

2019 Community Resource Guide



Saint Louis City
&
Saint Louis County

About This Resource Guide

It is important to Washington University Medical Center that you know about assistance that is available year round. In this guide, you will find information on assistance that you can receive in your community and city wide. It also includes some ways you can get involved in your local community organizations, as well as their contact information.

In this Resource Guide, you will find the following assistance:

- Utility Assistance
- Housing & Rental Assistance
- Food Assistance
- Employment & Training
- Health & Wellness
- Family & Youth Services
- Home Repair
- Engaging Your Community

Please feel free to share this guide with your friends, family, and neighbors. We hope this guide proves to be helpful and encourages you to get more involved in your community.

Sincerely,

Washington University Medical Center (WUMC)



Table of Contents

Utility Assistance.....	4
Housing & Rental Assistance.....	12
Food Assistance.....	18
Employment, Training & Education.....	27
Health & Wellness.....	34
Family and Youth Services.....	46
Home Repair.....	53
Engaging Your Community.....	62



Utility Assistance



Utility Assistance

Ameren UE—Missouri

Contact:

<https://www.ameren.com/missouri/account/customer-service/payment-options/payment-assistance>

(800) 552-7583

Services:

Dollar More, LIHEAP (Low Income Home Energy Assistance) Program, Heat Up/Cool Down St. Louis, and Weatherization, Keep Current Low-Income Pilot Program

Eligibility:

Priority recipients are low-income, elderly, handicapped, or persons with special needs

Service Areas:

Missouri

Feed My People

Contact:

www.feed-my-people.org/fmp-programs/

171 Kingston Dr. St. Louis, MO 63125

(314) 631-3900

Services:

Utility assistance with Healthy Homes Program

Urban League of Metropolitan St. Louis

Contact:

<https://www.ulstl.com/programs/>

St. Louis City Division

935 Vandeventer St. Louis, MO 63108

Weatherization:

mdavenport@urbanleague-stl.org

(314) 615-3646

Utility Assistance:

hjackson@urbanleague-stl.org

(314) 615-3654

Services:

Weatherization, Utility Assistance, LIHEAP

Eligibility:

Qualified homeowners and renters; emphasizes service to elderly persons living on a fixed income, the disabled, and families with children. Requirements for energy assistance are based on income, family size, and availability of funds

Service Areas:

Saint Louis City



Energy Care

4200 Delor Street, St. Louis, MO 63116

(314) 773-5900

www.energycare.org

Services:

Utility assistance, weatherization programs and EnergyCare for winter and summer

Eligibility:

Residency in service areas and you (or someone in your household) must be over 60 years old, under 5 years old, chronically ill, or physically disabled; low-income

Service Areas:

City of Saint Louis and St. Louis County

Metropolitan St. Louis Sewer District

Contact:

<https://www.stlmsd.com/>

2350 Market Street, St. Louis, MO 63103

(314) 768-6260

Services:

Customer Assistance Program offers 50% rate reduction (call 866-281-5737 for info)

Eligibility:

Qualified low-income, elderly, and disabled customers who receive storm and sewer services

Service Areas:

Saint Louis Metro Area

Guardian Angel Settlement Association

Contact:

<https://www.gasastl.org/>

1127 N. Vandeventer Ave. St. Louis, MO 63113—(314) 231-3188

Hosea House Location: 2700 Cherokee St. St. Louis, MO 63118—(314) 773-9027

Services:

Social services for those in need of assistance; Emergency Assistance Program

Service Areas:

63104 and 63118

Lutheran Senior Services

Contact:

<https://www.lssliving.org/>

1150 Hanley Industrial Ct. St. Louis, MO 63114
(314) 968-9313

Services:

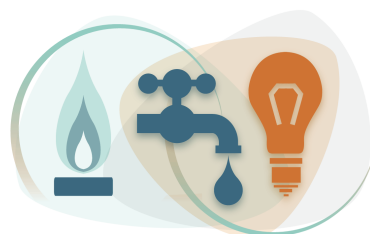
Legal services, housing and utility assistance

Eligibility:

Seniors ages 60+ or 50+ with disability

Service Areas:

Various locations throughout Missouri and Illinois; primarily Saint Louis metro area



Catholic Charities

Contact:

www.ccstl.org/

4445 Lindell Blvd. Saint Louis, MO 63108

(314) 367-5500

info@ccstl.org

Services:

Rural Parish Clinic, Long-Term Disaster Recovery, LAMP (Language, Access, Multicultural, People)

Eligibility:

Reside within service areas; eligibility varies, but aims to assist those recently impacted by natural disaster, the elderly, low or no-income families/individuals, veterans, and the homeless

Service Areas:

City of Saint Louis and Saint Louis County (as well as neighboring counties)

United Way of Greater St. Louis

Contact:

www.helpingpeople.org

910 N. 11th Street, St. Louis, MO 63101-1018

(314) 421-0700

Services:

Food and shelter, utility and housing assistance

Service Areas:

Saint Louis County and City of Saint Louis

Associated Services & Organizations:

- Cardinal Ritter Senior Services: services to connect seniors with food, shelter, in-home care and utilities assistance
- Saint Patrick Center: Housing First
- Saint Francis Community Services: Equal Housing Assistance Project, Veterans Advocacy Project, Legal Aid

Contact:

- Cardinal Ritter Senior Services:

www.cardinalritterseniorservices.org

(314) 961-8000

7601 Watson Road, St. Louis, MO 63119

Social Services Department:

2840 Wisconsin Road St. Louis, MO 63118

visits by appointment only

(314) 918-2258

- Saint Patrick Center:

www.stpatrickcenter.org/housing-first/

800 N. Tucker Blvd. St. Louis, MO 63101

(314) 802-0700

- Saint Francis Community Services:

www.sfcstl.org

4445 Lindell Blvd. St. Louis, MO 63108

(314) 932-3300

DOORWAYS

Franciscan Connection

Contact:

<https://www.doorwayshousing.org/>
4385 Maryland Ave. St. Louis, MO 63108
(314) 535-1919

Services:

Own Home, Outstate/Statewide, Residential Program, Jumpstart, Cooper House (formerly known as DOORWAYS Supportive Housing Facility)

Eligibility:

Individuals suffering from AIDS/HIV, who are chronically ill and cannot live independently, parents of children who require supportive services in addition to housing assistance, and adults with or without children who need monthly rental and utility assistance; all clients live below the federal poverty level

Service Areas:

City of Saint Louis and Saint Louis County (as well as neighboring counties in Missouri and Illinois)

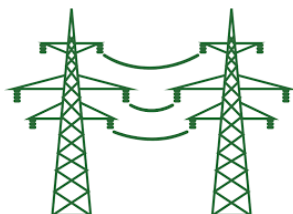
Our Lady of Perpetual Help

Contact:

www.helpstlouis.org
4335 Warne Ave. North St. Louis, MO 63107
(314) 535-9794

Services:

Utility assistance



Contact:

<http://www.franciscanconnection.org/index.htm>
2903 Cherokee Street St. Louis, MO 63118
(314) 773-8485

Services:

Utility assistance

Eligibility:

In the past, recipients of aid have been single mothers, under-employed men, and the elderly; all are low-income

Service Areas:

Primarily 63118; some parts of 63104 and 63116

Spire Energy (Previously Laclede Gas)

Contact:

<https://www.spireenergy.com/assistance>
(800) 887-4173

Services:

Payment plans, DollarHelp, LIHEAP, Extra Notification Program, Medical Emergency Program, Cold Weather Plan, Red Tag Repair Program

Eligibility:

Resident within service areas, low-income multifamily homes, Spire & Ameren client

Service Areas:

City of St. Louis and St. Louis County

Historic Trinity Lutheran Church

Contact:

<http://www.trinitystlouis.com/>

812 Soulard Street St. Louis, MO 63104

(314) 231-4092

Services:

Helping Hand Me Downs, Soup Alley and Food Pantry

Eligibility:

Must reside within service area, proof of income and current utility bill

Service Areas:

63104 only

Joint Neighborhood Ministry

Contact:

2911 McNair St. Louis, MO 63118

(314) 771-3987

Services:

Limited financial help to pay for prescription medications, rent, or prevent disconnection of utilities

Eligibility:

Low-income individuals who are unemployed/underemployed, single with children, grandparents raising grandchildren, no health insurance/underinsured, facing homelessness or living in substandard housing

Service Areas:

Parts of 63118 and 63104

Community Action Agency of St. Louis County
(CAASTL)

Contact:

<http://www.caastlc.org/programs-page/energy-services/>

2709 Woodson Road, Overland, MO 63114

(314) 863-0015

Services:

LIHEAP, Energy Assistance (EA), Energy Crisis Intervention Program (ECIP), Dollar Help, Heat Up St. Louis, H2O Help Program

Eligibility:

Household income may not exceed 135% of the federal poverty guidelines; residents exceeding 60 years of age or older, household income may not exceed 150% of the federal poverty guidelines

Service Areas:

City of Saint Louis and Saint Louis County

Circle of Concern

Contact:

www.circleofconcern.org

112 St. Louis Ave P.O. Box 444

Valley Park, MO 63088

(636) 861-2623

Services:

Emergency financial assistance for utilities and other short-term needs

Eligibility:

Established clients only

Salvation Army

Services:

Housing/Residence Services, Emergency Financial Assistance

Locations & Contact Information:

