

# Parenting During the Pandemic: A Resource Guide

Created by X3 Interns in  
the Fall of 2020 and Spring  
2021.

A  
resource guide by  
and for young parents  
and their families in  
New Mexico.

Spring 2021



# Table of Contents

Introduction	<a href="#">Page 3</a>
Support when Calling Resources	<a href="#">Page 4</a>
<b>Basic Needs:</b>	
Food	<a href="#">Page 5</a>
Housing	<a href="#">Page 6</a>
Clothing Assistance	<a href="#">Page 7</a>
Transportation	<a href="#">Page 8</a>
WIC/Medicaid/SNAP/TANIF/ Social Security	<a href="#">Page 9</a>
Domestic Violence	<a href="#">Page 10</a>
Drug and Alcohol Resources	<a href="#">Page 11</a>
Early Childhood Education and Child Care	<a href="#">Page 12</a>
<b>Psychological Needs:</b>	
Healthy Relationships	<a href="#">Page 13</a>
Mental Health Support   Life Skills   Coaching   Mentor   Case Management	<a href="#">Page 14</a>
Support Groups: Social and Community Support	<a href="#">Page 15</a>
Early Intervention Programs	<a href="#">Page 16</a>
<b>Self-Fulfillment Needs:</b>	
Educational Support (GED/Collage/Certificate Programs/ FASFA)	<a href="#">Page 17</a>
Career and Job Support	<a href="#">Page 18</a>
Parenting Classes	<a href="#">Page 19</a>
NM GRADS Sites - Graduation Reality and Dual Skills Programs	<a href="#">Page 20</a>
Legal Aid	<a href="#">Page 21</a>
Family Planning	<a href="#">Page 22</a>
Prenatal   Postnatal: Pregnant and Parenting	<a href="#">Page 23</a>
Conclusion: About the Creators and X3 Internship Program	<a href="#">Page 24</a>



# Introduction

This guide is predominantly written by young parents, for young parents and seeks to highlight organizations and resources that the group felt was most responsive, youth friendly, non-stigmatizing and helpful based on phone calls and conversations interns had when researching and calling organizations.

## Parenting During the Pandemic X3 Virtual Internship for Young Parents:

Future Focused Education's X3 paid internship program convened a cohort of young parents from Albuquerque, Rio Rancho, Cuba and Santa Fe in the Fall of 2020 and Spring of 2021, to grow their virtual professional work-based skills while identifying and addressing needed support for young parents state-wide. In addition to learning how to adapt professional skills to the virtual environment, they were also offered elements of peer support training for other young parents by researching and vetting available activities, resources and organizations that offer support to young parents, especially during the pandemic. In partnership with Rio Rancho GRADS teacher Amy Guzie, interns were able to learn directly from a variety of professional providers in the fields of mental and behavioral health, child development, and the healthcare field during weekly guest speaker sessions. Through examining their own lived experiences, hearing the experiences of others and learning from professionals, interns developed this Parenting During the Pandemic Resource, a culmination of their collaborative work and their identified work-based deliverable.



## How to use this guide:

This guide is structured with Maslow's Hierarchy of Need in mind. Resources related to basic needs and safety are found toward the beginning of the guide, to better cater to young parents (or providers) with acute needs or a crisis response for support, while resources related to education and career pathways will be found towards the end of the guide. Additionally, a call script was developed to support young parents (and professionals) when calling organizations so that they can get the best information possible so they can best determine if that organization or resources is a good fit for them, their situation and their families.

We want to acknowledge that Maslow's Hierarchy of Needs was taken from the cultural and traditional practices of Blackfoot Nation.

Image from [www.simplypsychology.org](http://www.simplypsychology.org)



## Support when Calling Resources:

X3 Interns quickly named numerous barriers related to their attempts at calling, engaging and seeking help from organizations. These barriers included a lack of knowledge about where and how to search for resources, anxiety related to contacting organizations (especially by phone), poor customer services that left young parents feeling overwhelmed, frustrated and (at worst) hopeless, to name a few. In partnership with the mentors and facilitators of the group, as well as a seasoned and experienced professional social worker and case manager, the group came up with a call script that they used as support when calling resources to ensure that they obtained the most helpful and important information to determine eligibility and best fit for themselves and their families. The following is a modified version the call script, which can be used by young parents and professionals alike:

**Hello, my name is \_\_\_\_\_ and I am a [student/ parent/professional from \_\_\_\_\_].  
I am looking for resources that can support young parents and I was wondering if I could ask you some questions about your organization?**

- **Can you please tell me more about what resources/supports you offer and any that may be particularly helpful for young parents?**
- **Where are you located and what areas of the state do you provide services for?**
- **What are your hours of operation? Do you have a number that people can call after hours?**
- **What makes someone eligible to participate/receive services from your organization?**
- **Are there age requirements?**
- **Do you charge for your services? Do you have any income requirements?**
- **If someone doesn't have insurance, what help can they be given?**
- **If under 18, would a young person need parent/guardian consent? Do your staff know about the Children's Code, which outlines young people's right to receive certain services without parental/guardian consent?**
- **Do I need to show ID or social security number?**
- **Do you have services/paperwork available in different languages other than English? If so, what languages do you offer?**
- **What COVID safe practices are you using during this time?**

# Food

## RoadRunner Food Bank

505-349-5340  
575-523-4390

Call line hours: M-F, 8am-5pm  
Time varies by distribution site

[https://www.rrfb.org/find-help/  
find-food/](https://www.rrfb.org/find-help/find-food/)

Provides food assistance to those in need and offers services to help with food insecurity during disasters and other difficult times.

