

GIVE

- Give to community efforts aimed at helping ALICE households to:
 - Pursue career advancement through job training, targeted occupational credentials and certifications, and post-secondary education.
 - Address short-term barriers to working, such as car repairs, the need for new tools and work clothes, and licensing/certification costs.
 - Handle basic needs emergencies involving food, shelter, utilities, and emergency funds.
- Give to your local United Way's Community Impact Fund to benefit ALICE families in your area.

ADVOCATE

- Advocate for strategies that improve long-term prospects for ALICE households by:
 - Making child care more affordable for families.
 - Increasing the supply of affordable housing.
 - Protecting and growing middle-skill and high-skill jobs in Connecticut and supporting career advancement into these jobs.
 - Supporting work for lower-income working families by addressing benefit cliffs and tax incentives.
- Reading the full ALICE Report for Connecticut at <http://alice.ctunitedway.org>.
- Attending events supporting ALICE families.
- Looking at issues in your community and at the state and federal level through a lens which focuses on what will help and what will hurt ALICE households.
- Engaging with your local and state leaders and sharing your thoughts about ALICE.
- Talking with your family, friends, and neighbors (some of whom may be dealing with financial hardship) about ALICE. Raising awareness about ALICE, sharing ALICE's story, and contributing to an informal discussion among residents and leaders about ALICE.

VOLUNTEER

- Contact your local United Way to find out how to volunteer your time to help ALICE households. This could include:
 - Helping ALICE households get a handle on family financing with the help of budget coaching, establishing bank accounts, and individual development accounts and tax preparation assistance.
 - Helping children in ALICE families succeed through reading/literacy programs, mentoring, and after-school academic supports.
 - Staffing food distribution centers, food pantries, and health outreach clinics.
- Listening to family, friends, and neighbors who are ALICE families and helping them when you can or referring them to places that can help such as United Way 2-1-1.