YOUR GO TO COMMUNITY

Sista Afya
COMMUNITY CARE

RESOURCE LIST

HEALTHCARE

Sista Afya Community Care NFP

Sista Afya Community Care provides free and affordable individual therapy, case management, peer support, community care services, and professional development to women and girls in the Chicagoland area.

5022 S. State Street, Chicago, IL 60609 | (708) 292-8730

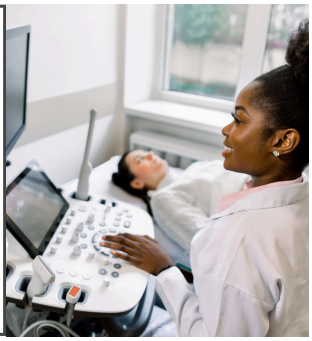
Website: www.communitycare.sistaafya.com/get-support

Pritzker Free Clinics

The Uchicago Pritzker Free Clinics has six community clinics throughout Chicago, treating uninsured patients in communities that are underserved by the healthcare system in a variety of cultural contexts.

Multiple locations on the Southside. Visit website for more info.

Website: https://pritzker.uchicago.edu/student-life/pritzker-free-clinics

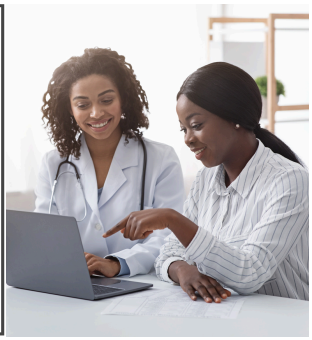


Friend Health

Friend Health brings more than 65 years of healthcare experience to you and the community. Our trusted healthcare professionals are here to serve everyone, providing adult medicine, women's health, children's health, mental health (including psychiatry), substance use disorder, and dental services.

Multiple locations on the Southside. Visit the website for more info.

Website: https://friendfhc.org/services/ | Phone: (312) 682-6110



Access Community Health Network

For more than 30 years, ACCESS has been on the frontlines of community-based health care working to address racial and ethnic disparities and improve health equity in some of the most vulnerable communities across the Chicagoland area

Multiple locations in Chicago. Visit the website for more info.

Website: https://www.achn.net/locations/ Phone: 1(866)267-2353

DIRECTORIES

- Therapy for Black Girls | www.therapyforblackgirls.com
- Inclusive Therapists | www.inclusivetherapists.com
- Find Help | www.findhelp.org

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RESOURCE LIST

HOUSING

Far South Development Corporation

Far South CDC is one of the largest comprehensive community development organizations in the Chicago region that provides direct residential support, business assistance, and equitable development and planning services.

853 W 115th St, Chicago, IL 60643 | (773) 831-7107

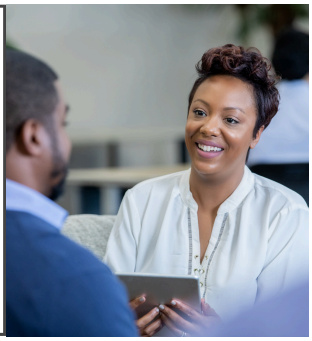
Website: https://farsouthcdc.org/

Chicago Urban League

HFEC is a HUD-approved housing counseling agency that provides low- to moderate-income residents with professional housing counseling assistance. We provide mortgage delinquency and default resolution counseling, pre-purchase counseling, financial capability coaching, and rental counseling.

4510 S Michigan Ave, Chicago, IL 60653 | (773) 285-5800

Website: https://chiul.org/program/housing/



All Chicago Making Homelessness History

All Chicago Making Homelessness History partners with local, state, and federal agencies to accomplish our shared goal of ending homelessness. They offer targeted emergency funds that fill gaps, work with community partners across the city that help diverse populations.

651 W. Washington Blvd., Suite 504, Chicago, IL 60661 | (312) 379-0301

Website: https://allchicago.org/

Catholic Charities of Chicago

Catholic Charities provides financial assistance for people at risk of eviction or utility shutoff due to a short-term, one-time crisis.