Harbor Light Center

3010 Washington Avenue, St. Louis,
MO 63103

(314) 652-3310

Adam_Moore@usc.salvationarmy.org

Railton Residence

205 N. 18th Street, St. Louis, MO 63103

(314) 621-2424

Kimberly_Beck@usc.salvationarmy.org

Temple Corps

2740 Arsenal Street, St. Louis, MO
63118

(314) 771-3460

Grant.Holloway@usc.salvationarmy.org

Euclid Corps

2618 North Euclid Avenue, St. Louis,
MO 63113

(314) 531-5621

Patrick.Holness@usc.salvationarmy.org

Gateway Citadel

824 Union Road, St. Louis, MO 63123

(314) 631-1133

Christopher.White@usc.salvationarmy.org

Jewish Family & Children's Services

Contact:

<https://www.jfcs-stl.org/>

10950 Schuetz Road St. Louis, MO 63146

(314) 993-1000

Services:

Financial assistance with rent, utilities, mortgage, or other unforeseen financial expenses

Eligibility:

Call for details

Service Areas:

Saint Louis County

People's Community Action Corporation

Contact:

<http://www.pcacstl.org/>

4236 Lindell Blvd. #300 St. Louis, MO 63108

(314) 862-6270

Services:

Energy assistance

Eligibility:

Residents of service area who are at 125% poverty level or below with direct and referral programs

Service Areas:

Saint Louis County and Wellston

Society of St. Vincent de Paul

Contact:

www.svdpstlouis.org

1310 Papin Street, St. Louis, MO 63103

(314) 881-6000

Services:

Air Conditioning Assistance, Utility Assistance, Utility Assistance Program
and Housing Assistance Programs

Eligibility:

Call for details

Service Areas:

Saint Louis Metro Area

Father Bob's St. Augustine Catholic Church

Contact:

www.fatherbobsoutreach.com

1371 Hamilton Ave., St. Louis, MO 63112

(314) 385-1934

Services:

Utility Assistance Program

Eligibility:

Must bring utility bill or rental agreement and
\$25 cash or money order, which will be
matched with up to \$75 toward bill

Service Areas:

Greater Saint Louis County

Housing & Rental Assistance



Housing & Rental Assistance

Catholic Charities of St. Louis

www.ccstl.org

4445 Lindell Blvd. St. Louis, MO 63108

info@ccstl.org

(314) 367-5500

Organizations, Contact, and Services:

Saint Patrick Center

Housing First

<http://www.stpatrickcenter.org/>

800 N. Tucker Blvd. St. Louis, MO

63101

(314) 802-0700

Saint Martha's Hall

Shelter, information and referrals

<http://saintmarthas.org/>

P.O. Box 4950 St. Louis, MO 63108

(314) 533-1313 (available 24/7)

Cardinal Ritter Senior Services

Housing services for seniors; both in dependent and assisted living

www.cardinalritterseniorservices.org

7601 Watson Road St. Louis, MO

63119

(314) 961-8000

Beyond Housing

Contact:

www.beyondhousing.org

(314) 533-0600

6506 Wright Way St. Louis, MO 63121

Services:

Affordable Quality Homes Program, Affordable Beyond Housing Rentals, Down payment and Closing Cost Assistance, Home Buyer Education, and Senior Living

Eligibility:

Fill out the family housing eligibility form online; call for eligibility information

Service Areas:

North Saint Louis County

Covenant House Missouri

Contact:

www.covenanthousemo.org/get-help

2727 N. Kingshighway Blvd. St. Louis, MO 63113

(314) 533-2241

Services:

Homeless shelters

Housing Options Provided for the Elderly
(HOPE)

Contact:

www.hopeforseniorsstl.org

(314) 776-0155

Services:

Senior Housing List, case management and reverse mortgage counseling

Service Areas:

St. Louis area and across the United States

DOORWAYS

Contact:

www.doorwayshousing.org

4385 Maryland Ave. St. Louis, Missouri
63108-2703

(314) 535-1919

Services:

Own Home Program, Residential Program,
The Cooper House

Rebuilding Together

Contact:

www.rebuildingtogether-stl.org

357 Marshall Ave. Suite 2 Webster Groves,
MO 63119

(314) 918-9920

Services:

Home repair



Lemay Housing Partnership

Contact:

www.thehousingpartnershipstl.org

336 E. Ripa Ave. St. Louis, MO 63125

(314) 631-9905

Services:

Home repair and homebuyer services, down payment and closing cost assistance

Service Areas:

Saint Louis County and City of Saint Louis

Humanitri

Contact:

www.humanitri.org/get-help/

1447 East Grand Ave. St. Louis, MO 63107
(314) 772-7720

Services:

DIAL 2-1-1 St. Louis' coordinated entry line for homeless and social services

Great Things Inc.

Contact:

www.greatthingsinc.org/index.html

4673 Page Blvd, St. Louis, MO 63113

314-535-4673

info@greatthingsinc.org

Services:

In HIS Image (IHI)

Service Areas:

West and Central St. Louis City

Saint Louis Housing Authority

Contact:

www.slha.org

3520 Page Blvd. St. Louis, MO 63106

(314) 531-4770

Services:

Housing Choice Voucher Program and Wait List

Eligibility:

Head of household must be 18 years of age at the time of admission or an emancipated minor by a court of competent jurisdiction, consistent with Missouri law, annual income does not exceed limits established by U.S.

Department of Housing and Urban Development, must pass criminal background check, and more (see website or call for details)

Salvation Army

Services:

Housing and resident services

Locations:

Booth Manor

3133 Iowa St. Louis, MO 63118

(314) 773-6760

Family Haven—A Community in Partnership
Family Center

10740 West Page Ave. St. Louis, MO
63132

(314) 423-7770

Urban League

Contact:

www.ulstl.com/economic-empowerment/hud-housing-counseling/

St. Louis City Division

935 Vandeventer St. Louis, MO 63108

(314) 615-3600

Services:

The HUD-Certified Housing Counseling Program

Service Areas:

Saint Louis Metro area

Feed My People

Contact:

www.feed-my-people.org/fmp-programs/

171 Kingston Dr. St. Louis, MO 63125

(314) 631-4900

Services:

Affordable housing referrals

St. Louis Transitional Hope House

Contact:

www.hopehousetl.org/Pages/default.html

1611 Hodiamont Ave. St. Louis, MO 63112

(314) 382-3801

Services:

Emergency rental assistance



Biddle Housing Opportunities Center

Contact:

1212 N. 13th Street St. Louis, MO 63101

(314) 612-1675

Services:

A facility providing emergency shelter to single adult men experiencing homelessness

Criminal Justice Ministry

Contact:

www.cjmstlouis.org

1104 S. Jefferson Ave St. Louis MO 63104

(314) 652-8062

Services:

Release to Rent and Next Steps Home-Ex Offender Re-entry Housing Program

Eligibility:

Prison inmates will need a referral from parole officer

Community Action Agency of STL

(CAASTLC)

Contact:

www.caastlc.org/programs-page/

2709 Woodson Road Overland, MO 63114

(314) 863-0015

Services:

Housing assistance

Better Family Life

Contact:

www.betterfamilylife.org

(314) 367-3440

5415 Page Blvd. St. Louis, MO 63112

Services:

Assistance for first-time homebuyers; Foreclosure intervention, credit restoration, lending alternative, and more

Eligibility:

Must be a first-time homebuyer; See details online

The Land Reutilization Authority

Contact:

www.stlouis-mo.gov/government/departments/sldc/real-estate/dollar-house-program.cfm

Services:

One year pilot program to sell single family residential properties for \$1.00

Eligibility:

Building must be a single family residential property, less than 1500 square feet, marked under LRA inventory for more than 5 years



Mary Ryder Home

Contact:

www.maryryderhome.org/our-home/
4361 Olive Street St. Louis, MO 63108
(314) 531-2981

Services:

Senior housing for women

Eligibility:

Low-income females over the age of 55

Peter and Paul Community Services

Contact:

www.ppcsinc.org
2612 Wyoming Street St. Louis MO 63118
(314) 588-7111

Services:

Emergency shelter, community housing and
permanent supportive housing

Habitat for Humanity

Contact:

www.habitatstl.org
3830 South Grand Blvd. St. Louis, MO 63118
(314) 371-0400

Services:

First-time homebuyers program

Useful Websites

www.lowincomehousing.us/MO.html
www.socialserve.com
www.ahl.mhdc.com
www.cheapapartmentslocator.com/map-of-cheap-apartments-in-downtown-saint-louis/
www.hud.gov
www.padmapper.com
www.socialserve.com
www.voycestl.org

Food Assistance



Food Assistance

St. Anthony of Padua

Contact:

www.stanthonyofpaduastl.com

3140 Meramec Street St. Louis, Missouri
63118

(314) 655-0573

Food Pantry:

3010 Meramec St., entrance at the
back end of the parking lot

(314) 352-1460

Services:

Food pantry

Service Areas:

63118, 63111, 63116

Grace and Peace Fellowship

Contact:

[www.graceandpeacefellowship.org/
ministries/outreach/](http://www.graceandpeacefellowship.org/ministries/outreach/)

5574 Delmar Blvd. St. Louis, MO 63112

(314) 367-8959

Services:

Food pantry



Salvation Army

Services:

Utility assistance, food assistance, rent assistance, clothing assistance, etc.

