



Family Self Sufficiency Program



- *FSS is a voluntary, goal-based employment incentive program available to some participants of Burlington Housing Authority's Section 8 program*
- *FSS is intended for people who want to increase their household income and build savings*
- *FSS provides one-on-one support to increase earned income and reduce utilization of assistance programs by supporting employment goals and connecting participants to community supports*
- *FSS is a multi-year program designed to help individuals make sustainable life changes that improve financial wellness*
- *The heart of FSS is the unique opportunity to accumulate escrow savings. The escrow (savings) account is opened following enrollment into the program once a participant has reported an earned income increase that results in an increase in their portion of rent*

Interested or have questions about this? Please contact us!

Hello! My name is Sarah. I am excited to guide you in the FSS program. I bring unique perspective, having been a section 8 program recipient myself. I feel passion in helping others achieve their goals and obtain financial wellness. I believe that to be our best selves we need to have access to the resources and support necessary for us to flourish. I am very excited to help connect you to the resources you need and to be your cheerleader for the duration of your FSS participation. I look forward to meeting you. Please reach out with questions, concerns, updates, and accomplishments, I am eager to be part of your FSS success! Feel free to reach out to me through call/text at 802-598-4753 or email scouture@burlingtonhousing.org.



Sarah Couture, FSS Coordinator/Supervisor
Last Names A-K



Kristen Brownlow, FSS Coordinator
Last Names L-Z

Greetings! My name is Kristen (she/her). I'm new to the FSS program but not BHA. I transitioned from the Retention team, where I worked with folks exiting incarceration. I've worked in Restorative Justice and have a passion for finding ways to repair and prevent harm; often, this involves addressing unmet needs. I have lived and worked in Burlington for 15 years and am well connected to our community resources. I am also a small business owner and understand how complicated navigating systems can be! I am excited to welcome new and get to know existing end-of-the-alphabet FSS participants! I will cheer you on as you pursue increasing your income and gaining greater financial stability. Supporting folks in making positive changes is work I feel honored to do. Employment can be one big piece of a person's life, and there are many other parts to your life that you may want support with. My role is to connect you to any other resources that may assist you in realizing your dreams. I invite you to reach out to me at kbrownlow@burlingtonhousing.org or 802-598-4455. I look forward to getting to know you!