

OHIO STATE UNIVERSITY EXTENSION

The following federal, state, local and non-profit resources are available to individuals and families when “times are tough”, in the categories: [Finances](#), [Employment](#), [Education & Training](#), [Food](#), [Clothing](#), [Housing](#), [Health/Wellness](#), and [Government/Other](#). We hope you will find this compilation useful and please contact the Monroe County Extension Office at 740-472-0810 if you would like more information about the services we provide.

FINANCES

The Benefit Bank	The Benefit Bank Quick Check will allow you to see if you may qualify for federal/state assistance. Also: The Ohio Benefit Bank
Department of Job & Family Services	Office of Unemployment Compensation (Ohio) For problems call: 877-644-6562
Ohio State Treasurer	Financial education resources, tips and smart money choices.
Ohio Attorney General	Information on foreclosure scams, job opportunity scams, identity theft, and repairing personal credit. Found under “Consumer Quick Tips” on their website .
Earned Income Credit, Taxes	Internal Revenue Service State of Ohio Department of Taxation State of West Virginia Taxation
Credit Counseling	Consumer Credit Counseling: 800-220-3525
Ohio State University Extension	Saving Money with OhioSaves.org , 740-472-0810
Penn State Extension	Bouncing Back When Your Income Drops Financial and Consumer Literacy Series
University of Wisconsin Extension	Managing Between Jobs Series
University of Illinois Extension	Getting Through Tough Financial Times
National eXtension	Personal Finance Website

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EMPLOYMENT

Ohio Means Jobs	The State of Ohio's job search website. Also, Ohio's working and employment information site. Also, Ohio Means Jobs Belmont County .
Workforce West Virginia	The State of West Virginia's job search and employment website.
Area Newspapers	Monroe County Beacon The Wheeling Intelligencer and News Register The Times Leader The Marietta Times The Wetzel Chronicle The Anchor News (Marietta)
Ohio Small Business Development Center	Assistance with small business start-ups and small business expansions. Marietta SBDC , Pamela Lankford: 740-373-5150
Military	U.S. Air Force , 740-695-1911 U.S. Army , 304-233-0390 U.S. Marine Corps , 304-233-1144 U.S. Navy , 304-232-2950 National Guard , 740-753-7083
Economic Development/ Community Improvement Corporation (CIC) Small business development assistance.	Monroe County CIC: 740-472-5499 (Monroe County Chamber of Commerce) Belmont County Dept. of Development/CIC : 740-695-9678 Washington County Community Development : 740-373-3504 Wetzel County Economic Development : 304-455-3825 Pleasants County Economic Development : 800-924-7047

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EDUCATION & TRAINING

Adult Basic Literacy Education (ABLE)	Classes to prepare you to take the General Educational Development (GED) test and certificate. ABLE Serves Monroe, Belmont and Washington Counties: 800-350-1242 or 740-454-7242
Ohio One Stop Training and Job Centers	Monroe County One Stop : 740-472-1602 Belmont County One Stop : 877-516-5627 Washington County One Stop : 740-373-3745 Transition Centers information found at Jobs, Etc. Connections: 740-633-5627 (Job search and placement assistance.)
Ohio Higher Education	Information on every university, community college, technical college and ABLE school in Ohio.
Ohio Learn to Earn	Training program that can help you gain work experience, build your resume and network with potential employers while continuing to receive unemployment benefits.
Dept. of Job & Family Services, Office of Workforce Development	Information on services provided through the Workforce Investment Act (WIA).
Ohio State University Extension	Extension works with families and children, farmers and business owners, community leaders and elected officials to build better lives, better businesses, and better communities. Local staff focuses on 4-H Youth Development, Agriculture & Natural Resources, Community Development, and Family & Consumer Science topics. Also, nutrition education (SNAP-Ed) for income-eligible individuals and families on a limited budget. Monroe County 740-472-0810 Belmont County 740-695-1455 Washington County 740-376-7431
Truck Driving/Heavy Equipment Operator Schools	Ohio Valley Truck Driver Training, LLC : 866-813-9906 Performance Training Solutions (heavy equipment training): 614-863-8830
West Virginia University Extension	Wetzel County 304-455-0934 Pleasants County 304-684-2448

