START HERE
St. Louis Area
Resource Directory
JANUARY 2016

Produced by
INSIDE DHARMA, a Buddhist outreach organization.
For information, visit
www.InsideDharma.net
314-254-3243
ST. LOUIS, MISSOURI
The Start Here St. Louis Area Resource Directory and its corresponding website are produced by Inside Dharma, a Buddhist outreach organization that works with individuals both inside and outside of state correctional institutions, and provides services to homeless persons in the St. Louis area.

This Directory gathers into one place many of the resources and services that are available throughout the metropolitan area. 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 them or go there.

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 for access to the internet.
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2-1-1 (Operated by United Way 24/7)
www.211helps.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  INFORMATION LINE: 1-855-373-9994

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

AIDS Information Hotline: 367-0494

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

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

CATHOLIC CHARITIES
www.ccstl.org  314-367-5500

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY
www.caastlc.org  314-863-0015

CONTINUUM OF CARE
314-657-1704  1520 Market Street, Room 4062  63103
St. Louis’ plan for ending homelessness, listing of members and more.

CHILD ABUSE AND NEGLECT HOTLINE
800-392-3738

CRIME STOPPERS 866-371-TIPS (8477)
HOMELESS HOTLINE ST. LOUIS: HOUSING RESOURCE CENTER  
314-802-5444   800 N. Tucker Blvd.  63101

HUNGER HOTLINE  
Operation Food Search: 314-726-5355 Ext. 3  
This organization provides an automated list of food pantries by zip code.

KANSAS CITY AREA RESOURCES  
Comprehensive Listings at www.kansascityarea.org

www.medicaid.gov  
Low cost health insurance through Medicaid or CHIP (Children’s Health Insurance Program). Federal website. CHIPs INFORMATION ON PAGE 33.

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

MISSOURI HEALTH CARE MARKETPLACE  
www.EnrollMissouri.org  24-Hour Hotline: 800-318-2596  
Hotline handles consumer questions and starts the process.

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

PARAQUAD  
www.paraquad.org  314-289-4200  
Advocacy and programs to provide independence for people with disabilities.

SAFE CONNECTIONS  
2165 Hampton Avenue  63139  
www.safeconnections.org  314-531-2003  
Various programs and resources for victims of domestic violence.

ST. LOUIS CITY GOVERNMENT WEBSITE  www.stlouis-mo.gov
ST. LOUIS COUNTY GOVERNMENT WEBSITE  www.stlouisco.com

ST. LOUIS YOUTH CONNECTION  
www.youthinneed.org  Access crisis help 24 hours a day:  
In St. Louis County, Youth Connection Helpline at 314-628-2929.  
In St. Charles County, Helpline at 636-642-0642.  
In St. Louis City, call Youth In Need’s 24-Hour Help Line at 636-946-3771.  
Text: 4HLP to 31658

www.socialserve.com or 1-877/428-8844  
Rental Listings at low or subsidized rates.

URBAN LEAGUE  
www.ulstl.com  314-615-3600
Before you start
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.

Affordable Care Act (Obamacare)
www.HealthCare.gov. and www.EnrollMissouri.org  800-318-2596. This is a 24-hour hotline that handles consumers’ questions. The Missouri website www.enrollmissouri.org is essentially a portal for www.HealthCare.gov. There is some extra information at the Missouri website, so it might be useful to start here.

Housing Resource Center
800 North Tucker  63101
314-802-5444
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 if you are looking for 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  Below are the main locations:
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

St. Patrick Center
800 North Tucker 63101
www.stpatrickcenter.org  314-802-0700
The St. Patrick Partnership Center is a one-stop location downtown that offers more than 25 programs and 13 partner organizations, all in one place. Programs include: Direct Assistance (food, clothing, utilities, hot lunches, 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, small business development, and more. Shamrock Club provides employment training, financial counseling, 12-step and substance abuse counseling.

Veterans Affairs Medical Center
Jefferson Barracks Division
#1 Jefferson Barracks Dr. 63125
Mental health and treatment.
www.fcc.gov/lifeline
A website for free or discounted cell phones.

www.dss.mo.gov/offices
Information and locations for the Missouri Department of Social Services.

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.
CLOTHING

CENTRAL REFORM CONGREGATION
5020 Waterman   63108
314-361-3919
Clothing and food pantry Monday - Friday, 9 - 5. Clothing for adult women and children. Sometimes mens. Call at (314)361-3919 for more information or if looking for something specific.

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 9:00-4:00. Both organizations provide clothing for job interviews and outfits for starting work before the first paycheck. Also, counseling and job readiness. Call to make an appointment if possible.

DREAM CENTER
4324 Margareta Ave. 63115
www.stldreamcenter.org  314-381-0700
New and gently used clothing and accessories. Open to the public Monday, Tuesday, Wednesday, and Friday 1:00-3:00. Closed Thursdays.

FOCUS GATEWAY CITY
1901 Ann Avenue  63104     314-776-4205
Food Pantry and Clothing/housewares Closet and Computer Center are open the 2nd and 4th Wednesdays of the month from 9:30-11.

GUARDIAN ANGEL/HOSEA HOUSE
2635 Gravois 63118
www.gasastl.org  314-773-9027
Zip codes 63104 and 63118 only. They are open every day but an appointment is needed. Call the above number to schedule times. Also food pantry.

HELPING HAND ME DOWNS
8673 Olive Blvd, University City MO 63132
www.helpinghandmedowns.org  314-514-5987
Referral from a nurse, social worker or case worker required. Gently-used clothing, toys, books and 2 large baby items (swing, stroller, etc).

HOUSE OF GOODS (BAITUMAL)
4815 Oleatha 63116
A thrift store of free clothing for men, women, and children. Open every Saturday from 10-4.

ISAIAH 58 MINISTRIES
2149 South Grand 63104
www.i58ministries.org  314-776-1410
Provides help with clothing and is also a food pantry. Serves area between Chouteau and Chippewa, between Jefferson and Kingshighway. Clothing Monday-Friday, 10:00-noon. Pantry is open Tues, Wed, Thurs. 10 - 1.
CLOTHING

JOINT NEIGHBORHOOD MINISTRY
2911 McNair Ave. 63118  314-771-3987
Clothing Room Tuesdays  9:30 -noon.

KAREN HOUSE
1840 Hogan 63106  314-621-4052
Every Thursday 1:00-3:00. Call first if possible. Program times vary.

KINGDOM HOUSE
1321 S. 11th St. 63104  314-421-0400
Many family support services including trips to the food pantry and thrift shop. Zip codes 63104 and 63118 only. Call first.

NEW LIFE EVANGELISTIC CENTER
1411 Locust 63103
www.newlifeevangelisticcenter.org  314-421-3020
Free clothing. Monday-Friday from10:00 -11:30 am for women and 10:00 --12:00 for men except Wednesdays, which are 10:00-11:30.

63135
PAKT Community Resource Center 500 Airport Rd  Ferguson,  63135
www.paktcenter.org  314-524-2710
Rent and utility assistance, food pantry, clothing, after-school program & more for North County residents. Call the number above for details.

ST. AUGUSTINE’S CATHOLIC CHURCH (FATHER BOB’S)
1371 Hamilton Ave. 63112
www.st-augustine-stl.org 314-385-1934
Food pantry and clothing Monday and Friday 9:30-11.

ST. JOHN’S COMMUNITY SERVICE MINISTRY
2240 St. Louis Ave.
314-533-8668  Monday and Friday  8:30 - 10:30

ST. LOUIS COMMUNITY RE-ENTRY PROGRAM
1809 S.8th STREET  63104
314-621-0228  or  314- 951-4048
Clothing pantry Thursday 10 -2. Transitional housing and other services.

ST. PATRICK CENTER
800 N. Tucker 63101
www.stpatrickcenter.org 314-802-0700
Tuesday and Thursday 1:00 pm-2:30 pm. Second Saturdays 8:00-noon.

ST. VINCENT DE PAUL CHURCH
1408 South 10th St. 63104  314-231-9328
Free clothing Tuesday noon-1:30 pm.

URBAN LEAGUE CLOTHING ASSISTANCE
314-615-3654 (city- 935 Vandeventer, St. Louis, MO 63108) or 388-9840 (county-8960 Jennings Station Rd., St. Louis, 63136)
(www.ulstl.org/meeting-families-basic-needs/clothing-assistance/)-
Clothing at the Clothes Closets for all members of a family.
for DADS

BETTER FAMILY LIFE
5415 Page Blvd. 63112
www.betterfamilylife.org  314-367-3440
Workforce development and many other programs offered by this long time St. Louis agency. 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 and need skill enhancement. Numerous programs and initiatives.

CHILD SUPPORT HOTLINE
800-859-7999
Supportive services and information, including genetic testing and updates on cases.

CONNECTIONS TO SUCCESS
See page 8 for info about this outreach program for job success.

EMPLOYMENT CONNECTION
2838 Market Street 63103
www.employmentstl.org  314-333-JOBS (5627)
Pathways to responsible fatherhood. Includes parenting, economic stability and legal services. See page 12 for more information on Employment Connection.

THE FATHERHOOD INITIATIVE
1911 North Taylor 63113
www.ccstl.org  314-535-0017
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 and new locations
4411 N. Newstead 63115
www.fatherssupportcenter.org  314-333-4170
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 payment modifications, legal visitation, etc. Also, employment services.

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
1610 Olive St. 63103
www.bridgestl.org  314-421-3136
Open Monday-Thursday 6:30 am-6:00pm and Friday 6:30 am-2:00 pm.
Saturday 6:30 - 1 and Noon - 6pm on Sunday.
Services include hot meals, permanent mailing address service, hygiene items, and referrals to other agencies. Tuesdays 8:00-12:30. Also provides the use of restrooms, on-site health services, See page 16 for meal times.

