

Finding Resources in Your Community



FALL 2013

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](https://www.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
 - Picnics
 - Holiday celebrations
- Classes
 - ESL
- Homework help
 - Possible computer/printing access
 - 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

Department of Children and Families (May vary by state)



- **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!