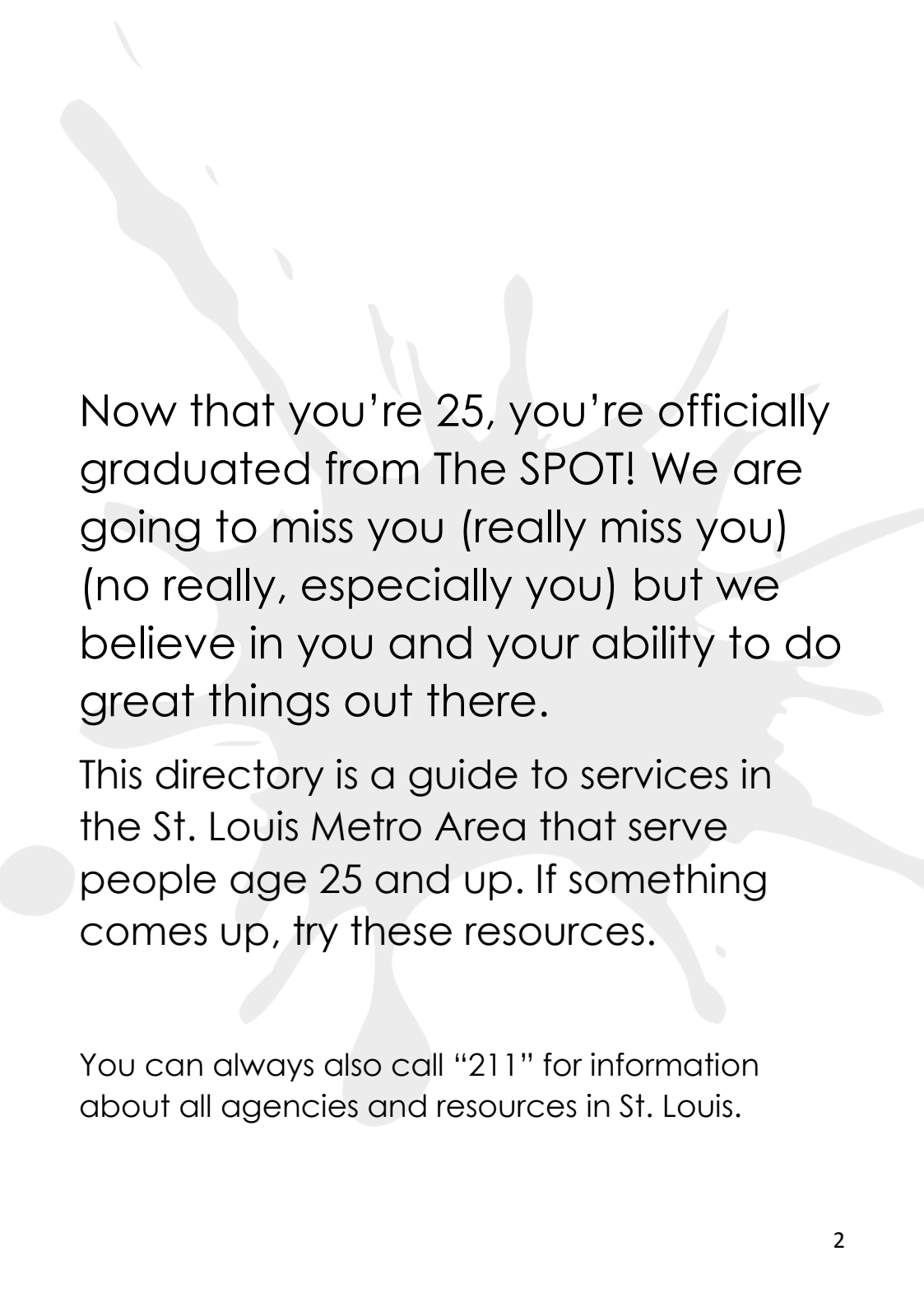




**DIRECTORY
OF
ST. LOUIS
SERVICES**

For age 25+



Now that you're 25, you're officially graduated from The SPOT! We are going to miss you (really miss you) (no really, especially you) but we believe in you and your ability to do great things out there.

This directory is a guide to services in the St. Louis Metro Area that serve people age 25 and up. If something comes up, try these resources.