HORIZON CLUB (Open 24 Hours a Day)
202 N. 23rd St. 63103  314-436-1733
This 24-hour safe haven offers showers, coffee, access to agencies, computers/internet access, microwave, laundry, lockers. Chairs but no beds. Visitor/guests welcome up to six hours per day and must leave by midnight. Members can stay longer but must meet certain disability requirements.

PLACES FOR PEOPLE WELCOME CENTER
4130 Lindell Blvd. 63108
www.placesforpeople.org  314-615-2111
You can set up an appointment, but it is not mandatory. The Places for People Welcome Center has walk-in hours Monday-Friday 9:00 am-noon. Walk-ins will meet with an intake clinician for screening, information and referrals.

ST. LOUIS EMPOWERMENT CENTER
Depression Bipolar Support Alliance (DBSA)
1908 Olive St. 63103
www.dbsaempowerment.org
314-652-6100  Friendship Line: 866-525-1442
A drop-in center for mental health and substance abuse recovery self-help meetings. Open 365 days a year 9:00 am-3:00pm. Lunch daily. Many support groups, programs and employment classes.

THE SPOT for ages 13-24
4169 Laclede 63108
www.thespot.wustl.edu 314-535-0413
A drop-in center with computers, medical care, showers, laundry, mental health counseling, and more. Open 1:00-5:00 weekdays. Walk-in medical services 1-2:30.Pregnancy testing and contraception are available, well woman exams, as well as STD/HIV testing for all.

WOMAN’S PLACE
www.womansplacetl.org
8300 Morganford 63123 (Affton, in the back of St. Mark Church)
314-645-4848
Monday-Friday 10:00-5:00.
4116 McClay 63304 St. Charles  636-373-7911 Call for times.
Crisis intervention, safety planning, support groups for survivors of domestic abuse, advocacy and workshops.
AMERICORPS
1315 Ann Ave. 63104
www.americorps-stl.org 314-772-9002
Year-round recruitment for people to work in disaster relief. Call for details

BEGIN Training and Employment Center St. Patrick Center
800 North Tucker 63101
www.stpatrickcenter.org 314-802-1953
The BEGIN Training & Education Center (BTEC) is an innovative educational program providing various training courses with a wrap-around network of social support services.

COMMUNITY ACTION AGENCY OF ST LOUIS COUNTY (CAASTL)
2709 Woodson Rd 63114
www.caastlc.org 314-863-0015
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. Many other services.

CRAIGSLIST
www.craigslist.org
Website only. Look for St. Louis, and see the many jobs that are listed there. They also list housing, items for sale, and other services.

www.department-store-applications.com
Department store and retail listings, info, and applications.

EDUCATIONAL OPPORTUNITY CENTERS
4495 Forest Park Avenue 63108 314-535-6670
Part of the federally-funded TRIO program. The Educational Opportunity Centers provide free educational counseling to assist individuals in furthering their education beyond high school. Call for an appointment

EMPLOYMENT CONNECTION
2838 Market Street 63103
www.employmentstl.org 314-333-JOBS (5627)
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 orientation session. New programs for veterans now available. Job leads and more after orientation.

GED HOTLINE
www.gedtestingservice.com 877-392-6433
The GED test is now only offered on computer.
GREAT HIRES
www.greathires.org
The official workforce resource website for the State of Missouri.

JOB CORPS CENTER
4333 Goodfellow Boulevard 63120
www.stlouis.jobcorps.gov  314/679-6200
Job Corps is a no-cost education and career technical training program administered by the U.S. Department of Labor that provides career technical and academic training for ages 16 through 24.

KINGDOM HOUSE
1321 South 11th Street  63104
www.kingdomhouse.org  314-421-0400
A variety of programs and classes, including job readiness, GED, ESL.

MERS GOODWILL INDUSTRIES
1727 Locust St. 63103
www.mersgoodwill.org  314-241-1133
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
www.metcenterstl.com  314-746-0700
Accessible job training, placement, assessment, career development services and transportation services.

MISSION ST. LOUIS
4366 Manchester Ave. 63110
www.missionstl.org  314-534-1188
Works with at-risk men ages 22-35 through skills training, internships and a community of support. Beyond Jobs students complete internships at a variety of local businesses, including our social enterprise Revive Thrift Shop.

MISSOURI DEPT. OF LABOR AND INDUSTRIAL RELATIONS
www.dolir.mo.gov  573-751-9691
Information about wages, unemployment compensation, etc. and a good source for potential employers looking for incentives to hire individuals with criminal histories.

NEAR SOUTHSIDE EMPLOYMENT COALITION
2649 Pestalozzi St. 63118
www.nsecworks.org  314-865-4453
Training and job placement services. Develop computer and interviewing skills Screening and job referrals.
PARAQUAD
5240 Oakland Ave.  63110
www.paraquad.org  314-289-4200
Several employment programs for people with disabilities, including professional mentoring and Ticket to Work..

REDEVELOPMENT OPPORTUNITIES FOR WOMEN (ROW)
www.row-stl.org
City Office:1914 Olive 63103 314-588-8300
County Office: 2709 Woodson Road 63114  314-833-1273
ROW provides a variety of free supportive programs and services including a financial literacy program, a matched savings program (IDA), parenting classes, and GED. Now a Division of Family Resource Center.

SLATE MISSOURI CAREER CENTER (SLATE MCC)
www.stlworks.com
Provides training and job placement services to the St. Louis City’s adult workforce. See below for career center locations and phone numbers.

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
There are too many to list here, but 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
1 Metropolitan Sq., #2180 63102  www.kellyservices.com  314-421-4111

LABOR READY
1811 S Broadway 63104  www.laborready.com  314-776-0600

MANPOWER (They also work with women)
200 N Broadway #120 63102  www.manpower.com  314-241-1356
NEXTEMPS INDUSTRIAL STAFFING  
7390 St. Charles Rock Rd. 63133  
www.nextempsnow.com  314-727-1060

UNEMPLOYMENT INSURANCE  
314-340-4950  
Automated claim processing and information number.

URBAN LEAGUE  
www.ulstl.com  314-615-3600  
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. Also 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  
314-877-2940  
In addition to this downtown location, there are three other offices in the St.  
Louis area and many more throughout the state.

www.careeronestop.org

www.cap4kids.org  
Many employment resources on this extensive website.

THE WORKFORCE SOLUTIONS GROUP (Accelerated Job Training)  
St. Louis Community College’s Corporate College.  
3221 McKelvey Road  Bridgeton  63044  
www.stlcc.edu/workforce-solutions 314-539-5302  
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  
Operation Excel YouthBuild  
93 North Oaks Plaza  63121  
www.youthbuild.org  314-261-0202  
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.
You can apply for emergency or regular food stamps at the locations below or and 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**


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

**MEALS ON WHEELS**
314-612-5918 www.mowaa.org Must be over 60 or disabled.

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

**EMERGENCY FOOD**
St. Louis offers a variety of places to go for emergency food. We’ve listed some of them by zip code. Times can change so, if possible, call first.

For Parish Church Pantry Locations call United Way 2-1-1.

63101
**SHAMROCK CLUB AT ST. PATRICK’S CENTER**
800 N. Tucker 63101 314-802-0700
Lunch: Monday-Friday 12:00 pm-1:00 pm

63103
**NEW LIFE EVANGELISTIC CENTER**
1411 Locust 63103 314-421-3020
Sandwiches everyday from 11-12:30 and 5-6pm
Dinners are for residents only.

**THE BRIDGE OUTREACH/CENTENARY CHURCH**
1610 Olive St. 63103 www.bridgestl.org 314-421-313
Must be registered at the Bridge and present photo ID.
Breakfast: Monday - Thursday 8 - 9am
Brunch Fridays: 8 11am
Lunch: Monday - Thursday: 12 - 12:30
Dinner: Sunday - Thursday, 5pm - 5:30pm.
Sunday, lunch 1 - 1:30 (Temporarily closed on Saturdays.)
CHRIST CHURCH CATHEDRAL
1210 Locust 63103  314-231-3454
Breakfast every Saturday 7:30 am-8:30 am.

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

63104 and 63118
CHAPEL FOR THE EXCEPTIONAL
3436 Winnebago (at Tennessee) 63118
314-776-7172
Lunch/soup kitchen: Monday-Friday 12:00 pm-12:30 pm.
Food pantry: Monday and Thursday when available 12:30 pm-1 pm.
Call first if possible. Clothing every day. Furniture when available at no cost.

FOCUS GATEWAY CITY
1901 Ann Avenue 63104  314-776-4205
Food Pantry and Clothing/housewares Closet and Computer Center are open the 2nd and 4th Wednesdays of the month from 9:30-11am.

GUARDIAN ANGEL/HOSEA HOUSE
2635 Gravois 63118
www.gasastl.org  314-773-9027
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
2911 McNair 63118
www.jnministry.org  314-771-3987
Monday, Wednesday, Friday 9:30 am-12:00 pm.Call first

ISAIAH 58 MINISTRIES
2149 South Grand 63104  314-776-1410
Serves area between Chouteau and Chippewa, and between Jefferson and Kingshighway. Pantry is open Tues, Wed, Thurs. 10 - 1.

SOUP ALLEY/TRINITY LUTHERAN CHURCH
812 Soulard Ave. 63104  314-231-4092
Noodles and other food distributed Monday-Friday 9:00-10:30 and Saturday 10:00-11:00. In the Alley. Bags of groceries are available on Fridays 9:00-10:30.
SAINTS PETER AND PAUL CATHOLIC CHURCH
816 Allen 63104
www.ppcsinc.org 314-231-9923
Lunch: 2nd-21st of each month on Saturday and Sunday, Noon-12:45. Dinner:
2nd -21st of each month. Monday-Friday 5:00-5:45.

ST. VINCENT DE PAUL CATHOLIC CHURCH
1408 S. 10th Street 63104
314-231-9328
Lunch: Monday-Saturday 11:00-1:00. Coffee and sandwiches: Sundays 10:15-
11:15 am. Dinner the 22nd to the 1st of the month: 5:00-6:00.

63105
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.

