

# Quick Connect: Finding and Using Community Resources

## Learning Objectives:

- Understand what types of resources are available and identify strategies for obtaining those resources
- Practice asking for help in appropriate ways

### Part 1: Introduction (30 seconds)

"Knowing how to find and use resources is a sign of strength, not weakness. Even the most successful people know when and how to get help."

### Part 2: Categories of Community Resources (2 minutes)

"Our community has several types of resources you should know about:

#### Basic Needs Resources:

- Food assistance (food banks, EBT/SNAP benefits)
- Housing support (emergency shelters, rent assistance)
- Healthcare (free/low-cost clinics, Medicaid)
- Transportation assistance (bus passes, ride programs)

#### Educational Resources:

- Tutoring programs (at libraries, community centers)
- GED preparation classes
- College application assistance
- Scholarship information

#### Employment Resources:

- Job training programs
- Resume help and interview practice
- Clothing for interviews
- Youth employment programs

#### Mental Health and Support:

- Free/low-cost counseling
- Support groups
- Crisis hotlines
- Substance abuse programs

#### Legal and Advocacy:

- Legal aid for youth
- Tenant rights organizations
- Immigration assistance"

### Part 3: How to Access Resources Effectively (2 minutes)

"Finding and using resources takes some know-how:

#### 1. Start with trusted connectors

- School counselors
- Community center staff
- Social workers
- Religious leaders
- Public librarians

These people often know what's available and can make direct referrals.

2. Be prepared with information. Before reaching out to a service, gather:

- Your ID and any relevant documentation
- Clear description of what you need
- Questions about eligibility requirements
- Transportation plan to get there

3. Overcome common barriers

- Fear or shame: Remember these services exist specifically for you
- Transportation: Ask about virtual options or transportation assistance
- Documentation: Ask what alternatives are accepted if you lack certain papers
- Previous negative experiences: Try a different provider or bring an advocate

4. Follow through

- Write down appointments, contacts, and next steps
- Ask questions if instructions aren't clear
- If one resource can't help, ask them to suggest alternatives"

**Part 4: Quick Practice (30 seconds)**

"What's one need or goal you have right now that a community resource might help with? Who could be a 'connector' to help you find the right resource?"

**Part 5: Closing (30 seconds)**

"The resources in our community are meant for you—taking advantage of them is smart, not shameful. This week, challenge yourself to connect with at least one community resource we discussed. Remember: even small steps to get help can lead to big changes in your situation."