

Hot Meals
For a meal, seven days a week.

Monday	4:00 pm - 5:15 pm	721 N. LaSalle St. 1645 W. Le Moyne St.
Tuesday	12:00 pm - 5:15 pm	126 E. Chestnut St. 721 N. LaSalle St. 1645 W. Le Moyne St.
Wednesday	12:00 pm - 6:00 pm	126 E. Chestnut St. 721 N. LaSalle St. 1645 W. Le Moyne St. 1111 N. Wells St.
Thursday	12:00 pm - 5:15 pm	126 E. Chestnut St. 721 N. LaSalle St. 1645 W. Le Moyne St.
Friday	4:00 pm - 6:30 pm	721 N. LaSalle St. 1645 W. Le Moyne St. 1137 N. Leavitt St.
Saturday	11:00 am - 11:00 am	1137 N. Leavitt St. 1301 N. LaSalle St. 1645 W. Le Moyne St.
Sunday	11:00 am - 4:00 pm	1137 N. Leavitt St. 126 E. Chestnut St.
Mon - Sat	9:00 am	3722 S. Indiana Ave.

Groceries

Groceries for those in need:
Northwestern Settlement House
 1400 W. Augusta Blvd.
 Contact: Yasmin Rodriguez (773) 270-7471 ext. 1104
Monday, Tuesday, Wednesday, Thursday: 9:00 am - 11:00 am
St. Matthew Child Advocate
 1000 N. Orleans St.
 Contact: Corwin Marbly Sr. (312) 613-5740
Tuesday: 10:00 am - 12:00 pm
The Chicago Temple Corp of The Salvation Army
 1 North Odgen Ave.
 Contact: Chelsea Doubleman (312) 492-6803
Tuesday, Thursday: 11:00 am - 2:00 pm
Catholic Charities, 721 N. LaSalle St.
 Contact: Alzenia Melton (312) 655-7514
Wednesday, Thursday, Friday: 8:30 am - 11:30 am and 1:00 pm - 3:30 pm

Shelter

Shelters for Women Only
Sarah's Circle
 4838 N. Sheridan Rd. (773) 728-1991
Olive Branch
 6310 S. Claremont Ave. (773) 476-6200
Shelters for Women or Families
Family Rescue (Serving abused women with or without children) Crisis Line: (800) 360-6619
Primo Center for Women and Children
 4241 W. Washington Blvd. (773) 722-0544
Shelters for Youths/Children Alone
Comprehensive Community Based Youth Services
 (877) 870-2663
The Night Ministry (ages 18 - 20)
 4711 N. Ravenswood Ave. (773) 784-9000
Teen Living Program - Under 18
 180 N. Michigan Ave. #1990
 (866) 803-8336 / (312) 568-5700

Shelter

Shelter can be accessed by going to any hospital, police or fire station, or calling 911. Nearby locations are:
Shelters for Men & Women
Pacific Garden Mission (PGM)
 1458 S. Canal St. (312) 492-9410
Franciscan House
 2715 W. Harrison St. (773) 265-6683
Cornerstone Community Outreach
 4628 N. Clifton (773) 271-8163
Matthew House - Day shelter only
 3722 S. Indiana Ave. (773) 536-6628
WINGS Domestic Violence Shelter
 24 Hour Hotline (847) 221-5680
A Little Bit of Heaven
 11321 South Wentworth Ave.
 (773) 264-5332
Chicago Dept. of Family & Support Services
 (312) 743-0300

Shelter

Domestic Violence/Women & Children
24 Hour Hotline (877) 863-6338
Walls Memorial
 200 S. Sacramento
 Daytime: (773) 265-6683
 After 5pm: (773) 533-4595
Dental
Community Health
 2611 W. Chicago (773) 395-9900
Monday, Wednesday 8:30 am-9:00 pm
Tuesday 9:00 am-5:00 pm
Thursday 9:00 am-2:30 pm, 4:00 pm-9:00 pm
Friday 9:00 am-2:30 pm
Saturday 9:00 am-1:00 pm
Lawndale Christian Center
 3517 W. Arthington St. (872) 588-3510
Monday, Tuesday 8:45 am-9:00 pm
Wednesday, Thursday, Friday 8:45 am-5:00 pm
 *All information subject to change.