63106
GATEWAY 180
1000 North 19th St. 63106
www.gateway180.org 314-231-1515
Brown bag lunches seven days a week, 8am - 4pm.

KAREN HOUSE
1840 Hogan 63106
www.karenhousecw.org 314-621-4052
Karen House no longer provides hot meals. They hand out sandwiches from
three to five daily.

PEOPLE’S CENTER
2012 Martin Luther King Dr. 63106
www.pcadstl.org 314-269-5210 Main
Call for food pantry hours, other services and more locations.

63108
TRINITY EPISCOPAL CHURCH
600 North Euclid Ave. 63108 314-361-4655
Hot meal every Sunday 2:00. Food pantry every Tuesday-Thursday 1:30-3:00
pm. Need to register first for pantry, so bring a photo ID and social security
card for each member of the family.

PILGRIM CONGREGATIONAL/UNITED CHURCH OF CHRIST
826 N. Union 63108
314-367-8173
Lunch: Wednesday Noon-1. Food Pantry every first and third Wednesday
10:00-11:30. Call to check times.
63111
PEOPLE’S CENTER SOUTH CITY
6827 S. Broadway 63111
www.pcacstl.org  314-353-1457

ST. TRINITY LUTHERAN CHURCH
517 Koeln 63111
314-353-3276
Food pantry Monday, Wednesday, Saturday 9:00-11:00.

63112
PEOPLE’S CENTER COOK ELEMENTARY SCHOOL
5935 Horton Pl. 63112
www.pcacstl.org  314-862-6270
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 9:30-11:00. Utility assistance starts 6:00 am. Dinner: last five working days of the month 4:00-5:00.

63113
WEST SIDE MISSIONARY BAPTIST CHURCH
4675 Page Boulevard 63113
314-535-9002
Dinner: Monday, Wednesday, Friday 5:30-6:30. Food pantry: Tuesday, Wednesday, Thursday 11:00-1:00 p

63115
ST. LOUIS DREAM CENTER
4324 Margaretta Ave. 63115
www.stldreamcenter.org  314-381-0700
Food pantry: Tuesday, Wednesday, and Friday: 10 -12:00
Call their main number for more hours and programs.

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

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

63118
ST. ANTHONY of PADUA CHURCH
3140 Meramec St. 63118   314-352-1460
Food and clothing Monday and Thursday 10:00-Noon, and Wednesday 4:30-6:00. Call for other activities, such as utility, legal, medical information and more.
63119
WEBSTER-ROCK HILL MINISTRIES
111 Waymire 63119  314-961-5082
Monday-Friday 8:30-11:30.

63125
Feed My People
171 Kingston Dr. 63125  314-631-4900
Monday-Friday 10:00 am-3:00 pm. Saturday 9:00 am-1:00 pm.

63135
PAKT Community Resource Center
500 Airport Road  Ferguson, MO 63135
www.paktcenter.org  314-524-2710
Rent and utility assistance, food pantry, clothing, after-school program & more for North County residents. Call the number above for details and times.

63136
URBAN LEAGUE ST. LOUIS COUNTY
8960 Jennings Station Rd.  63136
314-388-9840
Tues – Thursday 9 -12:00pm and  2:00 - 4:00

63043
LOAVES AND FISHES
2750 McKelvey  Maryland Heights  314-291-3857
www.loavesandfishes-stl.org
Registration required. Call for times and requirements.

63049
Feed My People
3295 Ottomeyer Rd.  636-677-9885
High Ridge
Tues, Wed, Fri:10 - 2:30;Thursday: 10 -1; Sat 9:30 - 12:30.

63088
CIRCLE OF CONCERN
112 St. Louis Ave. Valley Park  636-861-2623
Parkway, Rockwood & Valley Park School Districts.

www.craigslist.com
Many current housing and job listings and more.
COVENANT HOUSE
2727 North Kingshighway 63113
www.covenanthousemo.org 314-533-2241 Toll free: 800-999-9999
For Youth. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention.

NEW LIFE EVANGELISTIC CENTER (NLEC)
1411 Locust St. 63103
www.newlifeevangelisticcenter.org 314-421-3020
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
2612 Wyoming St. 63118
www.ppcsinc.org 314-588-7111
Assists homeless and near-homeless single men. 60-bed year-round emergency shelter, a 20-bed year-round transitional program, meals, showers, lockers, medical referrals, living skills classes, and case management. The shelter is located 816 Allen, but you need a referral from the Housing Resource Center to get in. Call 314-802-5444 or go to 800 N. Tucker early in the morning to see if they have beds available that night. Garfield Commons transitional housing project opened in November 2014. Apply through Housing Resource Center.

SALVATION ARMY ADULT REHAB CENTER
3949 Forest Park Ave. 63108
314-678-5500
Provides residential treatment and work in addition to group and individual therapy in a clean, wholesome environment.

STEPPING INTO THE LIGHT MINISTRY
1402 Hebert 63107 314-231-5175
www.steppingintothelightministry.org
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.

SUNSHINE MINISTRIES
1520 N. 13th St. 63106
www.sunshineministries.org 314-231-8209
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

BRIDGEWAY BEHAVIORAL HEALTH
www.bridgewaybh.com
Bridgeway operates two emergency safe shelters and outreach centers in St. Charles and Lincoln Counties for women and children who are victims of domestic violence. Many other services and more locations.

St. Charles County
The Women’s Center in St. Charles
24-Hour Toll-Free Crisis Line 877-946-6854

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

GATEWAY 180: HOMELESSNESS REVERSED
1000 North 19th St. 63106
www.gateway180.org 314-231-1515
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
1225 Warren 63106
www.havenofgracestl.org 314-621-6507
Residential facility that assists homeless, pregnant women with shelter, goal-setting, education, employment, parenting, and permanent residence.

KAREN HOUSE
1840 Hogan St. 63106
www.karenhousecw.org 314-621-4052
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 to see if they have openings.

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  
www.lydiashouse.org  314-771-4411
Community and faith-based domestic violence education, transitional housing, crisis intervention, court advocacy, support groups for women and children, case management.

MISSIONARIES OF CHARITY
3629 Cottage Ave.  63113  
314-533-2777  or 314-533-9070
Emergency shelter for women and small children. Call in the morning to see if they have opening that night. 21-day limit. HRC referral is NOT required.

MISSOURI BAPTIST CHILDRENS HOME
11300 St. Charles Rock Road  Bridgeton, MO 63044  
www.mbch.org  800-264-6224 or 314-739-6811
Residential program for pregnant women and girls. Family services.

NEW LIFE EVANGELISTIC CENTER
1411 Locust 63103  
www.newlifeevangelisticcenter.org  314-421-3020
HRC referral NOT required. They will take women and children and offer extended and short-term training programs.

OUR LADY’S INN
St. Louis: 4223 South Compton 63111 314-351-4590  
St. Charles: 3607 Highway D, Defiance 63341 636-398-5375  
www.ourladysinn.org
Emergency maternity shelter for pregnant women 18 and older and their minor children.

PLACES FOR PEOPLE
4130 Lindell Blvd. 63108  
www.placesforpeople.org  314-535-5600
Supportive emergency shelter and transitional housing for mentally ill adults, including homeless outreach programs.

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 housing.

ROOM AT THE INN
3415 Bridgeland Dr. 63044  
www.roomstl.org  314-209-9198
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
10740 West Page Ave. 63132
www.stlsalvationarmy.org  314-423-7770
Will take families, but no single men except during winter months under special county program. Emergency shelter and resources.

SHALOM HOUSE***CLOSED IN 2015***

ST. MARTHA’S HALL
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
800 North Tucker 63101
www.stpatrickcenter.org  314-802-0700
St. Patrick Center offers a limited number of beds for mentally ill women.

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

WEINMAN CENTER
www.keepingkidsfirst.org  314-423-1117
Temporary, emergency shelter, court advocacy, professional therapy for women and children, support groups. Follow-up supportive services available. Safe at Home application assistance, follow up services

WOMEN’S SAFE HOUSE
www.twsh.org  314-772-4535 (24-hour crisis hotline)
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.

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.

3010 Apartments
3010 Washington Ave. 63103
www.3010-apartments 314-833-4040
58 one-bedroom apartments operated by Salvation Army. Rents range from $425-$500. Operating as low-income housing for residents with disabilities, young adults and people who are homeless but have a source of income.

Almost Home
3200 St. Vincent 63104
www.almosthomestl.org 314-771-4663
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
4156 Manchester 63110
www.BeyondHousing.org 314-533-0600
Supportive rental housing leading to home ownership in many cases. Also, programs to prevent foreclosure.

Call for Help, Inc
9400 Lebanon Rd.
East St. Louis, IL 62203
www.callforhelplnc.org 618-397-0968
Intensive two-year residential program helps homeless young women.

Center of Women in Transition
7529 South Broadway 63111
www.cwitstl.org 314-771-5207
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
www.caastlc.org 314-863-0015
CAASTLC has comprehensive housing assistance programs which include home ownership, housing counseling, and rent or mortgage assistance.

Criminal Justice Ministry
941 Park Ave. 63104
www.cjmstlouis.org 314-652-8062
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. **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.

**APARTMENT LISTINGS:**
www.craigslist.com    www.socialserve.com or 877-428-8844

**DOORWAYS**
4385 Maryland Ave. 63108
www.doorwayshousing.org  314.535.1919
Provides housing and related supportive services to improve quality of life and health outcomes for people affected by HIV/AIDS.

**FATHER DEMPSEY’S HOME**
3427 Washington 63103
www.archstl.org/fatherdempseyscharities  314-535-7221
Partially furnished apartments from $260 per month for older men. Some meals are provided. Call for availability.

**FOCUS GATEWAY CITY**
1901 Ann Avenue 63104  314-776-4205
8 bedroom affordable transitional housing program for men.

**HARRIS HOUSE**
8327 S. Broadway 63111
www.harrishouse.org  314-631-4299
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**
www.hilljackhouse.org  314-255-3964
Supportive sober apartment living in south city buildings for men and women trying to overcome substance addictions.

