Finding Resources in Your Community
Types of Resources

- There are 2 types of resources that can be useful when you need help:

1. Formal Resources: Agencies and Programs
2. Informal resources: Friends, family, neighbors, community centers
Asking for Help

• Good questions to ask when you are looking for help:

1. “I need help with (example: transportation, child care). Can you help me with that?”

2. If the answer is no, ask: “Do you know where I could find that kind of help? Please give me the phone number and name of a person to talk to.”

3. Always ask: “Do you offer anything else that might be able to help me?”
Use 211

- You can call 211 in most states
- Go to 211.org and type in your zip code
  - Type in any term you need help with
  - “Heating assistance” or “Child care”
Libraries

• Play groups
  ○ Good way to connect with others who understand the joys and difficulties of parenting!

• Museum passes

• Resource groups
  ○ Energy assistance
  ○ Parent advocacy groups

• Computers
  ○ Internet access
  ○ Printing

• Have more questions? Ask the librarians how they can help!
Town Hall

- Food pantry
- Transportation available
- Fairs, events, activities for children
- Sometimes they have Social Workers, ask how they can help!
Children’s Schools

- Birth to Three workers are helpful and know a lot of good resources.

- Head Start teachers know a lot and can come to your home.

- School Board: transportation, Special Education

- School Social Workers know a lot of good resources. Ask how they can help!
The News and Newspapers

- Local events
  - Job fairs
  - Community activities for children
- Energy assistance
  - Who to contact if you need heating assistance in the winter
- Storm assistance
  - How to prepare for an upcoming storm
  - Who to call/where to go during extreme weather situations
  - If any extra benefits are available
- Newspapers have “stuff for free” sections
Department of Labor

- **Free classes**
  - Computer skills
  - Building resumes
- **Childcare Assistance (May vary by state)**
  - Funding for daycare
- **Bureau of Rehabilitation Services:**
  - Job coaches
  - Will help you find employment based on specific needs you may have.
Faith-based organizations, Churches

- Food pantries
  - If your local church does not have a pantry, ask them which church they would recommend for assistance with food.

- Clothing or furnishings

- Support groups
  - Domestic Violence, AA, NA, health challenges

- Play groups for kids
YMCA/YWCA/Local Gym

- Often low-cost
- Great way to get out of the house
- Play groups for kids
- A chance to improve your own health
Farmer’s Markets

- Quality fresh food
  - Most towns have a farmer’s market, making it easy for everyone to have access to one!

- Most accept food stamps

- Most have WIC-approved items, as well!
Community Centers

• Family events
  o Picnics
  o Holiday celebrations

• Classes
  o ESL

• Homework help
  o Possible computer/printing access
  o Tutors
Transportation

- Bus schedules are usually available online
- Med Cab for doctor’s appointments (may vary by state)
- Contact your local public transportation company and let them know your needs. They can help!
Banks

- Financial Counseling
- How to open a checking/savings account
- Ask to speak with someone in private. They can help you open an account that works for you!
Legal Aid

- If you need legal assistance
- If you feel you are being treated unfairly at work, with a landlord, etc.
- Ask them to point you in the right direction. They are there to help you!
Bulletin Boards

- Doctor’s offices
  - Support groups for kids with special needs
- Supermarkets
- WIC offices
- Schools
- Housing Authorities
- Town Hall
- Library
- Community Centers
- Police stations
- Banks
Department of Social Services (May vary by state)

- Food stamps
- Medical insurance
- Assistance with applying for Child Support
- Cash assistance
- Temporary disability funds
Help with referrals for programs
- Parenting, therapy, housing, summer camps, etc.
- Some programs will only accept DCF referrals

Funding for:
- Furnishings
- Storage payments (they may be able to help you pay for furniture you’ve had in storage)
- DMV fees

Care coordinators
Boys and Girls Club

- Great after-school activities!
  - Team-building activities
  - Homework help
  - Various activities for all children!

- A great way for your children to make friends!

- Offered Nation-wide!
Homework Hotline

- Search 211 to find the appropriate number to call for homework help in your area!

- Live tutors can assist your children with homework needs.
Activity

Sit with the people at your table and make 2 lists:

1. What types of Formal Resources do you use?
   - Formal Resources: Agencies and Programs

2. What types of Informal Resources do you use?
   - Informal resources: Friends, family, neighbors, community centers

Then, we will come together and share our ideas!