Basic Food Assistance and related employment and training programs

Eligibility for Basic Food Assistance is based on your monthly income (before taxes) and your household size. We also look at your expenses, such as rent and child care, to determine what your benefits will be. You can learn more and apply for benefits www.washingtonconnection.org.

If you receive Basic Food Assistance, you may be eligible to receive services through Basic Food Employment and Training (BFET), which provides the following activities:

- Supervised Job Search
- Job Search Training
- Vocational Education
- Life Skills training
- Basic Education
- Job Retention Services

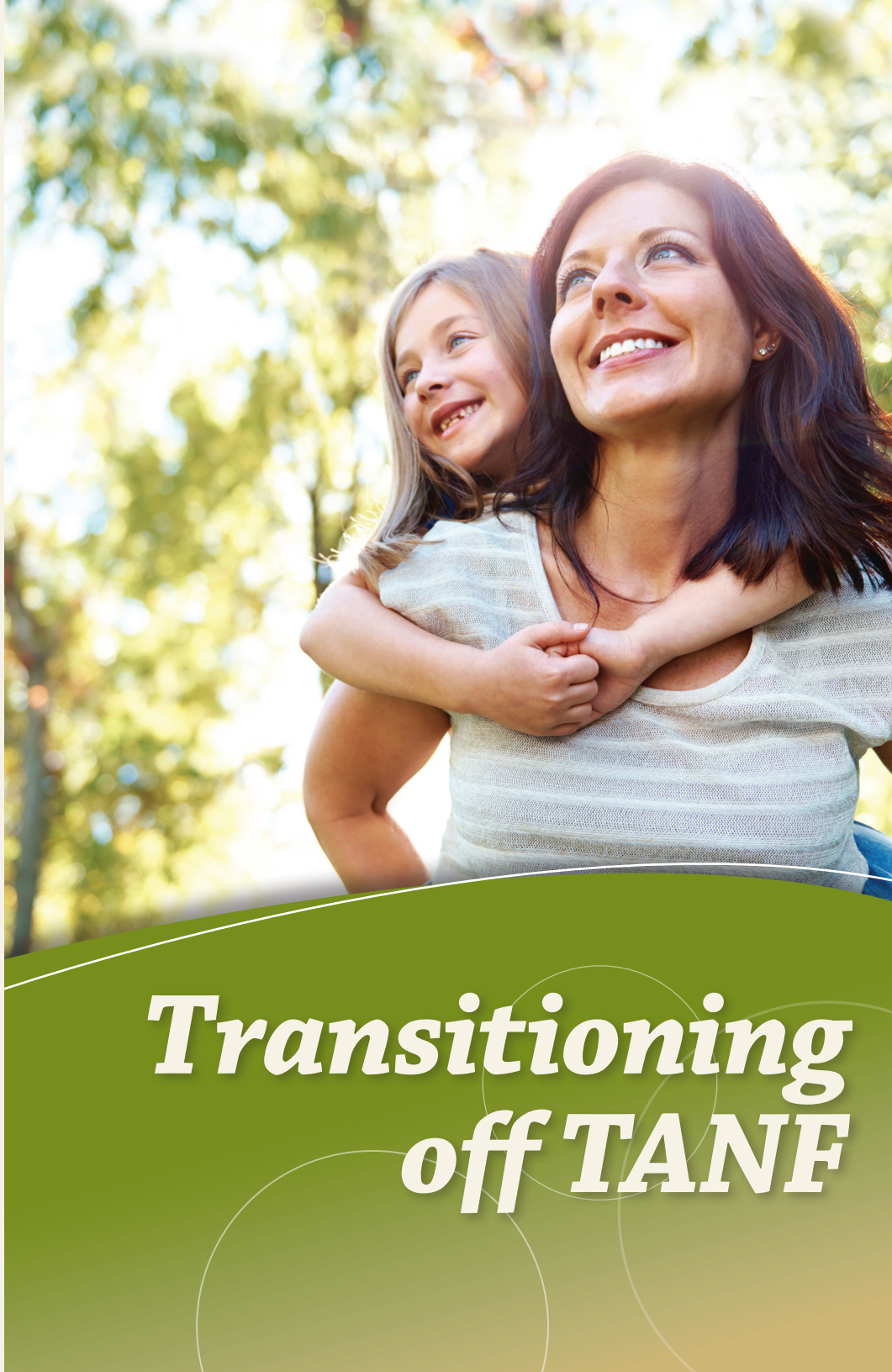
BFET is provided by community based organizations and local community and technical colleges across Washington state. For more information on eligibility, activities, and how to enroll, you can visit www.dshs.wa.gov/bfet.

Earned Income Tax Credit

The Earned Income Tax Credit (EITC), benefits low income working families. You may qualify even if you do not owe any taxes. You must file a tax return and be eligible to receive the EITC credit.

Go to www.irs.gov/credits-deductions/individuals/earned-income-tax-credit for more information.

Washington State Department of Social & Health Services
Transforming lives
DSHS 22-1586 (10/20)



Transitioning off TANF

Ready to leave TANF or WorkFirst?

This can be an exciting time. Many support programs and services are available in your community to help in your transition. They include:

- Free services for job-seekers through WorkSource at the Department of Employment Security
- Food assistance and associated employment and training benefits through the Department of Social and Health Services
- Health care
- Child support
- The Earned Income Tax credit

Services for job-seekers

At www.worksourcewa.com, you can find:

- Job openings
- Strategies for finding a job
- Job search assistance, including resume-writing and interview preparation
- A place to post your resume for employers to see
- A skills assessment
- Referrals to training programs
- Which employment areas have a high demand for workers
- The location of your local WorkSource Center, with access to computers with Internet access, telephones, copy machines, etc.

Community Resources

The Washington Information Network, accessed by dialing 211, maintains a statewide database of community resources. You can find more information here: http://win211.org/

Washington Connection is another great resource. It offers you a way to find and apply for a variety of services and assistance online. You can find more information here: https://www.washingtonconnection.org/home/

Family Assistance

CHILD SUPPORT

The Department of Social and Health Services' Division of Child Support is committed to providing effective services to help families avoid or break the cycle of poverty. It can help:

- Locate non-custodial parents
- Establish, modify (change), monitor and enforce child support orders
- Establish parentage

You may contact the Division by calling 1-800-442-5437 or through its website, https://www.dshs.wa.gov/esa/division-child-support

PARENTING RESOURCES

You can reach ParentHelp at its website, ParentHelp123.org or by calling 1-800-322-2588. It has a wealth of resources – everything from child development to health advice and assistance.

CHILD CARE

Through Working Connections Child Care, you may be eligible for child care assistance while you work, or in some instances go to school. You have several types of child care providers to choose from.

You can apply for benefits at www.washingtonconnection.org or by calling 1-844-626-8687.

For help finding a licensed child care provider, contact Child Care Aware of Washington at 1-800-446-1114 or www.childcare.org.

HEALTH CARE

If you don't have health care coverage, you can apply through Washington Healthplanfinder by:

- Calling 1-855-923-4633
- Completing an application online at www.wahealthplanfinder.org
- Dropping off a completed application at a local DSHS community service office