

# Department of Human Services

## Self Sufficiency Services Offered



### **The Supplemental Nutrition Assistance Program (SNAP)**

SNAP offers food benefits to eligible, low-income individuals and families.

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

The TANF program provides cash assistance to low-income families with children while they strive to become self-sufficient. Cash assistance is intended to meet a family's basic needs such as food, clothing, shelter and utilities. Most cash benefits in Oregon are issued via an Electronic Benefit Transfer (EBT) card. This is also known as an Oregon Trail Card.



**The Employment-Related Day Care program (ERDC)** helps eligible low-income families pay for child care while they are working. ERDC is a subsidy program, meaning eligible families still pay part of the child care cost.

ERDC also works with providers and other child care partners across the state to help families find and keep good child care, improve the availability of quality child care in Oregon, and to develop resources for parents and child care providers.

### **Are you a victim or survivor of domestic or sexual violence?**

Domestic violence includes hurting, threatening or putting someone down or making them afraid. It also includes trying to control them or make them do things. The abuse can get worse over time. Domestic violence can happen between people in a family, intimate partners, or other people who live in the same house.

#### **Get help now**

- **If you are experiencing an emergency, please call your local emergency phone number. In most communities you should dial 911.**
- If you are in immediate need of a domestic violence shelter contact the Portland Women's Crisis Line at 1-888-235-5333. This crisis line refers callers to local programs.

**WARNING:** If you are afraid your computer or phone usage might be monitored, please use a safer computer, call your local hotline, and/or call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).