You can always also call "211" for information about all agencies and resources in St. Louis.

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DISABILITY RESOURCES

Bridges Community Support Services

3114 Sutton Blvd, Maplewood, MO 63143

Phone: (314) 781-7900 • <https://bridgescss.com/>

Full-time residential support, part-time community support, and counseling for people living with an intellectual or physical disability, severe or persistent mental illness, or traumatic brain injury.

Independence Center

4245 Forest Park Ave, St. Louis, MO 63108

Phone: (314) 533-4245 • <https://www.independencecenter.org/>

Residential and independent housing, psychiatry, counseling, education assistance, and employment assistance for adults with severe mental illness.

Paraquad

5240 Oakland Ave, St. Louis, MO 63110

Phone: (314) 289-4200 • www.paraquad.org

Personal care attendant services, independent living services, youth and family services, deaf interpreting, health and wellness, assistive technology, employment services, and education services for people (children and adults) living with disabilities.

St. Louis Arc

1177 N. Warson Rd, St. Louis, MO 63132

Phone: (314) 569-2211 • <https://www.slarc.org/>

Family support (prenatal and infancy, early childhood, school age, and transition to adulthood), support groups, employment and training services, and community support connections for people with intellectual and developmental disabilities.

EDUCATION RESOURCES

Better Family Life

5415 Page Blvd, St. Louis, MO 63112

Phone: (314) 367-3440 • <http://betterfamilylife.org/>

Education resources for African American adults, youth, and families.

Carondelet Family Literacy Center

6418 Michigan Ave, St. Louis, MO 63111

Phone: (314) 481-6090 • <http://www.carondeletliving.com/literacy>

Free GED and ESL classes for adults.

Educational Opportunity Centers

4236 Lindell Blvd, Suite 105, St. Louis, MO 63108

Phone: (314) 535-6670 • <http://www.heccstl.com/educational-opportunity-centers.html>

Free services in advocacy, access, and support for financial aid, financial literacy, and college selection for individuals desiring to pursue post-secondary education.

Missouri Department of Education Adult Education and Literacy (AEL)

Phone: (573) 751-1249 • <https://dese.mo.gov/adult-learning-rehabilitation-services/adult-education-literacy>

Comprehensive listing of adult education and literacy programs for the state of Missouri.

MOlearns

Phone: (314) 415-4935 • <http://www.molearns.com/>

Free online preparation for the HiSET (formerly GED), available to any Missouri resident who is at least 17 years old.

Ritenour School District

8762 St. Charles Rock Rd, St. John, MO 63114

Phone: (314) 493-6412 • <https://www.ritenour.k12.mo.us/domain/63>

Free high school equivalency and ESL classes for people at least 17 years old.

St. Patrick Center

800 N. Tucker Blvd, St. Louis, MO 63101

Phone: (314) 802-0700 • <http://stpatrickcenter.org/programs/>

Adult education and GED/HiSET attainment for people who are homeless or are at risk of becoming homeless.

Urban League of Metropolitan St. Louis

8960 Jennings Station Rd, St. Louis, MO 63136

Phone: (314) 388-9840 • <https://www.ulstl.com/general-education-degree-ged-classes/>

High school equivalency and GED classes for individuals age 16 and older.

Women in Charge

1483 82nd Blvd, University City, MO 63132

Phone: (314) 432-7300 • <http://womenincharge.org/>

GED/HiSET tutoring and education programs for women. Pre-K children's program available for women attending classes.

EMPLOYMENT AND FINANCIAL STABILITY

Better Family Life

5415 Page Blvd, St. Louis, MO 63112

Phone: (314) 367-3440 • <http://betterfamilylife.org/>

Employment training and job recruitment events for African American adults, youth, and families.

Beyond Jobs at Mission: St. Louis

3108 N. Grand Blvd, St. Louis, MO 63107

Phone: (314) 371-2700 • <http://www.missionstl.org/beyondjobs/>

Job and leadership training as well as employment opportunities.

Employment Connection

2838 Market St, St. Louis, MO 63103

Phone: (314) 333-5627 • www.employmentstl.org

Work readiness training and job placement assistance.

Fathers & Families Support Center

4411 N. Newstead Ave, St. Louis, MO 63115

Phone: (314) 333-4170 •

<https://fatherssupportcenter.org/services/employment-mentoring/>

Assistance with job readiness skills and job placement for parents.

