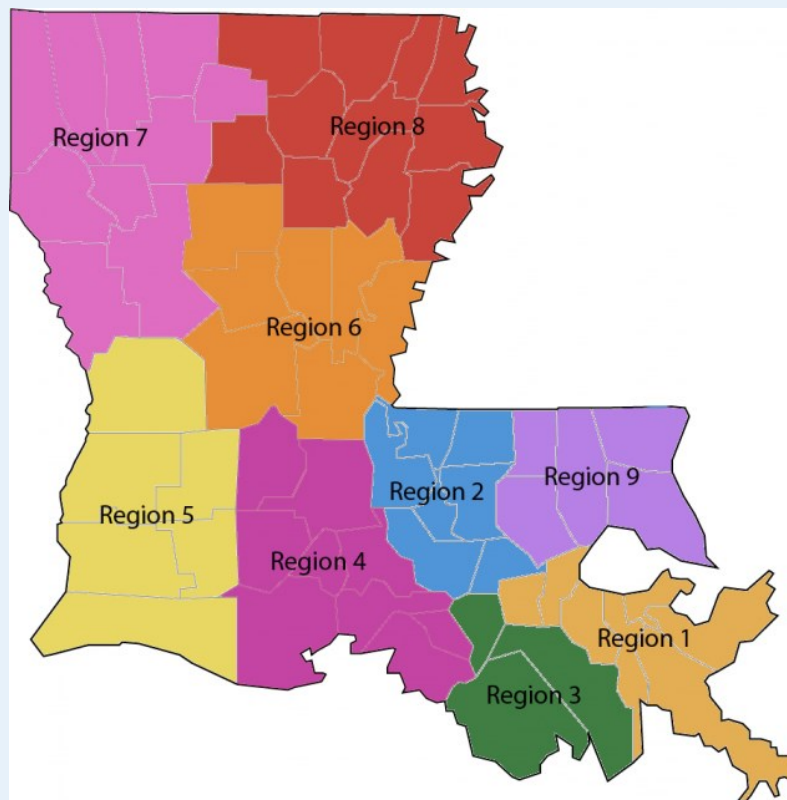


REGION 6

COMMUNITY RESOURCE GUIDE

Includes State and Local Information and Resources



Information collected from various resources by:

Christina Hurd, PhD

Central Louisiana Technical Community College

Carl Perkins Director/Region 6 CTE Coalition Coordinator

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CENTRAL LOUISIANA COMMUNITY COLLEGE



www.cltcc.edu

Central Louisiana Technical Community College (CLTCC), is a two-year technical and community college headquartered in Alexandria, La. Today, CLTCC provides comprehensive educational programs that meet the needs of its students and communities. These programs include career and technical education, general education, adult basic education, and workforce development training. CLTCC serves Avoyelles, Catahoula, Concordia, Grant, LaSalle, Rapides and Winn parishes.

CLTCC Campus Locations

Alexandria Main Campus

318.487.5443

<https://www.cltcc.edu/campuses/alexandria-main-campus/index>

Ferriday Campus

318.757.6501

<https://www.cltcc.edu/campuses/ferriday-campus>

Huey P. Long Campus

318.628.4342

<https://www.cltcc.edu/campuses/huey-p-long-campus>

Rod Brady Campus

318.992.2910

<https://www.cltcc.edu/campuses/rod-brady-campus>

Ward H. Nash Avoyelles Campus

318.876.2401

<https://www.cltcc.edu/campuses/ward-h-nash-avoyelles-campus>

CLTCC Career & Technical Educational Programs

Please check per campus for available programs

Air Conditioning and Refrigeration Technician

Business Office Administration-Accounting Concentration

Business Office Administration-Medical Office Concentration

Business Office Administration-General Office Concentration

Business Office Technology

Cloud Computing

Commercial Vehicle Operator

Drafting and Design Technology

Electrician Technology

Forest Technology

Heavy Equipment Vehicle Operator

Industrial Manufacturing Technology

Patient Care Technician

Pharmacy Technician

Practical Nursing

Welding



CLTCC Career & Technical Educational **Correctional Facilities Programs**

Automotive Technology

Raymond Laborde Correctional Facility

Welding Technology

Raymond Laborde Correctional Facility

Business Office Technology

Pollock Federal Correctional Complex



WorkReady U/Adult Education

<https://www.cltcc.edu/academics/hiset-workready-u-adult-education>

WorkReady U is an adult education and career readiness program for adult learners who want to earn their high school equivalency diploma, improve their literacy, learn English as a second language, and transition to college, with the goal of finding a job earning a family sustaining wage. It is no longer just about obtaining your high school equivalency diploma. It's also about acquiring the means to improve your circumstances and obtaining the skills you need for a good-paying job. Current statistics indicate that more than half of all our job openings require at least a high school diploma and two years of higher education. As a result, CLTCC is working hard to lower the number of individuals in Louisiana without a high school diploma.

WorkReady U services and opportunities include:

1. High school equivalency diploma preparation (HiSET prep)
2. Secondary credential preparation
3. Basic skills remediation
4. English as a second language
(resources for migrant and seasonal farm workers)
5. Enrichment

Click on the link below and complete the Prospect Inquiry Form.

[Prospect Inquiry Form](#)

Complete the enrollment form below or enroll in-person at the instructional site nearest you.

[Enrollment Form](#)

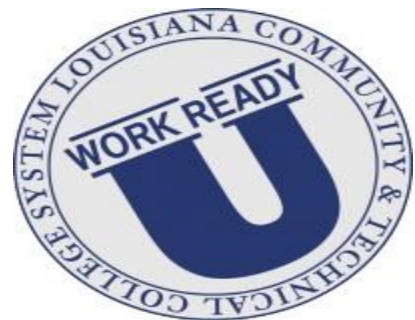
You can reach the WorkReady U staff by email at adulthood@cltcc.edu, by phone or in person at your designated campus



WorkReady U/Adult Education **Ability to Benefit**

Ability to Benefit under federal student aid includes Pell Grants for students co-enrolled in Title-IV (Adult-Ed) eligible career pathway programs with an option to earn a high school credential for high school students. For students out of high school age and enrolled in an Adult Education program, students can demonstrate eligibility when they test at a certain level on the (ATB Accuplacer) or earn six college credits successfully. Ability to Benefit allows eligible students to pay not only for tuition, fees, and books, but other living expenses as well. This makes it more likely for students to attend full-time and complete college faster. The maximum Federal Pell Grant award is \$6,895 for the 2022-2022 award year (July 1, 2022 to June 30, 2023) and depends on a number of factors including expected family contribution, cost of attendance, and full-time or part-time status. This amount is subject to change, please check with your Financial Aid Director for information on award amounts.

You can reach the WorkReady U staff by email at adulthood@cltcc.edu, by phone or in person at your designated campus



Students who are good candidates for ATB

<https://studentaid.gov/understand-aid/eligibility/requirements>

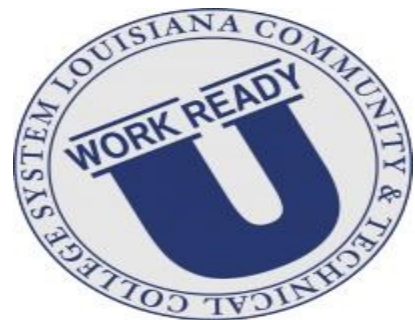
ATB is about access to federal and state financial aid resources for students without a high school credential

Workready U/Adult Ed staff communicates with students about their eligibility status to financial aid

Potential students who would benefit from ATB include:

1. Adult Basic Education Students
2. GED students
3. HS Completion students
4. Financial Aid applicants without a high school credential or Former Running Start students who did not graduate from high school

You can reach the WorkReady U staff by email at adulted@cltcc.edu, by phone or in person at your designated campus



CLTCC STUDENT SERVICES

- ♦ Offers assistance in the application admission process for CLTCC
- ♦ Offers FAFSA completion for all students
- ♦ Offers advising of classes each semester to keep the student track towards their career goals.
- ♦ Holds a Career Fair on each campus for students
- ♦ Offers Disability Services

Title IX Coordinator/ADA/Section 504 Coordinator

**516 Murray Street
Alexandria, LA 71301
(318) 487-5443, Ext**

Title IX Confidential Advisor

**HR Director
516 Murray Street
Alexandria, LA 71301
(318) 487-5443**

ADA Coordinator for Students

**Thomas Clarke
516 Murray Street
Alexandria, LA 71301
(318) 487-5443, ext. 1156**

thomasclarke@cltcc.edu

Louisiana State University at Alexandria is a publicly supported institution that provides undergraduate level college education to the citizens of Central Louisiana. The university is a unit of the LSU System and operates under the auspices of the Louisiana Board of Regents.

Mission

As the only state-supported undergraduate university in Louisiana, LSUA's mission is to provide a broad spectrum of affordable undergraduate degrees in a robust academic environment that challenges students to excel and creates proactive and reciprocal relationships

Vision

LSUA envisions itself as a University of choice, recognized for academic excellence, committed to student and community growth

www.lsua.edu

8100 Hwy 71 South
Alexandria, LA 71302

888-473-6417
318-445-3672



LSUA Programs of Study

<https://www.lsua.edu/academics/programs/list>

Bachelor of Science in Accounting

Bachelor of Science in Mathematics with concentration in Actuarial Science

Bachelor of Science in Biology with concentration in Agriculture

Bachelor of General Studies with concentration in Arts Management

Associate of Science - Medical Laboratory Science

Associate of Science in Radiologic Technology

Associate of Science in Nursing

Bachelor of Science in Biology

Bachelor of Science in Biology with concentration in Secondary Education

Bachelor of Science in Medical Laboratory Science (3+1 Track)

Bachelor of Science in Medical Laboratory Science (MLT-MLS Online Track)

Bachelor of Science in Business Administration

Bachelor of Science in Health Professions with concentration in Cardiac Device Sales and Marketing

Bachelor of Science in Health Professions with concentration in Cardiovascular Technology

Bachelor of Science in Chemistry

Bachelor of Science in Chemistry with concentration in Secondary Education

Bachelor of Arts in Communication Studies

Bachelor of Science in Mathematics with concentration in Computer Science

Bachelor of Science in Criminal Justice

Bachelor of General Studies with concentration in Disaster Science and Emergency Management

Bachelor of Science in Elementary Education



Programs of Study contd'

Bachelor of Science in Elementary Education

Bachelor of Arts in English

Bachelor of Arts in English with minor in Secondary Education

Bachelor of Science in Business Administration with concentration in Entrepreneurship

Bachelor of Science in Business Administration with concentration in Finance

Bachelor of General Studies

Bachelor of General Studies with concentration in Graphic Design

Bachelor of Science in Health Professions

Bachelor of General Studies with concentration in Health Sciences

Bachelor of Arts in History

Bachelor of Arts in History with minor in Secondary Education

Bachelor of Arts in Communication Studies with concentration in Human Relationships

Bachelor of General Studies with concentration in Humanities

Bachelor of Business Administration with concentration in International Business

Bachelor of Science in Kinesiology

Bachelor of Science in Long Term Care Administration

LPN to ASN

Bachelor of Business Administration with concentration in Management

Bachelor of Business Administration with concentration in Management Information Systems

Bachelor of Business Administration with concentration in Marketing

Bachelor of Science in Mathematics



Programs of Study contd'

Bachelor of Science in Mathematics with concentration in Secondary Education

Bachelor of Science in Health Professions with concentration in Medical Imaging

Bachelor of Science in Biology with concentration in Organismal and Field Biology

Certificate in Pharmacy Technology

Bachelor of General Studies with concentration in Political Science

Bachelor of Science in Biology with concentration in Pre-Physical Therapy

Bachelor of General Studies with concentration in Political Science

Bachelor of Science in Biology with concentration in Pre-Physical Therapy

Bachelor of Science in Biology with concentration in Pre-Professional

Bachelor of Science in Psychology

Bachelor of Arts in Communication Studies with concentration in Public Relations

Bachelor of Science in Nursing

Bachelor of Arts in Communication Studies with concentration in Speech Communications

Bachelor of Arts in Communication Studies with concentration in Sports Broadcasting

Bachelor of General Studies with concentration in Visual and Performing Arts

Bachelor of Arts in Communication Studies with concentration in Visual Communication

Bachelor of Arts in World Religions

<https://www.lsua.edu/academics/programs/list>





https://www.laworks.net/LaborMarketInfo/LMI_OccAllProj.asp?years=20162026

New Orleans Region

or

RLMA 1

Jefferson

Orleans

Plaquemines

St. Bernard

St. Charles

St. James

St. John the Baptist

St. Tammany

Baton Rouge Region

or

RLMA 2

Ascension

East Baton Rouge

East Feliciana

Iberville

Livingston

Pointe Coupee

St. Helena

Tangipahoa

Washington

West Baton Rouge

West Feliciana

Houma Region

or

RLMA 3

Assumption

Lafourche

Terrebonne

Lafayette Region

or

RLMA 4

Acadia

Evangeline

Iberia

Lafayette

St. Landry

St. Martin

St. Mary

Vermilion

Lake Charles Region

or

RLMA 5

Allen

Beauregard

Calcasieu

Cameron

Jefferson Davis

Vernon

Alexandria Region

or

RLMA 6

Avoyelles

Catahoula

Concordia

Grant

LaSalle

Rapides

Winn

Shreveport Region

or

RLMA 7

Bienville

Bossier

Caddo

Claiborne

DeSoto

Lincoln

Natchitoches

Red River

Sabine

Webster

Monroe Region

or

RLMA 8

Caldwell

East Carroll

Franklin

Jackson

Madison

Morehouse

Ouachita

Richland

Tensas

Union

West Carroll

The LWC's American Job Center system is built around a standardized, yet flexible, statewide framework to ensure that our customers' needs are consistently met and our system achieves a high level of customer satisfaction.

