



THE LIFE OF A SINGLE MOMTM
Where No Single Mom Walks Alone

www.thelifeofasinglemom.com

Single Mom National & State-Specific Resource List

**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. We do not have a formal affiliation with these organizations, in most cases, nor do we guarantee assistance. This list is for informational purposes only.*

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.

www.workingcarsforworkingfamilies.org is an organization where you can find a program near you, where you can find new or used cars, assistance programs, etc.

www.angiesangelhelpnetwork.com/help-for-low-income-families/cars-for-low-income-families/ can help with finding cheap or free cars. They also have grants for low income families to help with purchasing cars. They can help find a cheap mechanic and assistance programs.

www.needhelppayingbills.com/html/auto_loan_refinance_to_save_on.html has information on auto loans and refinancing your car.

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.

www.budgetmobile.com is for low income families and government assisted customers in select states. Offers free phones with texting.

www.needhelppayingbills.com/html/telephone_assistance_program_.html has different sites and programs to help you have a cheaper cell phone bill.



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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.

www.computerswithcauses.org apply for a free computer for people in need.

www.recycles.org/computer/donation/free for recycled and reused computers, copiers, cameras, etc.

Education:

www.needhelppayingbills.com/html/find_help_with_paying_student_.html for help on how to pay your student loans off.

www.scholarships.com/ has information on getting scholarships and how.

www.collegescholarships.org/grants/single-mothers.htm has college grant opportunities for single moms.

www.singlemotherhelp.org/ has benefits for single mother grants.

www.singlestopusa.org connects students in the community college system and their immediate family members with hundreds of *federal programs, resources, grants and scholarships*.

Encouragement and Books

The Life of a Single Mom Ministries exists to connect single parents in support groups worldwide. We have a comprehensive list of available single parent support groups on our website. Additionally, we also provide online chats with thousands of single parents world-wide through our social media venues. We offer books & teaching materials for small groups and individual study, free videos & podcasts, weekly single-parent articles, free monthly newsletter, and so much more. For more information, visit www.thelifeofasinglemom.com.



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Suggested Books:

Overwhelmed: The Life of a Single Mom

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

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

Extracurricular Fees:

www.expectamiraclefoundation.org/ assists with sports fees, tutoring, and more for low-income families. Call 847-545-1157. 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/

Habitat for Humanity is a faith-based nonprofit that partners with families to build, renovate, and repair houses using volunteer labor and donations to increase access to decent, affordable housing. For more information visit www.habitat.org.

www.needhelppayingbills.com/html/help_with_mortgage.html some help with mortgages.

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.

www.voa.org offers community programs including information and referral, food, and prepared meals, thrift stores, and collaborations with the faith community. Volunteers of America assists those in need physically, mentally, and spiritually.

www.needhelppayingbills.com/html/food_banks.html is where you can go for all information on food banks, clothing banks, WIC, or food stamps.



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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

www.careerbuilders.com

www.linkedin.com

www.indeed.com

www.betterbatonrougejobs.com

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

www.needhelppayingbills.com/html/work_from_home_to_help_on_bill.html Some good links to find a job for working at home.

Medical & Eye Care:

If you do not have medical insurance, visit www.samaritanministries.org for all details.

For free eye care, call Vision USA at 800-766-4466 or visit www.aoa.org/visionus.xml

Medicaid Purchase Plan is for workers who qualify for Medicare who have disabilities. For more information call 1-888-342-6207 or visit www.medicaid.gov.

For fairly cheap and good glasses, go to www.zennioptical.com. You will need your most recent prescription.

www.needhelppayingbills.com/html/get_free_prescription_drugs.html has information on how to get free or discounted prescriptions and government prescription assistance.

www.needhelppayingbills.com/html/free_clinic.html has a bunch of information about where you can find a free health care centers and clinics.



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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.

Harvest Time Ministries is an 18-month long residential Christian *home for girls ages 11-18*. Call (334) 775-3121 for more information.

www.needhelppayingbills.com/html/get_help_paying_water_bills.html has resources for helping to pay water bills and other utilities.

www.needhelppayingbills.com/html/need_help_with_electric_bills.html has ideas and programs to help with paying all electric bills.

Additional Single Mom Assurances of All Kinds:

www.singlemomfinancialhelp.com

www.spaoa.org

www.salvationarmyusa.org

www.ywca.org

www.singlestopusa.org

www.singlemom.com

www.singleparents.about.com

www.loveinc.org

www.needhelppayingbills.com

<https://www.unitedway.org/>



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State Specific Assistance

*(Resources below are for **Louisiana** residents only. However, similar programs may exist in your area or state. 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*, call Jeff at **Pacific Union Financial, LLC**, at 225-910-8457. Mention you are a single mom!

