



# Baby's Bounty



RESOURCE GUIDE

# TABLE OF CONTENTS

## INFANT AND TODDLER CARE

### Part 1

1. The Basics of Infant Formula
2. Information on Types of Formula
3. The Basics Of Breastfeeding
4. Breastfeeding Support, Encouragement, and Education
5. Gerber's Learning Center for Feeding Baby
6. When, What, and How to introduce Solid Foods to Baby
7. UMC's Free Parenting and Childcare Classes
8. The Parenting Project: Free Parenting Education
9. Childcare for Ages 2 Months to 3 Years

*Pages  
1-5*

## MENTAL HEALTH INFORMATION AND RESOURCES

### Part 2

1. Suicide and Crisis Hotline
2. Maternal Mental Health Hotline
3. Education on Postpartum Depression/Anxiety
4. Postpartum Depression Support for New Dads
5. Centers for Individuals, Couples, and Family Counseling
6. How To Identify Abuse
7. Frequently Asked Questions About Domestic Violence
8. Domestic Violence Hotline
9. Drug and Alcohol Adult Rehabilitation

*Pages  
6-11*



10. Mental Health/Addiction Treatment Counseling
11. Gambling Addiction Treatment
12. Support Groups For LGBT+ Groups

## **PHYSICAL HEALTH RESOURCES**

### **Part 3 PARENT & CHILD**

*Pages  
12-16*

1. Nevada Obstetrics Charity Clinic
2. Free STD/HIV Testing
3. Immunization for Little to No Cost
4. How do COVID-19 Vaccines Work?
5. Family Planning Services
6. Abortion Locator
7. Prenatal Care Sunny Babies
8. Physical and Behavioral Healthcare Services
9. Dental Care
10. Dental Services

## **HOUSING AND SUPPLIES**

### **Part 4**

1. Rental Assistance
2. Affordable Housing
3. Shelters For New Moms
4. Transitional Housing
5. Shelter for Domestic Violence Victims
6. Additional Shelter for Domestic Violence Victims
7. Emergency Shelter for All

*Pages  
17-21*

8. Food Pantry Locator

9. Clothing/Furniture at Low-cost

10. Menstrual Supply Distributor

## Part 5

# LEGAL AID AND EMPLOYMENT

*Pages  
22-25*

1. Free Legal Consultation & Classes

2. Free Legal Services for Low-Income Families

3. Internships and Job training

4. Career/Resource

5. Support for Women Who Wish To Achieve Economic Independence

6. Free ESL Classes

7. English Language Program

8. Highschool Diploma/GED Education

## Part 6

# ADDITIONAL RESOURCES:

*Pages  
26-29*

1. Safe Haven Information

2. Transportation: Paratransit and Accessibility

3. How to Buy Bus Passes/Reduced Fare Eligibility

4. Homeless to Home Program

5. Events and Support Groups for Children on the Spectrum

6. Program, Resources, and Advocacy to Empower Low-income Families

7. Information About Children and Youth With Special Health Care Needs

PART

01

INFANT  
AND  
TODDLER CARE



TABLE OF CONTENTS

1. The Basics of Infant Formula

2. Information on Types of Formula

3. The Basics Of Breastfeeding

4. Breastfeeding Support, Encouragement, and Education

5. Gerber's Learning Center for Feeding Baby

6. When, What, and How to introduce Solid Foods to Baby

7. UMC's Free parenting and childcare classes

8. Childcare for ages 2 Months to 3 Years





# INFANT AND TODDLER CARE

Here at Baby's Bounty, we always recommend that you speak with your health care provider regarding nutritional requirements for your baby.

Every child is different, and it is important to provide the necessary nutrients for your child to thrive in their new world! The information provided in this section is for those who want to educate themselves on the dietary aspect of their child's care.



# NEED HELP CHOOSING FORMULA?:

## 1. THE BASICS OF INFANT FORMULA

ORGANIZATION NAME	CONTACT
CENTERS FOR DISEASE CONTROL AND PREVENTION	PHONE NUMBER: 800-232-4636

**Brief Description:** The Centers for Disease Control and Prevention is a great place to start in regard to physical health. The website also provides relevant information regarding infant and toddler nutrition. This includes information regarding infant formula and breastfeeding.

**Click Here For More Information:**  
<https://www.cdc.gov/infant-toddler-nutrition/about/>

**Note\*\***If your child requires a special dietary formula, please consult with your doctor on possible alternative substitutions in the case of formula shortage.\*



## 2. INFORMATION ON TYPES OF FORMULA

ORGANIZATION NAME	CONTACT
MAYO CLINIC	PHONE NUMBER: 480-301-8000

**Brief Description:** The Mayo Clinic website provides helpful information regarding infant formula. The website includes information on the types of formulas out there and the basics.

**Click Here For More Information:**  
<https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/infant-formula/art-20045782>



3. THE BASICS OF BREASTFEEDING

ORGANIZATION NAME	CONTACT
WIC BREASTFEEDING	PHONE NUMBER: 1-800-863-8942

**Brief Description:** The WIC Breastfeeding Support page is a great resource for those who wish to breastfeed their babies! This page also provides relevant information regarding how breast milk is made, breastfeeding supplies, the basics, and of course the benefits!

**Click Here For More Information:**  
<https://wicbreastfeeding.fns.usda.gov/learn>

**Note\***This site also has a PDF version of this information, you can access it by clicking the **link\*** <https://fns-prod.azureedge.us/sites/default/files/tn/BBWH.pdf>



4. BREASTFEEDING SUPPORT,  
ENCOURAGEMENT, AND EDUCATION

ORGANIZATION NAME	CONTACT
LA LECHE LEAGUE	PHONE NUMBER: 702-822-2229

**Brief Description:** La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing breastfeeding/chestfeeding education, information, support, and encouragement. Looking for breastfeeding support, encouragement, education, and information? You are welcome to attend the monthly Group Meetings or call a Leader for help.