The online listing will search food assistance near your zip code and provide information regarding eligibility.

### Eligibility & Documentation

Prior online registration is required. Those who do not have online access can call the hotline and register. Anyone who has access to the food distribution site is eligible to register, including people under 18 years of age.

## ABQ Mutual Aid

<http://www.ffol.org/mutualaid.html>

ABQ Mutual Aid is a coalition of local organizations and individuals working to protect our at-risk community members during the COVID-19 emergency in NM.

Fill out this form online to request a care package.

<http://www.ffol.org/mutualaid.html>

### Eligibility & Documentation

## Meals on Wheels

505-823-8060  
5902 Harper Dr NE Abq NM,  
87109  
Monday to Friday  
9am-2pm

### Eligibility & Documentation

No age requirement  
No ID required  
Translation services offered.

## The Store House

505-842-6491  
106 Broadway SE, Abq, NM, 87121  
Wednesday, Friday, Saturday  
9am-12pm

Provides food assistance to those in need and offers services to help with food insecurity. Spanish translation available.

### Eligibility & Documentation

ID Required  
Open to those 18 years and older.  
No income eligibility required.

### COVID Safety

Sanitized Tickets, and Carts.  
Gloves work by volunteers, and are changed hourly.  
Physical Distance - line up 6ft apart.  
Deliveries - Leave box at the door.

## Alamosa Health & Social Service Center

505-6900 Gonzalez Rd. SW, ABQ,  
NM, 87121  
Monday, Wednesday, Friday:  
10am-12pm  
Tuesday, Thursday: 1pm-3pm

Provides food assistance to those in need and offers services to help with food insecurity. Spanish translation available.

### Eligibility & Documentation

No age limit, Must provide an ID, and must have proof of address.

### COVID Safety

Operating by appointment only,  
No walk-ins. Drive through food distribution, and proper mask wearing is required.

# Housing

<p><b>Newday Youth &amp; Family Services</b></p> <p>505-288-5818</p> <p>2305 Renard Place SE Suite 200, Albuquerque, NM, 87106</p> <p>Hours of Operation: Monday- Friday, 9am-5pm</p> <p>New Day offers Transitional Living Program, Bridge to Independence, and Transitional Supportive Housing. They work to provide 1:1 support for young people in life skill development, including goal setting and transition to independence.</p> <p>Application required for each program, although priority is set for the unhoused. Apply first at <a href="https://newdayyfs.wufoo.com/forms/qdlor-cr0ob2t1k/">https://newdayyfs.wufoo.com/forms/qdlor-cr0ob2t1k/</a></p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>ID required, Ages 17 to 24 years old. No income eligibility, follows children's code, and free of charge. Interpreters available.</p> <p><b>COVID Safety</b></p> <p>Masks required and can be provided.</p>	<p><b>Youth Shelters and Family Services</b></p> <p>505-955-1684</p> <p><a href="https://drive.google.com/file/d/1K-mEaXEmJko_pnWfT5mXLAZ4A2lgTY-drt/view">https://drive.google.com/file/d/1K-mEaXEmJko_pnWfT5mXLAZ4A2lgTY-drt/view</a></p> <p>4435 Airport Road, Santa Fe, NM, 87507</p> <p>Hours of Operation: 24/7</p> <p>Offers an 18-month program that serves youth and single parents with young children. Clients meet with a case manager weekly and participate in Life Skills classes. Spanish translation offered.</p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>Must be between 17 and 21 while enrolled. Clients under the age of 18 require a guardian to be present at intake and will be required to be responsible for emergencies and medical decisions. ID and SSN needed for the application process. Clients pay \$100 in rent each month after the first 2 months.</p> <p><b>COVID Safety</b></p> <p>Social distancing, limited in person interactions. COVID safe cleaning practices. Face masks required.</p>	<p><b>Emergency Rental Assistance Program</b></p> <p>1-833-485-1334</p> <p><a href="https://www.renthelpnm.org/">https://www.renthelpnm.org/</a></p> <p>Bernalillo County: <a href="https://www.bernco.gov/rent">https://www.bernco.gov/rent</a></p> <p>Doña Ana County: <a href="https://www.donaanacounty.org/rent-utilities-assistance">https://www.donaanacounty.org/rent-utilities-assistance</a></p> <p>Offers financial support for any costs related to housing (e.g. rental assistance, utilities)</p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>Proof of rental location, proof of NM residency, Proof that COVID has impacted your income. Documentation that at least one person in the household is at risk of being unhoused.</p>	<p><b>Dream Tree Project</b></p> <p>575-758-9595</p> <p>128 La Posta, Taos, NM, 87571</p> <p>The Transitional Living Program offers DreamTree Casitas &amp; Apartments for young adults who do not have a safe place to stay. Residents live independently in an apartment while working and going to school.</p> <p>To apply online go to <a href="https://www.dreamtreeproject.org/transitional-living-program">https://www.dreamtreeproject.org/transitional-living-program</a>. Please allow for 5-7 business days for an interview to be scheduled.</p>
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# Clothing Assistance

## Dress for Success

Inside Cottonwood Mall-  
1000 Coors Bypass NW,  
Albuquerque, NM 87114  
(505) 585-4366  
M-W-F, 2pm - 6pm  
by appointment only

<https://albuquerque.dressforsuccess.org/>

We want you to feel your best while job searching and in the first few weeks of employment. Once you've scheduled an interview, obtain a referral to visit your local Dress for Success boutique. Our volunteers will work with you to help you choose an interview outfit and will also provide guidance and support for the upcoming interview.

