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GENERAL ASSISTANCE

FACES (Family and Community Empowerment Services) Formerly Southern Wake Faith Community in Action (SWFCA)
 567-8100 605 Bridge St., Fuquay-Varina.
 Tues & Thurs 9AM-11:45AM. **Rent, utilities, prescriptions, referrals.**
 Fuquay & Willow Spring residents only.
helpsouthwake.org

United Way 2-1-1 or 1(800)831-1754
 24-hour human service **information and referrals.** nc211.org

Wake County Human Services
 212-7000 220 Swinburn St.
 M-F 8AM-5PM. Combined social services, health and mental health agency. Provides child welfare, health, disability, substance abuse, veteran, homeless and winter emergency assistance & job search help.

Fuquay-Varina Location: Southern Regional Center
 557-2501 130 N. Judd Parkway.
 M-F 8:30am-5:15pm. wakegov.com

PHONES

Assurance Wireless 1-888-898-4888
 Free cell phones for low income families.
assurancewireless.com

Safelink Wireless 1-800-723-3546
 8AM-10PM, Mon-Sat. Free phone for qualifying low-income households.
safelinkwireless.com

CRISIS HOTLINES

24 Hr. Crisis Stabilization Center and UNC Healthcare Addiction Treatment Center 1-984-974-4830
 107 Sunnybrook Rd. Assessment and referral to services for **mental illness, developmental disability or addiction.**
 Call before going to see if they're full.
wakegov.com

Alcoholics Anonymous 783-6144
 Information about AA meetings and alcoholism

Al-Anon 713-1516
 For family members of those dealing with alcoholism

Birthchoice Pregnancy Help 781-5433
 2304 Wesvill Ct., Suite 340. Call Tue.-Fri. 10AM-5PM, and Sat. morning.
 Closed Mondays. birthchoice.org

Carolina Poison Control Center
 1-800-222-1222 Available 24/7.

Child Abuse Hotline 1-800-4ACHILD
 1-800-422-4453 Available 24/7.
childhelp.org

Drug Helpline (U.S. DHHS)
 1-800-662-HELP (4357) Information about **mental health and/or substance abuse.** Referrals based on your situation.
samhsa.gov

Holly Hill RESPOND 250-7000 or 1-800-447-1800 24-hour **mental health and substance abuse** evaluations.

Hope Line 231-4525 or 1-877-235-4525
 24-hour local **crisis & suicide prevention** hotline for adults and teens.
 Confidential.

Interact Domestic Violence Hotline
 828-7740 or 1 866-291-0855
 24-hour hotline for survivors and victims of domestic violence. interactofwake.org

Interact Rape Crisis Hotline 828-3005 or 1 866-291-0853 24-hour hotline for survivors and victims of sexual assault and rape. interactofwake.org

Lifeline 1-800-273-TALK (8255)
 National **Suicide prevention** hotline, 24/7, confidential.
Suicidepreventionlifeline.org

Teen Crisis Text Line Text to 741741
 24-hour help for **teens in any type of crisis.** Trained specialists give free, secure counseling and referrals.
crisistextline.org

Wake County Mobile Crisis Team
 1-877-626-1772 Crisis assessment at your location. wakegov.com

Wrenn House 832-7866
 908 W. Morgan St. **Youth crisis center & shelter** (age 10-17). For **immediate help**, text the word "Safe" to 69866.
Havenhouseenc.org

RALEIGH AREA FINANCIAL NONPROFITS

(No specific Zip Code-Wake Co. Only)

Edenton Street United Methodist Church 832-9530 228 W. Edenton St.
 Call Monday, 10:00-11:30 AM for appointment. Must have proof of job to get **help with rent or utilities.**

First Presbyterian Church 833-4070
 120 West Hargett St. By appointment only. Call Tues, 9:30 AM. Financial help once a year for **rent, utilities & other needs of those employed.**
fpcraleigh.org

Sacred Heart Cathedral-Social Concerns Office 865-8973
 16 N. Dawson St. Must call first to see if accepting appointments; listen carefully to phone instructions. **Help w/ rent.**

RESOURCE GUIDE pg. 2

FINANCIAL INFO.