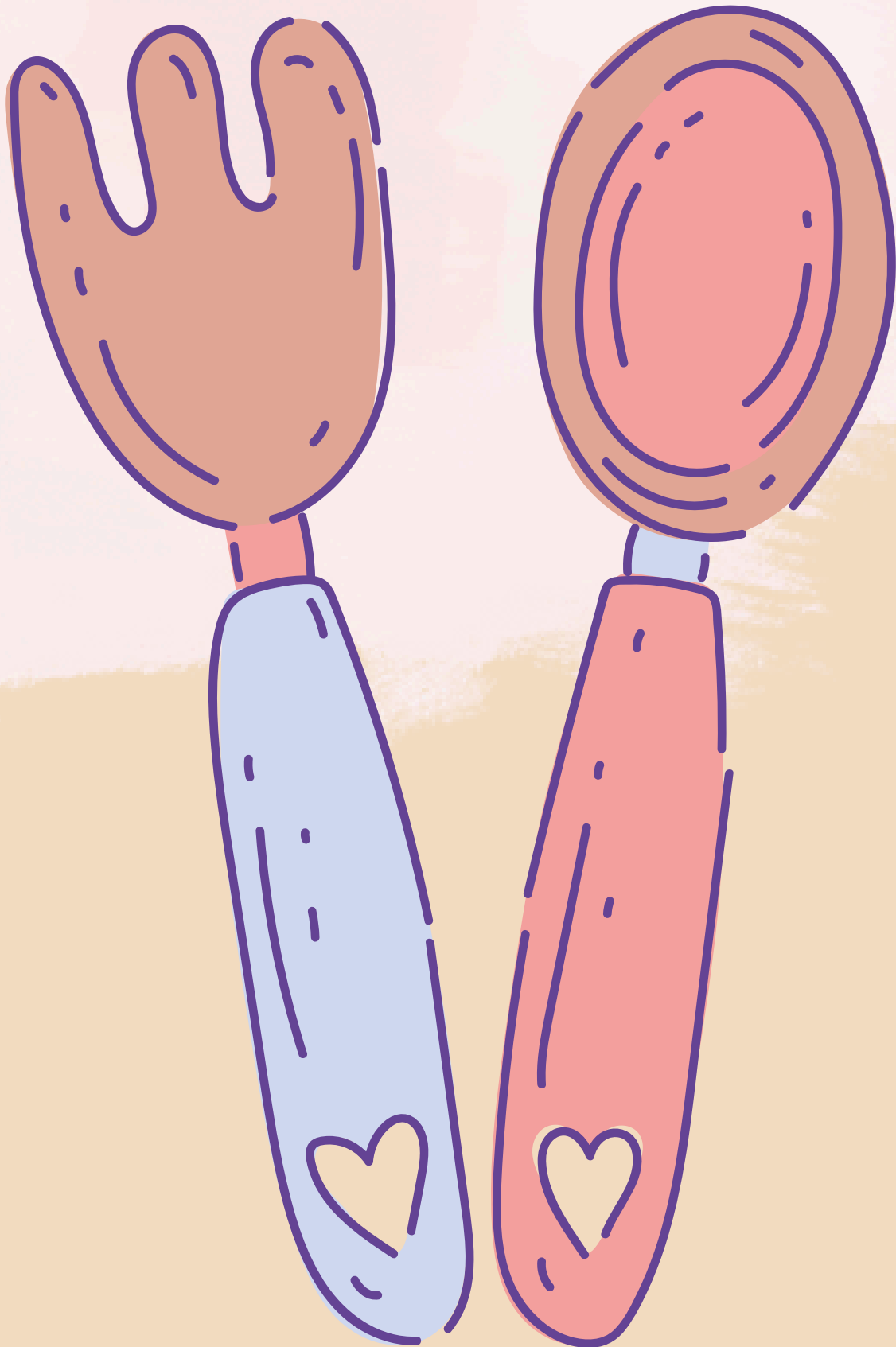
**Click Here For More Information:**  
[Home | La Leche League in Nevada](#)

# 5. GERBER'S LEARNING CENTER FOR FEEDING BABY

ORGANIZATION NAME	CONTACT
GERBER	PHONE NUMBER: 1-800-284-9488

**Brief Description:** Gerber’s Learning Center is a place to start if you need information on the basics of introducing solid foods to babies. This includes information on beneficial foods for the baby and baby-led feeding.

**Click Here For More Information:**  
<https://www.gerber.com/learning-center/?topic=15>



# 6. WHEN, WHAT, AND HOW TO INTRODUCE SOLID FOODS TO BABY

ORGANIZATION NAME	CONTACT
CENTERS FOR DISEASE CONTROL AND PREVENTION	PHONE NUMBER: 800-232-4636

**Brief Description:** The Centers for Disease Control and Prevention is a great place to start if you need information on the basics of introducing solid foods to babies. This includes information on choking hazards, foods and drinks to encourage, and how much to feed them.

**Click Here For More Information:**  
[When, What, and How to Introduce Solid Foods | Infant and Toddler Nutrition | CDC](#)



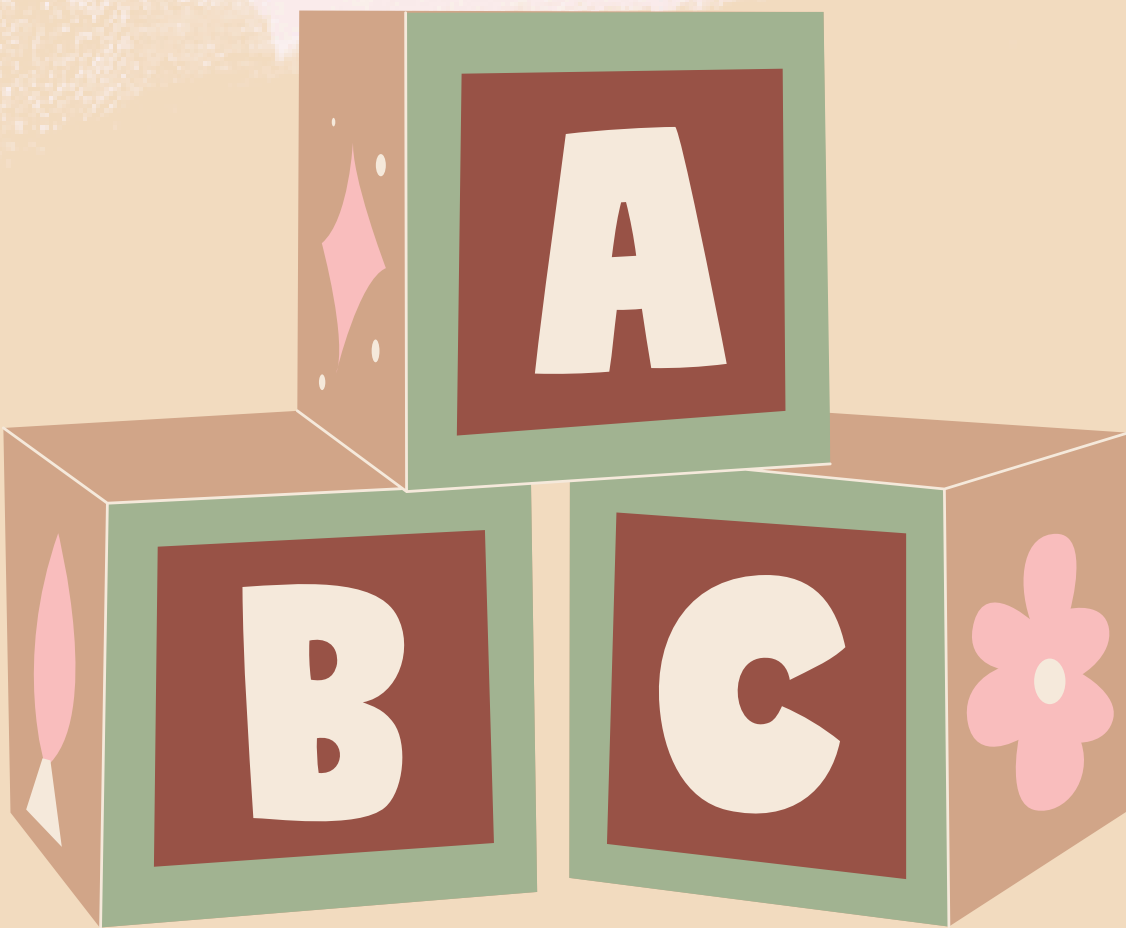
7. UMC'S FREE PARENTING AND CHILDCARE

CLASSES

ORGANIZATION NAME	CONTACT
UNIVERSITY MEDICAL CENTER	PHONE NUMBER: 702-383-7353

**Brief Description:** The University Medical Center offers free classes relevant to child care! The classes vary each month, so it is important to check often. All that is needed to sign up is your name and contact information. Some examples of classes offered are Infant and Child CPR, Childbirth Classes, Breastfeeding Preparation Class, and many more!

