



**Brown &
Crouppen**
LAW FIRM

RESOURCE DIRECTORY

This Directory gathers into one place many of the resources and services that are available throughout the Metropolitan and Jefferson County areas. In addition to addresses and phone numbers, we've provided the website address for most these organizations. Looking at an agency's website will provide more information about the place before you call or go there.

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www.StartHereSTL.org

Visit the Start Here website for more information about the organizations listed as well as additional updated listings.

**PUBLIC LIBRARIES
provide computers and computer labs that give
immediate access to the internet.**

Many of the organizations listed here receive grants and federal funds. They are mandated to provide services and assistance, so take your time going through the book, read the requirements and make use of what they have to offer.

HOW TO CONTACT AGENCIES AND GET RESULTS

1. Take notes. Have paper and pencil ready when you make a call. Be ready to give a brief but complete account of what you need. Eliminate unrelated information.
2. Be ready to provide your full name and contact information such as how or where you can be reached or get messages.
3. If your inquiry involves an agency that uses an identifying case or file number, have that ready.
4. Be sure to record the name and title of people you talk to and confirm their phone numbers in your notes.
5. Keep your notes together on all of your contacts to each agency so that you can supply information when you make follow-up calls.
6. Take the time to say THANK YOU to those who assist you!

STREETWISE SAFETY TIPS

Stay Alert and tuned into your surroundings wherever you are.

Act as if you're calm, confident, and know where you're going.

Don't accept rides from someone you don't know and/or trust.

Trust your instincts. If something or someone makes you uneasy, avoid the person or situation and leave as soon as possible.

Know the neighborhoods where you spend time, including locations of fire and police stations, as well as the DOWNTOWN GUIDES riding bikes in yellow shirts.

Try to walk places with your friends rather than alone.

Stick to well-lighted, well traveled streets. Avoid shortcuts through wooded areas, parking lots, or alleys.

Take the safest route when traveling on foot.

Don't display your cash or any other inviting targets such as cell phones.

Carry your backpack or purse close to your body and keep it closed.

If you are just carrying your wallet. Put it inside your coat or a pocket, not in your backpack. Keep your I.D. and other important papers safe and close.

If you think you are being followed switch directions or cross the street. If they're still there, move quickly toward an area with more people. Don't be afraid to yell for help. Or try walking into a store or other public area.

If someone tries to rob you give up your property – don't give up your life. Report the crime to the police immediately. Try to describe the attacker accurately. Your actions can help prevent others from becoming victims.

Be alert and report suspicious activity.

HOTLINES & WEBSITES

| | |
|--------------------------------------------------|--------------|
| Alcoholics Anonymous (AA) | 314-647-3677 |
| ALIVE-Domestic Violence | 314-993-2777 |
| Call For Help Metro East | 618-397-0968 |
| Cocaine Anonymous (CA) | 314-361-3500 |
| Covenant House Youth Hotline | 800-999-9999 |
| Crisis Nursery Emergency Care for Children | 314-768-3201 |
| Epworth Street Outreach (YES) | 314-727-6294 |
| GED Hotline | 800-626-9433 |
| Life Crisis Suicide Hotline | 314-647-4357 |
| MO Child Abuse and Neglect | 800-392-3738 |
| Narcotics Anonymous (NA) | 314-830-3232 |
| Runaway Switchboard | 800-621-4000 |
| Safe Connections-Domestic Violence | 314-531-2003 |
| Women's Safe House | 314-772-8952 |
| Youth In Need Hotline | 636-946-3771 |

2-1-1 (Operated by United Way 24/7)

www.211.org Alt. Number: **800-427-4626**

Counseling, education, employment, utility assistance, etc. Mainly referrals. Includes information on weather shelters and parish food pantries..

AFFORDABLE CARE ACT HEALTH INSURANCE (Obamacare)

www.HealthCare.gov

MISSOURI HEALTH CARE MARKETPLACE

www.EnrollMissouri.org 24-Hour Hotline: **800-318-2596**

Hotline handles consumer questions and starts the process.

CATHOLIC CHARITIES

www.ccstl.org 314-367-5500

COVER MISSOURI (The Health insurance Marketplace)

www.covermissouri.org 800-318-2596

AID TO VICTIMS OF CRIME Hotline: 314-652-3623

BEHAVIORAL HEALTH RESPONSE

www.bhrstl.org 24-hour Crisis Line: 314-469-6644 or 800-811-4760

CHILD ABUSE AND NEGLECT HOTLINE

800-392-3738

ENERGY CARE

www.energycare.org 314-773-5900

Energy-related services for the low-income elderly, ill, disabled and families with young children in St. Louis City and County.

AFFORDABLE CARE ACT (Obamacare) 800-318-2596 (24 hrs)
www.HealthCare.gov. and www.EnrollMissouri.org

There is some extra information on the Missouri website.
(24 Hours)

HOUSING RESOURCE CENTER 314-802-5444
800 North Tucker 63101

Most (but not all) of the shelters and transitional housing locations in both the city and county require a referral from the Housing Resource Center, (HRC) so you can save yourself some time by calling the above number or visiting their downtown location first. Start calling at 8:00 am to be assigned to a shelter for that night. The Housing Resource Center is located in the same building as St. Patrick Center but they are separate agencies.

PEOPLE'S COMMUNITY ACTION CORPORATION
An Affiliate of Betty Jean Kerr People's Health Centers
www.pcacstl.org

Central City Office: 2012 Martin Luther King Dr. 63106(314-269-5210)
Cook Elementary School: 5935 Horton Pl. 63112(314-862-6270)
6827 S. Broadway (at Longborough Ave.) 63111(314-353-1457)

SAINT LOUIS COUNTY DEPARTMENT OF HEALTH 314-615-5000
www.stlouisco.com
415 Central Clayton, MO 63105

ST. PATRICK CENTER 314-802-0700
www.stpatrickcenter.org
800 North Tucker 63101

The St. Patrick Partnership Center located downtown STL offers more than 25 programs and 13 partner organizations. Programs include: Direct Assistance (food, clothing, utilities, etc.); Referrals to Shelters; Rental and Mortgage Payment Assistance; Counselling; Tutoring and GED classes; Health and Dental Care through Grace Hill; Mental Health Services; Legal Services; Day Care; Life Skills, and more. Shamrock Club provides employment training, financial counseling, 12-step and substance abuse counseling.

HOMELESS HOTLINE (KANSAS CITY AREA) 816-474-4599
HOMELESS HOTLINE ST. LOUIS: HOUSING RESOURCE CENTER
314-802-5444 800 N. Tucker Blvd. 63101

Hotline for centralized access to homeless shelters and other housing programs. Most facilities require a referral from the Housing Resource Center.

HUNGER HOTLINE **314-726-5355 Ext. 3**
Operation Food Search:

This organization provides an automated list of food pantries by zip code.

www.medicaid.gov

Low cost health insurance through Medicaid or CHIP (Children's Health Insurance Program). Includes more information about health ins. coverage.

MID-EAST AREA AGENCY ON AGING **636-207-0847**
www.mid-eastaaa.org **or 636-207-1323**

NATIONAL ALLIANCE FOR MENTAL HEALTH (NAMI)

Nation-wide Suicide Prevention

www.nami.org HOTLINE number: **800-273-8255**

The NAMI website provides resources and information about mental illness.

NATIONAL DOMESTIC VIOLENCE **800-799-SAFE (7233)**
or 800-787-3224

NATIONAL SEXUAL ASSAULT **800-656-HOPE (4673)**

PARAQUAD **314-289-4200**
www.paraquad.org

Advocay and programs to provide independence for people with disabilities.

