

## **AfterCare Program Courtesy Resource List - Updated: 5/16/2019**

1. This list is provided and updated as a courtesy by the Our Lady's Inn AfterCare Program. It is not an exhaustive list. Items are listed in no particular order and may be added or deleted at the discretion of Our Lady's Inn. Being listed here does not imply endorsement.
2. Please call before you go to any agency to verify the accuracy of the listed information and to ask each agency what kind of assistance they offer, whether they have funding, what their eligibility requirements are, where they are located, and whether they are open when you are available.
3. As an additional resource, please see the "Churches" and "Social Service Agencies" listings in the Yellow Pages [www.YP.com](http://www.YP.com) or [www.YellowPages.com](http://www.YellowPages.com) and call those listings to find out about what kinds of assistance they offer. You can get a free Yellow Pages phone book at many area stores and supermarkets or by ordering one at [mydirectories.yip.com](http://mydirectories.yip.com) or call (877) 243-8339
4. Please email [CELLER@OurLadysInn.org](mailto:CELLER@OurLadysInn.org) to let us know if any of this information needs to be corrected or if you have a resource to add. Thank you!

### **Pregnancy/Positive Life-Affirming Support**

- Birthright (314) 962-5300 <https://birthrightstl.org/>
- Thrive Pregnancy Centers – Missouri & Illinois (314) 783-4626 [www.ThriveStLouis.org](http://www.ThriveStLouis.org) and <https://thrivealivestl.org/>
- Hand 'n Hand (636) 464-8400 [www.PregnancyBarnhart.com](http://www.PregnancyBarnhart.com)
- Pregnancy Help Center of South County (314) 894-9800 [www.ThePregnancyHelpCenter.com](http://www.ThePregnancyHelpCenter.com)
- Mosaic Pregnancy Help Center (618) 451-2002 <https://RevealMosaic.com/>
- Heartbeat International 1-800-712-4357 <https://www.HeartbeatInternational.org/> and [www.OptionLine.org](http://www.OptionLine.org) or text HELPLINE to 313131
- Women's Care Connect – Coalition for Life (314) 827-4039 <https://www.coalitionforlifestl.com/womens-care-connect/>
- Good Shepherd Children's & Family Services (314) 854-5700 [www.GoodShepherdSTL.org](http://www.GoodShepherdSTL.org)

### **Daycare, Child Respite Care and/or Foster Care or Adoption**

- St. Louis Crisis Nursery (314) 768-3201 <https://crisisnurserykids.org/>
- ChildCare Aware of Missouri 1-800-200-9017 [www.MO.childcareAware.org](http://www.MO.childcareAware.org)
- Bethany Christian Services Safe Families 1-800-238-4269 [www.Bethany.org](http://www.Bethany.org)
- Guardian Angel (314) 231-3188 [www.gasaSTL.org](http://www.gasaSTL.org)
- Christian Family Services ConnectCare (314) 968-2216 Missouri & (618) 397-7678 Illinois [www.STLcfs.org](http://www.STLcfs.org)
- Missouri Dept. of Social Services Day Care Assistance 1-855-373-4636 <https://dss.mo.gov/fsd/child-care.htm>

## Homeless Services & Some Housing Resources

- Apartment listings [www.SocialServe.com](http://www.SocialServe.com)
- Housing Authority: Illinois - Madison County (618) 463-1906 [https://www.co.madison.il.us/departments/community\\_development/resources\\_for\\_homeless\\_prevention.php](https://www.co.madison.il.us/departments/community_development/resources_for_homeless_prevention.php)
- Housing Authority: Illinois - St. Clair County Homeless Action Council (618) 277-6790 Extension 3333 or (618) 277-6700 <http://www.co.st-clair.il.us/departments/grants/Documents/WebsiteInvitationtoHAC.pdf>
- Housing Authority: Missouri - St. Charles City (636) 946-6577 <https://www.stcharlescitemo.gov/313/Local-Housing-Authority>
- Housing Authority: Missouri - St. Louis City (314) 531-4770 <https://www.slha.org/for-residents/>
- Housing Authority: Missouri - St. Louis County (314) 428-3200 <https://www.haslc.com/housing/>
- Jefferson County (Missouri) Rescue Mission (636) 475-3030 [www.JeffersonCountyRescueMission.com](http://www.JeffersonCountyRescueMission.com)
- St Patrick Center, St. Louis, Mo. (314) 802-0700 <http://stpatrickcenter.org/>
- St. Charles County, Mo. Homeless Services – (636) 441-1302 <https://www.sccmo.org/316/Homeless-Prevention-Program>
- St. Louis City/St. Louis County, Missouri, Housing Help Line - Homeless/Shelter Hotline (314) 802-5444 <https://www.stlouis-mo.gov/government/departments/human-services/homeless-services/Homeless-Resources.cfm>
- U.S. Dept. of Housing & Urban Development HUD [https://www.hud.gov/program\\_offices/comm\\_planning/homeless](https://www.hud.gov/program_offices/comm_planning/homeless)

