

YOUR GO TO COMMUNITY



# 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](http://www.communitycare.sistaafya.com/get-support)

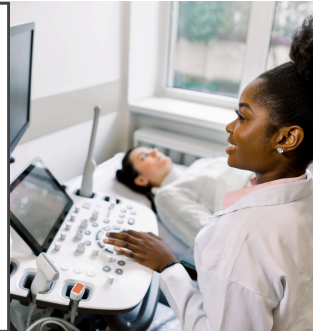


### Pritzker Free Clinics

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>

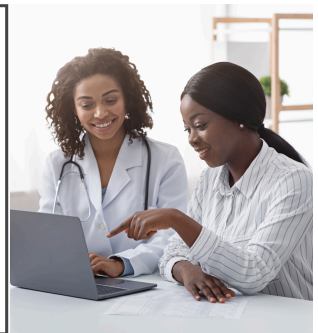


### Friend Health

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](http://www.therapyforblackgirls.com) | [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)
- [Inclusive Therapists](http://www.inclusivetherapists.com) | [www.inclusivetherapists.com](http://www.inclusivetherapists.com)
- [Find Help](http://www.findhelp.org) | [www.findhelp.org](http://www.findhelp.org)



# 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/>

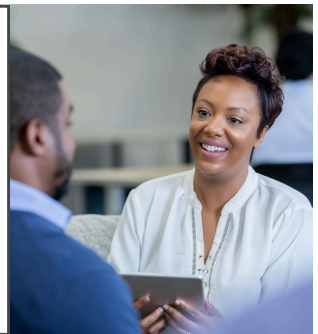


### Chicago Urban League

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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# RESOURCE LIST

## DOMESTIC VIOLENCE

### Metropolitan Family Services

Domestic Violence Clinical Services are for survivors of partner abuse and their children, and for teens and children who have witnessed domestic violence. Staff provides safety planning, mental health care, counseling, group therapy, individual counseling, community support, and services navigating the system.

3843 West 63rd Street, Chicago, IL 60629 | 773-371-3600

Website: <https://www.metrofamily.org/programs-and-services/emotional-wellness/>



### Sarah's Inn

Sarah's Inn provides comprehensive services for families affected by domestic violence so that they get the support they need to find safety, rebuild their lives, and heal. Services include housing, transportation, navigating the system, support network help hotlines, individual counseling, financial assistance advocacy & legal aid.

Phone: 708-386-4225

Website: <https://sarahsinn.org/>



### House of the Good Shephard

The Domestic Violence program provides families a safe place to live and the support they need to access appropriate health, temporary shelter, childcare, and other welfare services.

Phone: [773-935-3434](tel:773-935-3434)

Website: <https://www.hgschicago.org/>





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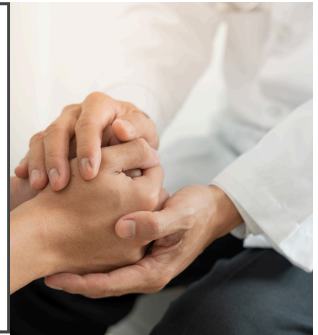
## SUBSTANCE USE

### Above and Beyond Family Recovery Center

Above and Beyond Family Recovery Center offers a level 1 and level 2 outpatient treatment program. They help you through your substance dependency by providing a variety of support services to ensure you can build a sober life.

2942 West Lake Street, Chicago, IL 60612 | 773-940-2960

Website: <https://anb.today/>

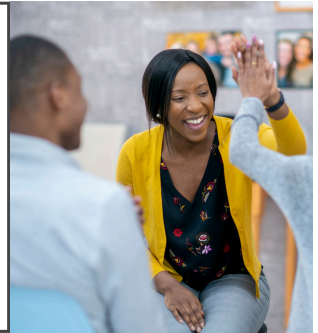


### Thresholds

Thresholds provides outpatient and intensive outpatient substance use treatment to individuals struggling with addiction. Our services are person-centered, trauma-informed, holistic, and supported.

4101 N. Ravenswood Ave., Chicago, IL 60613 | 888-828-5709

Website: <https://www.thresholds.org/>



### Symetria Recovery

Symetria Recovery offers different choices for an individual to find what works best for their recovery. They give their unlimited support with therapies, medications, and assistance for addiction & recovery.

3934 N Lincoln Ave, Chicago, IL 60613 | 866-719-3813

Website: <https://www.symetriarecovery.com/locations/illinois/chicago/>



# 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/>



# 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.