

ACTIVITIES & AFTER SCHOOL PROGRAMS

1. After School Matters

Location: 66 E Randolph St, 60601

Contact: 312-742-4182

312-846-7106 (español)

www.afterschoolmatters.org

Services: After school and summer program opportunities in arts, communications & leadership, STEM & sports.

Requirements: Chicago resident,

Current Chicago public high school student. (Some spots available to non-CPS high school students.)

For summer programs, incoming freshman and just graduated are eligible.

Application: On website in English & Spanish.

Fall applications open in mid July.

2. www.chicagoonthecheap.com - Click on "Free and cheap things to do with kids in Chicago." Extensive list of activities that are free or low cost.

3. Build Chicago (Broader Urban Involvement & Leadership Development)

Location: 5100 W Harrison St, 60644

Contact: 773-227-2880

www.buildchicago.org

Services: Growing Hope (Prevention)

Saving Lives (Intervention)-focuses on reducing violence, gang involvement, and recidivism.

Building Futures (College access & career readiness)

Provides in-school, after school and school vacation activities, as well as mentoring.

4. www.do312.com

Lists FREE days at Chicago museums and Brookfield Zoo. Although entrance is free, there is a charge for parking.

5. Girls Who Code

www.girlswhocode.com

Summer immersion program - 2 weeks, current 9-11th graders, free

Code at Home - free activities

Clubs program - after-school, 3rd-12th graders, free, 1-2 hours/week.

6. Math Circles of Chicago

Contact: www.mathcirclesofchicago.org

Services: Enrichment program to investigate math non-competitively, 5th-12th grades, meeting once every other week, FREE.

Locations: See website, 8 locations including Back of the Yards, Little Village & Pilsen

(currently meeting online)

Summer programs - Suggested donation of \$300/week on sliding scale
Current 5-7th graders, 9 AM-noon, dates TBA, probably online
Current 8th graders, 9 AM-noon, dates TBA, probably online
Current 9-12th graders, dates & times TBA

7. Open Books

www.open-books.org

Enrollment: Go to website, scroll down to "Sign up now!" and fill out the form.

Services: Provides FREE NEW BOOKS, one per month, mailed to your child from birth to age 5.

Requirements: Must live in Austin, Englewood, Garfield Park, Little Village, North Lawndale or Pilsen.

8. Project H.O.O.D. (Helping Others Obtain Destiny)

Location: 6620 S King Drive, 60637

Contact: 773-326-4215

www.projecthood.org

Services: Hoops in the Hood (boys & girls, ages 5-18, 5:00-8:00 PM)

Free summer camp (includes breakfast, lunch & snack)

Basketball day camp (6 days/week in summer, ages 6-15)

Requirements: Summer camp limited to children of families in need

9. 4-H Youth Development

www.extension.illinois.edu

Enrollment: Go to website, click on 4-H Youth Development;

Services: Many educational & leadership programs for 5-18 year olds.

10. Splash Chicago

www.splashChicago.learningu.org

Enrollment: Go to website

Services: Cascade Program- Up to 2 classes free, each meeting 1x/week

Chicago area high school students

Registration starts early March, classes begin 4/13

Classes held virtually

Requirements: Computer and stable internet connection.

COUNSELING & INTERVENTION

1. Above and Beyond Family Recovery Center

Location: 2942 W Lake St, 60612

Contact: 773-940-2960

www.anb.today

Services: Individual counseling, many types of therapy (individual and group), employment readiness, on-going support, case management, housing.

Requirements: 18 years old and older. FREE

2. Ada S. McKinley Community Services
Location: approximately 50 offices in Chicago, many in violence prone neighborhoods; check website for nearest one.
Contact: 773-818-6100
www.adasmckinley.org
Services: Counseling for children & adolescents affected by violence, abuse, trauma, mental illness, substance abuse.
3. Alternatives, Inc.
4730 N Sheridan, 60640 (Uptown Center)
241 E 57th, 60637 (Washington Park Center)
Approximately 50 locations in Chicago. Check website for nearest one.
Contact: 773-506-7474
www.alternativesyouth.org/programs
Services: Individual & group counseling—Roosevelt, Uplift & Sean H.S., Uptown Youth Center
Substance abuse—above locations for 12-18 year olds
Uptown Youth Center & South Side Office - 18-24 year olds
Crisis services—homeless youth 12-18 y.o.
Family intervention.
Requirements: Medicaid card.
4. Big Brothers Big Sisters of Metropolitan Chicago
Location: 560 W Lake St, 5th floor, 60661
Contact: 312-207-5600
Fax: 312-427-0760
Email: bbbschgo.org
5. Casa Central
Location: 1343 N California Ave, 60622
Contact: 773-645-2300 (Main Office)
773-645-2376 (DV & Safe Start)
24 hour DV help: 877-863-6338
Services: Domestic violence counseling
Services for children birth - age 5 (Safe Start)
Serving Hispanic community
All services are FREE.
6. Catholic Charities
Locations: Tolton Peace Center, 5645 W Lake St. 60644 (Austin)
WIC Center 2310 W Roosevelt, 2nd floor 60608 (Medical District)
WIC Center 11255 S Michigan 60628 (West Roseland)
Contact: 312-655-7191

Services: Anger management— 10-24 year olds, FREE; call above number to apply.

Location: Department of Central Information & Referral
751 N LaSalle St, 60654

Contact: 312-655-7453
312-655-7459 (español)

Services: Counseling for individuals or family/group for alcohol/drug related problems; outpatient counseling for recovering addicts and alcoholics and/or their families.

Requirements: Adults 18 and older.

7. Choose to Change (through Youth Advocate Programs, Inc.)

Location: 1111 E 87th St, Unit 200, 60619

Contact: Dave Williams, Vice President
drwilliams@yapinc.org

Services: Trauma-informed group therapy, advocacy, support & crisis intervention, new experiences & group activities.

Requirements: 13–18 years old with trauma exposure, justice system involvement and/or school disengagement.
Serves South & West sides of Chicago.

8. Communities in Schools

Location: 815 W VanBuren #300, 60607 (near Halsted intersection)

Contact: 312-829-2475
www.cisofchicago.org

Services: Dropout prevention

9. Community Counseling Centers of Chicago

Locations & contacts: 4740 N Clark St, 773-769-0205

5710 N Broadway, 773-728-1000

2542 North Ave, 773-365-7277

200 E 115th St, 773-291-2500

Services: Behavioral health advocate and social service provider; helps people recovering from mental illness and emotional trauma.

All providers certified.

Insurance: Accepts Medicare/medicaid, BCS-PPO, Aetna, Humana, Cigna, United; call for your plan. If no insurance, \$100/session. No waivers.

Availability: 24 hours.

10. Haymarket Center

Location: 932 W. Washington, 60607

Contact: 312-226-7984 ext. 480
312-CAN-HELP (312-226-4357)

www.hcenter.org

Services: Adult detoxification, residential, and outpatient substance abuse treatment. Programs in Spanish & Polish available.

