



Resource Guide

Support for Income-Eligible Families (Pregnancy & New Baby)

For families in Cheatham, Houston, Montgomery, Stewart, Sumner, Robertson, and Trousdale Counties in Tennessee.

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1. Infant Nutrition & Pregnancy Support

WIC Program

All counties

WIC (Women, Infants & Children) provides free supplemental foods, nutrition education, breastfeeding support, and referrals to healthcare for:

- Pregnant people
- Breastfeeding and postpartum mothers
- Infants and children under age 5

Eligibility: Low-to-moderate income, TN residency, and nutritional/medical risk.

How to Apply: Call 1-800-DIAL-WIC (1-800-342-5942) or contact your local health department.

WIC Clinic Locations

- Cheatham Co.: 162 County Services Dr, Ashland City, TN 37015
- Houston Co.: Town Square, Erin, TN 37061
- Montgomery Co.: 300 Pageant Ln, Clarksville, TN 37040 | (931) 551-8777
- Stewart Co.: 1021 Spring St, Dover, TN 37058
- Sumner Co.: All health departments
 - 1005 Union School Road, Gallatin, TN 37066 | (615) 206-1100
 - 351 New Shackle Island Rd, Hendersonville, TN 37075 | (615) 824-0552
 - 214 W Longview Dr, Portland, TN 37148 | (615) 325-5237
- Robertson Co.: 800 S Brown St, Springfield, TN 37172 | (615) 384-4504
- Trousdale Co.: 541 E Main St, Hartsville, TN 37074 | (615) 374-2112

Advanced Therapy Solutions

Montgomery and Cheatham Counties

Offers feeding therapy and lactation services to infants and young children with feeding/swallowing challenges; services include prenatal breastfeeding classes and support for breastfeeding difficulties.

Office locations:

- 851 Professional Park Dr., Clarksville, TN 37040 | (931)-542-2168
Hours: Monday-Thursday 7:30 AM – 5:00 PM, Friday 7:30 AM – 12:00 PM
- 397 Tiny Town Rd Ste B, Clarksville, TN 37042 | (931)-999-7400
Hours: Monday-Tuesday: 7:30 AM-5:00 PM
- 248 Centre St Ste 200, Pleasant View, TN 37146 | (615)-619-2390
Hours: Monday – Thursday 8:00 AM – 6:00 PM

Eligibility: everyone

Out of Pocket Cost: \$200 lactation evaluation

\$100 follow up – lactation services

\$100 follow up – occupational therapy (often need both)

Insurance accepted: Medicaid (TennCare, BlueCare, Wellpoint, etc.), Tricare, Blue Cross Blue Shield private insurance.

Other services: Speech therapy, physical therapy, ABA therapy

Hope Pregnancy Center

Montgomery county

Hope Pregnancy Center is a medical pregnancy help center committed to providing accurate information and quality services to women and couples facing an unexpected pregnancy. All services are confidential and provided at no cost to clients. All clients are served without regard to any arbitrary circumstance, such as race, age, income or religious preference.

Offers peer counseling and accurate information about all pregnancy options.

- Pregnancy tests
- Pregnancy options information
- Limited Ultrasound scans (some restrictions apply)
- Abortion Recovery Counseling
- Practical support for those who are pregnant or parenting

Office: 325 N. 2nd St., Clarksville, TN 37040 | (931)-645-2273

Hours: Monday: 9:00 AM – 2:00 PM

Tues/Wed: 9:00 AM – 5:00 PM

Thursday: 9:00 AM – 4:00 PM

Friday: 9:00 AM – 2:00 PM

Tennova Healthcare – Clarksville (Maternity Care)

Clarksville and surrounding areas

Services are designed to fulfill the needs of expectant mothers and newborns. Obstetricians, labor and delivery specialists, nurses and other caring professionals deliver quality care in a welcoming, comfortable environment. Experienced labor and delivery specialists provide everything from prenatal to postpartum care—including specialized care for high-risk deliveries and a range of educational resources and support to meet the needs of new parents. Offers obstetrician referrals and birth/parenting education classes. Accepts most insurances.

Office: 651 Dunlop Ln., Clarksville, TN 37040 | (931) 502-1000

Cumberland Crisis Pregnancy Center

Provides confidential counseling to women and families in crisis pregnancies. Support groups, post-abortion counseling, pregnancy tests, adoption information, pre and post-natal education, maternity clothes, formula, and infant material assistance.

