

BEFORE YOU START

Many of the organizations listed here receive grants and federal funds. They are mandated to provide services and assistance, so take your time going through the book, read the requirements, and make use of what they have to offer.

HOW TO USE THIS DIRECTORY

1. Make a list of your needs, and seek help for the ones that are most important. Prioritize!
2. Locate providers who can provide services that fit your needs.
3. Try to provide all of the information that's being requested when you visit an agency or talk with a caseworker. Making their job easier will reflect back to you.

HOW TO GET RESULTS WHEN YOU CONTACT AGENCIES

1. Take notes. Have paper and pencil ready when you make a call. Be ready to give a brief but complete account of what you need. Eliminate unrelated information.
2. Be ready to provide your full name and contact information, such as how or where you can be reached or receive messages.
3. If your inquiry involves an agency that uses an identifying case or file number, have that available.
4. Be sure to record the names and titles of people you talk to and confirm their phone numbers in your notes.
5. Keep your notes together on all of your contacts to each agency so that you can supply information when you make follow-up calls.
6. Take the time to say THANK YOU to those who assist you!

HOUSING HELPLINE 314-802-5444

For shelter and housing programs, start the intake process here:

1. HOMELESS HELPLINE: 314-802-5444
- or
2. ST. PATRICK CENTER 314-802-0700
WELCOME CENTER 800 North Tucker 63101
www.stpatrickcenter.org
Walk-in hours Monday-Friday from 8am-4:30pm.
First come first served 8am-1pm.

DROP-IN CENTERS

CENTER FOR YOUTH ON THE RISE

12075 Bellefontaine Rd. Spanish Lake 63138 314-355-2348

Ages 12 to 19. A variety of activities and services. Life skills workshops, counseling services, educational support, employment preparation, legal assistance.

COVENANT HOUSE

2727 North Kingshighway 63113

www.covenanthousemo.org 314-533-2241

For Youth. Every afternoon. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis intervention.

EPWORTH'S YOUTH DROP-IN CENTER/STREET OUTREACH

7520 Natural Bridge Rd. Normandy 63121

www.epworth.org Office-314-222-4877 Outreach-314-952-8689

Ages 18-24 in crisis; couch hopping; literally homeless

Ages 11-20 that are at risk of homelessness or are homeless.

Mon-Thur 12pm-5pm; Friday 1-5pm and some evenings. Laundry and shower; safer sex kit, clothing and hygiene items; computer work stations; healthcare, legal aid, and birth certificate and ID assistance; support for LGBTQ youth and allies.

PLACES FOR PEOPLE WELCOME CENTER

4130 Lindell Blvd. 63108

www.placesforpeople.org 314-615-2111

The Places for People Welcome Center has walk-in hours Monday-Friday 8-11:30.

Walk-ins will meet with an intake clinician for screening, information and referrals.

RUSTIN'S PLACE DROP-IN CENTER

1114 North Sarah St. 63113

www.rustinsplace.org 314-553-9506

A program of Williams and Associates. Safe haven, free wi-fi, washers and dryers. STD/ST testing, social activities, health education, free pregnancy testing.

ST. LOUIS EMPOWERMENT CENTER

Depression Bipolar Support Alliance (DBSA)

1908 Olive St. 63103

www.dbsaempowerment.org 314-652-6100 Friendship Line: 866-525-1442

A drop-in center for mental health and substance abuse recovery self-help meetings.

Open 365 days a year 9:00am-3:00pm. Lunch daily.

THE SPOT for ages 13-24

4169 Laclede 63108

www.thespot.wustl.edu 314-535-0413

A drop-in center with computers, medical care, showers, laundry, mental health counseling, and more. Open 1:00pm-4:30pm Mon, Tues, Thurs, Fri. . Walk-in medical services 1:00pm-2:30pm. Contraception, STD/HIV testing.

FOOD PROGRAMS & PANTRIES

You can apply for emergency or regular food stamps at the locations below or any Division of Family Services office in the City or County of St. Louis. For information about the Food Stamp program (SNAP) and free application screening, visit: www.dss.mo.gov/fsd/fstamp.