**Click Here For More Information:**  
<https://umcsn.com/foundation-community-support/class-and-event-calendar?category=Category1&location=all>



9. THE PARENTING PROJECT: FREE PARENTING EDUCATION

ORGANIZATION NAME	CONTACT
THE PARENTING PROJECT	PHONE NUMBER: 702-455-5295

**Brief Description:** The Parenting Project offers a variety of free programs to support parents in raising their children. Classes are offered in English and Spanish.

**Click Here For More Information:**  
[https://www.clarkcountynv.gov/residents/family\\_services/parenting-classes](https://www.clarkcountynv.gov/residents/family_services/parenting-classes)

ADDITIONAL RESOURCES REGARDING  
CHILDCARE:

9. CHILDCARE FOR AGES 2 MONTHS TO 3 YEARS

ORGANIZATION NAME	CONTACT
SUNRISE CHILDREN'S FOUNDATION	PHONE NUMBER: 702-631-7130

**Brief Description:** The Sunrise Children’s Foundation offers child care to low-income families who qualify, see page for more information on eligibility. The Early Head Start and Nevada Ready Programs provide education on school readiness for your infant/toddler.

**Click Here For More Information:**  
<https://sunrisechildren.org/programs/>





PART

02

MENTAL

HEALTH

INFORMATION

AND RESOURCES



## TABLE OF CONTENTS

1. **Suicide and Crisis Hotline**
2. **Maternal Mental Health Hotline**
3. **Education on Postpartum Depression/Anxiety**
4. **Postpartum Depression Support for New Dads**
5. **Centers for Individuals, Couples, and Family Counseling**
6. **How To Identify Abuse**
7. **Frequently Asked Questions About Domestic Violence**
8. **Domestic Violence Hotline**
9. **Drug and Alcohol Adult Rehabilitation**
10. **Mental Health/Addiction Treatment Counseling**
11. **Gambling Addiction Treatment**
12. **Support Groups For LGBT+ Groups**



# MENTAL HEALTH INFORMATION AND RESOURCES

Have you been experiencing some anxiety or depression? Insomnia? Lack of energy or motivation? Loss of appetite? Thoughts of harming yourself or others? No matter if these feelings originated from childbirth or not, the staff at Baby's Bounty care for your mental health! We hope that the following resources can assist you with these issues.



## 1. SUICIDE AND CRISIS HOTLINE

ORGANIZATION NAME

CONTACT

988 SUICIDE AND CRISIS  
LIFELINE

PHONE NUMBER: DIAL 988 OR 1-  
800-273-8255

**Brief Description:** The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

**Click Here For More Information:**

<https://988lifeline.org/>



## 2. MATERNAL MENTAL HEALTH HOTLINE

ORGANIZATION NAME

CONTACT

HEALTH RESOURCES & SERVICES  
ADMINISTRATION

PHONE NUMBER: 1-833-943-  
5746

**Brief Description:** If you are in immediate danger, PLEASE call 911. Pregnancy and a new baby can bring a range of emotions. Many new moms feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born. If these feelings last for more than two weeks and make it hard to carry out daily tasks, like caring for themselves or their family, a mom may have perinatal depression or anxiety. This hotline is to help mothers who are struggling with this

**Click Here For More Information:**

<https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline>



### 3. EDUCATION ON POSTPARTUM DEPRESSION/ANXIETY



ORGANIZATION NAME	CONTACT
CLEVELAND CLINIC	PHONE NUMBER: 800-223-2273

**Brief Description:** Postpartum depression is a type of depression that happens after having a baby. It affects up to 15% of people. People with postpartum depression experience emotional highs and lows, frequent crying, fatigue, guilt, and anxiety, and may have trouble caring for their babies. Postpartum depression can be treated with medication and counseling. This page provides information on postpartum and when/how to get help.

**Click Here For More Information:**

<https://my.clevelandclinic.org/health/diseases/9312-postpartum-depression>



### 4. POSTPARTUM DEPRESSION SUPPORT FOR NEW DADS

ORGANIZATION NAME	CONTACT
POSTPARTUM MEN	PHONE NUMBER: 415-346-6719

**Brief Description:** PostpartumMen is a place for men with concerns about depression, anxiety or other problems with mood after the birth of a child. It promotes self-help, provides important information for fathers – including a self-assessment for postpartum depression – hosts an online forum for dads to talk to each other, offers resources, gathers new information about men’s experiences postpartum, and – most importantly – helps fathers to beat the baby blues.

