



IN HER HANDS

Additional Resources List

This list of additional resources that may supplement your participation in the In Her Hands Program. These resources were compiled with community members and we hope they reflect the interests of program enrollees. The resources we've listed are not an endorsement of the program but rather a starting point for exploring these programs or similar programs of interest. Please do not hesitate to contact the In Her Hands team if you'd like to be connected to more resources!

Homeownership, Housing, and Utilities Assistance

Georgia Dream Homeownership Program (Georgia)

The homeownership program for eligible low- and moderate-income Georgians provides affordable financing options, down payment assistance, and homebuyer education.

- www.dca.ga.gov/safe-affordable-housing/homeownership/georgia-dream

Multi-Family Preservation and Revitalization (National)

Restructures loans for existing Rural Rental Housing and Off-Farm Labor Housing projects to help improve and preserve the availability of safe affordable rental housing for low-income residents.

- www.rd.usda.gov/programs-services

Single-Family Housing Direct Loan (National)

Also known as the Section 502 Direct Loan Program, this program assists low- and very-low-income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability.

- www.rd.usda.gov/programs-services/

Single-Family Housing Repair Loans & Grants (National)

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

- www.rd.usda.gov/programs-services/

Southwest Georgia Community Action Council (Georgia)

Low Income Home Energy Assistance Program

(LIHEAP) provides income-eligible households an annual financial benefit (up to \$400) toward their home heating costs.

- www.swgacac.com/

WeThePlugTho (Georgia)

We The Plug Tho is a self-organized group of community members who advocate for energy justice. The organization primarily advocates for policy changes but occasionally offers energy payment assistance on their Instagram page.

- www.instagram.com/wetheplugtho/?hl=en

Health and Wellness

Black Girls Breathing (virtual)

A Georgia-based organization that provides virtual breathwork classes for Black women at a sliding scale (i.e. pay what you can).

- www.blackgirlsbreathing.com/

Hopebound (virtual)

Hopebound provides weekly teletherapy to under-resourced middle school and high school students at low-to-no cost.

- www.hopebound.com/

Therapy for Black Girls (virtual and in-person)

Therapy for Black Girls (TBG) is an online space dedicated to encouraging the mental wellness of Black women and girls. TBG is a nationwide network of professional and licensed mental- and behavioral counselors and therapists.

- www.therapyforblackgirls.com/

Albany Therapeutic Massage Clinic (Albany)

Therapeutic massage clinic that has been active in the community for 20+ years.

- www.facebook.com/AlbanyTherapeuticMassageClinic

Albany Area Primary Healthcare (Albany)

Largest community health center in Southwest Georgia.

- www.aaphc.org/

Purchasing a Car

Consumers for Auto Reliability & Safety (CARS) (national)

Provides information on how to purchase a used car and what to do if you purchase a used car that turns out to be a “lemon”.

- www.carconsumers.org/

Youth Development Services

Boys & Girls Club of Albany (Albany)

To provide a fun, safe, supervised environment for recreational and educational activities where all boys and girls, especially those who need us the most, can develop self-esteem and the qualities needed to become caring, responsible citizens.

- www.bgc-albany.org/

WorkSource Southwest Georgia (Southwest GA)

WorkSource Georgia provides workforce services to businesses and job seekers. WorkSource Southwest Georgia can meet you where you are, and assist you to decide where you want to go. Whether you are currently enrolled in school or out-of-school, but looking to get back on track, WorkSource Southwest Georgia can help.

- www.business.albanyga.com/list/member/work-source-southwest-georgia-camilla-16855

Public Benefits Support Services

Benefits Dashboard and Calculator (created by the Federal Reserve Bank of Atlanta)

The dashboard helps In Her Hands participants calculate estimated changes to their public benefits based on their household characteristics and the amount of guaranteed income they receive.

- www.emar-data-tools.shinyapps.io/gi_dashboard_grofund_atl/

Georgia Legal Services Program

Georgia Legal Services offers free legal services to Georgians with low incomes who reside outside metro Atlanta in 154 of the state's 159 counties, including Clay, Terrell and Randolph counties. Georgia Legal Services represents clients on a wide range of issues from education, housing, farmworker rights, health law, and family law. They also represent clients seeking to obtain or preserve unemployment benefits, Temporary Assistance to Needy Families (TANF), Food Stamps, Social Security, Supplemental Security Income, and other public assistance.

- 1-833-457-7529
- www.glsp.org/

Legal Services

Georgia Legal Aid (Georgia)

Georgia Legal Aid's goal is to provide the public with easy access to basic legal information and legal resources in Georgia. Georgia Legal Aid provides information on your right to apply for public benefits and appeal benefits decisions. They work closely with Georgia Legal Services.

- www.georgialegalaid.org/

ACLU of Georgia

Enhances and defends the civil liberties and rights of all Georgians through legal action, legislative and community advocacy, and civic education and engagement

- 770-303-8111
- www.acluga.org/

Tax Preparation

VITA Free Tax Prep (Albany area)

The United Way of Albany offers free tax preparation through their VITA tax prep clinic.

- www.unitedwayalbanycounty.org/programs/tax-preparation/book/

Entrepreneurship

Women's Business Enterprise National Council: Women of Color Program (national)

Provides a development program designed to support women of color entrepreneurs.

- www.wbenc.org/programs/women-of-color-program

Children's Education

Khan Academy (virtual)

Free, online educational courses for students in pre-K to 12th grade covering all subjects and topics. Personalized learning with trusted experts.

- www.khanacademy.org

UpChieve (virtual)

Free online tutoring and college counseling with personalized 1-on-1 support, 24/7. Covers 15+ subjects, including SAT prep and college applications.

- www.upchieve.org/

Adult Education and Training

Albany Technical College (Southwest GA)

The Adult Education Program's mission is to enrich educational opportunities for students and the communities served. There are satellite campuses in Clay, Randolph, and Terrell counties.

- www.albanytech.edu

Southwest Georgia Project (Southwest GA)

Provides farm training and education to increase opportunities to family and historically under-resourced farms.

- <https://www.swgaproject.com/programs.html>

Food Support

Feeding the Valley Food Bank (Terrell, Randolph, Clay)

Feeding the Valley Food Bank is one of eight regional food banks in Georgia and is a member of Feeding Georgia. They serve as a centralized source for receiving and distributing donated food items to those in need.

- www.feedingthevalley.org/

Crisis Support

Georgia Crisis and Access Line (Georgia)

GCAL provides telephonic crisis intervention, clinical triage, and referral for Georgians in need 24/7/365.

- 1-800-715-422

Georgia Coalition Against Domestic Violence (Georgia)

GCADV is a federally recognized domestic violence coalition that envisions a Georgia free of domestic violence - empowering survivors and the programs that serve them, educating the public, and advocating for responsive public policy.

- 1-800-334-2836

RAINN (Rape, Abuse, & Incest National Network) National Sexual Assault Hotline (National)

RAINN is an anti-sexual violence organization. RAINN operates the National Sexual Assault Hotline in partnership with local sexual assault service providers.

- 1-800-656-4673

National Suicide Prevention Hotline (National)

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- 1-800-273-8255