The Benefit Bank of NC 1-855-698-2262
Secures funds & services to overcome poverty, **build financial stability.**

Tbb-nc.org

Triangle Family Services 821-0790
3937 Western Blvd. Financial counseling; help for **families facing homelessness.**

tfsnc.org

CARS AND OTHER TRANSPORTATION

Go Triangle (was Triangle Transit)
485-RIDE (7433) **Bus** service. Discounts for youth, seniors 65+ and people with disabilities.

gotriangle.org.

Road to Recovery 800-227-2345
M-F 8AM-5PM. American Cancer Society: Rides to **cancer** treatment appointments. Call 5 business days before appointment.

cancer.org

Wake Coordinated Transportation Services: TRACS 212-7005
Mon-Sat 6AM-6PM. Bus service for anyone to and from **rural areas of Wake County.**

waketracs.com

Wheels4Hope 832-1941
929 S. Saunders St. Provides **affordable, reliable transportation** to low-wage families in Raleigh area. Agency referral only-call for list.

wheels4hope.org

JOBS PROGRAMS

NCWorks (formerly JobLink) Career Center 557-1121
Southern Regional Center, 130 N. Judd Parkway, Fuquay-Varina, M-F 8:30AM-5:15PM; also at 220 Swinburne St. M-F 8AM-5PM.

ncworks.gov

Step-Up Ministry 781-0156
1701 Oberlin Rd. Mon-Thurs 8:50AM-5PM, Fri 8:30-2:30. **Employment training**, job-finding help, kid's programs, goal-setting. Individuals and families.

stepupministry.org.

Telamon Corporation 851-7611
5560 Munford Rd. Ste. 201. M-F 8-4:30. **Job training, literacy and early childhood education, temporary housing.**

telamon.org

Raleigh Rescue Mission 828-9014
314 E. Hargett St. **Job readiness/ self-sufficiency for all. Emergency shelter with clinic for women w/children** (boys 10 & younger).

raleighrescue.org

FREE FOOD ASSISTANCE

Angier Food Pantry 639-4683
61 North Raleigh St., Angier. In the back part of the Parks & Rec bldg. Clients may visit every 30 days on Tues. 10:30AM-12:30PM for TEFAP; and once a week on Thurs. 10:30AM for perishables. Bring proof of Angier residence. Also bring birth cert. or report card or other official document for each person in household.

Brooks Avenue Church of Christ 821-2400 700 Brooks Ave.
Food and clothing, 2nd & 4th Sat 9AM-12PM. (except Nov. & Dec. Call for those dates.) Photo ID adults & social sec. card or birth certificate for children.

brooks.org

Christian Community in Action 469-9861 187 High House Rd., Cary.
M-F 9AM-2:30PM. Help w/**rent, utilities, food** for Cary & Morrisville residents only. Walk in or by appointment.

Dorcas-cary.org

Church in the Woods 772-7050
Wednesdays at noon. Nov-Apr. at First Baptist Church, Fuquay; May-Oct. at W. Jones St. Park, Fuquay. **Clothes, toiletries, meals.** Call for other locations and times.

churchinthewoods.net

Community of Hope Ministries 779-6679 601 St. Mary's St., Garner.
Serves Zip Codes 27529/27603 Garner only. **Food, utilities, rent.**

communityofhopeministries.org

Fuquay-Varina Emergency Food Pantry 552-7720
216 W. Academy St. Tues 9-11:45AM, Thurs 3-5:45PM. Serves Fuquay-Varina, Willow Spring, and parts of Holly Springs once every 30 days.

fvfoodpantry.com

Fuquay-Varina United Methodist Church Community Garden 552-4331
Meal delivery 3rd Saturday. Call for info.

Garner Area Ministries 772-9100
558 Village Ct., Garner. M-F 9AM-Noon. Serves Zip Codes 27529, parts of 27603 (on Garner city map) & 27610. **Rent, utilities, prescriptions, food, clothes.**

Helping Hand Mission 829-8048
623 Rock Quarry Rd. M-F 10AM-2PM. By appointment. **Food, clothing, housing, furniture.**

helpinghandmission.org

Holly Springs Food Pantry 577-2210
621 W. Holly Springs Rd. Thursdays 2-5PM. Holly Springs residents only.

hsfoodcupboard.org

Inter-Faith Food Shuttle 250-0043
Summer & Autumn Fuquay location: Lincoln Hgts Elem School 307 Bridge St. Winter & Spring Fuquay location: St. Augusta M.B. Church 605 Bridge St. Free groceries first Tuesday every month

foodshuttle.org

Piney Grove Baptist Church 552-3522
3217 Piney Grove Wilbon Rd., Fuquay. Seasonal produce available when harvested from community garden.