**Click Here For More Information:**

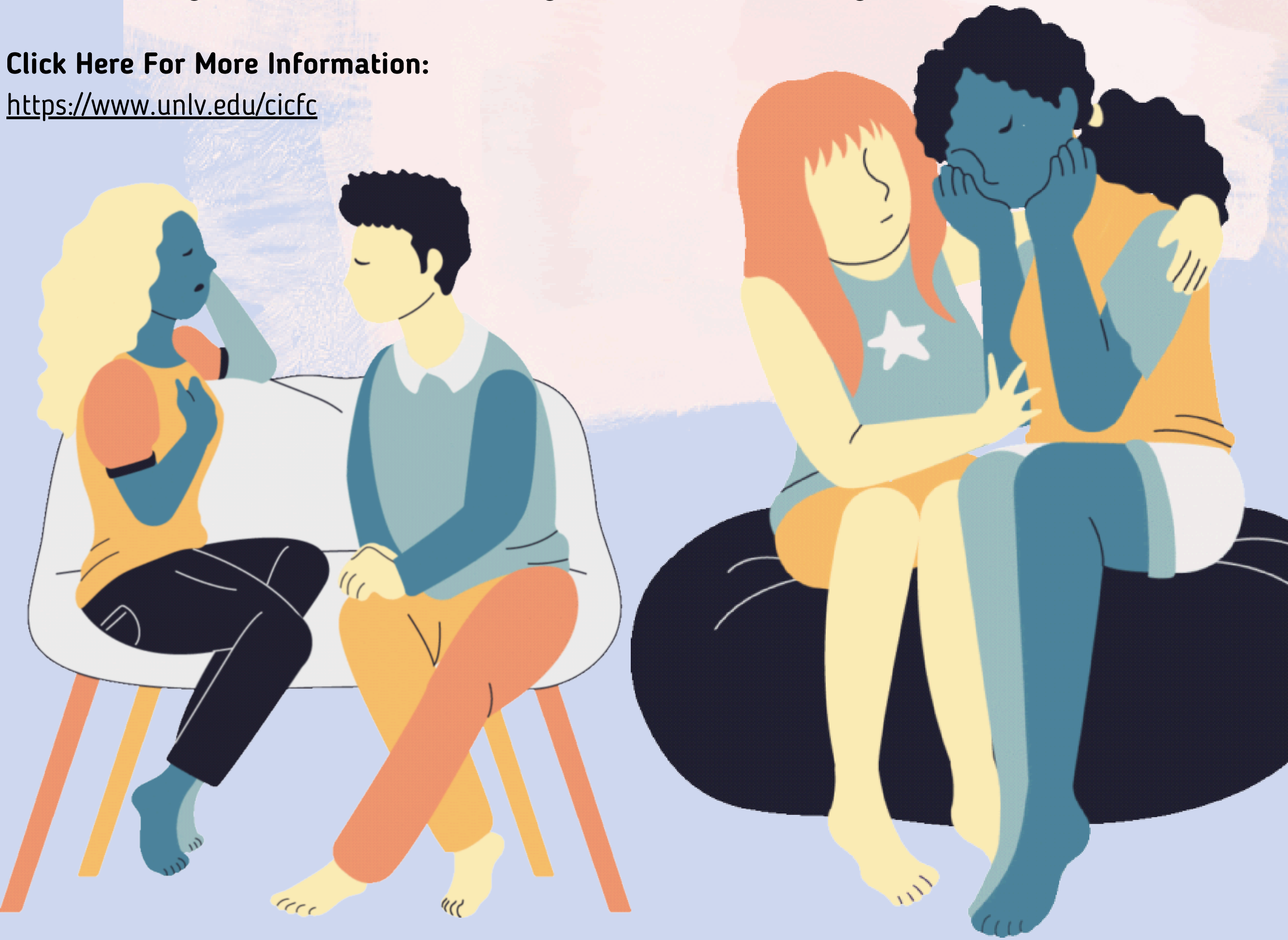
<https://postpartummen.com>

# 5. CENTERS FOR INDIVIDUALS, COUPLES, AND FAMILY COUNSELING

ORGANIZATION NAME	CONTACT
UNIVERSITY OF LAS VEGAS	PHONE NUMBER: 702-895-3011

**Brief Description:** The Center for Individual, Couple & Family Counseling is a mental health facility that provides quality, low-cost therapy to residents of the Las Vegas community. The center serves as a premier training facility for the UNLV marriage and family therapy program.

**Click Here For More Information:**  
<https://www.unlv.edu/cicfc>



# 6. HOW TO IDENTIFY ABUSE

ORGANIZATION NAME	CONTACT
NATIONAL DOMESTIC VIOLENCE HOTLINE	PHONE NUMBER:1-800-799-7233

**Brief Description:** The National Domestic Violence Hotline is a wonderful resource in regard to recognizing signs of abuse. This includes emotional, physical, financial, and psychological abuse.

**Click Here For More Information:**  
<https://www.thehotline.org/identify-abuse/>



# 7. FREQUENTLY ASKED QUESTIONS ABOUT DOMESTIC VIOLENCE

ORGANIZATION NAME	CONTACT
NATIONAL NETWORK TO END DOMESTIC VIOLENCE	PHONE NUMBER: 1-800-799-7233

**Brief Description:** The National Network to End Domestic Violence is a wonderful resource in regard to realizing the signs of domestic violence. It is also a great resource that any concerns you may have regarding it.

**Click Here For More Information:**

<https://nnedv.org/content/frequently-asked-questions-about-domestic-violence/>



# 8. DOMESTIC VIOLENCE HOTLINE

ORGANIZATION NAME	CONTACT
CRISIS SUPPORT SERVICES OF NEVADA	PHONE NUMBER: 775-221-7600

**Brief Description:** Acts of intimidation, abuse, and domestic violence can leave us feeling powerless and alone. Crisis Support Services of Nevada is a place for you to turn to discuss your options or experiences and to ensure you are safe and heard. We can accompany you to the hospital or law enforcement if you'd like us to, as well as provide personal advocacy, refer you to counseling and criminal justice support, and assist in filing all available victim compensation applications.

**Click Here For More Information:**

<https://cssnv.org/domestic-violence/>



## 9. DRUG AND ALCOHOL ADULT REHABILITATION

ORGANIZATION NAME	CONTACT
THE SALVATION ARMY	PHONE NUMBER: 1-800-728-7825

10

**Brief Description:** The Salvation Army Adult Rehabilitation Center is a faith-based work therapy program for those struggling with alcohol and substance abuse. It is provided at NO COST.

**Click Here For More Information:**  
<https://gethelp.salvationarmyusa.org/>



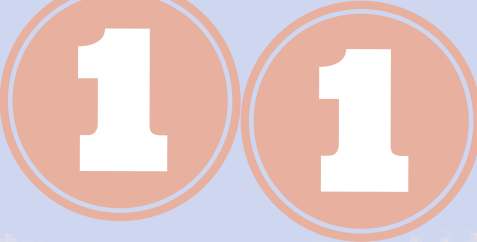
## 10. MENTAL HEALTH/ADDICTION TREATMENT COUNSELING

ORGANIZATION NAME	CONTACT
BRIDGE COUNSELING	PHONE NUMBER: 702-474-6450

**Brief Description:** Bridge Counseling’s highly trained professionals include licensed marriage and family therapists, clinical professional counselors, and licensed substance abuse counselors who can address co-occurring mental health and addiction needs.

**Click Here For More Information:**  
<https://bridgecounseling.org/about/>

# 11. GAMBLING ADDICTION TREATMENT



ORGANIZATION NAME

CONTACT

THE DR. ROBERT HUNTER  
INTERNATIONAL PROBLEM  
GAMBLING CENTER

PHONE NUMBER: 702-363-0290

**Brief Description:** Problem gambling is a condition in which you can't control the impulse to gamble even when it interferes with your personal life. These behaviors result in financial difficulties, family problems, legal, and job-related issues. International Problem Gambling Center offers available and affordable evaluation and treatment regardless of financial barriers for those who are affected by gambling addiction, including their family and friends.

**Click Here For More Information:**  
<https://gamblingproblems.org/>



# 12.SUPPORT GROUPS FOR LGBT+ GROUPS

ORGANIZATION NAME

CONTACT

THE CENTER LV

PHONE NUMBER: 702-733-9800

**Brief Description:** We serve as a haven for all. We welcome and celebrate the diversity of our communities and strive to empower all to live authentic lives. The Center holds many youth and adult support groups for those part of the LGBT+ community.

**Click Here For More Information:**  
<https://thecenterlv.org/our-programs/#community>



PART

# 03

PHYSICAL  
HEALTH  
RESOURCES  
PARENT &  
CHILD:



## TABLE OF CONTENTS

1. **Nevada Obstetrics Charity Clinic**
2. **Free STD/HIV Testing**
3. **Immunization for Little to No Cost**
4. **How do COVID-19 Vaccines Work?**
5. **Family Planning Services**
6. **Abortion Locator**
7. **Prenatal Care Sunny Babies**
8. **Healthcare Services**
9. **Dental Care**
10. **Dental Services**



# PHYSICAL HEALTH RESOURCES

## PARENT & CHILD

Here at Baby's Bounty we care about the physical health of you and your baby. Here are some resources to help you get started! If you have any questions or concerns feel free to call one of the sites listed below!