## Eligibility & Required Documentation

This service is for women of all ages, however under 18 requires parent or guardian accompaniment.

## COVID Safety

Masks required.

# Transportation

## Guaranteed Ride Home

505-724-3115

<https://www.cabq.gov/transit/transit-programs-projects/guaranteed-ride-home>

Provides emergency rides home in a bus service area only and when the bus does not show up.

## Service Area, Eligibility & Required Documentation

Available on bus routes only, hours of operation vary based on the ABQ bus schedule. No age, income, or required documentation needed.

This service is used only for emergencies and you just be registered ahead of time. Plan ahead and register now using the link above, before you need the service.

## COVID Safety

COVID guidelines mirror those of the bus service.

## Job Access

(505) 724-3623

809 Copper Ave. NW

<https://www.riometro.org/249/Transportation-to-Work>

Job Access provides transportation to work, work opportunities and child care required for a job within the Albuquerque area utilizing public transportation routes that operate on fixed schedules. ADA accessible.

## Service Area, Eligibility & Required Documentation

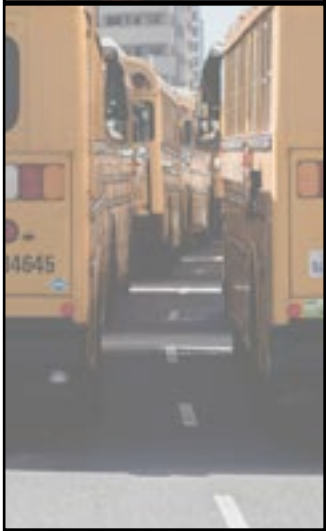
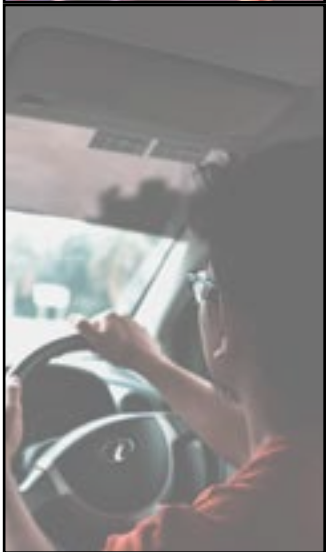
To qualify you must be currently receiving TANF, or meet the 150% Federal Income Eligibility Guidelines and live in Bernalillo County.

Check out the website below to apply.

<https://www.riometro.org/248/How-Do-I-Apply>

Free non-emergency medical transport may be available to you.

Provides curb-to curb transportation through your medical insurance. Check with your insurance provider to see if you are covered.





# WIC | Medicaid | SNAP | TANIF | Social Security

Income Support Division - Houses all of the programs  
1-800-283-4465

## SNAP

1-800-283-4465

1711 Randolph Rd SE, Albuquerque, NM 87106  
Monday-Friday 8am-4:30pm

Provides financial assistance to eligible New Mexicans with low income and limited resources to purchase food products  
Income-1 person- \$21,054 2 people-\$28,446 3 people \$35,838 4 people \$43,230  
When trying to apply  
You must be a U.S. Citizen or a qualified lawful resident.  
You must have proper identification.  
You must list who lives and eats at the household.  
You must provide information about: How much money your household receives each month. Food and Cash Assistance Guidelines can be found below.

## Medicaid

1-800-283-4465 Rio Rancho  
(505) 383-6300 Albuquerque  
(505) 841-2300

4363 Jager Way NE, Rio Rancho, NM 87144  
1041 Lambertson Place NE Albuquerque, NM 87110

Monday- Friday 8am-4:30pm

Eligibility: The aged, blind, and disabled. Also, adults with income up to 138% of poverty. Pregnant women are eligible for pregnancy-related coverage with household income up to 250% of poverty.  
How much the household can make 1.\$16,971 2.\$22,930 3.\$28,888 4.\$34,846  
You must be a resident of the state where you are applying for benefits.  
Fill out an application through the Health Insurance Marketplace.  
Proof of date of birth (birth certificate). Proof U.S. citizenship or lawful residence (passport, drivers license, birth certificate, green card, employment authorization card).

## WIC

State office-(505)476-8800,  
Rio Rancho-(505) 867-2291  
Albuquerque-(505) 262-6531  
Toll free-(866)867-3124 :

Rio rancho- 1500 Idalia Rd B, Bernalillo, NM 87004

7525 Zuni Rd SE, Albuquerque, NM 87108  
WIC Hours- Monday- Friday 8:00am-5:00pm

Free healthy foods, nutrition education, nursing support, and community connections  
How does WIC verify income?  
Social Security card for each person applying for WIC  
Dads of babies and children younger than 5 can enroll their children in the WIC program.  
The WIC program does not have the same qualifications as the Medicaid or SNAP program. You can make too much money for these programs and still be eligible for the WIC program.  
WIC provides baby food until 12 months of age.