EMERGENCY FOOD STAMPS/SNAP PROGRAM

www.dss.mo.gov/fsd/fstamp. Info Line: 855-373-4636 Ext. 2
EBT Customer Service Line: 800-997-7777
3101 Chouteau 63103 314-256-7000
4411 N Newstead Ave., 3rd Floor 63115 314-877-2000
Income Maintenance: 314-877-2400

HUNGER HOTLINE

Operation Food Search 314-726-5355 EXT. 3

Automated list of food pantries by zip code.

You'll be directed to put in your zip code, and they'll give a list of all of the pantries in your area.

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

MEALS ON WHEELS

www.mowstl.org 314-374-9549

Must be over 60 or disabled. All volunteer program. County locations.

ST. LOUIS AGENCY ON AGING -- City Programs
314-612-5918

WIC (Women Infant and Child)

www.wicprograms.org

Locations and other information. Many locations Most clinics provide WIC—a supplemental nutrition program for women, infants and children. Other services.

PEOPLE'S HEALTH CENTERS www.pcacstl.org

Health care, social services All ages. Emergency food at every location as well as opportunities for clothing and free computer lab services for clients.

4055 Lindell Blvd. 63108 314-535-7701
5868 West Florissant 63120 314-383-7771
1401 LaSalle Street 63104 314-241-8319
4236 Lindell, Suite 300 63108 314 862-6270
6827 Broadway 63111 314-353-1457
5701 Delmar Blvd. 63112 314-367-7848

EMERGENCY FOOD

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

63101

SHAMROCK CLUB AT ST. PATRICK CENTER

800 N. Tucker 314-802-0700

Lunch: 7 days a week 12:00pm-12:30pm

CHRIST CHURCH CATHEDRAL

1210 Locust St. 314-231-3454

Breakfast every Saturday 7:30am-8:30am. The church is open every day.

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

ST. JOHN'S COMMUNITY SERVICE MINISTRY
2240 St. Louis Ave.
314-533-8668
Monday and Friday 8:30am-10:30am. Clothing and food pantry..

63108
PILGRIM CONGREGATIONAL/UNITED CHURCH OF CHRIST
826 N. Union
314-367-8173
Lunch: Wednesday 12:00pm-1:00pm. Food Pantry every first and third Wednesday
10:00am-11:30pm. Call to check times.

TRINITY EPISCOPAL CHURCH
600 North Euclid Ave. 314-361-4655
Hot meal every Sunday 2:00pm. Food pantry every Tues.-Thurs. 1:30pm-3:00pm.

63111
HAVEN STREET
6701 Virginia
www.theconnectionstlouis.com/haven-street 314-256-0545
Sundays at Noon (Doors open at 11:00) Mondays at 6:00pm (Doors open at 5:00)

PEOPLE'S CENTER SOUTH CITY
6827 S. Broadway
www.pcacstl.org 314-353-1457
Emergency food. Call first.

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

63112
GRACE AND PEACE FELLOWSHIP
622 Clara Ave. at Delmar
www.graceandpeacefellowship.org 314-367-8959
First and third Wednesdays
Bible study and lunch 12:30 -1:30 Food pantry distribution 1:30 to 2:30.
Second Wednesday 6 to 7pm Fourth Saturday 11 to noon

ST. AUGUSTINE CATHOLIC CHURCH (FATHER BOB'S)
1371 Hamilton Ave.
www.fatherbobsoutreach.com 314-385-1934
Food pantry and clothing: Monday-Friday 9:30am-11:00am. Utility assistance starts
6:00am. Dinner: last five working days of the month 4:00pm-5:00pm.

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

63115

ALL SAINTS EPISCOPAL CHURCH

5010 Terry Ave. 314-367-2314

Call the church for information on meals, food, and other assistance.