# 1. NEVADA OBSTETRICS CHARITY CLINIC

ORGANIZATION NAME

CONTACT

WOMEN'S HEALTH ASSOCIATES  
OF SOUTHERN NV

PHONE NUMBER: 702-438-4692

**Brief Description:** The Nevada Obstetrics Charity Clinic Evaluates patients for diabetes, hypertension, genetic screening, establish due dates, and ultrasound evaluations to evaluate fetal anatomy. The clinic has an in-house laboratory, pharmacy (prenatal vitamins), ultrasound, and fetal monitoring devices. Those who qualify are pregnant women living at or below poverty, that can't qualify for full Medicaid benefits. We are also pleased to partner with Tummy Talks to deliver a series of prenatal classes – at no cost – to support expectant parents and their support persons.

**Click Here For More Information:**

<https://whasn.com/>

and click here for the FREE live prenatal classes

<https://whasn.com/services/free-live-online-prenatal-classes/>



## 2. FREE STD/HIV TESTING

ORGANIZATION NAME

CONTACT

THE CENTER LV

PHONE NUMBER: 702-733-9800

**Brief Description:** The Arlene Cooper Community Health Center inside The Center empowers the people within our LGBTQIA+ community as well as surrounding neighborhoods with an awareness of their healthcare by enabling them to take control of their wellness. We offer free rapid HIV testing and counseling as well as testing for syphilis, gonorrhea, and chlamydia. For anyone testing positive for STD/STI, we provide treatment on-site.

**Click Here For More Information:**

<https://thecenterlv.org/wellness/>



### 3. IMMUNIZATION FOR LITTLE TO NO COST

13

ORGANIZATION NAME

CONTACT

SOUTHERN NEVADA HEALTH  
DISTRICT

PHONE NUMBER: 702-759-1000

**Brief Description:** The Southern Nevada Health District can help you find nearby clinics for all your immunization needs, this includes vaccinations for you and your child. SNHD also has a wide variety of programs for those who have difficulty paying for these services, such as the Immunization Child Care Program.

**For more information click here:**

<https://www.southernnevadahealthdistrict.org/community-health-center/immunization-clinic/>



### 4. HOW DO COVID-19 VACCINES WORK? (YOUR FAQs)

ORGANIZATION NAME

CONTACT

IMMUNIZE NEVADA

PHONE NUMBER: NOT APPLICABLE

**Brief Description:** Have any questions regarding the COVID-19 vaccine? This page may be able to help answer some questions. The site also has a vaccine clinic locator if you are interested in receiving the vaccine.

**Click Here For More Information:**

<https://immunizenevada.org/nv-covid-fighter>

## 5. FAMILY PLANNING SERVICES

14

ORGANIZATION NAME

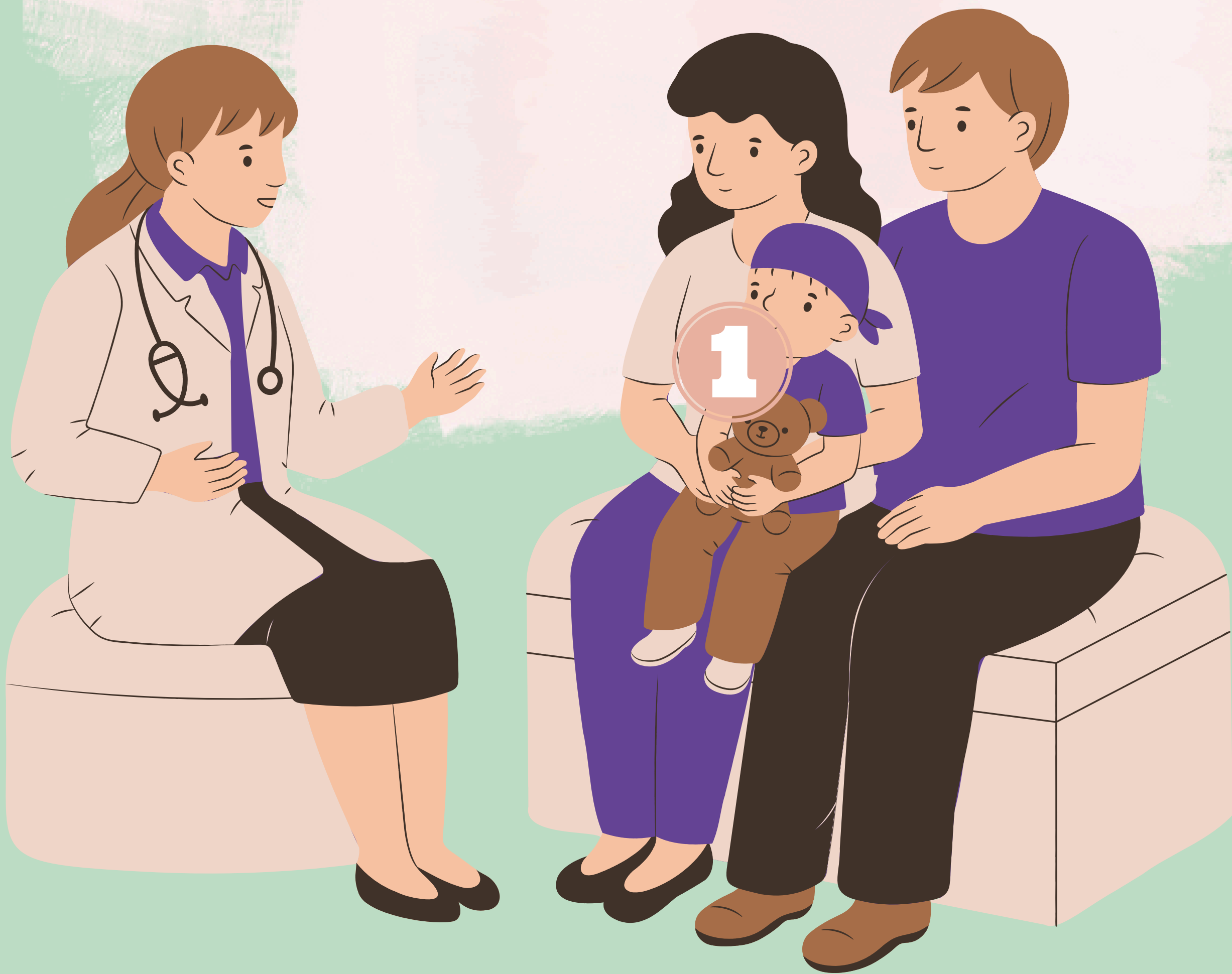
CONTACT

PLANNED PARENTHOOD

PHONE NUMBER: 1-800-230-PLAN

**Brief Description:** Planned Parenthood provides a number of essential services such as abortions, HIV/STD testing, birth control, and patient education.

**Click Here For More Information:**  
<https://www.plannedparenthood.org/>



## 6. ABORTION LOCATOR

ORGANIZATION NAME

CONTACT

ABORTION FINDER

PHONE NUMBER: NOT APPLICABLE

**Brief Description:** In the instance that abortion is not legal in your state, this abortion clinic locator can help you find the nearest clinic in your area.

**Click Here For More Information:**  
<https://www.abortionfinder.org/>



7. PRENATAL CARE SUNNY BABIES

15

ORGANIZATION NAME

CONTACT

SUNRISE HEALTH

PHONE NUMBER: 702-961-9140

**Brief Description:** Early and continuous prenatal care is essential to the future health of both you and your baby. Studies show women who use early and continuous prenatal care tend to have fewer problems during pregnancy and may significantly lower their risks of a problem pregnancy. Sunrise Children’s Hospital offers the Sunny Babies program, encouraging pregnant women to seek early and continuous prenatal care, beginning in the first trimester of their pregnancy.