# Domestic Violence

## Haven House

Crisis Line- 1-800-526-7157

Hours: 24/7

Administrative phone:(505)-896-4869

P.O. Box 15611 Rio Rancho, NM 87174

Haven House is the only domestic violence shelter for Sandoval County.

Services include:

Emergency shelter

Lease management

Support groups

Life-Skills classes

Legal advocacy

Referrals to job opportunities

Housing

Therapeutic counseling for both women and their children and children's programs.

### Eligibility & Required Documentation

No proof of age, income, or documentation required.

### COVID Safety

Haven House sanitizes on a daily basis and throughout the day. Social distancing is required.

## Enlace Comunitario

505-246-8972

Monday to Friday: 8am-5pm

They assist domestic violence victims, provide case management, counseling, and legal assistance. Housing programs, and interpretation assistance available.

### Eligibility & Required Documentation

Must be a domestic violence victim (physical, mental, sexual, and emotional abuse). No income requirements. No documentation needed. Free of charge. If you are under the age of 18, CYFD has to be notified. Serves immediate Albuquerque area, however they will help find resources in your area, statewide.

### COVID Safety

In person appointments require temperature checks, social distance, and basic COVID questions. Most services are over the phone during the COVID-19 emergency.

## Domestic Violence Resource Center

625 Silver SW, #183, ABQ, NM, 87102

Phone: (505)248-3165

24 hours a day and 7 days a week

They assist with completing protection orders. The case manager offers help with rent and offers help to relocate if you need. As well as with damage as a result of a crime such as broken doors and windows. Provides food boxes, and counseling. Resides in the same building as Rape Crisis and CYFD.

### Eligibility & Required Documentation

No age, or income eligibility, and no parent consent for those under 18 years old. Free of charge.

### COVID Safety

Call to make an appointment, in person appointments require temperature checks, and they will ask basic COVID questions.



# Drug & Alcohol Resources

<p><b>Solution Treatment Center</b></p> <p>(877) 499-1354 Monday - Friday 4pm-7pm 4253 Montgomery Blvd. NE, G210, ABQ, NM, 87109</p> <p>Provides mental health and substance abuse treatment. Spanish translation offered.</p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>Treats adults 18 years of age and older. ID and Insurance required.</p> <p><b>COVID Safety</b></p> <p>All services are virtual at this time, they will also follow CDC guidelines.</p>	<p><b>Shadow Mountain Recovery</b></p> <p>(505) 225-7793 Monday-Friday 7am-7pm Saturday &amp; Sunday: 8am-8pm 5400 Gibson Blvd, SE, ABQ, NM, 87108</p> <p>Provides treatment for drug addiction. Spanish translation offered.</p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>Only treats 18 years of age and older. ID and insurance required, insurance accepted.</p> <p><b>COVID Safety</b></p> <p>COVID tests administered upon admission, social distancing and masks are required.</p>	<p><b>Ideal Option</b></p> <p>(877) 522-1275 Tuesday-Thursday 7:30am-5:15pm 801 Encino Pl, STE E-6, ABQ, NM, 87102</p> <p>Provides treatment for drug and alcohol addiction. Spanish translation offered.</p> <p><b>Eligibility &amp; Required Documentation</b></p> <p>ID required, no parent consent required for 18 years of age and below. Insurance accepted.</p> <p><b>COVID Safety</b></p> <p>At this time they are following CDC guidelines.</p>
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# Early Childhood Education & Child Care

New Mexico Early Childhood Education and Care Department's Childcare Assistance Program:

<https://www.nmeccd.org/child-care-assistance/>

The Child Care Assistance Program helps pay for the cost of child care for families at or below 200% of the federal poverty level that are working and/or in school.

Application Process:

Apply in person OR Apply on-line

Here's what you'll need to apply:

- Proof of income
- School schedules for applicant children
- Birth certificates for applicant children
- Proof of residence
- Contact info for selected child care provider

Selecting a Child Care Provider:

Visit <https://search.newmexicokids.org/> to search online,

or

call the NewMexicoKids Resource and Referral office at 1-800-691-9067

or

email [support@newmexicokids.org](mailto:support@newmexicokids.org).

Visit [nmeccd.org](https://www.nmeccd.org) and click on "Am I Eligible?"

or

Call: 800-691-9067.

Email: [child.care@state.nm.us](mailto:child.care@state.nm.us)

if you have

questions or concerns about child care.



# Healthy Relationships

## Healthy Families ABQ LLC

(505)842-9911

Main Office • 1805 Carlisle Blvd NE, ABQ, NM

Rio Rancho Service Area

Hours: Saturday-Monday

8am-5pm

They offer unique services with highly qualified licensed therapists who are dedicated to helping people achieve optimum emotional health. They offer parenting and coparenting classes. Spanish interpretation available.

### Eligibility & Required Documentation

18 years and younger do not need parental consent. No income eligibility required. No insurance required. Check with Healthy Families ABQ LLC for a complete list of insurance carriers accepted.

### COVID Safety

Appointments via telehealth, inperson appointments adhere to CDC guidelines and established daily cleaning routine.

## Meca Therapy

Clovis, Las Cruces, Hobbs, & Roswell

Monday - Friday

8am-5pm

They offer ABA therapy for Newborn to 3 years of age. Provides early intervention and home visiting. Offers clothing and necessity support.