Requirements: Serves primarily homeless, indigent and ex-offenders from south and west sides. Residential programming for women (allows for up to 2 children under the age of 5).

Insurance: Medicaid, private insurance and self-pay.

11. Heartland Alliance READI Chicago Program
Location: 208 S LaSalle St, Suite 1300, 60604
Contact: 312-660-1300
www.heartlandalliance.org/readi
Services: Cognitive behavioral therapy, 12 month career pathway program including paid transitional jobs, skill building & support services.
Requirements: Men living in North Lawndale, Austin, West Garfield Park, Englewood or West Englewood. Will work with previously incarcerated.

12. Human Resources Development Institute
Locations: 222 S Jefferson St.
340 E 51st St.
8000 S Racine
33 E 114th St.
Contact: 312-441-9009
Hours: Intake Mon-Fri, 9 AM - 2 PM
Requirements: Medicare/medicaid eligible.
Services: Behavioral health care agency, alcohol and substance abuse – prevention and treatment, mental health family services, community health case management, alternative youth education, HIV/AIDS prevention & education, gambling prevention & education.
All providers certified.
Insurance: Medicare, medicaid & most other insurance plans.
Bring insurance card & state I.D.

13. I Am Able Center for Family Development
Location: 3410 W Roosevelt Rd, 60624
Contact: 773-826-2929
www.iamablecenter.org
Email: info@iamablecenter.org
Hours: Mon-Thurs 9:00-7:00; Fri & Sat 9:00-5:00
Services: Counseling for anger management, domestic violence or DCFS referral; pre-marital counseling; restorative justice counseling.
Violence prevention through partnership with Chicago CRED.
Healthy decision making and relationship training through partnership with Family Bridges.
Requirements: Referral from an agency (e.g., DCFS, church, school, police) or self referral; ID & insurance cards (if available); proof of most recent 30 days of income
Insurance: Medicare, Medicaid, private insurance
Fees: Intake fee of \$45/individual or \$60/family, then sliding scale. **NO ONE IS TURNED AWAY DUE TO INABILITY TO PAY.**

14. Life Span
Contact: 847-824-0382 (counseling services)
312-408-1210 (legal services)
www.life-span.org

Services: Counseling (individual & group), legal assistance & court advocacy; immigration legal services.

Requirements: Serves victims of domestic violence and sexual assault.

14. Loving Outreach to Survivors of Suicid5

Location: 721 N LaSalle (for initial contact). Counselor will call to arrange time and location.

Contact: 3132-655-7283

Hours: Mon-Fri, 8:30-4:30

Services: Help survivors of suicide by providing a network of other survivors, and educate members and the community about the grieving process when a loved one dies of suicide.

Insurance: BC/BS, Cigna, Aetna. Fee determined on a sliding scale, but will serve without fee.

16. National Alliance on Mental Illness (NAMI)

Location: 11801 W Warner, Suite 202, 60613

Contact: 312-563-0445

Hours: Mon-Fri, 9 AM-5 PM

Requirements: 18 years old and above; younger may be referred elsewhere.

Services: Create awareness of mental illness and promote promise of recovery. All providers are certified.

Insurance: Not required. Services are FREE. Donations accepted.

17. Postpartum Depression Alliance of Illinois

Location: No office. All access arranged via phone or e-mail.

Contact: 847-205-4455; hotline 866-364-6667

Insurance: None needed; may be a low flat fee for unlimited sessions with a counselor.

Services: Provides access to support and information about PPD and access to treatment. Referrals made to counselors closest to your area, time and place of meeting chosen by mutual agreement. Workshops are offered a few times per year. No set time for them. Workshops are free.

18. Thresholds

Location: 4101 N Ravenswood

Contact: 773-572-5500

Hours: Mon-Fri, 8:30 AM - 5:00 PM

Requirements: Veterans & 18-26 year olds, living on northwest side of Chicago

Services: Mental health services provide educational advancement, social opportunity and employment services. Offer 30 programs at 100 locations in Chicago.

Insurance: Required, many listed on website; no waivers.

Health Care Partners: Aunt Martha's Health & Wellness Thresholds (Blue Island)

Heartland Health Center-Schwartz Center for Care, 4423 N Ravenswood

Howard Brown at Thresholds, 734 W 47 St.

19. Trilogy Behavioral Healthcare

Locations: 1400 W Greenleaf, (Main Office)

2551 W Peterson

4534 S Western

3737 W Lawrence

Contact: 773-508-6100

773-382-4060 (Intake)

800-322-8400 (Crisis)

773-765-2543 (Info on youth & family services)

Hours: Mon-Fri, 8 AM-5 PM, Sat & Sun, 8:15 AM-3:30 PM

Services: Adults & young people, ages 6-25, and their families; couples & family counseling, group therapy, for stress, anxiety, mood disorders, trauma & recovery, alcohol use/abuse.

Insurance: BC/BS of Illinois, Illinicare, Meridian, Molina, NextLevel, Aetna-Medicaid/Medicare ONLY, Humana-Medicaid/Medicare ONLY, CountyCare.

20. Hotline: 800-273-TALK

DISABILITIES

1. A.B.L.E. (Artists Breaking Limits & Expectations)

Contact: ableensemble.com (apply on website)

Services: Theatre & film projects for developmentally disabled

Requirements: 14 years old and above,

Down syndrome or other intellectual or developmental disability

Cost: \$375/semester

Full & Partial scholarships available

No one turned away due to inability to pay.

2. Ada S. McKinley Community Services

Location: 725 S Wells, 60607

Contact: 773-918-6200 (main office)

773-375-1999 (residential services)

www.adasmckinley.org

Services: Supervised living facilities offering life skills, vocational & employment training for developmentally disabled adults, 18 y.o. & up. Fees pd by S.S. & Medicaid.

Staff: Professionals trained in working with intellectually disabled, nurses, trained direct support staff.

2. The Chicago Lighthouse

Locations: 1850 W Roosevelt Rd, 60608

Mon.-Fri, 9:00 AM - 5:00 PM

259 E Erie St, Suite 152, 60611

1st, 2nd, 3rd & 4th Friday of every month

Contact: 312-977-3686

Services: Education, independent living, vocational training for people with disabilities, ages birth - adults. Early intervention program: Birth - 3.

3. Family Resource Center on Disabilities

Location: 1 E Adams St, 60603

Contact: 312-939-3513

Fax: 312-854-8980

Email: info@frcd.org

www.frcd.org

Services: Info, training, assistance, support for parents of children w/disabilities. Workshops available in Spanish.

4. Jewish Vocational Services

See listing under "Employment." Works to assist those with disabilities to find jobs.