KOSSUTH CHURCH OF GOD IN CHRIST

3225 North Taylor Ave. 63115 314-652-4163

Food Pantry Thursday 8:30am-10:00am.

ST. LOUIS DREAM CENTER

4324 Margaretta Ave.

www.stldreamcenter.org 314-381-0700

Food pantry. Call for times.

63118

ST. ANTHONY of PADUA CHURCH

3140 Meramec St. 314-352-1460

Monday and Thursday 10:00am-Noon, and Wednesday 4:30pm-6:00pm. Call for other activities, such as utility, legal, medical information.

63119

WEBSTER-ROCK HILL MINISTRIES

111 Waymire Ave. 314-961-5082

Monday-Friday 8:30am-11:30am.

63120 and several more zip codes

PEOPLE'S NORTH CITY AND WELLSTON FOOD PANTRY (PCAC)

5868 West Florissant (at Riverview) 314-862-6270

Church Phone: 314-383-7771 www.pcacstl.org

Open Monday, Wednesday and Thursday from 9:00am -2:00pm. More locations.

63123 -- South County

SALVATION ARMY GATEWAY CITADEL

824 Union Rd

www.usc.salvationarmy.org. 314-631-1133

Food Pantry Hrs Monday -Tuesday 10-1pm and Wed 3-5pm

Serving zip codes 63123,63125,63126,63127,63128, 63129, and 63026

63125

FEED MY PEOPLE

171 Kingston Dr. 314-631-4900

Monday-Friday 10:00am-3:00pm. Saturday 9:00am-1:00pm.

63132

HARVEY KORNBLUM JEWISH FOOD PANTRY

10601 Baur Blvd.

www.jfcs-stl.org 314-993-1000

Call and ask to be transferred to the food pantry for hours.

ST. AUGUSTINE'S WELSTON CENTER

1705 Kienlen 63133

www.wellstoncenter.org 314-382-7158

Food Pantry Tuesday and Wednesday 7:30am to 10:30am

63135

PAKT Community Resource Center500 Airport Rd. Ferguson www.paktcenter.org 314-524-2710

Rent and utility assistance, food pantry, clothing, more for North County residents.

ST. STEPHEN'S FOOD PANTRY
33 N Clay Ave. Ferguson 63135
314-521-0138

Open Tuesday and Saturday 10 – noon. Located off the parking lot by the ramp.

63136
PROJECT DOWNTOWN SAINT LOUIS West Florissant Masjid
6809 W Florissant Ave.
www.pdstl.org

Every Saturday. Full meals and pantry. Set up at 10. Serving starts at 11:30am

63138
HELPING HANDS FOOD PANTRY St. Peter's Lutheran Church
1120 Trampe Ave. Spanish Lake 314-741-5667
1st, 2nd, 3rd and 4th Thursdays each month:
9:00 a.m.: Open 10:00 a.m.: Pass out food . 1:00 p.m..

URBAN LEAGUE ST. LOUIS COUNTY
8960 Jennings Station Rd.
314-388-9840
Tuesday-Thursday 9:00am-12:00pm and 2:00on-4:00pm.

63147, 63136, 63137, 63138
GRACE NEW COVENANT FOOD PANTRY
1060 Chambers RD. Bellefontaine, MO. 63147
www.gracenewcovenantchurch.org 314-867-2782
Food and non-food items.
3rd & 4th Saturdays 9-11:30 am, Wednesdays 10:30-12:30 pm.

63031
TEAM FOOD PANTRY
265 St. Catherine Florissant
www.teamfoodpantry.com/wp/food-pantry 314-831-0879
Food and non-food items to needy families in the Florissant/Hazelwood areas on a once a month basis. Call for times and appointment.

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

63049
FEED MY PEOPLE
3295 Ottomeyer Rd. 636-677-9885
High Ridge
Tuesday, Wednesday, Friday 10:00am-2:30pm. Thursday 10:00am-1:00pm and Saturday 9:30am-12:30pm.