ST. LOUIS CITY GOVERNMENT WEBSITE **www.stlouis-mo.gov**
ST. LOUIS COUNTY GOVERNMENT WEBSITE **www.caastlc.org**

ST. LOUIS YOUTH CONNECTION **314-628-2929**
www.youthinneed.org **or 877-928-2929**
24 hour Helpline:
Text: 4HLP to 31658

www.socialserve.com or 1-877/428-8844

Rental Listings at low or subsidized rates

www.HomelessShelterDirectory.org

A website for shelters and resources in out-state Missouri.

URBAN LEAGUE
www.ulstl.com 314-615-3600

CLOTHING

CHAPEL FOR THE EXCEPTIONAL

3436 Winnebago 63118

314-776-7172

Lunch/Soup kitchen: Monday-Friday 12:00 pm-12:30 pm.

Food Pantry: 2:00 pm-2:30 pm Monday and Friday when available. Call first if possible.

CONNECTIONS TO SUCCESS and DRESS FOR SUCCESS

www.connectionstosuccess.org

2125 Bissell (No street sign - In the Grace Hill building near Grand and Florissant) 63107 314-584-6887

3000 Little Hills Expressway St. Charles 63301 636-940-8027

Monday-Friday 9:00 am-4:00 pm. Both organizations provide clothing for job interviews and outfits for starting work before the first paycheck. Also, counseling and job readiness. They work with men and women who have been incarcerated, as well as other job seekers. Grace Hill address for women only. Call to make an appointment if possible.

DREAM CENTER

314-381-0700

4324 Margaretta Ave. 63115

www.stldreamcenter.org

Clothing Boutique. Distributes new and gently used clothing and accessories at no charge. Open to the public Monday, Tuesday, Wednesday, and Friday 1:00 pm-3:00 pm. Closed Thursdays.

GUARDIAN ANGEL/HOSEA HOUSE

314-773-9027

2635 Gravois 63118

www.gasastl.org

Zip codes 63104 and 63118 only appointment only Clothing and Food Pantry.

ISAIAH 58 MINISTRIES

314-776-1410

2149 South Grand 63104

Provides help with clothing and is also a food pantry. Serves area between Chouteau and Chippewa, between Jefferson and Kingshighway. Monday-Friday, 10:00 am-1:00 pm.

JOINT NEIGHBORHOOD MINISTRY

314-771-3987

2911 McNair Ave. 63118

Clothing and Food Pantry.

On-site nurse during open hours.

Monday, Wednesday, Friday: 9:30 - Noon

KAREN HOUSE
1840 Hogan 63106

314-621-4052

Free clothing Thursday 1:00 pm-3:00 pm.

KINGDOM HOUSE
1321 S. 11th St. 63104

314-421-0400

Many family support services including food pantry and thrift shop.
Serves 63104 and 63118 zip codes only. Call first.

NEW LIFE EVANGELISTIC CENTER
1411 Locust 63103

314-421-3020

www.newlifeevangelisticcenter.org

Free clothing. Monday-Friday 10:00 am-noon.

ST. AUGUSTINE'S CATHOLIC CHURCH (FATHER BOB'S)

1371 Hamilton Ave. 63112

314-385-1934

www.st-augustine-stl.org

Food pantry and clothing Monday, Wednesday, and Friday 9:30 am-11 am.
Matching fund utility aid starting at 6:00 am Monday, Wednesday, and Friday. They match \$25.

ST. VINCENT DE PAUL CHURCH
1408 South 10th St. 63104

314-231-9328

Free clothing Tuesday noon-1:30 pm.

ST. PATRICK CENTER
800 N. Tucker 63101

314-802-0700

www.stpatrickcenter.org

Tuesday and Thursday 1:00 pm-2:30 pm. Every second Saturday 8:00 am-noon.

www.svdpstlouis.org/thrift-stores

for DADS

BETTER FAMILY LIFE

314-367-3440

5415 Page Blvd. 63112 (Note: new location.)

www.betterfamilylife.org

Workforce development and many other programs offered such as: Social, cultural, artistic, youth, economic, housing and educational programs that help to promote positive and innovative changes within the metropolitan St. Louis area. Much of BFL's programming is geared towards people who are unemployed, underemployed, disadvantaged or need skill enhancement.

CHILD SUPPORT HOTLINE

800-859-7999

Supportive services and information, including genetic testing and updates on cases.

EMPLOYMENT CONNECTION

314-333-JOBS (5627)

2838 Market Street 63103

www.employmentstl.org

Pathways to responsible fatherhood. Includes parenting, economic stability and legal services. See page 12 for more information on Employment Connection.

THE FATHERHOOD INITIATIVE

314-535-0017

1911 North Taylor 63113

www.ccstl.org

For men who may or may not be fathers. An eight-week intensive program, that meets for several hours daily. Helps men learn how to engage with their children in positive ways and take on the responsibilities of fatherhood. Also includes legal services. A Catholic Charities program.

FATHERS SUPPORT CENTER

Prince Hall Family Support Center

314-333-4170

4411 N. Newstead 63115

www.fatherssupportcenter.org

A comprehensive menu of programs and services for men who want to become responsible fathers. The Fathers' Support Center Legal Clinic offers legal advocacy and legal services in the areas of child support, legal visitation, employment services, and much more.

www.fatherhood.org/insideoutdad

A national program that works to develop strong relationships between fathers who have been incarcerated and their children. Check this website for ideas and resources.

DROP-IN CENTERS

THE BRIDGE OUTREACH

314-421-3136

1610 Olive St. 63103

www.bridgestl.org

Monday-Thursday 6:30 am-6:00pm and Friday 6:30 am-2:00 pm. Services include three meals a day, permanent mailing address service, hygiene items, and referrals to other agencies (Birth certificates and state IDs: Monday-Thursday 8:00 to 12:30 pm.) Tuesdays (time open/list) restrooms, on-site health services, phones to make local calls, social work services, and spiritual services.

HORIZON CLUB (Open 24 Hours a Day)

314-436-1733

202 N. 23rd St. 63103

This 24-hour safe haven offers showers, coffee, access to agencies, computers/internet access, microwave, laundry, lockers, access to transitional housing. Grace Hill nurses are available on Tuesdays from 2:00 pm-3:30 pm. Substance abuse counselors are also available.

PLACES FOR PEOPLE WELCOME CENTER

314-615-2111

4130 Lindell Blvd. 63108

www.placesforpeople.org

Monday-Friday 9:00 am-noon. Walk-ins will meet with an intake clinician for screening, information and referrals. Appointments Accepted.

ST. LOUIS EMPOWERMENT CENTER

314-652-6100

Depression Bipolar Support Alliance (DBSA)

1908 Olive St. 63103

www.dbsaempowerment.org

Friendship Line:

866-525-1442

A drop-in center for mental health and substance abuse recovery meetings. (Open 365 days a year 9:00 am-3:00pm). Support groups, and employment classes.

THE SPOT for ages 13-24

314-535-0413

4169 Laclede 63108

www.thespot.wustl.edu

A drop-in center with computers, medical care, HIV testing, showers, laundry, and more. Open 1:00 pm-5:00 pm weekdays.

WOMAN'S PLACE

314-645-4848

www.womansplacestl.org

8300 Morganford 63123 (in the back of St. Mark Church)

Monday-Friday 10:00 am-5:00 pm.

4116 McClay 63304 St. Charles

636-373-7911

Monday-Thursday. Call for times.

EMPLOYMENT & TRAINING

AMERICORPS

314-772-9002

1315 Ann Ave. 63104
www.americorps-stl.org

Year-round recruitment for people to work in education and disaster relief.

Community Action Agency of St Louis County (CAASTL)

314-863-0015

2709 Woodson Rd 63114
www.caastlc.org

Assists residents of St Louis County meet the terms of their probation and parole, including GED, money management, counseling, family development, job readiness and placement.

JOB APPLICATION.COM

Department store and retail listings, info, and applications.

EDUCATIONAL OPPORTUNITY CENTERS

314-535-6670

4495 Forest Park Avenue 63108

The Educational Opportunity Centers provides free educational counseling to assist individuals in furthering their education beyond high school. Call for an appointment federally funded.

