

UNITED WAY OF NORTHWEST LOUISIANA

FAMILY & STUDENT RESOURCES

RED RIVER PARISH PUBLIC SCHOOLS

LOUISIANA HEALTHCARE CONNECTIONS

Offers affordable individual and family health insurance plans that fit your unique needs. Program eligibility depends on your age, income, family size and any special health needs you may have.

For more information on Louisiana Healthcare Connections, call 1-866-595-8133 or visit their website at louisianahealthconnect.com.

GINGERBREAD HOUSE

CHILD BODY SAFETY & RISK REDUCTION STRATEGIES

- Teach children the correct names for all body parts, including private body parts. Help young children remember by using a description such as "body parts covered by a swimsuit."
- Tell children that NO ONE has the right to touch them in a way that makes them uncomfortable. Teach kids to:
 - Say words that mean NO (Leave me alone/Stop that/I don't want to do that)
 - Get away.
 - Tell a grown up.

IF A CHILD TELLS YOU ABOUT ABUSE

- Be calm so the child feels safe and can tell you the whole story.
- Use the same words the child uses for private body parts. Listen now instead of correcting.
- Remind the child it is not their fault. Do not spank or punish the child, even if they seemed to participate.
- Do not ask why they did not tell sooner.
 - Most children wait to tell.
- Do not criticize the abuser in front of the child. Many abused children have mixed emotions.
- Do not ask lots of questions. Do not let friends and family ask the child questions.
- REPORT the information you have. Do not confront or tell the accused that the child has told.

If you have questions about who to call, feel free to call these agencies

- Gingerbread House: 318-674-2900
- Prevent Child Abuse Louisiana: 318-425-8060
- Department of Children and Family Services: 1-855-452-5437
 - Call this number if the child lives with the offender or if the offender is a caretaker of the child.

MLK HEALTH CENTER & PHARMACY

If you are uninsured/underinsured struggling with a chronic condition (like diabetes, high blood pressure, asthma, COPD, etc) or cannot afford your medications, MLK Health may be able to help. Please call Sue at 318-227-2912, ext. 3 to learn more. Ladies, if you're uninsured call Brenda to schedule a mammogram at 318-227-2912, ext 7.

RED RIVER PARISH HEALTH UNIT CLINIC

Offering curbside WIC services for pregnant women, infants, and children 1 to 5 years old. Appointments can be made by phone.

Need an appointment? Call 318-932-4087

UNLIMITED ALTERNATIVES TO CHANGE LLC

Offers support in medication management, community, skill training, counseling, crisis intervention and Functional Family Therapy (FFT).

FFT is a family-based prevention and intervention program for at-risk youths between 10-18 years old.

- Improve family communication
- Improve problem-solving skills
- Reduce anti-social & other problem behaviors
- Decrease family conflict, hostility, & blame
- Build balanced alliances with family members
- Improve family functioning & individual skill development

In need of these resources? Contact Rosalind Calloway at 318-746-1935 or rnelson.uac@hotmail.com

CHRISTUS HEALTH LOCATIONS

CHRISTUS Coushatta Dental Clinic

1401 Industrial Drive
Coushatta, LA 71019
318-932-2100

CHRISTUS Coushatta Rural Health Clinic

1633 Marvel Street
Coushatta, LA 71019
318-932-2081

CHRISTUS Coushatta Health Care Center Emergency Department

1635 Marvel Street
Coushatta, LA 71019
318-932-2000

CHRISTUS Coushatta Ringgold Rural Health Center

3342 Bienville Road
Ringgold, LA 71068
318-894-9611

REGISTRAR OF VOTERS

Use the [Geaux Vote App](#) or [GeauxVote.com](#) to update your registration, view a sample ballot, and more.

Have questions? Contact Debra W. Jones at 318-932-5027 or RedriverROV@sos.la.gov

RED RIVER PARISH 4-H CLUBS ARE AVAILABLE FOR GRADES K-12!

Red River Parish 4-H has something to offer for ALL STUDENTS in the areas of Healthy Living, Citizenship, S.E.T., and Agriculture. Currently, there are 4-H clubs in every school in Red River Parish, with brand new clubs specific to pets & cooking. If your child is interested in joining 4-H, please call 318-932-4342 to request an enrollment card.