Services include:

- Online local, state and national job listings
- Assessments of education, skills and interests
- Job counseling, job placement assistance and referrals
- Web-based job search assistance
- Job search workshops
- Community resources information
- Education and training information
- Labor market information
- Access to computers, fax and copy machines
- Veterans' services
- Trade Adjustment Assistance (TAA) and Trade Readjustment Assistance (TRA)

Training opportunities include:

- Basic skills upgrades
- Job readiness skills courses
- Adult basic education, literacy, math skills and GED preparation
- Education and Curriculum information
- Registered apprenticeship
- Training scholarships
- Employer-based training
- Entrepreneurial training
- Youth employment programs

Support services include:

- Financial aid and planning
- Specialized veterans' services
- Disability Services
- Food and nutrition services
- Child and family support
- Older worker and youth services

Helping Individuals Reach Employment (HiRE)

This dynamic online tool can help job seekers as well as employers. Job seekers can search for a job, create a resume, find training providers and much more. Employers can use this resource to find qualified employees and post job vacancies.

Workforce Programs and Initiatives

Re-Employment Services (RES)

The Re-employment Services (RES) Program provides comprehensive and integrated job-related services for unemployment insurance claimants through the LWC's American Job Centers. Services include group orientation, one-on-one sessions with a re-employment specialist, assessment of employment needs, development of an Individual Employment Plan (IEP), job search assistance, job and supportive service referrals and skills upgrades through workshops and training.

Community Services Block Grant (CSBG) / Community Action Agencies

The LWC works closely with community action agencies through the Community Services Block Grant (CSBG) program. These agencies provide supportive services to help low-income individuals become or remain self-sufficient. Each agency offers a range of services which can include assistance with transportation, housing, income management, energy costs, nutrition, health care, emergency food and shelter, employment and training.

Final CSBG FY 2020-21 State Plan (Legal Notice)

Questions or comments may be addressed to Rhea Woods, CSBG Program Manager, 1001 North 23rd Street, Baton Rouge, LA 70804 or via email at RWoods@lwc.la.gov.

Louisiana Rehabilitation Services

Louisiana Rehabilitation Services (LRS) assists people with disabilities to obtain or maintain employment and/or achieve independence in their communities by providing rehabilitation services and working cooperatively with business and other community resources. Programs available include Vocational Rehabilitation (VR), the Randolph-Sheppard Program, Independent Living Program Part B and the Independent Living Older Blind Program. LRS offices are located in the New Orleans, Baton Rouge, Houma-Thibodaux, Lafayette, Lake Charles, Alexandria, Shreveport and Monroe regions.

Disability Employment Initiative

The goal of the DEI is to improve education, training and employment opportunities and outcomes of youth and adults with disabilities who are unemployed, underemployed and/or receiving Social Security disability benefits. Contact a Disability Resource Coordinator (DRC). Learn more about this year's **Diversity Works Job Fairs** geared to connect individuals with disabilities with employers looking to hire and diversify their workforce. For additional information on the federal DEI program, visit <http://www.dol.gov/odep/topics/DEI.htm>. Learn more about this year's Diversity Works Job Fairs geared to connect individuals with disabilities with employers looking to hire and diversify their workforce.

Training

Incumbent Worker Training Program

The Incumbent Worker Training Program (IWTP) creates training partnerships among the LWC, business and industry, and training providers. The IWTP is designed to benefit business and industry by assisting in the skill development of existing employees, thereby increasing employee productivity and company growth. The program is funded by a portion of Unemployment Insurance tax contributions dedicated solely for customized training.

Eligible Training Provider Information

Small Business Employee Training

The IWTP Small Business Employee Training Program (SBET) is designed to benefit business and industry by assisting in the skill development of existing employees through individual, standardized (off-the-shelf) training. Employers are reimbursed for tuition and required textbooks and manuals after the training has been completed and proper documentation has been submitted to the LWC.

Apprenticeship

Registered apprenticeship is a voluntary industry-driven training program. An apprentice-eligible occupation is learned through a structured program of supervised on-the-job training; is clearly identified and commonly accepted throughout the industry; requires a minimum of 2,000 hours of work experience to learn; requires related supplemental instruction; and involves the development of manual, mechanical and technical skills broad enough to be applicable in like occupations in the industry. Apprenticeship program sponsors may qualify as Workforce Investment Act (WIA) training providers and registered apprentices may be eligible for individual training account funds to assist in training costs. In addition, employers who are registered apprenticeship program sponsors are eligible for a tax credit of up to \$1,000 per apprentice per year.

Veterans' Services

Veteran services provides employment assistance and training opportunities to Veterans and other eligible individuals, mainly job assistance, job and training referral and job placement.

Youth Services Providers

List of providers in the state that provide Youth Services.

Youth Works

Helpful information geared to assist young job seekers get into the workforce.

Minor Labor Program

Helpful information geared to assist employers and young job seekers get into the workforce.

Rapid Response

Rapid Response is an early intervention service that helps workers affected by major layoffs and plant closings qualify for new jobs. The goal of the program is to transition workers into re-employment as quickly as possible. LWC host orientation sessions that introduce workers to the re-employment, retraining and support services available to them. Workers facing layoff are encouraged to attend scheduled sessions so they're aware of the full array of no-cost benefits offered to participating employers and employees.

Migrant and Seasonal Farmworker Services (MSFW)

Under the Migrant and Seasonal Farmworker Protection Act (MSPA), the Office of Workforce Development provides services to migrant and seasonal farmworkers that are “quantitatively proportionate and qualitatively equivalent” to all jobseekers. This means that MSFWs should receive all workforce development services, benefits and protections on an equitable and non-discriminatory basis (i.e. career guidance, testing, job development, training, and job referral). MSPA also provides for Monitor Advocates, who are responsible for ensuring that services provided are in accordance with federal regulations

WHAT IS JUMPSTART 2.0

<https://www.louisianabelieves.com/courses/all-things-jump-start>

Jump Start is Louisiana's innovative career and technical education (CTE) program. Jump Start prepares students to lead productive adult lives, capable of continuing their education after high school while earning certifications in high-wage career sectors.

Students are required to attain industry-promulgated, industry-valued credentials in order to graduate with a Career Diploma. (Jump Start is an elective path for students pursuing a university-preparatory diploma.)

Schools receive the same accountability grade credit for preparing students for careers in high-demand job sectors as they do for students who achieve top academic honors.



For more information on JumpStart please contact your High School guidance counselor. Pathways are set up for incoming Freshman

Agriculture, Food and Natural Resources

Architecture and Construction

Arts, AV Technology and Communication

Business Management

Health Sciences

Hospitality and Tourism

Human Services

Information Technology

Law, Public Safety, Corrections and Security

Manufacturing

Transportation, Distribution, and Logistics

Environmental Protection and Sustainability

LSU Biomedical Sciences

LSU Computing

LSU Digital Design and Emergent Media

LSU Pre-Engineering

NICERC Cyber Security

SPLTW Pre-Engineering



Local Scholarships

[https://jhs-lasalle-louisiana.schoolloop.com/pf4/cms2/view_page?
d=x&group_id=1526110725602&vdid=i23a5g1vk962xx](https://jhs-lasalle-louisiana.schoolloop.com/pf4/cms2/view_page?d=x&group_id=1526110725602&vdid=i23a5g1vk962xx)

Betty Faye Spence Memorial Scholarship

GEO Scholarship

Ginger Worthington Memorial Scholarship

Jena Lions Club Scholarship

JHS Class of 1965 Scholarship

LaSalle Parish Sheriff Scholarships

Trevor Rogers Memorial Scholarship

White Tails Unlimited

Please contact school directly for more information:

Jena High School
243 East High School Drive
Jena, La 71342
(318) 992-5195 Phone
(318) 992-9747 Fax

How Financial Aid Works

Finding financial aid can seem overwhelming when you're trying to get ready for college or career school. It doesn't have to be! We'll walk you through how financial aid works, resources to pay for college, and loan repayment options.

Start Planning Early

Develop your game plan to pay for college

Fill Out the FAFSA[®] Form

Apply for federal student aid

Review Your Aid Offer

Compare the aid each school is offering

Get Your Aid

Aid goes to your student account first

Repay Your Loans

Find an affordable repayment plan

To complete your FAFSA click on the embedded link or type URL directly into your browser:

<https://studentaid.gov/h/apply-for-aid/fafsa>

To learn more about financial aid, including the different types please click here or type URL directly into your browser:

<https://studentaid.gov>

Federal Student Aid
An OFFICE of the U.S. DEPARTMENT of EDUCATION

PROUD SPONSOR of
the AMERICAN MIND[®]

Youth Challenge Program

<https://langycp.com/>

The Louisiana National Guard Youth Challenge Program (YCP) is an alternative educational program which offers adolescents an opportunity to change their future. Students looking for a way to succeed outside of a traditional school setting learn self discipline, leadership, and responsibility while working to obtain a high school equivalency diploma.

Led by professionals who emphasize discipline and education, this unique two part program teaches core academics and life skills, and encourages young people from all walks of life to become productive and accomplished in their chosen field.

In total, YCP is a 17 month program which consists of two phases. During the 5 month Residential Phase, students live on site at one of the three locations: Camp Minden near Shreveport, Camp Beauregard in Central Louisiana, and The Gillis W. Long Center near Baton Rouge. During this phase, students attend school, receive individual counseling and are supervised 24 hours per day.

After graduation, students return home and enter the 12 month Post Residential Phase. During this phase, which is designed to help students continue in a positive direction, graduates are assisted by YCP case managers and community mentors to continue their education, enroll in college, begin job training, find employment, or enlist in the military.

CONTACT INFO
1-800-CAMP-KID
318-641-580



Central Louisiana Area Health Education Center is a local non-profit, community based agency that works with a volunteer advisory board of local health care professionals, community leaders, educators and citizens. We offer a variety of education based services to meet the needs of health care providers and consumers in the 17-parish region that we serve.

Area Health Education Centers (AHECs) are special cooperative efforts among health career educators, community hospitals, health professionals, and local citizens. The AHEC concept was developed in the 70's to address the growing shortage of health care workers. Today, a network of AHECs work throughout Louisiana and across the nation to:

- Address shortages of health professionals in under-served and rural areas;
- Provide community-based services that assist practicing health professionals - doctors, dentists, nurses and other providers - to further develop and maintain their skills;
- Encourage students, especially minorities or under-represented groups, to pursue health professions.