EMPLOYMENT CONNECTION

314-333-JOBS (5627)

2838 Market Street 63103
www.employmentstl.org

Free employment services to ex-offenders and persons who have a barrier to finding and maintaining employment, and to St. Louis area businesses who are seeking qualified job applicants. World of Work (WOW) training is Monday-Thursday 9:00 am-3:30 pm. Call to schedule WOW orientation session.

JEFFERSON ONLINE INFORMATION NETWORK (JOIN-N)

www.join-n.org

A comprehensive list of resources and information throughout Jefferson County, including medical, housing and employment services.

JOB CORPS CENTER**314/679-6200****4333 Goodfellow Boulevard 63120****www.stlouis.jobcorps.gov**

Job Corps is a no-cost training program administered by the U.S. Department of Labor that provides career, technical and academic training for ages 16 through 24.

KINGDOM HOUSE**314-421-0400****1321 South 11th Street 63104****www.kingdomhouse.org**

A variety of programs and classes, including job readiness, GED, ESOL.

MERS GOODWILL INDUSTRIES**314-241-1133****1727 Locust St. 63103****www.mersgoodwill.org**

Many programs and locations, including services for veterans. Juvenile Justice helps youth in juvenile detention centers find employment and obtain a GED.

METROPOLITAN EDUCATION & TRAINING CENTER (METCENTER)**6347 Plymouth Ave. 63133****314-241-1133**

www.metcenterstl.com Accessible job training, placement, assessment, career development services and transportation services.

MISSOURI DEPT. OF LABOR AND INDUSTRIAL RELATIONS**www.dolir.mo.gov****573-751-9691**

Information about wages, unemployment and compensation. A good source for potential employers looking for incentives to hire individuals with criminal histories.

MISSOURI RE-ENTRY PROGRAM (MRP)**573-526-1664****www.worksmart.ded.mo.gov****MORE THAN CARPENTRY****314-862-0515****1259 Stephen Jones Ave. 63133****www.morethancarpentry.org**

Learn the trade of cabinet making, including furniture and millwork through carpentry education and apprenticeship training.

NEAR SOUTHSIDE EMPLOYMENT COALITION**314-865-4453****2649 Pestalozzi St. 63118****www.nsecworks.org**

Training and job placement services. History of working successfully with ex-offenders. Develop computer and interviewing skills.

REDEVELOPMENT OPPORTUNITIES FOR WOMEN (ROW)**www.row-stl.org****City Office: 306 North Tucker 63101****314-588-8300****County Office: 2709 Woodson Road 63114****314-863-0236**

ROW focuses on economic independence, employment assistance, and opportunities, Rent, utility assistance, access to continued vocational education; child care, transportation assistance; Individual Development Account gives access to a saving program.

SLATE MISSOURI CAREER CENTER (SLATE MCC)**www.stlouis-mo.gov/slate/**

Connects job seekers to training programs and employment.

CARRER CENTERS:**ST. LOUIS CITY - SLATE CAREER CENTER**

1520 Market Street Room 3050 63103

314-589-8000**ST. LOUIS CITY - CENTRAL CAREER CENTER**

4811 Delmar Blvd. 63108

314-877-0916**ST. LOUIS COUNTY - NORTH OAKS CAREER CENTER**

26 North Oaks Plaza 63121

314-381-6700**ST. LOUIS COUNTY - FLORISSANT CAREER CENTER**

4040 Seven Hill Dr., Suite 166 Florissant 63033

314-475-7900**ARNOLD CAREER CENTER**

3675 West Outer Rd., Suite 102 Arnold 63010

636-287-8909**ST. CHARLES CAREER CENTER**

212 Turner Blvd. St. Peters 63376

636-255-6060**WASHINGTON CAREER CENTER**

1108 Washington Square Shopping Center, Washington 63090

636-239-6703**TEMPORARY AGENCIES**

Temporary agencies can be a first step toward permanent employment. Do a computer search for "temp agencies" and you'll find many to choose from. Here are a few:

KELLY SERVICES**314-567-7787****www.kellyserves.com**

2458 Dorsett Rd. Ste. 321 63043

LABOR READY**314-776-0600****www.peopleready.com**

9095 13th St. 63103 Monday - Friday 6am to 6pm

MANPOWER (They also work with women)**314-692-4215**

622 Emerson Road, Ste. 110 63141 314-692-4215

Address Offices in Festus, Wash, Cape G, FVH, MountVenom Carbondale
Springfield CIL

UNEMPLOYMENT INSURANCE

314-340-4950

Automated claim processing and information number.

URBAN LEAGUE

314-615-3600

www.ulstl.com

3701 Grandel Square 63108

Call or check website for nine more locations through the area.

Job Search Assistance, career counseling, job readiness training, job referrals, job development and placement, case management and utility assistance.

ST. LOUIS CITY DIVISION

935 N. Vandeventer 63108

314-615-3600 Ext. 642

ST. LOUIS COUNTY DIVISION

8960 Jennings Station Rd. 63136

314-388-9840

ST. CLAIR COUNTY DIVISION

10220 Lincoln Trail Fairview Heights, IL 62208

618-274-1150

VOCATIONAL REHABILITATION

220 S Jefferson St., Room 110 63103

Multiple offices in the St. Louis area and more throughout the state.

www.careeronestop.org

1-877.872-5627

Career exploration, training and jobs.

www.cap4kids.org

Community resources to help Children And Families.

The Workforce Solutions Group (Accelerated Job Training)

St. Louis Community College's Corporate College.

314-539-5302

3221 McKelvey Road Bridgeton 63044

<http://www.stlcc.edu/Workforce-Solutions>

Develops industry-specific training in partnership with the college's campuses and local employers to help adults retrain for in-demand occupations in shorter duration formats. Program offerings are based on demand and the availability of funding or industry partner participation.

YOUTHBUILD ST. LOUIS

314-261-0202

Operation Excel YouthBuild

93 North Oaks Plaza 63121

www.youthbuild.org

YouthBuild St Louis Americorps is an alternative education, construction training, employment, and leadership development program serving low-income St Louis youth ages 18-24 who have not completed high school.

FOOD PROGRAMS & PANTRIES

You can apply for emergency or regular food stamps at the locations below or any Division of Family Services office in the city or county of St. Louis. For information about the Food Stamp (SNAP) program and free application screening, visit: www.dss.mo.gov/fsd/fstamp.

EMERGENCY FOOD STAMPS/SNAP PROGRAM

www.dss.mo.gov/fsd/fstamp.

Info Line: 855-373-4636 Ext. 2

EBT Customer Service Line:

800-997-7777

3101 Chouteau 63103

314-256-7000

4411 N Newstead Ave., 3rd Floor 63115

314-877-2000

Income Maintenance:

314-877-2400

HUNGER HOTLINE

Operation Food Search 314-726-5355 EXT. 3

This organization provides an automated list of food pantries by zip code. You'll be directed to put in your zip code, and they'll give a list of all of the pantries in your area. Have a pen and paper ready. They'll give lots of information.

MEALS ON WHEELS

314-612-5918

www.mealsonwheelsamerica.org

Disabled or age 60 or older.

EMERGENCY FOOD LOCATIONS

314-802-0700

SHAMROCK CLUB AT ST. PATRICK'S CENTER

800 N. Tucker 63101

Lunch: Monday-Friday 12:00 pm-1:00 pm

NEW LIFE EVANGELISTIC CENTER

314-421-3020

1411 Locust 63103

Lunch every day: 11:00 am-12:30 pm

Sandwiches at the door every evening: 5:00 pm-6:00 pm

Dinners are for residents only.

Free clothing every day: 10:00 am-12:00 pm.

