



Additional Resources List

Below is a list of additional resources that may supplement your participation in the In Her Hands initiative. These resources were compiled with community members. We hope they reflect the interests of program enrollees. The resources 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 our team if you'd like to be connected to more resources!

Home Ownership, 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.

- 1-800-359-HOME (4663)
- <https://www.dca.ga.gov/safe-affordable-housing/homeownership/georgia-dream>

Neighborhood Assistance Corporation of America (NACA)

NACA is a community advocacy and homeownership organization whose primary goal is to build strong, healthy neighborhoods in urban and rural areas nationwide through affordable homeownership.

- <https://www.naca.com/purchase/>

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/

General Wellness

Black Girls Breathing (virtual, Georgia)

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

- <https://www.blackgirlsbreathing.com/>

Hopebound (virtual, National)

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

- <https://www.hopebound.com/>

Therapy for Black Girls (virtual, Georgia)

Provides professional and licensed mental and behavioral counselors and therapists. Therapy for Black Girls is a Georgia-based online space supporting the mental wellness of Black women and girls.

- <https://therapyforblackgirls.com/>

Hugh C. Conley Recreation Center (College Park)

Provides adult basketball, youth baseball, baton twirling, dance, summer day camp, youth football, cheerleading, gymnastics, karate, tutoring, zumba, and seasonal swimming.

- https://www.collegeparkga.com/departments/recreation_cultural_arts

Tracey Wyatt Recreation Center (College Park)

It is the home of the Tracey Wyatt Recreation Center, the Tracey Wyatt Swimming Pool, the College Park Youth Basketball Program (alongside the Brady Recreation Center), open gym basketball for youth and adults, karate, zumba, spring break day camp, summer day camp, swimming lessons, senior citizen activities, weight room, volleyball, and other community related programs and events.

- https://www.collegeparkga.com/departments/recreation_cultural_arts

Wayman & Bessie Brady Recreation Center (College Park)

The Brady Recreation Center, named for its first Center Coordinators Wayman & Bessie Brady, is host to an after-school program, open gym for adult and youth basketball, host to winter and summer adult basketball leagues, a youth dance program, a youth dance camp, and a boot camp to get you in shape.

- https://www.collegeparkga.com/departments/recreation_cultural_arts

The Wellness Spot (College Park)

The Wellness Spot is a fitness & day spa destination in the heart of Historic College Park, GA. The Wellness Spot delivers a total well-being experience at an affordable rate. Whether you need to slip into an hour of calm or challenge yourself in a full-body sweat session, our promise to you is a visit defined by quality, courtesy, comfort and respect.

- <https://www.thewellnessspotatl.com/>

Entrepreneurship

Club e Atlanta (College Park)

Club-e (Club Entrepreneur) is a global network that connects entrepreneurs to the financial and supportive resources they need to grow their businesses.

- <https://www.clubeatlanta.com/>

The Entrepreneurship Center, Urban League of Greater Atlanta (Metro Atlanta)

Assists entrepreneurs with starting and growing successful and sustainable businesses by providing entrepreneurs with training, resources, and one-on-one coaching.

- <https://ulgatl.org/entrepreneurship/>

Village Micro Fund (Metro-Atlanta)

Village Micro Fund teaches entrepreneurs through their small business fellowship and workshops, making sure to focus on the whole entrepreneur all while building community.

- <https://www.villagemicrofund.com/>

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

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

- <https://www.wbenc.org/>

The Women’s Entrepreneur Opportunity Project (Metro Atlanta)

Mission: WEOP fosters the economic advancement of women of color who are self-employed and small business owners through education, resources, and professional networks. WEOP provides women power, purpose, and a platform through advocating for policies supporting women in business and financial sustainability, increased leadership, and greater civic engagement.

- <https://www.weop.org/>

Purchasing a Car

Consumers for Auto Reliability and 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”.

- <https://www.carconsumers.org/>

Job Training

Georgia Vocational Services (Georgia)

Founded as a solutions-based program in the Metro-Atlanta area, GVS is a comprehensive vocational certification program offering affordable, high-quality vocational training, job preparedness and life application skills.

- <https://www.mygvs.org/>

Work Source Georgia: Atlanta (Atlanta)

Work Source offers work readiness courses to prepare individuals for the world of work. They also offer services such as career counseling and job search assistance.

- <https://atlworks.org/>

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/

Legal Services

ACLU of Georgia (Georgia)

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/

Atlanta Legal Aid (Metro Atlanta)

Atlanta Legal Aid's goal is to provide the public with easy access to basic legal information and legal resources. Atlanta Legal Aid Society offers free civil legal aid for low income people across metro Atlanta. Atlanta Legal Aid provides information on your right to apply for public benefits and appeal benefits decisions. They work closely with Georgia Legal Services.

- atlantalegalaid.org/apply

Financial Empowerment

Your Money, Your Goals Toolkit (National)

Provides a toolkit created by the Consumer Financial Protection Agency with 43 tools and resources that aim to increase one's financial knowledge and skills.

- <https://www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/toolkit/>

Education

Atlanta Technical College Adult Education (Atlanta)

This program provides adult high school equivalency test preparation, helps with attaining secondary education credentials, aids adults in learning the skills needed to get a job, and provides opportunities to build sustainability.

- <https://atlantatech.edu/adult-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.

- <https://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.

- <https://upchieve.org/>

Food Support

Atlanta Community Food Bank (Metro Atlanta)

Centralized provider to ATL food banks - offers maps of food banks near you and more connections to services for those dealing with food insecurity.

- <https://www.acfb.org/>

Feeding GA Families (College Park)

Provide food and basic resources assistance to reduce food and resource insecurity.

- <https://www.feedinggafamilies.org/>

Reaching Out 4 You (East Point)

Programming for food- and housing-insecure individuals that assists in increasing awareness regarding topics such as: health, education, and job training skills.

- <https://reachingout4youinc.ijmdofree.com/>

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