

THE LUC COCHRAN FOUNDATION • 501(c)(3) • EIN 99-1959689

Family Resource Guide

Vetted Georgia contacts for food, housing, health, learning, work, connectivity, legal help, and more.

How to use this guide: every listing below is free or low-cost. Start with the category that matches your most urgent need. If you are not sure where to begin, dial 2-1-1 or contact our team at hi@luccares.org and we will help you navigate the paperwork. This guide is updated periodically; the live directory at luccares.org/resources is always current.

Food & basic needs

Groceries, meals, and nutrition support across Georgia.

Georgia Food Stamps (SNAP) — Gateway

Apply for or renew SNAP, TANF, and Medicaid in one state portal.
<https://gateway.ga.gov/>

Atlanta Community Food Bank — Find Food

Search partner pantries and meal sites by ZIP code across metro Atlanta.
<https://www.acfb.org/find-help/>

WIC (Women, Infants & Children)

Nutrition support for pregnant parents and children under five.
<https://dph.georgia.gov/WIC>

Feeding America — Food Bank Locator

Nationwide lookup if you live outside the metro Atlanta service area.
<https://www.feedingamerica.org/find-your-local-foodbank>

USDA Summer & After-School Meals

Free meals for kids and teens when school is out. Text FOOD to 304-304.
<https://www.fns.usda.gov/meals4kids>

Georgia Senior Nutrition Programs

Home-delivered and congregate meals for adults 60+ through Area Agencies on Aging.
<https://aging.georgia.gov/>

Clayton County Cooperative Extension

Free nutrition, budgeting, and family classes from UGA Extension.
<https://extension.uga.edu/county-offices/clayton.html>

Housing & utilities

Rent, utility, and crisis assistance close to home.

Georgia 2-1-1 (United Way)

Free 24/7 referral line for rent, utility, and crisis assistance. Dial 211.
<https://211online.unitedwayatlanta.org/>

Clayton County Community Services

County programs for housing, seniors, and family services near our office.
<https://www.claytoncountyga.gov/government/community-services/>

Georgia Legal Aid

Plain-language legal help on eviction, benefits, and family law.
<https://www.georgialegalaid.org/>

LIHEAP — Georgia Energy Assistance	Seasonal help paying heating and cooling bills. Apply through your local CAA. https://dhs.georgia.gov/services/low-income-home-energy-assistance-program-liheap
Housing Authority of Clayton County	Housing Choice Vouchers (Section 8) and public housing applications. https://www.claytonhousing.org/
HUD Approved Housing Counseling	Free counselors for renting, buying, foreclosure, and homelessness. https://www.hud.gov/i_want_to/talk_to_a_housing_counselor
Partners for HOME (Atlanta Continuum of Care)	Shelter and rapid re-housing coordination for people experiencing homelessness. https://partnersforhome.org/
Georgia Department of Community Affairs	Statewide rental, homeownership, and community development programs. https://www.dca.ga.gov/

Learning & school

Free tools for digital skills, homework, and test prep.

DigitalLearn.org	Free self-paced computer and internet basics — used in Digital Foundations. https://www.digitallearn.org/
Georgia Public Library — GALILEO	Free research databases, homework help, and test prep with a library card. https://www.galileo.usg.edu/
Georgia Department of Education — Family Resources	State standards, report cards, and parent guidance by grade level. https://www.gadoe.org/Pages/Home.aspx
Khan Academy	Free K-12 math, reading, and SAT practice that pairs well with tutoring. https://www.khanacademy.org/
Clayton County Library System	Library cards, computer labs, printing, and free youth programming. https://www.claytonpl.org/
Georgia GED / HiSET Testing	Free adult education and high school equivalency classes statewide. https://www.tcsgeorgia.edu/adult-education/
GAfutures — College & HOPE	Georgia college applications, HOPE scholarship, and financial aid planning. https://www.gafutures.org/
Federal Student Aid (FAFSA)	Apply for grants, loans, and work-study for college or trade school. https://studentaid.gov/

Health & family		Coverage, crisis lines, and family support networks.
Georgia Crisis & Access Line	24/7 mental health and substance use support: 1-800-715-4225. https://dbhdd.georgia.gov/bhcrisis	
988 Suicide & Crisis Lifeline	Call or text 988 any time for free, confidential crisis support. https://988lifeline.org/	
PeachCare for Kids	Low-cost health coverage for children in working families. https://peachcare.georgia.gov/	
Georgia Family Connection Partnership	County-by-county directory of family support collaboratives. https://gafcp.org/	
Find a Community Health Center	Sliding-scale medical, dental, and behavioral care near your ZIP code. https://findahealthcenter.hrsa.gov/	
Clayton County Board of Health	Immunizations, WIC clinics, screenings, and public health services. https://www.claytoncountygga.gov/government/board-of-health/	
Georgia Domestic Violence Hotline	Confidential 24-hour help: 1-800-33-HAVEN (1-800-334-2836). https://gcadv.org/	
NAMI Georgia	Peer support groups and education for families navigating mental illness. https://namiga.org/	
Work & money		Jobs, training, and free tax help.
Georgia Department of Labor — Career Services	Job listings, career centers, and unemployment assistance. https://dol.georgia.gov/	
WorkSource Georgia	Free training and workforce programs, including résumé support. https://worksourcega.org/	
IRS Free Tax Prep (VITA)	Find free tax filing help near you if you earn under the income limit. https://irs.treasury.gov/freetaxprep/	
Technical College System of Georgia	Short-term certificates and HOPE Career Grant programs in high-demand fields. https://www.tcsg.edu/	
CareerOneStop Skills Profiler	Match your experience to job titles, wages, and local openings. https://www.careeronestop.org/	
Consumer Financial Protection Bureau — Your Money	Plain-language guides on budgeting, debt, credit reports, and banking. https://www.consumerfinance.gov/consumer-tools/	
AnnualCreditReport.com	The only federally authorized site for free weekly credit reports. https://www.annualcreditreport.com/	