63088
CIRCLE OF CONCERN
112 St. Louis Ave. Valley Park
www.circleofconcern.org 636-861-2623
Parkway, Rockwood and Valley Park School Districts in West County. Food pantry, meals and many other services

Food Pantry hours often change. Call first if possible.

HOUSING: SHELTERS FOR MEN

A Housing Helpline referral is required by most (but not all) of the shelters and transitional housing providers in this book. Call 314-802-5444 to start the process.

BIDDLE HOUSE OPPORTUNITIES CENTER

1212 N 13th St. 63101.

314-802-0700 or 314-802-5444

Overnight shelter for men only. Daytime services and meals for residents only.

COVENANT HOUSE

2727 North Kingshighway 63113

www.covenanthousemo.org 314-533-2241

For Youth. Access to shelter, food, clothing, blankets, showers, laundry facilities, information, referrals, and crisis interventio

PETER & PAUL COMMUNITY SERVICES

2612 Wyoming St. 63118

www.ppcsinc.org 314-588-7111

Assists homeless and near-homeless single men. 60-bed year-round emergency shelter, a 20-bed year-round transitional program, meals, showers, lockers, medical referrals, living skills classes, and case management.

The Peter and Paul shelter is located 816 Allen, but you need a referral from the Housing Helpline. Call 314-802-5444

SALVATION ARMY ADULT REHAB CENTER

3949 Forest Park Ave. 63108 314-678-5500

Residential treatment and work in addition to group and individual therapy.

SALVATION ARMY HARBOR LIGHT

(No longer operating as a shelter.)

2900 Washington Blvd. 63103

314-652-3310

Short term detox/rehab center and drug and alcohol treatment programs.

STEPPING INTO THE LIGHT MINISTRY

1402 Hebert St. 63107

www.sitlm.org 314-231-5175

90-day residential faith-based treatment program for drug and alcohol abuse. Can be walk-in or referral. Call first if possible.

SUNSHINE MINISTRIES

1315 Howard St. 63106

www.sunshineministries.org 314-231-8209

Admission is on a first-come, first-served basis. Emergency and longer term.

HOUSING

3010 APARTMENTS

3010 Washington Ave. 63103

www.3010-apartments 314-833-4040

58 one-bedroom apartments operated by Salvation Army. Rents range from \$425-\$500. Operating as low-income housing for residents with a source of income.

ALMOST HOME

3200 St. Vincent 63104

www.almosthomestl.org 314-771-4663

Almost Home is a transitional residence for teenage mothers with up to two children. The program is nine months long and may be extended.

BETTER FAMILY LIFE

5415 Page Blvd. 63112

www.betterfamilylife.org/housing-asset-development 314-367-3440

Assistance for first-time home buyers, foreclosure intervention and more.

BEYOND HOUSING

MAIN OFFICE

6506 Wright Way Pine Lawn, MO 63121

www.BeyondHousing.org 314-533-0600

Programs to prevent foreclosure, first-time home buyer programs and more. Supportive rental housing and senior citizen housing.

CALL FOR HELP, INC

9400 Lebanon Rd. East St. Louis, IL 62203

www.callforhelpinc.org 618-397-0968

Intensive two-year transitional residential program helps homeless young women.

CARDINAL RITTER SENIOR SERVICES

cwww.cardinalritterseniorservices.org 314-961-8000

Social service programs, affordable housing, independent living, assisted living, dementia care, nursing facilities. Check the website for locations, program, etc.

CENTER FOR WOMEN IN TRANSITION

7529 South Broadway 63111

www.cwitstl.org 314-771-5207

The Center works with women who are re-entering the area after incarceration. CWIT is a comprehensive program to help women move from crisis to stability and self-sufficiency. Two transitional housing facilities in South St. Louis.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY (CAASLC)

2709 Woodson Rd. Overland 63114

www.caastlc.org 314-863-0015

CAASTLC has comprehensive housing assistance programs which include home ownership, housing counseling, and rent or mortgage assistance.

COMMUNITY WOMEN AGAINST HARDSHIP

3963 West Belle Place 63112

www.cwah.org 314-289-7523

Transitional housing location and many other family based programs.

