

# GOVERNMENT RESOURCES & ASSISTANCE FOR LOW-INCOME PARENTS

## Child Care & Early Learning Opportunities

- Head Start and Early Head Start: <http://eclkc.ohs.acf.hhs.gov/hslc/hs/directories/apply/howdoiapplyfo.htm>
- Contact Info for a Head Start Program Near You: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

## Feeding & Nourishing Your Family

- Special Supplemental Nutrition Program for Women, Infants and Children (WIC): <http://www.fns.usda.gov/wic/women-infants-and-children-wic>
- State WIC Contact Info: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>
- Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps): <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- State SNAP Contact Info: <http://www.fns.usda.gov/snap/outreach/map.htm>

## Financial Support for You, Your Family & Your Education

- Federal Student Aid | Correcting or Updating Your FAFSA: <https://studentaid.ed.gov/fafsa/next-steps/correct-update>
- Temporary Assistance for Needy Families (TANF): <http://www.acf.hhs.gov/programs/ofa/programs/tanf/about>
- State TANF Contact Info: <http://www.acf.hhs.gov/programs/ofa/help>

## Help Keeping the Lights On

- Low-Income Housing Energy Assistance Program (LIHEAP): <http://www.acf.hhs.gov/programs/ocs/programs/liheap>
- State LIHEAP Contact Info: <http://www.acf.hhs.gov/programs/ocs/resource/division-of-energy-assistance-federal-staff>

## Keeping You & Your Child Healthy

- Children's Health Insurance Program (CHIP): <http://chipmedicaid.org/>
- Health Insurance Marketplace: <http://healthcare.gov>