EDUCATION

1. Chicago Youth Centers

Location: 218 S Wabash, Suite 510, 60604

Contact: 312-913-1700

www.chicagoyouthcenters.org

Services: Early childhood education (Riverdale, Bridgeport, Humboldt Park, North Lawndale & South Shore)

College & career readiness

S.T.E.A.M. (Science, technology, engineering, arts, math)

Family Engagement

Violence Prevention

Healthy Living (Nutrition education)

Summer Enrichment Program

Education Support Initiative (support for foster children and families)

Requirements: Programs serve children 3-18 years old.

2. After School Matters

Location: 66 E Randolph St, 60601

Contact: 312-742-4182

312-846-7106 (español)

www.afterschoolmatters.org

Services: After school and summer program opportunities in arts, communications & leadership, STEM & sports.

Requirements: Chicago resident,

At least 14 years old for apprenticeships, 16 for assistanships & internships

Current Chicago public high school student. (Some spots available to non-CPS high school students.)

For summer programs, incoming freshman and just graduated

Application: On website in English & Spanish.

Summer applications now open.

Fall applications usually open in mid July.

3. Girls Who Code
 - Services: Summer immersion program - 2 weeks, current 9-11th graders, Code at Home - free activities
 - Clubs program - after-school, 3rd-12th graders, free, 1-2 hours/wk.

3. Greater West Town Community Development Project
 - Location: 500 N Sacramento Blvd, 60612
 - Contact: 312-432-9595 (Administration)
 - www.westtownacademy.org
 - Services: Alternative high school, West Town Academy, 312-563-9044
 - Transition to employment, technical training or college.
 - Requirements: Ages 16-21, not enrolled in traditional high school or GED program. Apply online.

4. Hope Technology & Education Center
 - Services: Adult computer training
 - FREE Microsoft Office 365 courses
 - Administrative Assistant Training Course
 - Internships
 - Youth Program
 - Summer program
 - After school programs

5. Math Circles of Chicago
 - Contact: www.mathcirclesofchicago.org
 - Services: Enrichment program to investigate math non-competitively, 5th-12th grades, meeting once every other week, FREE.
 - Locations: See website, 8 locations including Back of the Yards, Little Village & Pilsen
 - (currently meeting online)
 - Summer programs - Suggested donation of \$300/week on sliding scale
 - Current 5-7th graders, 9 AM-noon, dates TBA, probably online
 - Current 8th graders, 9 AM-noon, dates TBA, probably online
 - Current 9-12th graders, dates & times TBA

6. St. Xavier University School of Nursing
 - Location: 3700 W 103rd St, 60655
 - Contact: 773-298-3050 (Admission Questions)
 - 773-298-3740 (Nursing Program)
 - www.sxu.edu
 - Emails: admission@sxu.edu
 - nursing@sxu.edu
 - Services: BSN degree, scholarships available through university and outside; see website. For outside scholarships see www.minoritynurse.com.

EMPLOYMENT

1. Cara
Location: 237 S Des Plaines 60661; 8:30-5:00
4655 S King Drive 60653; 9:00-4:00
Contact: 312-798-3300
www.carachicago.org
Services: Job training and employment placement
Requirements: Can legally work in US; have I.D. and Social Security #
NO income or residency requirements. Services are FREE.
2. Chicago Area Project
Location: 125 N Hoyne
Contact: 312-588-3860
Hours: 9:00-5:00
Intake - Mon & Tues at 9:30
Services: Job mentoring, training and employment;
programs for 16-21 year olds & 18-49 year olds.
Requirements: US citizen; low income-food stamp recipient.
3. Employment & Employer Services, Inc.
Location: 208 S LaSalle, Suite 1628
312-629-5627
1701 S. 1st Ave, Suite 10
708-223-2652
Hours: 8:30-5:00
Services: Job counseling, training & education
Requirements: 18 years old and up (including seniors), I.D. & Social Security #
NO income or residency requirements. Services are FREE.
4. Greater West Town Community Development Project
Location: 500 N Sacramento Blvd, 60612
Contact: 312-432-9595 (Administration)
www.gwtp.org
Services: Vocational training: Woodworking (312-563-9570) and
Shipping and Receiving (312-563-9028).
Job placement assistance: Resumé assistance,
Computer skill development,
Education advancement,
Employer referrals.
Requirements: Focus is on serving Humboldt Park, North Lawndale, East/West
Garfield Park and Austin.
5. Heartland Alliance READI Chicago Program
Location: 208 S LaSalle St, Suite 1300, 60604
Contact: 312-660-1300
www.heartlandalliance.org/readi
Services: 12 month career pathway program including paid transitional jobs,
cognitive behavioral therapy, skill building & support services
Requirements: Resident of North Lawndale, Austin, West Garfield Park,
Englewood or West Englewood. Will work with previously incarcerated.

6. Jane Addams Resource Corporation
Location: 4432 N Ravenswood Ave, 60640
4222 N Ravenswood Ave, 60613 (Austin - temporary relocation)
Contact: 773-728-9769
www.jane-addams.org
Hours: Online application sessions every Wednesday, 9 AM-10 AM & 4 PM-5 PM
Services: FREE job training and job placement services
Requirements: Programs last 10-20 weeks, 10-25 hours/week, depending on program.
7. Jewish Vocational Services
Locations: 216 W Jackson Blvd, Suite 700, 60606 (Central Office)
909 W Wilson Ave, EZRA Multi-Service Center, 60640 (Uptown)
6639 N Kedzie Ave, Abe & Ida Cooper Center, 60645 (Rogers Park)
3033 W Touhy Ave, 60645 (Northside)
Contact: 855-275-5237
Email: ask@jcfs.org
Hours: Mon.-Thurs. 9:00-5:00, Fri. 9:00-4:00
Services: Career counseling, training & job placement
Requirements: Youth - 16-24 not in school, high motivation, high risk, Cook County resident; must bring proof of age & low income.
FREE
Adult - Meet 1 of following: 18 years old & older, low income, Chicago resident, veteran or homeless.
Sliding scale fee.
8. Metropolitan Family Services
Locations: 5338 S Loomis Blvd, 60609 (Back of the Yards)
773-535-0101
3215 W 63rd St 60629 (Chicago Lawn)
773-884-2350
3843 W 63rd St, 60629 (Chicago Lawn)
773-884-3310
747 W 63rd St, 60621 (Englewood)
773-487-3723
Services: Young Fathers Program includes job readiness training and placement, money management training, parent education & co-parenting counseling.
Requirements: Fathers must be 18-35 years old.
9. National Latino Education Institute
Location: 2011 W Pershing Rd.
Contact: 773-247-0707 www.nlei.org
Services: Employment training & placement services
Requirements: 18 years old and up, high school diploma or GED, placement test for admission & placement level. Fee for service, but scholarships and financial aid available.
10. New Moms

Location: 5317 W Chicago Ave, 60651

Contact: 773-252-3253

www.newmoms.org

Services: Works with external partners to find housing, offers paid 12 week job training program 16-24 years old), and family support (prenatal education, home visits & parenting education). Each mom in job training is paired with a Supportive Employment Coach during training and up to 2 years post-program.