Locations:

Gateway

824 Union Road, St. Louis, MO 63123

(314) 631-1133

Euclid Corps

2618 N. Euclid Ave. , St. Louis, Mo.

63113

(314) 531-5621

Maplewood Corps

7701 Rannells Avenue, St. Louis, MO

63143

(314) 781-5434

Temple Corps

2740 Arsenal Street, St. Louis, MO 63118

(314) 771-3460

West Page Corps

10740 Page Avenue, St. Louis MO 63132

(314) 423– 7012

Stratford Commons

4200 Snow St, St. Louis, MO 63120

(314) 389– 9302

Northside Community Center

Contact:

4120 Maffitt Ave. St. Louis, MO 63113

(314) 531-1937

www.nsyssc.com/senior-programs.html

Transportation: (314) 652-9946

Services:

Meals on Wheels, Concrete Meals

Eligibility:

Individuals must be 60+ years of age, homebound as a result of physical or mental disability, unable to prepare meals on their own and have no one available to prepare meals for them, the spouse of a homebound senior, a handicapped non-elderly person who is a member of a household with an elderly person

Circle of Light Associates

Contact:

www.circleoflightassociates.org/grass-roots-food-pantry.html

(314) 382-8759

8759 Annetta Ave, St. Louis, MO 63147

Services:

Grass Roots Food Pantry

Eligibility:

Proof of income and residence, Missouri driver's license or identity card and social security cards

Jewish Family and Children's Service

Contact:

www.jfcs-stl.org/who-we-serve/

10601 Baur Boulevard St. Louis, MO 63132

(314) 513-1672

Services:

The Harvey Kornblum Jewish Food Pantry

Eligibility:

You will need a picture ID, recent documentation showing your address if not the same on ID, names and birthdates of everyone in households, and combined monthly income for everyone in your household (self-report)

Grace United Methodist Church

Contact:

www.graceumc-stl.org

6199 Waterman Blvd. St. Louis, MO 63112

(314) 863-1992

Services:

Junkique annual garage/yard sale and food pantry

Operation Food Search

Contact:

www.operationfoodsearch.org

1644 Lotsie Blvd. St. Louis, MO 63132

Hunger Hotline: (314) 726-5355 x1

Services:

Food distribution

Metro Christian Worship Center

Contact:

www.metrocwc.org/communityoutreach/

3452 Potomac Street St. Louis, MO 63118

(314) 772-8444 ext. 135

Services:

Food and clothing help

St. John House of Hope

Contact:

www.stjohnhouseofhope.com/programs

913 N. Garrison Ave. Suite 100 St. Louis,
MO 63106

(314) 371-1528

Services:

Community Garden

Eligibility:

Open to church members first

Circle of Concern

Contact:

www.circleofconcern.org

112 St. Louis Ave P.O. Box 444

Valley Park, MO 63088

(636) 861-2623

Services:

Food pantry



Trinity Episcopal

Contact:

www.trinitycwe.org

600 N. Euclid Ave. St. Louis, MO 63108

(314) 361-4655

Services:

Trinity Food Ministry, food pantry

Church of God at Baden

Contact:

www.cogab.net/ministry/food-pantry/

8375 N. Broadway St. Louis, MO 63147

(314) 261-1376

Services:

Food bank

St. Wenceslaus Parish

Contact:

www.stwenceslaus.website/

3014 Oregon Avenue St. Louis, MO 63118-1412

(314) 865-1020

Services:

Food pantry

Ruth Faulkner Food Pantry

Contact:

1220 G.h. Pruitt Dr. St. Louis, MO 63113

(314) 535-7548

Services:

Food pantry

St. Louis Area Foodbank

Contact:

www.stlfoodbank.org/programs-services/

70 Corporate Woods Drive Bridgeton, MO
63044

(314) 292-6262

Services:

Mobile Programs, Commodity Supplemental Food Program, Supplemental Nutrition Assistance Program, Summer Family Food Program, Emergency Food Assistance Program

Eligibility:

See details online

St. Cronan Church

Contact:

www.stcronan.org

1202 S Boyle Ave, St. Louis, MO 63110

(314) 289-9384

Food pantry: (314) 533-0651

Services:

Food pantry

St. Francis Xavier College Church

Contact:

www.sfxstl.org

3628 Lindell Blvd. St. Louis, MO 63108

(314) 977-7300

Services:

Casserole Program, food pantry

Trinity Presbyterian Church

Contact:

www.trinityucity.org

6800 Washington Ave University City, MO
63130

(314) 725-3840

Services:

The Winger Food Pantry

Third Baptist Church

Contact:

www.third-baptist.org/food-pantry/

620 N. Grand Blvd. St. Louis, MO 63103

(314) 533-7340

Services:

Food pantry

All Nations Resource Center

Contact:

9735 Halls Ferry Jennings, MO 63136

(314) 869-6636

Services:

Food pantry

Our Lady of Perpetual Help

Contact:

4335 Warne Ave. North St. Louis, MO 63107

(314) 535-9794

Services:

Food pantry

Wesley House Association

Contact:

www.wesleyhousestl.org/community

4507 Lee Ave. St. Louis, MO 63115

(314) 385-1000

Services:

Food pantry

St. Louis Dream Center

Contact:

www.stldreamcenter.org/outreach/

4324 Margaretta Ave. St. Louis, MO 63115

(314) 381-0700

Services:

Feeding programs, soup kitchen, and food pantry

Isaiah 58 Ministries

Contact:

www.i58ministries.org

2149 S. Grand Blvd. St. Louis, MO 63104

(314) 776-1410

Services:

Food pantry

Service Areas:

6.5 square mile area bordered by Chouteau to the north, Jefferson to the east, Chipewa to the south and Kingshighway to the west

Great Things Inc.

Contact:

www.greatthingsinc.org

(314) 535-4673

4673 Page Blvd. St. Louis, MO 63113

Services:

Hot meals three days a week, no eligibility requirements

Chapel of the Cross Lutheran

Contact:

www.chapelofthecross.org/helping-hands-food-pantry

1120 Trampe Ave. St. Louis, MO 63138

(314) 741-5667

Services:

Helping Hands Food Pantry

Eligibility:

Resident of surrounding area, proof of address, utility bill and picture ID required

Samaritan UMC—Central West End

Contact:

www.samaritanumc.com

4234 Washington Blvd. St. Louis, MO 63108

(314) 533-3916

Services:

Food pantry



Community Action Agency of STL (CAASTLC)

Contact:

<http://www.caastlc.org/>

2709 Woodson Road, Overland, MO 63114

(314) 863-0015

Services:

Seeds of Hope Farm, food pantry

Christians Who Care

Contact:

www.mcknightcrossings.org/christians-who-care-food-pantry

2515 S. McKnight Road St. Louis, MO 63124

(314) 962-7026

Services:

Food pantry

Service Areas:

63119, 63143, 63144, and 63117

People's Community Action Corporation

Contact:

www.pcacstl.org/services/

4236 Lindell Suite 300 St. Louis, MO 63108

(314) 862-6270

5701 Delmar Blvd. St. Louis, MO 63112

(314) 367-7848

Services:

Emergency food and other resources

Guardian Angel Settlement Association

Contact:

www.gasastl.org/about-our-social-service-programs/

(314) 773-9027

2700 Cherokee Street St. Louis, MO 63118

Services:

Food pantry

Urban League of Metro St. Louis

Contact:

www.ulstl.com/food-assistance/

935 Vandeventer Ave. St. Louis, MO 63108

(314) 615-3654

Services:

Food pantries at multiple locations

Eligibility:

Must be 18 or older and have picture ID

St. Agatha Polish Church

Contact:

www.polishchurchstlouis.org/st.-agatha-center.html

3239 S. 9th Street St. Louis, MO 63118-2629

(314) 772-4491

Services:

Food pantry

Service Areas:

South St. Louis



Zion Lutheran Church

Contact:

Benton Street St. Louis, MO 63106

(314) 231-0382

Services:

Food pantry

St. John's UCC

Contact:

www.sjuccstl.org

4138 N. Grand Blvd. St. Louis, MO 63107

(314) 534-4400

Services:

Canned goods when available

Feed My People

Contact:

www.feed-my-people.org/service/give-food/

171 Kingston Dr. St. Louis, MO 63125

(314) 631-4900

Services:

Long-term and emergency food help

Key to Life Tabernacle Christ

Contact:

6616 W. Florissant #1w St. Louis, MO 63136

(314) 537-3874

Services:

Food pantry

Solomon's Temple Church

Contact:

www.solomonstemplechurch.org

5569 Page Blvd. St. Louis, MO 63112

(314) 361-4466

Services:

Food pantry

Christ Pilgrim Rest

Contact:

1341 N. Kingshighway Blvd. St. Louis, MO 63113

(314) 367-2974

Services:

Food pantry

Peter and Paul Community Services

Contact:

www.ppcsinc.org

2612 Wyoming Street St. Louis MO 63118

(314) 588-7111

Services:

Meal programs

Ladies of Charity

Contact:

7500 Natural Bridge St Louis, MO 63121

(314) 383-4207

Services:

Food pantry

Bevo 2001

Contact:

4705 Ridgewood St Louis, MO 63116

(314) 352-0141

Services:

Food pantry

Second Presbyterian Church

Contact:

www.secondchurch.net/homeless-outreach

4501 Westminster Place St. Louis, MO 63108

(314) 367-0366

Services:

Food pantry, weekly meals

Employment, Training & Education



Employment, Training & Education

MOKAN, CCAC

(Construction Contractors Assistance Center)

