

Do You Need Help With...

Health Care?

Health Insurance is very expensive and many children are uninsured. Medicaid and Health Choice are free or low cost health insurance plans. These plans cover medical visits (well baby/child visits) as well as vision, dental, hearing and labs. Call 1-800-367-2229 or visit www.NCHealthyStart.org (click on 'For The Public') for more information and applications.

Prescription Drug Coverage?

Prescription drugs are very expensive. Together Rx Access is a free prescription savings card that helps those without prescription drug coverage to get the medicines they need. Savings are available on hundreds of name brand medications as well as generic drugs. Call 1-877-789-6028 or visit www.TogetherRxAccess.com for more information.

Dental Care?

Good dental hygiene is important for the prevention of tooth decay and extreme pain. Children in pain find it difficult to learn. Medicaid and Health Choice provide dental coverage, however, if your child is not enrolled in one of these plans, there are dental clinics in most counties in North Carolina. Information about clinics in your area can be found at www.communityhealth.dhhs.state.nc.us/dental.

Food and Nutrition?

Food stamps

The Food Stamp Program helps low-income individuals and families buy the food they need for good health. The Food Stamp Program is a federal program that provides a monthly allotment of Food Stamp benefits issued via Electronic Benefit Transfer cards (EBT cards) that can be used like debit cards. Call 1-800-662-7030 or visit www.fns.usda.gov/fns/ for more information.

WIC (Women, Infants and Children a.k.a. Special Supplemental Nutrition Program)

Research has established a clear connection between good nutrition and child development, including brain development in the first three years of life. The WIC program is designed to provide food to low-income, pregnant, postpartum and breastfeeding women, infants and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support and referrals for health care.

Eligibility in the WIC Program may be granted to North Carolina residents and undocumented individuals who live in North Carolina or receive health care in the state. Anyone who currently receives Medicaid, Work First or Food Stamps automatically meets the income eligibility guidelines. Services are provided at the local or county level by health departments, community health centers and community action agencies. Call the North Carolina Family Resource line at 1-800-367-2229 for more information.

Child Care?

Finding Child Care

Parents are often faced with the difficult question of who will care for their children while they work. Child Care Resource and Referral (CCR&R) agencies are available across the state of North Carolina to help parents better understand the early care and education system and to help them access high quality child care. For more information about the CCR&R in your area, please visit http://ncchildcare.dhhs.state.nc.us/parents/pr_parentcontacts.asp.

Paying for child care

Child care tuition rates are unaffordable for many families. In each county across North Carolina funds are available to help families pay for child care. Eligibility for the child care subsidy program is based on income and priorities set by the individual county. To find out more about the funds in your county please visit http://ncchildcare.dhhs.state.nc.us/parents/pr_parentcontacts.asp and click on 'Social Services'.

Family Violence?

Family violence powerfully affects children and adults. Family violence occurs when a family member, partner or ex-partner attempts to physically or psychologically dominate or harm another family member. It has many forms, including physical violence, sexual abuse, emotional abuse, intimidation, economic deprivation or threats of violence. If you or anyone you know is experiencing family violence, call a national family violence hotline for immediate assistance: 1-800-799-SAFE (7233). Local resources are available through the North Carolina Coalition Against Domestic Violence website: www.nccadv.org.

Child Abuse?

111,150 children were reported as abused or neglected in North Carolina in 2005/06. Reporting suspected child abuse is the first important step in stopping abuse and protecting a child from affects of abuse that can have consequences that last for years or even a lifetime. You can help stop the cycle of abuse by calling 1-800-CHILDREN or notifying the Child Protective Services Unit of your county Department of Social Services, which can be found by visiting Prevent Child Abuse North Carolina at http://www.netchange.org/p.asp?WebPage_ID=139. For additional support services in your area visit <http://www.nchealthinfo.org/locations.cfm?info=0,254,0,0,0>.

College Education?

Because a college education greatly improves job opportunities and compensation, it is important that children and families have access to resources that help with funding college and securing a better financial future. Grants and loans for college, loan forgiveness programs, service work opportunities, and tax credits are available to those who qualify. For more information on these resources you may contact your local college, high school counselor, the Free Application for Federal Student Aid (FAFSA) website (www.fafsa.ed.gov), the North Carolina College Foundation, or if you are working in child care, T.E.A.C.H. Early Childhood® at 919-967-3272.

Other Financial Resources?

Earned Income Tax Credit (EIC)

Raising children is very expensive. Tax credits are available to help offset these expenses. The Earned Income Tax Credit and the Advanced Earned Income Tax Credit are available to qualifying people who work. If you qualify, this money is yours to claim. Ask your employer for the proper tax forms or call 1-800-829-1040.

Temporary Assistance for Needy Families (TANF)

Families may find themselves faced with an unexpected crisis because of job loss. TANF, also known as Work First, provides support to help families overcome obstacles and become independent once again. Qualifying families may receive employment training, monetary Work First benefits, Medicaid, child care services and food/nutrition services. Contact your local Department of Social Services or the NC Care Line at 1-800-662-7030 for more information.

Finding Other Resources in Your Community?

Finding help in times of need can be confusing; there are community service organizations and nonprofit agencies to assist, but where do you begin? Call 1-888-UW211NC (1-888-892-1162) or visit www.NC211.org. Residents of Buncombe, Henderson and Transylvania counties should call 1-828-252-HELP (4357). Residents of Mecklenburg, Union, Cabarrus and South Iredell counties should call 1-866-744-7778. This multilingual service is free, confidential and available 24 hours a day, 365 days a year.



Child Care Services Association has compiled this information for you.

...ensuring affordable, accessible, high quality child care for all young children and families.

Searching for Information On-line?

Try the following websites for information articles on parenting topics, financial management and community resources.

The National Parenting Center – www.tnpc.com

NC Cooperative Extension – Family and Consumer Sciences – www.ces.edu/depts/fcs

Grow A Child – [www.growachild](http://www.growachild.org) .org

Angel Food Ministries – www.angelfoodministries.com

Family Support Network of North Carolina – www.familysupportnetwork.org