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❖ Food

1. Operation Food Search

- Description: With a strategic focus aimed at ending childhood hunger, Operation Food Search empowers families and increases access to healthy and affordable food. The agency provides food and services to 200,000 individuals monthly (1/3 of whom are children) through a network of 330 community partners in 27 Missouri and Illinois counties.
- Services: Food, nutrition education, and innovative programs proven to reduce food insecurity.
- Contact: (314) 726-5355
- Online: <https://www.operationfoodsearch.org/>



2. St. Louis Area Food Bank

- Description: The St. Louis Area Foodbank believes everyone deserves access to food and the promise of a healthy diet. For that reason, the St. Louis Area Foodbank is committed to building a stronger, healthier bi-state region where nobody goes to bed hungry.
- Services: Mobile food programs, food for seniors, food pantries, and transitional housing
- Contact: (314) 292-6262
- Online: <https://stlfoodbank.org/>

3. Missouri SNAP Program *(run by the Missouri Department of Social Services)*

- Description: The Missouri Department of social Services is in place to empower Missourians to live save, healthy, and productive lives.
- Services: Responsible for coordinating programs that help residents with food stamps, health care, childcare, child support, blind services, health care coverage, child welfare services, and assistance to troubled youths.
- Online: <https://mydss.mo.gov/food-assistance/food-stamp-program>

4. The Eureka Food Pantry located at The River at Eureka

- Description: The Eureka Food Pantry serves numerous varieties of canned and non-perishable foods year-round as well as fresh, locally grown produce in the summer and fall.
- Services: Food pantry
- Contact: Audrey Bell @ (636) 221-9883
- Online: <https://the-river.church/food-pantry>

5. Feed My People

- Description: Feed My People's mission is to show God's love and compassion to all His people, but particularly to His people in need.
- Services: We are a Christian Food Pantry and Thrift Store located in both South County, St. Louis, and High Ridge Missouri.
- Contact: South County – (314) 631-4900 or High Ridge – (636) 677-9885
- Online: <https://www.feed-my-people.org/>

❖ Housing

1. Missouri Affordable Housing Locator

- **Description:** The Affordable Housing Locator is provided as a public service by the Missouri Housing Development Commission. It is the mission of MHDC to strengthen communities and the lives of Missourians through the financing, development, and preservation of affordable housing.
- **Services:** Help Missourians find quality affordable rental housing in the state of Missouri. This service lists properties that are visited periodically by the Missouri Housing Development Commission for quality purposes because they participate in state and federally funded programs.
- **Online:** <http://ahl.mhdc.com/>



2. Housing Authority of St. Louis County

- **Description:** The Housing Authority of St. Louis County provides decent, safe, and affordable housing. It also ensures equal housing opportunity and promotes self-sufficiency while improving the quality of life and economic vitality for low- and moderate-income families.
- **Services:** Provides decent, safe, and affordable housing.
- **Contact:** (314) 428-3200
- **Online:** <https://www.haslc.com/>

3. Rental Assistance Programs in Missouri

- **Online:** <https://rentassistance.org/missouri-programs.html>

4. St. Louis County Homeless Hotline

- **Services:** Saint Louis County residents who are homeless or experiencing a housing crisis can seek assistance by calling the Emergency Shelter Hotline. The Hotline is a centralized intake and referral system that can be accessed by calling a single number (314) 802-5444). The caller is interviewed by an intake specialist, and if in crisis, is referred to either emergency shelter or rent/mortgage/utility assistance.
- **Contact:** (314) 802-5444
- **Online:** <https://stlouiscountymo.gov/st-louis-county-departments/human-services/county-homeless-programs/>

5. Start Here: *St. Louis Area Resource Directory*

- **Services:** This website provides general information, street addresses, phone numbers and websites for dozens of agencies, shelters, employment resources, food pantries and other organizations throughout the St. Louis area. A comprehensive list of resources is located here: https://www.startherestl.org/uploads/6/8/1/0/6810817/start_here-print-site-2021.pdf

6. Missouri Housing & Development

- **Services:** The Missouri Housing Development Commission works to provide quality, safe, affordable housing for low- and moderate-income citizens of Missouri.