Contact:

www.mokanccac.org/services.html

4666 Natural Bridge St. Louis, MO 63115

(314) 454-9675

Services:

Pre-apprentice programs, training services, business development, loans and more to increase minority and women participation in construction projects

Service Areas:

St. Louis City and County

A Red Circle

Contact:

www.aredcircle.org

6439 Plymouth Ave., Suite #W130, St. Louis, MO 63133

(314) 328-2286

Services:

Employment and education assistance

Service Areas:

63121, 63133, 63134, 63135, 63136, 63137, 63138, 63140, 63031, 63033, 63034, and 63042

MET Center—Metropolitan Education & Training Center (METC)

Contact:

www.metcenterstl.com/

6347 Plymouth Ave St. Louis, MO 63133

(314) 746-0707

Services:

Adult Basic Education Program (HiSet), American Job Center/ Next Generation Career Center, and more; skills based training and comprehensive workforce development services

Eligibility:

Most programs require 18+ years of age

Community Action Agency of Saint Louis

(CAASTLC)

Contact:

www.caastlc.org/programs-page/employment-development-program/

2709 Woodson Road, Overland, MO 63114

(314) 863-0015

Services:

Hiring events, empowerment fairs, 1-on-1 job coaching, and job readiness classes

Eligibility:

Household income may not exceed 125% of the federal poverty guidelines

LaunchCode

Contact:

www.launchcode.org/get-started

4811 Delmar St. Louis, MO 63108

Services:

Free training program, apprenticeships and job placement for various positions and individuals of all demographics

Fathers Support Center

Contact:

www.fatherssupportcenter.org/services/employment-mentoring/

4411 N Newstead Ave. St. Louis, MO 63115

(314) 333-4170

Services:

Job readiness and placement, program includes mentorship and guidance in finding employment

Employment Connection

Contact:

www.employmentstl.org

2838 Market Street St. Louis, MO 63103

(314) 333-5645

Services:

A variety of programs to link job-seekers to employers including onsite education, job placement, development, and more

Restore St. Louis

Contact:

www.restorestlouis.org/harambee-youth-training/

1142 Hodiamont Ave. St. Louis, MO 63112

(314) 726-2302

Services:

Harambee Youth Training, which includes tutoring, job readiness and training for minors

Mission STL

Contact:

www.missionstl.org/skillup

3108 N Grand Blvd St. Louis, MO 63107

(314) 534-1188

Services:

SkillUP program provides opportunities for men and women to gain work readiness skills

Eligibility:

SNAP (food stamp) recipient ages 16-59

Better Family Life

Contact:

www.betterfamilylife.org/workforce-development.html

5415 Page Blvd. St. Louis, MO 63112

(314) 367-3440

Services:

Workforce development to help clients gain strong employable skills

Family Forward

Contact:

www.familyforwardmo.org/how-we-help/redevelopment-opportunities-women/
1914 Olive Street. St. Louis, MO 63103
(314) 588-8300

Services:

Programs for parents to obtain financial literacy

Canterbury Enterprises Inc.

Contact:

www.canterburyinc.org/extended-employment-workshops/
(314) 781-3999

Services:

Extended employment sheltered workshop and employment opportunities for adults with disabilities

SLATE Missouri Career Center

Contact:

www.stlouis-mo.gov/government/departments/slate/
1520 Market Street 3rd Floor St. Louis, MO 63103-2634
(314) 589-8000

Services:

Provides training and job placement services to the St. Louis City's adult workforce.

Thomas Dunn Learning Center

Contact:

www.tdunn.org
3113 Gasconade St. Louis, MO 63118
(314) 353-3050

Services:

Adult education and Hi-SET (GED) program

Eligibility:

Missouri residents at least 16 years of age who are not enrolled or graduated from high school

St. Louis Youthbuild

Contact:

www.stlyouthbuild.wixsite.com/stlyouthbuild
93 N. Oaks Place St. Louis, MO 63121
(314) 261-0202

Services:

An alternative education, construction training, employment, and leadership development program

Eligibility:

Saint Louis residents ages 18-24 who have not completed high school



Women in Charge

Contact:

www.womenincharge.org/our-programs-2/ged-literacy/

1483 82nd Blvd. University City, MO 63132

(314) 432-7300

Services:

Classes and 1-on-1 tutoring in small groups in science, math, social studies, and language arts—writing and reading

Eligibility:

Women only

Helpful Websites

www.resumebaking.com

www.canva.com

www.accreditedschoolsonline.org

www.affordablecollegesonline.org

www.blueprint4.com/careers

www.stlouis-mo.gov/jobs/

www.care.com

www.collegeboundstl.org

www.stlcc.edu/workforce

www.RANKER.com

www.employmentguide.com

www.entryleveljobs.net

www.ged101.com/ged-classes-in-saint-louis-mo.html

www.jobs.mo.gov

Jobs and More STL

Contact:

www.jobsandmorestl.org/services.html

(314) 922-5059

Services:

Rise Above workshop providing training for employer expectations, workplace attitudes/esteem/confidence, communication skills, and much more

Eligibility:

Must pass a drug test and go through screening process to determine best employment fit

Connections to Success

Contact:

www.connectionstosuccess.org/about-connections/

2125 Bissell St. Louis, MO 63107

(314) 584-6887

Services:

Workshops for workforce readiness and training to help employees and employers develop and advance careers

AmeriCorps

Contact:

www.facebook.com/AmeriCorpsSTL/

(314) 772-9002

Services:

Year-round recruitment for people to work in disaster relief. Call for more details.

MERS Goodwill Industries

Contact:

www.mersgoodwill.org/programs-services/

1727 Locust Street St. Louis, MO 63103

(314) 241-3464

Services:

A variety of programs to aid individuals in obtaining meaningful employment; programs include job placement services, job readiness training and more

Eligibility:

All are encouraged to apply; some programs are intended for specific populations such as youth, ex-offenders, and those with a disability

Missouri Department of Labor and Industrial Relations

Contact:

www.labor.mo.gov

3315 West Truman Blvd. Room 213 P.O. Box 504
Jefferson City, MO 65102

(573) 751-9691

Services:

Call or visit online for information about wages, unemployment compensation; good source for potential employers looking for incentives to hire individuals with criminal histories



Urban League

Contact:

www.ulstl.com

ST. LOUIS CITY DIVISION

935 N. Vandeventer St. Louis, MO
63108

(314) 615-3600

ST. LOUIS COUNTY DIVISION

8960 Jennings Station Rd. St. Louis,
MO 63136

(314) 388-9840

Services:

GED classes, college scholarships, Urban League Head Start Program

More Than Carpentry

Contact:

www.morethancarpentry.org/programs/apprenticeship

1259 Stephen Jones Avenue, St. Louis, MO
63133

(314) 862-0515

Services:

Cabinetmaking and Fine Woodworking Apprenticeship

Eligibility:

High school diploma or equivalent, drug-free, and 18 years of age or older

Missouri Department of Elementary and
Secondary Education

MOlearns

Contact:

www.dese.mo.gov/adult-learning-
rehabilitation-services

(573) 751-4212

Saint Louis City Contact

220 S Jefferson St., Room 110

63103

(314) 877-2940

Services:

Adult Learning and rehabilitation services

St. Louis Job Corps Center

Contact:

www.stlo4333 Goodfellow Blvd St. Louis,
MO 63120-1701

4333 Goodfellow Blvd. St. Louis, MO 63120
-1701

(800) 733-5627

Services:

no-cost education and career technical
training program

Near Southside Employment Coalition

Contact:

www.nsecworks.org

2649 Pestalozzi St., St. Louis, MO 63118

(314) 865-5480

Services:

Job listings and veteran employment services

Contact:

www.molearns.com

13157 N. Olive Spur Road St. Louis, MO 63141

(314) 415-4935

Services:

HiSET (previously GED) prep, job training and
placement test

Nexul Academy

Contact:

www.nexulacademy.com

4625 Lindell Blvd. 2nd Floor St. Louis, MO 63108

(573) 340-9293

Services:

25-week training program in coding and team
skills to begin a career in full-stack web develop-
ment; tuition deferred until placed in a job, par-
tial scholarships and full grants available

MTC Truck Driver Training

Contact:

www.truckdrivertraining.com/

12000 Missouri Bottom Rd Ste C Ha-
zelwood, MO 63042

(800) 455-4682

Services:

Will provide free training to those
who agree to work with MTC part-
nering companies for at least 18
months

Health & Wellness



Health & Wellness

Care Solutions In-Home Services

Contact:

www.caresolutionsihs.com/

(314) 289-9990

3830 Washington Ave. Suite 103 St. Louis, MO 63108

Services:

In-Home service program, Missouri Medicaid, Veterans Care program

Eligibility:

To qualify for the In-Home Services Program a person must be at least 18 through Medicaid State Plan or at least 63 through Aged and Disabled Waiver; see more eligibility info online or call for details

BJC Behavioral Health

Contact:

www.bjcbehavioralhealth.org/

1430 Olive St. Suite 500 St. Louis, MO 63103

(314) 747-7491

Services:

Psychiatric medication services, individual, group and family therapy, in-home services including intensive CPR services, clinical case management, and much more

Affinia Healthcare (Formerly Grace Hill)

Contact:

www.affiniahealthcare.org

(314) 814-8700 to make an appointment

(314) 898-1782 for Affinia Urgent Care

4414 North Florissant Ave St. Louis, MO 63107

2220 Lemp Ave. St. Louis, MO 63104

1717 Biddle St. Louis, MO 63106

Services:

Lab work, adult and internal medicine services, pharmacy and radiology services, chronic disease care management, and more

Affordable Care Act Health Insurance (Obamacare)

Contact:

www.healthcare.gov

www.enrollmissouri.org

(800) 318-2596

Services:

Plans vary, but each covers doctors' services, inpatient and outpatient hospital care, prescription drug coverage, pregnancy and childbirth, mental health services, dental for children, and more.