Requirements: 18-24 years old, call 877-426-6515

17 and younger, call 877-870-2663

11. North Lawndale Employment Network

Location: 906 S Homan

Contact: 773-638-1825

www.nlen.org

Hours: 9:00-4:00

Services: Job training, transitional jobs, financial counseling, income supports

Requirements: Unemployed, underemployed, hard to employ, formerly incarcerated; resident of North Lawndale or surrounding communities.

EX-OFFENDER EMPLOYMENT

1. Bridge 2 Freedom

www.bridge2freedom.org

Services: Faith-based residential reentry program providing mentoring, job readiness, life skills training and Christian discipleship.

Requirements: Long-term program that begins 1 year before release.

2. Cara

Location: 237 S Des Plaines 60661; 8:30-5:00

4655 S King Drive 60653; 9:00-4:00

Contact: 312-798-3300

www.carachicago.org

Services: Clean Slate program offers job training and employment placement for ex-offenders.

Requirements: Can legally work in US; have I.D. and Social Security #

3. Heartland Alliance READI Chicago Program

See above in Employment.

4. North Lawndale Employment Network

See above in Employment.

5. Project H.O.O.D. (Helping Others Obtain Destiny)

Location: 6620 S King Drive, 60637

Contact: 773-326-4215

www.projecthood.org

Services: Partners with Chicago Probation Department to provide mentoring to youth that are court involved;
8 week team building sessions
10 week culinary arts class
6 week job readiness
Summer employment
8 week female mentoring program.

6. Safer Foundation

Location: 571 W Jackson Blvd, 60661

Contact: 312-922-2200

www.saferfoundation.org

Services: Orientation and intake, supportive services, employment & retention services, financial opportunity center

ACE Program (Advancing Careers & Employment):

Workforce development, education, trauma-informed case management, & occupational training.

Requirements for ACE: Adults (25 & older) released within 180 days or currently living under supervision in high crime/high violence community.

5. St. Leonard's Ministries

Location: 2100 W Warren Blvd, 60612

Contact: 312-738-1414

www.slministries.org

Services: residential, case management & employment services, counseling, education (H.S. prep, literacy training)

Housing: St. Leonard's House - for men

Grace House - for women

St. Andrew's Court - for men who have completed St. Leonard's House program

Requirements: Parolees or those who are released without parole; parolees with class x felony accepted, but no sex offenders.

FINANCIAL ASSISTANCE

1. Chicago - Rent, mortgage or utility assistance, all 311.
2. Suburbs - Call township office & ask for "General Assistance" office.
LIHEAP helps with utility assistance.
Most townships offer rent assistance on a limited basis (e.g., 1x/year).
3. Catholic Charities
Emergency Assistance Department (St. Vincent Center)
Location: 721 N LaSalle St, 60654
Contact: 312-655-7700 (Intake)

St Sabina/ Social Service Center
Location: 1120 W 79th St, 60621

Contact: 773-846-3018

4. Help Illinois Families Initiative

www.2illinois.gov

Services: LIHEAP - Assistance paying, gas, propane & electricity;

CSBG (Block Grant) - rent assistance, food, temporary shelter, meds.

Requirements: Income at or below 200% of poverty level;

Social Security card & proof of income for each household member

(including SSA, VA &/or DHS benefits;

utility bill if seeking utility assistance, lease if seeking rent assistance.

Apply online; for help completing application call 833-711-0374.

5. Illinois Department of Human Services

Location: See website "Office Locator"

Contact: 800-843-6154

www.dhs.state.il.us

Services: Food Stamps (SNAP), LINK card, Temporary Aid to Needy Families

(TANF), Women, Infants and Children (WIC), Medical programs,

emergency food and shelter.

6. Neighborhood Housing Services of Chicago

Location: 1279 N Milwaukee Ave, 4th floor, 60622

Contact: 773-329-4111

800-831-7949 (mortgage & rental assistance programs)

www.nhschicago.org

Services: Workshops & education to prepare for home buying, foreclosure prevention services, grant programs for repairs & other needs.

7. Share Our Spare

Location: 935 W Chestnut LL 13, 60642

Contact: 312-877-5884

www.shareourspare.org

Services: Provides new or gently used clothing (size birth-5T), shoes, books, toys, baby gear, diapers to families in need.

Requirements: Serves families with children birth to age 5. Go to website & click on "Service Provider Directory" to find a distribution agency in your area.

8. Spanish Coalition for Housing

Location: 1922 N Pulaski Rd

Contact: 773-342-7575

www.sc4housing.org

Services: emergency rent and mortgage assistance, foreclosure prevention,

homebuyer and financial education, energy assistance,

homeless prevention.

FOOD PANTRIES

chicagosfoodbank.org - Click on "Find Food" and enter your location to find a local food pantry.

<https://go.illinois.edu/FindFoodIL> - Enter zip code to find free food and meals, locate stores and markets that accept SNAP/LINK or WIC coupons. Call ahead to check days & hours open.

Austin

1. Circle Urban Ministries
118 N Central Ave, 60644
Contact: 773-921-1446
darriela@circleurban.org
Hours: Every Wednesday, 9:00-11:00 am
Requirements: Serves the Austin neighborhood
2. Healing Temple COGAve,
4941 W Chicago Ave, 60651
Contact: Elizabeth Lockhart
773-626-9454
Hours: Friday, 10:00 am - 12:00 pm
Requirements: Serves those living N of 1600 North Ave, E of Pulaski, W of Austin Blvd, and S of Roosevelt Rd.
3. Hope Food Pantry
5900 W Iowa St, 60651
Contact: Robin Cole
773-927-2243
Hours: Every second Thursday, 4:00-6:00 pm
4. New Life Ministries Church of God in Christ
634 N Austin Blvd, 60302
Contact: Sharon Gibson
773-640-0919
Hours: Thursday, 10:00 AM-12:00 PM
Requirements: Serves zip codes 60130, 60301, 60302, 60303, 60304, 60639, 60644, and 60651.
5. Pine Avenue United Church
1015 N Pine Ave, 60651
Contact: Maxine McGhee
773-287-4777
Hours: Tuesdays, 9:30-11:30 am
Requirements: Serves those living N of North Ave, S of Lake St, E of Cicero, W of Austin.
6. St. Martin de Porres
5112 W Washington Blvd, 60644
Contact: Leon Williams

773-287-0206

Hours: Wednesday & Thursday, 10:00 am - 12:00 pm

Requirements: Serves those living N of Lake St, S of Roosevelt Blvd, E of Cicero Ave & W of Central Ave.

