



LIFELAB

LifeLab is a portfolio of dynamic workshops that help families develop the skills and acquire the resources needed to retain housing and build a more secure economic foundation. LifeLab offers workshops, training, supportive engagement, and inspired play to participants. LifeLab integrates programming with the strengths-based approach of case management.

HOUSINGLAB

Weekly seminars inform participants of housing opportunities and options, fair housing practices, housing searches, suitable housing, and utilities issues.

MYLAB

Workshops focus on topics like nutrition, obesity prevention, parenting, anger management, interpersonal communications, yoga, and women's health. Each workshop supports healthy family dynamics, general health, diet and emotional wellness.

MONEYLAB

Nazareth Housing provides annual tax season assistance, Earned Income Tax Credits (EITC) screenings, and financial coaching throughout the year.

YOUTHLAB

From theater camps to art workshops, anti-bullying tips and reading events, YouthLab develops children's social skills, confidence, and keeps them active and engaged in an artistic form while building literacy, creativity, and social engagement.