Salvation Army 834-6733
1863 Capital Blvd. **Food, shelter & case management** for women and children. No boys over 10 years old.

salvationarmycarolinas.org

Shepherd's Table Soup Kitchen 831-2010 121 Hillsborough St.
M-F 11AM-Noon. Free hot **meals.** No referral required.

shepherds-table.org

St. Bernadette Catholic Church 552-8758 1005 Wilbon Rd., Fuquay.
Mon-Wed 9:30-Noon. **Food pantry.**

Urban Ministries Food Pantry 836-1642 1390 Capital Blvd.
M-F 9AM-1PM. ID for all members of household required. Must be Wake County resident. May be served one time every 3 months. Referral to other resources for months in between. **Prescription** assistance.

urbanmin.org.

Western Wake Crisis Ministry 362-0657 103 ½ E. Chatham St., Apex.
Mon, Tue, Wed, Thurs 10AM-12:30PM. (Fuquay residents must get referral for **food** from SWFCA, 567-8100.) wwcmm.org

With Love from Jesus 233-8010
421 Chapanoke Rd. Tues, Wed, Fri and Sat 10AM-11:30AM. **Food, clothing, furniture and other household items.** No referral needed.

withlovefromjesus.org

All addresses are in Raleigh unless otherwise noted. Use (919) before all phone numbers unless otherwise noted.

TRANSITIONAL HOUSING

Helen Wright Center 833-1748
401 Cabarrus St. Emergency and transitional housing for **women**. Must call every morning to stay on waiting list.

PLM Families Together 212-1123
ext. 233 **Mentoring & financial support** to help homeless families in Wake County live in homes of their own.
plmft.org

Passage Home 834-0666 ext. 244
Transitional **shelter** for homeless families. Must be at least 21 years old and working at least 32 hours per week or have strong recent work history.
passagehome.org

Salvation Army 834-6733 1863 Capital Blvd. **Food, shelter & case management** for women and children. No boys over 10 years old.
salvationarmycarolinas.org

Telamon Corporation 851-7611
5560 Munford Rd. Ste. 201. M-F 8-4:30.
Job training, literacy & early childhood education, temporary housing. telemon.org

The Caring Place 462-1800
Transitional housing for homeless families. **Training** program for self-sufficiency. thecaringplace.org

Triangle Family Services 861-1195
3937 Western Blvd. **Financial counseling**; emergency **housing** for families facing homelessness. tfsnc.org

Wake County Women's Center
829-3711 112 Cox Ave.
Day shelter for single women and families. **Financial help and rehousing.** Help toward self-sufficiency. wcwc.org

EMERGENCY FINANCIAL HELP

Christian Community in Action
469-9861 187 High House Rd., Cary.
M-F 9AM-2:30PM. Help with **rent, utilities medicine, medical equipment (walkers, etc.) and food** for Cary & Morrisville residents only. Walk in or by appointment. dorcas-cary.org/services

Church Net 569-0020
121 Front St., Wake Forest. Wake Forest, Youngsville, Rolesville only.
Utilities, prescriptions.
churchnetfoundation.net

Community of Hope Ministries
779-6679 601 St. Mary's St., Garner.
Serves Zip Codes 27529/27603 Garner only. **Food, utilities, rent.**
communityofhopeministries.org

Garner Area Ministries 772-9100
558 Village Ct., Garner. M-F 9AM-Noon.
Serves Zip Codes 27529, parts of 27603 (on Garner map), 27610. **Food, clothes, prescriptions, utilities, rent.** gam-nc.org

Johnston-Lee-Harnett Community Action 910-814-8360 (Lillington Office)
Emergency **financial help, parent education, referral & more.** Call for list of required papers.
jlhcommunityaction.org

FACES (Family and Community Empowerment Services) Formerly Southern Wake Faith Community in Action (SWFCA) 567-8100
605 Bridge St., Fuquay-Varina. Tues & Thurs 9AM-11:45AM. **Rent, utilities, prescriptions, referrals.** Fuquay & Willow Spring residents only.
helpsouthwake.org

