

There are several free national programs available to support single mothers in the country. These programs provide assistance with housing, food, childcare, healthcare, job training, and financial support.

---

### **Temporary Assistance for Needy Families (TANF)**

- **Description:** A federal program that provides cash assistance, job training, and childcare support to low-income single mothers.
  - [Temporary Assistance for Needy Families \(TANF\)](#)
- 

### **Women, Infants, and Children (WIC)**

- **Description:** Provides food assistance, nutrition education, and health referrals to pregnant women, new mothers, and children under five.
  - [Women, Infants, and Children \(WIC\)](#)
- 

### **Supplemental Nutrition Assistance Program (SNAP) (Food Stamps)**

- **Description:** Helps low-income families buy nutritious food through an EBT (Electronic Benefits Transfer) card.
  - [Supplemental Nutrition Assistance Program \(SNAP\) \(Food Stamps\)](#)
- 

### **Child Care Assistance Program (CCAP)**

- **Description:** Helps low-income families afford quality child care so parents can work or attend school.
  - [Child Care Assistance Program \(CCAP\)](#)
- 

### **Head Start / Early Head Start**

- **Description:** Provides free early childhood education, healthcare, nutrition, and parent involvement services to low-income families.
  - [Head Start / Early Head Start](#)
- 

### **Low-Income Home Energy Assistance Program (LIHEAP)**

- **Description:** Helps families pay for heating and cooling bills.
  - [Low-Income Home Energy Assistance Program \(LIHEAP\)](#)
- 

### **Medicaid and Children's Health Insurance Program (CHIP)**

- **Description:** Provides free or low-cost healthcare to single mothers and their children.
- [Medicaid and Children's Health Insurance Program \(CHIP\)](#)

---

## Housing Choice Voucher Program (Section 8)

- **Description:** Offers **rental assistance** to low-income families so they can afford safe housing.
  - [Housing Choice Voucher Program \(Section 8\)](#)
- 

## The Life of a Single Mom

- **Description:** A nonprofit providing **mentorship, job training, financial literacy programs, and support groups** for single mothers.
  - [The Life of a Single Mom](#)
- 

## Single Mothers Grants

- **Description:** Offers a directory of grants and assistance programs available to single mothers.
  - [Single Mothers Grants](#)
- 

## National Domestic Violence Hotline (For Housing & Support)

- **Description:** Assists domestic violence survivors with emergency housing, financial support, and counseling.
  - [National Domestic Violence Hotline \(For Housing & Support\)](#)
  - **Phone: 1-800-799-7233**
- 

## Salvation Army – Pathway of Hope

- **Description:** Provides housing assistance, job training, and emergency financial help for single mothers.
  - [Salvation Army – Pathway of Hope](#)
- 

### Atlanta, GA

- **In Her Hands**
    - **Description:** A guaranteed income program providing monthly cash payments to low-income Black women in Atlanta and surrounding areas.
    - [In Her Hands](#)
- 

### Baltimore, MD

- **House of Ruth Maryland**
  - **Description:** Provides comprehensive services for single mothers and their children who are victims of domestic violence, including emergency shelter and legal support.
  - [House of Ruth Maryland](#)

---

## Birmingham, AL

- **Pathways**
    - **Description:** Provides shelter, support, and programs aimed at empowering homeless women and children, including single mothers.
    - [Pathways](#)
- 

## Boston, MA

- **Project Hope**
    - **Description:** Provides low-income single mothers with access to education, jobs, housing, and emergency services.
    - [Project Hope](#)
- 

## Charlotte, NC

- **Single Parent Support Groups**
    - **Description:** Various organizations in Charlotte offer support groups and resources for single parents.
    - [Single Parent Support Groups](#)
- 

## Chicago, IL

- **New Moms**
    - **Description:** Empowers young single mothers through housing, job training, and family support services.
    - [New Moms](#)
- 

## Cleveland, OH

- **Providence House**
    - **Description:** Provides emergency shelter and care to children, allowing single mothers to address crises and stabilize their lives.
    - [Providence House](#)
- 

## Columbia, SC

- **St. Lawrence Place**
    - **Description:** Offers transitional housing and support services to homeless families, including single mothers, to help them achieve independence.
    - [St. Lawrence Place](#)
- 

## Detroit, MI

- **COTS (Coalition on Temporary Shelter)**
  - **Description:** Provides housing and support services to homeless families, including single mothers, to foster self-sufficiency.
  - [COTS \(Coalition on Temporary Shelter\)](#)

---

## Gary, IN

- **The Salvation Army of Lake County**
    - **Description:** Offers emergency assistance, including food, housing, and utility support, to single mothers in need.
    - [The Salvation Army of Lake County](#)
- 

## Houston, TX

- **Star of Hope Mission**
    - **Description:** Provides shelter and support services to homeless single mothers and their children, focusing on spiritual growth and self-sufficiency.
    - [Star of Hope Mission](#)
- 

## Jackson, MS

- **Catholic Charities of Jackson**
    - **Description:** Offers various programs, including housing assistance, counseling, and emergency services to single mothers in need.
    - [Catholic Charities of Jackson](#)
- 

## Los Angeles, CA

- **Harvest Home**
    - **Description:** Offers housing and support to homeless pregnant women, helping them transition to independent living.
    - [Harvest Home](#)
- 

## Memphis, TN

- **Dorothy Day House**
    - **Description:** Provides transitional housing and support services to homeless families, keeping them together and helping them achieve self-sufficiency.
    - [Dorothy Day House](#)
- 

## Miami, FL

- **Lotus House**
    - **Description:** Offers shelter and support services to homeless women and children, including single mothers, focusing on health, education, and economic stability.
    - [Lotus House](#)
- 

## Milwaukee, WI

- **Cathedral Center**
  - **Description:** Offers emergency shelter and case management services to women and families, including single mothers experiencing homelessness.