The Asthma and Allergy Foundation

Contact:

www.aafastl.org

1500 South Big Bend Blvd., Suite 1S
St. Louis, MO 63117

(314) 645-2422

Services:

BREATH (formerly Project Concern) provides uninsured and underinsured children with life-saving asthma and allergy medications, equipment, education, and support

Eligibility:

Under 22 years of age

Service Areas:

St. Louis City and County, Jefferson County, and more

Washington University School of Medicine

Contract:

www.contraceptivechoice.wustl.edu

4901 Forest Park Ave FI7 Ste 710 St. Louis,
MO 63108

(314) 747-0800

Services:

Contraceptive Choice Center- Full service women's health clinic, provides birth control, pap smears, STI testing and emergency contraception; same day appointments available

Center for Hearing and Speech

Contact:

www.chsstl.org

9835 Manchester Rd. St. Louis, MO 63119
(314) 968-4710

Services:

Audiology hearing testing and hearing aids, speech-language evaluations, adult and child therapy, accent acquisition training, school

Project Ark

Contact:

www.projectark.wustl.edu/

4169 Laclede St. Louis, MO 63108
(314) 535-7275

www.hiv.wustl.edu

620 S Taylor Ave, Suite 100 St. Louis, MO 63110
(314) 747-1206

Services:

Services and testing for HIV/AIDS patients; medical care, management, peer support, mental health counseling, and prenatal services

Missouri Drug Card

Contact:

www.missouridrugcard.com/

Locations:

CVS and Walgreens pharmacies

Services:

Free Rx savings cards

CHIPS Health and Wellness Center

Contact:

www.chipsstl.org

2431 N. Grand Blvd. St. Louis, MO 63106

(314) 652-9231

Services:

Health care beyond walls outreach services include blood pressure, blood sugar, height, weight, BMI screenings and WATCH program provides assistance, care, counseling, and referrals to women identified as victims of intimate partner violence, sexual assault and homelessness

Bethany Christian Services

Contact:

www.bethany.org/resources

1300 Hampton Ave., #202 St. Louis, MO 63139

(314) 781-6363

Services:

Services for adoption, emergency care, foster care, pregnancy and more

Missouri College Free Dental Clinic

Contact:

1405 S. Hanley Rd. Brentwood, MO 63144

(314) 768-7898

Services:

Exams, cleanings, and X-rays free of charge

Casa de Salud

Contact:

www.casadesaludstl.org/about-casa-de-salud/programs-services/

3200 Chouteau Ave St. Louis, MO 63103

(314) 977-1250

Services:

On-site basic primary care seven days a week for a flat fee of \$25, treating acute problems and assisting patients with chronic disease management via medical care for episodic and chronic conditions, limited specialty care including psychiatry, gynecology, dermatology, and others, basic screening and prevention services, dietetic/nutrition counseling

St. Louis Effort for AIDS

Contact:

www.stlefa.org

2653 Locust Street St. Louis, MO 63103

(314) 645-6451

Services:

Programs and services to help AIDS/HIV patients; treatment, testing, management, and groups



Forest Park Dental

Contact:

www.forestparkdental.com

4527 Forest Park Ave St. Louis, MO 63108

(314) 367-7200

Services:

Smiles Ahead Dental Savings Plan helps you save 20% on dental care

Eligibility:

Everyone is accepted, easy enrollment online

Family Forward

Contact:

www.familyforwardmo.org

1167 Corporate Lake Dr Saint Louis, MO 63132-1716

(314) 968-2350

Services:

Strength-based services focus on overall well-being and are provided in-home or in easily accessible community settings at convenient times

Hull's Haven Adult Day Care

Contact:

3624 North Spring St. Louis, MO 63107

(314) 652-2552

Services:

Certified Medicaid provider, fees based on sliding fee scale

Saint Louis Dental Center

Contact:

www.stldentalcenter.org

1500 Park Ave St. Louis, MO 63104

(314) 833-2700

Services:

Provides education for dental students and comprehensive, affordable oral healthcare services for patients of all ages

Cover Missouri

(The Health Insurance Marketplace)

Contract:

www.covermissouri.org

(800) 318-2596

Services:

A project to promote quality, affordable health coverage for Missourians

Jamaa Birth Village

Contact:

www.jamaabirthvillage.org

8 Church Street, Ferguson, MO 63135

(314) 643-7703

Services:

Midwifery support services, nutrition education, breast feeding and postpartum support, classes, and more

Family Care Health Centers

Contact:

www.familycarehealthcenters.org

Carondelet

401 Holly Hills Ave St. Louis, MO
63111

(314) 353-5190

Forest Park Southeast

4352 Manchester Ave St. Louis 63110
(314) 531-5444

Services:

Pricing of services determined by Sliding Fee Scale for uninsured and underinsured patients; medical services include optometry, behavioral health, nutrition, and dental

Rx Outreach

Contact:

www.rxoutreach.org

Services:

A nonprofit pharmacy linking patients to low-cost or no-cost prescription medications

Hope Clinic for Women

Contact:

www.hopeclinic.com

1602 21st Street Granite City, IL 62040
(618) 451-5722

Services:

Abortions, testing for pregnancy and STI, contraceptive, financial assistance

Planned Parenthood

Contact:

www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri

Central West End

4251 Forest Park Ave. St. Louis, MO
63108

(314) 531-7526

South Grand

3401 S. Grand St. Louis, MO
63118

(314) 865-1850

Services:

Health services, health insurance, education and training

SLU Health Resource Center

Contact:

www.slu.edu/medicine/clinics-community/hrc/

1402 South Grand Blvd. St. Louis, MO
63104

(314) 977-9870

Services:

Free health care services in an academic environment; services include physical exams, tuberculosis test, vision screenings, pregnancy and STD screening, HIV test, lab tests, seasonal flu vaccine, social services, insurance counseling, dental screenings

Hotlines

Victims of Crime:

(314) 652-3623

AIDS/STD:

(314) 647-1144

Behavioral Health Response:

(314) 469-6644

**24-hour mental health crisis line*

Call for Help Inc.:

(618) 397-0968

Child Abuse and Neglect:

(800) 392-3738

Suicide Lifeline:

(636) 946-3771

KUTO Crisis Helpline:

(314) 644-5886

(888) 644-5886

STLOUIS HELP

(Health Equipment Lending Program)

Contact:

www.stlhelp.org

(636) 933-9393

Services:

Provides access to free home medical equipment through a recycle and reuse program. Equipment includes wheelchairs, scooters, walkers, crutches, canes, shower chairs, hospital beds, stair lifts and more.

Care STL Health

Contact:

www.carestlhealth.org

5471 Dr. Martin Luther King Drive St. Louis, MO 63112

2425 North Whittier Street St. Louis, MO 63113

5541 Riverview Boulevard St. Louis, MO 63120

4500 Pope Avenue St. Louis, MO 63115

Services:

A range of services including behavioral health, chiropractic services, dental, pediatrics, radiology, and more

Saturday Neighborhood Health Clinic

Contact:

www.snhc.wustl.edu/#/services

Locations:

Saturday Clinic

The Family Care Health Center

4352 Manchester Ave. St. Louis, MO 63110

Specialty Clinic

620 S. Taylor Ave. St. Louis, MO 63110

Services:

A basic care-focused clinic on Saturday mornings and a specialty-care clinic on Wednesday evenings

McCallum Place Eating Disorder Centers

Contact:

www.mccallumplace.com

231 W. Lockwood Ave. Suite 201 St. Louis, MO 63119

(855) 507-7825

Services:

Nationally acclaimed, comprehensive eating disorder treatment center offering residential and partial hospitalization program services; evidence-based psychological, nutritional and medical care ages 10+

Hawthorn Children's Psychiatric Hospital

Contact:

www.dmh.mo.gov/hcph/

1901 Pennsylvania Ave. St. Louis, MO 63133

(314) 512-7800

Services:

A children's psychiatric hospital that is owned and operated by the Missouri Department of Mental Health. Average length of stay is 6-9 months.

STL Condoms

Contact:

www.stlcondoms.com/

Services:

Free testing/treatment, condoms, and information; website offers list of locations for AIDS/HIV resource centers

Minority Health STL

Contact:

www.minorityhealthstl.org

3737 N. Kingshighway Blvd. Ste. 204-206

St. Louis, MO 63115

Safe A Rustin's Place

3533 Dunn Rd. Ste.228 Florissant,
MO 63031

Services:

Provides preventive health education, disease prevention, health promotion and care services that address health disparities of minorities in the St. Louis Bi-State Region

ADAPT America—Missouri

Contact:

www.adaptusa.com/service-locations/missouri/

2301 Hampton Ave. St. Louis, MO 63139

4030 Chouteau Ave. St. Louis, MO 63110

(888) 657-3201

Services:

Community support, clinical services, emergency and crisis services, day programs, and referrals

Eligibility:

Intended for those living within the metro Saint Louis area

Annie Malone Children & Family Services

Contact:

www.anniemalone.com/crisis-care-emergency-res-plmct

2612 Annie Malone Drive St. Louis, MO 63113
(314) 531-0120
1-844-803-7233 (24hr.)

Services:

Crisis Intervention, Juvenile Respite and Emergency Placement services provides a safe 24 hour environment for children birth to 18 with intervention measures to immediately alleviate crisis by providing shelter food, clothing, educational needs, conflict resolutions, emergency medical attention, counseling referrals

Bilingual International

Contact:

www.bilingualstl.org

1329 Macklind Ave, Suite 200 St. Louis, MO 63110
(314) 645-7800

Services:

Mental health and social services to the elderly and disabled foreign born. Provides trauma-informed mental health services for immigrant and refugee youth. Legal services Include counseling, case management, translation/interpretation services, and referrals. Serves as Affordable Care Act ACA Navigator.