Central LA AHEC's main office is located on the campus of NSU Cenla in Alexandria, LA with an additional office on the campus of Franciscan Missionaries of Our Lady University in Baton Rouge, LA..

<https://clahec.org>

Alexandria Office

1308 Dorchester Drive
Alexandria, LA 71303
Phone: (318) 443-2855
Fax: (318) 443-4255

HOURS OF OPERATION

Monday to Friday
8:00 AM – 4:30 PM
Saturday to Sunday



CENTRAL LOUISIANA

AHEC

ACS Programs and Services

What will you find with ACS? All kinds of programs and services that combine fun with self-improvement. Look at your local offerings to see what's available near you – and get ready to start an adventure!

All Army Community Services (ACS) programs support Soldiers, civilian employees and Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability. Each program maximizes technology and resources, adapts to unique installation requirements, eliminates duplication in service delivery, and measures service effectiveness. Standardized ACS programs, services and facilities are based upon established Common Levels of Support, are tailorable by Garrison population and mission, and are outlined in AR 608-1, Army Community Service, 13 March 2013.

Please review individual ACS Programs and Services on the following pages or by visiting

<https://www.armymwr.com/programs-and-services/personal-assistance>



Army Family Action Plan

<https://www.armymwr.com/programs-and-services/personal-assistance/army-family-action-plan>

The Army Family Action Plan (AFAP) is your platform to voice quality-of-life issues, feedback, ideas, and suggestions. It's the best way to let Army leadership know about what works, what doesn't, and how you think problems can be resolved. We give Active and Reserve Component Soldiers, Army Civilians, Retirees, Survivors, and Family members a primary tool to help identify issues and concerns and shape your standards of living.

You can submit issues at your garrison's Army Community Service office or to a unit Family Programs liaison. The information you submit gives Army leadership insight and helps foster a satisfied, informed, and resilient Army Community.

AFAP makes a meaningful difference. Since AFAP was created in 1983, 698 issues have been submitted, resulting in 128 legislative changes, 186 Department of Defense or Army policy changes, and 210 improved programs or services.

Here's a sample of AFAP results:

Dedicated Special Needs Space in Child, Youth, and School Services (CYSS)

Distribution of Montgomery GI Bill benefits to dependents

Annual Leave carryover increase from 60 to 75 days

Extended educational benefits for Spouses

Dental and visual insurance coverage for Federal Employees

Medical Coverage for Activated Reserve Component Families

Military pay table (targeted pay raises)

Military Thrift Savings Plan

TRICARE for Life for eligible Retirees

Funding for Better Opportunities for Single Soldiers (B.O.S.S.)

Active Duty Enlisted Soldier Compassionate Reassignment Stabilization

SGLI increases

Minimum standards for Army Child Care

In-state tuition for Military Dependents



Army Family Team Building

<https://www.armymwr.com/programs-and-services/personal-assistance/army-family-team-building>

Army Family Team Building (AFTB) empowers you, through self-development and leadership skills, basic Army knowledge and specialized training, to maximize your personal and professional potential.

AFTB (Level I) Military Knowledge (K) Modules train basic information about the Army: You'll learn about the Army life and how to maneuver through daily challenges by discovering how to decipher Army acronyms, utilize community resources, attain better financial readiness, and understand the goal and impact of the Army mission on daily life.

AFTB (Level II) Personal Growth and Resiliency (G) Modules train personal growth skills: Learn how to improve your personal relationships and communication and stress-management skills. Discover how teams form and grow, how to solve problems, and how to resolve personal conflict. You'll also learn about Army traditions, customs, courtesies and protocol.

AFTB (Level III) Leadership Development (L) Modules train leadership skills: Thrive in the Army and civilian life by expanding leadership skills and effective communication techniques and learning to mentor others into leadership positions. You'll learn about the different leadership styles, how to run an effective meeting, how to manage group conflict, and how to coach and mentor others.

AFTB improves personal and Family preparedness, which enhances overall Army readiness and helps America's Army adapt to a changing world.



Employment Readiness Program (ERP)

<https://www.armymwr.com/programs-and-services/personal-assistance/employment-readiness-program>

The Employment Readiness Program (ERP) offers resources to help with your career plan and job search. Whether you're a military spouse or Family member who just moved to a new installation, Retiree, or DoD civilian looking for new opportunities, or active duty Military, active Reserve, National Guard member, or Wounded Warrior, we're here to help.

Our services include:

Up-to-date information on local, national, and international employment opportunities, job market trends and education, and volunteer resources

Classes and seminars on self-assessment and career exploration, resume writing, interviewing techniques, dressing for success, networking, and entrepreneurship

Résumé critiques

Career counseling and individual career assessments

Job fairs and other hiring events

Teen/youth employment information

Computers with Internet access, résumé-writing software, and typing tutorials

Virtual Career Library access

Contact your Employment Readiness Program manager (ERPM) for more information.

Military Spouse Employment Partnership (MSEP) Corporate and nonprofit employers are looking to hire military spouses. Are you ready? Click here to find out about employers who recruit, promote and retain military spouses.



Exceptional Family Member Program



The Exceptional Family Member Program (EFMP) provides comprehensive support to Family members with special needs. EFMP takes an all-inclusive approach to coordinate military and civilian community, educational, medical, housing, and personnel services to help Soldiers and their Families with special needs. An Exceptional Family Member is A Family member with any physical, emotional, developmental, or intellectual disorder that requires special treatment, therapy, education, training, or counseling, and meets the eligibility criteria. Soldiers with Exceptional Family Members are required to register for EFMP and keep enrollment information current. This way, Family needs will be considered during the OCONUS assignments process. If you're eligible for EFMP services, Family members must be screened and enrolled when they accompany authorized Soldiers on OCONUS assignments. Screenings include medical records review for all Family members and developmental screening for all children aged 72 months and younger.

Exceptional Family Member Program (EFMP) Respite Care: Everyone needs a break sometimes – especially those caring for special needs Family members. Take advantage of respite care, which gives you time to focus on your needs.

Exceptional Family Member Program (EFMP) Systems Navigators:

Get connected to powerful systems of care, both on and off the installation. If you have a special needs Family member, plug in today.

For more information about EFMP, contact the EFMP point of contact through your nearest Army medical treatment facility.

Who must enroll in the program?

Active Army

U.S. Army Reserve (USAR) Soldiers in the Active Guard Reserve (AGR) Program
Army National Guard (ARNG) AGR personnel serving under authority of 10 USC and 32 USC. Department of the Army civilian employees do not enroll in the program.

You must identify dependent children with special education and medically related service needs and Family members with medical needs each time they process for an assignment to a location outside the United States where Family member travel is authorized at Government expense.

<https://www.armymwr.com/programs-and-services/personal-assistance/exceptional-family-member-program>

Family Advocacy Program (FAP)

<https://www.armymwr.com/programs-and-services/personal-assistance/family-advocacy>

The U.S. Army Family Advocacy Program (FAP) helps Soldiers and Families recognize and meet the unique challenges of military lifestyles. Our services include seminars, workshops, counseling, and intervention to help strengthen Army Families, enhance resiliency and relationship skills, and improve quality of life.

We are also dedicated to helping Soldiers and Families with the complex challenges related to domestic abuse, child abuse, and neglect. We focus on prevention, education, prompt reporting, investigation, intervention, and treatment.

If you need help, please call the National Domestic Violence Hotline at 1-800-799-7233. You should also contact your installation's Family Advocacy Program for more information.

There are additional programs within the Family Advocacy Program that help with specific needs.

Military and Family Life Counselors (MFLCs): A key outreach service to Soldiers and Families. Enhanced community Family support services by offering licensed clinical social workers and psychologists to address various issues that Soldiers and Families face before and after deployment.

New Parent Support Program (NPSP):) Got small children? Parents with little ones under three have special challenges, and NPSP has tools to meet them. Programs including home visits and parenting classes help caregivers learn to cope with stress, isolation, deployments, reunions, and the everyday demands of parenthood. Click here to find services near you

Victim Advocacy Program (VAP): Victims of domestic violence and sexual assault have round-the-clock access to services, including emergency assistance, information, referrals, and ongoing support in accessing medical, behavioral health, legal, and law enforcement services on and off garrisons. Services are available for both restricted and unrestricted reports. Click here for more information.

Transitional Compensation (TC) Program for Abused Dependents: Under a congressionally mandated program, abused dependents of military personnel may be eligible for one to three years of benefits and entitlements, including temporary financial compensation, medical care, and commissary and exchange privileges. Click here for more information.

Contact your installation's Army Community Service (ACS) Family Advocacy Program for more information.

You can also call Military OneSource for more information and referrals (CONUS: 800-342-9647; OCONUS: 00-800-3429-6477; To call collect with operator assistance OCONUS: 484-530-5908).

Financial Readiness

<https://www.armymwr.com/programs-and-services/personal-assistance/financial-readiness>

Financial Readiness Program (FRP) Provides comprehensive educational and counseling programs in personal financial readiness. The program covers indebtedness, consumer advocacy and protection, money management, credit, financial planning, insurance and consumer issues. Other services offered are mandatory First Duty Station Training for First-Termers, First-Termers Financial Planning Course at Advanced Individual Training Schools, financial planning for transitioning Soldiers, financial counseling for deployed Soldiers and their Families and the Department of Defense Family Subsistence Supplemental Allowance Program.

Army Emergency Relief (AER) AER's motto is "Helping the Army Take Care of Its Own" – and that's what it does. With AER, commanders can recommend current and retired Soldiers and Families for emergency financial assistance.

Information and Referral

<https://www.armymwr.com/programs-and-services/personal-assistance/information-and-referral>

Community Information Services (Information and Referral) provides Soldiers and Families with timely, comprehensive information on both military and community resources that will assist in meeting basic needs and improve quality of life. Army OneSource (AOS) Community Support Coordinators (Community Outreach) Identify and build relationships with community service agencies, promoting partnerships with the Army and additional resources to military service providers and geographically dispersed Soldiers and their Families.

Virtual Family Readiness Groups (vFRG) Keeping Families up to date has never been easier! A vSFRG has the major functions of standard Soldier and Family Readiness Groups and serves the needs of geographically dispersed active and Reserve units and Families.

Outreach Services Some members of the Army community could use a little more support, and that's what Outreach Services gives. We focus on geographically or socially isolated Families, first-term Soldiers and Families, geographically separated Families, newly arrived Soldiers and Families, single-parent Families, and other Soldiers and Families identified by a needs assessment.

Mobilization and Deployment

<https://www.armymwr.com/programs-and-services/personal-assistance/mobilization-and-deploym>

Mobilization and Deployment Readiness Program Provides assistance to Soldiers, Civilians and Family members to maintain individual readiness throughout the Army Force Generation (ARFORGEN) cycle. The Operation Resources for Educating About Deployment and You (Operation READY) training program assists commanders in meeting Family readiness objectives. Operation READY includes training modules and resource books especially designed to help Soldiers and their Families cope with the personal, Family, and financial demands of deployment. Operation Ready materials also provide training and resources to Commanders, Rear Detachment cadre, Family Readiness Group (FRG) leaders and Family Readiness Support Assistants (FRSAs). Operation READY materials are available through installation ACS centers, Reserve Component Family Programs, and at [Military OneSource](#).

Family Readiness Support Assistants (FRSAs) Provide administrative and logistical support to commanders, rear detachment commanders and FRG leaders. Duties include to prepare and distribute correspondence, rosters, newsletters, flyers and reports; prepare content for Virtual Family Readiness Group (vFRG) website and serve as system administrator; maintain regular contact with community agencies to inform Family Readiness Group (FRG) leaders on updated info; schedule and coordinate FRG meeting and event logistics; assist with maintaining unit volunteer records.

Noncombatant Evacuation and Repatriation Operations During national and global emergencies, the Army Disaster Personnel Accountability and Assessment System (ADPAAS) helps assess Family needs and coordinate assistance.

Relocation Readiness

<https://www.armymwr.com/programs-and-services/personal-assistance/relocation-readiness>

Moving is a part of life for Soldiers, civilian government employees and their Families. The Army Community Service Relocation Readiness Program is here to help with a comprehensive support system, whether it's your first move or the last of many. We have all kinds of information and resources to help you and your family navigate your next military move.