HOUSING: SHELTERS FOR WOMEN

ALIVE (Alternatives to Living in a Violent Environment)

PO Box 11201 63105

www.alivestl.org 314-993-7080 24-hour Crisis Hotline 314-993-2777

Temporary emergency sanctuary and transportation to victims of domestic violence, 24 hours a day, 365 days a year. Counseling, interventions, advocacy.

ALMOST HOME

3200 St. Vincent 63104

www.almosthomestl.org 314-771-4663

Almost Home is a transitional residence for teenage mothers with up to two children. The program is nine months long and may be extended.

BRIDGEWAY BEHAVIORAL HEALTH

www.bridgewaybh.com

Two emergency safe shelters and outreach centers in St. Charles and Lincoln Counties for women and children. Many other services and more locations.

St. Charles County: The Women's Center in St. Charles

24-Hour Toll-Free Crisis Line 877-946-6854

Lincoln County 24-Hour Toll-Free Crisis Line 877-462-1758

GATEWAY 180: HOMELESSNESS REVERSED

1000 North 19th St. 63106

www.gateway180.org 314-231-1515

Emergency shelter services and programs leading to transitional or permanent homes in under 30 days.

HAVEN OF GRACE

1225 Warren 63106

www.havenofgracestl.org 314-621-6507

Residential facility that assists homeless, pregnant women with shelter, goal-setting, education, employment, parenting, and permanent residence.

KAREN HOUSE

1840 Hogan St. 63106

www.karenhousecw.org 314-489-9689

A Catholic worker house of hospitality for homeless women and children. Based on availability. Call to see if they have openings. Closed Mondays.

KATHY WEINMAN CENTER

314-423-1117

Temporary, emergency shelter, court advocacy, professional therapy for women and children, support groups. St. Louis County operates this shelter.

LOAVES AND FISHES SHELTER PROGRAM

750 McKelvey Rd, Maryland Heights, MO 63043

www.loavesandfishes-stl.org 314-291-3857

Comprehensive program for families with children. Also, overflow shelter program and Bridge program that works with homeless veterans.

LYDIA'S HOUSE

www.lydiashouse.org 314-771-4411

Community and faith-based domestic violence education, transitional housing, crisis intervention, court advocacy, support groups for women and children. They now have a program that allows residents to keep their pets.

MISSIONARIES OF CHARITY

3629 Cottage Ave. 63113

314-533-2777 or 314-533-9070

Emergency shelter for women and small children.

MISSOURI BAPTIST CHILDRENS HOME

11300 St. Charles Rock Road Bridgeton 63044

www.mbcch.org 800-264-6224 or 314-739-6811

Residential program for pregnant women and girls. Family services.

OUR LADY'S INN

St. Louis: 4223 South Compton 63111 314-351-4590

St. Charles: 3607 Highway D, Defiance 63341 636-398-5375

www.ourladysinn.org

Emergency maternity shelter for pregnant women 18 and older and their minor children.

QUEEN OF PEACE CATHEDRAL TOWER

325 N. Newstead 63108

www.qopcstl.org 314-531-0511

Supportive and permanent housing is provided at five locations and at scattered community sites. Part of the Shelter Care Plus program. Walk-In Clinic Hours For Women and Children: Monday – Friday, 9am – 3pm. CSTAR residential and outpatient treatment program.

ROOM AT THE INN -- PROVIDENCE CENTER

3415 Bridgeland Dr. 63044

www.roomstl.org 314-209-9198

St. Louis County immediate, temporary, emergency shelter system for women and families, regardless of age or gender of the children. Churches provide locations.

SALVATION ARMY FAMILY HAVEN

10740 West Page Ave. 63132

www.stlsalvationarmy.org 314-423-7770

Will take families, but no single men except during winter months under special county program. Emergency shelter and resources.

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ST. MARTHA'S HALL

www.saintmarthas.org 314-533-1313

Confidential shelter for female victims of domestic violence. Individual and group counseling, legal advocacy, information, referral, and follow up.