Avenues Counseling

Contact:

www.avenuescounselingcenter.org/about-avenues/

1612 S. Big Bend Blvd., St. Louis, MO 63117
(314) 529-1391

Services:

Provides a full range of counseling services, regardless of ability to pay. Fees based on a sliding scale are available. Articles and information regarding behavioral health topics may be found on their website

People's Health Centers

Contact:

www.phcenters.org

4055 Lindell Blvd. St. Louis, MO 63108
(314) 535-7701

Services:

A full range of health care, ancillary and social services

Community Psychological Service

Contact:

www.umsl.edu/services/cps/

One University Boulevard 232 Stadler Hall
St. Louis, MO 63121
(314) 516-5824

Services:

Psychological services for residents of the St. Louis metro area

Counseling and Social Advocacy Center

Contact:

www.csac.umsl.edu

University of Missouri

St. Louis, South Campus, in the Ward E.
Barnes building, 1 University Blvd, St.
Louis, MO 63121

(314) 516-4613

Services:

Individual counseling, play therapy, couples and
family counseling, group counseling

Infant Loss Resources

Contact:

www.infantlossresources.org/

1120 South Sixth Street, Suite 500 St, Louis, MO
63104

Grief Support: 1-800-421-3511

Services:

A not-for-profit network that connects people
to programs, services and information relating
to SUID (which includes SIDS and other sleep
related losses) in Missouri and surrounding
counties in Illinois and Kansas



Places for People

Contact:

www.placesforpeople.org

4130 Lindell Blvd., St. Louis, MO 63108

(314) 535-5600

Services:

Intake, assessment, and outreach; medical
services, recovery center, treatment for
mental illness and substance use

South City Counseling STL

Contact:

www.southcitycounselingstl.com

2715 Cherokee St. Louis MO 63118

(314) 495-0585

Services:

Treatment and counseling for persons who
experience depression, bi polar aka manic
depression, trauma, etc.

Independence Center

Contact:

www.independencecenter.org/

4245 Forest Park Ave. St. Louis, MO 63108

(314) 533-4245

Services:

Assists adults with serious, persistent men-
tal illnesses to live and work in the commu-
nity

Missouri Institute of Mental Health

Contact:

www.mimh.edu/

4633 World Parkway Circle St. Louis, MO 63134-3115

(314) 516-8400

Services:

Mental Health First Aid is an 8 hour course that teaches individuals to identify, understand, and respond to signs of mental illnesses and substance use disorders in both youth and adults

St. Louis Empowerment Center

Depression Bipolar Support Alliance

Contact:

www.dbsaempowerment.org

1908 Olive Street St. Louis, MO 63103

(314) 652-6100

Services:

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

National Alliance on Mental Illness (NAMI) -

St. Louis

Contact:

www.namistl.org

1810 Craig Rd, Ste 124 St. Louis, MO 63146

(314) 962-4670

Crisis Hotline: 1-800-811-4760

Services:

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Information, resources, crisis intervention training, and services

Millennium Intensive Outpatient Program

Contact:

www.millenniumiop.com/

4191 Crescent Dr St. Louis, MO 63129

(314) 720-0899

Services:

Immediate help for those who are not benefiting from regular visits with therapist or psychiatrist

Service Areas:

St. Louis metropolitan area

Sparlin Mental Health

(Formerly St. Louis Center for Family Development)

Contact:

www.sparlinmentalhealth.com

3250 Hampton Avenue St. Louis, MO 63139

(314) 531-1155

Services:

Various types of therapy for individuals suffering from anxiety, OCD, depression, BPD, emotional intensity, relationship difficulties, self-harm and suicidality, trauma and PTSD

Agape Christian Counseling

Contact:

www.agapechristiancounselingservices.org

9378 Olive Blvd. St. Louis, MO 63132

(314) 994-9344

Services:

Sliding fee scale, insurance, free counseling and adjusted fees, therapy

Keystone Mental Health Services

Contact:

www.ourlittlehaven.org/keystone/

(314) 533-2229 x223

Services:

Offers comprehensive range of mental health services for many types of problems. Additionally, Keystone specialized in treatment of the very young child, comprehensive psychological evaluations, Play Therapy, and treating complex conditions

Family and Youth Services



Family & Youth Services

Annie Malone Children & Family Services

Contact:

www.anniemalone.com/crisis-care-emergency-res-plmct

2612 Annie Malone Dr. St. Louis, MO 63113

(314) 531-0120

24 hour hotline: 1-844-803-7233

Services:

Crisis intervention, juvenile respite and emergency replacement for children in needs of shelter, food, clothing, educational needs, conflict resolutions, emergency medical attention, counseling referrals, and more

Catholic Services for Children

Contact:

www.ccstl.org/get-services/children/

Services:

Services for children include adoption, foster care, emergency placement, legal services, residential programs, camps, groups, tutoring, child development, counseling, homeless services, maternity services, school based programs, school partnership program, and more

Adams Park Club

Contact:

www.bgcstl.org/locations/

4317 Vista Ave. St. Louis, MO 63110

(314) 633-7900

Services:

Organized sports, fitness, and recreation activities, as well as teen and education programs

Boy Scouts of America—STL

Contact:

www.stlbsa.org

(314) 361-0600

Services:

Provides educational programs that build character, teach participatory citizenship, and develop personal fitness

Big Brothers Big Sisters

Eastern Missouri

Contact:

www.bbbsemo.org/approach/what-we-do/

501 N. Grand Blvd., Suite 100, St. Louis, MO 63103

(314) 361-5900

Services:

Youth and young adult mentoring programs

United 4 Children

Contact:

www.united4children.org/about-us/about/

1310 Papin Street Suite 100B St. Louis MO
63103

(314) 531-1412

Services:

Social-emotional early childhood project,
early childhood learning center, nutrition

Children's Home Society of Missouri

Contact:

www.stltd.org/childrenshomesociety.html

1167 Corporate Lake Dr. St. Louis, MO
63132

(314) 968-2350

Services:

Leader in providing children with a permanent, safe and loving home since 1891

Change Inc.

Contact:

www.changeincorporated.org

5859 S. Kingshighway Blvd. St. Louis, MO
63109

3460 Hampton Ave, Suite 204 St. Louis, MO
63139

(314) 669-6242

Services:

Professional counseling options

Children's Advocacy Center

Contact:

www.stlouiscac.org

1 University Blvd. St. Louis, MO 63121

(314) 516-6798

Services:

Services for children impacted by all types of traumatic events including childhood sexual abuse, physical abuse, neglect, accidents, and natural disasters, as well as witnesses of domestic abuse and violent crime; also therapies for children with sexual behavior issues and difficult to manage at home

Christian Family Services

Contact:

www.stlcfs.org

7955 Big Bend Blvd Webster Groves, MO 63119

(314) 968-2216

Services:

Counseling, adoption, pregnancy support, and ConnectCare (voluntary, temporary care provided to children of families in crisis and resources for parents)

Every Child's Hope (ECH)

Contact:

www.everychildshope.org

8240 St. Charles Rock Rd. St. Louis, MO 63114

(314) 427-3755

Services:

Services by program and need

St. Louis Transitional Hope House

Contact:

www.hopehousestl.org/Pages/default.html

1611 Hodiament Ave. St. Louis, MO 63112

(314) 382-3801

Services:

Child development center offering childcare up to 14 years old

Great Circle

Contact:

www.greatcircle.org

330 North Gore Ave. St. Louis, Missouri
63119

1-844-424-3577

Services:

Services by program and need

Girl Scouts of Eastern Missouri

Contact:

www.girlscoutsem.org

Service Center

2300 Ball Dr. St. Louis, MO 63146

(314) 592-2300

Services:

Helps girls ages 4-18 grow through educational, cultural, recreational, and personal development programs in a safe environment

Epworth Children and Family Services

Contact:

www.epworth.org

Main Campus

110 N. Elm Ave. Webster Groves, MO
63119

(314) 961-5718

Transitional Living Program

6808 Washington Ave. St. Louis, MO
63130

(314) 727-6294

Services:

Psychological services, residential and intensive treatment, street outreach services, transitional and independent living programs, youth emergency services, family support network

Girls Incorporated of St. Louis

Contact:

www.girlsincstl.org

3801 Nelson Dr, St Louis, MO 63121

(314) 385-8088

Services:

After school and summer programming, outreach programs, transportation and more

Good Shepard Children and Family Services

Contact:

www.goodshepherdstl.org

1340 Partridge Ave St. Louis, MO 63130
(314) 854-5700

Services:

