A Resource Guide for Families

The County Social Service Office provides information and/or referral services to applicants/recipient of public assistance program. This brochure provides some examples of the programs and services available to help your family. Please let your county worker know if you are interested in any of the programs or services. Asking for information does not require you to be referred or to participate. Not all programs or services are available everywhere in the state. All programs have different eligibility rules.

Programs to help elderly stay in their home
Homemaker/Home Health Aid Chore Services
Meals on Wheels/Senior Meals
Senior Companion Programs

Programs to find child care or help pay child care
Child Care Assistance Program
Child Care Resource and Referral Service
Tribal Child Care Assistance Program

Children/Youth Programs
County and Tribal Social Services
Head Start Program
Free and Reduced School Lunch Program
Development Disabilities
Salvation Army (After school and summer programs)

Agencies that offer individual, family, marital, or credit counseling
Catholic Family Services
Indian Health Services - Mental Health
Lutheran Social Services
Mental Health Association
Red Cross - Disaster Counseling
Regional Human Service Centers
Village Family Service Center
Veteran's Administration
Tribal Treatment Programs

Programs to help you get a job
Green Thumb, Inc.
Job Service
Vocational Rehabilitation
Tribal Native Employment Works

Programs to help families without income
Bureau of Indian Affairs/Tribal General Assistance
Temporary Assistance for Needy Families (TANF)
Social Security Administration (disability benefits, survivors benefits, retirement benefits)
Unemployment Benefits
Veterans Administration
Workers Compensation

Programs to help your family to get food or to buy food
Community Action Program (CAP)
Commodities - Tribal Food Distribution
Family Nutrition Education Program
Food Pantry
Food Stamps
Salvation Army
Women Infant & Children (WIC)

Programs to assist homeless families or help with rent
Homeless Shelter or Safe House
Housing Assistance Program (HAP)
North Dakota Fair Housing Counsel - discrimination or grievance concerns

Health Coverage and Insurance Programs for Children and Adults
Caring Program for Children - Insurance
Children's Special Health Services (formerly Crippled Children's Fund)
Easter Seals
Healthy Steps (CHIPS) - Insurance
Health Tracks - Preventative Health Screening
Indian Health Services
March of Dimes
Medicaid - Medical Coverage
Planned Parenthood - Women's health and birth control information
Public District Health Services
Veteran's Administration

Other
Child Support Enforcement
Earned Income Tax Credit - Special tax break
Legal Services
Protection and Advocacy - Support individual's rights
Telephone Assistance Program - Lifeline/Linkup - Pays for part of phone hook-up and monthly bill
Translator or Interpreter Services - Assistance for those who have difficulty understanding English

Information discussed with county workers is confidential.