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- **Contact:** (816) 759-6600 or **Email:** information@mhdc.com
- **Online:** <https://www.mhdc.com/>

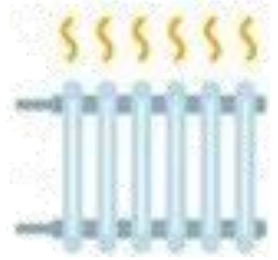
7. US Department of Housing & Urban Development (*HUD*)

- **Mission:** Create strong, sustainable, inclusive communities and quality affordable homes for all.
- **HUD – Eastern Missouri Field Office in St. Louis:** (314) 418-5400
- **Online:** <https://www.hud.gov/states/missouri/offices>

❖ Utility Assistance

1. Low-Income Home Energy Household Water Assistance Programs

- **Services:** The Low-income Home Energy Assistance Program and Low-income Household Water Assistance Program help eligible Missourians pay their energy, water, or sewer bill. They also provide emergency services to those in crisis.
- **Contact information for the St. Louis County Office:** (314) 446-4420 or (314) 446-4427
- **General Online Information:** <https://mydss.mo.gov/utility-assistance>
- **Online Information for Heating/Cooling Assistance:** <https://mydss.mo.gov/utility-assistance/liheap>
- **Online Information for Water/Sewer Assistance:** <https://mydss.mo.gov/utility-assistance/lihwap>



2. Heat Up & Cool Down St. Louis

- **Services:** Heat-Up and Cool-Down St. Louis, Inc. are non-profit 501(c)(3) charities that focus on helping elderly people, the disabled and low-income families in a two-state (Missouri and Illinois) area with their delinquent energy bills.
- **Submit an Inquiry Here:** <https://heatupstlouis.org/contact/>
- **St. Louis County Resident Information:** <https://heatupstlouis.org/winterizing-utility-forum/>
- **Resource Hotline:** (314) 241-7668



3. Dollar More Program (by Ameren UE)

- **Services:** If you're struggling to afford your energy bill, the Ameren Missouri Dollar More program may be able to help. Eligible households may receive up to \$600 per calendar year in assistance and must be at or below 200% of the federal poverty level to qualify.
- **Online:** <https://www.ameren.com/missouri/residential/energy-assistance/dollar-more>
- **Seasonal Assistance Information:** <https://www.ameren.com/missouri/residential/energy-assistance/seasonal-assistance>
- **Contact:** (800) 552-7583



❖ Health Care

1. Affinia Health Care

- **Description:** Provides trusted health services through highly qualified and dedicated professionals at our six locations.
- **Services:** Provides services in adult medicine, OB/GYN, pediatrics, behavioral health, family medicine, audiology, dental, podiatry, optometry, psychiatry, and psychology.
- **Contact:** (314) 814-8700
- **Online:** <https://affiniahealthcare.org/>



2. CareSTL Health

- **Description:** CareSTL Health is a Federally Qualified Health Centers (FQHCs or a Community Health Center -CHC). We are a community-based healthcare system that provides medical care to underserved, underinsured, and uninsured populations.
- **Services:** Provides services in behavioral health, chiropractic, dental, family planning, health education, mammogram screenings, podiatry, pharmacy, radiology, vision, and women's health.
- **Contact:** (314) 367-5820
- **Online:** <https://carestlhealth.org/>

3. Peoples Health Center

- **Description:** The mission of PHC is to provide comprehensive primary health care, such as pediatrics, internal medicine, OB/GYN, dental, mammography, behavioral health, pharmacy, radiology, podiatry and laboratory services, to meet the health needs of the entire community. PHC is committed to serving the impoverished, uninsured populations in St. Louis and St Louis County communities.
- **Services:** Health care, social services, dental, optometry, pharmacy, laboratory, immunizations, radiology, internal medicine, WIC, community outreach, and health care home case management.
- **Contact:** (314) 367-5784 or for after hours, (844) 841-3876
- **Online:** <https://phcenters.org/>

