

COMMUNITY RESOURCES FOR THE PEDIATRICIAN

Referral Organizations

Family Help Desk/ Health Leads: <https://healthleadsusa.org/category/washington-dc/>

- Across hallway from CHC at CNMC Main Campus
- Staffed by undergraduate volunteers

Children's Law Center/ Health Access Project: www.childrenslawcenter.org

- Office next to Family Help Desk at CNMC Main Campus
- Focus on special education, housing, insurance, and public benefits

Social workers at all Goldberg Centers

United Planning Organization: www.upo.org

Numerous community agencies: Bread for the City, So Others Might Eat, etc

Economic Assistance

TANF: Temporary Assistance for Needy Families ("welfare")

www.hhs.gov/recovery/programs/tanf/index.html

Eligibility:

- Be pregnant or responsible for a child under 19 years of age
- Have low or very low income
- Be either under-employed, unemployed, or about to become unemployed

How to apply:

- Through state's Department of Human Services

Programs:

- Cash assistance, job training, childcare, transportation, earned income tax credits (EITC)
- Promotion of two-parent families and prevention of unplanned pregnancies

Food Assistance

WIC: Women, Infant, Children

www.fns.usda.gov/wic

Eligibility:

- Be pregnant, new mother, infant, or child < 5 years of age
- Have medical or nutritional need
- Meet income requirements (< 185% FPL) or enrollment in approved program (TANF, SNAP, Medicaid, DC Healthy Families)

How to apply:

- Complete the national pre-screening tool: <http://wic.fns.usda.gov/wps/pages/start.jsf>
- Then make appointment at local WIC clinic (find sites through DOH)

Programs:

- Food packages determined by age, breastfeeding status
- Farmers Market Nutrition Program
- Breastfeeding support

SNAP: Supplemental Nutrition Assistance Program (Food Stamps)

www.fns.usda.gov/snap

Eligibility:

- Gross monthly income < 130% FPL, or up to 200+% FPL if other conditions apply

How to apply:

- Through local Department of Human Services

Programs:

- Benefits on Electronic Benefit Transfer (EBT) card to be used at participating food vendors

DC Food Finder: www.dcfoodfinder.org

Bread for the City: www.breadforthecity.org

- Locations: 7th St NW and Good Hope Road SE
- Services:
 - Food pantry
 - Medical and dental care
 - Clothing
 - Case mgmt
 - Social services, including job training for adults
 - Nutrition services

Martha's Table: www.marthastable.org

- Locations: 14th St NW
- Services:
 - Food pantry, clothing, daycare/ child enrichment

So Others Might Eat: www.some.org

- Locations: O St NW and shelters throughout DC
- Services:
 - Dining room and clothing for homeless
 - Medical, dental, and eye care
 - Social services, including job training

Job Assistance

Opportunities Industrialization Center (OIC/DC) : www.oicdc.org

- Locations: MLK Ave SE and 9th St SE
- Services:
 - Ages 14+
 - Job search and training, literacy and GED work
 - Childcare

LIFT-DC: www.liftcommunities.org/washington-dc

- Locations: 1st & M NW, Columbia Heights, THEARC (Mississippi Ave SE)
- Services:
 - Job search and training
 - Housing assistance
 - Referrals to healthcare, childcare
 - Public benefits

Congress Heights Community Training & Development Corporation: www.chctdc.org

- Locations: MLK Ave SE
- Services:
 - Job readiness, specialized courses (Medical Ofc Admin Pgm)
 - Literacy and GED programs
 - Child and family enrichment programming

Educational Resources

DC Public Schools: www.dcps.dc.gov

- Specialized courses for older students, teen mothers

University of the District of Columbia Workforce Development Program: www.udc.edu

- Construction, hospitality, health care, IT
- GED prep
- Literacy coursework

Plus also through the wrap-around services of SOME, Bread for the City, LIFT, etc.....

Childcare Resources

Head Start/ Early Head Start: www.acf.hhs.gov/programs/ohs/

Eligibility:

- Income requirement: < 100% federal poverty level, in foster care, receiving TANF/SSI, disability or other special eligibility criteria as designated by local affiliate
- Infant or child < 5 years of age

How to apply:

- Use Head Start Locator to find site near patient, then contact center directly

Services:

- In-center or in-home educational and developmental services

DC Child Care Connection: www.mychildcaredc.com

- Assistance finding licensed child care provider, using TANF voucher

Carseat Resources

DC Safe Kids: www.safekids.org

Purchasing carseats:

- DC: discounted toddler and booster seats for \$30 purchase at CNMC
- MD: contact Kids in Safety Seats Program at 800-370-SEAT

Inspecting carseats:

- UMC (Wed 10:30am – 3:30pm)
- THEARC (Th/Fri 10:30am – 3:30pm, except for first Thurs of the month)