For *utility payment* assistance by appointment only. Centers accepting applications in EBR are: Central Office, 4523 Plank Road, 358-4561, Chaneyville Community Center, 658-9790, Delmont Service Center, 357-5013, Dr. Leo S. Butler Community Center, 389-4814, Dr. Martin L. King Community Center, 389-7679, Jewel J. Newman Community Center, 778-1007, Rural Program, 5736 Rollins Road, 658-7494.

Volunteers of America will help any *disabled person with housing assistance, finding child care resource and referral, rent payment assistance, utility payment assistance, behavioral health services, homeless services, and HIV/AIDS services* among other things. Call 225-346-8182.

Kidline is an anonymous, toll-free, statewide telephone service offering *crisis intervention, support, parenting information*. Call 1-800-244-5373 Hours 8am-8pm, 7 days per week.

For *legal services* in Louisiana: **Southeast Louisiana Legal Services** provides free legal aid for low-income people. Visit www.slls.org

Single Stop USA connects students in the community college system and their immediate family members with hundreds of *federal programs, resources, grants and scholarships*. Visit www.singlestopusa.org. Call 225-216-8383 or 225-216-8063

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.



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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.

Sexual Trauma Awareness & Response (STAR) provides *individual counseling, support groups, survivor, and meetings/workshops, advocacy for hospital, legal, and criminal justice and connection to other resources*. For more information call (225) 383-7273 or (225) 615-7093.

Travail 6:33 is a faith-based *shelter* for women and children. Call (225) 933-9465 (option 1) or visit www.travail633.com for more information.

Youth Oasis is an *emergency shelter* that provides *food, clothing, counseling and referrals* for youth ages 10-17 who are seeking to reunite with their families or alternate placement. Call (225) 343-6300 (option 1) for more information.

Youth Oasis – Young Adult Residential Complex (YARC) provides *independent apartment* style living with intensive case management. Offers career training, counseling, GED assistance, and referrals. Call (225) 343-6300 (option 2) for more information.

Safe Families for Children provides a *secure, temporary home for children whose parents are in a crisis situation*, including parent hospitalization, parent needs a break, or Child Protective Services begins an investigation. For more information call (225) 336-8708 or visit www.ccdiobr.org.

Magellan Behavioral Health helps Louisianans with Medical benefits and some without coverage *find appropriate treatment for mental health or drug and alcohol abuse*. For more information call toll free 1-800-424-4489 or visit www.magellanoflouisiana.com.

Crisis Intervention Center strives to *reduce emotional distress that can lead to destructive behaviors, especially suicide, for those experiencing a crisis*. For 24-hour emotional support call (225) 924-3900 or 1-800-437-0303 or visit www.brcic.org.



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EKHAYA Youth Project is a Family Support Organization dedicated to empowering families and youth experiencing emotional and behavioral health challenges. For more information contact 1-855-376-4968 or visit www.ekhayafso.org.

Community Bible Church offers trained family therapy and helps guide individuals and families to healthy and satisfying relationship with self, others, and God through clinical therapy at a small fee. For more information call (225) 924-01369 or (225) 253-2112.

Louisiana Children's Health Insurance Program (LaChip) provides *medical services for children* at no cost or no cost to parents. Call 1-888-342-6207 or visit www.lachip.org for more information.

Baton Rouge Christian Counseling Center provides *individual, children, and family trauma counseling* (225) 387-2287.

Ascension Counseling Center provides Ascension Parish Residents with low cost sliding scale with *abuse treatment and counseling*. Call (225) 621-5775 for more information.

Healing Place Church Cancer Ministry provides *hospital visitation, holiday outreach, house cleaning services, and support groups for cancer patients and their families* as they are receiving treatment and immediately following treatment during recovery. Email cancerteam@healingplacechurch.org or call Bridget Mills at (985) 290-4319.

Spectrum Rehabilitation provides qualifying patients with *psychiatric care and counseling for children and adults who have chronic mental illness, parenting skills, education, medication management, and group therapy*. Call (225) 665-7878.

Baton Rouge Mental Health provides Medicaid/free *psychiatric evaluations and monthly sessions with a social worker*. For more information, call (225) 925-1906.

Home of Grace is a *Christian drug/alcohol residential treatment* for men and women 18 years and older (225) 826-5283.



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

Family Service of Greater Baton Rouge provides individual and group counseling, HIV/AIDS prevention and direct services, supervised visitation program, domestic abuse intervention, child custody evaluations and mediation, and parenting center. Call 225-924-0123 or visit www.fsgbr.org

Families Helping Families of Greater Baton Rouge provides resources and support for individuals with disabilities and their families. Call 225-216-7474.

Susan G. Komen Baton Rouge provides information and resources for free breast cancer screening. Call 225-615-8740

Grandparents Raising Grandchildren Information Center of Louisiana provides resources to grandparents and relatives raising children. Call 225-810-3555.

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

For help with *utilities*, call **Leo S. 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: contact **Lion Eyes** at 504-525-7235 or www.lioneyes.org

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