Auburn Gresham

1. Resurrection UMC
5717 W 63rd Place
Contact: Delores Starling
773-585-5198
Hours: Friday 9:00-11:00 AM except 5th Friday
Call for requirements.
2. St Paul the Redeemer
4945 S Dorchester
Contact: 773-624-3185
Hours: Wed, 4:30-6:30 PM
Requirements: Live between 31st to 49th & Halsted to Dan Ryan.
3. St. Sabina Parish
1120 W 79th St.
Contact: Sharon Jackson-Tillman
773-846-3018
Hours: Wed, Thurs, & Fri, 8:30-11:30 AM
1:30-3:00 PM
Requirements: Live between 75th to 83rd & Morgan to Ashland.

Back of the Yards

1. Casa Catalina Food Pantry
4537 S Ashland
Contact: 773-376-9425
2. Central American Martyrs Center Su Casa
1434 W 51st St
Contact: Kristin Peters
773-376-9263
Hours: Sunday, 10:00-11:30
3. Kingdom of God MB Church
1818 W 50th St
Contact: 773-306-1362
4. Shepherds Hope
838 W Marquette Road, 60621
Contact: 773-756-3535
Hours: Tuesday & Thursday, 10:00 am-2:00 pm

5. United Human Services Center
1809 W 51st St, 60609
Contact: 773-912-6106
Hours: Tuesday

Bronzeville

1. Grant Memorial Church
4017 S Drexel
Contact: 773-285-5819
Hours: Tuesday, 1:00-3:00 PM
2. Harris Temple
4138 S cottage Grove
Contact: 773-563-9138
Hours: Saturday, 11:00 AM-1:00 PM
Requirements: ID
3. KOKO
4242 S Cottage Grove
Contact: 773-548-7500
Requirements: Live in zip codes 60653 or 60615
4. St. Elizabeth Church
50 E 41st
Contact: 773-268-1518
Hours: 4th Saturday, 10-AM-2:00 PM
5. Tabernacle MBC
4130 S Indiana Ave.
Contact: 773-624-6722
Hours: 3rd Friday, 12:00-2:00 PM
Requirements: Live in zip code 60653

Chicago Lawn

1. Abundant Life M B Church
2300 W 69th St
Contact: 773-434-7875
2. Chief's Food Pantry
7125 S Fairfield Ave.
Contact: 312-806-1738
3. Chicago Lawn United Methodist Church
3500 W 63rd Place
Contact: 773-436-3806
4. Food Distribution Center - Jesus Christ Food Pantry

3500 W 63rd Place
Contact: 773-436-3806

5. Salvation Army Chicago Lawn Corps community Center
5950 S Spaulding Ave.
Contact: 773-434-3806
6. Sanad Social Services
3302 W 63rd St
Contact: 773-436-7989

Englewood

1. Englewood UMC Food Pantry
6400 S. Stewart
Contact: Peggy Jackson
773-846-3570
Hours: Wed, 2:00-4:30
Call for requirements.
2. I Grow Chicago
Location: 6402 S Honore, 60636
Contact: 773-245-2212
contact@igrowchicago.org
Services: Weekly food distribution, daily community lunches
Requirements: Live in Englewood
3. Our Lady of the Angels
3808 W Iowa St.
Contact: Father Bob
773-486-8431
Hours: 9:00 AM-12:00 PM
Mobile food pantry on Tues.
Requirements: Call for Mobile Pantry times.
4. St. Paul the Redeemer
4945 S Dorchester
Contact: 773-624-3185
Hours: Wed, 4:30-6:30 PM
Requirements: Call to confirm hours.
5. St. Sabina Parish
1120 W 79th St.
Contact: Sharon Jackson-Tillman
773-846-3018
Hours: Wed, Thurs, & Fri, 8:30-11:30 AM
1:30-3:00 PM
Requirements: Live between 75th to 83rd & Morgan to Ashland

6. Visitation Parish Food Pantry
843 W Garfield Blvd
Contact: Barbara Collins
773-846-3570
Hours: Mon & Wed, 8:00-11:00 AM
Requirements: Live between 50th to 58th St & State to Damen

Humboldt Park

1. Breakthrough Urban Ministries Fresh Market
3334 W Carroll Ave, 60624
Contact: Wendy Daniels
872-444-8260
Hours: Tuesday, 2:00 pm - 4:00 pm; Thursday, 10:00 am - 2:00 pm;
Saturday, 10:0 am - 12:00 pm
Requirements: Live in zip codes 60612 or 60624
2. Greater Holy Temple C.O.G.I.C.
246 N California Ave, 60612
Contact: Beverly Janney
773-722-9430
Hours: Friday, 5:30 pm - 7:30 pm. Closed on the fifth Friday.
Requirements: Serves those living in zip code 60612 N of Chicago Ave,
S of Roosevelt Ave, W of Kedzie Ave & E of Ashland Ave.
3. La Casa Norte's Fresh Market
3533 W North Ave,
Contact: Minerva Perez
773-525-1777
Hours: Monday-Wednesday, 11:00 am - 3:00 pm
Requirements: Live N of Armitage Ave, S of Chicago Ave, E of Kedzie Ave &
W of Cicero.
4. Marillac House Food Pantry
2859 W Jackson Blvd, 60612
Contact: 773-584-4539
Hours: Mon. 11 AM - 1:30 PM
Wed. 2:30 - 5:30 PM
Fri. 10 AM - 12:30 PM
Requirements: Must live in zip codes 60612, 60624 or 60644
Enter side door on Francisco.
5. Mission of Our Lady of the Angels
3808 W Iowa St.
Contact: 773-486-8431
Hours: Tuesday, 8:30-10:30 am
First Saturday of month-Mobile Food Pantry
Requirements: None.

6. New Life Centers of Chicagoland
1410 N Springfield Ave.
Contact: Andrew Farlett
423-385-0615
Hours: 2nd & 4th Wednesdays, 6:00 pm - 8:00 pm
7. New Hope Bible Church
1818 N Kostner Ave, 60639
Contact: Lymell Brown
773-394-2860
Hours: Saturday, 11:00 am - 2:00 pm; Sunday, 1:00 pm - 3:00 pm
Requirements: Live in Cook County
8. TSA: Harbor Light
825 N Christiana Ave, 60651
Contact: Paula Sullivan
312-667-2380
Hours: Monday, Wednesday & Friday, 1:00 pm - 3:00 pm;
Tuesday & Thursday, 9:00 am - 12:00 pm
Requirements: Live in zip codes 60622, 60624, 60651

Little Village

1. Amor De Dios United Methodist Church
2356 S Sawyer Ave.
Contact: 7730972-314
2. Harmony Community Church
1908 S Millard, 60623 (lower level)
Contact: 872-2LOVE32
Email: hfoodpantry@gmail.com
Hours: 11:00 AM-1:00 PM
3. Latinos Progresando
4037 W Cermak Rd, 60623
Contact: 773-542-7077
4. Salvation Army LaVillita Corps Community Center
3621 W 24th St.
Contact: 773-257-0700
Hours: Wednesday, 10:00 AM - 12:00 noon.

North Lawndale

1. Blessed Sacrament Church
2153 S Millard Ave, 60623
Contact: 773-277-4613
Requirements: Serves N of 16th St, S of 31st St, E of Kedzie, W of Pulaski.