103 Hazel Path Ct., Ste. 7, Hendersonville TN, 37075 | (615)-451-1717

2. Essential Needs & Financial Assistance

211 Helpline

211 is a free and confidential service helping people find the local resources they need for help in times of crisis and beyond.

Tennessee Housing Development Agency (THDA)

All counties

Low Income Home Energy Assistance Program (LIHEAP): provides financial assistance to low-income households to help with their home energy costs.

Housing Choice Voucher Program (Section 8): While THDA doesn't directly administer the program, they provide information and guidance for those seeking housing assistance through this program. Eligibility is determined by Public Housing Authorities.

Homeownership Assistance Programs: THDA offers programs like a second mortgage loan (up to 5% of the sales price, with a maximum of \$15,000) to assist with down payments, closing costs, or other homeownership expenses.

USDA Rural Development's Section 502 Direct Loan Program: This program is specifically for low- and very-low-income families in rural areas, providing loans to make homeownership a reality.

Application Process:

Interested applicants for the Housing Choice Voucher Program (Section 8) need to apply through a Public Housing Authority. For THDA programs, applications are generally submitted online, and THDA does not accept paper applications.

THDA Office: 502 Deaderick St, Nashville, TN 37243 | (615) 815-2200

Supplemental Nutrition Assistance Program (SNAP)

All counties

Tennesseans have two options when applying for SNAP:

1. Complete an online application and upload required verification documents through the One DHS Customer Portal at <https://OneDhs.Tn.Gov/Csp>
2. Complete and submit a printed application. Download and print an application from the TDHS website or contact your local office to have an application mailed to you. After completing your application, you have three options for submitting the printed SNAP application:
 - Upload your application or documentation online using the One DHS Customer Portal.
 - Mail your application and copies of your documentation to: Family Assistance TN Dept of Human Services 1843 Foreman Dr. Suite 102 Cookeville, TN 38501.
 - Submit your application and documentation at your county's DHS office.

Families First: Temporary Assistance for Needy Families (TANF)

All counties

Families First, the state's Temporary Assistance for Needy Families (TANF) program, is a workforce development and employment program. The Families First program emphasizes work, training, and personal responsibility. It is temporary and has a primary focus on gaining self-sufficiency through employment. The Families First program helps participants reach this goal by providing temporary cash assistance, transportation, childcare assistance, educational supports, job training, employment activities, and other support services.

Eligibility: Participants must meet technical and financial eligibility standards and must agree to follow a Personal Responsibility Plan (PRP). As part of the PRP, the participants agree to keep immunizations and health checks up to date for their children, to keep their children in school, to cooperate with child support services and, if not exempt, to participate in work and/or training for at least 30 hours per week.

YOU MAY NEED PAPERS THAT SHOW:

- **Social Security Card Number** (For all household members, SS5 form for newborns)
- **Your Identification** (Example: driver's license, school ID with photo, Passport, Resident Alien Card, I-94 card, voter's registration card)
- **Citizenship** (Example: Birth Certification, U.S. Passport, Certificate of naturalization, Certificate of U.S. Citizenship, hospital records, U. S Citizen I.D. Card, adoption papers, military records, INS (Immigration) papers)
- **Household Relationship** (Example: Birth certificate)
- **Age** (Example: Birth certificate, hospital records, baptismal records, school records)
- **Where you live** (Example: lease agreement, utility bill, phone bill, or driver's license with your address on it)
- **Earned Income** (Example: check stubs, employer statement, award letters, W-2 forms)
- **Unearned Income** (Examples: child support, social security, unemployment, disability)

- **Resources** (Example: bank accounts, certificates of deposit, savings bonds, property, automobiles, recreational vehicles)

One DHS Contact Center: 1-833-772-TDHS (8347)

Mid-Cumberland Community Action Agency

Counties: Cheatham, Robertson, Trousdale

- Cheatham Co.: 384 South Main Street, Ashland City, TN 37015 | (615)-742-1113
Tuesdays, Wednesdays, and Fridays 8:00am – 4:30pm
- Robertson Co.: 505 Hill Street, Springfield, TN 37172 | (615)-742-1113
Monday – Friday 8:00am – 4:30pm
- Trousdale Co.: 334 Broadway, Hartsville, TN 37074 | (615)-742-1113
Tuesday and Thursday 8:00am – 4:30pm

Services: Emergency services (food, energy, utility), Head Start, nutrition, family development, weatherization, community connections.