The Caring Community Foundation, Inc. 469-3662 P.O. Box 1364 Cary 27512. Provides assistance with rent, utilities, treatment, other expenses during **cancer** treatment. Contact through social worker. caringcommunityfoundation.org

Triangle Family Services 821-0790
3937 Western Blvd. Consumer **credit counseling.** Help for families facing homelessness. tfsnc.org

Wake County Human Services
212-7000 220 Swinburn St.
M-F 8AM-5PM. Combined social services, health & mental health agency
In Fuquay: Southern Regional Center
557-2501 130 N. Judd Parkway.
M-F 8:30am-5:15pm. wakegov.com

Wake County Women's Center
829-3711 112 Cox Ave. **Day shelter** for single women and families. **Financial help and rehousing.** wcwc.org

Wendell Council of Churches 365-6557
Rent & water. Wendell residents only.

Western Wake Crisis Ministry
362-0657 103 ½ E. Chatham St., Apex.
Mon, Tue, Wed, Thurs 10AM-12:30PM.
(Fuquay residents must get referral for **food** from SWFCA, 567-8100.) wwcm.org

THRIFT STORES

Dorcas Thrift Shop 469-9861
187 High House Rd., Cary.

Guardian Angel Thrift Store 567-8152
742 N. Main St., Fuquay-Varina.

Interact's Pass It On Too 865-1601
1012 Oberlin Road. Thrift store.

Salvation Army 779-8867
205 Tryon Rd. Thrift store.

Snapdragon Thrift Store 557-9300
6021 NC 55 Hwy, Fuquay-Varina.

SHELTERS, HELP FOR HOMELESS

AME Empowerment Center for Men
931-5824 412 Capital Blvd.
24/7. **Shelter, clothing, food.**

Church in the Woods 772-7050
Wed. Noon. Nov-Apr. at First Baptist Church, Fuquay; May-Oct. at W. Jones St. Park, Fuquay. **Clothes, toiletries, meals.** Call for other locations and times.
churchinthewoods.net

Cornerstone 508-0777
220 Snow Ave. Mon, Tue, Thu & Fri 8:30AM-Noon & 1-5PM; Wed 1-5PM.
Laundry, shower, & other services for homeless individuals. wakegov.com

Helen Wright Center 833-1748
401 Cabarrus St. Emergency and transitional housing for **women**. Must call every morning to stay on waiting list.

Interact 828-7740 **Help for women and children.** interactofwake.org

Raleigh Rescue Mission 828-9014
314 E. Hargett St. **Job readiness/ self-sufficiency** for all. Emergency **shelter with clinic** for women w/children (boys 10 & younger). raleighrescue.org

Salvation Army 834-6733
1863 Capital Blvd. **Shelter and case management** for women and children. No boys over age 10. salvationarmy.org

South Wilmington Street Center
857-9428 1420 S. Wilmington Street.
Emergency **shelter** for **men** 24/7. Long term shelter also. wakegov.com

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SHELTERS, HELP FOR HOMELESS

(continued)

The Healing Place 838-9800
Women's facility: 3304 Glen Royal Rd;
Men's facility: 1251 Goode St.
Help, health care and emergency shelter for homeless clients w/**substance addictions.** healing-transitions.org

Triangle Family Services 861-1195
3937 Western Blvd. **Financial counseling;** emergency **housing** for families facing homelessness. tfsnc.org

Wake County Human Services
212-7000 220 Swinburn St.
M-F 8AM-5PM. Provides child welfare, job search help, health, disability, mental health, substance abuse, veteran, homeless and winter emergency help.

In Fuquay: Southern Regional Center
557-2501 130 N. Judd Parkway.
M-F 8:30am-5:15pm. wakegov.com

Wake Interfaith Hospitality Network
832-6024 903 Method Rd.
M-F 9AM-5 PM. **Day center, showers,** transitional **housing** for couples or single women w/children. wihn.org

Wrenn House 832-7866
908 W. Morgan St. **Youth** crisis center & shelter (age 10-17). For immediate help, text the word "Safe" to 69866.