LifeWise STL

1321 S. 11th St, St. Louis, MO 63104

Phone: (314) 421-0400 • <https://www.lifewisestl.org/>

Employment skills training, career advising, and financial literacy education for teenagers. Financial education classes, one-on-one financial coaching, debt-reduction, credit reports, budgeting, financial goal setting for adults.

MERS Missouri Goodwill

Phone: (314) 241-3464 • <https://mersgoodwill.org/programs-services/>

Employment and rehabilitation programs, job placement services, and career advising for youth and adults.

Places for People

4130 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 535-5600 • www.placesforpeople.org

Employment services for adults living with severe mental illness.

Prosperity Connection

Various locations: North St. Louis, South City, Pagedale, and St. John

Phone: (314) 256-3995 • www.prosperityconnection.org

Free classes and one-on-one financial coaching, money management education, and low-cost banking options.

St. Patrick Center

800 N. Tucker Blvd, St. Louis, MO 63101

Phone: (314) 802-0700 • <http://stpatrickcenter.org/programs/>

Employment skills and job training program for people who are homeless or are at risk of becoming homeless.

Urban League of Metropolitan St. Louis

3701 Grandel Sq, St. Louis, MO 63108

Phone: (314) 615-3600 • www.ulstl.com

Financial assistance and empowerment, clothing assistance, GED classes, employment assistance, and more for African American individuals.

YWCA Women's Economic Stability Partnership Program (WESP)

Phone: (314) 531-1115 ext. 5297 • <http://www.ywcastlouis.org/>

Career and education counseling, employment assistance, financial workshops, mentoring, networking, and case management for women over age 18 who are low-income single mothers.

FOOD RESOURCES

24/7 Hunger Hotline: (314) 726-5355

Fit and Food Connection Hotline for Food Delivery: (314) 649-7367

SNAP Hotline: 1-877-653-9522

Find Your Foodbank Online: <http://stlfoodbank.org/find-food/>

Feed My People

171 Kingston Dr, St. Louis, MO 63125

Call for an appointment: (314) 631-4900 • www.feed-my-people.org

Food pantries and food resources.

HEALTH INSURANCE

Gateway to Better Health

Phone: 1-888-513-1417 • www.stlgbh.com

Temporary health care program for uninsured adults in St. Louis City and County, are between 19-64 years old, have no other health insurance, are not eligible for Medicare or Medicaid, and have income at or below 100% of the federal poverty level. No premiums, copays between \$0.50 - \$3.00.

To apply, visit a Gateway to Better Health primary care provider:

Betty Jean Kerr People's Health Centers

Family Care Health Centers

Affinia Healthcare

CareSTL Health

St. Louis County Department of Public Health

Planned Parenthood of the St. Louis Region and Southwest Missouri

4251 Forest Park Ave, St. Louis, MO 63108

Phone: (314) 531-7526 ext. 358

<https://www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri/health-insurance>

One-on-one health insurance enrollment assistance.

HEALTH AND MEDICAL CARE

Affinia Healthcare

2220 Lemp Ave, St. Louis, MO 63104 and other locations

Phone: (314) 898-1700 • www.affiniahealthcare.org

Affordable primary and preventive healthcare including medical, dental, and behavioral health services on a sliding fee scale. Urgent care also available.

Washington University School of Medicine Adult Transgender Center

Phone: (314) 362-3500

Medical transition care including hormone therapy, gynecology care, surgical referrals; accepting new patients age 18 and up.

Sexual and Reproductive Health

Contraceptive Choice Center (Washington University)

4901 Forest Park Avenue, 7th Floor, Suite 710, St. Louis, MO 63108

Phone: (314) 747-0800 • <https://contraceptivechoice.wustl.edu/>

Birth control counseling, IUDs and implants, annual exams, STI testing and treatment, emergency contraception, pregnancy testing, health insurance counseling.

HIV Linkage to Care Line

(314) 356-0200

Free assistance provided by social workers for intensive case management for people who are newly diagnosed with HIV (help with paying for medical costs, housing, counseling, etc.).