### Eligibility & Required Documentation

Services are free but income based. Clients do not require ID or Social Security Numbers. Spanish interpretation available. 18 years and younger will need parental notification.

### COVID Safety

COVID questions and masks are required.

## Attachment Healing Center

Monday - Friday

8am-5pm

They offer attachment trauma therapy for all ages.

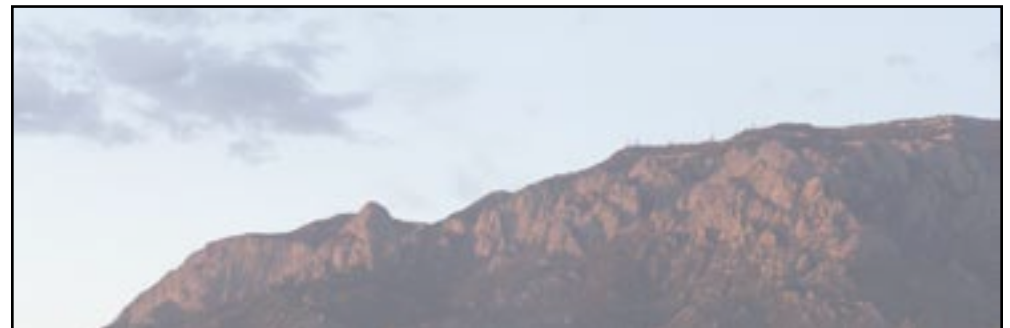
### Eligibility & Required Documentation

Insurance accepted, no age or income requirement.

\$125 for assessments

\$100 per session

Sliding scale available





# Mental Health | Support Life Skills | Coaching | Mentor | Case Management<sup>4</sup>

## The Community Lighthouse

(505) 273-6300  
3301 Canadelaria Rd NE Suite B,  
ABQ, NM 87109  
Monday - Friday  
9:00 AM - 7:00 PM  
[www.thecommunitylighthouse.com](http://www.thecommunitylighthouse.com)

They offer play therapy for people ages 2 years old and older.

### Eligibility & Required Documentation

No income eligibility, however insurance needed. Children ages 14-17 years old do not need parental consent. Insurance Needed . No social security number

### COVID Safety

The majority of appointments are via telehealth, in person appointments require the child to enter alone.

## New Day Youth and Family Services Life Skills classes

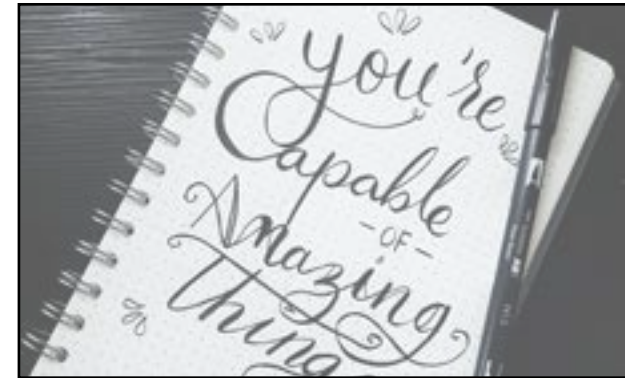
(505) 260-9934  
2820 Ridgecrest Dr SE, ABQ, NM 87108  
<https://www.ndnm.org/>

New Day works toward a vision that every youth has safe refuge for the present, adult allies for the future, and the basic skills needed to carve a healthy and positive path forward. The New Day Youth & Family Services Life Skills Academy is for youth ages 16-22 who are looking to develop key skills to improve their emotional intelligence, social intelligence/ social capital, and functional intelligence. Classes are held each week in the evening and on weekends.

## Life Change Psychotherapy Institute

(505) 271-5050  
1200 Eubank Blvd NE, ABQ, NM 87112

Offers adult psychotherapy for individuals, couples and groups, as well as art therapy, sand tray therapy and dream therapy.



## Presbyterian Medical Services

[www.pmsnm.org](http://www.pmsnm.org)

Offers therapy, counseling, medical help including birth control, UTI, and STD testing. Spanish translation offered. Visit the website to find a location near you.

### Eligibility & Required Documentation

Serves almost all ages, must provide ID, Insurance is needed.

### COVID Safety

Masks and social distancing required. Testing may be required.

# Support Groups

## Social Support & Community Support

### Southwest Counseling Center

(505) 830-1871  
 2612 Texas St NE, ABQ, NM 87110  
 Monday - Friday  
 9:00 AM - 5:00 PM  
[www.swfamily.com](http://www.swfamily.com)

#### Comprehensive Community Support Services

- Multi-systematic Therapy
- Individual & Family Therapy
- School Based Therapy
- Intensive Substance Abuse Programs
- Parenting Curriculum
- Internship program for Master level students in Counseling & Social Work
- Guidance Center Services / Institute Programs

#### Eligibility & Required Documentation

Income based, ages served is dependant on the service needed. ID required.

#### COVID Safety

Masks and social distancing required. Online intake forms. Telehealth services at this time.

### YDI, inc.

(505) 352-3444  
 3411 Candelaria Rd. NE, Suite J  
 ABQ, NM 87107  
<https://www.ydinm.org/program/pregnant-womens-program/>

Offers Pregnant Women's Program.