THE BRIDGE OUTREACH 314-421-3136
1610 Olive St. 63103
www.bridgestl.org
Hours: Monday-Thursday 6:30 am-6:00 pm, and Friday 6:30 am-2:00 pm.

SOCIETY OF ST. VINCENT DE PAUL 314-881-6000
100 N. Jefferson Ave. 63103
www.svdpstl.org
Sandwiches at the door Monday-Friday 9:00 am-4:30 pm.

CHRIST CHURCH CATHEDRAL 314-231-3454
1210 Locust 63103
Breakfast every Saturday 7:30 am-8:30 am.

FATHER DEMPSEY'S HOME 314-535-7221
3427 Washington 63103
Soup line and snacks, Monday-Friday 12:00 pm-12:45 pm. (See the housing section of this book for information about the transitional housing for men available at this location.)

CHAPEL FOR THE EXCEPTIONAL 314-776-7172
3436 Winnebago (at Tennessee) 63118
Lunch/soup kitchen: Monday-Friday 12:00 pm-12:30 pm.
Food pantry: Monday and Friday when available 2:00 pm-2:30 pm.
Call first if possible. Clothing every day. Furniture when available at no cost.

GUARDIAN ANGEL/HOSEA HOUSE 314-773-9027
2635 Gravois 63118
www.gasastl.org
Call to make an appointment for their shopping style food pantry.
Weekdays 9:00 am-4:30 pm. 63104 and 63118 only.

JOINT NEIGHBORHOOD MINISTRIES 314-771-3987
2911 McNair 63118
www.jnministry.org
Monday, Wednesday, Friday 9:30 am-12:00 pm
Call first. Other programs available.

ISAIAH 58 MINISTRIES
2149 South Grand 63104

314-776-1410

Clothing and Food Pantry. Serves area between Chouteau and Chippewa, and between Jefferson and Kingshighway. Tuesday-Thursday 10:00 am-1:00 pm.

SOUP ALLEY/TRINITY LUTHERAN CHURCH
812 Soulard Ave. 63104

314-231-4092

Food distributed Monday-Friday 9:00 am-10:30 am and Saturday 10:00 am-11:00 am. In the Alley. Bags of groceries are available on Fridays 9:00 am-10:30 am.

SAINTS PETER AND PAUL CATHOLIC CHURCH
1919 S 7th St. 63104

314-231-9923

www.ppcsinc.org

Lunch: 2nd-21st of each month and every Saturday and Sunday, 12:00 pm-12:45 pm. Dinner: 2nd -21st of each month. Monday-Friday 5:00 pm-5:45 pm.

ST. VINCENT DE PAUL CATHOLIC CHURCH
1408 S. 10th Street 63104

314-231-9328

Lunch: Monday-Saturday 11:00 am-1:00 pm. Coffee and sandwiches: Sundays 10:15 am-11:15 am. Dinner the 22nd to the 1st of the month: 5:00 pm-6:00 pm.

SAINT LOUIS BREAD COMPANY CARES COMMUNITY CAFE
10 S. Central 63105

314-725-9666

Pay what you can afford for selected items on their menu. Volunteer opportunities available in exchange for meals.

GATEWAY 180
1000 North 19th St. 63106
www.gateway180.org

314-231-1515

Brown bag lunches all day Monday-Friday.

KAREN HOUSE
1840 Hogan 63106
www.karenhousecw.org

314-621-4052

Cold sandwiches every day, all day. Lunch: Monday, Wednesday, Friday 12:30 pm-3:30 pm.

PEOPLE'S CENTER
2012 Martin Luther King Dr. 63106
www.pcacstl.org Main

314- 269-5210

Call for food pantry hours, other services, and more locations.

TRINITY EPISCOPAL CHURCH**314-361-4655****600 North Euclid Ave. 63108**

Hot meal every Sunday 2:00 pm. Food pantry every Tuesday-Thursday 1:30 pm-3:00 pm. Need to register first so bring a social security card for each member of the family.

PILGRIM CONGREGATIONAL/UNITED CHURCH OF CHRIST**826 N. Union 63108****314-361-4655**

Lunch: Wednesday 12:00 pm-1:00 pm. Food Pantry every first and third Wednesday 10:00 am-11:30 am.

PEOPLE'S CENTER SOUTH CITY**314-361-4655****6827 S. Broadway 63111****www.pcacstl.org**

Call for food pantry hours.

ST. TRINITY LUTHERAN CHURCH**314-353-3276****517 Koeln 63111**

Food pantry Monday, Wednesday, Saturday 9:00 am-11:00 pm.

PEOPLE'S CENTER COOK ELEMENTARY SCHOOL**314-862-6270****5935 Horton Pl. 63112****www.pcacstl.org**

Call for food pantry hours.

ST. AUGUSTINE CATHOLIC CHURCH (FATHER BOB'S)**1371 Hamilton Ave. 63112****314-385-1934**

Food pantry and clothing: Monday-Friday 9:30 am-11:00 am. Utility assistance starts 6:00 am. Dinner: last five working days of the month 4:00 pm-5:00 pm.

WEST SIDE MISSIONARY BAPTIST CHURCH**314-535-9002****4675 Page Boulevard 63113**

Dinner: Monday, Wednesday, Friday 5:30 pm-6:30 pm. Food pantry: Tuesday, Wednesday, Thursday 11:00 am-1:00 pm.

St. Louis Dream Center **314-381-0700**
4324 Margaretta Ave. 63115
www.stldreamcenter.org
 Food pantry: Monday, Tuesday, Wednesday, and Friday: 10:00 am-12:00 pm, and 1:00 pm-3:00 pm. Saturday: 11:00 am-1:00 pm. Sunday: 10:30 am-11:00 am and 12:30 pm-1:00pm. Many more services offered.

KOSSUTH CHURCH OF GOD IN CHRIST **314-652-4163**
3225 North Taylor Ave. 63115
 Food Pantry Thursday 8:30 am-10:00 am.

ALL SAINTS EPISCOPAL CHURCH **314-367-2314**
5010 Terry 63115
 Call the church for information on meals, food, and other aid.

ST. ANTHONY'S CHURCH **314-352-1460**
3140 Meramec St. 63118
 Food and clothing Monday and Thursday 10:00 am-Noon, and Wednesday 4:30 pm-6:00 pm. Legal assistance on the 4th Thursday of the month. Call for appointment.

WEBSTER-ROCK HILL MINISTRIES **314-961-5082**
111 Waymire 63119
 Monday-Friday 8:30 am-11:30 am.

Feed My People **314-631-4900**
171 Kingston Dr. 63125
 Monday-Friday 9:00 am-3:00 pm. Saturday 9:00 am-12:00 pm.

PAKT Community Resource Center **314-524-2710**
500 Airport Road Ferguson, MO 63135
www.paktcenter.org
 Rent and utility assistance, food pantry, after-school program & much more.

CIRCLE OF CONCERN **636-861-2623**
112 St. Louis Ave. Valley Park
 Parkway, Rockwood & Valley Park School Districts. Mor

ARNOLD FOOD PANTRY**636-287-3663****2024 Key West Drive, Arnold MO 63101****/ arnoldfoodpantry@sbcglobal.net****<http://www.wefeedthehungry.org/>**

Area Served: Arnold and Imperial and part of Fenton.

Collection Hours: 8 a.m. to 3 p.m. weekdays; 8 a.m. to 12 noon Saturdays.

Distribution Hours: Call Wednesday between 9 a.m. and 12 Noon to schedule Thursday pickup.

SALVATION ARMY CHURCH FOOD PANTRY**636-464-0787****3740 Telegraph Road, Arnold, MO 63010**

Serves Jefferson County only. Bring picture ID, social security card of all household members, proof of residency i.e., utility bill, and proof of income.

Regular Hours: Tuesday 9:00 a.m. - 11:30 a.m.

Emergency Food: Mon-Fri. 9:00 a.m.-4:00 p.m.