- [Cathedral Center](#)

---

## Newark, NJ

- **Babyland Family Services**
  - **Description:** Provides comprehensive services, including childcare, housing assistance, and counseling to single mothers and their children.
  - [Babyland Family Services](#)

---

## New Orleans, LA

- **Catholic Charities Archdiocese of New Orleans**
  - **Description:** Provides a range of services, including housing assistance, counseling, and emergency aid to single mothers.
  - [Catholic Charities Archdiocese of New Orleans](#)

---

## New York

### Community Benefits Assistance (CBA) by Good Shepherd Services

- **Description:** Formerly known as Single Stop, CBA provides individuals and families with hands-on assistance in applying for public benefits, connecting them to resources needed for higher education, good jobs, and financial stability.
- **Website:** [Good Shepherd Services](#)

### Moms for Moms NYC

- **Description:** A New York City-based nonprofit that supports single mothers in need by providing postpartum and newborn essentials.
- **Website:** [Moms for Moms NYC](#)

### The Center for Family Support – Community Programs

- **Description:** Offers a diverse range of in-home and community-based services to individuals in New York City's five boroughs and Nassau County, personalizing programs to suit individual needs and preferences.
- **Website:** [The Center for Family Support](#)

### Housing and Support Services (HSS) – New York State

- **Description:** Administered by the New York Office of Temporary and Disability Assistance, HSS offers multiple programs supporting homeless individuals, those at risk of homelessness, and low-income families, including the Solutions to End Homelessness Program (STEHP) and the New York State Supportive Housing Program (NYSSHP).
- **Website:** [Housing and Support Services \(HSS\)](#)

### Affordable Housing Resources – NYC Human Resources Administration (HRA)

- **Description:** Provides resources to support individuals and families in need of affordable housing or homelessness prevention, including NYC Housing Connect and NYCHA.

- **Website:**[Affordable Housing Resources – NYC Human Resources Administration \(HRA\)](#)

### **The Single Parent Resource Center, Inc.**

- **Description:** Develops responsive programs for single parents and their families to fulfill unmet needs, and advocates for improvements in social practices and policies affecting single-parent families.
- **Website:**[The Single Parent Resource Center](#)

### **Upstate New York**

- **Wilson Commencement Park, Rochester, NY**
  - **Description:** Offers transitional housing and comprehensive support services to single-parent families working towards self-sufficiency.
  - **Website:**[Wilson Commencement Park](#)
- **Single Mothers by Choice**
  - **Description:** Provides a welcoming community offering guidance and support for women considering or who have chosen single motherhood.
  - **Website:**[Single Mothers by Choice](#)

### **Westchester County Department of Social Services**

- **Family Assistance (FA):** Provides cash assistance to eligible needy families with a minor child living with a parent or caretaker relative. Operates under federal Temporary Assistance for Needy Families (TANF) guidelines.
- [Westchester County Dept of Social Svcs - Family Assistance](#)
- **Temporary Assistance Programs:** Offers support such as employment services, medical assistance through Medicaid Managed Care, and housing assistance for homeless families and individuals.
- [Westchester County Dept of Social Svcs -Temporary Assistance Programs](#)

### **The Bridge Fund of Westchester**

- **Description:** Provides assistance to prevent homelessness by offering support with rental arrears and utility bills. Aims to help individuals and families maintain their housing stability.
- [The Bridge Fund of Westchester](#)

### **Catholic Charities Community Services – Neighborhood Centers**

- **Location:** 204 Hawthorne Avenue, Yonkers, NY 10705
- **Services Offered:** Benefits and entitlement assistance, Eviction prevention, Utility assistance, Financial literacy programs, Immigration legal assistance, ESOL (English for Speakers of Other Languages) classes
- These services aim to support low-income individuals and families, including single mothers, in achieving stability and self-sufficiency.
- [Catholic Charities Community Services – Neighborhood Centers](#)

### **Westchester County Office for Women**

- **Description:** Provides counseling, legal, and supportive services for individuals, including single mothers, facing various challenges. Offers resources and assistance to promote safety and empowerment.
- [Westchester County Office for Women](#)

## myBenefits – New York State

- **Description:** An online tool for New York State residents to check eligibility for multiple human services benefit programs and apply online. Programs include the Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), and Temporary Assistance.
  - [myBenefits – New York State](#)
- 

## Oakland, CA

### Beyond Emancipation's Community Housing Program

- **Description:** Offers transitional housing for single males, females, and pregnant or parenting mothers, focusing on those transitioning from foster care.
- [Beyond Emancipation's Community Housing Program](#)

### Moms 4 Housing

- **Description:** A collective of homeless and marginally housed mothers advocating for housing rights and reclaiming housing for the community.
  - [Moms 4 Housing](#)
- 

## Philadelphia, PA

- **Drueding Center**
    - **Description:** Provides transitional housing and comprehensive support services to homeless single mothers and their children.
    - [Drueding Center](#)
- 

## St. Louis, MO

- **Almost Home**
    - **Description:** Empowers young single mothers to become self-sufficient through transitional housing, education, and support services.
    - [Almost Home](#)
- 

## Washington, D.C.

- **House of Ruth**
    - **Description:** Offers housing and supportive services to women, children, and families, including single mothers experiencing homelessness or abuse.
    - [House of Ruth](#)
- 

These national programs help single mothers by providing essential resources such as financial aid, food, housing, childcare, and healthcare. If you or someone you know needs assistance, visit the websites or contact the organizations directly to apply for help.