

NEED HELP MEETING YOUR ABAWD WORK REQUIREMENTS?

A-RESET can help you meet the Able-Bodied Adults without Dependents (ABAWD) work requirements for Food Assistance. You can get help from the Alabama Department of Labor through a career center. Visit <https://alabamaworks.alabama.gov> to find a career center near you.



READY TO SIGN UP?

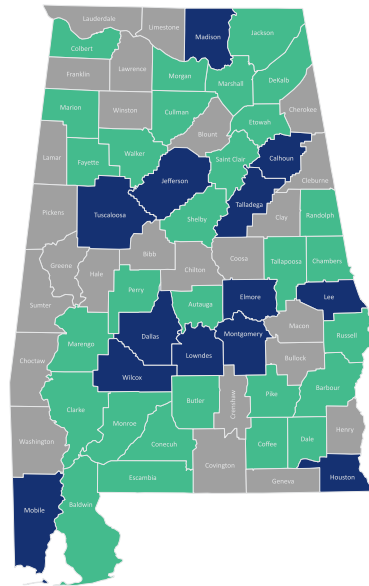
Contact your county A-RESET case manager if you're ready to sign up!

Phone: 1-833-822-2202 (Montgomery area) and 1-800-382-0499.

Website: www.dhr.alabama.gov

Find an A-RESET Program Near You Today

You can sign up for A-RESET if you live in any of the blue counties on the map. Programs are also available in the green counties. Talk to your local A-RESET case manager or eligibility worker to see what programs are available where you live.



USDA is an Equal Opportunity Provider,
Employer, Lender.

PUB 22-1 | May 2022

A-RESET IS THE KEY TO HELPING YOU GET A JOB YOU WANT



Food Assistance Division
Supplemental Nutrition Assistance
Program (SNAP)

WANT TO GET PAID TO LEARN?

A-RESET participants can get \$50 twice a month to help cover any costs you might need to pay for. This means you can get an extra \$100 each month! This money doesn't count against your Food Assistance benefits – it's just for you!



READY FOR A CHANGE?

Do you want to learn new skills or take your skills to the next level?

Do you want a job that pays more?

Do you get Food Assistance?

If yes, A-RESET may be the program for you!

A-RESET IS ALABAMA'S FOOD ASSISTANCE EMPLOYMENT AND TRAINING PROGRAM

A-RESET's goal is to help Food Assistance recipients achieve their employment goals and earn better wages. Our programs are designed to help participants get jobs fast.

3 Ways A-RESET Can Help You

- 1 Learning new skills or improving your current skills
- 2 Getting a stable job that pays better
- 3 Improving your finances

A-RESET is Completely Free to You



Joining A-RESET is Voluntary

This means your Food Assistance case won't be penalized if you decide to stop participating.

THERE'S AN A-RESET PROGRAM FOR YOU!

Some major A-RESET partners include the Alabama Department of Labor, the Alabama Community College System (ACCS), SAFE, and United Way.

Other types of services include:

 Help with your resume	 English acquisition (English as a second language) classes
 Computer training tutorials	 GED prep and testing
 Ready to Work skills	 Individual career assessment
 Individual Employment Plans (IEP)	 Career pathways
 On-the-job training	 Job readiness
 Job referrals	 Interview skills
 Specialized training and college tuition	 Copies/fax/telephone access