Highland Rim Economic Corporation

Counties: Houston, Stewart

Services: Early childhood education, housing assistance, employment readiness, energy assistance, USDA commodities, Head Start, Community Service Block Grant.

Houston Co.: 213 College Street, PO Box 208, Erin, TN 37061 | (931)-289-4101

Stewart Co.: Stewart County Courthouse, PO Box 704, Dover, TN 37058 | (931)-232-5184

Family Resource Center

Sumner County

A program through Sumner County Schools. Provides support and information to families with resources and services within the community. Offers gently used clothing for school aged children.

695 East Main St., Gallatin TN, 37066 | (615)-451-6548

Shalom Zone – Gallatin

Sumner County

Assistance with basic needs when available, mentoring, after school homework help, youth career development, adult ESL, Hispanic ladies support group.

600 Small St., Gallatin TN, 37066 | (615)-442-7575

Amazing Grace Mission

Northeast Sumner County

Provides food and other grocery to needy families via a distribution network of Westmoreland and Bethpage are churches, within available resources. The Agency not only seeks needy families but also tracks the needs of the families that receive assistance and provides some direction regarding healthy food choices and lifestyles. Call to find out location nearest you, then can walk in.

1037 Park St., Westmoreland TN, 37186 | (615)-644-4357

Gallatin CARES

Sumner County

In partnership with churches, individuals, corporate friends, and other local organizations with a heart for service to our community, Gallatin CARES exists to provide short-term emergency relief and economic assistance to those in need in Gallatin and surrounding Sumner County. Our services are specialized with offerings through our Thrift Store which is open Monday - Friday from 8:00 a.m - 3:00 p.m, our Food Pantry which is open each Wednesday from 8:00 a.m. - 11:00 p.m, and our Shelter Protection Benevolence Fund which generally is available during our regular business hours.

330 North Durham Ave., Gallatin TN, 37066 | (615)-452-5732

Habitat for Humanity of Tennessee

All counties

Habitat for Humanity of Tennessee is a statewide coalition of 36 independent Habitat affiliates, each serving their local communities across the state. Habitat Tennessee plays a vital role in supporting these affiliates by coordinating advocacy efforts, offering training and technical assistance, and providing disaster recovery support. Also serves as a central hub for distributing statewide resources, ensuring affiliates have the tools and guidance they need to effectively serve families and transform communities.

P.O. Box 10375, Murfreesboro, TN 37129 | (615)-494-3207

3. Healthcare and Mental Health Support

All counties offer basic healthcare through local health departments, including:

- Prenatal care and family planning
- Immunizations and child checkups
- Dental care, nutrition counseling
- CHANT program: care coordination for pregnant/postpartum families

- HUGS: home visiting support for at-risk infants

A Step Ahead

All counties

A non-profit partnering with clinics, social workers, schools, community centers, and other organizations to promote awareness and provide access to free, long-acting reversible contraception (LARC). Free transportation to and from appointments provided by Uber.

PO Box 159002, Nashville, TN 37215 | (615)-671-7837

Mental Health Cooperative

All counties

Offers innovative, trauma-informed, and person-centered behavioral health services for children, adolescents, and adults. All TennCare plans are welcomed, and grants are available for those who are uninsured.

275 Cumberland Bend, Nashville TN, 37228 | (615)-726-3340

988 Suicide and Crisis Lifeline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline). When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Additional helplines:

- **Veterans Crisis Line:** call 1-800-273-TALK (8255) and press 1; or text 838255
- **Crisis Text Line:** text the word 'Home' to 741-741
- **The Trevor Lifeline** for LGBTQ Youth: call 1-866-488-7386
- **The Trans Lifeline:** call 1-877-565-8860

TN Voices

All counties

Behavioral Health Safety Net (BHSN)

The Behavioral Health Safety Net (BHSN), operated through the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS), provides essential outpatient mental health services to uninsured adult Tennesseans and uninsured/underinsured Tennessee children who meet program eligibility criteria. Essential services include

assessment, evaluation, individual group and family therapy, diagnostic and therapeutic intervention, psychiatric medication management, labs related to medication management, peer support services, case management and pharmacy assistance and coordination and transportation for BHSN covered services. BHSN Providers serve eligible Tennesseans no matter which county they live in.