Your first stop should be your local Army Community Service Family center to meet with a Relocation Readiness Program Manager who can get you started.

Other Relocation Readiness Program resources include:

Pre-Arrival information: Installations and surrounding areas provide information through Military OneSource, which also provides links to military installations.

Plan My Move: The Plan My Move pages on Military OneSource simplify the moving process. You can create a customized calendar based on your needs and schedule, and find driving directions and information about entitlements and out-of-pocket costs, schools and other local community resources.

Household Goods Lending Closet: Installations keep basic household items for you to borrow for up to 30 days to help you get settled. At a minimum, you'll find things like basic kitchenware, high chairs, irons, ironing boards, play pens and transformers if appropriate.

Post-Move Newcomer Orientation: Provides information about your new installation, including housing, education, healthcare, and more.

Welcome Packet: Most installations will provide you with a welcome packet that has maps (both on- and off-post) and important local contact information.

Individual Counseling: Your Relocation Readiness Program Manager can address specific issues with you one-on-one and give guidance and suggestions to help resolve any problems that may come along with your move.

Sponsor: A sponsor is somebody from a Soldier's new unit who is specially trained to help you settle into your new location. Most installations also have a Youth Sponsorship Program through Child and Youth Services.

Citizenship and Immigration Services: Your Relocation Readiness Program Manager can act as a liaison when Families seek guidance on the citizenship and residency application process.

If you're moving to an installation outside the continental United States (OCONUS), we have special relocation resources for you, including:

Host Nation Orientation: Can help you better understand the local culture, language, transportation, and tourism offerings.

Re-Entry Workshops: Provided for transferees returning from overseas to the U.S. You'll get information about the PCS process and procedures, finance entitlements, shipping household goods, port call, Family travel, legal assistance for claims, and shipping your automobiles and pets.

Foreign Language and Foreign Cultural Information: You can borrow foreign language CDs and Rosetta Stone Learner Online to learn the language of the country where you will reside overseas. Army Community Service (ACS) centers located overseas can help you translate bills and letters and may also offer language classes of the host nation.

Mandatory Overseas Orientations: If you're making a PCS overseas (Europe or Pacific), this workshop focuses on everything you'll need to know about life overseas, including geography, climate, government, economy, language, recreation, family life, food, customs, and courtesies.

SHARP

<https://www.armymwr.com/programs-and-services/resources>

Sexual Harassment Assault Response and Prevention Program (SHARP)

The Army's Sexual Harassment/Assault Response and Prevention (SHARP) Program is the Army's integrated, proactive effort to end sexual harassment and sexual assault within our ranks. Sexual harassment and sexual assault have no place in the Army. If you have been the victim of sexual harassment or sexual assault, you have a voice, you have rights, and we're here to help.

The Army's SHARP Program also:

Permeates the Army structure from the Pentagon down to the individual Soldier level.

Has full-time staff at the brigade level and higher.

Promotes cultural change across the Army, with a vision toward a culture of discipline and respect in which Soldiers intervene in sexual harassment and sexual assault to protect one another.

Includes a comprehensive effort to educate leaders and Soldiers about sexual harassment and sexual assault.

Employs a concrete training program that teaches Soldiers to be alert to serial offender tactics, to intervene to stop incidents and disrupt offenders, and where and how to seek help.

Provides commanders with the essential resources, education, and training they need to succeed in bringing an end to sexual harassment and sexual assault in the Army.

We have certified Sexual Assault Response Coordinators (SARCs) and Victim Advocates (VAs) available 24/7 to help with reporting, and support prevention, training, and awareness efforts.

If you need help now:

Call the Safe Helpline (877) 995-5247

Text: 55-247 (inside the U.S.)

Text: 202-470-5546 (outside the U.S.)

For more information about SHARP, visit **sexualassault.army.mil**.



SHARP RESOURCES CONT'D

More Helpful Resources:

[National Sexual Assault Hotline:](#)
[Center for Sex Offender Management](#)

[Men Can Stop Rape](#)

[National Center on Domestic & Sexual Violence\(military resources\)](#)

[National Sexual Violence Resource Center](#)

[Rape Abuse & Incest National Network](#)

[Rape & Sexual Assault: Reporting to Police & Medical Attention, 1992-2000, Bureau of Justice Statistics, US DoJ](#)

[Sexual Assault Nurse Examiner/Sexual Assault Response Team](#)

[Sexual Assault State Coalitions](#)

***No official U.S. Army or Department of Defense endorsement implied by use of external links**



Soldier and Family Assistance Center (SFAC)

<https://www.armymwr.com/programs-and-services/personal-assistance/soldier-family-assistance-center>

The Soldier and Family Assistance Center (SFAC) is a one-stop location built to equip and aid Wounded, ill and injured Soldiers who are assigned or attached to Warrior Transition Units (WTU). SFAC services help these Soldiers make life-changing decisions as they transition back to duty or on to civilian life. We strive to deliver tailored, compassionate, and coordinated transitional services designed to promote self-reliance, wellness and healing during their medical recuperation and transition. The facilities provide a warm, relaxed environment where Soldiers and their Families can gather to foster physical, spiritual and mental healing.

The SFAC coordinates and refers services like:

Information and Referral assistance: Provides reception services and general orientation.

Military Personnel Services: Help coordinate military records and information, as well as identification cards and records management, where available.

Entitlement and Benefits services: Help with education plans, benefits review, Family member education support, and other career-enhancing information.

Soldier for Life: A Transition Assistance Program that supports mandatory Transition requirements and services.

Financial Counseling: Provides credit management, budget development, consumer information and awareness, financial counseling and assistance. It also provides emergency financial assistance in the form of loans or grants, and monetary assistance for undergraduate education for dependent children.

Substance Abuse information and referral for Family members.

Coordination of Legal and Pastoral Services.

Help to find lodging resources for Family members.

Child Care Referral provides registration services for all Child, Youth, and School Services programs including Sports and Family Child Care (FCC) homes.

Coordination with Army Reserve, National Guard, and State and Local Agencies.

Wounded, ill, and injured Soldiers and their Families expect and deserve the very best care and leadership from America's Army.

<https://prideindustries.org/>

Scholarships

<https://prideindustries.org/services/scholarships/>

Northwestern State University (Leesville Campus)

As jobs continue to become more technical, employers are increasingly requiring post-secondary degrees or vocational certificates for entry-level positions. This requirement often creates additional obstacles for people with disabilities looking to enter the workforce; only about a third of students with disabilities graduate from either four-year universities or two-year community college programs. To help students with disabilities achieve their career goals by completing higher education, especially as the financial cost of college continues to rise, PRIDE Industries is proud to provide scholarships to colleges and universities in specific areas where we operate.

Foster Youth Employment Services

<https://prideindustries.org/services/youth-services/>

Are you a motivated foster youth who is ready to gain skills and employment for an independent adult life? Our Foster Youth Employment Services include coaching, mentoring, training, internships, and job placement training for former foster youth. The services are customized to your specific needs. If it's advanced education or trade skills training you need, PRIDE's foster youth coaches will connect you with community resources to assist you in reaching your goals. PRIDE's network of employers – from small community businesses to large corporations like Amazon – are ready to hire PRIDE-assessed employees who have spent time in foster care. We have everything from part-time roles to full-time, permanent employment with benefits.



Suicide Prevention

Standing Shoulder to Shoulder: Finding the Strength and Hope Together

<https://www.armymwr.com/programs-and-services/resources/suicide-prevention>

- 1 Confidential help is here if you or someone you love is thinking about suicide.
- 2 If you are feeling distressed or hopeless, thinking about death or wanting to die, or if you are concerned about someone who may be suicidal, contact the Veterans Crisis Line at 1-800-273-8255 (and press 1 to talk to someone NOW) or [visit online](#).
- 3 The caring professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges many Veterans face.
- 4 Another resource is the [Real Warriors Campaign](#): An initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to build resilience, facilitate recovery and support reintegration of returning service members, veterans and their families.**Resources:**
- 5 Military Crisis Line 1-800-273-TALK (8255) or Live chat <http://www.veteranscrisisline.net/ActiveDuty.aspx> <https://www.veteranscrisisline.net/Resources/> The Military Crisis Line and accompanying website offers proactive or crisis-level resources for active U.S. military personnel and veterans, such as local suicide prevention coordinators at VA Medical Centers, crisis centers, VA Medical Centers, outpatient clinics, Veterans Benefits Administration Offices, Vet Centers readjustment counseling and outreach. The crisis line counselors have effectively dissuaded a suicidal person from pursuing an active attempt, helping them put down a firearm, for example, and seek a local individual for help.

1. HelpGuide.org* HelpGuide.org is a non-profit website that highlights health issues. Its suicide prevention section is a comprehensive guide for effectively recognizing, preventing and treating suicidal behavior. Reading it and becoming alert to the signs could save a life.
2. Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury A military sponsored website that has suicide prevention videos posted that can help you prepare to speak to a friend or colleague.

[IMCOM and MWR](#) The U.S. Army Installation Management Command (IMCOM) website offers information about Morale, Welfare and Recreation programs.

Survivor Outreach Services (SOS)

<https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach>

Our Fallen Soldiers have paid the ultimate sacrifice. Their Families deserve our respect, gratitude, and the very best we can provide. If you're a surviving Family member, Survivor Outreach Services (SOS) offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need it.

Survivor Outreach Services is part of the Army Casualty Continuum of Care. It's designed to provide long-term support to surviving Families of Fallen Soldiers. Our goal is to reassure Survivors that they remain valued members of the Army Family.

Survivor Outreach Services helps in many ways:

Support Coordinators. The loss of a loved one often results in tremendous grief, which can be overwhelming. When faced with a tragedy, you may be wondering what direction to take. Your SOS Coordinator is your link to finding the resources and answers that will work best for you. Your local Support Coordinator is available to meet with you as you journey through this difficult transition by providing direct services as well as information, referrals, and recommendations. He or she can also connect you with support groups, spiritual resources, and bereavement and financial counselors. Your SOS Coordinator can also help you request and obtain copies of documents, navigate local, state, and federal agencies, and direct you to additional Survivor resources.

Financial Counselors. In times of emotional distress, figuring out what to do about finances can create a heavy burden. Survivor Outreach Services Financial Counselors provide professional financial information and services in areas such as investing, estate planning, tax issues, and basic budgeting. Our Financial Counselors are committed to helping you create financial security. They also help ensure you get the information you need to make sound financial decisions.

The Gold Star and Surviving Family Member Representative is the Army advocate for surviving Family members. The Public Law 113-66, Section 633, requires each secretary of a military department to designate a member to assist spouses and other dependents of service members, including the Reserve Component, who die on active duty. These representatives are available to provide support and address complaints by spouses and other dependents of deceased service members regarding casualty assistance or receipt of benefits authorized by law. Any Survivor can contact the Army GSSFM Representative directly any time for any reason.

Contact your GSSFM representative if you are seeking additional support or information: (1) Addressing complaints by spouses and other dependents of deceased members regarding casualty/survivor assistance or receipt of benefits authorized by law for such spouses and dependents. (2) Providing support to such spouses and dependents regarding such casualty assistance or receipt of such benefits. (3) Making reports to appropriate officers or officials in the Department of Defense or the military department concerned regarding resolution of such complaints, including recommendations regarding the settlement of claims with respect to such benefits, as appropriate. (4) Performing such other actions as the secretary of the military department concerned considers appropriate.

Contact the GSSFM representative:

Call: [855.707.2769](tel:855.707.2769) or BB: [210.834.0494](tel:210.834.0494) or [Email](#)

For more information about Army Survivor Outreach Services, or to locate your nearest SOS Coordinator call free [1 \(855\) 707-2769](tel:1(855)707-2769).

Volunteer Corps

<https://www.armymwr.com/programs-and-services/personal-assistance/volunteer-corps>

Volunteers make a meaningful difference in the lives of Soldiers and their Families every day. Army Volunteer Corps (AVC) is designed to help you find local volunteering opportunities with organizations that benefit the Army community.