# Early Intervention Programs

## Parents Reaching Out

(505)262-0845  
1605 Carlisle Blvd. NE, ABQ, NM,  
87110  
Monday- Friday  
8:00am- 5:00pm

Early childhood (direct services for 0-3 mo.) intervention, educational program (3-26 SPED and Regular Education) resources. Parents Reaching Out serves the family instead of the individual, and provides resources instead of direct services.

### Eligibility & Required Documentation

Serves ages 0-26.

Accepts insurance, Medicaid, and SSI

### COVID Safety

Telehealth appointments with the majority of the communication is phone, and digitally.

## Abrazos Family Support Services

(505)867-3396  
412 Camino Don Tomas, Bernalillo,  
NM, 87004  
Monday- Friday  
8:00am- 4:30pm

Provides support to children and adults who have developmental disabilities and delays by providing an array of community-based services that meet the needs of the individuals and their families.

Family Infant Toddler Early Intervention Services are provided at no cost to families and is a program for families whose child is experiencing a delay in development or has been diagnosed with a disability, or who may have a condition which could cause a significant delay in their development.

## Alta Mira NM

(505)262-0845  
1605 Carlisle Blvd. NE, ABQ, NM,  
87110  
Monday- Friday  
8:00am- 4:30pm  
[altamiranm.org](http://altamiranm.org)

Provides various services for individuals who are experiencing a delay in their development and support them and their loved ones in making sure they reach their full potential. Services include but are not limited to: Early intervention, Speech Therapy, and Parenting classes.

# Educational Support

## GED/Collage/Certificate Programs/ FAFSA

### Higher Education at a Glance

Who can I talk to at school or at the school I recently graduated from?

You could speak to the administration office in a HS, a guidance counselor. They can also help with FAFSA and financial aid applications. They can also help you apply for scholarships.

At CNM - Academic Coaches can help with course planning, degree evaluations, program/career guidance, transferring, graduation, community resource guidance. You can talk to them via email, online chat, phone, or video chat as well as in person.

Cares Act - Little SunCats offers childcare support. This program offers support to single mothers at CNM.

### What is the difference between University, Community College, Trade School, and Certificate Programs.

Community colleges provide certification programs and trade schools. Also they provide two-year degrees. Those degrees are called associates degrees. The university offers a four year degree and what's known as a bachelor's degree. A bachelor's degree is a degree given by a four-year college program. Universities can also go on to offer you a masters or doctorate certification. Those additional degrees and certifications can be required for different careers. For example, if you wanted to be a doctor of medical science you need a bachelors, a masters, and a doctorate. Those are all separate degrees and put together they take a minimum of 10 to 12 years

### How do I pay for college?

New Mexico Higher Education Department Resources: <https://hed.state.nm.us/students-parents>

FAFSA income based qualifies for however much money depending on what you and your parent make.

Pell Grants:

Grants - are from non-profit organizations and you apply the way you would for financial aid and it's money that the state gives so you don't have to pay.

Scholarships - Good grades schools want you to go to their school and they pay on your behalf .

Self Pay

Private Loans

# Career & Job Support

New Mexico Department of Workforce Solutions  
505-843-1900  
401 Broadway Blvd NE, Albuquerque NM, 87102  
<https://www.dws.state.nm.us/en-us/>

The Department of Workforce Solutions leads to improving employment and poverty through workforce development, enhanced services for employers, and ensures fair labor practices and workforce for New Mexicans. They improve poverty and employment rates by helping New Mexicans who are in need of a job. If you call and schedule an appointment with the workforce connection office they can also help you. They can help enroll you into a career preparation program, seek internships, employment, and other training that fit your long term career goals.

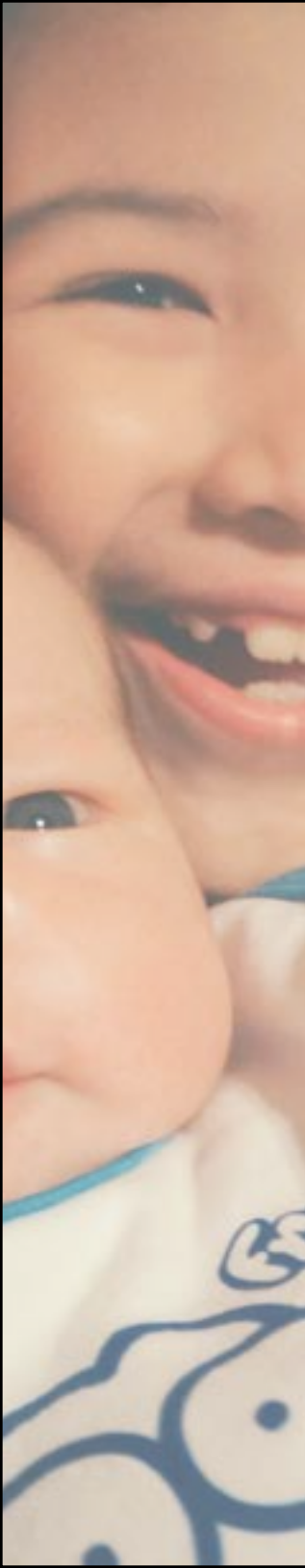
Who can I call if I need support in finding a job?  
505-841-4400

Employment Service Division, Unemployment Insurance Division, Administrative Services Division , and Labor Relations Division. Work permits are required at all times for the employment of anyone under the age of 16.