Family and pregnancy support, maternity care, foster care, adoption services

Humanitri

Contact:

www.humanitri.org

1447 East Grand Ave. St. Louis, Missouri 63107

(314) 772-7720

Services:

Helps families facing homelessness achieve stability in a safe and supportive community, providing the skills and resources they need to thrive

Kids Under Twenty-One (KUTO)

Contact:

www.kuto.org

2718 South Brentwood BLVD St. Louis, MO 63144

(314) 963-7571

Services:

Suicide prevention services and programs for youth

Judevine Center for Autism

Contact:

www.judevine.org

1810 Craig Rd. Ste 109, St Louis, Missouri 63146
(800) 780-6545

Services:

Services to help improve the lives of children and adults with autism

Kids in the Middle

Contact:

www.kidsinthemiddle.org

2650 S. Hanley Road Suite 150 St. Louis, MO 63144

(314) 909-9922

Services:

Counseling services for kids, parents, and family

Lutheran Family and Children's Services (LFCS)

Contact:

www.lfcsmo.org

9666 Olive Blvd Suite 400 St. Louis, MO 63132

(314) 787-5100

24 hour hotline: (314) 258-6169

Services:

Adoption and foster care services, disaster and behavioral health services,

Marygrove

Contact:

www.marygrovechildren.org

(314) 830-6201

2705 Mullanphy Lane
Florissant, MO 63031

Services:

Therapeutic residential treatment and foster care, crisis services, transitional and independent living programs

Missouri Baptist Children's Home

Contact:

www.mbch.org

11300 Saint Charles Rock Rd Bridgeton, MO 63044

(314) 739-6811

Services:

Adoptions, foster care, human trafficking rescue, pregnancy services, transitional living, group homes

Queen of Peace Center

Contact:

www.qopcstl.org

325 North Newstead St. Louis, MO 63108

(314) 531-0511

Services:

Family centered behavioral healthcare, adolescent resource center and nurturing networks

Missouri Department of Social Services

Contact:

Children's Division

www.dss.mo.gov/cd/

Family Support Division

www.mydss.mo.gov/

Division of Youth Services

www.dss.mo.gov/dys/

Blind Services—Rehabilitation

www.dss.mo.gov/fsd/rsb/

Services:

Child care and early childhood, foster care, adoption, older youth program, child care providers, food stamps, health care, and more

Our Little Haven

Contact:

www.ourlittlehaven.org

4330 Lindell Blvd. St. Louis, MO 63108

(314) 533-2229

Services:

Keystone mental health services, foster care

Stepfamily Resources

Contact:

www.stepfamilies.info/

Services:

Resources for stepparents and families; counseling, education classes, support groups, etc.

SistaKeeper—IDefineME

Contact:

<https://www.niagroupstl.com/i-define-me-movement>

3633 Marietta Drive Ste. C Florissant, MO.
63033

(314) 831-5433

Services:

Speakers for girls and women in educational settings, faith-based churches and for youth organizations

Generate Health

Contact:

www.generatehealthstl.or

1300 Hampton Ave., Suite 111 St. Louis, MO
63139

(314) 880-5719

Services:

Resources for new mothers, children, and families

Youth and Family Center

Contact:

www.theyfc.org

818 Cass Avenue St. Louis, MO 63106

(314) 231-1147

Services:

Youth programs, summer camp, Jazzy Seniors Nutrition, Sickle Cell Disease Awareness, and family support services to residents of North St. Louis

Nurses for Newborns

Contact:

www.nursesfornewborns.org

7259 Lansdowne, Suite 100 St. Louis, MO
63119

(314) 544-3433

Services:

A home visitation program that provides a safety net for families in order to prevent infant mortality, child abuse, and neglect

Saint Louis Association of Community Organizations

Contact:

www.slaco-mo.org

5888 Plymouth Ave. St. Louis, MO 63112

(314) 361-9406

Services:

Afterschool programs, tutoring, and more



Home Repair



Home Repair

Adapt-Ability Inc.

Contact:

www.adapt-ability.org

9355 Dielman Industrial Drive, St. Louis, MO
63132

(314) 432-1101

Services:

Home modification services for people with physical disabilities. No direct funding is offered, but the organization helps clients find funding sources for home modifications

Eligibility:

Must be physically disabled and in need of repairs to make your home accessible

Dutchtown South Community Corporation

Contact:

www.dutchtownsouth.org

4204 Virginia Ave, St. Louis, MO 63111

(314) 352-4865

Services:

Free home repairs being offered for five (5) houses in the Gravois Park neighborhood in 2019. Contact office or stop by for more information

Eligibility:

Gravois Park homeowners only

Affordable Housing Commission

Contact:

1520 Market Street, Suite 2080 St. Louis, MO
63103

(314) 657-3880

Services:

The Affordable Housing Trust Fund offers “monies...intended for use in the development of housing and the provision of housing-related services that address the goal of developing and preserving affordable and accessible housing, preventing homelessness, and/or providing services for the homeless.”

Community Action Agency of STL County

Contact:

2709 Woodson Road, Overland, MO 63114

www.caastlc.org

(314) 863-0015

Services:

Housing Repair Program and weatherization assistance, performed by contractors. No direct funding offered

Eligibility:

St. Louis County residents only. Household Income may not exceed 200% of federal poverty guidelines. Complete income guidelines available on website.

Daughters of Charity

Contact:

www.daughtersofcharity.org

4600 Edmundson Road, St. Louis, MO 63134

(314) 733-6500

Services:

Offers funding to third party organizations that assist seniors with minor home repairs (basic plumbing, carpentry, electrical need), installation of assistive devices, or any non-major cost repair critical to the safety and health of the senior

Eligibility:

Organizations receiving funds must have a history of providing home repairs for seniors. Funding is to be used only for home repairs for seniors

Energy Care

Contact:

www.energycare.org

2758 Wyoming St., St. Louis, MO 63118

(314) 773-5900

Services:

Free home repair for insulation/weatherization

Eligibility:

For homeowners and renters. Priority to seniors, chronically ill, disabled, and households with children under age 5

Habitat for Humanity

Contact:

www.habitatstl.org

(314) 371-0400

ReStore South Side

3830 South Grand Blvd St. Louis, MO 63118

(314) 531-4155

ReStore Des Peres

2117 Sams Drive Des Peres, MO 63131

(314) 678-4596

Services:

Habitat for Humanity offers home preservation/repair services in certain areas, partnering with families based on need and income. They offer affordable loans to homeowners to cover the cost of repair work. Payments are placed in a revolving fund to help serve others in need.

ReStore is a great resource for low cost, gently used materials that can be used for home construction and repairs. ReStore diverts items from landfills, making it a great option to find environmentally friendly home repair and building materials. ReStore will also deconstruct and retrieve items from demolitions and renovations, at no cost to you. Restrictions apply.

Eligibility:

Need and income based restrictions. Contact for more information. Restore is open to general public

Revitalize St. Louis

Contact:

www.rvstl.org

Services:

This organization offers a program called the Rehabbers Club, which is a group of folks who love to share their experiences working to restore city properties. While the organization does not offer any direct services or funding for repairs or rehabs, the Rehabbers Club can connect people with others who may have helpful knowledge to share. Rehabbers Club also offers classes to help expand knowledge and tours to view successful rehab projects. An online forum for rehabbers is also available through the Rehabbers Club.

St. Andrew's Senior Solutions

Contact:

www.standrewsseniorsolutions.com

6633 Delmar Blvd, St. Louis, MO 63130

(314) 726-5766

Services:

Offers a variety of minor home repair services to seniors in need. Specific repairs available are listed online. Home repairs are offered free of charge.

Eligibility:

St. Louis residents

Spire (formerly Laclede Gas)

Contact:

www.spireenergy.com/spire-serves

(800) 887-4173

Services:

No services offered, but customers may apply for financial help with housing, weatherization, and efficiency services. Spire also offers rebate and financing programs:

Appliance Rebates:

Water heaters: up to \$300

Furnaces: up to \$300

Programmable Thermostats: \$25 or 50% of thermostat cost, whichever is less

Boilers up to \$300

Integrated heating systems: up to \$450

Low-Interest Financing:

High-efficiency gas equipment: up to \$15,000

Eligibility:

Varies by program

Brightside St. Louis

Contact:

www.brightsidestl.org

4646 Shenandoah Ave. Saint Louis, MO 63110

(314) 772-4646

Services:

Volunteers perform graffiti removal, neighborhood clean ups, and other neighborhood improvement services

Lemay Housing Partnership

Contact:

www.thehousingpartnershipstl.org/contact/

336 E Ripa Ave, Lemay, MO 63125

(314) 631-9905

Services:

Home repair program available for low to moderate income homeowners within Lemay service area. Forgivable loans are offered to qualified applicants who are accepted to the program. All people who believe they may be eligible are encouraged to apply.

Eligibility:

May be eligible if you answer “yes” to any of the following questions:

Do you own your home?

Is your home located in the designated Lemay service area?

Is your home in need of repairs for such things as code violations or safety hazards, or do you have problems with HVAC, windows, roof, plumbing, or electrical wiring?

Are your mortgage payments, real estate taxes, and home owner’s insurance current?

Is your household income considered low to moderate income based on the St. Louis area median income?