The AVC has redefined volunteering within the Army. We embrace existing volunteer programs, unite all volunteers who support Soldiers and Families, including the Active Force, National Guard and Army Reserve, and formalize the Army's commitment to volunteerism.

No matter where people volunteer in the Army community, they usually want to contribute to Soldiers and their Family members. We recognize this common goal and want to help you find the right opportunity for you.

Volunteering helps your community and helps you as well. When you participate with AVC, you'll:

Gain a sense of satisfaction/achievement by meeting challenges

Learn about the Army, our sister services, and the community

Acquire new skills and/or expand old ones

Obtain work experience

Build new friendships and become a cohesive part of the community

Contact your local Army Volunteer Coordinator within your Army Community Service Center to register and learn about volunteer opportunities across the Army.

Families Helping Families

is the Louisiana Parent Training and Information Center and has been providing services to Louisiana families of children with disabilities, their teachers and other professionals since 1991.

Our staff is here to help you navigate the special education maze and provide you with the information and tools you need to be an informed and active participant in your child's education!

Louisiana's Parent Training and Information Center (LaPITC) is funded through the US Department of Education, Office of Special Education Programs.

As your resource center, we are here to provide you with the information you need to make decisions for yourself or your children with disabilities. We like to consider ourselves a one-stop shop for information, resources, education, training, and peer-to-peer support.

- We answer questions and provide assistance for any disability, any age.
- We can teach you to advocate for yourself or your child and over time your child will learn to self-advocate.

We help you navigate support systems and overcome challenges in these settings.



Families Helping Families

[Southeast Louisiana Families Helping Families](#) - Serves Orleans, Plaquemines, and St. Bernard Parishes

[Families Helping Families of Greater New Orleans \(FHFofGNO\)](#) - Serves Jefferson Parish and the Greater New Orleans area

[Families Helping Families of Greater Baton Rouge -Serves West and East Baton Rouge, West and East Feliciana, Iberville, Pointe Coupee, and Ascension Parishes](#)

[Bayouland Families Helping Families -Serves St. James, St. John, St. Charles, St. Mary, Assumption, Lafourche, and Terrebonne Parishes](#)

[Families Helping Families of Acadiana - Serves Evangeline, St. Landry, Acadia, Lafayette, St. Martin, Iberia, and Vermillion Parishes](#)

[Families Helping Families of Southwest Louisiana - Serves Beauregard, Allen, Calcasieu, Jefferson Davis, and Cameron Parishes](#)

[Families Helping Families at the Crossroads of Louisiana - Serves Winn, Grant, La Salle, Concordia, Catahoula, Avoyelles, Rapides, and Vernon Parishes](#)

[Families Helping Families - Serves Caddo, De Soto Sabine, Natchitoches, Red River, Bienville, Bossier, Webster, and Claiborne Parishes](#)

[Families Helping Families of Northeast Louisiana - Serves Lincoln, Jackson, Union, Caldwell, Ouachita, Morehouse, Richland, Franklin, Tensas, Madison, and East and West Carroll](#)

[Northshore Families Helping Families](#) - Serves St. Tammany, Washington, Tangipahoa, St. Helena and Livingston Parishes

[Family Voices](#) - Advocacy organization for families of children with special health care needs.

[Family to Family Health Information Centers nationwide](#) - Provides a list of Family to Family Health Information Centers by state.

[Family to Family Health Information Center \(F2FHIC\)](#)

Louisiana Professional Organizations and Agencies

[Agenda For Children Program](#) - Provides information on resources and publications on child health, development, and care, as well as family well-being.

[Autism Society Greater New Orleans](#)

[Brain Injury Association of Louisiana](#)

[Council for Exceptional Children Louisiana Chapter](#) - Information on special education.

[Louisiana Lighthouse for the Blind](#) - Serving the blind and visually impaired community by providing products, services, and opportunities for independence.

[Louisiana Chapter of National Cystic Fibrosis Foundation](#)

[Louisiana Chapter of the March of Dimes](#)

[Louisiana Chapter of the National Multiple Sclerosis](#)

[Louisiana Citizen for Action Now](#)

[Louisiana Developmental Disabilities Council](#)

[Louisiana Human Development Center](#)

<https://ldh.la.gov/index.cfm/page/1088>

National Professional Organizations and Agencies

[American Academy of Pediatrics](#) - Links to the Healthy Children webpage that offers information on child health, care, and development from infancy through young adulthood.

[American Cleft Palate - Craniofacial Association](#)

[Amputee Coalition of America](#)

[American Diabetes Association](#)

[Arthritis Foundation](#)

[Children's Disabilities and Special Needs](#) - Group forums, list serves, and discussion groups.

[Easter Seals](#) - Services, education, outreach, and advocacy.

[Epilepsy Foundation](#)

[Institute for Community Inclusion](#) - Training, clinical, and employment services, conducts research, and provides assistance to organizations to promote inclusion of people with disabilities in school, work, and community activities.

[Institute for Educational Leadership](#) - Resource on education issues.

[Maternal and Child Health Knowledge Base and Library](#)

[Muscular Dystrophy Association](#) - Provides healthcare and support services, advocacy, and education.



National Professional Organizations and Agencies (Cont'd)

[National Institute of Neurological Disorders and Stroke](#)

[National Kidney Foundation](#)

[National Scoliosis Foundation](#)

[National Spinal Cord Injury Association](#)

[National Survey of CSHCN](#) - Survey findings as it relates to care coordination.

[Spina Bifida Association of America](#)

[United Cerebral Palsy Association](#)

[Worldwide Education and Awareness for Movement Disorders](#)

Programs and Services for Children, Youth, and Adults with Disabilities

[The Advocacy Center](#) - Louisiana's protection and advocacy system. Federal law requires that a protection and advocacy system operate in every state to protect the rights of persons with mental or physical disabilities.

[The ARC](#) - For people with intellectual and developmental disabilities.

[Early Steps](#) - Provides services to families with infants and toddlers aged birth to three years (36 months) who have a medical condition likely to result in a developmental delay, or who have developmental delays.

[Louisiana Rehabilitation Services](#) - Assists persons with disabilities to obtain or maintain employment and/or achieve independence in their communities.

[Office for Citizens with Developmental Disabilities](#) - Services and supports, information, and opportunities for people of Louisiana with developmental disabilities and their families.

[Special Needs Alliance](#)

[CSHS Transportation Assistance Program](#)

Education

[Exceptional Children's Assistance Center](#) - Information and links for parents on academic environments for their child.

[Louisiana Department of Education](#) - School Services for Children with Special Health Care Needs.

[Parent Advocacy Coalition for Educational Rights](#)

[Scholarships and Resources for Children with Disabilities](#)

[Resources for College Students with Speech and Language Disorders](#) - Guide prepared by Speech Pathology Master's Programs that highlights helpful resources students with speech or language disorders may find on campus or online, and how they can use these services. It also provides links to resources for students with specific disorders/conditions such as stuttering, aphasia, autism, and more.

Family Support Organizations

[Down Syndrome Association of Greater New Orleans](#)

[Grandparents Raising Grandchildren](#)

[Hands and Voices Louisiana](#)

[Louisiana Disability Talk](#) - Families of people with disabilities share information, resources, and support.

[People First of Louisiana](#)

[Spina Bifida Association of Greater New Orleans](#)

Healthcare Notebooks

[Building your Care Notebook](#) - A tool to help families to become the experts on their child's care. It is also a way to maintain the lines of communication between the many providers and services that help care for a child and their family.

[My Spina Bifida Book](#)

Hospitals (Pediatric) in Louisiana

[Children's Hospital New Orleans](#)

[Ochsner Medical Center for Children](#) - Healthcare services for children.

[Shriners Hospital for Children](#) - Provides pediatric specialty care for children up to age 18 with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate are eligible for care and receive all services regardless of the patients' ability to pay.

[Tulane Hospital for Children](#) - Healthcare for children.

Magazines On-Line

[Exceptional Parents Magazine](#) - Advice and educational information for families of children and adults with disabilities and special healthcare needs, as well as to the professionals.

Medicaid/Medicare/Social Security/Insurance

[Bayou Health](#) - Louisiana Medicaid and LaCHIP program is called BAYOU HEALTH. In BAYOU HEALTH, you choose a Health Plan and doctor for each member of your family who has Medicaid or LaCHIP.

[Supplemental Security Income](#) - A Federal income supplement program to help aged, blind, and disabled people, who have little or no income; and, provide cash to meet basic needs for food, clothing, and shelter.

[Medicaid Resource Guide](#) - A resource to help find out what Medicaid can offer you.

[Social Security Administration](#) - Benefits For Children With Disabilities.

[Health Insurance -Explore your coverage and pricing options](#) - Find out which private insurance plans, public programs, and community services are available to you.

[Insurance Fact Sheet](#) - Especially made for Louisiana's Families with Children and/or Youth with Special Health Care Needs

[Servicio Especial de Salud para Niños Informacion de Seguro](#)

[Healthcare.gov](#)- find healthcare coverage that meets your needs and budget.

Mission and Vision

Finding information and support when you care for children with special needs or developmental disabilities is hard.

We're here to make it easier.

Exceptional Lives provides free information for families who have children with disabilities on how to access services and resources, and explains processes in a way that is easy to follow and understand. Exceptional Lives is an independent not-for-profit organization.

We aim to improve the lives of caregivers and their children by:

- *Meeting them where they are,
- *Reducing stress by providing accurate, vetted, and easy-to-understand information, and
- *Supporting parents and caregivers with knowledge so they can more effectively advocate for their children.
- *We envision a world in which families raising children with disabilities become effective advocates for their children because they are informed about and able to access the public resources and benefits they need to help their children thrive.



ExceptionalLives
Disability Information for Families

The Council for Exceptional Children (CEC) is the largest international professional organization dedicated to improving the success of children and youth with disabilities and/or gifts and talents.

CEC advocates for appropriate governmental policies, sets professional standards, provides professional development, and helps professionals obtain conditions and resources necessary for effective professional practice. CEC is known as THE source for information, resources, and professional development for special educators.

CEC has local Units in all 50 states and Canada, as well as 18 optional Special Interest Divisions focused on a specific topic, specialty area, role, or exceptionality. We also have CEC Student Chapters at hundreds of colleges and universities.



Louisiana Guide to Supports & Services for Individuals with Disabilities, Elders and Their Families Affected by Disasters

https://gov.louisiana.gov/assets/Programs/GODA/Resources/LA_EMDAC-Statewide-Resource-Guide-Feb-2017.pdf

Website Supporting Struggling Students and Students with Mild/Moderate Disabilities

<http://laddc.org/files/AccessGuideResources.pdf>

Strong Start Toolbox to Support Louisiana Students with Disabilities

<https://www.nolafamily.com/strong-start-toolbox-to-support-louisiana-students-with-disabilities/>



<https://www.autismspeaks.org/sites/default/files/2018-10/louisiana-ttk.pdf>

**Louisiana Resources Louisiana Department of Education Programs
for Students with Disabilities Baton Rouge, LA (877) 453-2721**

www.louisianabelieves.com/academics/students-with-disabilities

Louisiana Vocational Rehabilitation

Louisiana Rehabilitation Services

Baton Rouge, LA (225) 219-2225

[http://wwwprd.doa.louisiana.gov/laservices/publicpages/
servicedetail.cfm?service_id=2857](http://wwwprd.doa.louisiana.gov/laservices/publicpages/servicedetail.cfm?service_id=2857)

Find your regional office:

www.laworks.net/WorkforceDev/LRS/LRS_RegionalOffices.asp

Louisiana Transition Services Department of Education

<http://transition.doe.louisiana.gov>

Louisiana Office for Citizens with Developmental Disabilities

(225) 342-0095 (866) 783-5553

<http://new.dhh.louisiana.gov/index.cfm/subhome/11/n/8>

Law Help: Louisiana's Online Guide to Free Legal Help

<http://louisianalawhelp.org>



**autism
speaks®**

Louisiana Economic Development

Louisiana Economic Development is responsible for strengthening the state's business environment and creating a more vibrant Louisiana economy.