For more information click here: <https://www.sunrisehealthinfo.com/locations/sunrise-hospital/specialties/womens-care/labor-and-delivery>.



8. HEALTHCARE SERVICES

ORGANIZATION NAME

CONTACT

COMMUNITY OUTREACH  
MEDICAL CENTER

PHONE NUMBER: 702-657-3873

**Brief Description:** When you and your family are in need of medical services at budget-friendly rates, you’ve come to the right place. Community Outreach Medical Center offers wide-ranging medical services delivered with warmth, courteousness, and compassion.

For more information click here: <https://www.communityoutreachmedicalcenter.org/>



## 9. DENTAL CARE

ORGANIZATION NAME

CONTACT

UNIVERSITY OF LAS VEGAS,  
SCHOOL OF DENTAL MEDICINE

PHONE NUMBER: 702-895-3011

**Brief Description:** Patients of UNLV School of Dental Medicine help prepare our dental students and residents to become exceptional health care providers, many of whom will remain in Nevada to care for our family, friends, and neighbors. Our fees, which are typically less than a private practitioner’s, are due at the time of treatment. We accept cash, checks, money orders, credit cards, most insurance plans, Medicare, and Medicaid. Please note: completing a screening appointment does not guarantee that you will be accepted as a patient. Some patients’ dental needs or medical conditions are too complex for our students.

For more information click here: <https://www.unlv.edu/dental/patients>

## 10. DENTAL SERVICES

ORGANIZATION NAME

CONTACT

US DENTAL GROUP

PHONE NUMBER: 702-456-7880

**Brief Description:** Here at US Dental Group, we are happy to provide our patients with affordable dental care. It’s not always easy to find a qualified and affordable dentist. Las Vegas dental specialists from our group understand that affordability plays a big part in your decision to receive quality dentistry. Las Vegas is the place to go to receive your Nevada dental benefits. In our Medicaid dental program, thousands of patients have been served by our highly qualified Medicaid dentists. Las Vegas dentists from each of our locations are dedicated to providing you with satisfactory results in every aspect of your oral health care.

For more information click here: <http://www.nevadadentalgroup.com/>



PART

# 04

## HOUSING AND SUPPLIES



## TABLE OF CONTENTS

1. **Rental Assistance**
2. **Affordable Housing**
3. **Shelters For New Moms**
4. **Transitional Housing**
5. **Shelter for Domestic Violence Victims**
6. **Additional Shelter for Domestic Violence Victims**
7. **Emergency Shelter for All**
8. **Food Pantry Locator**
9. **Clothing/Furniture at Low-cost**
10. **Menstrual Supply Distributor**



# HOUSING AND SUPPLIES

Need help with housing? In need of food/supplies? Here are some resources to help you get started! If you have any questions or concerns feel free to call one of the sites listed below!





# 1. RENTAL ASSISTANCE

17

ORGANIZATION NAME

CONTACT

NEVADA HOUSING DIVISION

PHONE NUMBER: (702)486-4590

**Brief Description:** Through the CARES Housing Assistance Program, The State of Nevada will provide short-term rental assistance to Nevadans who are experiencing financial hardship due to COVID-19. The funds are offered as grants that don't require to be paid back. There is available assistance for homeowners, renters, and landlords

**For more information click here:**

<https://housing.nv.gov/>



# 2. AFFORDABLE HOUSING

ORGANIZATION NAME

CONTACT

AFFORDABLE HOUSING  
DEPARTMENT

(888)320-6526

**Brief Description:** The affordable housing program provides residents struggling with their current economy affordable housing. Rents are typically 30-40% below market.

**For more information click here:** <https://nahac.org/resources/>

3. SHELTERS FOR NEW MOMS

ORGANIZATION NAME

CONTACT

LIVING GRACE HOMES

PHONE NUMBER: 702-212-6472

**Brief Description:** Living Grace Homes provides pregnant and newly parenting women ages 14-24 struggling with shelter, a safe environment, programs, and support for their physical, emotional, and spiritual well-being.

**For more information click here:**  
<https://www.livinggracehomes.org/>



4. TRANSITIONAL HOUSING

ORGANIZATION NAME

CONTACT

INNOVATIVE CONCEPT  
TRANSITIONAL HOUSING

PHONE NUMBER: 702-689-1508

**Brief Description:** Shared transitional housing program for homeless men, women, families, veterans, seniors, and the disabled.

**For more information click here:**  
[https://www.transitionalhousing.org/li/innovative\\_concept\\_transitional\\_housing\\_89104](https://www.transitionalhousing.org/li/innovative_concept_transitional_housing_89104)



## 5. SHELTER FOR DOMESTIC VIOLENCE VICTIMS

19

ORGANIZATION NAME

CONTACT

THE SHADE TREE  
ORGANIZATION

PHONE NUMBER: 702-385-0072

**Brief Description:** The Shade Tree Organization provides safe shelter for women, children, and their pets, who are experiencing abuse or going through a crisis. Focused on promoting stability, dignity, and self-reliance through their life-changing services.

**For more information click here:**

<https://theshadetree.org/>



## 6. SHELTER FOR DOMESTIC VIOLENCE VICTIMS

ORGANIZATION NAME

CONTACT

SAFE NEST

PHONE NUMBER: 702-646-4981

**Brief Description:** SafeNest provides confidential, emergency shelter to victims of domestic violence, including children and pets. SafeNest offers transportation to the shelter, a safe place to sleep including the basic necessities, as well as counselors and advocates dedicated to helping create a long-term plan. The hotline is available 24/7.

**For more information click here:** <https://safenest.org/services/emergency-shelter/>

## 7. EMERGENCY SHELTER FOR ALL

20

ORGANIZATION NAME

CONTACT

LAS VEGAS RESCUE MISSION

PHONE NUMBER: 702-382-1766

**Brief Description:** The Emergency Shelter is a 7-night stay. We will take in single men, single women, single fathers, single mothers, and intact families. For individual persons looking to obtain services, Shelter, or Recovery, if you have used alcohol or drug within the past 24-48 hours PLEASE seek out medical care first. You may also contact your insurance provider for additional care.

**For more information click here:**

<https://www.vegasrescue.org/emergencyshelter/>



## 8. FOOD PANTRY LOCATOR

ORGANIZATION NAME

CONTACT

THREE SQUARE

PHONE NUMBER: 702-765-4030

**Brief Description:** We work with a service network of community partners (this includes nonprofit and faith-based organizations, schools, and after-school and feeding sites) in our community to reach struggling individuals and families at risk of hunger.