Mental Health/Addiction Services

Stone Outpatient Psychiatry at NW Medicine
 446 E. Ontario St. (312) 926-8100
Community Counseling Centers of Chicago (C-4 Group)
 (773) 769-0205
Gateway Foundation
 415 N. Dearborn St., Suite 510
 (877) 377-2027
Family Guidance Centers (312) 808-3210
A Safe Haven
 2750 W. Roosevelt Rd. (773) 435-8300
Southwood Intervention (773) 737-4600
Haymarket (312) 226-7984
Threshold Mobile Outreach (773) 572-5500
National Suicide Prevention Hotline
(800) 273-8255

Physical & Mental Health

Medical Help and Services
Emergency Medical Care: 911
Northwestern Hospital - ER
 251 E. Erie St. (312) 926-2000
Stroger Hospital - ER
 969 W. Ogden Ave. (312) 994-5830
Regular Medical Care
Denny Community Health Center
 30 W. Chicago Ave. (312) 926-3964
Winfield Moody Health Center
 1276 N. Clyborn Ave. (312) 337-1073
Heartland Health
 1015 W. Lawrence (773) 275-2586
Alivio Medical Center- Morgan St.
 966 W 21st St. (773) 254-1400
Erie West Town Health Center
 1701 W. Superior St. (312) 666-3494

Veterans Resources

Featherfist

2255 E. 75th St. (773) 721-7088

Wings Program

Housing, Counseling, and Mentoring:
(847) 519-7828

Community Resource & Referral Center

1141 S. California Ave. (312) 569-5750

Jesse Brown VA Walk-In Medical Center

820 S. Damen Ave. (312) 569-8387

Veterans Crisis Line
(800) 273-8255 (press #1)

Housing

North Side Housing Supportive Services

3340 N. Clark St. (773) 244-6401

Inner Voice

212 W. Van Buren St. (312) 994-5830

Breakthrough Urban Ministries Inc.

Men's: 402 N. St Louis Ave. (773) 346-1785

Clothing

Chicago Lights

126 E. Chestnut St. (312) 787-4570
Monday through Friday 9:00 am-12:00 pm

Catholic Charities

721 N. LaSalle Dr. (312) 655-7700
Monday through Friday 8:00 am-5:00 pm

Grace Place

637 S. Dearborn St. (312) 236-4548
Saturday 8:30 am-11:00 am

Employment / Resources

Are you looking for work?

The best place to start is enrolling, for free, in a social service agency trained and experienced to help.

Asian Human Services

2424 W Peterson Ave. (773) 761-0300
Careers in home energy audits, youth employment and comprehensive employment services.

Association House

1116 N Kedzie Ave. (773) 772-7170
Connect to opportunities through networking, computer resources, resume help, jobs club and leads in labor and retail.

Inspiration Corporation

4554 N. Broadway Ave., Ste 207 (773) 878-0981
Training programs for restaurants and hospitality industry.

Jane Addams Resource Corporation

4432 N. Ravenswood Ave. (773) 728-9769
Training in manufacturing, CNC, welding.

Employment / Resources

The Cara Program

237 S. Des Plaines Ave. (312) 798-3300
Placement opportunities with companies like CTA, ABM janitorial and security, University of Chicago, and many more! Guaranteed employment if you stick with the program.

Transitional employment opportunities with Cleanslate and TCP Stang while searching for a fulltime job.

The West Side Health Authority

5816 W. Division St. (773) 786-0226

Safer Foundation

571 W. Jackson Blvd. (312) 922-2200

Street Wise, Inc.

4554 N. Broadway St., Ste 350 (773) 334-6600
Earn money now as a Streetwise vendor while training in programs for security, manufacturing, and maintenance.



FEEDING HOPE



The Chicago Help Initiative:

The Chicago Help Initiative (CHI) is a consortium of business, residential, religious, social services institutional and volunteer leaders striving to promote an atmosphere of dignity and compassion toward those in need by providing access to food, health services, shelter and employment.

mRelief

Need to know if you are eligible for a program?
Need to find out for someone you are helping?
www.mRelief.com OR text "hi" to 17732315114

Volunteer to help serve a meal:
www.chicagohelpinitiative.org

Get involved in advocacy: www.allchicago.org
Give a food voucher instead of cash:
www.chicagoshares.com

Opioid Addiction Resources

Family Guidance Centers

Vivitrol/Injectable Naltrexone
310 W. Chicago Ave (773) 635-2060

UI Psych Outpatient Clinic

Vivitrol/Injectable Naltrexone
912 S. Wood St (312) 996-7362

PCC West Town Family Health Center

Vivitrol/Injectable Naltrexone/Buprenorphine/
Suboxone
1044 N. Mozart St. Suite 100 (773) 292-8300

PCC Clinic @ the Boulevard

Vivitrol/Injectable Naltrexone/Buprenorphine/
Suboxone
3456 W. Franklin Blvd. (773) 533-6013

Lawndale Christian Health Center

Buprenorphine/Suboxone
3219 W. Carroll Ave. (872) 588-3000

PCC Austin Health Family Center

Vivitrol/Injectable Naltrexone/Buprenorphine
Suboxone
5359 W. Lake St. (773) 836-2785

6th Edition



Resource Guide

Crucial information on food,
shelter and help for
those in immediate need.