Vision: Louisiana consistently outperforms the South and the U.S. in creating jobs and economic opportunities for its citizens.

Mission: Cultivate jobs and economic opportunity for the people of Louisiana through nine integrated economic development strategies:

- Strategically improve state economic competitiveness
- Engage with local partners to enhance community competitiveness
- Forge partnerships to enhance regional economic development assets
- Expand and retain in-state businesses
- Execute a strong business recruitment program
- Cultivate small business, innovation and entrepreneurship
- Enhance workforce development solutions
- Promote Louisiana's robust business advantages
- Attract foreign direct investments and grow international trade

With dedicated and knowledgeable professionals committed to Louisiana's economic future, LED strives to help businesses find the resources they need to make relocation and expansion a successful, profitable endeavor.

Supportive Services for Veteran Families

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

<https://www.voa.org/veterans>

How We Support Veterans

We proudly serve 27,000 veterans with [support services](#) and affordable housing annually, including over 10,000 homeless veterans. More than 50 percent of veterans who live in our [transitional housing](#) for six months achieve our target outcome of stable, adequate permanent housing, and half of those are still in permanent housing after 12 months.

Volunteers of America is committed to promoting the well-being of all veterans and their families, whether they are newly transitioning from military to civilian life or have long been returned but are struggling with homelessness, [unemployment](#), mental health and substance use challenges, suicide risks, and the effects of traumatic brain injury (TBI) and sexual trauma. Every veteran deserves dignity and respect.

Our services, from housing and employment support to mental health care, help veterans overcome the barriers that stand between them and long-term stability. Through prevention, rapid rehousing, interim housing, transitional housing, permanent housing, job training and compensated work programs, we make it possible for veterans to have a roof over their heads and the professional opportunities they deserve.

Our housing units provide case management services for veterans and families and many of our offices support outreach centers where veterans can receive treatment for Post-Traumatic Stress Disorder (PTSD), traumatic brain injuries and addictions. We ensure veterans connect to the benefits they are entitled to, and we make use of the strong bonds forged between veterans by incorporating mentoring and peer-to-peer support.



CENTRAL FOOD BANK OF LOUISIANA

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

(318) 445-2773

3223 Baldwin Avenue, Alexandria, LA 71301

The Food Bank of Central Louisiana is a nonprofit organization whose mission is to alleviate hunger in Central Louisiana. We distribute food and grocery products to needy families through a network of approved charitable agencies in eleven parishes: Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Sabine, Vernon and Winn.

To be eligible for food items, one must fall within the poverty levels set by the federal government. Food is channeled through more than 104 member agencies including food pantries, soup kitchens, shelters, and other nonprofit organizations.

The Backpack Program is designed to meet the needs of hungry children at times when other resources are not available, such as weekends and school vacations.

Kids Cafe is one of the nation's largest meal service programs, providing free and prepared food and nutrition education to hungry children in safe and nurturing environments. This after school program provides nutritious hot meals and heavy snacks to youth that might not otherwise receive evening meals. In addition to providing hot meals to hungry children, Kids Cafe offers nutrition education, character enrichment, tutoring, and individual attention kids need with their schoolwork. The Food Bank of Central Louisiana offers a Kids Cafe program in Natchitoches and Pineville.

The Senior Program is designed to assist seniors stretch their budgets. Approximately 50 pounds of food per month is given to each sponsored individual. The Food Bank's Adopt-A-Senior Program currently serves more than 1,800 seniors in the Central Louisiana area.

Good Food Project was initially funded by a gift from Keller Enterprises, the Good Food Project teaches sustainable gardening practices in the demonstration garden at the Food Bank. All of the fresh, organic produce grown here is distributed to Food Bank clients. Additionally, the Good Food Project supports 65 satellite, youth, and community gardens across Central Louisiana.

The School Food Pantry Program plays a crucial role in providing children and their families with access to food for preparation at home when other resources such as free and reduced price school meals are not available. The first site opened at Bunkie Elementary School in September 2016. During the first quarter of 2017, sites were open at Natchitoches Junior High School and Vernon Middle School. This project is funded through a Healthy Behaviors Program Grant from The Rapides Foundation.

The Nutrition on Wheels Mobile Pantry Programs allows the Food Bank to provide a forum for education programs emphasizing healthy eating during mobile pantry distributions. The Mobile Pantry Program meets the unique needs of the Food Bank's rural and underserved communities by offering services in their area and providing client access to fresh fruits and vegetables.

Member Agencies are located in the following parishes: Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Sabine, Vernon, and Winn.



EMERGENCY FOOD AND SHELTER PROGRAM (EFSP)

Contact: Sharon Greiner, Director of Community Investment

1101 Fourth Street, Suite 202

Alexandria, LA 71301

318-443-7203, extension 2

United Way of Central Louisiana is dedicated to help individuals and families meet their immediate needs while facing emergencies or crisis.

The EFSP Program supports nonprofit programs in Rapides Parish by providing funds for food, shelter, and supportive services to individuals and families who have economic emergencies. The funds come through a cooperative arrangement between United Way Worldwide and FEMA, the Federal Emergency Management Agency. Congress apportions the amount to be distributed each year through this program. A local EFSP board meets each year to allocate funds as they arrive.



**United Way
of Central Louisiana**

<https://www.uwcl.org/emergency-food-shelter>

CENLA COMMUNITY ACTION COMMITTEE

2011 MACARTHUR DRIVE
FIRESIDE PLAZA BLDG #1
ALEXANDRIA, LA 71301
(318) 318-314-3480 PHONE
(318) 318-487-5858 -FAX

info@cenlacac.org

<https://www.cenlacac.org/programs>

CSBG EMERGENCY ASSISTANCE PROGRAMS

Provides assistance with utilities, rent/mortgage, prescription drugs, must have a disconnect, termination of services or eviction notice, high medical bill and some sort of income.

SENIOR CITIZENS ASSISTANCE

Provides assistance with utilities, rent/mortgage, prescription drug, must be 60 years or older, meet Federal Income Guidelines and have not been assisted in the last 6 months.

FOOD FOR FAMILIES/FOOD FOR SENIORS

Seniors receive 40 pounds of food monthly, must be 60 years or older and meet USDA Income Guidelines.

LIHEAP CRISIS

Provides assistance with utilities must have disconnect or termination of service notice and have not been assisted in the last 12 months

LIHEAP

Provides assistance with utilities must meet Federal Income Guidelines and have not been assisted in the last 6 months.

PAMPER ME WITH LOVE

Provides diapers for infants and adult incontinence supplies





United Way
of Central Louisiana

Address: 2655 Lee St, Alexandria, LA 71301

Open Daily: 11:30AM–1:15PM

Phone: (318) 445-9053

What is Manna House?

Manna House is a place where people of all ages and all walks of life receive a hot, nutritious meal served 365 days a year in a clean, welcoming environment. Many of the people who come to Manna House are either homeless or living on very meager earnings. However, anyone who comes to Manna House is welcome to eat. There is no fee. No ID is required. No questions are asked. An average of 230 people — men, women, and children — are fed each day.



Central Louisiana Regional Chamber of Commerce

1118 3rd Street Alexandria, LA 71301

Phone: (318) 442-6671 Fax: (318) 442.6734

Hours of operation :Monday- Thursday 8:30 a.m.—5:00 p.m. Friday 8:30 a.m.—4:00 p.m.

Closed Daily Noon - 1:00 p.m.

<http://www.cenlachamber.org>

WHO WE ARE

The Central Louisiana Regional Chamber of Commerce is a private, non-profit business organization with a membership that includes small businesses, merchants and professionals, nationally recognized corporations, educational and health institutions, community organizations, as well as individuals. The Chamber is governed by a 31-member Board of Directors representing a cross section of the membership. Board members are vitally interested in helping businesses and the community grow and prosper. The Board sets policy, establishes budgets and oversees the work of the divisions and committees. The Executive Committee is composed of the Chairman of the Board, Chairman Elect, Immediate Past Chairman, Treasurer, Secretary, and six Division Chairs. The professional staff consists of the Chamber President and four employees.

EDUCATION AND WORKFORCE

A well-educated, well-trained, and readily available workforce is vital to the region's business community. The Central Louisiana Regional Chamber of Commerce supports area workforce programs, as well as initiatives that address the mismatch in labor supply and demand. The Chamber also recognizes that public education is essential to business. An educated citizenry is critical to a competent workforce. Therefore, the Chamber supports programs, policies, and legislation that encourage world class public education systems and enables and fosters collaboration between the education and business communities.

Mission: Create a competitive advantage for Chamber members by growing and improving the workforce through results-driven education and workforce initiatives and partnerships.

Vision: Facilitate partnerships that produce a globally-competitive workforce.

Plan of Work:

- Maintain Work Ready Community Goals
- Business community will partner with higher education to facilitate internships and apprenticeships
- Support character education and work-ethic development in schools

Research early childhood development opportunities for Chamber involvement



U.S CHAMBER OF COMMERCE

<https://www.uschamber.com>

The U.S. Chamber of Commerce is the world's largest business organization representing companies of all sizes across every sector of the economy. Our members range from the small businesses and local chambers of commerce that line the Main Streets of America to leading industry associations and large corporations. They all share one thing: They count on the U.S. Chamber to be their voice in Washington, across the country, and around the world. For more than 100 years, we have advocated for pro-business policies that help businesses create jobs and grow our economy.

Advocacy

The fundamental activity of the U.S. Chamber of Commerce is to develop and implement policy on major issues affecting business. Key to this effort is the work of committees, subcommittees, task forces, and councils involving more than 2,000 representatives of member corporations, organizations, and the academic community who serve voluntarily. In almost every instance, significant policy and public issue positions originate with one of these Chamber components.

Our organization has one overarching mission—to strengthen the competitiveness of the U.S. economy. We focus on 10 key challenges:

Tax and Entitlement Reform

Energy

Health Care

International Trade and Investment

A Competitive Workforce

Capital Markets

Reliable and Secure Infrastructure

Legal Reform

Innovation

Regulatory Reform



Workforce Development

http://www.laworks.net/WorkforceDev/WFD_MainMenu.asp

Services include:

- Online local, state and national job listings
- Education and training information
- Assessments of education, skills and interests
- Labor market information
- Job counseling, job placement assistance and referrals
- Access to computers, fax and copy machines
- Web-based job search assistance
- Veterans' services
- Job search workshops
- Trade Adjustment Assistance (TAA) and Trade Readjustment Assistance (TRA)
- Community resources information

Training opportunities include:

- Basic skills upgrades
- Job readiness skills courses
- Adult basic education, literacy, math skills and GED preparation
- Education and curriculum information
- Registered apprenticeship
- Training scholarships
- Employer-based training
- Entrepreneurial training
- Youth employment programs

Support Services Include:

- Financial aid and planning
- Specialized veterans' services
- Disability services
- Food and nutrition services
- Child and family support
- Older worker and youth services



Workforce Development cont'd

http://www.laworks.net/WorkforceDev/WFD_MainMenu.asp

Local Workforce Contacts:

[Local Workforce Contacts.pdf](#)

Re-Employment Services (RES)

The Re-employment Services (RES) Program provides comprehensive and integrated job-related services for unemployment insurance claimants through the LWC's American Job Centers. Services include group orientation, one-on-one sessions with a re-employment specialist, assessment of employment needs, development of an Individual Employment Plan (IEP), job search assistance, job and supportive service referrals and skills upgrades through workshops and training.

Community Services Block Grant (CSBG) / Community Action Agencies

The LWC works closely with community action agencies through the Community Services Block Grant (CSBG) program. These agencies provide supportive services to help low-income individuals become or remain self-sufficient. Each agency offers a range of services which can include assistance with transportation, housing, income management, energy costs, nutrition, health care, emergency food and shelter, employment and training.

Louisiana Rehabilitation Services

Louisiana Rehabilitation Services (LRS) assists people with disabilities to obtain or maintain employment and/or achieve independence in their communities by providing rehabilitation services and working cooperatively with business and other community resources. Programs available include Vocational Rehabilitation (VR), the Randolph-Sheppard Program, Independent Living Program Part B and the Independent Living Older Blind Program. LRS offices are located in the New Orleans, Baton Rouge, Houma-Thibodaux, Lafayette, Lake Charles, Alexandria, Shreveport and Monroe regions.