North Central Community Health Center

4000 Jennings Station Rd, Pine Lawn, MO 63121

Phone: (314) 615-9700 • <https://www.stlouisco.com/Health-and-Wellness/Health-Centers-and-Medical-Services#anchornorth>

HIV/STI walk-in testing and STI treatment Mon-Fri 8:00 AM - 11:30 AM and 12:30 PM - 3:30 PM.

Planned Parenthood of the St. Louis Region and Southwest Missouri

4251 Forest Park Ave, St. Louis, MO 63108 and other locations

Phone: (314) 531-7526 • <https://www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri>

Affordable annual exams, testing (STI/HIV, pregnancy), birth control, cancer screenings, assistance enrolling in health insurance.

Project ARK – Washington University

4169 Laclede Ave, 2nd Floor, St. Louis, MO 63108

Phone: (314) 535-7275 • <http://projectark.wustl.edu/>

Free HIV & syphilis testing: Mon-Thu 10:00 AM - 12:00 PM, Mon-Fri starting at 1:00 PM until all slots are filled, Tue and Thu 5:00 PM - 7:00 PM; assistance with finding HIV medical care and support services.

Rustin's Place

1114 N. Sarah St, St. Louis, MO 63113

Phone: (314) 553-9506 • <http://www.rustinsplace.org/>

Drop in center for people ages 13 and up that offers free HIV/STI testing, pregnancy testing, condoms and lube, health education, and more.

Vivent (formerly Saint Louis Effort for AIDS)

2653 Locust St, St. Louis, MO 63103

Phone: (314) 645-6451 • <https://viventhealth.org/>

Free confidential HIV & STI testing and STI treatment; see website for walk in days/hours or call to make an appointment.

Mental Health

Behavioral Health Response (BHR)

Phone: (314) 469-6644 • <http://bhrstl.org/>

Free 24/7 mental health crisis line, assistance with linking to other community resources.

BJC Behavioral Health

Phone: (314) 747-7491 • <https://www.bjcbehavioralhealth.org>

Individual, group, and family counseling, psychiatry, crisis intervention services, sliding fee scale.

Care & Counseling

12141 Ladue Rd, St. Louis, MO 63141

Phone: (314) 878-4340 • <https://careandcounseling.org/>

Individual, couples, families, youth, and adult counseling services, can apply for financial assistance for sliding fee scale.

Casa De Salud

3200 Chouteau Avenue, St. Louis, MO 63103

Phone: (314) 977-1250 • <http://casadesaludstl.org/>

Low cost counseling services for uninsured people, sliding fee scale based on self-reported income, rates between \$1-20 per session.

Creve Coeur Community Counseling

9666 Olive Blvd, Suites 330 & 205, St. Louis, MO 63132

Phone: (314) 991-0100 • <https://cccastl.com/counseling-interns-st-louis-mo/>

Affordable counseling, \$25 per session.

Independence Center

4245 Forest Park Ave, St. Louis, MO 63108

Phone: (314) 533-4245 • <https://www.independencecenter.org/>

Residential and independent housing, psychiatry, counseling, education assistance, and employment assistance for adults with severe mental illness.

Open Path Collective

<https://openpathcollective.org/>

Counseling services for \$30-60 per individual session.

Places for People

4130 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 535-5600 • www.placesforpeople.org

Contact for people over 18: Felicia Brown (314) 535-6800

Counseling, psychiatry, and substance use treatment for adults living with severe mental illness.

Provident Behavioral Health

2650 Olive St, St. Louis, MO 63103

Crisis Hotline: (314) 647-4357 • Phone: (314) 533-8200

www.providentstl.org/

Affordable youth, adult, couples, family, and school-based counseling, 24/7 crisis intervention.

Safe Connections

2165 Hampton Avenue, St. Louis, MO 63139

24/7 Crisis Hotline: (314) 531-2003 • Phone: (314) 646-7500

www.safeconnections.org

Free individual and group counseling available to those affected by domestic and sexual violence or trauma. Specialized counseling available to all LGBTQ+ identities affected by any trauma, violence, or abuse.

SLU Psychological Services Center

3700 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 977-2278 • www.slu.edu/arts-and-sciences/psychology/center-clinics/psychological-services-center.php

Counseling for youth, adults, couples, and families (\$10 per individual session, must say you were referred by The SPOT). Psychological evaluations also available.