4. Free Clinic Directory

- **Description:** Free Clinic Directory is the premier online destination for uninsured people to connect with affordable and free health clinics in their area.
- **Services:** Uninsured clinics, no cost medical clinics, low-income clinics, medical, and dental clinics.
- **Contact:** (314) 367-5784 or for after hours, (844) 841-3876
- **Online:** https://freeclinicdirectory.org/missouri_care/saint_louis_mo_county.html



5. Pink Ribbon Girls

- **Description:** Our organization was founded by breast cancer survivors who have a passion for supporting and empowering others who are currently in the fight against breast and gynecological

cancers. We strive to balance the fear and uncertainty that breast and gynecological cancers bring to individuals and families by providing free direct services.

- **Services:** Healthy meals, rides to treatment, housecleaning kits, and peer support.
- **Contact:** (877) 269-5367
- **Online:** <https://www.pinkribbongirls.org/>

6. Healing Grace Clinic

- **Description:** Healing Grace Clinic exists to provide access to primary healthcare for the uninsured and underserved, taking into consideration the physical, emotional, and spiritual needs of each individual.
- **Services:** Medical & eye clinics, and prayer team
- **Contact:** (636) 777-2937
- **Online:** <https://www.healinggraceclinic.org/>

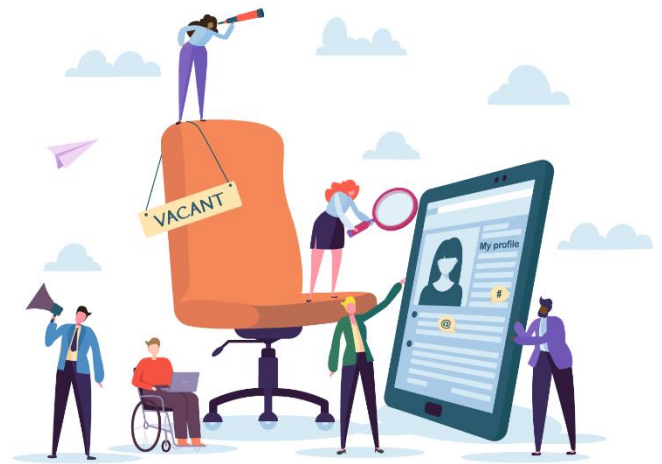
❖ Career Development & Employment Services

1. Employment Connection

- **Description:** Employment Connection was founded in 1977 after a study by the Young Lawyers Division of the Bar Association of Metropolitan Saint Louis (BAMSL) discovered that employed ex-offenders were 66% less likely to return to incarceration. Our agency immediately began work to reduce recidivism.
- **Services:** Career services, World of Work classes, Ticket to Work, Solar workforce development, employment & training, and eviction prevention.
- **Contact:** (314) 615-6015
- **Online:** <https://www.employmentstl.org/>

2. St. Louis County Job Seeker Services

- **Services:** Job opening information, resume preparation, career search seminars, career assessment, career exploration, internet access for career search activities, computers, and reference materials to make your career search easier.
- **Contact:** (314) 615-6010
- **Online:** <https://stlouiscountymo.gov/st-louis-county-departments/human-services/workforce-development/job-seekers/>



❖ Children & Infants

1. St. Louis Crisis Nursery

- **Description:** The Saint Louis Crisis Nursery provides a short-term, safe haven for 5,000 children a year, birth through age 12, whose families face an emergency caused by illness, homelessness, domestic violence or overwhelming parental stress. All services are completely FREE and VOLUNTARY.
- **Services:** 24-hour helpline, crisis care, family empowerment program, community outreach, art & play therapy, and Latinx Outreach Program
- **Contact:** (314) 768-3201
- **Online:** <https://www.crisisnurserykids.org/>

