

## Temporary Assistance for Needy Families (TANF)

### What is Temporary Assistance for Needy Families (TANF)?

TANF helps families support themselves while they are entering or re-entering the workforce. TANF is available to families of children who are:

- Under age 18, or if 18, ready to graduate from high school before age 19
- Attending school regularly if between the ages of 5 and 18
- Living with a parent or other relative
- US citizens or eligible immigrants

### How does it work?

The TANF program provides families with a monthly cash payment to be used to meet their basic needs. *Those who receive TANF must be involved in work activities no later than 24 months after their first TANF payment, and cannot receive TANF for another 24 months thereafter.*

### How does one apply?

- Complete and submit an application form.
  - Visit the Alexandria Department of Human Services.
  - Call the Alexandria Department of Human Services and ask that an application be mailed to you.
  - Print out the [TANF application](#) found on the [Virginia Department of Social Services website](#).

Note: You may need to be interviewed by an eligibility worker, depending on the type of assistance requested.

### Contact Information

[Alexandria Department of Human Services](#)

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