THE PEACE PANTRY**636-285-0934****6672 Veterans Drive, Cedar Hill, MO 63016**

Collection Hours: Monday – Thursday 9AM – 1PM or by appointment

Food to clients on Wednesdays: 6:30 p.m. - 7:30 p.m. and Thursdays: 9:00 a.m. - 12:00 p.m. or by appointment. Commodities are available one time per month to income-eligible families in the Cedar Hill, Dittmer, Catawissa, Grubville, Morse Mill and areas of Robertsville in Jefferson County. Clothing and emergency dental services are also available. Please call for further information.

DE SOTO FOOD PANTRY**636-586-7300****705 E. Stone at Flucom Road, De Soto, MO 63020**

Fourth Saturdays: 8 a.m. – 11 a.m. Sometimes falls on the third Saturday if there is a Holiday.

Serves De Soto School District.

Crisis help provided by churches and Service organizations - fuel, medical, and Utilities

FEED MY PEOPLE

636-677-9885

3295 Ottomeyer Road, High Ridge, MO 63049

<http://www.feed-my-people.org/>

Hours of Operation: Tuesday-Friday 9 a.m.-2:30 p.m. Saturday 9:30 a.m.-12 noon

SERVES: Northern part of Jefferson County 63025, 63026, 63049 and 63052. 63051 and 63066 - Commodities and Clothing. Call first

FIRST CHRISTIAN CHURCH (DISCIPLES OF CHRIST) 636-937-3415

415 North Mill Street, Festus, MO 63028

Serves: Festus, Crystal City, Hematite, Herculaneum, Horine and Pevely.
picture ID. Required

FIRST UNITED METHODIST CHURCH

636-937-6205

113 Grand Avenue, Festus, MO 63028-1840

SERVES: Residents of Festus/Crystal City only. Residents may use the pantry once every two months proof of residency and ID required.

LIVING FAITH CHURCH

636-937-0775

2170 Buck Creek Road, Festus, MO 63028

HOURS OF OPERATION: Second Thursday 11a.m. – 2 p.m.

MASTER'S MEAL FOOD PANTRY

636-937-0800

11533 Gamel Cemetery Road, Festus, MO 63028

Monthly distribution on the third Tuesday from 6:00 – 7:00 p.m. Call to sign up by the Friday before.

OZARK FOOD PANTRY

636-933-9974

#1 Sunset Park, Festus, MO 63028

Saturdays: 8:30 a.m. - 11:00 a.m.

SERVES: Festus, Crystal City, Hematite, Herculaneum, Horine and Pevely.

JEFFERSON COUNTY RESCUE MISSION

636-475-3030

EMERGENCY FOOD

8943 Commercial Blvd, Pevely, MO 63070-0211

Mon - Fri. 9:30 a.m. - 2:30 p.m.

SERVES: Jefferson County and a portion of St. Louis County.

Collection Hours: 9:30AM to 2:30PM Weekdays

Distribution Hours: "If there's somebody here, somebody will feed them if they're hungry," said co-founder Louise Sardo. "We don't have set distribution hours."

ALL GOD'S CHILDREN CAMP

636-677-3777

5919 Antire Road, High Ridge, MO 63049

HOURS OF OPERATION: Mon-Fri 8-4

HIGH RIDGE FOOD PANTRY

636-677-4868

3009 High Ridge Blvd., High Ridge, MO 63049

Thursdays 3:30 p.m. to 5:00 p.m.

SERVES: High Ridge and House Springs

HILLVIEW ACRES GOOD NEWS CHURCH

636-677-4868

5608 Mark Trail, House Springs, MO 6305

Contact Person: Lester Benson

Emergency Food

HILLSBORO FOOD PANTRY, INC.

636-789-5920

10399 Business 21, Hillsboro, MO 63050

/hillsborofoodpantry.webs.com/

Collection Hours: 7:00 a.m. to 12 noon Monday through Wednesday, 8:00 a.m. to 3:00 p.m. Thursday

Distribution Hours: 11:30 a.m. – 1:00 p.m. Thursday (subject to change)

Area Served: Hillsboro and Grandview school districts.

HARMONY BAPTIST CHURCH

636-942-2325

5326 Heads Creek Road, House Springs, MO 63051-2845

HOURS OF OPERATION: Monday-Friday 9 a.m. – 2 p.m.

Harmony Food Program. Serves all of Jefferson County.

ST. JOHN'S ST. VINCENT DEPAUL

636-287-9198

4525 Highway 21, Imperial, MO 63052

*EMERGENCY FOOD Mon. – Sat * CALL FIRST

SISTER CHRISTINE'S HELPING HANDS FOOD PANTRY

St. Joseph Catholic Church

636-464-7580

6020 Old Antonia Road, Imperial, MO 63052

Thursdays 8 a.m. – 10 a.m. SERVES: Antonio, Barnhart, Imperial, Kimmswick, and Pevely.

JEFFERSON COUNTY RESCUE MISSION

636-475-3030

8943 Commercial Blvd. (Hwy 61-67)

Pevely, MO 63070

jeffersonrescuemission.com

5 DAYS A WEEK

*The Mission provides AT NO COST, to those in need, food, clothing, bedding, furniture, large and small appliances, fans, air conditioning, personal care products.

9:30-2:30 Monday to Friday

**Information about Parish Church Pantries is now
(only) available by calling United Way/ 2-1-1.**

HOUSING: SHELTERS FOR MEN

A HOUSING RESOURCE CENTER referral is required by most (but not all) of the shelters and transitional housing providers in this book. Call 314-802-5444 or go directly to 800 N. Tucker 63101

NEW LIFE EVANGELISTIC CENTER (NLEC) 314-421-3020
1411 Locust St. 63103
www.newlifeevangelisticcenter.org

NLEC is one of the very few walk-in shelters in the area. You do NOT need a Housing Resource Center referral. Women & children also accepted.

PETER & PAUL COMMUNITY SERVICES 314-421-6022
3225 N. Florissant Ave 63107
www.ppcsinc.org

Assists homeless and near-homeless men. 60-bed emergency shelter, a 20-bed year-round transitional program, meals, showers, lockers, medical referrals, living skills classes, and case management. Yes or Call 2-1-1 daily. No Walk-ins.

SALVATION ARMY ADULT REHAB CENTER 314-678-5500
3949 Forest Park Ave. 63108

Provides residential treatment and work in addition to group and individual therapy in a clean, wholesome environment.

SALVATION ARMY HARBOR LIGHT 314-652-3310
2900 Washington 63103

Note: This shelter closed in the summer of 2013. The building is now operating as a detox/rehab center and now accepts women. See page 44.

SUNSHINE MINISTRIES 314-231-8209
63106 1315 Howard St.
www.sunshineministries.org

Admission to the shelter is on a first-come, first-served basis. A guest may keep his bed for as many nights as he needs it, as long as he abides by the shelter rules.

HOUSING: SHELTERS FOR WOMEN

A HOUSING RESOURCE CENTER referral is required by most (but not all) of the shelters and transitional housing providers in this book. Call 314-802-5444 or go directly to 800 N. Tucker 63101

BRIDGEWAY 636-224-1850
www.domesticshelters.org

Bridgeway operates the only two emergency safe shelters and outreach centers in St. Charles and Lincoln Counties for women and children who are victims of domestic violence.

The Women's Center in St. Charles
24-Hour Toll-Free Crisis Line 636-224-1850

The Terry L. Robertson Center in Troy, MO
24-Hour Toll-Free Crisis Line 877-462-1758

GATEWAY 180: HOMELESSNESS REVERSED 314-231-1515
1000 North 19th St. 63106
www.gateway180.org

The shelter provides emergency shelter services designed to get families into transitional or permanent homes in under 30 days. The shelter has 110 beds and provides comprehensive support services targeted to meeting its clients' specific needs. The organization works with Grace Hill and Washington University to provide health services.