2. St. Louis Area Diaper Bank

- **Description:** St. Louis Area Diaper Bank strives to make a health, social and economic impact by not only providing diapers and period supplies but by connecting them to these resources and other resources through our partner agencies. Providing families in need with free diapers influences a range of positive outcomes for these families, such as positive changes in parental mood (reducing the risk of childhood abuse); improved child health and happiness (nurturing their ability to learn); and increased opportunities for childcare, work stability, and school attendance.
- **Contact:** (314) 624-0888
- **Online:** <https://stldiaperbank.org/>



3. Santa's Helpers, Inc.

- **Description:** Santa's Helpers was started by Rita Swiener when she provided a family in need with holiday gifts. She was determined to make sure no child was without toys or necessities during the holiday season. What started with one family has turned into Santa's Helpers delivering gifts to more than 31,000 families.
- **Services:** Each child gets 6 gifts including 3 books and an age appropriate educational toy. Toys are brand new and donated through yearly toy drives or purchased thanks to monetary donations from supporters.
- **Contact:** (314) 647-1800
- **Online:** <https://santashelpersstl.com/>

4. Caring for Kids

- **Description:** Caring for Kids immediately provides essential resources to meet the urgent needs of abused, neglected or at-risk children in St. Louis County
- **Services:** When Court personnel identify a child's need for essential or emergency resources, they notify the Family Court liaison. The Court liaison will forward the request to the CFK office for review and processing by the CFK volunteers. Caring For Kids makes all efforts to meet needs within 72 hours.
- **Contact:** (314) 726-5437
- **Online:** <https://caringforkids-stl.org/>

5. Marygrove

- **Description:** Marygrove provides a safe home, compassionate care, and high-quality mental health services to children who have experienced significant trauma, to restore their childhood, and equip them for their future.
- **Services:** Therapeutic residential treatment, therapeutic foster care, schooling, transitional & independent living program.
- **Contact:** (314) 830-6201
- **Online:** <https://marygrovechildren.org/>

6. Helping Hand Me Downs

- **Description:** Helping Hand Me Downs enhances the quality of life for children and families in the St. Louis area by meeting their immediate needs, then connecting them with life-changing resources that foster independence.
- **Services:** Referrals come from nurses, social workers and counselors from over 100 local agencies. The families referred to HHMD receive clothing, a seasonal coat or jacket, socks, shoes, toys and books.
- **Contact:** (314) 919-6999
- **Online:** <http://helpinghandmedowns.org/>

7. Good Shepherd Children & Family Services

- **Description:** Provides the highest quality foster care and treatment foster care, adoption, expectant parent counseling, maternity shelter, pregnancy services and advocacy.
- **Services:** Maternity care, foster care, expectant parent & pregnancy services, and adoption services.
- **Contact:** (314) 367-5500
- **Online:** <https://goodshepherdstl.org/>



❖ Legal Assistance

1. Legal Services of Eastern Missouri

- **Description:** Legal Services of Eastern Missouri advances justice through legal representation, education and supportive services. We partner with the community to improve lives, promote fairness and create opportunities for those in need.
- **Services:** Provides free legal help for low-income individuals/families with civil issues impacting housing, family law, public benefits, consumer fraud, healthcare, children's well-being, special education and relief from domestic violence. In recent years, services have expanded to address the specific needs of immigrant and refugee families, veterans, community economic development and small-business and minority entrepreneurs.
- **Contact:** (314) 534-4200
- **Online:** <https://lsem.org/>



2. Missouri Free Legal Answers

- **Description:** A virtual legal advice clinic in which qualifying users post civil legal questions at no cost to be answered by pro bono attorneys licensed in their state.
- **Services:** Family, Divorce, Custody, Housing, Eviction, Homelessness, Consumer Rights, Financial, Work, Employment, Unemployment, Health and Disability, Civil Rights, Income Maintenance, Juvenile and Education Law.
- **Contact:** Online form submission only
- **Online:** <https://missouri.freelegalanswers.org/>

