



www.thelifeofasinglemom.com

(225) 341-8055

**It is the intention of The Life of a Single Mom Ministries (TLSM) to see that no single parent walks alone. One of the ways we do that is through our comprehensive resource list. This list is comprised of national assistance agencies who do not necessarily have a formal affiliation with TLSM. These organizations have been found through independent research and TLSM does not guarantee assistance.*

Car or Car Repair Assistance:

www.freecharitycars.org is an organization that provides cars to someone in need. For info on all qualifications, visit their site.

Cell Phone Services:

Low-income families can call 1-800-SAFELINK for a free, government-issued cell phone or go to www.safelink.com for guidelines.

Computers:

Computers for Families offer basic computers at \$119.90 or laptops for \$200.00 for qualifying families. They can be shipped anywhere in the United States. For more info, call 225-379-3577 or visit www.cacrc.com.

Encouragement and Books?

The Life of a Single Mom Ministries exists to connect single parents in support groups worldwide. We also provide weekly, online chats with thousands of single parents world-wide. We offer books & teaching materials, Bible studies, free videos & podcasts, weekly single-parent articles, and so much more. For more information, visit www.thelifeofasinglemom.com.

Suggested Books:

Overwhelmed: The Life of a Single Mom

The Church and the Single Mom: Why You Should Care and What You Can Do

Kids and the Single Mom: A Real-World Guide to Effective Parenting

Peace and the Single Mom: 50 Moments of Calm in the Chaos

The Church and the Single Mom Ministry Comprehensive Training Kit



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Extracurricular Fees:

www.expectamiraclefoundation.org/ assists with sports fees, tutoring, and more for low-income families. Guidelines apply.

Home Purchase?

The IDA program is a nationwide, government program that allows families to start their own savings account to assist in home ownership. For every dollar you save, the IDA will match \$4!

This can be substantial in purchasing your first home.

http://cfed.org/programs/idas/directory_search/

If you currently own a home and want to lower your payments or need information on how to qualify for home ownership or consolidate debt, please call Jeff at Southwest Funding at 225-773-0652. Mention you are a single mom! Southwest lends in FL, LA, MI, NC, and TN. Apply online at

<http://www.southwestfunding.com/jmaggio/>.

Household Items & Clothing:

In an effort to save money and reduce global waste, link up with other people in your area by visiting the site www.freecycle.org. This website is available nationwide and advertises used household items and clothes, for free.

Visit www.YWCA.org for more information about household items and clothing.

Job Placement, Skills, and Professional Attire:

Post your resume on every job site possible. Use the local newspapers, radio and television stations, and social media as additional ways to locate employment. Use job placement agencies in your area, including temporary agencies, which often lead to permanent positions. Here are a few helpful sites:

www.monster.com

www.theladders.com



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www.careerbuilders.com

www.linkedin.com

www.indeed.com

[Interviewing skills](#)

For interview attire for women who are changing careers or currently looking for a job, visit www.dressforsuccess.org and www.YWCA.org

Medical & Eye Care:

If you don't have medical insurance, visit samaritanministries.org for all details.

For free eye care, call Vision USA at 800-766-4466 or visit

www.aoa.org/visionus.xml

Homelessness, Housing, and Utility Assistance:

Contact your local United Way or visit www.liveunited.org for assistance near you. Call 2-1-1 from any phone for emergency financial assistance in your area to access the United Way.

Visit www.mercyministries.org to fill out an application for housing, specifically for young pregnant moms, addicts, cutters, or those struggling with an addictive lifestyle. This is not emergency housing.

Bridge of Hope exists to end and prevent homelessness. Visit

www.bridgeofhopeinc.org for more information.

Liheap helps keep families safe and healthy through initiatives that assist families with energy costs. Visit www.liheap.org for more information.

HUD.gov helps low-income families secure housing. Visit www.HUD.gov for more information.

Additional Single Mom Assistances of All Kinds:

www.singlemomfinancialguide.com

www.singlemomfinancialhelp.com



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www.singlemom.com

www.spaoa.org

www.singleparents.about.com

www.singlemommie.com/grants/

www.salvationarmyusa.org.

www.loveinc.org.

www.ywca.org.

State Specific Assistance:

*(Resources below are for **Louisiana** residents. However, similar programs may exist in your area. We recommend simple Internet searches or calls to the local Department of Social Services, United Way, YMCA, and local churches to help develop a well-rounded list of programs in your area for single moms. Please feel free to use this list as a general guide in developing one in your area.)*

If you currently own a home and want to lower your payments or need information on how to qualify for home ownership or consolidate debt, please call Jeff at Southwest Funding at 225-773-0652. Mention you are a single mom!

For *utility payment* assistance, call (225) 389-4814 to reach the IHEAP program to set up an appointment.

For a myriad of support services, *including counseling, utility bill payments, and crisis solutions*, call (225) 665-9100 or visit www.womenowomen.com.

Volunteers of America will help any *disabled person* with housing assistance among other things. Call 225-346-8182.

For *legal services* in Louisiana: Capital Area Legal Services 225-387-5173 or visit the Self Help.

Resource Center at 300 North Boulevard, 4th floor, in Baton Rouge on Tuesdays and Thursdays from 10am-2pm for legal assistance and research. For women's crises, including counseling, housing, and additional support, and pregnancy and newborn supplies, contact Family Resource Clinic, 12201 Florida Blvd, Livingston, LA 70754, 225-686-1123 or www.womenshope.net.



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Catholic Charities assists in providing *rent and/or utility payments*, as well as *housing placement* assistance. Call 225-336-8700 or visit at 1900 S. Acadian Thruway, Baton Rouge, Louisiana for more information.

Family Road Program offers free parenting classes and counseling with child care available. You can earn points to buy *diapers, car seats, clothes, make up*, etc. For more information, contact familyroadbr.org or call 225-201-8888.

C.A.R.E. Pregnancy Clinic on Flannery Road offers *free baby items*, such as diapers, car seat, etc. call 225-272-3680.

Section 8 Housing (approval will provide *Rental Assistance*) www.ebrpha.org

For help with *utilities*, call Leo Butler Community Center at 225-389-4860.

For help with *water payments*, call Salvation Army at 225-355-4483.

For emergencies with *domestic violence, human trafficking, runaway teens*, etc., call The Baton Rouge Dream Center Hotline at 225-505-5416.

For assistance with finding *childcare*, including price, ages served, special services, hours of operation, and more, call Partnerships in Child Care at 225-926-8005.

If you don't have insurance and need *medical or dental care*, call Capitol City Family Health Center at 225-650-2000 or visit them at 3140 Florida St., Baton Rouge, LA 70806.

For free *eye exams*, glasses, or surgery: 504-525-7235 or www.lioneyes.org

For *food*, Greater Baton Rouge Food Bank 225-359-9940 www.brfoodbank.org

Are you between 10-21 years old and homeless? Contact Youth Oasis at 225-343-6300 or visit www.youthoasis.org for more info.