Administrative Office:

500 Professional Park Dr Goodlettsville, TN 37072 | (800)-670-9882

Centerstone

All counties

Centerstone is a nonprofit health system specializing in mental health and substance use disorder treatments for people of all ages.

Call 1-877-HOPE123 (1-877-467-3123) to be connected to local services.

4. Parenting & Child Development

The Center for Family Development

Clarksville office: Cheatham, Houston, Montgomery, Robertson, Stewart, Sumner, and Trousdale counties

Shelbyville office: Bedford, Franklin, Lincoln, Marshall, Moore counties

Healthy Families (HF) program:

Offers family support from pregnancy (second trimester) to 3 years old. A trained Home Visitor will come to visit with you in your home and work with you in these areas:

Child Development

- Answer questions about your baby's development.
- Provide developmentally appropriate activities that you and your family can do together using evidence-based curriculum.

Health and Safety

- Provide support in identifying a regular medical provider.
- Offer well-child, sick-child, dental care, and nutrition education.
- Conduct in-home safety screening.
- Certified car seat specialists conduct car seat safety checks.

Family Self-Sufficiency

Education and employment support

Connection to various community services that can help

you with continuing your education, getting a job or obtaining financial assistance.

Parents as Teachers (PAT) program:

Parents as Teachers (PAT) is a free, voluntary program offering in-home visits to expectant parents and families with young children, starting from pregnancy through kindergarten entry (typically age 5).

- Trained Parent Educators partner with families in the comfort of their homes, supporting parents in becoming confident, informed, and engaged as their child's first and most important teacher.
- Each visit includes engaging books and activities for families to enjoy together, along with valuable conversations about child development, developmental screenings, positive parent-child interactions, and overall family well-being.

The program serves families across the following counties: Bedford, Cheatham, Franklin, Houston, Lincoln, Marshall, Montgomery, Moore, Robertson, Stewart, Sumner, and Trousdale.

Relative Caregiver Program: The Relative Caregiver Program uplifts grandparents and kin who are raising children outside the traditional parental structure. These caregivers are often stepping in during difficult family transitions, and the program provides case management, support groups, respite services, and youth development programming in Bedford, Coffee, Giles, Grundy, Franklin, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, and Wayne counties.

EMPOWER & Support Program: EMPOWER & Support is an evolving program that offers wraparound services for families dealing with complex life challenges. From domestic violence recovery to homelessness and trauma, this program (primarily based in Bedford County) helps clients rebuild with dignity and strength.

Rural Healthcare Resiliency Program (RHRP): Funded by the Rural Healthcare Resiliency Grant. This program embeds trained Community Care Navigators across 13 rural counties, Bedford, Coffee, Giles, Franklin, Hickman, Lawrence, Lewis, Lincoln, Marshall, Maury, Moore, Perry, and Wayne. Navigators are trained in mental health first aid, trauma-informed care, and substance use prevention. They build local referral networks, co-host mobile resource events, raise awareness through educational campaigns, and walk alongside families to reduce stigma and improve access to care.

Locations:

- 1829 Memorial Drive, Clarksville TN, 37043 | (931)-645-3976
- 124 Public Square E., Shelbyville, TN 37160 | (931)-684-4676
- 107 Imperial Blvd. Ste. 3, Hendersonville, TN 37075 | (615)-334-1822

Expanded Food & Nutrition Educations Program (EFNEP) – UT Extension

All counties

The Expanded Food and Nutrition Education Program is a free program for Tennessee families provided by University of Tennessee Extension's Family and Consumer Sciences Department. EFNEP can show you new ways to prepare healthy foods for your family as well as how to handle foods safely and spend your food dollars wisely.

EFNEP is offered in a series of sessions- the more sessions you attend, the more you can learn. Most of the sessions are taught in groups, but you can choose to spend some individual time with the EFNEP program assistant.