2. Carey Tercentenary AME Church
1448 S Homan Ave.
Contact: 773-762-6600
3. Greater Progressive MBC Church
1625 S Lawndale Ave, 60623
Contact: 773-522-8575
Requirements: Serves N of Roosevelt, S of Cermak, E of Kedzie & W of Keeler.
4. Greater Rose Hill MB Church/Holy Sanctuary Community Church
1200 S Troy St, 60623 (Entrance on Side Door)
Contact: 773-405-0361
5. Harmony Community Church
1908 S Millard Ave, 60623
Contact: 872-2LOVE32
email: hfoodpantry@gmail.com
Hours: Wednesdays, 11:00 AM - 1:00 PM
6. Jireh Food Pantry
4224 W 13th St, 60623
Contact: Mattie Phillips
773-762-2432
Hours: Thursday, 10:00 AM - 12:00 PM
7. Lawndale Community Outreach Services
4522 W 16th St, 60623
Contact: 773-521-1224
8. St. Agatha's Food Pantry
3147 W Douglas Blvd, 60623
Contact: 773-522-3050

Roseland

1. Bethel Community Center
16 E 117th St
Contact: 773-928-1001
Hours: Wed, 6:00 AM
2. Covenant Faith
10505 S Halsted
Contact: Laverene Collins
773-568-2685
Hours: 3rd Friday, 11:00 Am-1:00 PM
3. Stratford Memorial Church
500 W 119th St

Contact: Linda Middleton
773-346-1785
Hours: 2nd & 4th Sun, 10:00 AM-12:30 PM
Requirements: Live in zip code 60628

South Shore

1. Israel Methodist
7606 S Cottage Grove
Contact: Willie Lewis
773-483-1131
Hours: Fri, 11:00 AM-1:00 PM
Requirements: Live between 71st to 95th St & State to Stony Island

2. New Life Covenant Church
7757 S Greenwood
Contact: Jaquenette Kabir
773-952-4111
Hours: Thurs, 12:00-2:00 PM
Requirements: Live between N 71st to S 83rd & State to Stony Island

3. St. Columbanus
331 E 71st
Contact: Isiah Preston Mahome
773-224-1022 ext 14
Hours: Wed, 10:00 AM-12:00 PM
Mobile Pantry 3rd Tues, 10:00 AM-12:00 PM
Requirements: Live in zip codes 60619 or 6063

Multiple Locations

1. Catholic Charities

St. Vincent Center
721 N LaSalle
Contact: 312-655-7700
Hours: Wed, Thurs, & Fri, 9-11:30 & 1-3

St. Sabina
1120 W 79th St, 60621
773-846-3018
Hours: Wed, 8:30-11:30 & 1:30-6
Thurs & Fri , 8:30-11:30 & 1:30-3

St. Thomas of Canterbury
4827 N Kenmore, 60632
Hours: Tues, 9:30-12
2nd 7 4th Fri, 9:30-12

Casa Catalina
4537 S Ashland
773-376-9425
Hours: Tues, 9:30-11:30 & 1-3
Wed, 1:30-6
Thurs, 10-11:30 & 1-3

1400 S Austin Blvd, Cicero 60804
708-329-4044
Hours: Mon & Tues, 9:30-11 & 12:30-2
Thurs, 2-6

NOTE: Some locations offer evening supper.

2. Greater Chicago Food Depository

Locations: See www.chicagosfoodbank.org; enter zip code; select program
Requirements: Live in Chicago or suburbs; bring piece of mail as proof.

NOTE: Soup kitchens and shelters also available.

3. Find Food IL

Locations: See www.eat-move-save.extension.illinois.edu

Services: Food resources, physical activity suggestions, money saving tips.

Requirements: Smart phone or compute

Scroll down Find Food IL Community Food Map;

Enter zip code and click on the resource you need (e.g., Food Pantries,
School & Summer Meal Sites, Snap & WIC Offices).

Click on "Move" for exercise suggestions.

Click on "Save" for shopping tips.

4. Food Stamps (SNAP, WIC)

Locations: See www.dhs.state.il.us. Apply online.

Requirements: Lived 5 years in US

19 years old or older

Citizen or legal resident

Non-disabled adults must work at least 20 hours/week

Documents: ID, proof of residence, Social Security numbers for all on application.

NOTE: Non-citizens and those without a green card may apply on behalf of
their children (18 and younger) who are citizens.

5. Society of St. Vincent de Paul

Locations: See www.stvincentsdepaulchicago.org

Under "Neighbors Helping Neighbors in Need," click on "Learn More."

Scroll down and click on "Food Pantries."

On food pantry page, scroll to Chicago locations.

Services: Food pantries, mobile food pantries, and local community dinners;
mobile pantries do not operate in winter.

Requirements: Call the site to check on times they are open (19 sites available).

HOUSING & SHELTERS

1. Aid for Women

Locations: 8 S Michigan Ave, Suite 812, 60603

312-621-1107

1400 S Austin Blvd, Cicero, 60804

708-477-3040

24/7 Helpline: 312-621-1100

Hours: Mon-Fri, 9:00-5:00; 24 hour hotline

Services: Heather's House - Residential program in DesPlaines

Requirements: Pregnant or with 1 additional child; background check; NO DCFS or DV cases; live in Chicago or suburbs.

Can stay 3 months after baby is born.

Monica's House - transitional home for Heather's House residents who have had their babies and are either going to school or working.

Located in Portage Park neighborhood.

2. Breakthrough Urban Ministries

Locations: 402 N St. Louis Ave, 60624

Contacts: 773-722-1144

24/7 Hotlines: Men's center - 773-346-1785

Women's center - 773-722-0179

Services: Shelter for homeless; also after school, pre-K & K programs

Requirements: Living in E Garfield Park.

3. Catholic Charities

Location: 751 N LaSalle, 60654

Contact: 312-655-7700 (Intake)

Services: Homeless assistance & prevention

Requirements: Living in Chicago & suburbs; eligibility varies by house (e.g. women with children under 18).

4. Franciscan Outreach Association

Location: 1645 W LeMoyne, 60622 (Main Office)

Contact: 773-278-6724

Services: Emergency overnight shelter, dinner, breakfast

Requirement: Homeless

Shelter locations: 2715 W Harrison St. (257 bed men's & women's dorms)
200 S Sacramento (65 bed shelter).

5. Heartland Alliance

Location: 4411 N Ravenswood Ave, 60640

Contact: 773-624-6148 ext. 1981

Hours: Mon-Fri, 8:30-5:30

Services: Housing with case management; 12 month rent subsidy

Requirements: Meet HUD definition of homeless; head of household 18 years old or older; at least 1 child under 18; written documentation of homelessness; referral.
Fee: Monthly rent based on income.

