

# Free Services & Financial Assistance for Single Moms

## Free & Discounted Phone and Internet Services

### Lifeline Program (FCC)

- Monthly discounts on phone or broadband services for low-income households.
- Eligibility: Income at or below 135% of Federal Poverty Guidelines or participation in SNAP, Medicaid, etc.
- Providers: Assurance Wireless, SafeLink Wireless, Q Link Wireless
- Apply: <https://www.lifelinesupport.org/>

### Affordable Connectivity Program (ACP)

- Up to \$30/month off internet service, \$100 off a tablet/laptop.
- Providers may offer free devices or internet.
- Apply: <https://www.fcc.gov/acp>

## Free Wi-Fi, Hotspots & Digital Devices

### EveryoneOn

- Connects families with low-cost internet and computers.
- Check availability: <https://www.everyoneon.org/>

### Public Libraries

- Offer free Wi-Fi hotspots, printing, and device use.

### PCs for People

- Discounted computers and internet for qualified families.
- Order: <https://www.pcsforpeople.org/>

### Human-I-T

- Offers refurbished tech and affordable connectivity.
- Explore: <https://www.human-i-t.org/>

## Free Electricity & Utility Bill Help

### LIHEAP

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- Federal program to assist with energy bills and crises.
- Find your state: <https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap>

### Dollar Energy Fund

- Regional utility assistance.
- Info: <https://www.dollarenergy.org/>

### Local Utility Hardship Programs

- Search for local energy relief from your provider.

## Housing & Rent Assistance Programs

### HUD Emergency Housing Vouchers

- For homelessness, domestic violence, or housing insecurity.
- Info: <https://www.hud.gov/ehv>

### 211.org

- Housing help and local resources. Dial 211 or visit: <https://www.211.org/>

### CoAbode

- Shared housing for single moms.
- Register: <https://www.coabode.org/>

## Legal Aid & Custody Support for Single Moms

### LawHelp.org

- Free or low-cost legal aid by state.
- Search: <https://www.lawhelp.org/>

### Legal Services Corporation (LSC)

- Federally funded civil legal aid.
- Local office: <https://www.lsc.gov/>

# Free Services & Financial Assistance for Single Moms

## Free & Low-Cost Childcare Options

Child Care Aware of America

- Referrals and subsidy help.
- Find support: <https://www.childcareaware.org/>

Local Subsidy Programs

- Many cities offer free or income-based childcare.
- Search: "[Your City] childcare subsidy."

## Little-Known Grants and Programs for Single Moms

Modest Needs Foundation

- Emergency grants for bills or essentials.
- Apply: <https://www.modestneeds.org/>

Amazon EBT Prime Discount

- Prime membership at \$6.99/month.
- Sign up: <https://www.amazon.com/qualify>

Museums for All

- \$1-\$3 admission with EBT.
- Locations: <https://www.museums4all.org/>