- Prepare low-cost meals and snacks that taste good.
- Determine how much food you need based on your age and level of activity.
- Read your food level.
- Get your children to eat, but not too much.
- Plan meals and shop with a limited budget.
- Avoid getting sick for food.
- Include physical activity in your daily routine.

Offers co-parenting education, family & community education.

Cheatham Co.: 316 Frey St., Ashland City, TN 37015 | (615)-792-4420

Houston Co.: 4725 East Main P.O. Box 188, Erin, TN 37061 | (931)-289-3242

Montgomery Co.: 1030 Cumberland Heights Road Ste. A, Clarksville, TN 37040 | (931)-648-5725

Robertson Co.: 408 North Main Street, Springfield, TN 37172 | (615)-384-7936

Stewart Co.: 225 Donelson Parkway, P.O. Box: 160, Dover, TN 37058 | (931)-232-5682

Sumner Co.: 658 Hartsville Pike, Gallatin, TN 37066 | (615)-452-1423

Trousdale Co.: 214 Broadway, Suite A, Hartsville, TN 37074 | (615)-374-2421

5. Employment & Education

All counties

Child Care Payment Assistance

Child Care Payment Assistance is provided through the Child Care Certificate Program, a state program that assists Families First participants, parents transitioning off Families First, parents working or enrolled in post-secondary education programs, teen parents, and

children in foster care. It's also called the subsidized childcare program. To participate in the program, families must be declared eligible by the Department of Human Services (TDHS) staff or by the Department of Children's Services (DCS) staff for children in foster care. TDHS provides financial assistance with child care costs for families meeting income guideline criteria through several [child care assistance programs](#).

Who is eligible?

- Parents applying for the Smart Steps program whose income is below the 85th percentile of State Median Income (which can be found on the Income Eligibility and Parent Co-Pay Fee Table using the 85.0% line that coincides with your household size) who have children six (6) weeks until kindergarten and who work, are enrolled in a post-secondary education program, or a combination of both for an average of 30 hours or more a week.
- High school or middle school mothers who stay in school who participate in the Teen Parent program.
- Parents in the Families First program who need child care to complete the work activities in their personal responsibility plan.
- Parents whose Families First case has closed can receive transitional childcare assistance for 18 months after their Families First case closes IF each parent works an average of 30 hours or more a week.
- Non-parental guardians in the Families First program who need childcare for a related child IF the guardian does average 30 or more hours of work, training, or education a week.

6. Domestic Violence & Crisis Support

7. Transportation Assistance

8. Community & Peer Support

TN Voices – Connecting Forward

Connecting Forward works with low-income families in Middle Tennessee to provide in-person support to help address barriers to your goals. Through partnerships across Tennessee, Connecting Forward can get you connected to support quickly and with your family's needs as the focus.

Counties Served: Stewart, Montgomery, Robertson, Sumner, Trousdale, Houston, Dickson, Cheatham, Davidson, Wilson, Humphreys, Hickman, Williamson, Rutherford, Perry, Lewis, Maury, Marshall, Bedford, Coffee, Grundy, Sequatchie, Wayne, Lawrence, Giles, Lincoln, Moore, Franklin

Age Range: Adult (caregiver or parent of a child)

Eligibility:

- Middle TN resident (primary client) living in one of the 28 counties served
- Child in the home (can be a foster child or non-relative)
- US Citizen (primary client)
- Interest in setting family goals
- Family must meet AT LEAST ONE of the following criteria:
- Eligible for TennCare, Families First, SNAP
- No income or unemployed
- Eligible for Section 8, Public Housing, or homeless
- Eligible for Free/ Reduced School Lunch

Administrative Office: 500 Professional Park Dr Goodlettsville, TN 37072 | 800-670-9882

The Maternal Infant Health Outreach Worker (MIHOW)

Peer mentoring program that targets economically disadvantaged and geographically isolated communities. The program is designed to improve health and child development for pregnant women and families with children ages 0-3.

The MIHOW Program is a partnership between Vanderbilt University and community-based organizations. Through monthly home visits and parenting groups, MIHOW promotes healthy pregnancies, healthy children and healthy emotional bonds between children and their parents.

461 21st Ave. South, Nashville, TN 37240 | (615)-343-4513

5. Employment & Education

American Job Center/Workforce Essentials

Cheatham, Houston, Montgomery, Robertson, Stewart, Sumner, and Trousdale counties

Workforce Essentials is a private, non-profit corporation specializing in unique business solutions for employers and innovative training opportunities for individuals.

