EDUCATION
Visit United Way of NW GA’s Little Free Libraries
- Located in every public park in Murray and Whitfield counties
- Read a book, lend a book program
- www.ourunitedway.org/content/little-free-libraries

Tips for Birth to 5 years
- Make sure you take your child for regular checkups and keep immunizations up to date.
- Read and sing to your child.
- Play! Make learning fun.

Tips for Preparing Your Child for School and Life
- Get Involved! Make a point to communicate with your child’s teacher.
- Help your child with schoolwork and ensure your child is ready and prepared for the following school day.
- Make sure your child has a quiet place to study and complete assignments away from distractions.
- Help your child read at grade level.

BASIC NEEDS
Tips for Job Seekers
- Be prepared! Practice before you go on an interview. Have a friend ask you questions.
- Make sure you talk about your skills.
- Ask questions. This shows your interest in the job and the company.

Tips for Making a Dollar Stretch
- Purchase shelf staple items such as dried beans and rice and items on sale.
- Make sure doors and windows are sealed properly as cold air won’t escape.
- Always, follow this simple tip: Pay rent or mortgage first, utilities second and then food. Write down everything you spend and keep track of where your money is going.

COMMUNITY RESOURCE GUIDE
FOLLOW US!
@unitedwayNWGA

United Way Community Partners, Grantees, and Programs
Alzheimer’s Association........................................... 706-275-0819
American Red Cross............................................. 844-536-6226
Big Brothers/Big Sisters................................. 706-278-0702
Boehm Birth Defects Center................................. 423-778-2222
Boy Scouts............................................................ 706-272-7111
Boys & Girls Club.................................................... 706-226-2582
Carter Hope Center................................................ 706-276-7044
Cross Plains Community Partner......................... 706-278-8143
Dalton Area Project............................................. 706-278-8494
Family Frameworks............................................. 706-213-0023
Family Support Council....................................... 706-272-7919
Murray County 4-H............................................... 706-695-3031
Friendship House................................................. 706-278-8012
Girl Scouts............................................................ 706-226-1435
Looper Speech & Hearing Center......................... 706-226-4623
Meals on Wheels-Murray..................................... 706-695-7050
-Whitfield............................................................ 706-278-2777
Murray County Developmental Center............... 706-695-4571
NW GA Family Crisis Center............................... 706-278-6595
RossWoods Adult Day Services............................. 706-270-9628
The Salvation Army............................................. 706-278-3966
The Green House.................................................. 706-278-4769
United Way Information & Referral..2-1-1 or 706-226-4357
United Way Volunteer Center............................. 706-226-1435
Whitfield County-Dalton Day Care...................... 706-278-8991

All United Way partner agencies and programs provide
direct and/or supportive services to
Murray and Whitfield county residents.

United Way of Northwest Georgia
P.O. Box 586
Dalton, GA 30722-0586
Dial 2-1-1 or 706-226-4357 (CAN HELP)
VISIT OUR WEBSITE FOR INFORMATION OR TO VOLUNTEER
www.ourunitedway.org

When you support United Way, you make an investment in
our community. United Way gives kids a solid start, stabilizes
families in crisis, and provides independence for the elderly
and people with special needs. We are all about connecting
people who want to help, with people who need help. We do
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agencies, information and referral, and our volunteer center.

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Tips for Improving Health
- Drink lots of water!
- If you smoke- quit. Not only will this improve your health, but you will save money!
- If possible, get a flu shot. It will help you stay out of the doctor’s office and you won’t miss
  work and/or school.

Tips for Fitness
- Walk, Walk, Walk!
- Get outside and play!
- Take advantage of what your community has to offer, such as recreation activities and events.
  Visit www.ourunitedway.org/Play60.