**HOMELESS VETERANS PROGRAMS**
515 N Jefferson Ave. 63103
www.va.gov/homeless  314-652-4100 Ext. 55460
Provides intake, assessment, referral, counseling, consultation for rehabilitative services, and residential placement. Call for more information.

**KAREN HOUSE**
1840 Hogan St. 63106
www.karenhousecw.org  314-621-4052
A Catholic Worker house for homeless women and children. Call first.

**LIFE SKILLS RAINBOW VILLAGE**
1240 Dautel Lane 63146  314-567-1522
www.rainbowvillagestl.org
Homes for people with developmental disabilities in various neighborhoods.
MARYGROVE
2705 Mullanphy Lane Florissant 63031
www.marygrovechildren.org 314-830-6201
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
7660 Natural Bridge 63121
www.mariadroste.com 314-383-1325
Residential program, inpatient treatment. Rent by the week.

NEHEMIAH PROGRAM
www.nehemiahprogramstl.com 314-521-3666
Transitional supportive housing for women. Rental homes, and home ownership. North County. Call for information and addresses.

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
2612 Wyoming St. 63118
www.ppcsinc.org 314-588-7111 or 314-621-5520
Shelter and transitional housing for men. Two locations. 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.”

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.

ROSATI APARTMENTS AND GROUP HOME
4220-24 North Grand 63107 314-371-0586 or 314-802-0700
www.stpatrickcenter.org
Supportive services and housing for clients referred by the St. Louis Psychiatric Rehabilitation Center. Operated through St. Patrick Center.

SALVATION ARMY FAMILY HAVEN
10740 West Page Ave. 63132 314-423-7770
A transitional housing resource for women and children with various programs focused on family stability.
SHALOM HOUSE CLOSED ITS DOORS IN 2015

STEPPING INTO THE LIGHT MINISTRY
1402 Hebert 63107
www.steppingintothelightministry.org 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 COMMUNITY RE-ENTRY PROGRAM
1809 S.8th Street 63104
314-621-02228 or 314- 951-4048
Rooms for rent for men in transition. Substance abuse meetings, job training.

ST. LOUIS HOPE HOUSE
1611 Hodiamont Ave. 63112
www.hopehousestl.com 314-382-3801
Transitional housing apartments for homeless families, comprehensive social
services, family development, vocational and educational counseling, more.

ST. LOUIS HOUSING AUTHORITY
www.slha.org St. Louis City Housing Authority
3520 Page Blvd. 63106 314-531-4770
Section 8 Waiting List: 314-286-4361
St. Louis County Housing Authority
8865 Natural Bridge Rd 63121 314 428-3200
www.haslc.com
Administers low and moderate income public housing and Section 8
programs for St. Louis City and County.

SUNSHINE MISSION
1520 N. 13th St. 63106
www.sunshineministries.org 314-231-8209
Offers a men’s emergency shelter, men’s long term rehabilitation program.

WOMEN’S SAFE HOUSE
P.O. Box 63010 63163
www.twsh.org 24 Hour Crisis Hotline 314-772-4535
Multi-service shelter for battered women and their children.

YWCA-PHYLLIS WHEATLEY
2711 Locust 63103
314-533-9400 Ext. 227
Apartments for single women for up to two years. Personal and career
development services include: case management services, GED certification,
job readiness training, job search and referrals, life skills.

www.ahl.mhdc.com
This website lists subsidized or affordable apartments by zip code:

www.hud.gov Department of Housing and Urban Development
www.va.gov/homeless
AMERICAN RED CROSS - ST. LOUIS CHAPTER
10195 Corporate Square Dr.  St. Louis 63132
www.redcrossstl.org  314-516-2843
International Services provides tracing and messaging.

CASA DE SALUD
3200 Chouteau Ave. 63103
www.casadesaludstl.org  314-762-1251
Comprehensive medical services and referral services, primarily for adults,

CATHOLIC LEGAL ASSISTANCE MINISTRY (CLAM)
CATHOLIC LEGAL IMMIGRATION NETWORK, INC.
100 N. Tucker Blvd., Suite 726  63101  314-977-3993 (No Walk-Ins)

CENTER FOR SURVIVORS OF TORTURE & WAR TRAUMA
1077 S. Newstead Ave. 63110
www.stlcenterforsurvivors.org  314-343-4114
Counseling and therapy, as well as an extensive youth program, asylum documentation, etc. Call PLACES FOR PEOPLE to start. 314-535-5600

ENGLISH TO SPEAKERS OF OTHER LANGUAGES (ESOL)
Bi-lingual Program-St. Louis Public Schools
3125 S. Kingshighway 63139  314-776-1686

IMMIGRANT AND REFUGEE WOMEN’S PROGRAM
3672B Arsenal St. 63116  www.irwp.net  314-771-1104
Teaches women basic English and practical living skills in their own homes.

INSTITUTE FOR FAMILY MEDICINE
(South County)  www.ifm-stl.org  314-849-7669

INTERFAITH LEGAL SERVICES FOR IMMIGRANTS
4158 Lindell Blvd. 63108  www.ilsilegal.org  314-371-4640
A non-profit organization that provides affordable immigration legal services.

INTERNATIONAL INSTITUTE
3654 South Grand Blvd. 63118
www.iistl.org  314-773-9090
This organization offers MANY services for new arrivals to the St. Louis area.

INTERNATIONAL WELCOME SCHOOL
1530 S. Grand 63104 www.slps.org  314-664-1066
Sponsored by the St. Louis Public Schools for immigrant students

LEGAL AID/ Legal Services of Eastern Missouri
4232 Forest Park Ave 63108  www.lsem.org  314-534-4200
1-800-444-0514
Immigration Law Project offers many resources and services, including detainees and trafficking survivors.
AMERICAN CIVIL LIBERTIES UNION (ACLU)
4557 Laclede Ave. 63108
www.aclu-em.org  314-652-3111

ARCH CITY DEFENDERS
Criminal Defense Attorneys
812 N. Collins Alley 63102
7751 Carondelet Suite 204 Clayton 63105
www.archcitydefenders.org  1-855-724-2489 Call is toll-free.
Free or low cost holistic legal representation to the St. Louis indigent population, from minor criminal offenses, to landlord-tenant law, to family law issues. They also will represent people facing misdemeanor and felony charges.

CATHOLIC LEGAL ASSISTANCE MINISTRY
100 N. Tucker Blvd. Suite 726 63101  314-977-3993
Mostly domestic issues, cases involving paternity, orders of protection, guardianship, and abuse. CLAM also offers services for immigrant populations who face challenges in filing governmental documents. No Walk-Ins.

CIRCUIT ATTORNEY’S OFFICE, Orders of protection, victims services.
St. Louis City: 314-622-4373
St. Louis County: 314-615-4872
St. Charles County: 636-949-7370

CRIME VICTIMS ADVOCACY CENTER
Aid to Victims of Crime
539 North Grand Blvd., Suite 400 63103
Hotline: 314-652-3623
Legal Assistance: 800-527-1460

FEDERAL BONDING PROGRAM
Department of Economic Development
421 East Dunklin St. P.O. Box 1087 Jefferson City 65102
573-526-8217
Provides fidelity bonding insurance coverage to individuals with criminal histories and other high-risk job applicants.

GATEWAY LEGAL SERVICES
200 N. Broadway 63102
www.gatewaylegal.org  314-534-0404
A self funded non-profit organization dedicated to helping the poor, disabled, and consumers. Works with SSI claims, among other things.
INTERFAITH LEGAL SERVICES FOR IMMIGRANTS
4158 Lindell Blvd. 63108
www.ilsilegal.org  314-371-4640
A non-profit organization that provides affordable immigration legal services to low-income immigrants and their families...

LEGAL AID (Legal Services of Eastern Missouri)
4232 Forest Park 63108
www.lsem.org  314-534-4200   1-800-444-0514
Legal services in the areas of housing, domestic issues, financial, health, immigration, elderly and many others, including some social services. Call or check website for more locations.

LEGAL ADVOCATES FOR ABUSED WOMEN
www.laawstl.org  314-664-6699
Free legal representation at Adult and Child Order of Protection hearings for victims of abuse in seven counties. Many other legal services.

LEGAL ASSISTANCE WEBSITES
www.courts.mo.gov
www.stlcin.missouri.org
Attorney General's Office: www.ago.mo.gov
Victims of Crime: www.okbemad.org
Legal Services of Missouri: www.lsmo.org
www.legalmatch.com In addition to matching your case with a lawyer, there is a law library and many articles and resources on this website.

JAIL DIVERSION PROGRAM
St. Louis City 314-621-5848, Ext. 1023

MISSOURI BAR LAWYER REFERRAL SERVICE
www.mobar.org  314-621-6681

PUBLIC DEFENDER, CITY
1114 Market St. 63101   314-340-7625

PUBLIC DEFENDER, COUNTY
100 S Central Ave. Clayton 63105   314-615-4778

ST. CHARLES VICTIM OF CRIME ASSISTANCE: 636-949-7370

ST. LOUIS COUNTY FAMILY COURT PROJECT
501 S. Brentwood Blvd.  63105   314-615-4502

FREE GOVERNMENT CELL PHONES
If you are receiving any form of government benefits or meet income guidelines, you may qualify. There is a list of Missouri providers on this website: www.freegovernmentcellphones.net/states/missouri
Below is a list of places that serve MEALS AND SANDWICHES. It’s not complete and programs change. See page 16 for pantries.