HAVEN OF GRACE 314-621-6507
1225 Warren 63106
www.havenofgracestl.org

Residential facility that assists homeless, pregnant women with shelter, goal-setting, education, employment, parenting, household management, and permanent residence.

KAREN HOUSE 314-621-4052
1840 Hogan St. 63106
www.karenhousecw.org

Karen House is a Catholic Worker house of hospitality for homeless women and children. Although they work with the Housing Resource Center, they do accept walk-ins, based on availability. Call ahead for space.

KATHY WEINMAN CENTER 314-423-1117
Temporary, emergency shelter, court advocacy, professional therapy for women and children, support groups. Follow-up supportive services available. St. Louis County operates this shelter.

LYDIA'S HOUSE**314-771-4411****www.lydiashouse.org**

Community and faith-based domestic violence education, transitional housing, crisis intervention, court advocacy, support groups for women and children, case management.

NEW LIFE EVANGELISTIC CENTER**314-421-3020****1411 Locust 63103****www.newlifeevangelisticcenter.org**

HRC referral NOT required. They will take women and children.

OUR LADY'S INN**www.ourladysinn.org****St. Louis: 4223 South Compton 63111****314-351-4590****St. Charles: 3607 Highway D, Defiance 63341****636-398-5375**

Emergency maternity shelter for pregnant women, 18 and older and their minor children.

PLACES FOR PEOPLE**314-535-5600****4130 Lindell Blvd. 63108****www.placesforpeople.org**

Supportive emergency shelter and transitional housing for mentally ill adults, including homeless outreach programs.

QUEEN OF PEACE CATHEDRAL TOWER**314-531-0511****325 N. Newstead 63108****www.qopcstl.org**

Offers a 21 day drug treatment program for women as well as other services. Works with St. Phillipine's to provide housing.

ROOM AT THE INN**314-209-9198****3415 Bridgeland Dr. 63044****www.roomstl.org**

St. Louis County immediate, temporary, emergency shelter system for women and families, regardless of age or gender of the children. Churches provide locations. A Housing Resource Center (HRC) referral is required.

SALVATION ARMY FAMILY HAVEN**314-423-7770****10740 West Page Ave. 63132****www.stlsalvationarmy.org**

Will take families, but no single men. 120-day emergency shelter and resources.

If you are in danger and need assistance, call the National Domestic Violence Hotline and they can connect you to resources in your area 24 hours a day, 7 days a week:

800-799-SAFE (7233)

SHALOM HOUSE**314-534-1010****1040 S Taylor 63110****www.shalomhousestl.org**

The Shalom House 90-day, 25-bed provides emergency shelter for women suffering from persistent mental illness and/or chemical dependency. Shalom House also provides longer term transitional housing and various supportive service

ST. MARTHA'S HALL**314-533-1313****www.saintmarthas.org 314-533-1313**

St. Martha's Hall is a confidential shelter for abused women and their children only. Services include individual and group counseling, legal advocacy, information, referral, and follow up. Clients must be female victims of domestic violence, 18 years old and up. The Hall does not admit males older than 13 years of age. Stays can be up to four months.

ST. PATRICK PARTNERSHIP CENTER**314-802-0700****800 North Tucker 63101****www.stpatrickcenter.org**

St. Patrick Center offers a limited number of beds for mentally ill women.

ST. PHILLIPINE EMERGENCY SHELTER**314-454-1012****1015 Goodfellow****63112**

They do not require a referral from HRC, but accept people who have gone through a program for drug rehab through Queen of Peace 60-day shelter, referrals to transitional housing.

WOMEN'S SAFE HOUSE**314-772-4535****www.twsh.org**

A shelter for battered women and their children. Services include legal advocacy, housing referrals, support groups, children's programs, and limited transportation. Utilizes restorative justice practices.

WOMEN'S SAFE HOUSE**314-772-4535****P.O www.twsh.org****24 Hour Crisis Hotline 314-772-4535**

The Women's Safe House is a shelter for battered women and their children. H Services include legal advocacy, community speaking and education, housing M referrals, support groups, children's programs, and limited transportation.

ST. LOUIS COUNTY YOUTH CONNECTION HELPLINE:**877-928-2929****Childrens Advocacy Center - UMSL****314-516-6798 or visit the website: www.stlouiscac.org.****Counseling for children who have experienced abuse and other forms of trauma.**

HOUSING: TRANSITIONAL

Most programs require a referral from the Housing Resource Center. Call 314-802-5444 to get the process started.

ALMOST HOME

314-771-4663

3200 St. Vincent 63104
www.almosthomestl.org

Almost Home is a transitional residence for teenage mothers with up to two children. The program is nine months long and may be extended.

BEYOND HOUSING

314-771-4663

4156 Manchester 63110
www.BeyondHousing.org

Supportive rental housing leading to home ownership in many cases. Also, programs to prevent foreclosure.

CENTER OF WOMEN IN TRANSITION

314-771-5207

7529 South Broadway 63111

www.cwitstl.org

The Center works with women who are re-entering the area after incarceration. CWIT is a comprehensive program to help women move from crisis to stability and self-sufficiency. Two transitional housing facilities in South St. Louis.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY (CAASLC)

2709 Woodson Rd. Overland 63114

314-863-0015

www.caastlc.org

CAASTLC has comprehensive housing assistance programs which include home ownership, housing counseling, and rent or mortgage assistance.

CRIMINAL JUSTICE MINISTRY

314-652-8062

941 Park Ave. 63104

www.cjmstlouis.org

IMPORTANT: The best chance of being accepted to these programs is to contact them at least 6 months before your release date, but parole officers can also refer once you are in the St. Louis area.

Release to Rent for Veterans

Limited openings in scattered supportive housing for qualified veterans who are homeless and have a criminal record.

Release to Rent

Up to a year of supportive housing for men completing long-term sentences who can work full time and are without community support.

APARTMENT LISTINGS:

www.craigslist.com

www.socialserve.com or 877-428-8844

DOORWAYS**314-535-1919****4385 Maryland Ave. 63108****www.doorwayshousing.org**

Provides housing and related supportive services to improve quality of life and health outcomes for people affected by HIV/AIDS.

FATHER DEMPSEY'S HOME**314-535-7221****3427 Washington 63103****www.archstl.org/fatherdempseyscharities**

Partially furnished apartments from \$260 per month for older men. Some meals are provided. Call for availability.

HARRIS HOUSE**314-631-4299****8327 S. Broadway 63111****www.harrishouse.org**

Harris House provides alcohol and drug rehab services to men and women age 18 and above, including a transitional housing program that provides subsidized housing for up to one year, with separate male and female residences.

HILLJACK HOUSE**314-255-3964****www.hilljackhouse.org**

Supportive sober apartment living in south city buildings for men and women trying to overcome substance addictions. Call or view their website for more information.

HOMELESS VETERANS PROGRAMS**314-652-4100****515 N Jefferson Ave. 63103****www.va.gov/homeless Ext. 55460**

Provides intake, assessment, referral, counseling, consultation for rehabilitative services, and residential placement. Call for more information.

KAREN HOUSE**314-621-4052****1840 Hogan St. 63106****www.karenhousecw.org**

Karen House is a Catholic Worker house for homeless women and children. They work with the Housing Resource Center but also accept walk-ins.

MARYGROVE**314-830-6201****2705 Mullanphy Lane Florissant 63031****www.marygrovechildren.org**

Transitional housing and crisis care for children who are in need of emergency care due to homelessness, potential abuse/neglect, parental stress, etc.

MARIA DROSTE RESIDENCE, WOMEN IN NEED**314-383-1325****7660 Natural Bridge 63121****www.mariadroste.com**

Residential program, inpatient treatment. Rent by the week.

