

TIMES ARE TOUGH.

Supporting Yourself and Your Family Doesn't Have to Be.

Everyone can use a little extra help these days. That's why it's so important that Pennsylvania residents have lots of earned benefit programs and other services available to them that can boost their incomes, help pay for bills and cover basic needs like medical care, healthy groceries, housing, and more.

Find out if you're eligible today.

TAX ASSISTANCE AND CASH REFUNDS

Earned Income Tax Credit

Up to \$5666 in cash for eligible families, simply by filing taxes.

Child Tax Credit

Up to \$1000 per qualifying child for any worker who earned more than \$3000 in 2010.

PA Tax Forgiveness Program

Depending on income and family size, PA residents may qualify for a refund or reduction of Pennsylvania income tax liability.

To find free tax preparation assistance call: **1-800-829-1040** or visit: www.irs.gov

CHILD CARE SUPPORT

Child Care Works

Subsidized child care program that helps families in Pennsylvania to pay child care fees so that parents and caregivers can work. **1-877-472-5437.**



NUTRITION PROGRAMS

Supplemental Nutritional Assistance Program (Food Stamps)

Helps pay for healthy food through use of an "Electronic Benefits Transfer" card that works like a debit card and can be used at most grocery stores. **1-800-692-7462**

www.dpw.state.pa.us/servicesprograms/foodstamps/

School Nutrition Incentive Program

Free and low-cost snacks and meals for children in school. **1-800-331-0129.**

Women, Infants, and Children

Helps to cover nutritional and health needs for pregnant women and mothers with young children. **1-800-WIC-WINS** www.pawic.com

MEDICAL COVERAGE

Children's Health Insurance Program

Health insurance program that helps families pay for medical care for children up to age 19. **1-800-986-BABY, 1-800-986-KIDS**

www.chipcoverspakids.com

Medicaid

Health insurance program that enables uninsured individuals to pay for some, or all, of their medical bills. **1-800-842-2020.**



Did you know? You can up to \$5666 in cash through the EITC. And the average family receiving SNAP benefits gets more than \$3000 a year to spend on healthy groceries.

RENTAL AND FORECLOSURE ASSISTANCE

Rental Assistance

Safe, affordable rental options through programs including: privately owned subsidized housing; Public Housing; and Housing Choice Voucher Program (Section 8). **1-800-569-4287**

portal.hud.gov

Federal Foreclosure Assistance Programs

Helps at-risk homeowners modify loans or refinance their mortgages through programs such as a Hope for Homeowners, the Home Affordable Modification Program (HAMP), and the Home Affordable Refinance Program (HARP). **1-888-995-HOPE**

www.makinghomeaffordable.gov

PA Foreclosure Assistance Programs

State-based foreclosure assistance programs include: the REfinance to an Affordable Loan (REAL), Homeowner Equity Recovery Opportunity (HERO), and the Pennsylvania Housing Finance Agency's Homeowners Emergency Mortgage Assistance Program.

www.phfa.org

ENERGY AND UTILITY ASSISTANCE

Home Energy Assistance Program

Helps pay for basic household heating expenses. **1-866-857-7095.**

Utilities Assistance

Helps pay for utilities, including water, electric, gas, and telephone. **1-717-783-5048.**

JOB TRANSITION ASSISTANCE

Cash Assistance/TANF

Supplemental income for individuals not earning enough to support themselves and their families.

1-800-692-7462.

Unemployment Compensation

Individuals who recently became unemployed may be eligible for unemployment compensation.

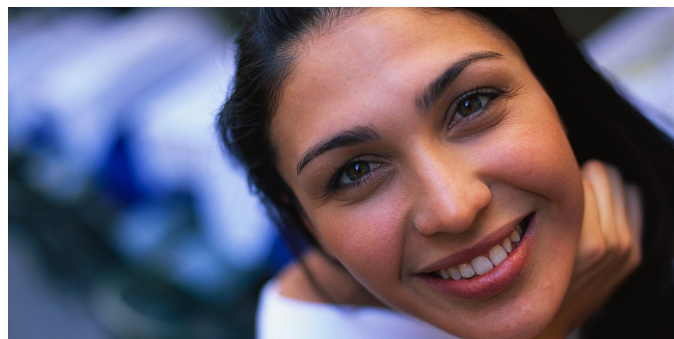
1-888-313-7284

www.uc.pa.gov

Employment Assistance

An online employment service that offers everything from training, to resume writing, to help finding a job.

www.cwds.state.pa.us



WAYS TO APPLY AND FIND OUT MORE

HeretoHelp PA/HelpinPA

PA residents can easily learn about the many services, programs, and benefits available to them on the Heretohelp and HelpinPA websites – from meeting basic needs to finding a new job.

www.heretohelp.pa.gov www.helpinpa.state.pa.us

COMPASS PA

A free online screening and enrollment tool called COMPASS PA that allows individuals and families to find out if they're eligible and apply for several benefit programs at once, including medical coverage, help paying for groceries, energy assistance, and more.

www.humanservices.state.pa.us/compass/

The Benefit Bank

The Benefit Bank is a free counselor-assisted program that helps PA families to screen and apply for local and federal benefit programs. The Benefit Bank also provides tax preparation and financial counseling.

www.thebenefitbank.com

PA Department of Public Welfare

Provides information on benefits and services for individuals and working families. **1-800-692-7462**

www.dpw.state.pa.us

WHAT YOU NEED TO APPLY

- Proof of identity (ID/Passport)
- Proof of legal residency and work status (SSN/ITIN)
- Proof of residency (Lease/Utility bill)
- Proof of income (Paystubs, W-2, Tax returns)
- Proof of medical and other expenses (Bills, Prescription receipts)
- Proof of disability (SSI letter)

NHSA and its members are committed to ensuring economic security for all working families.