6. Ignite

Location: 180 N Michigan Ave, Suite 1900

Contact: 312-568-5700 (Main Office)

24/7 phone: 866-803-8336

24/7 text: 312-625-1858

info@ignitepromise.org

Services: Drop In Resource Center - 5500 S Indiana, 60637

(basement of Life Center COGIC)

773-891-2505

Outreach cell 773-355-9843; Open hours: M, W, Th, 10:00-2:00; Tue 1:00-4:30; appointment hours: M, W, Th, 2:00-5:00, Fri, 11:00-5:00.

Intake & housing assessments (drop in & appointment), housing referrals, case management, behavioral health services, education/career support, hygiene supplies, lockers, safe place to rest, wi-fi.

Housing - Belfort House & Bronzeville Youth Shelter

3745 S Indiana Ave, 60653

773-548-4443

Supportive services, mentoring, career and education goal setting, physical and mental health management, and financial planning.

Goal-Permanent housing & course to personal and economic independence.

Requirements: 14-24 year olds.

7. Inner Voice

Location: 212 W Van Buren St, Suite 300, 60607

Contact: 312-994-5830

312-994-5821 (for Employment Readiness Workshops)

Hours: Mon-Fri, 9:00-5:00

Transitional homes open 24/7

Services: Case management, transitional & supportive housing for homeless, recently homeless or those in danger of becoming homeless; employment/training, counseling housing placement for homeless vets; emergency assistance funds.

Requirements: Chicago resident

Fee: FREE.

8. Neighborhood Housing Services of Chicago

Location: 1279 N Milwaukee Ave, 4th floor, 60622

Contact: 773-329-4111

800-831-7949 (mortgage & rental assistance programs)

www.nhschicago.org

Services: Workshops & education to prepare for home buying, foreclosure

prevention services, grant programs for repairs & other needs.

9. New Moms

Location: 5317 W Chicago Ave, 60651

Contact: 773-252-3253

www.newmoms.org

Services: Works with external partners to find housing, offers paid 12 week job training program (16-24 years old), and family support (prenatal education, home visits & parenting education).

Requirements: 18-24 years old, call 877-426-6515
17 and younger, call 877-870-2663.

10. Northside Housing

Location: 4410 N Ravenswood, Suite101, 60640

Contact: 773-244-6401

Hours: Mon-Fri, 9:00-5:00

Shelter location: 941 W Lawrence, Lower Level, 60640 (MEN ONLY)

Contact: 773-564-9093

Hours: 24/7/365

Services: Housing referrals & subsidies, housing system navigation, clothing closet, financial coaching, food pantry, mental & medical health services.

Requirements: Chicago resident, Chicago ID, homeless verification letter, proof of income if applicant has income. NO CHILDREN.

ACCEPTING NEW APPLICANTS JAN. 1.

11. A Safe Haven

Location: 2750 W Roosevelt Rd, 60608

Contact: 773-435-8300

info@ASafeHaven.org

Services: Transitional, supportive, affordable and senior housing; individualized case management, food, treatment, education, job training & placement.

Population served: Individual adults, families with children, youth, veterans & non-violent re-entry.

Requirements: Applicant must be 18 or older, homeless or at risk of homelessness; no history of violent crime, arson, or sex crimes.

Fee: Most services free.

12. Sarah's Circle

Location: 4838 N Sheridan Rd, 60640. (Offices & Daytime Support Center)

Contact: 773-728-1991

Hours: Mon- -Fri, 9:00-4:30

Services: Housing, life necessities, case management, clinical & social services.

Daytime Support Center 773-728-1991; shelter, case management, 2 meals/day, computers, phones, showers, laundry, free hygiene products & lockers. (Case management is on a walk-in basis, first come first served.)

Interim Housing Program 773-751-7475; 50 bed shelter, open 24/7/365, basic needs & 3 meals/day; primary goal is securing permanent housing.

Permanent Supportive Housing - 30 units of affordable housing; residents identified through Chicago's coordinated entry system.

Requirements: Single, unaccompanied WOMEN ONLY, 18 and older.

13. Spanish Coalition for Housing

Location: 1922 N Pulaski Rd

Contact: 773-342-7575

www.sc4housing.org

Services: emergency rent and mortgage assistance, foreclosure prevention, homebuyer and financial education, energy assistance, homeless prevention.

14. Well of Mercy

Location: 639 N Fairfield Ave, 60659

Contact: 773-274-4227

info@thewellofmercy.com

Services: Housing for up to 5 years, individual & group counseling, career counseling and placement, on-site childcare for school and work hours, workshops to develop life skills.

Requirements: Pregnant women, single mothers and their children (male children up to 10 years old; no age limit on female children).

Call to make appointment for interview.

15. Zacchaeus House

Location: 12242 S Parnell Ave, 60628

Contact: 773-568-7822

Services: Helps homeless men get lives back on track.

Requirements: This is a non-treatment home for men.

LEGAL AID

1. Cabrini Green Legal Aid

Location: 6 S Clark St. (just S of Clark & Madison)

Contact: 312-738-2452

www.cgla.net

Hours: Mon-Fri, 9:00-5:00

Services: Legal consultation; support involving criminal & civil matters; criminal defense programs; sealing & expungement of records; social services team.

2. Legal Aid Chicago

Contact: 312-341-1070

www.legalaidchicago.org (multilingual website)

Services: Family & safety, housing, money & debt, work & employment rights, health, disability & basic needs, immigration.

Requirements: One of the following — U.S. citizen; lawful permanent resident; victim of human trafficking, domestic violence, or sexual assault; asylee or refugee; person granted Withholding of Removal; Adjustment of Status applicant who has spouse, parent or child (under 21) who is a U.S. citizen
Financial eligibility: Limited assets & income at or below 150% of federal poverty level; higher income limits for homeowners at risk of foreclosure, seniors, veterans, people with HIV, survivors of domestic or sexual violence whose legal issues relate to their victimization, victims of human trafficking.

Fee: FREE services.

3. Metropolitan Family Services (bilingual services)
Location: 1 N Dearborn, Suite 1000, 60602 (main office)
Also community locations (see website)
Contact: 312-986-4200
www.metrofamily.org
Hours: Mon-Fri, 9:00-4:30
Services: DV, elder abuse, housing, appeals for Section 8 vouchers, immigrant rights, human trafficking.
Fee: FREE for those meeting 150% of federal poverty guidelines; all human trafficking cases FREE regardless of income.
4. Legal Aid Bureau
Location: 14 E. Jackson, 15th Floor, Chicago, IL
Contact: 312-986-4200.
Services: Family law matters ONLY.
Serves low-income residents of Cook County.
Appointments are required.
5. LifeSpan (multilingual services)
Location: 20 E. Jackson Blvd., Suite 500, Chicago
Contact: 312-408-1210
www.life-span.org
Services: Main focus is domestic & sexual violence. Family law, divorce, domestic violence, orders of protection, child support, victims compensation, legal advocacy, immigration & more (see website)
Requirements: Cook County residents.
Appointments are required.
Fee: All services FREE.
6. Chicago Legal Clinic
Location: 2938 E. 91st Street, 60617 (Main Office)
Contact: 773-731-1762 (intake)
Neighborhood offices in South Chicago & Austin (must call main office for intake.)
www.clclaw.org
Hours: Mon-Fri, 9:00-5:00
Services: Free or low-cost legal consultations and representation (immigration, domestic violence, adoption, foreclosure, divorce, child support

guardianships, consumer issues, relief from criminal records, and quest for social security benefits);

free educational seminars on legal topics.