HISPANIC

Centro Para Familias Hispanas (Hispanic Family Ctr) 873-0094
2013 N. Raleigh Blvd. **Referrals, education, immigration issues, counseling.** Call for appointment. cpfhraleigh.org

CLOTHING

Brooks Avenue Church of Christ
821-2400 700 Brooks Ave.
Food & clothing, 2nd & 4th Sat 9AM-12PM. (except Nov. & Dec. Call for those dates.) Photo ID adults & social sec. card or birth cert. for children. brooks.org

Catholic Parish Outreach 873-0245
2013 N. Raleigh Blvd. Mon-Sat 10AM-1PM. Referral required. Clothing: **infants, kids (age 4 & under), maternity.** SS card or ID required for all. cporaleigh.org

Fuquay Varina United Methodist Church 552-4331 100 Judd Pkwy, Fuquay. Once a quarter free clothing. Saturday 8AM-11AM. Call for dates held.

Garner Area Ministries 772-9100
558 Village Ct., Garner. Mon-Fri 9AM-Noon. Serves Zip Codes 27529, parts of 27603 (on Garner city map) & 27610. **Rent, utilities, prescriptions, food, clothing.** gam-nc.org

Helping Hand Mission 829-8048
623 Rock Quarry Rd. M-F 10AM-2PM. Call for appointment for **food, clothing, furniture, shelter.** helpinghandmission.org

Salvation Army 834-6733 1863 Capital Blvd. **Food, clothing closet, coat giveaways.** salvationarmycarolinas.org

St. Augusta Missionary Baptist Ch.
552-3825 605 Bridge St.
Fuquay-Varina. Deacon's clothing ministry. 2nd & 4th Saturday, 9AM-1PM.

With Love from Jesus 233-8010
421 Chapanoke Rd. Tues, Wed, Fri and Sat 10AM-11:30AM. **Food, clothing, furniture and other household items.** No referral needed. withlovefromjesus.org

YOUTH/ TEENS

See also Crisis Hotlines

4-H Wake County Sleep Away Camp
212-9587

Teen Crisis Text Line Text to 741741
24-hour help for **teens in any type of crisis.** Trained specialists give free, secure counseling and referrals. cristextline.org

Wrenn House 832-7866
908 W. Morgan St. **Youth crisis center & shelter** (age 10-17). For immediate help, text the word "Safe" to 69866. havenhousenc.org

MEDICAL ASSISTANCE

Advance Community Health 833-3111
main/ 321-3180 **pediatrics/ 250-2930 dental.** 1001 Rock Quarry Rd. Also at 130 N. Judd Pky., Fuquay & 212 S. Salem St., Apex. Low cost healthcare for uninsured or Medicare Part B. advancechc.org

Advance Community Health Horizon Healthcare 833-3111
1420 S. Wilmington St. Tue & Thurs. 7:30-11:30AM. **Homeless help, free clinic.** advancechc.org

Alliance Medical Ministry 250-3320
101 Donald Ross Dr. (Near Wake Med.) Affordable **healthcare** for uninsured clients. Someone in household must be employed. Bring 2 pay stubs. alliancemedicalministry.org

Dental Health for Wake County
250-4610 10 Sunnybrook Rd.
Open M-F 8-5. **Children age 0-20 & pregnant women.** Preventative services & treatment. Cost based on family income. Call for appointment or information. **Emergency walk-ins** 7:30AM and 12:30PM M-W & Fri. wakegov.com

Johnson Optometric 552-3181
1340 N. Main St. Fuquay. M-F 8-5:30. To apply for low-cost or free **eye-care,** ask receptionist for Lions Club form. johnsoneye.com

NCMedAssist 704-536-1790
Call M-F 8-4:30. Statewide **prescription** assistance program. medassist.org

NeedyMeds (800) 503-6897
Website of free **info** on programs that help people who can't afford medications and healthcare costs. needymeds.org

Open Door Clinic 832-0820
1390 Capital Blvd. Mon-Thurs 8:30AM-8PM by appointment only. Low-cost health care/prescriptions for the uninsured. Call on Sundays 8AM-8PM. Part of Urban Ministries of Wake County. urbanmin.org

Smart NC 855-408-1212 (toll free)
430 N. Salisbury St. Free help with questions & problems regarding any type of health **insurance.** ncdoi.com

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MEDICAL ASSISTANCE (continued)