ST. PATRICK PARTNERSHIP CENTER

800 North Tucker 63101

www.stpatrickcenter.org 314-802-0700

St. Patrick Center offers a limited number of beds for mentally ill women.

ST. PHILLIPINE HOME

1015 Goodfellow 63112

www.qopcstl.org 314-454-1012

A long-term residential program for pregnant and postpartum women and children. For people who have gone through a program for drug rehab through Queen of Peace.

WOMEN'S SAFE HOUSE

www.twsh.org 314-772-4535 (24-hour crisis hotline)

A shelter for battered women and their children. Legal advocacy, housing referrals, support groups, children's programs, and limited transportation.

HOPE HOUSE

1611 Hodiarnont Ave. 63112

www.hopehousestl.org 314-382-3801

Transitional housing apartments for homeless families, comprehensive social services, family development, vocational and educational counseling, more.

HUMANITRI

1447 East Grand Ave. 63107

www.humanitri.org 314-772-7720

Scattered site transitional and permanent housing and assistance in finding housing.

JUSTINE PETERSEN

1023 North Grand Blvd. 63106

929 North 15th St. East St. Louis, IL 62205

www.justinepetersen.org 314-533-2411

Homeowner and small business loans, credit counseling, first time homebuyer options and more.

MARYGROVE

2705 Mullanphy Lane Florissant 63031

www.marygrovechildren.org 314-830-6201

Transitional housing and crisis care for children who are in need of emergency care due to homelessness, potential abuse/neglect, parental stress, etc.

MOVE: MISSOURI VETERANS ENDEAVOR

8410 Engler Park Ct. St. John 63114

www.move-stl.org 314-778-9497

Provides long-term supportive housing and services to veterans, family members.

OXFORD HOUSE

2715 Osage St. 63118

www.oxfordhouse.org 14-772-6771

National, self run, self supported, addiction recovery houses. There are additional locations throughout the area.

PETER & PAUL COMMUNITY SERVICE

2612 Wyoming St. 63118

www.ppcsinc.org 314-588-7111 or 314-621-5520

Shelter and transitional housing for men. Two locations.

QUEEN OF PEACE CATHEDRAL TOWER

325 N. Newstead 63108

www.qopcstl.org 314-531-0511

Supportive and permanent housing is provided at five locations and at scattered community sites. Part of the Shelter Care Plus program. Walk-In Clinic Hours For Women and Children: . CSTAR residential and outpatient treatment program.

RECOVERY HOUSEwww.recoverystl.com 314-884-0747

Transitional living and supportive housing for men in recovery from alcohol and drugs. Visit website for requirements and rental fees. Several locations.

RAINBOW VILLAGE

1240 Dautel Ln. 63146

www.rbvstl.org 314-567-1522

Neighborhood homes for people with developmental disabilities.

ROSATI APARTMENTS AND GROUP HOME**4220-24 North Grand 63107****www.stpatrickcenter.org 314-371-0586 or 314-802-0700**

Supportive services and housing for clients referred by the St. Louis Psychiatric Rehabilitation Center. Operated through St. Patrick Center.

SALVATION ARMY ADULT REHAB CENTER**3949 Forest Park Ave. 63108****314-678-5500**

Provides residential treatment and work in addition to group and individual therapy.

SALVATION ARMY FAMILY HAVEN**10740 West Page Ave. 63132 314-423-7770**

A transitional housing resource for women and children with various programs focused on family stability.

STEPPING INTO THE LIGHT MINISTRY**1402 Hebert 63107****www.sitlm.org/ 314-231-5175**

90-day residential treatment program for drug and alcohol abuse. Can be walk-in or referral. Call first if possible.

ST. LOUIS COMMUNITY RE-ENTRY PROGRAM**1809 S.8th Street 63104****314- 951-4048**

Rooms for rent for men in transition. Substance abuse meetings, job training.