Requirements: Appointments required.

Fees are determined on a sliding scale according to income.

Free services-client must be below 150% of federal poverty level.

7. Center for Disability and Elder Law

Location: 710 N. Lake Shore Dr., 3rd Floor, Chicago

Contact: 312-908-4463

www.cdelaw.org

Services: Legal advice and referrals, representation by an attorney; senior legal assistance clinics located throughout Chicago & Cook County, adult guardianship, collections, divorce (uncontested), estate planning, eviction, financial elder abuse, foreclosure, landlord-tenant, property tax & title issues.

Requirements: Cook County resident, low-income (at or below 150% of Federal Poverty Guidelines, senior (60 or older) or adult with permanent disability, Illinois service member or veteran.

Fee: FREE.

8. CARPLS (Legal advice and referral hotline)

Contact: 312-738-9200

Services: Legal advice over the phone

Referrals to appropriate legal services.

9. Child Support Enforcement Division of the Cook County State's Attorney

Location: 69 W Washington, 60602

Contacts: 312-603-1880

Services: Establish paternity, obtain child support & medical orders, enforce payments, modify existing orders criminally prosecute non-custodial parents who fail to pay child support.

NOTE: State's attorney's office DOES NOT represent custodial parent or legal guardian; it represents the Illinois Department of Healthcare and Family Services.

10. American Bar Association

Email a question to ABAFreeLegalAnswers.org

MEDICATIONS

1. www.blinkhealth.com - Bypasses insurance co. & deals directly w/manufacturer.

Mainly generic drugs.

Pay online, print out receipt or get text, pick up at store.

Featured on NBC Nightly News w/Lester Holt.

2. www.needymeds.org - Website connecting patients with assistance programs to suit their individual needs. Discount drug cards.

No membership fees.
No personal information collected.
Offers a search tool to see if a Patient Assistance Program (PAP) is available for a particular medication.

3. www.goodrx.com - Provides drug coupons accepted at almost all pharmacies including Kroeger, CVS, Walgreens, Albertsons, Safeway, Walmart, Rite Aid, & Vons.
Compares drug prices to see if insurance or goodrx is less.
Has app that can be download to phone.
Accredited by Better Business Bureau.
4. [www.walgreens.com/RxSavings Club](http://www.walgreens.com/RxSavingsClub)
Sign up online or at a Walgreen's pharmacy
Contact: 866-922-7312 for questions or full terms and conditions.
Fee: \$20/year for individuals
\$35/year for families (includes spouse, dependents under 23, & pets).
Services: Reduced prices on prescription drugs.

MENTORING OF CHILDREN & TEENS

1. Big Brothers Big Sisters of Metropolitan Chicago
Location: 560 W Lake St, 5th floor, 60661
Contact: 312-207-5600
Fax: 312-427-0760
Email: bbbschgo.org
2. Build Chicago (Broader Urban Involvement & Leadership Development)
Location: 5100 W Harrison St, 60644
Contact: 773-227-2880
www.buildchicago.org
Services: Growing Hope (Prevention)
Saving Lives (Intervention)-focuses on reducing violence, gang involvement, and recidivism.
Building Futures (College access & career readiness)
Provides in-school, after school and school vacation activities, as well as mentoring.
3. I Am a Gentleman
Contact: 312-471-5590
Email: info@iamagentleman.org
www.iamagentleman.org
Services: Mentoring, personal development & enrichment, health & wellness workshops, career & advanced education leads, volunteer projects, and positive community initiatives.
Requirements: Ages 13-21

PARENTING

1. Terrific Teachable Moments

www.extension.illinois.edu

Click on "Our Programs," then click on "Terrific Teachable Moments."

Requirements: A smart phone or other "smart" device; Store or Google Play.

PREGNANCY TESTING/ULTRASOUNDS

1. Aid for Women

Locations: 8 S Michigan Ave, 60603

312-621-1100

1400 S Austin Blvd, Cicero 60804

708-477-3040

1150 N River Rd, Des Plaines, 60016

847-376-3800

3347 Vollmer Rd, Flossmoor 60422

708-7994-0570

24 hour contact: 312-621-1100

www.aidforwomen.org

Services: pregnancy testing, ultrasounds, counseling, on-going support during pregnancy & post-pregnancy, medical & community referrals, residential program (Heather's House), which includes educational assistance, parenting training, counseling, life skills classes, employment assistance. Pro-life.

2. The Women's Center

Location: 5226 N Cicero Ave, 60630

9730 S Western Ave, Suite 318, Evergreen Park 60805

Contact: 773-794-1313

www.gotwc.org

Services: Pregnancy Testing

Ultrasound

Crisis Counseling

Material Goods Assistance

Financial & Social Service Referrals

Adoption Referrals

All services are FREE.

SCHOLARSHIPS

1. Build Chicago

Location: 5100 W Harrison St, 60644

Contact: 773-227-2880

www.buildchicago.org

Services: Scholarships available.

Requirements: See website.

Must be or have been involved in BUILD previously.

2. Jack Kent Cooke Foundation

www.jkef.org

Services: Scholarships 8th grade through college for high performing students with financial need.

Young Scholars Program: 5 year pre-college scholarship;

College Scholarship: Undergraduate scholarship program for students seeking to attend top 4 year colleges & universities;

Undergraduate Transfer Scholarship: Students seeking to complete bachelor's degrees at 4 year colleges or universities.

Requirements: Must reside in U.S. or a U.S. territory.

U.S. citizenship is NOT required.

Academic requirements - see website.

Requisitos disponible en español en el sitio del internet.

3. LINK Unlimited Scholars

Location: 2221 S State St, 60616-3894

Contact: 312-225-5465

Email: info@linkunlimited.org

www.linkunlimited.org

Services: Educational support, mentors, and financial subsidies

Requirements: High potential African-American youth living in Chicagoland area;

Must apply online in fall of 8th grade;

3 recommendations required (7th grade math & English teachers & school principal).

4. Project H.O.O.D. (Helping Others Obtain Destiny)

Location: 6330 S King Drive, 60637

Contact: 773-752-6055

www.projecthood.org

Services: \$1,000 scholarship to a minority high school senior to a 2 - 4 year accredited college of their choice

Requirements: Student must show leadership potential and demonstrate financial need; show dedication to community service;

U.S. citizen, national or permanent resident;

First-time collegiate attendee;

Minimum weighted GPA of 3.0.

Apply online.