523 Madison Street, Suite A, Clarksville TN, 37040 | (800)-865-0981

Goodwill Career Solutions

All counties

Goodwill Career Solutions provides comprehensive support through education, training, and employment services, tailored to assist individuals, including those facing employment barriers. It offers a range of free programs to the public. Services include skill-building classes, job placement assistance, and specialized training programs aimed at equipping individuals for meaningful employment opportunities.

Phone: (615) 742-4151
Toll Free: 1-800-545-9231

Adult Education -Volunteer State Community College

The Adult Education Program at Vol State offers **free classes** to prepare you for the High School Equivalency Test (HiSET). Instruction focuses on the necessary knowledge and skills in reading, writing, math, science, and social studies to pass the HiSET exam. Also available are English as a Second Language classes to assist individuals with improving their English language skills.

Classes are offered during the day and evening at several sites throughout Sumner, Robertson, Trousdale, Macon, Smith, and Clay Counties.

Sumner/Trousdale Counties (615) 230-3621
Robertson County (615) 384-1097
Macon/Smith/Clay Counties (615) 666-9622

6. Domestic Violence & Crisis Support

All services are either statewide or region-specific, with 24/7 support options.

Shelters & Safe Housing

Tennessee Coalition to End Domestic & Sexual Violence — Provides a comprehensive directory of shelter and support programs across the state, including hotlines specific to each provider.

Website: <https://tncoalition.org/get-help/help-in-your-area/>

YWCA Nashville & Middle Tennessee — Offers the Weaver Domestic Violence Center (70-bed emergency shelter), Abbie's Safe Home for pets, and a 24/7 crisis hotline.

Phone: 800-334-4628 (or text 615-983-5170)

Website: <https://www.ywcanashville.com/domestic-violence>

Hotlines & Crisis Support

Tennessee Statewide Domestic Violence Helpline — 24/7 support.

Phone: 1-800-356-6767

Website: <https://www.kidcentraltn.com/program/tennessee-domestic-violence-helpline.html>

National Domestic Violence Hotline — Confidential, 24/7, multilingual services.

Phone: 1-800-799-7233

Website: <https://www.thehotline.org/>

Crisis Center for Women (East TN) — 865-988-STOP (7867) or 866-239-0871

Helen Ross McNabb Family Crisis Center (Knoxville area) — 865-637-8000

Legal Assistance & Advocacy

Tennessee Coalition Legal Services — Resources on orders of protection, legal manuals, and court advocacy.

Phone: 615-386-9406 (Toll-Free: 1-800-356-6767)

Website: <https://tncoalition.org/professionals/curricula-publications/legal-resources/>

Immigration Legal Services for Survivors — Assists with VAWA, U-Visas, asylum, etc.

Phone: 615-386-9406 or 1-800-289-9018

Website:

https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393308-Tennessee_Coalition_To_End_Domestic_Sexual_Violence_Immigration_Legal_Cli

Local Shelter Legal Aid — Many shelters offer assistance with protective orders, court accompaniment, and legal referrals.

Directory: <https://www.domesticshelters.org/help/tn>

7. Transportation Assistance

Tennessee Association of Human Resource Agencies (TAHRA)

This network offers:

- Rural Public Transit: Fixed-route, deviated route, and demand-response rides for low-income, elderly, and medically needy residents.
- Van Pool Program: Vans for commuting to work or training.
- New Freedoms/Travel Training: Mobility training for people with disabilities.
- TennCare Transportation: Medical and pharmacy trip coverage for TennCare recipients.
- Job Access Reverse Commute (JARC): Transportation to job sites, training, or daycare.

Website: <https://www.tnhra.org/services/transportation/>

Office of Public Transportation – Tennessee DOT (TDOT)

Services include:

- Section 5311 Grants: Rural transit funding.
- Urbanized Area Grants (Section 5307): Urban transit support.
- Section 5310 Grants: Transportation for seniors and people with disabilities.
- General Public Transit: Fixed-route buses, paratransit, demand-response, and shuttle services across all counties.