63101
ST PATRICK CENTER, Shamrock
800 N. Tucker 802-0700
Lunch M-F Noon - 1

63103
THE BRIDGE/CENTENARY CARES
1610 Olive 421-3136
Must be registered with photo ID
Breakfast: Mon - Thurs 8 - 9:
Brunch on Friday: 8 - 11
Lunch: Mon - Thurs 12 - 12:30
Dinner: Sun - Thurs 5 - 5:30

CHRIST CHURCH CATHEDRAL
1210 Locust 231-3454
Breakfast every Sat. 7:30-8:30

FATHER DEMPSEY’S HOME
3427 Washington 535-7221
Sandwiches, M-F Noon - 12:45

NEW LIFE EVANGELISTIC CNTR.
1411 Locust 421-3020
Sandwiches everyday from 11-12:30 and 5-6pm

63104
FOCUS GATEWAY CITY
1901 Ann Ave 776-4205
Dinner Sundays 4:30-5:30 between 2nd and 21st of the month.

PETER & PAUL SERVICES
1919 S-812 Allen 231-9923
Lunch M-F: 2nd - 21st of each month and Sat & Sun 12 - 12:45.
Dinner 2nd - 21st, M-F 5 - 5:45

ST. VINCENT CHURCH
1408 South 10th St. (Soulard) 231-9328
Enter 9th Street side.
Lunch: M-Sat. 11 - 1;
Coffee, sandwiches: Sun. 10:15-11
Dinner: 22nd to the 1st of the month, 5 - 6 pm.

SOUP ALLEY/TRINITY CHURCH
812 Soulard Ave. 231-4092
M-F 9 - 10-30; Sat 10 - 11

63105 (Clayton restaurant)
ST. LOUIS BREAD COMPANY
10 S. Central 725-9666
Pay what you can afford Monday through Sunday 7am - 3pm

63106
GATEWAY 180
1000 N. 19th St. 231-1515
Brown bag lunches all day, M-F

KAREN HOUSE
1840 Hogan 621-4052
Sandwiches Mon, Wed, Fri, Sat, Sun from 3-5. (No more hot meals)

63108
PILGRIM CONGREGATIONAL
826 N. Union 367-8173
Lunch: Wednesday Noon - 1

TRINITY EPISCOPAL CHURCH
600 N. Euclid 361-4655
Hot meal every Sunday 2pm.

63112
UNION MEMORIAL UM CHURCH
1141 Belt 367-8314
Lunch: Monday - Friday 12-12:30
Breakfast: Sundays 9 - 10:30

63113
WEST SIDE MB CHURCH
4675 Page Blvd. 535-9002
Dinner: Mon, Wed, Fri: 5:30 - 6:30

63115
ST. LOUIS DREAM CENTER
4324 Margareta Ave. 381-0700
Lunch and more on Wednesdays.

ST. JOHN’S CHURCH
3672 Arsenal 772-3970
Fellowship dinner every Sat. 4 - 6

63118
CHAPEL FOR THE EXCEPTIONAL
3436 Winnebago at Tennessee
776-7172
Lunch/soup kitchen: M-F 12 - 12:30

**Area Code 314 on all numbers
AFFINIA/GRACE HILL NEIGHBORHOOD HEALTH CENTERS, INC.
www.gracehill.org
For an appointment, call 314-814-8700. Main number: 314-898-1700

AFFORDABLE CARE ACT (Obamacare)
This is a 24-hour hotline that handles consumers’ questions. The Missouri website www.EnrollMissouri.org is a portal for www.HealthCare.gov.
INFORMATION LINE:  1-855-373-9994

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

CALL FOR HELP, INC
9400 Lebanon Rd.  East St. Louis, IL 62203.
www.callforhelpinc.org  618-397-0968
Comprehensive intervention services for homelessness, sexual assault, poverty and other crises in the Metro East area.

CHIPS Health and Wellness Center
2431 N. Grand Blvd.  63106
Sliding scale or no fee for wide range of clinic services and programs. Health management through preventive and primary health care services.

DENTAL OPTIONS. Many of the clinics listed here offer dental care.

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

INSTITUTE FOR FAMILY MEDICINE
5000 Cedar Plaza Parkway  Suite 300  63128 (South County)
www.ifm-stl.org  314-849-7669
Many clinics throughout the metro area and located in various schools and shelters. Call or visit website for locations and appointments.

PLANNED PARENTHOOD
4251 Forest Park Ave.  63108
www.plannedparenthood.org  314-531-7526
Main location (Many others throughout the area.)To schedule an appointment or for more information, call 800-230-PLAN (7526) Many services & testing.

PRESCRIPTION ASSISTANCE PROGRAM (PAP)
www.missouridrugcard.com Print your own card at this website.
SLU HEALTH RESOURCE CENTER, PRIMARY CARE CLINIC
1408 N Kingshighway Blvd, Suite 213  63113
www.medschool.slu.edu/hrc  314-389-0008
Saturdays, 9:00 a.m to 12:00 p.m.  Sign-ups start at 8am.Free clinics/SLU doctors.Other specialties, including asthma, psychiatric, & chiropractic during week. Call for information and appointment for these specialties.

SOUTHERN ILLINOIS HEALTHCARE FOUNDATION
www.sihf.org  618-332-0694
A community-based, Federally Qualified Heath Center (FQHC) network that serves populations throughout 9 counties in southern Illinois.

ST. LOUIS EFFORT FOR AIDS
1027 S. Vandeventer Ave.  Suite 700  63110
www.stlefa.org  314-645-6451
Free testing for AIDS, HIV, STDs. Primary care, medications, and more.

THE ST. LOUIS INTEGRATED HEALTH NETWORK
1520 Market Street, Suite 4034 63103-2625
www.stlouisihn.org
A network of community health centers. 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
Central: 5701 Delmar Blvd. St. Louis 63112  314-367-7848
North : 11642 W. Florissant Ave. Florissant 63033  314-838-8220
West: 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.fchcstl.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
Murphy O’Fallon: 1717 Biddle St. 63106  314-814-8700
Souiland Benton: 2220 Lemp Ave. St. 63104  314-814-8700
South 3930 S. Broadway  St. Louis 63118  314-814-8700
Water Tower 4414 N Florissant Ave. 63107  314-814-8700

MYRTLE HILLIARD DAVIS COMPREHENSIVE  www.mhdchc.org
Comprehensive: 5471 Dr. Martin Luther King Dr. St. 63112  314-367-5820
Florence Hill: 5541 Riverview Blvd. St. 63120  314-389-4566
Homer G. Phillips: 2425 N. Whittier St. 63113  314-371-3100

STRONG START FOR MOTHERS AND NEWBORNS
Seven Signature Medical Group OB/GYN offices participate in this comprehensive services program for pregnant women who are Medicaid-eligible.
MENTAL HEALTH

800-SUICIDE (800-784-2433) or 800-273-TALK (800-273-8255)

ADAPT OF MISSOURI
4030 Chouteau Avenue    63110
2301 Hampton Avenue    63139
www.adaptusa.com   888-657-3201
Provides individual therapy, community support and psychosocial rehabilitation for adults living with mental illness.

BEHAVIORAL HEALTH RESPONSE (BHR)
www.bhrstl.org    24 hour Crisis Lines 314-469-6644 or 800-811-4760

BJC BEHAVIORAL HEALTH
Administrative Offices, Referrals and Call Center
1430 Olive Street, Suite 400    63103
www.bjcbehavioralhealth.org    314-729-4004 toll-free: 877-729-4004
After hours: 314-469-6644 or toll-free 800-811-4760
Mental health services and supportive services allowing adults and children with mental health problems to live independently. 12 locations.

CATHOLIC FAMILY SERVICES
Various Locations for psychiatric and mental health services.
www.cfsstl.org    800-652-8055

CHADS COALITION (for Mental Health)
180 Crestwood Plaza    63126
www.chadscoalition.org    314-952-2046
A variety of suicide and bullying prevention programs, including SOS/Signs of Suicide. Works in schools and provides education and support groups.

COMPREHENSIVE BEHAVIORAL HEALTH CENTER
505 South 8th Street    East St. Louis, IL 62201    618-482-7330 (Office)
Mental health and substance abuse treatment, rehabilitative and social support on a twenty-four hour basis. Works with Alton Mental Health Center.

COMMUNITY PSYCHOLOGICAL SERVICES (at UMSL)
232 Stadler Hall, One University Boulevard    St. Louis, MO 63121
314-516-5824    www.umsl.edu/services/cps
Outpatient mental health center established by the University of Missouri-St. Louis to provide affordable psychological services in the St. Louis area.

COMTREA
www.comtreao.org    636-931-2700
Several Jefferson County and South County locations. Substance abuse treatment services, psychiatric services, individual and group therapy, and more
A variety of behavioral health programs and services throughout the area.

DEPARTMENT OF MENTAL HEALTH
www.dmh.mo.gov
The Department of Mental Health website includes numerous resources on crisis intervention, drug and alcohol abuse, developmental disabilities, and more.

FAMILY MENTAL HEALTH COLLABORATIVE
314-993-1000
A collaboration of non-profit mental health organizations. Services are offered on a sliding fee scale and include crisis intervention, counseling, assessments, medication, and more.

HAWTHORN CHILDREN’S PSYCHIATRIC HOSPITAL
1901 Pennsylvania Ave. 63133
A children’s psychiatric hospital operated by the MO Dept. of Mental Health.

HOPEWELL MENTAL HEALTH SERVICES
1504 S Grand 63104
Provides mental health case management and psychiatric services. On site pharmacy for prescription medications. No walk-ins. Must make appointment.

HYLAND BEHAVIORAL HEALTH CENTER
St. Anthony’s Medical Center
10010 Kennerly Rd. 63128
In-patient and out-patient psychiatric and chemical dependency services. Multidisciplinary team approach.

INDEPENDENCE CENTER
Clubhouse: 4245 Forest Park Ave. 63108 314-533-4245
Membership, Screening and Enrollment: 314-533-4163
Midwest Psychiatry and Community Care: 4219 Laclede Ave. 63108
www.independencecenter.org
Assists adults with serious, persistent mental illnesses to live and work in the community.

MEDICAL FAMILY THERAPY PROGRAM
Saint Louis University Center for Counseling and Family Therapy
Fitzgerald Hall, Suite 10 3500 Lindell Blvd. 63103 314-977-2505
Individual, couples, and family counseling.

