



Family Self Sufficiency Program

FSS Mission: To help participants make measurable progress toward a higher quality of life through economic security, by means of reducing dependence on welfare benefits and rental assistance, increasing earned income, and building assets.

Who and what is FSS?

- *FSS is a voluntary employment incentive program*
- *FSS provides one-on-one support to individuals and families who have a Section 8 voucher through BHA to increase their earnings and reduce dependency on government assistance programs*
- *FSS is a 5-year program designed to support you in achieving your short and/or long-term goals*
- *FSS is best known for the unique escrow account available at graduation when one has met all their goals and contractual obligations*

Are there fees?



None! In fact, BHA will create an escrow “savings” account after you’ve increased your earned income.

Hello! My name is Sarah Couture. I am excited to guide you in the FSS program. I bring a unique perspective, having previously been a section 8 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 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 or text at 802-598-4753 or email scouture@burlingtonhousing.org.



Sarah Couture, FSS Coordinator
Last Names A-K



Mary Muncil, FSS Coordinator
Last Names L-Z

Hello! My name is Mary Muncil. Helping people, in a variety of ways, has always been my passion. There are times in life when we all, including myself, have needed help and guidance. Sometimes we don't know exactly what we want, but we know what we don't want anymore, and this can be a good place to start. If you're at a place in your life where you would like a better job or new career, and wished that you were more financially independent, but are not sure where to start, then I'd love to talk with you about how to begin. Feel free to give me a call at (802) 598-4455 or email me at mmuncil@burlingtonhousing.org. I look forward to connecting with you.