St. Patrick Center

800 N. Tucker Blvd, St. Louis, MO 63101

Phone: (314) 802-0700 • <http://stpatrickcenter.org/programs/>

Mental health treatment for people who are homeless or are at risk of becoming homeless.

St. Louis Empowerment Center

1908 Olive St, St. Louis, MO 63103

Phone: (314) 652-6100 • <http://www.dbsaempowerment.org/>

Peer-run recovery drop-in center, support groups, employment and benefits assistance, computer lab for adults in need of mental health and/or substance use support.

UMSL Counseling and Social Advocacy Center

Ward E. Barnes Building, 1 University Blvd, St. Louis, MO 63121

Phone: (314) 516-4613 • <http://csac.umsl.edu/affordablecounselingservices/>

Affordable counseling for youth, adults, families, couples, and groups (rates between \$10-20 per session, financial assistance available). Psychological evaluations also available.

HOUSING RESOURCES

Housing Hotline: (314) 802-5444

Beyond Housing

6506 Wright Way, St. Louis, MO 63121

Phone: (314) 533-0600 • www.beyondhousing.org

Assistance with home buying, rental housing, foreclosure support, and home repair.

Gateway 180

Phone: (314) 802-5444 • www.gateway180.org

Emergency shelter and permanent housing assistance including case management, individualized housing plans, and referrals to resources.

Hope House

1611 Hodiamont Ave, St. Louis, MO 63112

Phone: (314) 382-3801 • <http://www.hopehousetl.org/>

Transitional housing and housing support.

Independence Center

4245 Forest Park Ave, St. Louis, MO 63108

Phone: (314) 533-4245 • <https://www.independencecenter.org/>

Residential and independent housing, psychiatry, counseling, education assistance, and employment assistance for adults with severe mental illness.

Places for People

4130 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 535-5600 • www.placesforpeople.org

Safe and affordable housing and independent living for adults with serious mental illness.

St. Patrick Center

800 N. Tucker Blvd, St. Louis, MO 63101

Phone: (314) 802-0700 • <http://stpatrickcenter.org/programs/>

Housing assistance for people who are homeless or are at risk of becoming homeless.

The Haven of Grace

1225 Warren St, St. Louis, MO 63106

Phone: (314) 621-6507 • <https://havenofgracestl.org/>

Religiously-based organization with long-term shelter and transitional living for women who are homeless and pregnant.

YWCA Permanent Supportive Housing

3820 West Pine Blvd, St. Louis, MO

Phone: (314) 531-1115 • [https://www.ywcastl.org/what-were-](https://www.ywcastl.org/what-were-doing/economic-empowerment/permanent-supportive-housing)

[doing/economic-empowerment/permanent-supportive-housing](https://www.ywcastl.org/what-were-doing/economic-empowerment/permanent-supportive-housing)

Housing, rental assistance, case management, financial coaching, employment coaching, and life skills for single women ages 18 and older with a documented diagnosed disability, is chronically homeless, and referred through City of St. Louis Continuum of Care (CoC) Coordinated Entry System.

IMMIGRATION RESOURCES

Bilingual International Assistant Services

1329 Macklind Ave, Suite 200, St. Louis, MO 63110

Phone: (314) 645-7800 • <https://www.bilingualstl.org/>

Mental health, social services, language services, immigration / naturalization services, and advocacy for immigrants and refugees.

Casa De Salud

3200 Chouteau Avenue, St. Louis, MO 63103

Phone: (314) 977-1250 • <http://casadesaludstl.org/>

Basic primary medical care seven days a week for \$25 flat fee for uninsured people. Counseling also available.

International Institute

3401 Arsenal St, St. Louis, MO 63118

Phone: (314) 773-9090 • <https://www.iistl.org/>

Social, employment, mental health, resettlement and immigration assistance, and educational services for immigrants and refugees.

St. Francis Community Services

4445 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 932-3300 • <https://sfcstl.org/>

Faith-based legal aid, bilingual youth programs, mental health, case management, housing assistance, and support groups for immigrants and refugees.

St. Louis Mosaic Project

120 S. Central Ave, Suite 1200, St. Louis, MO 63105

Phone: (314) 615-8107 • <https://www.stlmosaicproject.org/>

Connects immigrants and refugees to employment and education.