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FOOD

Supplemental Nutrition Assistance Program (SNAP) Benefits, Dept. of Job and Family Services	Monroe County DJFS: 740-472-1602 Belmont County DJFS: 740-695-1074 Washington County DJFS : 740-373-5513 Wetzel County Dept. of Health & Human Resources: 304-455-0920 Pleasants County Dept. of Health & Human Resources: 304-684-9244
WIC (Women, Infants and Children)	Provides nutritious foods to pregnant women, nursing women, infants and children up to age five. Monroe County WIC: 740-472-1833 Belmont County WIC: 740-695-0222 Washington County WIC: 740-374-8501 Wetzel County WIC: 304-337-2011 Pleasants County WIC: 304-684-2217
Food Pantries	Mid-Ohio Food Bank (Website lists food pantries in Monroe and Belmont Counties.) SOMA Food Pantry, St. Paul's United Church of Christ, S. Main St., Woodsfield, 740-472-5883, every Wednesday, 10-Noon. Lewisville Food Pantry, Lewisville Community Center, every Wednesday <u>except</u> the first Wednesday of the month, 10-2pm (only serves areas north of Woodsfield). New Matamoros Food Pantry, 740-865-2415, Old Elementary School, 3 rd Wed. of month, 10-2pm. Newport Community Food Pantry, 740-473-2714. Gospel Mission Food Pantry, 740-350-4417, 309 Lancaster St., Marietta, Wednesdays, 11-4pm. Marietta Community Food Pantry, 740-373-5741, First Congregational Church, 318 Front St., Marietta, Mon-Thurs 10-2pm, Wed. 4:30-6:30pm. Marietta Church of God Food Pantry, 740-373-4219, 501 Colegate Dr., Marietta, last Friday of month, 9-1pm. Five Loaf Food Ministry, 1 st Christian Church Barnesville, 740-425-2480. Lutheran Aid Society, 740-732-6700.



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FOOD, continued

Free Community Meals

Available in the Marietta area:

First Presbyterian Church, 501 Fourth Street, 4th Tues of each month, 11:30-1pm.

Knights of Columbus Hall, 312 Franklin Street, every Wednesday, 11:30-1pm.

Christ United Methodist Church, 301 Wooster Street, 1st Friday of each month, 11:30-1pm.

Unitarian Universalist Church, 232 Third Street, 2nd Friday of each month, 5pm-6:30pm.

Norwood United Methodist Church, 23 Colegate Drive, 3rd Friday of each month, 5pm-6:30pm.

First Baptist Church of Marietta, 301 Fourth Street, 2nd and 4th Saturday of each month, 11-12:30pm.

Canning/Food Preservation

[Ohio State University Extension Food Preservation](#) 740-472-0810

Iowa State University Extension

[Spend Smart, Eat Smart](#)

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CLOTHING

Clothes Closets/Thrift Stores	<p>SOMA Thrift Shop, Woodsfield: 740-472-5137, M-F, 10am-2pm First Baptist Church, Woodsfield: 740-472-1941 Woodsfield Church of Christ: 740-472-5321 Wetzel County Community Resources Thrift Store: 304-455-2701 Community Resources Pleasants County Thrift Store: 304-684-3461 Salvation Army, Monroe, Janice Miller: 740-472-0828 Salvation Army, Belmont: 740-676-6225 Salvation Army, Washington: 740-373-4043 Salvation Army, Wetzel: 304-455-5151 Salvation Army, Pleasants: 304-485-4529 Goodwill, Belmont: 740-695-2335 Goodwill, Washington: 740-373-1304 Goodwill, Wetzel: 304-455-2459 Catholic Charities: 304-232-7157 (Also: food, healthcare, utilities) House of the Carpenter: 304-233-4640 (Also: food, furniture) Miracle of Life: 740-695-5658 (diapers, clothes, baby equipment)</p>
Department of Job & Family Services, School Clothing Vouchers	<p>Monroe County DJFS: 740-472-1602 Belmont County DJFS: 740-695-1074 Washington County DJFS: 740-373-5513 Wetzel County Dept. of Health & Human Resources: 304-455-0920 Pleasants County Dept. of Health & Human Resources: 304-684-9244</p>
Warm the Children	<p>Coats, hats, gloves, scarves for children in Monroe County. Contact Chris Baker, 740-567-3649</p>
Ohio State University Extension	<p>Quick and Easy Stain Removal Guide 740-472-0810</p>

