



- When money for food is tight, consider a visit to your local food pantry, or become involved in a local SHARE program.
- Take advantage of free and reduced priced lunches at your child's school. If you have pre-schoolers you may qualify for the WIC program. Contact your Human Services office to see if your family qualifies for food stamps.

### **Find someone to talk to**

- Talk about how you're feeling with family and friends. Find someone who will listen to your concerns and problems.
- Call the Iowa Concern Hotline at 1-800-447-1985 for help with financial questions, legal issues, and family transitions. Phones are answered all hours, all days.
- When problems become overwhelming and unmanageable seek professional help from a mental health agency, church pastor, private counselor, or crisis hotline.

### **Have fun**

- Visit your local library for no or low cost family entertainment including books, magazines, videos, tapes, and computers.
- Promote self-esteem. Tell a family member, "One thing I really appreciate about you today is....."
- Look for humor in everything you do. Positive thoughts and humor will help maintain perspective while you tackle problems seriously.
- Take time for activities that give pleasure, such as going to the movies, reading a light book, visiting friends, developing a hobby, or listening to music.
- To keep your marriage growing, schedule regular "dates" with your spouse, away from work and children.

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#### **... and justice for all**

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