INTIMATE PARTNER VIOLENCE RESOURCES

St. Louis Regional Sexual Assault Hotline: (314) 531-7273

National Human Trafficking Hotline: 1-888-373-7888

Resources

ALIVE St. Louis

Crisis Hotline: (314) 993-2777 • www.alivestl.org

Emergency shelter, crisis intervention, counseling, case management, children's treatment, and court advocacy for adults of any gender and children impacted by domestic violence; LGBTQ+ friendly services.

Bridgeway to Behavioral Health Sexual Assault Center

Crisis Hotline: 1-877-946-6854 • <http://www.bridgewaybh.com/sexual-assault-services/>

Free crisis services and mental health services (individual and group counseling) for people of any gender aged 14 and older who have experienced sexual assault or childhood sexual abuse.

Life Source

Crisis Hotline: (314) 524-0686

<http://www.lifeforceconsultants.org/index.html>

Crisis hotline, crisis intervention, counseling, case management, support groups, emergency legal advocacy, and recovery from domestic and sexual violence support for survivors of physical, mental, verbal, emotional abuse, sexual assault, or incest.

Safe Connections

2165 Hampton Ave, St. Louis, MO 63139

24-Hour Crisis Hotline: (314) 531-2003 • <https://safeconnections.org/>

Free crisis intervention, individual counseling, and group counseling for people ages 12 and up who have experienced domestic violence, sexual assault, or childhood sexual abuse.

Women-Specific

Bridgeway to Behavioral Health Sexual Assault Center

Crisis Hotline: 1-877-946-6854 • <http://www.bridgewaybh.com/domestic-violence-services/>

Free emergency shelter for women and children under the age of 17 experiencing intimate partner abuse and immediate danger.

Magdalene St. Louis / Bravely

Phone: (314) 339-5216 • <https://www.bravely.org/>

Free 2-year residential program, medical care, trauma therapy, education, job readiness, advocacy, and referrals for women who have experienced commercial sexual exploitation, violence, and substance use.

The Women's Safe House

24-Hour Crisis Line: (314) 772-4535 • <http://twsh.org/>

Emergency shelter, case management, after-shelter care for women and children in need of domestic violence intervention.

YWCA Woman's Place (Drop-In Center)

Drop-In Center: 3820 W. Pine Blvd, St. Louis, MO 63108

Phone: (314) 645-4848 • <https://www.ywcastl.org/what-were-doing/womans-place>

Free drop-in center, crisis intervention, support groups, and advocacy for women who have experienced emotional, sexual, or physical abuse.

YWCA Women's Resource Center

3820 W. Pine Blvd, St. Louis, MO 63108

Crisis Hotline: (314) 531-7273 • <https://www.ywcastl.org/what-were-doing/womens-resource-center>

Free crisis intervention, group and individual counseling, support groups, case management, and advocacy for women who are victims of domestic violence and sexual assault and abuse.

Faith-Based Services for Women

Lydia's House

Phone: (314) 771-4411 • www.lydiashouse.org

Faith-based programs, transitional housing, and other support services for women and children experiencing domestic violence.

Saint Martha's Hall

24-Hour Phone Line: (314) 533-1313 • <http://saintmarthas.org/>

Shelter care for 12 weeks, crisis intervention, support groups, advocacy, and referrals to community resources for women age 18 and older and their children affected by domestic violence and abuse.

LEGAL RESOURCES

ACLU of Missouri

906 Olive St, Suite 1130, St. Louis, MO 63101

Phone: (314) 652-3111 • <https://www.aclu.org/affiliate/missouri>

Legal advocacy and litigation.

Arch City Defenders

440 N. 4th St, Suite 390, St. Louis, MO 63102

Phone: (314) 361-8834 • www.archcitydefenders.org

Legal services (civil and criminal) and advocacy for people with low income, persons of color, and people who are homeless.

Crime Victim Advocacy Center

539 North Grand Blvd, Suite 400, St. Louis, MO 63103

Phone: (314) 652-3623 • <https://www.supportvictims.org/>

Legal advocacy, crisis intervention, counseling, criminal justice guidance, and filing victim compensation.

Fathers & Families Support Center

4411 N. Newstead Ave, St. Louis, MO 63115

Phone: (314) 333-4170 • <https://fatherssupportcenter.org/>

Legal services relevant to parenting and family law: child support, legal visitation, custody, and more.

