

List of Suggested Outings



Daily Life

- Grocery Store
 - Finding foods they like (ex. Halal meat)
 - Reading nutrition labels
 - Paying with a debit card
 - Using SNAP benefits
 - Using coupons (if desired)
- Post Office
- Library
- Starbucks
- Local park/playground
- McDonalds or other fast food restaurant
- Mall
- Movie theater
- House of worship

Finances

- Local bank - go inside to complete a transaction and use the ATM
- Where to go to pay bills (as some utility bills can be paid in certain stores)

Accessing Community Resources

- Local Food Pantry
- Goodwill
- Local YMCA or other recreation center (ask about discounted memberships)
- Ride the bus together to somewhere they may need to go often (show them how to use a public transportation app that shows bus routes, schedules, etc.)

Children

- Childrens' schools - introduce family to front office staff, guidance counselor(s), Principal/Vice Principal
- Local childcare facility/facilities (if looking for childcare)

Emergency/Medical

- Local Police station and try to meet with the Police Chief
- Local Fire station and try to meet with the Fire Chief
- Nearest Hospital that takes their health insurance
 - Locate the ER and main entrance of the hospital
- Nearest Urgent Care that takes their health insurance
- Local free clinics
- Nearest dentist that takes their insurance and/or identify a free dental clinic
- Local pharmacy and understand how to get a prescription filled

Other

- DMV
- WIC Office (if eligible - children 5 and under)
- City Hall