Disability Employment Initiative

The goal of the DEI is to improve education, training and employment opportunities and outcomes of youth and adults with disabilities who are unemployed, underemployed and/or receiving Social Security disability benefits.

[Contact a Disability Resource Coordinator \(DRC\).](#)

Veterans' Services

Veteran services provides employment assistance and training opportunities to Veterans and other eligible individuals, mainly job assistance, job and training referral and job placement.

Youth Works

Helpful information geared to assist young job seekers get into the workforce.

Minor Labor Program

Helpful information geared to assist employers and young job seekers get into the workforce.



THE RAPIDES FOUNDATION

The Rapides Foundation is a philanthropic organization that develops initiatives and provides grants to organizations that share the Foundation's mission to improve the health status of Central Louisiana.

The Foundation's service area consists of Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn parishes.

Healthy People

The Foundation's work in this area is to improve access to healthcare and promote healthy behaviors.

Education

The Foundation's work in this area is to increase the level of educational attainment and achievement as the primary path to improved economic, social and health status.

Healthy Communities

The Foundation's work in this area is to improve economic opportunity and family income, and enhance civic and community opportunities for more effective leaders and organizations.

1101 4th Street, Suite 300

Alexandria, LA 71301

Phone: 318-443-3394

Fax: 318-443-8312

Toll Free: 800-994-3394

Email: grantinfo@rapidesfoundation.org

The Orchard Foundation is a nonprofit local education fund established as a resource for Central Louisiana that works with school districts, businesses, and communities to improve educational opportunities. We believe The Orchard Foundation provides outstanding opportunities to develop leaders in education which enhance the education efforts in Central Louisiana.

The Orchard Foundation serves a nine-parish area of Central Louisiana which includes: Allen, Avoyelles, Catahoula, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn

Mission

The Orchard Foundation's Mission is to improve academic achievement for Central Louisiana students by promoting best practices; recruiting, retaining, and rewarding excellent and innovative teachers; building school leadership; and strengthening school and community relationships.

Vision

The Orchard Foundation functions as a resource which promotes leadership development for educators and higher achievement for students in Central Louisiana.

1101 4th Street, Suite 101-C

Alexandria, LA 71301

Phone: 318-767-6561

Fax: 318-448-4473

Toll Free: 800-804-8454

Email: info@theorchardfoundation.org



The Central Louisiana Economic Development Alliance

The Central Louisiana Economic Development Alliance (CLEDA) is an organization which consists of the economic development entities from the parishes (counties) of Allen, Avoyelles, Catahoula, Concordia, Grant, LaSalle, Natchitoches, Rapides, Vernon and Winn.

The mission of the Central Louisiana Economic Development Alliance is to help people prosper in vibrant, thriving communities.

Phone: (318) 441-3400

Email: info@cenla.org

Mailing Address

1302 Murray Street
Alexandria, LA 71301



CHILD CARE ASSISTANCE PROGRAM FOR FAMILIES

<https://www.louisianabelieves.com/>



To support all families in accessing high quality child care, the Child Care Assistance Program (CCAP) provides financial assistance to low-income families while they are working or attending school.

CONTACT INFORMATION

CCAP Household Eligibility

P.O. Box 260037

Baton Rouge, LA 70826

Telephone: 1.877.453.2721

Fax: 225.376.6060, 225.342.3906

Email: LDEccap@la.gov

<https://www.louisianabelieves.com/early-childhood/child-care-assistance-program>



THE FOOD BANK OF CENTRAL LOUISIANA

WWW.FBCENLA.ORG

3223 BALDWIN AVENUE
ALEXANDRIA, LA 71301
318.445.2773



Programs

Good Food Project

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

Kids Café

<https://www.fbcenla.org/kids-cafe>

Back Pack

<https://www.fbcenla.org/back-pack>

Senior Program

<https://www.fbcenla.org/adopt-a-senior>

Disaster Relief

<https://www.fbcenla.org/disaster-relief>

SNAP Online Application (Food Assistance Program)

<http://www.dcfslouisiana.gov>

Step One

Fill out an Application online. **electronic link**

<http://www.dss.state.la.us/page/snap-how-to-apply> **direct link**

Step Two

Gather the documents you will need to verify the information for your application.

What must be verified and examples of proof.

Step Three

As a result of COVID-19, caseworkers are not conducting formal interviews. However, after receiving your application, a DCFS employee may contact you with questions if additional information is required. **A decision on your application cannot be made until you have provided all required information (see examples of proof above).**



Women Infants & Children

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

<https://louisianawic.org/>

<https://ldh.la.gov/index.cfm/page/942>

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.



What Does LaMOMS Cover?

<https://ldh.la.gov/index.cfm/page/231>

Through the LaMOMS program, pregnant women have access to no-cost health care coverage

LaMOMS will pay for pregnancy-related services, including doctor visits, lab work, prescription medicines, delivery, and hospital care. It may provide coverage for up to 60 days following the end of your pregnancy.

For a listing of medical providers who are enrolled in LaMOMS and Medicaid, call **1-877-455-9955** or find a doctor [online](#).

You can apply for LaMOMS through the [Louisiana Medicaid Online Application Center](#). If you prefer, you may apply for LaMOMS by filling out a [paper application](#) form.

You will need to create an account before applying:

<https://sspweb.lameds.ldh.la.gov/selfservice/>



The Louisiana Children's Health Insurance Program (LaCHIP) provides health coverage to uninsured children up to age 19. It is a no-cost health program that pays for hospital care, doctor visits, prescription drugs, shots and more.

To qualify for LaCHIP, your child must meet the following criteria:

- The child must be under the age of 19.
 - The child may not currently have health insurance.
- Household income must be below the income limits.
Mail or fax: To have an application mailed to you, call 1-877-252-2447.

<https://sspweb.lameds.ldh.la.gov/selfservice/>



Department of Housing and Urban Development

hud.gov

Direct Link

https://www.hud.gov/topics/rental_assistance

Need Advice?

Contact a [housing counseling agency](#) or call toll-free (800) 569-4287

Public Housing - affordable apartments for low-income families, the elderly and persons with disabilities.

This website and toll free number provides assistance on what affordable housing opportunities are available in your designated area.



Single Mom Assistance

<https://www.singlemomassistance.org/city/la-alexandria>

We have listed all of the single mother assistance programs that we have located in Alexandria, Louisiana. Our list of assistance programs is by no means inclusive and is always growing.

This site shares resources from single mothers that are in need of a variety of assistance and information for the health and safety of their selves and their children.



Homelessness Resources



Central Louisiana Homeless Coalition

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

318.443.0500 1515 Jackson Street Alexandria, La 71301



Hope House

<http://www.cenlahopehouse.org/>

318.487.2061 5115 South MacArthur Drive Alexandria, LA 71302

5115 South MacArthur Drive
Alexandria, LA 71302
phone: 318-487-2061
fax: 318-449-3950
Post Office Box 7477
Alexandria, LA 71306



Volunteers of America

<https://voanorthla.org/cenla/cenla-affordable-housing/>

3704 Coliseum Blvd.

Alexandria, LA 71303

318-442-8026

cenla@voanorthla.org

<https://www.childrensadvocacy.net/>

NATIONAL CHILDREN'S ALLIANCE

National Children's Alliance (NCA) is the national association and accrediting body for Children's Advocacy Centers (CACs). NCA has been providing support, technical assistance, and quality assurance for CACs, while serving as a voice for abused children for more than 25 years.

UNITED WAY OF CENTRAL LOUISIANA

The United Way of Central Louisiana is a nonprofit local partnership that links donors and helping agencies with businesses, government, and other key players in Central Louisiana to build a stronger community.

NATIONAL CASA

The National Court Appointed Special Advocate Association, together with its state and local member programs, supports and promotes court-appointed volunteer advocacy so every abused or neglected child in the United States can be safe, have a permanent home and the opportunity to thrive.



Off Campus Resources

Alexandria Sexual Trauma Awareness & Response (STAR) Center

1412 Peterman Drive, Ste. A

Alexandria, LA 71301

Phone: (318) 625-7592

Web: www.star.ngo

Available Monday - Friday 8:00 AM - 5:00 PM

24-Hour Hotline (Available 7 days/week): 855-425-STAR or (310) 625-7590

Louisiana Coalition Against Domestic Violence (LCADV) 24-Hour Hotline (Available 7 days/week): 888-411-1333

Web: www.lcadv.org **Alexandria Police Department**

1000 Bolton Avenue

Alexandria, LA 71301

Phone: (318) 449-5099

Family Justice Center of Central Louisiana

220 Hospital Blvd.

Pineville, LA 71360

Phone: (318) 448-0884

Web: <https://faithhouseacadiana.com/family-justice-center-of-central-louisiana>

Available Monday - Friday 8:30 AM - 4:30 PM or by appointment

Louisiana Foundation Against Sexual Assault (LaFSA)

24-Hour Hotline (Available 7 days/week): 888-995-7273

Web: www.lafasa.org

Rapides Parish Sheriff's Department

700 Murray Street

Alexandria, LA 71301

Phone: (318) 473-6717

National Resources

RAINN (Rape, Abuse, & Incest National Network)

24 Hour Hotline (Available 7 days/week): 800-656-HOPE

Web: www.rainn.org

After Silence

Web: <http://www.aftersilence.org/>

Not Alone

Web: <https://www.justice.gov/ovw/protecting-students-sexual-assault>

1 in 6

Web: <https://1in6.org/>

National Network to End Domestic Violence

Web: <http://nnedv.org/>

National Sexual Violence Resource Center

Web: www.rainn.org

National Domestic Violence Hotline

24 Hour Hotline (Available 7 days/week): 800-799-7233

Web: www.thehotline.org

Online Chat Available 7:00 AM - 2:00 AM CST

Pandora's Project

Web: <http://www.pandys.org/>

Male Survivor

Web: <http://www.malesurvivor.org/index.php>

It Happened to Alexa Foundation

Web: <http://ithappenedtoalexa.org/>

What is 211?

211 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community.

A single access point for every day needs and in times of crisis. For example, 211 can offer access to the following types of services:

Basic Human Needs Resources: food, clothing, shelter and financial assistance.

Physical and Mental Health Resources: medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health and children's health insurance programs.

Employment Support: unemployment benefits, financial assistance, job training, transportation assistance and education programs.

Support for Older Americans and Persons with Disabilities: home health care, adult day care, congregate meals, respite care, transportation and homemaker services.

Support for Children, Youth and Families: Quality childcare, after school programs, family resource centers, summer camps and recreation programs, mentoring, tutoring and protective services.



Volunteer opportunities and donations.

Part of a growing national network, Louisiana 211 serves all Louisiana parishes. Our trained call specialists work to connect residents in need to available resources in their community.

Available 24 hours a day, seven days a week.

Provides multilingual services and information for the hearing impaired.

Maintains a computerized database of over 15,000 resources and services statewide.

Works in collaboration with non-profit agencies, faith-based organizations and government.

Abides by the standards established by Alliance of Information and Referral Systems and is endorsed by United Way Worldwide.

211HelpDesk@launitedway.org

c/o Louisiana Association of United Ways

Attention: Louisiana 211

P.O. Box 3416

Baton Rouge, LA 70821

Twitter: @Louisiana211



<https://regents.la.gov/divisions/legal-external-affairs/statewide-programs/>

LOUIS: The Louisiana Library Network is a partnership with academic libraries, state and private libraries, and museums and archives. With a centralized support staff, commonly referred to as “LOUIS” located on the LSU campus, LOUIS combines the collective resources of all members to produce a dynamic library consortium. LOUIS provides member-approved initiatives which include information technology solutions such as an integrated library system, a digital library, interlibrary loan, electronic scholarly resources, and a host of other services. Established in 1992 by academic library deans and directors, LOUIS currently has 49 members, and is funded by the Louisiana Academic Libraries Information Network Consortium (LALINC) members and the Board of Regents. LOUIS is growing, adding new members each year.