OXFORD HOUSE
2715 Osage St. 63118
www.oxfordhouse.org

314-772-6771

National, self run, self supported, addiction recovery houses. Clients age 21 and older are eligible for subsidized rent and meals in separate buildings and programs for men and women. There are additional locations throughout the area. Call or check their websites under Houses/Directory to find Missouri locations.

PETER & PAUL COMMUNITY SERVICE
1025 Park (Soulard) 63104
www.ppcsinc.org

314-588-7111

314-621-5520

Candidates for the transitional program must be sober and drug-free for a minimum of 30 days and have a willingness to continue treatment. **Housing Resource Center referral is required. (314-802-5444)**

PLACES FOR PEOPLE
4130 Lindell Blvd. 63108
www.placesforpeople.org

314-535-5600

In addition to assisting people in renting apartments from private landlords, PfP also owns and manages apartments for people with special needs. Also limited emergency housing, and daytime activities at "The Club." Includes a drop-in Welcome Center.

QUEEN OF PEACE CATHEDRAL TOWER
325 N. Newstead 63108
www.qopcstl.org

314-531-0511

Offers a 21 day drug treatment program for women as well as other services. Works with St. Phillipine's to provide transitional housing.

SALVATION ARMY FAMILY HAVEN
10740 West Page Ave. 63132

314-423-7770

A 74-bed transitional housing resource for women and children with various programs focused on family stability.

SHALOM HOUSE
1040 S Taylor 63110
www.shalomhousestl.org

314-534-1010

24-month, semi-independent rehabilitation housing program for homeless women with a serious mental illness and/or chemical dependency.

STEPPING INTO THE LIGHT MINISTRY
1402 Hebert 63107

314-231-5175

90-day residential treatment program for drug and alcohol abuse. First 30-days probationary/in-house. Can be walk-in or referral. Call first if possible.

ST. LOUIS HOPE HOUSE**314-382-3801****1611 Hodiament Ave. 63112****www.hopehousetl.com**

50 transitional housing apartments for homeless families, comprehensive social services, family development, vocational and educational counseling, housing placement assistance, on-site living skills classes, and day care.

ST. LOUIS CITY HOUSING AUTHORITY**314-531-4770****www.slha.org****3520 Page Blvd. 63106****Section 8 Waiting List:****314-286-4361****St. Louis County Housing Authority:****314 428-3200****8865 Natural Bridge Rd 63121****www.countryhousing.org****SUNSHINE MISSION****314-231-8209****1520 N. 13th St. 63106****www.sunshineministries.org**

Call first or just show up. Offers a men's emergency shelter, men's long term rehabilitation program, women's emergency services, food pantry, and youth programming.

YWCA-PHYLLIS WHEATLEY**314-533-9400****2711 Locust 63103**

The facility provides apartments for single women for up to two years. Personal and career development services include: case management services, GED certification, educational and vocational assessment, counseling, job readiness training, job search and referrals, life skills. Call the above number for admission requirements.

www.ahl.mhdc.com

This website lists subsidized or affordable apartments by zip code:

www.hud.gov

This is the website for HUD, the Department of Housing and Urban Development.

www.va.gov/homeless

UTILITY HELP

Water Bill Assistance

314.863.0015

Missouri American Water Customer Service Center 1.866.430.0820.
Community Action Agency

Catholic Charities of St. Louis

(314) 367-5500

This agency offers over 100 different programs. They range from foreclosure and housing counseling, to rent and energy bill help, up through senior programs and child care.

They help people of all religions and ages.

Emergency Assistance Ministry

(314) 831-0879

This agency provides help to people in the zip codes of 63031, 63033, 63034, 63042. The non-profit provides emergency financial assistance with paying the last \$40.00 on utility and heating bills, rent, mortgage, housing, water bills and prescription medications.

Circle of Concern

(636) 861-2623

Supports western St. Louis County, Missouri. Food, emergency financial assistance for paying bills such as energy or rent may be available.

Salvation Army of Saint Louis

(314) 646-3000

Social services for families and individuals, including emergency shelter, utility help, day camps, substance abuse treatment, rent and housing expenses, senior centers, and child care services.

Society of St. Vincent De Paul of St. Louis

(314) 531-2183

Car repairs, free medications, legal counseling, food, clothing and other emergency aid.

Joint Neighborhood Ministry**(314) 771-3987**

This is a partnership of local churches. Free food, utility and heating bill assistance, counseling, a preschool, and other aid. St. Louis Missouri.

St. Louis Adventist Community Services**(314) 429-0216****3221 Woodson Road**

Groceries, food, and meals. Other resources may be emergency utility assistance to prevent a disconnection.

Jewish Services of St. Louis**314-993-1000****10950 Schuetz Road****St. Louis, Missouri 63146**

Some resources are available for low income families and other qualified seniors, regardless of religion. The charity can arrange for emergency financial aid in the form of cash grants. Funds may be used for paying heating bills, a partial rent payment, or eviction prevention. Other services include a food pantry, Elderlink for seniors in St. Louis and Money Management Classes.

Humanitri**314-802-5440**

Focuses on housing, eviction prevention, and basic needs. Using grants from the Continuum of Care as well as Federal Emergency Management, there may be cash assistance for paying rent, security deposits, and homeless programs. Basic needs include clothing, free groceries from the Humanitri Food Bank, and referrals to other St. Louis non-profits may also be offered.

Franciscan Connection**(314) 773-8485**

Support and emergency financial assistance to low-income St. Louis area families in times of need.

HERCULANEUM UNITED METHODIST CHURCH**636-933-9974****672 Main Street, Herculaneum, MO 63048**

up to \$50 per client

Serves Dunklin R-5 school district.

MEDICAL

AFFORDABLE CARE ACT (Obamacare) 800-318-2596
www.HealthCare.gov and www.EnrollMissouri.org
This is a 24-hour hotline that handles consumers' questions.

BEHAVIORAL HEALTH RESPONSE 314-469-6644
www.bhrstl.org or 800-811-4760
24-hour Mental Health Crisis Line:

CALL FOR HELP, INC. 618-397-0968
www.callforhelpinc.org
Comprehensive crisis and other services in Metro East.

GRACE HILL NEIGHBORHOOD HEALTH CENTERS, INC.
www.gracehill.org
314-814-8700. Main number: 314-898-1700

FAMILY RESOURCE CENTER 314-534-9350
3309 South Kingshighway 63139
www.frcmo.org
Prevention and treatment of all forms of child abuse and neglect.

INSTITUTE FOR FAMILY MEDICINE 314-849-7669
5000 Cedar Plaza Parkway Suite 300 63128 (South County)
www.ifm-stl.org
Call or visit website for locations and appointments.

PLANNED PARENTHOOD 314-531-7526
www.plannedparenthood.org
4251 Forest Park Ave. 63108 Main location for more information, call
800-230-PLAN (7526) Many health care services and testing.

PRESCRIPTION ASSISTANCE PROGRAM (PAP)
www.missouridrugcard.com
Print your own card at this website. Available to all Missouri residents.

SLU HEALTH RESOURCE CENTER, PRIMARY CARE CLINIC 314-389-0008
www.medschool.slu.edu/hrc
1408 N Kingshighway Blvd, Suite 213 63113
Saturdays, 9:00 a.m to 12:00 p.m. Pediatric Clinic Saturday afternoons.
No appointments accepted. Sign-ups start at 8am.
Free clinics operated under the guidance of SLU doctors.

SOUTHERN ILLINOIS HEALTHCARE FOUNDATION**618-332-0694****www.sihf.org**

A community-based, Federally Qualified Health Center (FQHC) network that serves predominately low income or medically underserved populations throughout 9 counties in southern Illinois.

THE ST. LOUIS INTEGRATED HEALTH NETWORK**63103-2625****1520 Market Street, Suite 4034****www.stlouishn.org**

Services include primary care, dental, eye care, vaccinations, prescriptions, and Urgent Care in some locations. A referral is not required. More locations outside St. Louis area.

