

# 3 Ways Your Community Can Help You Adjust to Life in the United States

Starting life in a new location is full of challenges. Moving to a new country can be especially difficult when you are far away from family, friends, and familiar places. Settling in your new community can help you adjust to life in the United States. Meeting people who are willing to help you and offer support can make a positive difference. Here are ways you can tap into the resources of those around you.

## 1. Advance Your Language Knowledge

If you learned English as a second language, you know that it can be demanding at times. Also, if you're still working to increase your English-speaking abilities, it can be an obstacle when you're building your new life in the U.S.

There are [resources](#) for furthering your knowledge of English. Some are free or low-cost. One option is taking classes at a community college. According to the National Society of High School Scholars, the [cost](#) of attending a community college can be 10% of tuition at a traditional university. Many community colleges offer specialized language courses. Students can take a proficiency test to determine which course is best. Community colleges can also have other resources for international students, such as tutoring offices. Many students who attend community college have full-time jobs, and evening classes allow you to participate while working around your employment schedule.

You can also find English classes [online](#). Studying English from home is a convenient alternative for people with limited transportation or changing work schedules. It can also be a more comfortable setting for those who prefer to learn privately. Some classes cost money, but you can find free options as well.

## 2. Find Activities in Your Neighborhood

Wherever you live, there are a variety of activities happening in your new community. If you have children attending school, they may need parents to assist or coach extracurricular activities and sports. Schools may also welcome [room parents](#) to help in the classroom.

Places of [worship](#) also have opportunities for fellowship and volunteering. Many have outreach programs for immigrants. You may find assistance with:

- [Legal services](#)
- Citizenship education
- Counseling
- Immigration services

## 3. Stay in Touch With Friends and Family Members

Fortunately, you can still maintain connections with loved ones in the Philippines. Frequent phone calls or video conferencing can help you keep in contact and share everyday experiences. It can also play a vital role in [intergenerational care](#) when adult children are away from senior parents. This connection can be especially crucial when elder care is an integral part of family culture.

Many people who have taken up residence in the United States send income to loved ones in the Philippines. Each year, migrants send [\\$400 billion](#) in remittances to relatives and friends overseas. This money can finance families' basic needs, such as housing, health care, and consumable goods. It can also provide capital for entrepreneurial ventures.

If you send money overseas, a transfer service can help you send it quickly, safely, and dependably. You can pay few or no fees, and the transfer rates can be competitive. It's only \$6.99 for non-urgent transfers of less than \$500 if your recipient opts to receive [funds in USD](#) instead of PHP.

Although it can be a challenging endeavor, connecting with people and resources in your new community provides you with a support system as you adjust to life in the United States. Grove Ridge Baptist Church is eager to

welcome you, so [get in touch](#) if you have questions. Friends and family back home can also help you celebrate successes and provide encouragement as you begin your new chapter.



Image via [Unsplash](#)