3. American Civil Liberties Union of Missouri (ACLU)

- **Description:** The ACLU of Missouri is a public-interest law firm that principally addresses issues arising only in Missouri that involve challenges to a government law, policy or practice affecting the constitutional rights — that is, the civil liberties and civil rights — of a significant number of people. Almost all of our cases involve constitutional issues, and because the United States Constitution and Missouri Constitution protect only against unlawful government action, we rarely take on disputes involving private companies.
- **Services:** Defends civil liberties and the principles of equality and justice in Missouri through its litigation, legislative and public education programs.
- **Contact:** (314) 652-3114
- **Online:** <https://www.aclu-mo.org/en/legal-help>

4. ArchCity Defenders

- **Description:** ArchCity Defenders (ACD) is a holistic legal advocacy organization that combats the criminalization of poverty and state violence, especially in communities of color. ACD's foundation of civil and criminal legal representation, social services, impact litigation, policy and media advocacy, and community collaboration achieves and inspires justice and equitable outcomes for people throughout the St. Louis region and beyond.

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- **Services:** Criminal, civil, and municipal representation.
- **Contact:** (314) 361-8334
- **Online:** <https://www.archcitydefenders.org/>

5. St. Louis Bankruptcy Pro Se Assistance Program

- **Description:** Free legal clinic designed to help individuals without an attorney to answer legal questions about bankruptcy, including how bankruptcy may be used to help prevent foreclosure. The PSAP provides self-represented (aka pro se) debtors with an opportunity to meet with a volunteer private attorney for a free 30-minute consultation.
- **Services:** Bankruptcy
- **Contact:** (314) 421-4134
- **Online:** <https://www.bamsl.org/?pg=BankruptcyAssistanceProject#>

6. Missouri Legal Services

- **Description:** Free legal clinic designed to help individuals without an attorney to answer legal questions about bankruptcy, including how bankruptcy may be used to help prevent foreclosure. The PSAP provides self-represented (aka pro se) debtors with an opportunity to meet with a volunteer private attorney for a free 30-minute consultation.
- **Services:** Legal aid provides access to legal help for people to protect their livelihoods, health, housing and families.
- **Online:** <https://www.lsmo.org/>



7. Legal Advocates for Abused Women (LAAW)

- **Description:** Providing innovative and comprehensive assistance to victims of domestic violence since 1986.
- **Services:** The LAAW program of CVC provides the only domestic violence program that partners with law enforcement and criminal court systems to break the cycle of violence at the earliest possible stage. LAAW serves St. Louis City and the counties of St. Louis, St. Charles, Jefferson, Lincoln and Franklin.
- **Contact:** (314) 664-6699
- **Online:** <https://www.supportvictims.org/legal-advocates-for-abused-women>

8. Migrant & Immigrant Community Action Project (MICA)

- **Description:** The MICA Project utilizes a combination of community outreach and legal services to promote the voice and dignity of immigrant communities. The MICA Project's combined approach addresses the surplus need for immigration legal services in immigrant communities by taking a proactive approach, providing immigrants with the information and resources they need before legal issues arise.
- **Services:** Family immigration, naturalization, removal defense, and asylum and refugee issues
- **Contact:** (314) 995-6995
- **Online:** <http://www.mica-project.org/>

9. The Missouri Attorney General's Military Legal Assistance Team

- **Description:** Provides pro bono legal assistance to servicemembers and veterans in Missouri for qualifying legal matters. The program also offers educational opportunities for Missouri servicemembers, veterans, and businesses. The MLAT is Missouri's first statewide attorney general-led program offering our military communities access to pro bono civil legal services.
- **Services:** Military rights, consumer protection, education, and state emergency duty.
- **Contact:** (314) 340-6816
- **Online:** <https://ago.mo.gov/home/defenders/mlat>

10. The Kaufman Fund Veterans Legal Referral Program

- **Description:** The Kaufman Fund, a 501(c)3 non-profit supports St Louis area Veterans and children who are at risk of abuse or poverty, needing food, shelter, clothing, medical care and basic needs. The Kaufman Fund brings the entire St Louis Veteran community together through our own programs and the many Veteran organizations it supports to help those in need.
- **Services:** Food, mental health, dental, and legal help.
- **Contact:** (314) 202-2164
- **Online:** <https://www.thekaufmanfund.org/veterans-legal-referral-program/>