BETTY JEAN KERR PEOPLE'S HEALTH CENTERS**www.phcenters.org**

5701 Delmar Blvd. St. Louis 63112

314-367-7848

11642 W. Florissant Ave. Florissant 63033

314-838-8220

7200 Manchester Ave. Maplewood 63143

314-781-9162**CRIDER HEALTH CENTER www.cridercenter.org**

St. Charles: 546 First Capital Drive, Suite 1 63301

636-946-4000

Union: 1780 Old Highway 50 East 63084

636-582-8100

Warrenton: 19515 Brune Parkway, 63383

636-456-1500

Wentzville: 1032 Crosswinds Ct. 63385

636-332-6000**FAMILY CARE HEALTH CENTERS www.fhcstl.org**

Carondelet: 401 Holly Hills Ave. St. Louis 63111

314-353-5190

Forest Park Southeast: 4352 Manchester Ave. 63110

314-531-5444**GRACE HILL HEALTH CENTERS: www.gracehill.org**

1717 Biddle St. 63106

314-814-8700

2220 Lemp Ave. St. 63104

314-814-8700

3930 S. Broadway St. Louis 63118

314-814-8700

4414 N Florissant Ave. 63107

314-814-8700**MYRTLE HILLIARD DAVIS COMPREHENSIVE www.mhdchc.org**

5471 Dr. Martin Luther King Dr. St. 63112

314-367-5820

5541 Riverview Blvd. St. 63120

314-389-4566

2425 N. Whittier St. 63113

314-371-3100**ST. LOUIS EFFORT FOR AIDS****314-645-6451****1027 S. Vandeventer Ave. Suite 700 63110****www.stlefa.org**

Free testing for AIDS, HIV, STDs. Primary care, medications, other services.

STRONG START FOR MOTHERS AND NEWBORNS**314-805-7081****www.StrongStartforLife.com.**

Seven Signature Medical Group OB/GYN offices participate in this program for pregnant women who are Medicaid-eligible.

STREETWISE

DREAM CENTER

314-381-0700

4324 Margareta 63115

Food pantry: Monday, Tuesday, Wednesday, Friday: 10:00 am-12:00 pm.
Saturday: 11:00 am-1:00 pm. Free clothing afternoons. Also laundries, haircuts and showers.

EMERGENCY FOOD STAMPS/SNAP PROGRAM

Info Line: 855-373-4636 Ext. 2

EBT Customer Service Line: 800-997-7777

3101 Chouteau 63103 314-256-7000

4411 N Newstead Ave., 3rd Floor 63115 314-877-2000

Post office boxes available where mail can be received.

HORIZON CLUB (Open 24 hours a day)

314-436-1733

202 N. 23rd St. 63103

This 24-hour safe haven offers showers, coffee, computers/internet access, microwave, laundry, lockers, access to transitional housing. Grace Hill nurses are available on Tuesdays from 2:00 pm-3:30 pm.

INTERSTATE BLOOD BANK

314-367-5200

5121 Delmar Blvd. 63108

www.interstatebloodbank.com

MERS/MISSOURI GOODWILL INDUSTRIES

314-241-3464

1727 Locust St. 63103

www.mersgoodwill.org

Job opportunities and counseling.

NATIONAL RUNAWAY CRISIS HOTLINE

800-RUNAWAY

www.nrscrisisline.org

24 hour confidential crisis hotline for youth who are runaways or considering running away and their families.

OUTREACH PROGRAM AT THE COLLEGE CHURCH PARISH CENTER (Lower Level)

314-977-7308

3628 Lindell Blvd. 63108

Sign in between 8:45 am and 9:30 am on Tuesdays or Wednesdays. Legal clinics 3rd Wednesday of the month starting at 9:15 am.

STATE ID AND BIRTH CERTIFICATES**314-622-4610****City Hall Room 126 1200 Market St. 63103**

The Recorder of Deeds Vital Records Office. You may apply for a Certified Birth Certificate either in person or by mail. Cost: \$15.00. Be prepared to provide as many forms of ID as you can.

TRAVELERS AID**314-241-5820****702 North Tucker 63103**

Open Monday-Friday, 9:00 am-5:00 pm

Discounted bus fare for people wanting to leave St. Louis.

www.dmv.org/mo-missouri/id-cards.php

Information about getting a state ID from the Department of Motor Vehicles.

www.missouridrugcard.com

Prescription assistance.

The Health Centers listed on Pages 32-33 will usually take people on a walk-in basis with or without health insurance. Some provide dental services.

MISCELLANEOUS

BIG BROTHERS BIG SISTERS

www.bbbsemo.org

Headquarters: 501 N. Grand Blvd., Suite 100 63103

314-361-5900

St. Charles: 1236 Jungermann Rd., Suite G St. Peters 63376 636-939-2227

Enroll a child or volunteer.

CATHOLIC CHARITIES: COMMUNITY SERVICES MIDTOWN

1202 South Boyle 63110

314-534-1180

www.midtowncc.org

Several locations throughout area.

CLUB CATHEDRAL

314-231-3454

Tucker and Locust 63103

Coffee from 8:00 am-11:00 am Saturdays. Restrooms available every day.

CRISIS NURSERY

314-768-3201

www.crisisnurserykids.org

Serves parents, with children up to age 12, in poverty without resources.

DEPARTMENT OF VETERANS' AFFAIRS

800-827-1000

(VA) 400 South 18th Street 63103

www.va.gov

The VA interviews homeless veterans for service-connected disability or pension benefits, if eligible. Job referral service is available through the Missouri State Employment Service.

EPWORTH CHILDREN and FAMILY SERVICES

314-961-5718

110 N. Elm Ave. 63119

www.epworth.org

Residential and Intensive Treatment. Serves ages 11 to 18 who are experiencing an emotional, mental or behavioral crisis. Outreach program: 314-222-4877.

SMOKERS: Quitline number:800-QUIT-NOW (800-784-8669)

FREE GOVERNMENT CELL PHONES

www.freegovernmentcellphones.net/states/missouri

If you are receiving any form of government benefits or meet income guidelines, you may qualify. There is a list of Missouri providers on the website.

GED HOTLINE

800-626-9433

www.gedtestingservice.com

PARENT LINK 800-552-8522
 www.parentlink.missouri.edu En Español: 888-460-0008
 Answers parenting concerns. Support for incarcerated parents.

PEOPLE'S HEALTH CENTERS 314-367-7848
 5701 Delmar Blvd. 63112
 www.phcenters.org
 Provides a wide range of health care and social services. Search their website for and addresses of locations.

REDEVELOPMENT OPPORTUNITIES FOR WOMEN 314-588-8300
 www.row-stl.org
 City Office: 306 North Tucker 63101
 County Office: 2709 Woodson Rd. Overland 63114 314-863-0236

SOCIAL SECURITY 800-772-1213
 717 N. 16th Street 63103
 www.socialsecurity.gov

ST. PATRICK PARTNERSHIP CENTER 314-802-0700
 800 North Tucker 63101
 The Partnership Center provides home living skills training and open market housing for individuals referred by agencies within the Homeless Services Network. Employment training, child care, GED, and vocational referrals available.

STD TESTING CENTERS 866-693-4517
 Same day testing. Located throughout St. Louis metro region.

PANHANDLING

Ordinance #67918 relates to panhandling. It is unlawful to engage in aggressive panhandling. Any panhandling is unlawful under the following circumstances:

1. In any public transportation vehicle
 2. Within 50 feet of an automatic teller machine
 3. Within 30 feet of a public building entry
 4. At any sidewalk cafe
 5. Within 50 feet of any school
 6. At any bus stop, train stop or cab stand.
 7. Within 20 feet of any crosswalk.
 8. Within any municipal or government owned building, park, golf course, or playground.
 9. No panhandling after 8:00 pm and before 7:00 am.
- Violation of the ordinance can result in fines, community service, and/or imprisonment.