Website: <https://www.tn.gov/tdot/multimodal-transportation-resources/office-of-public->

transportation.html

ETHRA “Ride to Work” (Job Access)

- Free transportation for the first 9 months for low-income individuals traveling to work, education, or childcare.
- After 9 months, standard fares apply.
- Operates under the Job Access Reverse Commute (JARC) initiative.

Website: <https://www.ethra.org/programs/41/ride-to-work/>

MyRide TN – Volunteer Senior Transportation

- Volunteer driver network for seniors, offering door-through-door rides.
- Trips include medical appointments, grocery stores, and other essential needs.
- Operates Monday through Friday with medical trips as priority.

Website: <https://www.tn.gov/disability-and-aging/disability-aging-programs/transportation-assistance.html>

8. Community & Peer Support

9. Immigration Information & Support

Legal Aid & Representation

Organization	Details
Tennessee Justice for Our Neighbors (TNJFON)	Free or low-cost immigration legal services for low-income immigrants, refugees, and asylum seekers. Assistance with humanitarian relief and citizenship processes.
Legal Aid Society of Middle Tennessee & the Cumberlands	Legal assistance for immigration, employment, family, and tax issues. Based in Nashville with a toll-free helpline.
Community Counseling & Immigration Services (CCIS) – Nashville International Center for Empowerment	Help with immigration forms, USCIS filings, asylum, family-based petitions, DACA, work authorization, and more.
Mid-South Immigration Advocates (Memphis)	Adjustment of status, naturalization, asylum, removal defense, visas including VAWA, T/U visas, and DACA.
Advocates for Immigrant Rights (Memphis)	Comprehensive legal services including asylum interviews, federal appeals, and family-based petitions.

Tennessee Coalition to End Domestic & Sexual Violence – Immigration Legal Clinic	Legal help for VAWA, DACA, citizenship, asylum, and more for survivors of domestic and sexual violence.
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Advocacy & Resources

Organization	Details
Tennessee Immigrant & Refugee Rights Coalition (TIRRC)	Statewide advocacy group offering resource referrals, citizenship assistance workshops, community organizing, and policy advocacy.

Statewide Referral Support

Organization	Details
TIRRC Resource Hotline	Statewide multilingual phone line (call/text 615-414-1030) providing direct referrals to services across Tennessee.

Policy & Legal Advocacy

Organization	Details
Tennessee Justice Center	Non-profit legal advocacy entity that supports low-income Tennesseans in areas such as healthcare and public policy.

10. Military Family Support (Montgomery Co. only)

Local Support & Counseling

Organization	Details
Newton Military Family Resource Center (APSU)	426 College St., Clarksville. Supports military-affiliated students (active duty, veterans, reservists, ROTC, families) with academic, financial, social, and career services.
Steven A. Cohen Military Family Clinic at Centerstone	Mental healthcare for veterans, active-duty service members, and families, in-clinic and via telehealth.
Clarksville Vet Center (VA)	Free, confidential counseling for veterans, service members, and families. PTSD, military sexual trauma, etc.
Soldiers And Families Embraced (SAFE)	Nonprofit offering local resources, crisis assistance, and advocacy. 2693 Townsend Court, Clarksville.

Military Family Readiness & Outreach

Organization	Details
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Tennessee Military Family Programs (Guard Families)	Family Readiness, Youth Support, Behavioral Health, Reintegration, Chaplain services, Survivor Outreach, substance abuse support. Call 877-311-3264.
Fort Campbell Military & Family Support Center	On-base programs to help families manage military life transitions.

Employment & Economic Support

Organization	Details
Military OneSource	24/7 DoD support: counseling, relocation assistance, tax help, spouse career development, special-needs consultations, and more.
American Job Center – Clarksville	Employment help for military spouses and family members. 523 Madison St., Ste. B, Clarksville; 931-648-5530.

Schools & Youth Services

Organization	Details
Clarksville High School – Military Family Life Counselor (MFLC)	Confidential counseling for military-connected students (parental consent required). Contact Kelly Snyder at 270-605-4559.

Veterans Benefits & State Advocacy

Organization	Details
Montgomery County Veterans Service Organization (VSO)	Helps veterans and dependents navigate VA benefits: disability, education, healthcare, burial, pensions. 931-553-5173.
Tennessee Military & Veterans Benefits	Statewide programs: property-tax relief, educational benefits, special ID/plates, park access, and more.