MENTAL HEALTH FIRST AID
www.mentalhealthfirstaid.org 314-877-6458
A series of courses, both on-line and classroom, that helps the public identify and respond to signs of mental illnesses and substance use disorders.
METROPOLITAN PSYCHIATRIC CENTER
5351 Delmar Blvd.  63112
www.dmh.mo.gov/mpc   314-877-0501
Diagnostic and treatment psychiatric care services including forensic.

MISSOURI COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE (MCADSV)  www.mocadsv.org/
Information and resources to support survivors in Missouri.

MISSOURI INSTITUTE OF MENTAL HEALTH (State Hospital)
5400 Arsenal St. 63139  www.mimh.edu  314-877-6401

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
www.nami.org
CIT: Crisis intervention team programs, many resources and more.

NAMI-ST. LOUIS BRANCH
www.namistl.org  314-962-4670
Community support, education, advocacy, understanding, and quality of life improvement for persons with severe and persistent mental illnesses and their families. Mental Health First Aid classes and other opportunities.

PROVIDENT COUNSELING
www.providentstl.org  314-533-8200 for appointments
Provident provides counseling services at five locations throughout greater St. Louis area including Fairview Heights, Illinois. Works with ex-offenders.

RAVEN: Non-Violence Education for Men
1914 Olive St. 63103
www.RavenSTL.org  314.289.8000
Domestic violence intervention and prevention services.

SELF HELP CENTER
8301 Crest Industrial Dr. Affton 63123
314-781-0199
A drop-in center for adults with mental illness. Includes job readiness.

SLIDING SCALE COUNSELING CENTERS
Provident Counseling: 314-533-8200
Catholic Family Services: 314-544-3800
Lutheran Family Services: 314-787-5100

ST. LOUIS EMPOWERMENT CENTER
Depression Bipolar Support Alliance (DBSA)
1908 Olive St. 63103
www.dbsaempowerment.org  314-652-6100
Friendship Line: 866-525-1442
A drop-in center for mental health and substance abuse recovery self-help meetings. Open 365 days a year 9:00 am-3:00pm. Lunch daily. Many support groups, programs and employment classes.

www.missouridrugcard.com  Prescription assistance.
2 forms of ID are usually needed for employment. If still incarcerated,” a caseworker can get this process started before release.

CALL FOR HELP, INC.
9400 Lebanon Rd. East St. Louis, IL 62203
www.callforhelpinc.org 618-397-0968
Multi-service agency responding to crisis situations in the metro East area.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY (CAASTL)
2709 Woodson Rd. 63114
www.caastlc.org 314-863-0015
Assists residents of St. Louis County meet the terms of their probation and parole, including GED, money management, drug & alcohol, counseling, family development, job readiness and placement.

CONNECTIONS TO SUCCESS and DRESS FOR SUCCESS
www.connectionstosuccess.org
2125 Bissell (no street sign) 63107 314-584-6887
(In the Grace Hill building near Grand and Florissant)
3000 Little Hills Expressway St. Charles 63301 636-940-8027
1701 N 2nd St. St Charles 63301 636-940-8027
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 is for women only. Call to make an appointment.

CONSTRUCTION TRAINING SCHOOL OF ST. LOUIS
6301 Knox Industrial Dr. 63139
www.stl-cts.org 314-644-1525
An apprenticeship program for various trades, such as carpenters, cement masons, floor layers, laborers, tech prep, and more.

CRIMINAL JUSTICE MINISTRY
941 Park Ave. 63104
www.cjmstlouis.org 314-652-8062
Works with prison inmates and their families to provide various services. Ask your parole officer to send a referral to CJM Direct Services Criminal Justice Ministry for short-term assistance, including Welcome Backpacks with personal items, bus passes, etc.

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.
IMPORTANT: The best chance of being accepted to the rental programs is to contact CJM at least 6 months before your release date, but parole officers can also refer.

EDUCATIONAL OPPORTUNITY CENTERS
4495 Forest Park Ave. 63108
314-535-6670
The Educational Opportunity Centers (EOC) are part of the federally-funded TRIO program and provides free educational counseling to assist individuals in furthering their education beyond high school. Call for an appointment.

Educational Opportunity Center
1408 N Kingshighway Blvd., # 107  314-367-8100
4644 Gravois Ave.  314-352-4113
13 N Oaks Plaza  314-385-4005
East St. Louis, Illinois EOC
601 James R Thompson Blvd. Building B, Suite 2079 East St. Louis, IL. 62201
618-482-6931

EMPLOYMENT CONNECTION
2838 Market St. 63103
www.employmentstl.org  314-333-JOBS (5627)
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. Services provided include: GED classes, on-site job fairs, placement services, homeless veterans program, disabled veterans program. Bring ID.

FATHERS SUPPORT CENTER
Prince Hall Family Support Center
4411 N. Newstead 63115
www.fatherssupportcenter.org  314-333-4170
The Fathers’ Support Center Legal Clinic offers legal advocacy and legal services in the areas of child support payment modifications, legal visitation, etc. Also, employment services. FSC has received grant funding for training and job placement for ex-offenders. Call for details.

FEDERAL BONDING PROGRAM (Dept. of Economic Development
421 East Dunklin St. P.O. Box 1087 Jefferson City 65102
573-526-8217
Provides fidelity bonding insurance coverage to individuals with criminal histories and other high-risk job applicants.

HUMANITRI
1447 East Grand Ave. 63107
www.humanitri.org  314-772-7720
Many housing options for those who are with income but need subsidies or assistance. Humanitri provides full-time chaplains and provides support for prisoner families, and helps inmates improve family relationships. Prisoner Family Bus Transportation. Next Steps-Ex Offender Re-entry Program.
ISAIAH 58 MINISTRIES
2149 South Grand 63104 314-776-1410
Computers, clothing, and other services available between 10:00 am-1:00 pm.

KAIROS OUTSIDE
P.O. Box 191214 63119
www.koeastmo.org  636-577-4733
Support for the families of persons who are or have been incarcerated in the country’s correctional facilities, and county jails and youth offender programs.

LEGAL AID/Legal Services of Eastern Missouri
4232 Forest Park Blvd. 63108
314-534-4200  Legal Aid: 800-444-0514
Free legal services for those who cannot afford an attorney for civil matters, services for those who qualify under income guidelines, preventive legal education programs. Clients seen by appointment Monday-Friday 9:00 am-5:00 pm.

LET’S START
1408 S. 10th St. 63104
www.letsstart.org  314-241-2324
A comprehensive program for children of incarcerated parents, as well as formerly incarcerated women. Services include transportation to women’s prisons for children and weekly support groups.

MISSOURI CURE
PO Box 28931  St. Louis, MO  63132
www.missouricure.org  www.curenational.org  877-525-CURE (2873)
Organizes and unites offenders, their families, and others for education and advocacy in criminal justice issues. CURE is an international movement that seeks to reduce crime through reform of the criminal justice system.

MISSION GATE PRISON MINISTRY
P.O. Box 6644 Chesterfield 63006
www.missiongateministry.org  636-391-8560
Christian-based Aftercare Program that is available to ex-inmates. There are men’s, family and women’s residences available in various parts of town.

MISSOURI DEPT. OF CORRECTIONS
www.doc.mo.gov.
Information about re-entry programs and information that is useful for friends and family of incarcerated persons.

NORTH COUNTY COMMUNITY DEVELOPMENT CORP.
2483 Alexandria Place Pkwy 63136
www.northcountycdc.org  314-867-9160
Shelter and transitional housing programs to prevent homelessness, including a prison re-entry program.

BOONE COUNTY OFFENDER TRANSITION NETWORK
www.bcotn.org
This organization provides a comprehensive directory of services for ex-offenders and others in Central Missouri. In PDF format.
PARENT LINK
www.parentlink.missouri.edu  800-552-8522  Espanol 888-460-0008
Resources about parenting issues. Support for incarcerated parents.

PROJECT COPE
3529 Marcus 63115
www.projcope.org  314-389-4804
This organization starts working with inmates before they are released. Start by writing a letter to the above address to arrange for an interview and possible entry into this successful support program. Project Cope is sponsored by several St. Louis area churches.

PROJECT RE-CONNECT
314-771-5207
Supports men and women who have maxed out of a Missouri prison sentence in the last 12 months. A collaboration of several agencies. Housing and other resources provided. Start the process with a call to 314-771-5207.

SLACO
5888 Plymouth Ave. 63112
www.slaco-mo.org  314-361-9406
SLACO is offering free Beginner and Advanced Computer Evening classes for Adults. Call for schedule. Basic Computer Skills, Microsoft Office, more.

ST. LOUIS ALLIANCE FOR RE-ENTRY (STAR)
www.stlreentry.org
A coalition working to make the re-entry process more successful.

ST LOUIS COMMUNITY REENTRY PROGRAM FOR EX-OFFENDERS
1809 S.8th Street  63104
314-621-0228 or 314-951-4048
Substance abuse meetings, transitional housing, job training.

ST. LOUIS DEPARTMENT OF PUBLIC HEALTH
1520 Market, Room 4050 63103

US APPRENTICESHIP PROGRAMS
www.doleta.gov/jobseekers
This is a very comprehensive website. Apprenticeships are available to ex-offenders. Follow the links to information about skills assessment, training programs, finding a job, and sources of grant money.

www.nationalreentryresourcecenter.org.

THE WORKFORCE SOLUTIONS GROUP (Accelerated Job Training)
St. Louis Community College’s Corporate College.
3221 McKelvey Road  Bridgeton  63044
www.stlcc.edu/Workforce-Solutions  314-539-5302
Develops industry-specific training in partnership with the college’s campuses and local employers to help adults retrain for in-demand occupations.
BEHAVIORAL HEALTH RESPONSE: BHR
www.bhrstl.org
24-hour Mental Health Crisis Line: 314-469-6644 or 800-811-4760

CHRIST CHURCH CATHEDRAL
12th and Locust 314-231-3454
Breakfast every Sat. 7:30-8:30

DREAM CENTER
4324 Margareta 63115 314-381-0700.
Food pantry, clothing, laundry, haircuts and showers. Call for times.