# Parenting Classes



## The Resilience Zone

505-207-0765  
4313 Corrales Rd Suite 3, ABQ, NM,  
87088

Marriage and Family Therapy. Provides tools such as family conflict, attachment healing, structure, hands on, calm, correcting, and connecting. Ask for insurance coverage, otherwise it is \$30 - \$40 per session.

## Adelante

505-341-2000  
3900 Osuna Rd NE, ABQ, NM, 87109

Nonprofit organization that includes mental, physical, seniors and disadvantage population, they also offer employment, life skill training. It's a great connection services center.

## Healthy Families

505-842-9911  
1805 Blvd NE, Alb, NM, 87110

10 Classes total  
\$30 copay/\$15 a session  
Covered by Centennial Insurance  
Includes interactive, individual, couple and family therapy.

## Circle of Security

505-431-4765  
1101 Medical Arts Ave., Building 3, ABQ,  
NM, 87102

Relationship Based Program Teaching parents how to facilitate the secure of their children.

## COVID Safety

Telehealth appointments

## All Faiths Children's Advocacy Center

505-271-0329  
<https://www.allfaiths.org/services/#familywellness>

Offers clinical therapy services, parenting groups and classes, and a family wellness program.

## Fees

Medicaid and Private Insurance accepted. Self pay rates available: \$25 per group session, \$80 for Intake/ Individual and Family therapy sessions.



# NM GRADS Sites

## Graduation Reality and Dual Skills Programs

### Schools

- |                                  |                        |
|----------------------------------|------------------------|
| Alamogordo High School / Academy | Los Lunas:             |
| Del Sol                          | Century High School    |
| Albuquerque:                     | Lovington High School  |
| Cesar Chavez Charter             | Magdalena HS           |
| La Academia de Esperanza         | Portales High School   |
| Belen High School                | Rio Rancho:            |
| Bernalillo High School           | Independence HS        |
| Career Prep in Shiprock          | Roswell:               |
| Cuba High School                 | University High School |
| Deming High School               | Santa Fe:              |
| Central High School in Gallup    | Engage High School     |
| Hatch Valley HS                  | Capital High School    |
| Hobbs High School                | Santa Fe High School   |
| Las Cruces:                      | Silver High School     |
| Oñate High School                | Socorro High School    |
| Rio Grande Prep HS               | Taos High School       |
| Las Cruces High School           |                        |

### NM GRADS

State Office Phone: (575) 835-1785  
 Address: 310 Fisher  
 PO Box 1884, Socorro, NM, 87801  
 Office hours: 8am - 4pm  
 Website: [www.nmgrads.org](http://www.nmgrads.org)

NM GRADS mission is to  
 Facilitate parenting teen's graduation and  
 economic independence.  
 Promost healthy multi-generational families  
 Reduce risk-taking behaviors

[View our legislative video:](https://tinyurl.com/nmgrads)  
<https://tinyurl.com/nmgrads>

Images provided by: Independence High School GRADS Program



# Legal Aid

## Pegasus Legal Services For Children

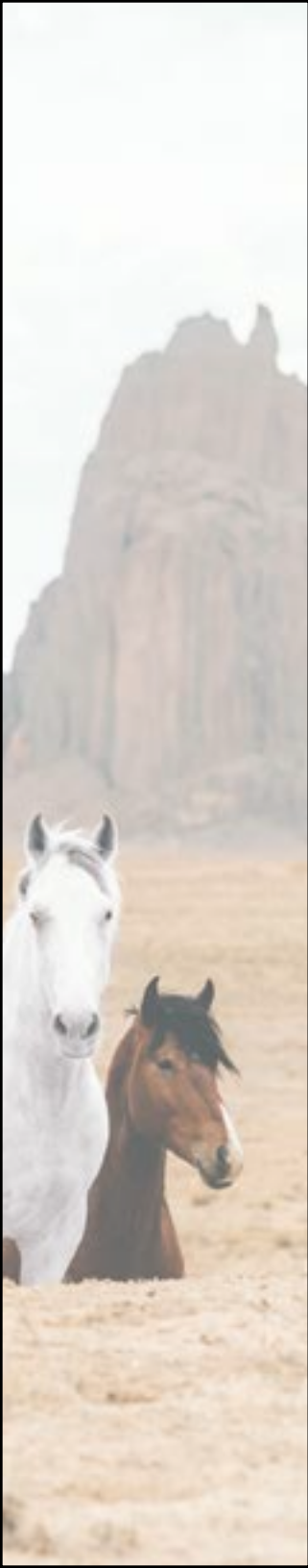
505 Marquette Ave NW Suite 1350, ABQ, NM 87102

(505) 244-1101

Monday- Thursday 8:30am- 5:00pm

Friday 8:30am -12:00pm

Pegasus Legal Services for Children is a nonprofit agency that provides free or sliding scale civil legal services to children, youth, and their caregivers, including direct representation, community legal education, and systemic advocacy. Pegasus also provides important information for young parents and young people to know their rights regarding access to sexual health and behavioral health services as well as parental rights.



# Family Planning

Curated by: Mariana Grajeda

## Many Mothers

505-983-5984

191 5th St, Santa Fe, NM, 87505

Many Mothers provides emotional, physical, practical support, critical supplies such as food. From birth or adoption of new baby.