## Employment, Training & Job Coaching

- Employment Connection (314) 333-5627 [www.EmploymentSTL.org](http://www.EmploymentSTL.org)
- SLATE (314) 589-8000 <https://www.stlouis-mo.gov/government/departments/slate/>
- Family & Workforce Centers of America – MET Center (314) 746-0713 [www.FWCA-STL.com](http://www.FWCA-STL.com)
- Missouri Workforce Development <https://www.mo.gov/work>
- Better Family Life (314) 367-3440 [www.BetterFamilyLife.org](http://www.BetterFamilyLife.org)
- More Than Enough Culinary (Cooking) Academy (314) 795-9520 [www.MTEacademy.org](http://www.MTEacademy.org)

## Domestic Violence Counseling & Prevention

- ALIVE (314) 993-2777 Crisis Line [www.AliveSTL.org](http://www.AliveSTL.org)
- A Woman's Place YWCA (314) 645-4848 <https://www.ywcastl.org/what-were-doing/womans-place>
- St. Martha's Hall (314) 533-1313 [www.SaintMarthas.org](http://www.SaintMarthas.org)

- Crime Victim Advocacy Center Hotline (314) 652-3623, Domestic Violence Legal Aid (314) 664-6699 [www.SupportVictims.org](http://www.SupportVictims.org)
- Agape Christian Counseling (314) 994-9344  
<http://www.agapechristiancounselingservices.org/category/domestic-violence/>

### **Food Resources**

- Hunger Hotline (314) 726-5355 ext. 1 – Operation Food Search  
<https://www.operationfoodsearch.org/programs/emergency-food-distribution/hunger-hotline/>
- Missouri Dept of Social Services Food Stamps <https://mydss.mo.gov/food-assistance/food-stamp-program>
- St. Louis Area Food Bank (314) 292-6262 <https://stlfoodbank.org/programs-services/>
- WIC Women’s Infant’s Children’s Nutrition Program 1-800-392-8209  
<https://health.mo.gov/living/families/wic/>

### **Mental Health/Emotional Health Supports**

- BHR – Behavioral Health Response 24-hour crisis line (314) 469-6644 [www.bhrSTL.org](http://www.bhrSTL.org)
- BJC Behavioral Health, St. Louis, Mo. (314) 747-7491 [www.BJCBehavioralHealth.org](http://www.BJCBehavioralHealth.org)
- CenterPointe, St. Charles, Mo. 1-800-345-5407 <https://centerpointehospital.com/>
- Comprehensive Behavioral Health Center, Illinois (618) 482-7330 [www.CBHC1.org](http://www.CBHC1.org)
- Comtrema, Jefferson County, Mo. (636) 931-2700 or 1-800-811-4760 [www.comtrema.org](http://www.comtrema.org)
- Hopewell, St. Louis, Mo. (314) 531-1770 [www.HopewellCenter.com](http://www.HopewellCenter.com)
- Independence Center, St. Louis (314) 533-4245 [www.IndependenceCenter.org](http://www.IndependenceCenter.org)
- Places for People, St. Louis (314) 535-5600 [www.PlacesForPeople.org](http://www.PlacesForPeople.org)

### **General Social Services/Assistance (when they have funding)**

- Urban League (314) 615-3600 <https://www.ulstl.com/>
- United Way 2-1-1 <https://helpingpeople.org/united-way-2-1-1/> Dial 211 on your cell phone or 1-800-427-4626 from a landline
- The Salvation Army (314) 646-3000 Eastern Missouri & Southern Illinois Midland Division  
<http://stlsalvationarmy.org/>
- St. Vincent de Paul Society of St. Louis (314) 881-6000  
<https://svdpstlouis.org/contact/conference-chapter-finder>
- Missouri Dept. of Social Services: TANF, Medicaid 1-855-373-4636, Child Support 1-800-859-7999 <https://dss.mo.gov/fsd/>
- Kingdom House (314) 421-0400 [www.KingdomHouse.org](http://www.KingdomHouse.org)
- Housing Helpline (314) 804-5444
- Guardian Angel (314) 773-9027 [www.gasaSTL.org](http://www.gasaSTL.org)
- CAASTLC Community Action Agency of St. Louis County (314) 863-0015  
<http://www.caastlc.org/>