Legal Services of Eastern Missouri

4232 Forest Park Ave, St. Louis, MO 63108

Phone: (314) 534-4200 • www.lsem.org

Civil legal assistance (education, health, family, immigration, housing, and benefits) for people with low income.

The Women's Safe House

24-Hour Crisis Line: (314) 772-4535 • <http://twsh.org/>

Legal assistance for women and children fleeing domestic violence.

LGBTQ+ RESOURCES

LGBT National Help Center

4232 Forest Park Ave, St. Louis, MO 63108

Phone: 1-888-843-4564 • <https://www.glbthotline.org/>

Free confidential peer support via phone or online support groups for youth and adults.

Metro Trans Umbrella Group (MTUG)

438 N. Skinker Blvd, St. Louis, MO 63108

Phone: (314) 270-2155 • <https://www.stlmetrotrans.org/>

Groups, advocacy, resources for trans, genderqueer, non-binary, androgynous and intersex people ages 18+ and their families.

MPOWER STL

4169 Laclede Ave, St. Louis, MO 63139

Phone: (314) 535-7275 x212 • Email: mpowermentcubed@gmail.com

Free STI/HIV testing, meet ups, and community for gay and bi guys and transwomen up to age 30.

PrideCenter of St. Louis

3738 Chouteau Ave, Suite 200, St. Louis, MO 63110

Phone: (314) 500-1270 • <https://pridestl.org/community/center>

Open safe space with a meeting area, computers, printing, a library, and condoms for LGBTQIA+ people.

Rustin's Place

1114 N. Sarah St, St. Louis, MO 63113

Phone: (314) 553-9506 • <http://www.rustinsplace.org/>

Drop in center for people ages 13 and up that offers free HIV/STI testing, pregnancy testing, condoms and lube, health education, and LGBTQ groups for adults and youth who identify as LGBTQ.

Safe Connections

2165 Hampton Avenue, St. Louis, MO 63139

24/7 Crisis Hotline: (314) 531-2003 • Phone: (314) 646-7500

www.safeconnections.org

Free individual and group counseling available to all LGBTQ+ identities affected by any trauma, violence, or abuse.

St. Louis Black Pride

Phone: (314) 319-5420 • <http://www.blackpridestl.org/>

Programs, events, and activities for black LGBTQ people in St. Louis.

St. Louis Steps Alano Club

3974 Humphrey St, St. Louis, MO 63116 • <http://stepsalanoclub.org/>

A variety of 12-step meetings for LGBTQ+ people in recovery.

Washington University School of Medicine Adult Transgender Center

Phone: (314) 362-3500

Medical transition care including hormone therapy, gynecology care, surgical referrals; accepting new patients age 18 and up.

PARENTING AND FAMILY RESOURCES

Annie Malone Children & Family Services

2612 Annie Malone Drive, St. Louis, MO 63113

Phone: (314) 531-0120 • <https://www.anniemalone.com/>

Crisis intervention, 24-hour emergency shelter, parenting education, and therapeutic school.

Crisis Nursery

24-Hour Helpline: (314) 768-3201 • www.crisisnurserykids.org

Short term (average 2-3 nights) of emergency crisis care for children aged birth to 12 years old whose families are in crisis. Intensive home-based crisis interventions and parent education also available.

Fathers & Families Support Center

4411 N. Newstead Ave, St. Louis, MO 63115

Phone: (314) 333-4170 • <https://fatherssupportcenter.org/>

Parenting assistance for fathers and mothers, employment assistance, mentoring, reentry assistance after incarceration, groups for fathers, and legal services (child support, legal visitation, custody).

Family Forward

Several locations in and around St. Louis

Phone: (314) 354-9350 • <https://familyforwardmo.org/>

Trauma assessment, psychological evaluation, counseling (individual, family, and group) available in-home and in-office, parenting education, foster care and adoption, therapeutic preschool, residential care (respite and long term) for children with developmental disabilities.

LifeWise STL

1321 S. 11th St, St. Louis, MO 63104

Phone: (314) 627-1241 • <https://www.lifewisestl.org/who-we-serve/youth/>

After school program (tutoring, activities, healthy dinner, free transportation home) and summer day camp primarily serving children who attend elementary and middle school and reside on the south side of St. Louis City.

