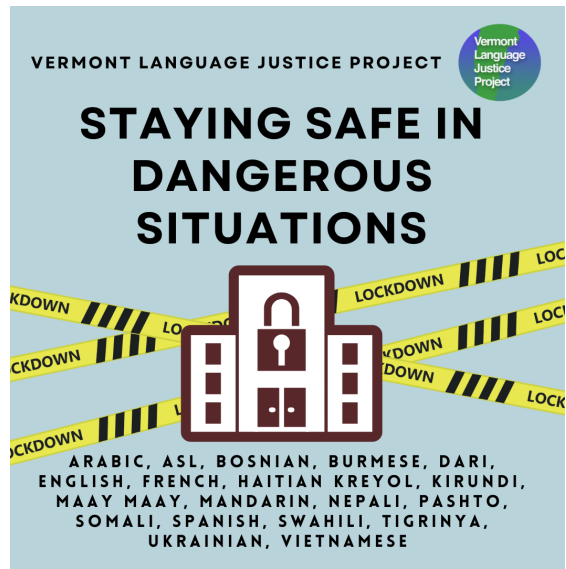
[ALL 19 LANGUAGES HERE](#)

Explains when you're eligible for unemployment insurance benefits, how to apply, and requirements for receiving benefits. More to come in the series!



[ALL 19 LANGUAGES HERE](#)

Provides guidance on understanding feelings that may come up after experiencing an event like flooding, a fire, or a car crash and how to get help.



[ALL 19 LANGUAGES HERE](#)

What to expect if there is a violent incident in a public space and there is a lockdown. Also gives guidance on coping with your or your child's emotions after a lockdown.



HOW TO PAY YOUR BURLINGTON ELECTRIC DEPT. BILL

ARABIC, BURMESE, DARI, ENGLISH,
FRENCH, KIRUNDI, MAAY MAAY,
MANDARIN, NEPALI, PASHTO, SOMALI,
SPANISH, SWAHILI, UKRAINIAN,
VIETNAMESE

ALL 10 LANGUAGES HERE

Helps you learn to understand your
Burlington Electric bill, how to
contact the office with questions,
and ways to pay it.

Find all our videos on YouTube

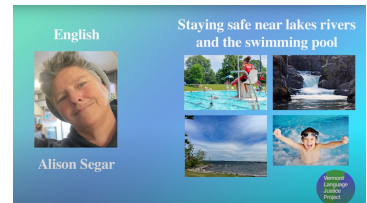
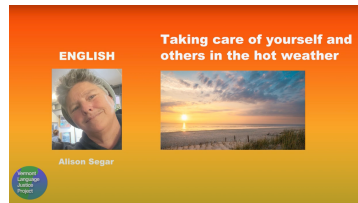
Related Videos



Summer is here!

It's good time to share these videos about ticks,

staying safe in hot weather, water safety,
wildfires, and cyanobacteria.



In case you missed it...

- [Get Extra Money to Spend at the Farmers Market with SNAP/EBT](#)
- [Get Help Buying Food \(SNAP/3SquaresVT\)](#)
- [Take the VTPOC Survey](#)
- [Restorative Justice](#)
- [Calling 911](#)
- [Everything You Need to Know about the ER](#)
- [Calling the Hospital when You Need an Interpreter](#)
- [What is Diabetes?](#)

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