Urban Ministries of Wake County

836-1642 1390 Capital Blvd.
M-F 9AM-1PM. **Prescription** assistance.
ID for all members of household required.
Must be Wake County resident. May be
served one time every 3 months. Referral
to other resources for months in
between. urbanmin.org

MENTAL HEALTH/ SUBSTANCE ABUSE

Alliance Behavioral Healthcare

(800) 510-9132 Call 24/7.
Mental health, developmental disabilities
and substance abuse services of Wake
County. alliancebhcc.org

Catholic Charities

790-8533
3000 Highwoods Blvd. Individual, family,
marital, and group **counseling**. Fee
based on a sliding scale.
catholiccharitiesraleigh.org

Cornerstone PATH Programs

508-0777
220 Snow Ave. Mon, Tue, Thur, Fri,
8AM-noon and 1PM-5PM; Wed 1PM-
5PM. Counseling, case management
and crisis intervention for **homeless**
individuals. wakegov.com

Fellowship Health Resources

573-6520
5509 Creedmoor Rd. M-F 9AM-5PM.
Mental health/drug abuse help. fhr.net

Healing Transitions

838-9800
Women's facility: 3304 Glen Royal Rd;
Men's facility: 1251 Goode St. Help,
health care and emergency shelter for
homeless clients w/**substance**
addictions. healing-transitions.org

Southlight

787-6131
For appointments, call M-F 8AM-5PM.
Walk-ins at 3125 Poplarwood Ct.,
Ste. 150: Mon. & Wed. 11AM-3PM.
Walk-ins at 2101 Garner Rd. Ste. 103:
Mon.-Thur. 7AM-1PM. Services for youth
& adults w/**addictions**. southlight.org

Wake County Women's Center

829-711 112 Cox Ave.
Day shelter for single women and
families. **Financial help and rehousing.**
HIV/ STD testing and counseling twice
a month. wccwc.org

UNC Healthcare Addiction Treatment Center

1-984-974-4830
107 Sunnybrook Rd. **Assessment and**
services for mental illness,
developmental disability or addiction.
Call before going to see if they're full.
wakegov.com

AGING

Citizens Well Check Program

856-6495
Program that automatically **checks on**
participating Wake County **seniors, by**
phone, 365 days a year. wakegov.com

Resources for Seniors

713-1556 or 872-7933
1110 Navaho Dr. M-F 8-5. In-home
services and helpful **information.**
resourcesforseniors.com

The Center for Volunteer Care Giving

460-0567 1150 SE Maynard Rd.
Ste. 210, Cary. M-F 8:30-5. **Caregiver**
support, transportation services and
in-home connections for seniors and
disabled adults. volunteercaregiving.org

DISABILITY

C.A.P. (Client Assistance Program)

855-3600 805 Ruggles Dr.
M-F 8AM-5PM. Helps disabled
individuals understand and use
rehabilitation services. cap.state.nc.us

Community Partnerships, Inc.

781-3616 3522 Haworth Dr.
M-F 8:30AM-4:30PM. Helping those with
disabilities or substance abuse issues
through programs such as: **Supported**
Employment, Early Intervention, Brain
Injury Support Services.
communitypartnerships.org

Exceptional Children's Assistance Center

571-8092
4601 Lake Boone Trail, Ste. G.
Information and support for families of
children with disabilities and special
health care needs. ecac-parentcenter.org

First In Families of NC 571-8092 x416
or (866) 740-4135. Wake County
Chapter. **Support** for any family in which
one family member has a developmental
disability or delay, or is at risk of the
same, or has a traumatic brain injury.
fifnc.org

The Center for Volunteer Care Giving

460-0567 1150 SE Maynard Rd.
Ste. 210, Cary. M-F 8:30-5. **Caregiver**
support, transportation services and
in-home connections for seniors and
disabled adults. volunteercaregiving.org

HOME REPAIRS

Resources for Seniors

872-7933
1110 Navaho Dr. M-F 8-5. Health and
safety-related repairs for Wake County
residents age 55+.
resourcesforseniors.com

GRANDPARENTS

Kinship Caregivers

250-4597
220 Swinburn St Room 2011.M-F 8:30-5.
Information and links to useful programs
for relative caregivers who get Work First
Family Assistance for the **children in**
their care. wakegov.com/humanservices

*Please send information
updates for this list to:
exec@faces-cares.org.
Thank you.*