

# Financial Assistance

Options for Low-Income Children and Families



## Self-Sufficiency & Job Placement Support

**TANF**



**Temporary Assistance for Needy Families (TANF)** program works to move low-income families from public assistance to self-sufficiency by providing cash assistance along with work readiness, training and job placement services.

**Job Opportunities and Basic Skills (JOBS) Program** is a companion program of TANF that focuses on work-readiness, training and job placement services. The North Dakota Department of Human Service contracts with Job Service North Dakota to provide these services to JOBS participants.

For information related to application for benefits, program eligibility, or an existing case, contact your local County Social Services Office, OR North Dakota Department of Human Service:

TANF / JOBS Programs  
600 E Boulevard Dept 325  
Bismarck ND 58505-0250

701-328-2332 | 800-755-2716 (ND Only) | ND Relay TTY: 800-366-6888 or 711  
dhseap@nd.gov

## Early Childhood Learning & Development Support



**Head Start and Early Head Start** provide free learning and development services to children ages birth to five and to pregnant women from low income families

ND Head Start Association  
Head Start Center  
1326 1st St N  
 Fargo, ND 58102  
(701) 237-6013  
www.ndheadstart.com

## Health Insurance and Disability Assistance



**Healthy Steps/Children's Health Insurance Program (CHIP)** provides health insurance coverage for children in families that earn too much to qualify for Medicaid, yet cannot afford to purchase coverage. It is available to uninsured children age 18 and younger who live in families with qualifying incomes. Single 18-year-olds with eligible incomes may also apply.

ND Department of Human Services  
600 E Boulevard Dept 325  
Bismarck ND 58505-0250  
1-877-KIDSNOW (877-543-7669) | ND Relay TTY: 800-366-6888 or 711  
EMAIL pahinsz@nd.gov or bjennings@nd.gov  
WEB: <https://www.nd.gov/dhs/services/medicalserv/chip/>



**Individuals with Disabilities Education Act (IDEA)** governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities.

North Dakota Department of Public Instruction  
600 E Boulevard Dept 301  
Bismarck ND 58505  
701-328-4565 | FAX 701-328-2461  
www.dpi@nd.gov

# North Dakota State Support Service Providers



The North Dakota Department of Human Services administers the following public assistance programs:

- Basic Care Assistance
- Child Care Assistance
- Healthy Steps Children's Health Insurance
- Medicaid
- SNAP (Supplemental Nutrition Assistance Program - formerly food stamps)
- Temporary Assistance for Needy Families (TANF)

## How to Apply for Assistance

### Online

Go to <https://apps.nd.gov/dhs/ea/oasys/> to complete and submit an application online. The completed application will be directed to the appropriate county social service office.

### In Person

Visit <http://nd.gov/dhs/info/pubs/docs/sfn-405-application-for-assistance.pdf> to download and print the SFN 405 - Application for Assistance and then return it to your county social service office.

### By Mail

Contact your county social service office and request that an application be mailed to you. Visit <http://www.nd.gov/dhs/locations/countysocialserv/> to find contact information for the office in your county.

N.D. Department of Human Services  
Children and Family Services Division  
600 E Boulevard Avenue, Dept. 325  
Bismarck ND 58505-0250  
Phone: 701.328.2316  
Fax: 701.328.3538  
ND Relay Service: 1.800.366.6888  
E-mail: [dhscfs@nd.gov](mailto:dhscfs@nd.gov)  
[www.nd.gov/dhs](http://www.nd.gov/dhs)

This information can be made available in an alternative format. Please contact the Department.

## Food and Nutrition Assistance



**Supplemental Nutrition Assistance Program** helps low-income North Dakotans meet their nutritional needs.

Economic Assistance Policy Division  
Supplemental Nutrition Assistance Program  
600 E Boulevard Dept 325  
Bismarck ND 58505-0250

701-328-2332 | 800-755-2716 (ND Only) | ND Relay TTY: 800-366-6888  
[dhseap@nd.gov](mailto:dhseap@nd.gov)



**Women, Infants and Children Program (WIC)** is a federal nutrition program that offers healthy food for proper growth and development. Assistance is available statewide for pregnant and breastfeeding women, infants, and children younger than 5 years old.

Division of Nutrition and Physical Activity  
600 E Boulevard Dept 301  
Bismarck ND 58505-0200  
701-328-2496 | 800-472-2286 | FAX 701-328-1412  
[www.ndhealth.gov/wic/](http://www.ndhealth.gov/wic/)



**Child and Adult Care Food Program (CACFP)** subsidizes food services to support the health and wellness of children and adults. Participating child care providers receive monthly reimbursement checks to help cover the cost of supplying nutritious meals and snacks to children and adults in their care.

North Dakota Department of Public Instruction  
600 E Boulevard Dept 301  
Bismarck ND 58505  
701-328-4565 | FAX 701-328-2461

[www.nd.gov/dpi/Administrators/ChildNutritionFoodDistribution/ChildAdultCareFoodProgram/](http://www.nd.gov/dpi/Administrators/ChildNutritionFoodDistribution/ChildAdultCareFoodProgram/)

## Home Heating Assistance



**Low-Income Home Energy Assistance Program (LIHEAP)** helps eligible low-income families partially pay the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources. The program also covers:

- Weatherization services (insulation, weather stripping doors and windows, etc.)
- Furnace cleaning, repair, and replacement
- Chimney cleaning and inspection
- Emergency assistance

Economic Assistance Policy Division / Low Income Home Energy Assistance Program  
600 E Boulevard Dept 325  
Bismarck ND 58505-0250

701-328-2332 | 800-755-2716 (ND Only) | ND Relay TTY: 800-366-6888 or 711  
[dhseap@nd.gov](mailto:dhseap@nd.gov)