ST. LOUIS CITY AND COUNTY HOUSING AUTHORITY AND**EAST ST. LOUIS HOUSING AUTHORITY****St. Louis City: 3520 Page Blvd. 63106****www.slha.org 314-531-4770****Section 8 Waiting List: 314-286-4361****St. Louis County Housing Authority:****8865 Natural Bridge Rd 63121****www.haslc.com 314-428-3200****East St. Louis Housing Authority****700 N 20th St, East St Louis, IL 62205****www.eslha.org 618-215-6759****SUNSHINE MISSION****1520 N. 13th St. 63106****www.sunshineministries.org 314-231-8209**

Offers a men's emergency shelter, men's long term rehabilitation program.

WOMEN'S SAFE HOUSE**PO Box 63010 63163****www.twsh.org 24 Hour Crisis Hotline 314-772-4535**

Multi-service shelter for battered women and their children.

YWCA-PHYLLIS WHEATLEY**2711 Locust 63103 314-533-9400 Ext. 227**

Apartments for single women for up to two years. Personal and career development services. Case management services, GED certification, job readiness training.

www.ahl.mhdc.com Lists subsidized or affordable apartments by zip code:

63104 and 63118

CHAPEL FOR THE EXCEPTIONAL

3436 Winnebago (at Tennessee) 63118

314-776-7172

Lunch/soup kitchen: Monday-Friday 12:00pm-12:30pm.

Food pantry: Monday and Thursday when available 12:30pm-1:00pm.

Call first if possible. Clothing every day. Furniture when available at no cost.

CITY HARVEST MARKET (Formerly Kingdom House)

1321 S. 11th St. 63104

www.lifewisestl.org 314-421-0400

Discounted fresh and healthy food. Open to the community on Wednesdays from 9am - 12pm and Thursdays from 10am - 12pm and 4 - 7pm. Cash or SNAP.

FOCUS GATEWAY CITY

1901 Ann Avenue

www.focusgatewaycity.com 314-776-4205

Food Pantry and clothing/housewares closet are open the 2nd and 4th Wednesdays of the month from 9:00am-11:00am.

GUARDIAN ANGEL SETTLEMENT ASSOCIATION

Social Services and Food Pantry

3300 S. Jefferson 63118

www.gasastl.org 314-773-9027

Zip codes 63104 and 63118 only. Open M-F, 8:30am to 4:30pm but an appointment is needed. Rental, utility, and food assistance; senior services, more. Call first.

ISAIAH 58 MINISTRIES

2149 South Grand 63104 314-776-1410

Serves area between Chouteau and Chippewa, and between Jefferson and Kingshighway. Pantry is open Tuesday, Wednesday, Thursday 10:00am-1:00pm.

SOUP ALLEY/TRINITY LUTHERAN CHURCH

812 Soulard Ave. 63104 314-231-4092

Monday-Friday 9:00am-10:30pm and Saturday 10:00am -11:00am. In the Alley. Bags of groceries are available on Fridays 9:00am -10:30am.

SAINTS PETER AND PAUL CATHOLIC CHURCH

816 Allen St. 63104

www.ppcsinc.org 314-231-9923

Lunch: 2nd-21st of each month on Saturday and Sunday, Noon-12:45pm. Dinner: 2nd -21st of each month. Monday-Friday 5:00pm-5:45pm.

ST. VINCENT DE PAUL CATHOLIC CHURCH

1408 S. 10th Street 63104 314-231-9328

Lunch: Monday-Saturday 11:00am-1:00pm. Coffee and sandwiches: Sundays 10:15am-11:15 am. Dinner the 22nd to the 1st of the month: 5:00pm-6:00pm.

63106

GATEWAY 180

1000 North 19th St.

www.gateway180.org 314-314-489-9689

Brown bag lunches seven days a week, 8:00am - 4:00pm.

KAREN HOUSE

1840 Hogan

www.karenhousecw.org 314-489-9689

No longer provides hot meals. Sandwiches 3:00pm-5:00pm daily except Mondays.