Georgia Secretary of State — Start a Business

Register an LLC or sole proprietorship if you're self-employed.
<https://sos.ga.gov/georgia-corporations-division>

Internet, phones & devices

Getting and staying connected — the backbone of Connect Mobile.

Lifeline Program (Universal Service)

Federal discount on phone or internet service for qualifying households.
<https://www.lifelinesupport.org/>

Assurance Wireless

Lifeline provider we help members enroll with through Connect Mobile.
<https://www.assurancewireless.com/>

EveryoneOn — Low-Cost Internet Finder

Compare discounted home internet offers by ZIP code.
<https://www.everyoneon.org/find-offers>

PCs for People

Low-cost refurbished computers and hotspots for income-qualified households.
<https://www.pcsforpeople.org/>

GCF Global Free Tutorials

Free lessons on email, Microsoft Office, Google tools, and online safety.
<https://edu.gcfglobal.org/en/>

Google Digital Garage

Free career certificates in IT support, data, and digital marketing.
<https://grow.google/certificates/>

Transportation & ID

Getting to appointments and getting your paperwork in order.

MARTA

Metro Atlanta rail and bus routes, fares, and reduced-fare programs.
<https://www.itsmarta.com/>

Connect Clayton Transit

Bus service throughout Clayton County, including routes near our office.
<https://www.itsmarta.com/clayton-county.aspx>

Georgia DDS — Licenses & IDs

Renew a license, get a state ID, or check reinstatement requirements.
<https://dds.georgia.gov/>

Georgia Vital Records

Order birth certificates and other documents needed for benefits.
<https://dph.georgia.gov/vitalrecords>

Social Security Card Replacement

Request a replacement Social Security card online or by mail.
<https://www.ssa.gov/number-card/replace-card>

Legal, reentry & rights

Records, court navigation, and second-chance support.

Georgia Justice ProjectRecord restriction, expungement guidance, and reentry legal help.
<https://www.gjp.org/>**Atlanta Legal Aid Society**Free civil legal services for low-income metro Atlanta residents.
<https://atlantalegalaid.org/>**Clayton County Courts**Court calendars, filings, and community service documentation.
<https://www.claytoncountyga.gov/government/courts/>**Georgia Department of Community Supervision**Probation and parole reporting, officers, and reentry services.
<https://dcs.georgia.gov/>**Georgia Voter Registration**Check your registration, polling place, and absentee ballot status.
<https://mvp.sos.ga.gov/>**Youth, childcare & seniors**

Care and enrichment across every age in the household.

Georgia CAPS Childcare SubsidyHelp paying for childcare while you work, train, or attend school.
<https://caps.dec.state.ga.us/>**Georgia's Pre-K Program**Free lottery-funded pre-kindergarten for four-year-olds statewide.
<https://www.dec.state.ga.us/PreK/>**Boys & Girls Clubs of Metro Atlanta**After-school and summer programs for youth ages 6-18.
<https://www.bgcma.org/>**Big Brothers Big Sisters of Metro Atlanta**One-to-one youth mentoring matches for families in our service area.
<https://www.bbbsatl.org/>**Atlanta Regional Commission — Aging & Independence**Senior services, caregiver support, and disability resources: 404-463-3333.
<https://empowerline.org/>**Veterans & immigrant families**

Specialized navigation for households with unique needs.

Georgia Department of Veterans ServiceClaims assistance, benefits counseling, and field offices statewide.
<https://veterans.georgia.gov/>**VA Benefits & Health Care**Enroll in VA health care, education benefits, and disability compensation.
<https://www.va.gov/>**Latin American Association**Bilingual education, workforce, immigration, and family services in Atlanta.
<https://thelaa.org/>**New American Pathways**Refugee resettlement, ESL, and citizenship support in metro Atlanta.
<https://newamericanpathways.org/>

USCIS Citizenship Resource Center

Official study materials and forms for naturalization.
<https://www.uscis.gov/citizenship>

Need help navigating any of this?

Our case team offers virtual case management and can walk you through applications, documents, and referrals. Email hi@luccares.org or visit luccares.org/contact to get started.