<https://louislibraries.org/>

LUMCON: Louisiana Universities Marine Consortium has provided unparalleled opportunities in marine science and education to the research community and public alike. Anchored by a first-rate marine laboratory, the DeFelice Marine Center, LUMCON is embedded in Louisiana’s dynamic wetland environment and conveniently located on a gateway to the open waters of the Gulf of Mexico. From this facility, LUMCON operates a world-class fleet of research vessels unmatched in the Gulf of Mexico. However, LUMCON is more than a marine laboratory. LUMCON as a consortium is a statewide academic endeavor to focus and strengthen the effectiveness of foundational marine science needed to address the environmental and socioeconomic challenges facing Louisiana and the nation.

<https://lumcon.edu/>

(LONI) The Louisiana Optical Network Infrastructure : is an asset owned by the Louisiana Board of Regents and operated with the assistance of the LONI Management Council and LONI Network Operation Center staff at LSU. The LONI Management Council, whose members represent state government and higher education, is charged with making recommendations to the Commissioner of Higher Education on the management of operations and associated business activities of LONI. The Council’s decisions and recommendations are guided by the LONI goals and objectives as defined by the Louisiana Board of Regents in response to gubernatorial and legislative directives. LONI is available for use by academic, government, and industry partners in collaboration with LONI participant institutions.

<https://loni.org/>

(LOSFA) The Louisiana Office of Student Financial Assistance :is a Program under the [Louisiana Board of Regents](#), administering the state’s scholarship and grant programs and the state’s Internal Revenue Code Section 529 college savings program. Among the programs administered by LOSFA are Louisiana’s premier merit-based scholarship program, the [Taylor Opportunity Program for Students \(TOPS\)](#); the state’s 529 college savings plan, the [Student Tuition Assistance and Revenue Trust \(START\) program](#); and the Rockefeller State Wildlife Scholarship program.

<https://mylosfa.la.gov/>

BOARD of REGENTS
STATE OF LOUISIANA

WELL-AHEAD LOUISIANA COMMUNITY RESOURCE GUIDE

Populated by Louisiana residents, the Community Resource Guide provides local resources for topics such as breastfeeding, diabetes prevention and management, health screenings, healthy eating, heart disease, physical activity, stress management, and tobacco cessation.

Our Mission: Connect Louisiana Communities to a Healthier Future

Well-Ahead drives collaboration throughout the state and connects communities to tools and resources that can improve the health of our residents where they live, work, learn, play and pray.

<https://wellaheadla.com/community-resource-guide/>



<http://www.lareentryguide.com/about-us>

Purpose of the directory

This guide is intended to provide essential information and resources about services to ex-offenders and those that support them. Our goal is to ensure that those leaving incarceration will have an easier and more successful transition back into their community. We hope this directory will reach the many individuals throughout Mississippi that need this information.

Who is the directory for?

- Ex-offenders
- Family members and friends of ex-offenders
- State and local agencies serving ex-offenders
- Human Service providers such as social workers and counselors
- Nonprofit organizations
- Law enforcement
- Parole Officers
- State and National Policy makers
- Researchers
- Anyone interested in advocating for, serving or learning about re-entry in Louisiana

How is the directory organized?

The directory includes national, state and county resources. The state of Louisiana is broken into 64 Parishes. Under each of these location headings you can find resources by topics such as housing or educational services.



<https://namineworleans.org/wp-content/uploads/sites/145/2019/06/NAMI-Resource-Guide-6.5.19-WEB-FINAL.pdf>

Resource Guide A Roadmap to Resources and Support for Persons Living With Mental Illness

NAMI New Orleans offers hope, help, and healing to people with mental illness – and to those who share their lives – through family support, education and advocacy, and quality psychosocial services. Our work helps individuals live with dignity and independence within the community, enriching all of our lives.

Affiliated with the National Alliance on Mental Illness (NAMI) and NAMI Louisiana, NAMI New Orleans is our community's leading organization helping people with mental illness and their families. In our four-parish service area Orleans, Jefferson, St. Bernard, and Plaquemines there are approximately 75,000 people whose lives are affected by mental illness. Our education, support services and advocacy efforts help families cope with the effects of mental illness and increase public understanding.

<https://namineworleans.org/crisis-info/>

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

<https://www.careercompassla.org/services>

College and Career Coaching (12th grade)

Trained coaches work one-on-one with high school seniors, equipping them with regionally-relevant workforce and post-secondary information. From exploring career options and FAFSA completion, to college exam registration and college application preparation, we complement your counseling staff and take students from uncertainty to confident action.

Small Group Mentoring (8th - 11th grade)

Whether students need help deciding on a Jump Start pathway, or need extra guidance, small group coaching can help them get their college and career bearings. Designed for high school underclassmen, this early involvement gets students on the right track toward earning their diploma.

Individual Graduation Planning Assistance (8th - 11th grade)

Individual Graduation Plans (IGPs) are an important part of the pathway to graduation in Louisiana. Trained Career Compass staff work with professional school counselors to develop a customized plan to meet school needs. From assisting with enhancing the existing IGP process, to implementing new systems, our staff is well-versed in Louisiana state IGP requirements.

College & Career Awareness Seminars (6th - 11th grade)

Even as early as middle school, students encounter obstacles that might prevent them from pursuing post-secondary education. College and career awareness seminars reach students in grades 6–11 to begin the conversation about career choices and post-secondary options.



CAREER COMPASS

<https://www.acf.hhs.gov/fysb/about>

Family and Youth Services Bureau

What We Do

FYSB supports the organizations and communities that work every day to reduce the risk of youth homelessness, adolescent pregnancy and domestic violence.



<https://www.acf.hhs.gov/fysb/runaway-homeless-youth>

Each year, thousands of U.S. youth run away from home, are asked to leave their homes or become homeless. Through the Runaway and Homeless Youth Program (RHY), FYSB supports street outreach, emergency shelters and longer-term transitional living and maternity group home programs to serve and protect these young people.



<https://www.acf.hhs.gov/fysb/programs/family-violence-prevention-services>

The Family Violence Prevention and Services Program administers the Family Violence Prevention and Services Act (FVPSA), the primary federal funding stream dedicated to the support of emergency shelter and related assistance for victims of domestic violence and their children.



<https://www.acf.hhs.gov/fysb/adolescent-pregnancy-prevention>

To prevent pregnancy and the spread of sexually transmitted diseases among adolescents, FYSB supports state, Tribal and community efforts to teach abstinence and contraceptive education.

Program Information

<https://cenlahopehouse.org/programs>

Hope House is a service for those who are:

- Adult participants must be 18 or older who are homeless
- Capable of pursuing individualized goal-setting that will lead to self-sufficiency; active participation in life skills training to enhance personal and professional skills
- Willing to actively pursue alternatives that will change their situation of homelessness

Reasons why an individual could not stay at Hope House:

- Proven danger to self or others
- Actively psychotic
- Incapable of self-care
- Unwilling to participate or cooperate in the established program
- Qualifies for an alternative program better suited for the participant



5115 South MacArthur Drive
Alexandria, LA 71302
phone: 318-487-2061
fax: 318-449-3950
Post Office Box 7477
Alexandria, LA 71306

Program Information Contd.

Hope House Offers:

- Housing in a supportive, empowerment-based environment, for a length of up to two years
- Confidential Case Management Services
- Confidential Supportive Services Management
- Educational/Vocational Training Assistance, including Comprehensive Life Skills Training Program
- Transportation Assistance for emergency medical needs
- Educational Opportunities, including GED preparation
- Emotional support: group meetings, empowerment-based discussions, peer support
- Clothing/Personal Items/Tangible needs
- Parenting Classes
- Child Care Assistance
- After School Tutoring Program through Rapides Parish School Board
- Children Services
- Confidential Community Referrals
- Other Supportive Services



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Children's Services

<https://cenlahopehouse.org/childrens-services>

We are very proud of the Children Service Programs at Hope House. With so many child-centered learning activities, the annual outcomes are stronger than ever. The children are engaged in age appropriate learning activities that foster their quest to know more.

The Pre-K Readiness Program for the 3-5 year old children is helping prepare the young ones for pre-k so that they will be ready to learn in a classroom setting. We want to ensure that they are on target for promoting to Kindergarten.

The Extended School Day Tutoring Program assists school-aged children increase their academic performance levels. Our goal is to help the homeless children we serve stay in school, promote each grade level, and ultimately graduate high school and have a desire to further their education through college attendance or vocational learning.

Homeless children often struggle with their homeless plight and have difficulty focusing on school. Most of the time they are worried about where their next meal will come from or where they will sleep from night to night. Being homeless is not easy for children or anyone for that matter. Hope House strives to bring continuity and stability to their lives with the focus on feeling secure and safe.



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<https://www.childcare.gov/>

ChildCare.gov helps parents access safe and quality child care services in their community that best suits their family's needs. ChildCare.gov provides links to State or Territory child care websites that parents use to search for child care and consumer education information.

ChildCare.gov is a requirement of the Child Care and Development Block Grant Reauthorization (CCDBG) Act of 2014. ChildCare.gov is operated by the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Child Care (OCC).

The Office of Child Care (OCC) supports low-income working families by providing access to affordable, high-quality early care and afterschool programs. OCC administers the Child Care and Development Fund (CCDF) and works with state, territory and tribal governments to provide support for children and their families to find child care programs that will fit their needs and that will prepare children to succeed in school.



ADMINISTRATION FOR
CHILDREN & FAMILIES

 **Office of Child Care**
An Office of the Administration for Children & Families

<https://louisiana.uniteus.com/about/>

Unite Louisiana is a coordinated care network of health and social service providers. Partners in the network are connected through Unite Us' shared technology platform, which enables them to send and receive electronic referrals, address people's social needs, and improve health across communities. Unite Louisiana is sponsored by CVS Health, Aetna Better Health of Louisiana, Louisiana Healthcare Connections, Humana, and Ochsner Health. The network is supported by a Louisiana-based Unite Us team focused on community engagement, network health and optimization, and customer success.



<https://mylosfa.la.gov/about/>

Video

<https://youtu.be/bWNVjk6YmWY>

What is LOSFA

The Louisiana Office of Student Financial Assistance (LOSFA) is a Program of the Louisiana Board of Regents, that strives to be Louisiana's first choice for college access by promoting, preparing for and providing equity of college access. LOSFA administers the state's scholarship and grant programs and the state's Internal Revenue Code Section 529 college savings program.

Chafee Educational and Training Voucher (ETV) Program

The Chafee Educational and Training Voucher (ETV) Program awards up to \$9,000 annually during the academic year to qualified students who have been in the foster care system so they can pursue an academic college education or technical and skill training in college to be prepared to enter the workforce. The actual award amount is determined by the student's financial need, which is calculated in accordance with the Higher Education Act of 1965, as amended.

<https://mylosfa.la.gov/students-parents/scholarships-grants/chafee/>



**LOUISIANA OFFICE OF
STUDENT FINANCIAL ASSISTANCE**
A Program of the Board of Regents



<http://www.dcfs.louisiana.gov/page/580>

<http://www.dcfs.louisiana.gov/page/519>

Foster Youth

[Extended Foster Care](#)

[YouthLink](#)

[How to Apply for Assistance \(SNAP, FITAP or Kinship Care\)](#)

[Louisiana Fosters Resources](#)

[Find a DCFS Office](#)

[National Youth in Transition Database](#)

[Educational Training Voucher information](#)

[Louisiana Youth Leadership Advisory Council \(LYLAC\) Information](#)

[Adoption: A Hopeful Future for You and Your Baby](#)

The resources in this binder were compiled to assist individuals, including students and families with both local and statewide resources, in hopes of creating an all in one comprehensive guide to help enlighten the individual/ individuals with the specific resource/ resources to help aid and assist with the needed information for that individual , student or family.

**The information in this Resource Binder is paid for by:
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Perkins Region 6 Coalition

Dr. Christina Hurd, *CLTCC Carl Perkins Director/
Region 6 CTE Coalition Coordinator*

Post -Secondary Institutional Partners

Dr. Haywood Joiner, *LSUA
Dean of Health and Human Services*

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