721 N. LaSalle Street, Chicago, Illinois 60654 | (312) 655-7700

Website: https://www.catholiccharities.net/crisis-assistance/

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RESOURCE LIST

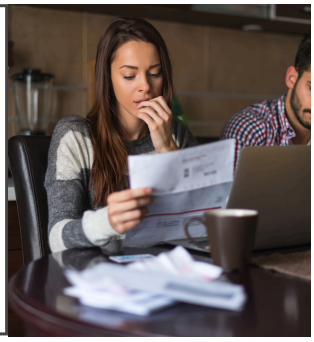
UTILITY ASSISTANCE

CEDA

CEDA provides utility bill assistance to people in crisis and helps residents and neighbors who are unable to meet their basic needs.

567 W. Lake Street, Suite 1200, Chicago, IL 60661 | (312) 782-CEDA (2332)

Website: https://www.cedaorg.net/find-services/

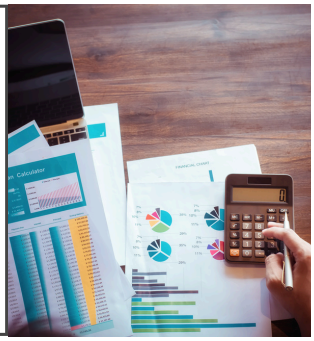


Action Coalition of Englewood

Action Coalition for Englewood's mission is to address the plight of our less fortunate residents in the Englewood area and citywide via energy assistance, wholesome family care, drug/crime prevention, affordable housing, advocate for better education programs, and much more.

6455 S. Peoria, Chicago, IL. 60621 | (773) 846-0080

Website: https://acoenglewood.wixsite.com/acoenglewood/services-2



Salvation Army, Northern & Central Illinois

The Salvation Army meets human needs by offering unique, local programs, designed to meet the specific needs of each community we serve.

5040 N. Pulaski Rd., Chicago, IL, 60630 | (312) 307-0523

Website: https://centralusa.salvationarmy.org/northcentralillinois/

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COMMUNITY CARE

RESOURCE LIST

FOOD ASSISTANCE

Greater Chicago Food Depository

The Greater Chicago Food Depository provides support to food banks and provides food to end hunger.

4100 W. Ann Lurie Place, Chicago, IL 60632 | (773) 247-3663

Website: https://www.chicagosfoodbank.org/get-help/

St. Moses the Black Parish Food Pantry

The St. Moses the Black Food Pantry remains committed to ending food insecurity in the Chatham, Greater Grand Crossing, Park Manor and Woodlawn neighborhoods.

331 E. 71st Street, Chicago, IL 60619 | (773) 224-1022

Website: https://www.stmosesparish.org/food-pantry

Pilsen Food Pantry

The Pilsen Food Pantry aims to improve health and social outcomes through the distribution of fresh, culturally-appropriate food, clothing, housewares, and community events.

2124 S Ashland Ave, Chicago, IL 60608 | (773) 812-3150

Website: https://www.pilsenfoodpantry.com/

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RESOURCE LIST

HOW TO BE PROACTIVE IN UNCERTAIN TIMES.

Being Proactive with Housing

- Communicate in advance with your property manager if rent is behind for the month.
- Having a backup plan and knowing your options, such as housing assistance programs, family support, or other community resources, can provide critical stability in the event of a loss of income.
- Ensure timely lease renewal or relocation planning.

Being Proactive with Your Mental and Physical Health

- Adhere to scheduled appointments and clarification through inquiry when uncertainty arises.
- Ensure that insurance or Medicaid/Medicare coverage is current.
- Maintain medication adherence for individuals prescribed medication.

Being Proactive with Employment

- Maintaining an optimal work-life balance.
- Employ effective stress management techniques and adaptive coping mechanisms.
- Conduct a self-assessment to identify strengths and areas for improvement.
- Have an updated professional resume now reflects current experience, skills, quantifiable achievements, and industry alignment, replacing all prior versions.
- Secure employment must be established prior to transitioning.

Being Proactive with Food Security

- Acquire information regarding the locations and eligibility requirements of local food banks and pantries.
- Proactively apply for programs such as SNAP, WIC, or school meals to avoid potential hardship.
- Collaborate with local community centers or religious organizations, which frequently provide food assistance or prepared meals.