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
Income Maintenance: 314-877-2400
Post office boxes available where mail can be received.

HORIZON CLUB (Open 24 Hours a Day)
202 N. 23rd St. 63103 314-436-1733
This 24-hour safe haven offers showers, coffee, access to agencies,
computers/internet access, microwave, laundry, lockers. Chairs but no beds.
Visitor/guests welcome up to six hours per day and must leave by midnight.
Members can stay longer but must meet certain disability requirements.

INTERSTATE BLOOD BANK
5121 Delmar Blvd. 63108
www.interstatebloodbank.com 314-367-5200
They will pay for donations. Call or check the website for requirements.

MERS/MISSOURI GOODWILL INDUSTRIES
1727 Locust St. 63103
www.mersgoodwill.org 314-241-3464
Job opportunities and counseling. Many locations.

NATIONAL RUNAWAY CRISIS HOTLINE, 24-HOUR
www.nrscrisisline.org 800-RUNAWAY/ 800-786-2929

OUTREACH PROGRAM AT THE COLLEGE CHURCH PARISH CENTER
314-977-7308 (Call this number for details)
3628 Lindell Blvd. just west of Grand 63108 (Lower Level)
State ID and birth certificates. 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. Birth certificates may also be obtained at City Hall, 1200 Market.
Room 126 for $15.
SUBSTANCE ABUSE TREATMENT

Alcoholics Anonymous (AA)  www.aa.org  314-647-3677
Cocaine Anonymous (CA)  www.camissouri.org  314-361-3500
Narcotics Anonymous (NA)  www.na.org  314-830-3232

ASSESSMENT AND COUNSELING SOLUTIONS
4400 S. Lindbergh Blvd. 63127
www.aandcsolutions.com  314-849-2800
Assessment and Counseling Solutions provides the following services: Drug & Alcohol Addiction. Mix of Mental Wellness and substance abuse services. Self payment, Privately provided health insurance. Sliding fee scale (fee is based on income and other factors.)

ASSISTED RECOVERY CENTER OF AMERICA (ARCA)
6651 Chippewa St. Louis 63109
www.arcamidwest.com  314-645-6840
Detox. In-patient, out-patient and transitional living treatment programs.

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

BLACK ALC/DRUG SERVICE INFORMATION CENTER (BASIC)
3029 Locust St. 63103
2600 Washington Ave. 63103
www.basicinc.org  314-621-9009
Drug and Alcohol Addiction. Substance abuse treatment services.

BRIDGEWAY BEHAVIORAL HEALTH (Several Locations)
St. Louis City Center  1027 S. Vandeventer  63110
St. Charles Cntr. 1570 S. Main St. St. Charles, MO  63303
www.bridgewaybh.com  866-758-1152
Medically-Assisted Detoxification. Comprehensive services in the areas of addiction, sexual assault, domestic violence, recovery, mental health, adolescent outpatient. 12 locations. Some residential.

CENTER FOR LIFE SOLUTIONS, INC.
637 Dunn Rd., Suite 180 63042
www.centerforlifesolutions.org  314-731-0100
Crisis Intervention Hotline: 314-302-6728
CSTAR, Medication-Assisted and Methadone Treatment Programs. Medical evaluations and referral services targeted to the opiate user. Individual, family and group therapy. Medicaid and private pay patients.

CENTERPOINTE HOSPITAL
5931 Highway 94 S. St. Charles 63303
www.centerpointehospital.com
636-441-7300
Dual diagnostic treatment. Adolescent outpatient, behavioral health services including residential treatment programs. Eight metro area locations.
CENTREC CARE, INC.
1030 Woodcrest Terrace Dr. 63141
www.centreccare.com  314-205-8068
Drug & Alcohol Addiction, Detox, Buprenorphine Treatment. Special Programs. Teenagers, persons with co-occurring mental and substance abuse disorders. Self payment. Privately provided health insurance, military insurance.

COMMUNITY SERVICES OF MO
4456 S. Lindbergh Blvd. 63127
www.Dwiprograms.com  314-849-6855 or 1-800
Drug and Alcohol Addiction, Halfway house. Special Programs, DUI/DWI, Rehabilitation. Self payment. Sliding fee scale.

COMPREHENSIVE BEHAVIORAL HEALTH CENTER
505 South 8th St. East St. Louis, IL 62201
618-482-7320 (Office)
Mental health and substance abuse treatment, rehabilitative and social support on a twenty-four hour basis. Works with Alton Mental Health Center.

COMTREA
www.comtrea.org  636-931-2700
Several Jefferson County and South County locations. Substance abuse treatment services, psychiatric services, individual and group therapy, and special programs for domestic violence, as well as 24 hour crisis services.

DRUG AND ALCOHOL REHAB HEADQUARTERS
www.drug-rehab-headquarters.com
1-866-720-3784
Extensive listings of treatment resources and information.

DRUG REHAB ST. LOUIS
4579 Laclede Ave #438  63108
www.stlouis.alcoholdrugrehabmo.com  314287-3003
Alcohol rehab, detox, interventions, addiction treatment, more

GATEWAY FOUNDATION DRUG & ALCOHOL TREATMENT CENTERS
www.recovergateway.org  1-877-505-4673
Outpatient and residential treatment programs in three Southern Illinois locations: Caseyville, Carbondale, and Swansea. Call 800-971-4673 to learn more about treatment options in southern Illinois and the St. Louis Metro East area.

GIBSON RECOVERY CENTER
1112 Linden Cape Girardeau 63703
www.gibsonrecoverycenter.org  573-332-0416
In and outpatient drug and alcohol treatment for many southeast Missouri communities.

HARRIS HOUSE
8327 S. Broadway 63111
www.harrishouse.org  314-631-4299
HILLJACK HOUSE  
www.hilljackhouse.org  314-255-3964  
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.

HOPEWELL CENTER  
1504 S. Grand 63104  
www.hopewellcenter.com  314-531-1770  
Operates psychosocial rehabilitation and a comprehensive psychiatric rehabilitation centers for adults and youth.

METROPOLITAN PSYCHIATRIC CENTER OF ST. LOUIS  
5351 Delmar Blvd. 63112  
www.dmh.missouri.gov/mpc  314-877-0500  
Detox. Persons with co-occurring mental and substance abuse disorders, State or Government financed insurance. Forensic programs.

NEW BEGINNINGS CSTAR INC  
1408 N. Kingshighway. 63113  
www.newbeginningscstar.com  314-367-8989  
Drug & alcohol addiction services. Teenagers, women, DUI/DWI rehabilitation, criminal justice clients.

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.

PLACES FOR PEOPLE  
Community Reinforcement Approach (CRA)  
4130 Lindell 63108  
www.placesforpeople.org  314-535-5600  
Comprehensive substance-abuse treatment program to assist in the recovery process. Walk-ins welcome at Welcome Center Monday-Friday 9:00-noon.

PREFERRED FAMILY HEALTHCARE, INC.  
(SEVERAL LOCATIONS. Call or check website.  
3800 S. Broadway  63118  
www.pfh.org  314-772-2205  
A comprehensive behavioral health non-profit organization offering substance abuse treatment, prevention, and mental health services throughout Missouri and Kansas including eight locations in St. Louis and the Metro area.

PROVIDENT, INC.  
www.providentstl.org SEVERAL LOCATIONS THROUGHOUT AREA  
Life Crisis Hotline 314-647-HELP (4357) or 1-800-273-TALK (8255)  
For first appointment, call: 314-533-8200 or 800-782-1008  314-898-0101  
Mix of mental wellness, counseling, and substance abuse services.
QUEEN OF PEACE CENTER
325 N. Newstead St. 63108
www.qopcstl.org  314-531-0511 Ext. 1

SALVATION ARMY ADULT REHAB CENTER (ARC)
3949 Forest Park Blvd. 63108
www.satruck.org  314-535-0057
Men’s non-clinical residence rehab for chemical dependency. residential housing, work, and group and individual therapy.

SALVATION ARMY HARBOR LIGHT CENTER
3010 Washington St. Louis  63103
314-652-3310
Drug and alcohol addiction, detox and rehab programs up to 21 days. No residential. Now accepting women on out-patient basis.CSTAR, veterans.

SAMHSA: SUBSTANCE ABUSE AND BEHAVIORAL HEALTH SERVICES LOCATOR
www.samhsa.gov  www.suicidepreventionlifeline.org
Suicide Prevention Lifeline 800-273-TALK (8255)
A comprehensive website that provides a treatment locator and many other resources and services.

SATOP Substance Abuse Traffic Offender Program
www.dwiprograms.com

SOUTHEAST MISSOURI BEHAVIORAL HEALTH
Many locations listed on their website. Professionals dedicated to individualized drug and alcohol treatment. Admissions accepted 24/7, including holidays.
www.semoctc.org  800-455-5749

STEPPING INTO THE LIGHT MINISTRY
1402 Hebert 63107
www.steppingintothelightministry.org
314-231-5175 or 314-213-4697
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 EMPOWERMENT CENTER
Depression Bipolar Support Alliance (DBSA)
1908 Olive Street 63103
A drop-in center for mental health and substance abuse recovery self-help meetings. Open 365 days a year 9:00 am-3:00pm. Lunch daily. Many support groups, programs and employment classes.

ST. LOUIS METRO TREATMENT CENTER
9733 St. Charles Rock Rd. Breckinridge Hills 63114
www.methadonetreatment.com  314-423-7030
Outpatient clinic specifically designed for persons addicted to the opioid class of drugs, including prescription pain medications and heroin.