Missouri Housing Trust Fund

Contact:

www.mhdc.com

505 N 7th Street 20th Floor, Suite 2000 St. Louis, MO 63101

(314) 877-1350

Services:

Allocates grants to organizations that provide housing services for the payment of certain repairs or modifications of homeowner-occupied single-family homes and/or the modification or rehabilitation of existing homes

Eligibility:

Grants distributed to organizations only, with 21% of total grant funds allocated to St. Louis Metropolitan area organizations annually

East Side Heart and Home Family Center

Contact:

www.familycenterestl.org

705 Summit Ave, East St. Louis, IL 62201

(618) 875-7295

Services:

No services or funding are offered; however, the organization provides free education for homeowners in areas of credit counseling, budget, home maintenance, and minor home repairs

Eligibility:

East St. Louis residents only

Restore St. Louis

Contact:

www.restorestlouis.org/harambee

(314) 680-9241

Services:

Free tuckpointing (repair of old, decayed mortar between bricks or foundation stones) is provided to 20-30 St. Louis City homes each year through the Harambee Youth Training program. Homeowners should apply if interested. Application is available online, or you can call and request an application to be mailed to you.

Eligibility:

Five criteria to qualify:

Must own and live in the home

Must be current on real estate taxes and mortgage payments

Must meet certain HUD standards for income levels

Must have homeowners insurance

Must reside in one of the following city neighborhoods:

Academy, Central West End, Covenant Blue Grand Center, DeBaliviere Place, Fairground, Fountain Park, Greater Ville, Hamilton heights, Jeff Vanderlou, Kingsway East/West, Lewis Place, O'Fallon, Penrose, Skinker DeBaliviere, The Ville, Vandeventer, Visitation Park, Wells Goodfellow, or West End

Rebuilding Together St. Louis

Contact:

www.rebuildingtogether-stl.org

357 Marshall Ave, Suite 2, St. Louis, MO 63119

(314) 918-9918

Services:

Rebuilding Together assists with repairs for low-income homeowners and others who may not have the ability to make repairs themselves (homeowners over age 60, veterans, people with disabilities, etc.). Funding is not offered, but volunteers will perform repairs at no cost. Application is required. All repairs take place on a single day of the year, known as "Rebuilding Day."

Eligibility:

Must be low-income, elderly, disabled, and/or military veteran. Homeowner must also currently own, live in, and plan to stay in their home and must live in St. Louis City, St. Louis County, St. Charles County, Franklin County, or Jefferson County

Urban League of Metro St. Louis

Contact:

www.ulstl.com

(314) 615-3646

Services:

Weatherization assistance, minor home repairs

Eligibility:

Residents of St. Louis City only; income requirements. Preference is given to elderly persons living on fixed income, the disabled, and families with children.

Saints Joachim and Anne Care Services

Contact:

www.jacares.org/programs/housing-assistance/
4116 McClay Road, St. Charles, MO 63304
(636) 441-1302

Services:

As part of their housing assistance program, this organization offers emergency home repair services for homeowners in need

Eligibility:

Homeowners must be at or below 50% of the area median income level to qualify for assistance

St. Louis Area Agency on Aging

Contact:

1520 Market Street, St. Louis, MO 63103, Room 4086
(314) 612-5918

Services:

SLAAA's Senior Minor Home Repair and Chore Program offers minor home repairs for the elderly in the City of St. Louis. The program offers both contracted and volunteer services. Repair services include HVAC repair, basic plumbing and electrical work, minor interior and exterior repairs, and basic modifications for ramps, hand rails, grab bars, etc. Clients may have to bear some cost depending on the work involved.

Mission St. Louis

Contact:

www.missionstl.org/americorps-vista-1
3108 N Grand Blvd St. Louis, MO 63107
(314) 534-1188

Services:

Healthy Home Repair Program offers low to moderate income households with home repair assistance

Eligibility:

St. Louis city residents only; income limits

CDA Healthy Home Repair Program

Contact:

(314) 657-3888

Services:

Home repair assistance

Eligibility:

Homeowners who live in the City of St. Louis; have owned and lived in their home for at least 2 years; have clear title; are current on their real estate taxes; are current on their mortgage payments and have homeowner's insurance. Because federal dollars are used to fund the program, eligibility is limited to low and moderate income households (less than 80% of Area Median Income)



St. Louis County Home Improvement Program

Contact:

Clayton Office

41 S Central Ave, Clayton, MO 63105

(314) 615-8232

South County Office

4546 Lemay Ferry Road, St. Louis, MO

63129

(314) 615-4025

Services:

Federally funded program administered by St. Louis County that provides technical advice and financial assistance to qualified homeowners for a variety of home repairs. Approved repairs are those necessary to maintain minimum housing code standards.

Homeowners approved for funding must sign a 5-year Forgivable Loan Agreement that provides for an annual reduction of 20% of the original grant amount, as long as they continue to own and occupy the house.

Eligibility:

Applicant must be the owner and occupant of the property to be improved. Gross household income from all occupants must meet established low-moderate income limits.

Homeowners must be current in mortgage payments and real estate taxes. Only St. Louis County residents are eligible.

St. Louis Lead Inspection and Hazard Control Division

Contact:

Office of Community Development

41 S Central Ave, Clayton, MO 63105

Cheryl Love

(314) 641-8255

Janice Phillips

(314) 641-8327

Services:

Many homes built before 1978 contain lead-based paint. Before rehabbing a home built before 1978, lead testing is recommended. The City of St. Louis offers free lead testing in properties where children under six or a pregnant woman reside. If a lead hazard is found, the homeowner may apply for financial assistance.

St. Louis County Lead Hazard Control Program: Low- and moderate-income property owners are provided 0% interest loans under this program to control or abate hazardous home conditions related to deteriorating lead-based paint. Qualified individuals should apply online.

Eligibility:

Assistance awarded based on income of occupants, children under 6 living in residents, and owner occupancy of property; program is limited to homes constructed before 1978

St. Louis Sewer Lateral Repair Program

Contact:

Department of Streets

1900 Hampton Ave, St. Louis, MO 63139

(314) 622-4800

(314) 647-3111

Services:

SLRP assists homeowners with the cost of repairs under the public right of way section of their sewer lateral line. Residential property owners pay a \$28 annual fee on real estate taxes, which funds this program. The program's goal is to repair severe damage that is causing cave-ins in the right of way or back up in the home. The program does not cover repairs to the portion of the lateral line running under private property or clearance of clogs/tree roots on any portion of the lateral line.

Eligibility:

Homeowner in city of St. Louis

Engaging in Your Community



Engaging in Your Community

Brightside St. Louis

Contact:

www.brightsidestl.org

4646 Shenandoah Ave. Saint Louis, MO 63110

(314) 772-4646

Services:

Volunteers perform graffiti removal, neighborhood clean ups, and other neighborhood improvement services; Project Blitz is a fantastic opportunity to get involved in making the community a better place with neighbors

Bike Patrols (TCF)

Washington University Medical Center employs The City's Finest, additional security patrols for the FPSE neighborhood. Through the initiative the officers are on patrol an average of 20-25 hours a week. The bike patrols have been very successful in reducing crime and developing a positive rapport between the police and the community.

An anonymous phone line and e-mail address has been established for Forest Park Southeast:

1-877-STL-FPSE and FPSE.Bikes@gmail.com

Blitz Organizer and Block Captain

The Blitz Organizer and Block Captain promote a healthy community by emphasizing the importance of knowing your neighbor and simultaneously increasing safety in the neighborhood.

Typical Blitz Organizer and Block Captain duties include serving a one year term as Block Captain, attending block captain meetings and training, being a spokesperson and liaison for neighbors, creating and maintaining a block contact sheet, encouraging participation in neighborhood events, and welcoming new neighbors to the neighborhood.

Being a blitz organizer and block captain also offers opportunity to be involved in community organizing, For instance, block captains often form committees of neighbors for social interaction, can help form neighborhood events such as book clubs and movie nights, as well as organize participation for events such as Operation Brightside Spring Blitz and National Night Out.



FPSE Safety and Security Website

The Forest Park Southeast Safety and Security initiative works closely with Saint Louis Metropolitan Police Department, supplemental security companies, the FPSE residents and businesses to communicate and inform residents about safety and security resources, updates, alerts and reduce crime. Safety and security is the key to any successful neighborhood, with our goal being to assist residents in fostering a consistently safe and secure neighborhood. For more information on Safety and Security efforts in the neighborhood, please visit the website at:

www.fpsese.wordpress.com/

Neighborhood Security Initiative

Contact:

www.cwensi.com/court-advocate

447 N. Euclid St. Louis, MO 63108

(314) 454-5808

Services:

Full-time Court Advocate tracks criminal cases that involve the Central West End, and promote neighborhood safety by encouraging participation in court proceedings. Washington University Medical Center dedicated the funding of this position.

Neighborhood Association

The Forest Park Southeast Neighborhood Association (FPSE-NA) is an organization that aims to:

1. provide a neutral forum for the discussion of issues of concern to the Forest Park Southeast community
2. provide a place where information can be distributed, perspectives discussed, and community concerns collected and communicated to elected officials and other organizations active in the neighborhood
3. to encourage and provide tools to Forest Park Southeast residents to play an active role in the neighborhood
4. to serve as a mechanism for creating and fostering community among Forest Park Southeast stakeholders.

To get involved in the Forest Park Southeast Neighborhood Association, please attend the monthly meetings.

When: the 3rd Tuesday of the Month at 6:45pm

Where: In the gym of Adam's Park Club – Herbert Hoover Boys & Girls Club located at 4317 Vista Ave