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HOUSING

Community Housing Improvement Program (CHIP)	<p>CHIP makes housing repairs and renovations to owner-occupied homes, down payment assistance for first-time homebuyers, and other housing assistance for those who income-qualify.</p> <p>Monroe County CHIP: 740-472-5871 Belmont County CHIP (Bel-O-Mar): 304-242-1800 Washington County CHIP: 740-373-7671</p>
Department of Job & Family Services, Household Needs Program	<p>Monroe County DJFS: 740-472-1602 Belmont County DJFS: 740-695-1074 Washington County DJFS: 740-373-5513 Wetzel County Dept. of Health & Human Resources: 304-455-0920 Pleasants County Dept. of Health & Human Resources: 304-684-9244</p>
Community Action Commissions	<p>CACs offer a variety of services including housing assistance, heating and weatherization, employment information, Head Start and more.</p> <p>GMN Tri-County CAC, serves Monroe County: 740-732-2388 GMN Neighborhood Service Center, Woodsfield: 740-472-0828 CAC of Belmont County: 740-695-0293 Washington Morgan Community Action: 740-373-3745 Wetzel County Community Resources: 304-455-2701 Community Resources Pleasants County: 304-684-3461</p>
Public Utilities Commission of Ohio (PUCO)	<p>Includes information for households regarding home energy and utilities. 800-686-PUCO</p>

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HEALTH/WELLNESS

COBRA Information	Information on COBRA laws, researching an insurance provider and more. Ohio's insurance consumer hotline: 800-686-1526
Affordable Care Act	The federal government's healthcare website .
County Health Departments	Monroe County : 740-472-1677 Belmont County : 740-695-1202 Washington County : 740-374-2782 Wetzel County: 304-337-2001 Pleasants County: 304-684-2461
Health Services	Ohio Hills Health Services: 740-425-5165 (Provides income-based health care services including immunizations, health screenings, etc.) Wheeling Health Right: 304-233-9323 (Provides health care, education and medication to low income not eligible for Medicaid.)
Stress Management	Challenges and Choices , University of Missouri Extension Stress Management After a Disaster , University of Arizona Extension
Nutrition and Health	Ohio State University Extension Eat, Save and Be Healthy and Live Healthy, Live Well 740-472-0810
Substance Abuse/Cessation and Behavioral/Mental Health	Tobacco Prevention, Monroe County: 740-472-1677, ext. 203 Crossroads Counseling Services: 888-202-3900 North Point Behavioral Health Services: 877-392-3136 Southeast Incorporated Mental Health: 800-354-4357 Suicide Prevention Crisis (Monroe County): 800-354-4357 Hillcrest Behavioral Health Services: 304-234-8517 Noble Behavioral Health Choice: 740-732-5988 Mental Health 24-Hour Crisis Hotline: 800-354-4357 Tri-County Help Center : 740-472-0255 (Monroe); 740-695-5441 (Belmont); 24 Hour Helpline: 800-695-1639

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GOVERNMENT/OTHER

Social Security Administration	1301 Greene Street, Marietta, Ohio: 740-373-5007 50-16 th Street, Wheeling, WV: 304-232-7710
Veterans Services Office	Monroe County: 740-472-2534 Belmont County: 740-695-2121, ext. 125 Washington County: 740-568-9009 Department of Veteran Affairs: 800-827-1000
State of Ohio Here to Help	Information on money, food, housing, healthcare, education and training, and more.
Child Care	Child Care Resource Network: 800-577-2276 (Provides referrals to child care providers; refers families to sources of financial assistance for childcare.) Catholic Community Services: 304-905-9860 (Child care and resource network.)
Information Helpline	Information Helpline for the Upper Ohio Valley: 304-233-6300 (Information and referrals.)
County Government Websites	Monroe County, Ohio Commissioners: 740-472-1341 Belmont County, Ohio Commissioners: 740-699-2155 Washington County, Ohio Commissioners: 740-373-6623 Wetzel County, West Virginia Commissioners: 304-455-8217 Pleasants County, West Virginia Commissioners: 304-684-3542

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