## Planned Parenthood of the Rocky Mountains

505-982-3684

Monday - Friday

Depends on the location

Provide a reproductive health, for all genders.  
Patients need to be 18 years or older.

## New Mexico Alliance for School Based Health Care

<https://www.nmasbhc.org/school-based-health-centers/sbhc-directory/>

Many school-based health centers (SBHCs) provide confidential, developmentally appropriate reproductive health services, education, and referrals for adolescents and young parents.





# Prenatal | Postnatal | Pregnant and Parenting<sup>3</sup>

## Presbyterian Women's Care

(505) 563-6000  
201 Cedar St SE, Suite 5600  
Monday- Friday 8:00am- 5:00pm

Offers a full range of obstetrics and gynecology care to meet the needs of women of all ages, at each stage of life.

### Services include:

Family and childbirth classes, online and in person  
Labor and Delivery services  
Pediatric-focused primary, speciality and urgent care for your children as they grow.

## PB&J

Locations in Santa Fe, Albuquerque, & Rio Rancho

1-800-477-7633  
Sandoval county- (505) 896-9431  
Santa Fe county- (505) 955-0410  
Bernalillo County- (505) 877-7060  
Monday-Friday 8am-5pm

Helping at-risk children to grow and develop to their full potential in nurturing families within a supportive community. Serves parents and caregivers of children through five years of age. This includes adoptive and young parents, as well as expectant parents. Free for everyone

## Home Visitng

Please see page 10 to find free home visiting programs via [www.newmexicokids.org](http://www.newmexicokids.org)

## Southwest Family Guidance Center & Institute

2612 Texas St NE, ABQ, NM 87110  
(505) 830-1871  
Monday- Friday 9:00am-5:00pm

Provides personalized behavioral health services. Uses evidence-based practices and trauma -informed care throughout their clinical services.

### Services include:

Individual & Family Therapy  
School-Based Therapy

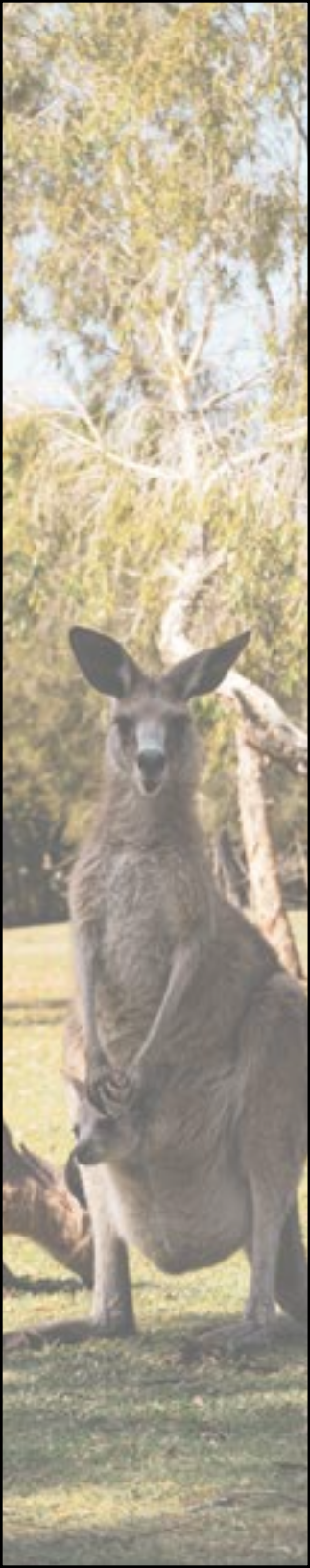
## Changing Women Initiative

460 Saint Michaels Dr. SE, Santa Fe, NM, 87504  
(505) 930-5641  
[www.changingwomeninitiative.com](http://www.changingwomeninitiative.com)

Provides Midwifery services, home-birth services, and easy access women's clinic. Walk ins welcome.

### Eligibility & Required Documentation

Accepts Insurance. ID required.





# Future Focused Education Internship Program

## Why X3 Virtual Internship For Young Parents:

The need for multilayered support for young people has been elevated as a critical need during this time of social distancing, distance learning and navigating the effects of the pandemic. FFE knows the need to build in mechanisms for social connection, belonging, peer support and mutual learning is more important than ever. By using a cohort model, X3 creates supportive learning environments to foster work-based skills, with an intentional emphasis on work-based social and emotional skills during this time. Virtual internships allow for a lower pressure, scaffolded experience for young parents to build foundational work-based skills together. They are able to be both beneficiaries and agents of change during their internship experience.

## Why X3 (Explore, Experience, Expand) Internships:

Young people, especially young parents, and companies can't afford to wait. Future Focused Education (FFE) believes internships are key to cultivating healthier and more prosperous communities, providing young people with opportunities to grow skills and build their networks while providing employers the chance to help shape their future workforce. Future Focused Education and the X3 Internship program are committed to supporting young people for the current and post-COVID-19 workplace. The X3 team is co-creating meaningful work experiences by allowing interns to learn alongside employers and organizations that are quickly adapting to workplace changes and challenges during the time of the pandemic.

Find out more about the X3 Internship Program at:  
[www.FutureFocusedEducation.org](http://www.FutureFocusedEducation.org)