



Health & Wellness

Family Health

Your portal for health related resources and news from the US government. Find prevention topics, dietary and physical activity guidelines and other health resources.

<http://www.health.gov/>

Family Health and Nutrition Topics

An alphabetized listing of health topics and resources on insurance, prescription drugs, nutrition, caregiving and more.

<https://www.usa.gov/health>

President's Council on Fitness, Sports and Nutrition

Programs, events and initiatives provided by <http://www.fitness.gov/>

NFL Rush / Play 60

Find out more information about the national youth health and fitness campaign focused on increasing the wellness of young fans by encouraging them to be active for at least 60 minutes a day.

<http://www.nflrush.com/play60/>

Let's Move

Launched by First Lady Michelle Obama, Let's Move! is dedicated to solving the challenge of childhood obesity within a generation. Find helpful information and tips about food, nutrition, and physical activity for children in the USA.

<http://www.letsmove.gov/>

Family

Legal, Important Documents and Family History

Resources to obtain legal assistance, replace vital documents and learn about your family history.

<https://www.usa.gov/family>

Homes and Housing

Resources on buying, selling and renting, foreclosure, construction and renovation, affordable housing and more.

<https://www.usa.gov/housing>

Child Care Resource

Find and learn about high-quality child care or access useful tools and resources to begin your career as a child care provider.

www.ChildCareAware.org

LOCATE: Child Care

LOCATE: Child Care is a service of Maryland Family Network and the Maryland Child Care



referral Network. The service is provided free of charge to the parents of Maryland and is supported through grants and contributions.

<http://www.marylandfamilynetwork.org/programs-services/locate/>

Children and Families First

Children and Families First provides free child care referral services to Delaware residents by matching family needs through their AccessCare program.

<http://cffde.org/home.aspx>

Community Resources

Community resources to include American fact-finder, community involvement, community roots data, green communities, income poverty and health data, libraries, post offices, schools, colleges, public service and volunteer information.

<http://factfinder.census.gov>

Financial Fitness

Clearpoint Credit Counseling Solutions

A nonprofit community service agency offering credit and other financial services.

<http://www.clearpointcreditcounselingsolutions.org/>

NeighborWorks America

Find out about NeighborWorks America, the country's preeminent leader in affordable housing and community development.

www.neighborworks.org/

Guidewell Financial Services

Formerly the Consumer Credit Counseling Service of Maryland and Delaware, Guidewell Financial Services promotes the wise use of credit through confidential budget counseling, debt management repayment programs and community education.

<http://www.guidewellfs.org/>

Training, Education & Workplace

Education & Training

Find government information on education and training including primary, secondary and higher education, resources for students, parents, teachers, foreign students and more.

<https://www.usa.gov/education>

Finding a Job

Find government information and services on finding a job, including government jobs, job banks, resume builders, employment assistance and more. Provided by USA.gov.

Workplace Issues

Find information on workplace issues including back pay, child care, discrimination, disability employment, Family and Medical Leave Act, minimum wage, pensions and more.

<https://www.usa.gov/job-search>

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