❖ Multiple Services

1. Community Action Agency of St. Louis County, INC (CAASTLC)

- **Description:** Community Action Agency of St. Louis County, Inc. is part of a national network of federally funded Community Action Agencies (CAAs), created by the Economic Opportunity Act of 1964. CAAs administer various programs on community levels to assist low-income people out of poverty conditions.
- **Services:** Poverty simulation, healthy food education, employment development, energy services, family support case management, food pantry, high school equivalency tests, water help, housing, life skills, leadership, and youth development programs.
- **Contact:** (314) 863-0015
- **Online:** <https://www.caastlc.org/>



2. Catholic Charities of St. Louis

- **Description:** The Catholic Charities Ministry Office provides advocacy, centralized administration, accreditation, human resources, communications, quality assurance, and fund development for the organizations that make up the Catholic Charities Federation.
- **Services:** Serves a wide range of people: children who are dependent, abused, and neglected; adults who are homeless or at risk of homelessness; women who are abused; parents and children requiring family counseling; people struggling as the result of substance use disorders; older adults with special needs; and many more.
- **Contact:** (314) 367-5500
- **Online:** <https://www.ccstl.org/>

3. Urban League of Metro St. Louis

- **Description:** The mission of the Urban League of Metropolitan St. Louis, Inc. is to empower African Americans and others throughout the region in securing economic self-reliance, social equality and civil rights.
- **Services:** The Urban League will advocate for and empower African Americans and others in Metropolitan St. Louis by creating ladders out of poverty through jobs, entrepreneurship and financial responsibility, providing access to quality education from pre-kindergarten through college, creating an Urban League Leadership Academy to provide scholarships and internships for high school and college students, providing social safety net to stabilize our neediest families, and obtaining fair and equal treatment in all features of society and government in economics, social, educational and cultural.
- **Contact:** (314) 615-3600
- **Online:** <https://www.ulstl.com/>

4. United Way of Greater St. Louis

- **Description:** An organization that mobilizes donors and volunteers, organizations, and companies to help people live their best possible lives.

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- **Services:** Basic needs, jobs & financial mobility, early childhood and youth success, health & wellbeing, and community stability & crisis response.
- **Contact:** 2-1-1
- **Online:** <https://helpingpeople.org/>

5. St. Vincent DePaul

- **Description:** A Catholic lay organization, leading women and men to join together to grow spiritually by offering person-to-person service to the needy and suffering.
- **Services:** Leads individuals to join together to offer person-to-person service to the poor and the suffering of all faiths. Neighborhood-based volunteers, called Vincentians, make home visits to offer hope and help; the home visit also gives a better assessment of the family's circumstances and needs. Working in groups of two, Vincentians make thousands of these in-home, person-to-person visits each year. The Society also partners with other agencies, nonprofits and people of good will to provide other services and offer a total package of support.
- **Contact:** 2-1-1
- **Online:** <https://svdpstlouis.org/>



6. Clark Fox Family Foundation

- **Description:** The Clark-Fox Family Foundation believes in a hands-on approach when making a difference in the St. Louis community. Whether it be founding an organization to help immigrant families receive medical care or funding an educational initiative that enables under-served students to reach their full potential, we stay committed and invested in the success of these projects that we know will change our community for the better.
- **Services:** Our primary areas of engagement are K-12 education, higher education, public health, immigration, social justice and racial equity, community leadership, and entrepreneurship.
- **Contact:** (314) 899-5248
- **Online:** <https://clarkfoxstl.com/>

7. Salvation Army of St. Louis

- **Description:** Helps provide stability to struggling residents.
- **Services:** Administer social services for families & individuals like emergency shelter, utility help, day camps, substance abuse treatment, rent & housing expenses, senior centers, and child care services. They also provide employment services, educational classes, budgeting workshops, free Christmas assistance, and senior programs.
- **Contact:** (314) 646-3000
- **Online:** <https://centralusa.salvationarmy.org/midland/>