**For more information click here:** <https://www.threesquare.org/get-help/find-food>



9. CLOTHING/FURNITURE AT LOW-COST

ORGANIZATION NAME	CONTACT
LAS VEGAS RESCUE MISSION	PHONE NUMBER: (702) 382-1766

**Brief Description:** Families in Las Vegas and Clark County can get low-cost clothes, stuff for their home, school supplies, furniture, and other support from a Las Vegas Rescue Mission thrift store. For more information click here: <https://www.vegasrescue.org/thrift-store/>



10. MENSTRUAL SUPPLY DISTRIBUTOR

ORGANIZATION NAME	CONTACT
PROJECT MARILYN	PHONE NUMBER: 702-595-7027

**Brief Description:** Each Project Marilyn bag contains enough tampons, maxi pads, and wipes to carry a person through their monthly cycle. We are confident in this method because, if you are homeless, home insecure, or living in a shelter; you do not have room to store a large number of products. Also, we feel that with this method donors will see that we are helping with an immediate, personal need

For more information click here: <https://projectmarilyn.com/finding-marilyn/>



PART

# 05

## LEGAL AID AND EMPLOYMENT



### TABLE OF CONTENTS

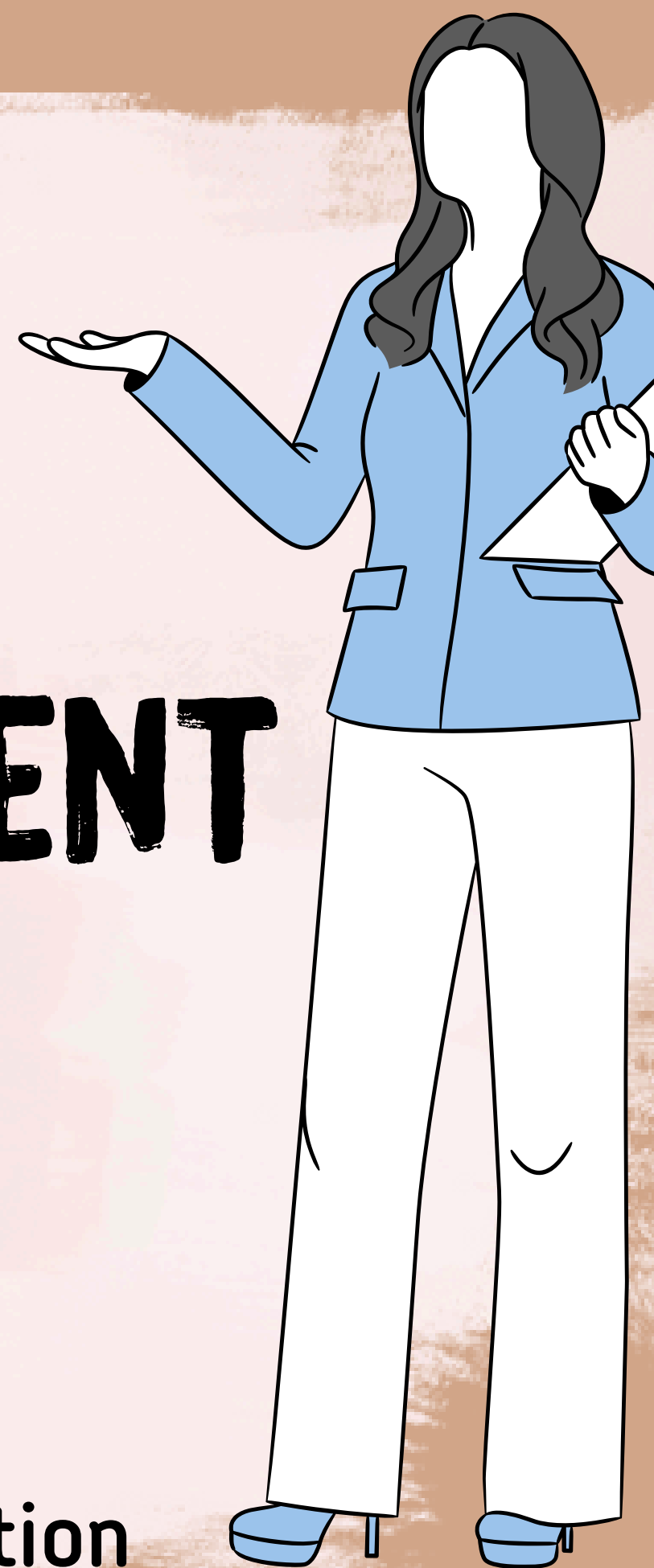
1. Free Legal Consultation & Classes
2. Free Legal Services for Low Income Families
3. Internships and Job training
4. Career/Resource
5. Support for Women Who Wish To Achieve Economic Independence
6. Free ESL Classes
7. English Language Program
8. Highschool Diploma/GED Education





# LEGAL AID

# AND EMPLOYMENT



Need help with legal issues? Want education on legal matters? Need assistance finding work? This is a good place to start. Here are some resources to help you get started! If you have any questions or concerns feel free to contact one of the sites listed below!



# 1. FREE LEGAL CONSULTATION & CLASSES



## ORGANIZATION NAME

## CONTACT

LEGAL AID CENTER OF  
SOUTHERN NEVADA

PHONE NUMBER: 702-386-1070

**Brief Description:** Legal Aid Center of Southern Nevada and UNLV William S. Boyd School of Law have created a partnership program to help provide legal information to our community. Boyd students present informational classes about Small Claims, Bankruptcy, Guardianship, Divorce, Paternity/Custody, Immigration, and Criminal Record Sealing. They help self-represented litigants understand how to present their cases and represent themselves in court. Litigation & Trial Preparation, Tenants' Rights, and Collection Proof classes are also taught at the Legal Aid Center of Southern Nevada. Family Law, Bankruptcy, and Immigration classes are available in Spanish. Additionally, we offer Eviction Sealing and Spanish Family Law Forms clinics.

**For more information click here:** <https://www.lacsn.org/what-we-do/free-classes>



# 2. FREE LEGAL SERVICES FOR LOW INCOME FAMILIES

## ORGANIZATION NAME

## CONTACT

NEVADA LEGAL  
SERVICES

PHONE NUMBER: 702-386-0404

**Brief Description:** It is the Mission of Nevada Legal Services to strengthen the community by ensuring fairness and providing equal access to justice for low-income Nevadans. Our team of knowledgeable legal experts and volunteer professionals provide personalized assistance to help individuals and families seek and obtain the best use of all legal resources available. We realize that many Nevada residents face disadvantages and financial difficulties when it comes to finding legal help. Nevada Legal Services has the responsibility to advance legal aid in the search for justice for those who need it the most.

**For more information click here:** <https://nevadalegalservices.org/>





### 3. INTERNSHIPS AND JOB TRAINING

ORGANIZATION NAME	CONTACT
EMPLOY NEVADA YOUTH	PHONE NUMBER: N/A, FILL OUT INTEREST FORM

**Brief Description:** Our Earn & Learn opportunities place youth ages 16-24 on internships and on-the-job training opportunities that foster a youth’s first working experience or allows youth to explore high grown career pathways within Southern Nevada. Complete the interest form and one of our friendly Career Advisors will contact you to discuss Earn & Learn opportunities available to you.

**For more information click here:** [Earn and Learn - EmployNV Youth Hub](#)



### 4. CAREER/JOB RESOURCE

ORGANIZATION NAME	CONTACT
NEVADA JOBCONNECT	PHONE NUMBER: (702) 486-0350

**Brief Description:** Nevada JobConnect offers career development information, job search resources, training programs, and, as appropriate, unemployment benefits. While targeted populations receive intensive assistance to overcome barriers to employment, all Nevadans can benefit from the services offered by Nevada JobConnect and our network of workforce partners.