ST. LOUIS VALLEY HOPE
12777 Olive Blvd. 63141 314-514-9220 or 800-544-5101
Boonville: 1415 Ashley Road  Boonville 65233   660-882-6547
www.valleyhope.org

ST. LOUIS VETERANS AFFAIRS MEDICAL CENTER
915 N. Grand St. 63106
www.va.gov  314-652-4100 Ext. 5
Jefferson Barracks Division
#1 Jefferson Barracks Dr. St. Louis 63125
314-894-6693
Drug and alcohol addiction, detox, methadone services, methadone, detox. halfway house, Buprenorphine Treatment. Mental health services.

ST. PATRICK CENTER
800 N. Tucker Blvd. 63101
www.stpatrickcenter.org  314-802-0693
Drug & Alcohol Addiction services and Shamrock Club.

TEEN CHALLENGE OF ST. LOUIS
2650 Appletree Acres Ln. High Ridge 63049
www.teenchallengestl.com  636-677-1776
Drug Addiction Treatment. Part of the network of over 180 Teen Challenge centers across the U.S.

WEST END CLINIC, INC.
5736 W. Florissant Blvd. 63120
314-381-0560
Drug and alcohol addiction, methadone services. Sliding fee scale (fee is based on income and other factors. Payment assistance.
UTILITY ASSISTANCE

ENERGY CARE
2758 Wyoming St. 63118
www.energycare.org  314-773-5900
Provides a variety of services for low-income seniors (60+), people living with chronic illnesses and disabilities, and families with children under five.

DOLLAR HELP/UTILITY ASSISTANCE
www.dollarhelp.org
This website will take you to locations and phone numbers of agencies offering utility assistance.

FRANCISCAN CONNECTION
2903 Cherokee St. 63118
www.franciscanconnection.org  314-773-8485
Utility assistance, bus passes, school supplies.

LIHEAP
Low Income Home Energy Assistance Program
www.dss.mo.gov/fsd/liheap.

NEW LIFE EVANGELISTIC CENTER (NLEC)
1411 Locust 63103
www.newlifeevangelisticcenter.org  314-421-3020
When funds are available, financial aid with disconnect notice. Call first:

63135
PAKT Community Resource Center 500 Airport Rd Ferguson, 63135
www.paktcenter.org  314-524-2710
Rent and utility assistance, food pantry, clothing, after-school program & more for North County residents. Call the number above for details.

ST. JANE CENTER
7005 Ascension Drive 63121
www.visitationmonastery.org  314-383-6539
Family emergency assistance. Gives financial assistance for basic needs such as utilities, rent/mortgage, medication, food and clothing. North County.

ST. VINCENT DE PAUL ASSISTANCE LOCATOR
www.svdpstlouis.org

URBAN LEAGUE UTILITY ASSISTANCE
St. Louis City Division  935 Vandeventer St. 63108
www.ulstl.com  314-615-3654

St. Louis County Division  8960 Jennings Station Rd. 63136
314-388-9840

St. Clair County Division
10220 Lincoln Trail  Fairview Heights, IL 62208
618-274-115
for VETERANS

HOPE RECOVERY CENTER
515 North Jefferson Ave. 63103
314-652-4100 Ext. 55460
A transitional, outpatient center that includes several mental health and work programs in one new place.

EMPLOYMENT CONNECTION
2838 Market Street 63103
www.employmentstl.org 314-333-JOBS (5627)
Homeless Veterans Reintegration Program Job placement services and housing. Supportive Services for Veterans’ Families. Rental assistance, deposits, utilities, etc. Supportive Housing (Project Homecoming). The veterans’ coordinator can give you more information.

H.E.R.O.E.S. Care
1306 R West Lark Industrial Drive Fenton, MO 63026
www.heroescare.org 636 600-0096
Food, clothing, financial assistance and more for veterans, active military and families.

MY NEXT MOVE FOR VETERANS
www.mynextmove.org

PERSONAL CARE HOME HEALTH SERVICES
Veterans Benefit Program
1221 Locust St. Suite 550 63103
314-664-1100
In-home assistance for veterans and families with medical conditions. Call for more information.

PROJECT HERO
314-802-0700
St. Patrick Center operates Project HERO (Housing, Employment, Recovery, Opportunities). Call for information about apartments for veterans.

RELEASE TO RENT FOR VETERANS
Criminal Justice Ministry
941 Park Ave. 63104
www.cjmstlouis.org 314-652-8062
Limited openings in scattered supportive housing for veterans who are homeless and have a criminal record.

REGIONAL ALLIANCE FOR THE TROOPS
www.raftt.org 314-432-8200
A website devoted to providing military members, their families and veterans with resources all in one location.
ST. LOUIS COUNTY VETERANS PROGRAM
9666 Olive Blvd. Suite 510  63132
www.stlouisco.com  314-615-4516  TTY: 800-735-2966
Various services including case management, referral for benefits, legal,
medical, employment, housing and transportation assistance.
North County: 21 Village Square, Hazelwood, 63042   314-625-4000
South County: 4548 Lemay Ferry Road, 63129   314-615-4000
Community Outreach:   314-615-7433

SUICIDE PREVENTION HOTLINE 800--273-TALK (8255) Press 1

THE MISSION CONTINUES
1141 South 7th Street 63104
www.missioncontinues.org  314-588-8805
Empowers veterans to engage in community service in St. Louis and nationwide
to continue their service to our country in a meaningful way.

VA MEDICAL CENTER
www.stlouis.va.gov
800-228-5459  314-652-4100 Ext. 53772
314-289-6418 (Methadone Clinic)
314-894-6693
John Cochran Division: 915 North Grand Blvd.  63106
Jefferson Barracks Division: #1 Jefferson Barracks Dr. 63125

VETERANS BENEFITS and other VA information: 800-827-1000
http://www.stlouis.va.gov/
Addresses, phone numbers, programs, job openings specifically for veterans.

VETERAN’S CRISIS LINE
www.veteranscrisisline.net  800-273-8255  TTY: 800-799-4889
Connects veterans in crisis (and their families and friends) with qualified,
caring Department of Veterans Affairs responders through a confidential, toll-
free hotline, online chat, or text.

www.st.louis.va.gov
www.veteransworld.com
www.va.gov

A website with information from the Department of Veterans Affairs about housing and homelessness:
www.va.gov/HOMELESS or call 314-289-5500.
HELP FOR HOMELESS VETERANS: 877-424-3838
YOUTH SERVICES

ANNIE MALONE Children and Family Service Center
2612 Annie Malone Drive  63113  314-531-0120
Crisis center, day care, services for teenagers through community programs.

BIG BROTHERS BIG SISTERS
www.bbbsemo.org
Headquarters: 501 N. Grand Blvd., Suite 100 63103  314-361-5900

BJC BEHAVIORAL HEALTH
1430 Olive Street, Suite 400 63103
www.bjcbehavioralhealth.org  314-729-4004 toll-free: 877-729-4004
After hours: 314-469-6644 or toll-free  800-811-4760
More locations and more Behavioral Health services.

CAP4KIDS (Children’s Advocacy Project)
www.cap4kids.org
Many services listed, including employment, training health care and housing.

CHADS COALITION (for Mental Health)
180 Crestwood Plaza  63126  314-952-2046
www.chadscoalition.org
A variety of suicide and bullying prevention programs, including SOS/Signs of Suicide. Works in schools and provides education and support groups.

COVENANT HOUSE
2727 North Kingshighway  63113
www.covenanthousemo.org  314-533-2241 Toll free: 800-999-9999
Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention.

EPWORTH’S YOUTH DROP-IN CENTER
7520 Natural Bridge Road  Normandy, MO 63121
www.epworth.org  314-222-4877
24-hour crisis Hotline: 314-727-6294 or 800-899-KIDS(5437)
Open Monday–Friday, 1:00 pm-5:00 pm. Staff will distribute hygiene kits, safe sex kits and food as needed, as well as life skills and recreational activities.

KIDS UNDER TWENTY ONE (KUTO)

ST. LOUIS COUNTY YOUTH CONNECTION HELPLINE
314-628-2929 or 877-928-2929

THE SPOT (FOR AGES 13-24)
4169 Laclede 63108  www.thespot.wustl.edu  314-535-0413
A drop-in center open Mon–Fri afternoons. Computers, laundry, showers, etc.

TREVOR PROJECT

YOUTH IN NEED
www.youthinneed.org  636-946-5600 Crisis Hotline: 636-946-3771
Based in St. Charles, with outreach programs in St. Louis City.
AFFINIA HEALTH CARE (GRACE HILL)
www.affiniahealthcare.org 314-814-8700 for appointment
314-898-1700 for information

COMMUNICABLE DISEASE HIV/AIDS/STD/HEPATITIS
1520 Market, Rm 4027 314-657-1419

CRISIS NURSERY
www.crisisnurserykids.org 314-768-3201
Serves parents with children up to age 12.

DEPARTMENT OF VETERANS’ AFFAIRS
(VA) 400 South 18th Street 63103
www.va.gov 800-827-1000

ST. LOUIS VETERANS AFFAIRS MEDICAL CENTER
915 N. Grand St. 63106
www.va.gov 314-652-4100 Ext. 5

GED HOTLINE 800-626-9433
www.gedtestingservice.com
The GED test is now only offered on computer.

MISSOURI HEALTH CARE MARKETPLACE AND HEALTHCARE.GOV
www.EnrollMissouri.org
24-Hour Hotline: 800-318-2596
Hotline handles consumer questions and starts the process. It is recommended you start here to access the HealthCare.gov website.

PARENT LINK
www.parentlink.missouri.edu 800-552-8522 En Español: 888-460-0008
Answers and options regarding parenting concerns. Support for incarcerated parents. The website has many resources.

PEOPLE’S HEALTH CENTERS
5701 Delmar Blvd. 63112
www.phcenters.org 314-367-7848
Provides a wide range of health care and social services. Call or search their website for more information and addresses of locations.

PLANNED PARENTHOOD
4251 Forest Park Ave. 63108 Main location. (Many others throughout the area.)
www.plannedparenthood.org 314-531-7526
To schedule an appointment or for more information, call 800-230-PLAN (7526)

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

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