## **Gas & Electric/ Heating & Cooling Utilities**

- Ameren Electric Missouri 1-800-552-7583 & Illinois 1-800-755-5000  
<https://www.ameren.com/missouri/account/customer-service>
- CAASTLC LIHEAP Energy Services (314) 863-0015 <http://www.caastlc.org/programs-page/energy-services/>
- Heat Up St. Louis & Cool Down St. Louis (314) 241-7668 [www.HeatUpStLouis.org](http://www.HeatUpStLouis.org)
- Spire Energy Gas Company Eastern Missouri 1-800-887-4173  
<https://SpireEnergy.com/assistance>
- Urban League LIHEAP (314) 615-3600 Energy Assistance information & application at  
<https://www.ulstl.com/liheap/>

## **Youth Support**

- College Bound (314) 361-4441 [www.CollegeBoundSTL.org](http://www.CollegeBoundSTL.org)
- Covenant House (314) 533-2241 [www.CovenantHouseMO.org](http://www.CovenantHouseMO.org)
- Greater St. Louis Fellowship of Christian Athletes (636) 827-7100 <http://stlfca.org/>
- Youth in Need (636) 946-5600 [www.YouthInNeed.org](http://www.YouthInNeed.org)
- Youth Emergency Services/Epworth (314) 727-6294 [www.Epworth.org](http://www.Epworth.org)
- St. Louis City free summer camps (314) 289-5367 [www.StLouis-MO.gov/playtime](http://www.StLouis-MO.gov/playtime)

## **Adult Education**

- EOC-TRIO Higher Education Consortium of Metropolitan St. Louis (314) 985-8833  
<http://www.heccstl.com/educational-opportunity-centers.html>
- St. Louis Community College (314) 644-9127 [www.STLCC.edu](http://www.STLCC.edu)
- St. Charles (Missouri) Community College (636) 922-8000 <https://www.stchas.edu/>
- Goodwill Excel Center High School for Adults (314) 982-8802 [www.MERSgoodwill.org](http://www.MERSgoodwill.org)

## **Drug & Alcohol & Substance Abuse Recovery**

- Queen of Peace (314) 531-0511 <https://www.qopcstl.org/>
- Bridgeway & Preferred Family Health (636) 224-1600 <https://www.bridgewaybh.com/> and  
<http://pfh.org/>
- BASIC (314) 621-9009 <http://basicinc.org/>
- New Beginnings (314) 367-8989 <http://newbeginningscstar.org/>

## **Parenting & Early Childhood Development/Education**

- Annie Malone (314) 531-0120 or 24 hours 1-844-803-7233  
<https://www.anniemalone.com/parenting-education>

- Children’s Trust Fund (573) 751-5147 <https://ctf4kids.org/>
- Family Forward/R.O.W. Redevelopment Opportunities for Women (314) 534-9350 <https://familyforwardmo.org/how-we-help/>
- Missouri Baptist Medical Center Parenting Classes (314) 996-5000 <https://www.mobapbaby.org/Classes-Support>
- Nurses for Newborns (314) 544-3433 <http://www.nursesfornewborns.org/>
- Parents as Teachers (314) 432-4330 or 1-866-728-4968 <https://parentsasteachers.org/about>
- Parents Learning Together (314) 569-2211 St. Louis ARC [https://www.slarc.org/programs/adulthood/parents-disability/cropped-dsc\\_0048/](https://www.slarc.org/programs/adulthood/parents-disability/cropped-dsc_0048/)

### **Support for Military Veterans**

- Veterans Admin St Louis 1-800-827-1000 Benefits line 1-800-273-8255 press 1 for Veterans’ Crisis Hotline <https://www.benefits.va.gov/ROSTLOUIS/index.asp>
- St Patrick Center (314) 804-0700 or (314) 802-5444 <http://stpatrickcenter.org/housing-first/>
- The Salvation Army (314) 646-3000 <http://stlsalvationarmy.org/how-we-help/veterans-services/veterans-residence/>

### **Disability Support**

- “Regional Center” Missouri Dept. of Mental Health, Office of Developmental Disabilities: St. Louis City (314) 244-8000 & St. Louis County (314) 587-4800 <https://dmh.mo.gov/dd/facilities/StLouis.html>
- “Voc. Rehab” Missouri Dept. of Elementary & Secondary Education – Vocational Rehabilitation offices 1-573-751-3251 <https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation/vr-offices>
- MERS Goodwill (314) 241-3464 <https://mersgoodwill.org/>
- “DD Resources” St. Louis Office for Development Disability Resources (314) 421-0090 <https://www.stlidd.org/>
- Paraquad (314) 289-4200 <https://www.paraquad.org/>

### **Free Legal Assistance**

- Legal Services of Eastern MO (314) 534-4200 <https://lsem.org/>
- New Covenant Legal Services (314) 726-6489 <https://newcovenantlegalservices.org/>
- Arch City Defenders (314) 361-8834 <http://www.archcitydefenders.org/what-we-do/>
- SLU Law Clinic – St. Louis University (314) 977-2778 <https://www.slu.edu/law/experiential-learning/legal-clinics/index.php>