**For more information click here:** [EmployNV | Nevada's Largest Job Database](#)

## 5. SUPPORT FOR WOMEN WHO WISH TO ACHIEVE ECONOMIC INDEPENDENCE

2

4

ORGANIZATION NAME

CONTACT

DRESS FOR SUCCESS

PHONE NUMBER: 702-684-6412

**Brief Description:** We provide each client with professional attire to secure employment, but we are about much more than simply a new outfit. Besides physically equipping the client with apparel and accessories, our programs furnish her with the confidence that she carries forever and the knowledge that she can actively define her life, the direction she takes, and what success means to her.

For more information click here: <https://dressforsuccesssouthernnevada.org/>



## 6. FREE ESL CLASSES

ORGANIZATION NAME

CONTACT

NORTHWEST CAREER COLLEGE

PHONE NUMBER: (702) 213-6349

**Brief Description:** This course teaches Spanish-speaking students English as a second language. We also help students to understand how the culture of the United States works. Our instructors are seasoned in working with international students from all over the world.

For more information click here: <https://www.northwestcareercollege.edu/esl-courses.html>



## 7. ENGLISH LANGUAGE PROGRAM



25

ORGANIZATION NAME	CONTACT
CATHOLIC CHARITIES OF SOUTHERN NEVADA	PHONE NUMBER: 702-385-2662

**Brief Description:** Catholic Charities of Southern Nevada provides English as a Second Language classes online. The classes are free to the public and to clients of our Migration & Refugee Program. All of our classes are taught by highly-trained instructors.

For more information click here: <https://www.catholiccharities.com/>



## 8. HIGH SCHOOL DIPLOMA/GED EDUCATION

ORGANIZATION NAME	CONTACT
CLARK COUNTY ADULT EDUCATION	PHONE NUMBER: 702-799-8650



**Brief Description:** The mission of the Department of Adult Education in the Clark County School District is to provide lifelong educational opportunities and services while addressing the unique needs of individuals in a diverse population. Adult Students can earn their High School Diploma, and High School Equivalency Certificate (GED/HiSET), and Improve their English Language Skills for FREE. This site can also assist those who wish to become U.S. Citizens through Citizenship Classes.

For more information click here: <https://clarkcountyadulthoodeducation.net/>

PART

# 06

## ADDITIONAL RESOURCES



## TABLE OF CONTENTS

1. **Safe Haven Information**
2. **Transportation: Paratransit and Accessibility**
3. **How to Buy Bus Passes/Reduced Fare Eligibility**
4. **Homeless to Home Program**
5. **Events and Support Groups for Children on the Spectrum**
6. **Program, Resources, and Advocacy to Empower Low-income Families**
7. **Information About Children and Youth With Special Health Care Needs**





# ADDITIONAL RESOURCES:

We have included some additional resources that you might need related to transportation services, support groups, and additional resources to connect with the community.





# 1. SAFE HAVEN INFORMATION

ORGANIZATION NAME	CONTACT
SAFE HAVEN	PHONE NUMBER: 1-888-510-2229

**Brief Description:** The National Safe Haven Alliance provides a safe space for parents facing unplanned pregnancies and safe alternatives to prevent infant abandonment, all while providing holistic care for both parents and babies. 24/7 Crisis Hotline

**For more information click here:** [Home](#) | [Nsha](#)



## 2. TRANSPORTATION: PARATRANSIT AND ACCESSIBILITY

ORGANIZATION NAME	CONTACT
RTC: PARATRANSIT AND ACCESSIBILITY	PHONE NUMBER: 702-228-4800

**Brief Description:** Paratransit service provides shared-ride, door-to-door transportation for people with disabilities who are unable to independently use the RTC’s fixed-route service.

**For more information click here:** <https://www.rtcnv.com/ways-to-travel/paratransit-accessibility/>



### 3. HOW TO BUY BUS PASSES/REDUCED FARE ELIGIBILITY

ORGANIZATION NAME

CONTACT

RTC REDUCED FARES

PHONE NUMBER: 702-228-RIDE  
(7433)

**Brief Description:** The RTC offers reduced fares for Veterans, youth (6-17), students (K-12), senior citizens (60 and over), and persons with disabilities. Medicare eligible persons. Eligible riders may apply for RTC reduced fare ID card at the Bonneville Transit Center. Must bring an approved form of identification to prove eligibility.

**For more information click here:**

**<https://www.rtcsnv.com/ways-to-travel/fares-passes/reduced-fare/>**



### 4. HOMELESS TO HOME PROGRAM

ORGANIZATION NAME

CONTACT

THE CARE COMPLEX PROJECT

PHONE NUMBER: 702-483-3055

**Brief Description:** The CARE Complex Project is dedicated to facilitating permanent transition out of homelessness while fostering self-reliance. Locate in the Downtown Las Vegas area. Multiple services include Identification assistance, resume assistance, RTC Bus passes, locker storage, mail services, hygiene products, internet & phone access, water bottle fill-up, art program, and homeless-to-home program.

**For more information click here:** **<https://carecomplex.org/>**



## 5. EVENTS AND SUPPORT GROUPS FOR CHILDREN ON THE SPECTRUM

ORGANIZATION NAME

CONTACT

(F.E.A.T) FAMILIES FOR  
EFFECTIVE AUTISM TREATMENT  
OF SOUTHERN NEVADA

PHONE NUMBER: 702-368-3328  
ESPAÑOL: 702-403-6263

**Brief Description:** F.E.A.T provides information on therapies, support services, and resources for families and individuals with autism spectrum disorder (ASD) and related disorders. FEAT provides programs, events, community outreach, support, guidance, and opportunities to meet others with similar needs and concerns.

For more information click here: <http://www.featsonv.org/>



## 6. PROGRAM, RESOURCES, AND ADVOCACY TO EMPOWER LOW-INCOME FAMILIES

ORGANIZATION NAME

CONTACT

CLARK COUNTY ECONOMIC  
OPPORTUNITY BOARD

PHONE NUMBER: 702-445-7105

**Brief Description:** The economic opportunity board family is committed to eliminating poverty in Southern Nevada. This is through the introduction and implementation of programs, resources, and advocacy that lead to self-sufficiency and economic empowerment for low-income individuals and families. They provide multiple programs, including family support services, workforce supportive services, a senior center, and project LISTOS which aims to increase Spanish literacy and English acquisition.

For more information click here: [Community Action Agency | Las Vegas, NV](#)



## 7. INFORMATION ABOUT CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS

29

ORGANIZATION NAME	CONTACT
THE MEDICAL HOME PORTAL	PHONE NUMBER: (202) 775-0436

**Brief Description:** The Medical Home Portal is a reliable source of information about children and youth with special health care needs. Providing all the information that families, physicians and medical home teams, and other professionals and caregivers might need to be informed and provide the best assistance/services.

For more information click here: [Medical Home Portal - AMCHP](#)



# WE HOPE THIS GUIDE HELPED YOU!

**CONTACT US IF YOU HAVE ANY QUESTIONS!**

**PHONE: 702-485-2229**

**EMAIL: [HELP@BABYSBOUNTY.ORG](mailto:HELP@BABYSBOUNTY.ORG)**



# Baby's Bounty



RESOURCE GUIDE