Missouri Baptist Children's Home

11300 Saint Charles Rock Road, Bridgeton, MO 63044

Phone: (314) 739-6811 • <https://www.mbch.org/content/how-we-serve/support-for-unplanned-pregnancy/20>

Parenting education, case management, adoption services, job training, mental health referrals, independent living skills, spiritual support for pregnant parents; group housing also available to pregnant parents.

Nurse-Family Partnership at North Central Community Health Center

4000 Jennings Station Road, St. Louis, MO 63121

Phone: (314) 679-7871 • <https://www.stlouisco.com/Health-and-Wellness/Health-Centers-and-Medical-Services/Public-Health-Nursing-Program/Partnership-FAQ>

Nurses provide one-on-one home visits and support to women having their first baby from pregnancy to when the baby is two years old; eligible participants are those less than 28 weeks pregnant, St. Louis City or County residents, and have met income requirements.

Nurses for Newborns

7259 Lansdowne Ave, Suite 100, St. Louis, MO 63119

Phone: (314) 544-3433

<http://www.nursesfornewborns.org/home/missouri-2/>

Provides home visits by nurses and some materials needs (diapers, formula, baby food, etc.) at no cost.

Our Lady's Inn

4223 S. Compton Ave, St. Louis, MO 63111

Phone: (314) 351-4590 • <https://ourladysinn.org/>

Emergency maternity shelter for pregnant women age 18 and older and their minor children. Parenting services, transitional housing, and case management also available.

Places for People

4130 Lindell Blvd, St. Louis, MO 63108

Phone: (314) 535-5600 • www.placesforpeople.org

Individual and family counseling, in home counseling available, parent education, children's group services, and 24/7 family support.

REENTRY AFTER INCARCERATION RESOURCES

Fathers & Families Support Center

4411 N. Newstead Ave, St. Louis, MO 63115

Phone: (314) 333-4170 • <https://fatherssupportcenter.org/>

Reentry assistance after incarceration for parents.

Mission: St. Louis

3108 N. Grand Blvd, St. Louis, MO 63107

Phone: (314) 371-2700 • <https://www.missionstl.org/>

Job and leadership training as well as employment opportunities.

The Center for Women in Transition

7716 S. Broadway, St. Louis, MO 63111

Phone: (314) 771-5207 • <http://www.cwitstl.org>

Transitional housing, mentoring, case management, and basic necessities for women reentering the St. Louis community from jail/prison.

SUBSTANCE USE SUPPORT AND TREATMENT

Bridgeway Behavioral Health

Various locations in St. Louis, St. Charles, and Lincoln counties

Phone: 1-866-758-1192 • <https://www.bridgewaybh.com/>

Medically assisted detoxification programs, inpatient and outpatient substance abuse treatment for adults.

Harris House

Locations in St. Louis and St. Charles

Phone: (314) 205-8382 • www.harrishousestl.org

Programs for substance use treatment including intensive inpatient, partial hospitalization, intensive outpatient, and transitional housing services.

NCADA (National Council on Alcoholism and Drug Abuse)

9355 Olive Blvd, St. Louis, MO 63132

Phone: (314) 962-3456 • <http://ncada-stl.org/>

Assessments, short-term counseling, and referral to treatment. Helpline for family and friends looking for support and advice to support those using drugs and alcohol.

Preferred Family Healthcare

See website for phone numbers and various locations throughout Missouri

<https://pfh.org/substance-use>

Adult substance use rehabilitation services (inpatient, outpatient, and detox) and SATOP traffic offender services.

Provident Behavioral Health

2650 Olive St, St. Louis, MO 63103

Crisis Hotline: (314) 647-4357 • Phone: (314) 533-8200

www.providentstl.org/

Substance abuse services, 24/7 crisis intervention.

St. Louis Empowerment Center

1908 Olive St, St. Louis, MO 63103

Phone: (314) 652-6100 • <http://www.dbsaempowerment.org/>

Peer-run recovery drop-in center, support groups, employment and benefits assistance, computer lab for adults in need of mental health and/or substance use support.

The Changing Pointe at CenterPointe Hospital

4801 Weldon Spring Pkwy, St Charles, MO 63304

Phone: (636) 441-7300 • <https://centerpointehospital.com/addiction-treatment-services/>

Inpatient detoxification, residential, and outpatient substance abuse treatment for adults.

LGBTQ+ Specific

Millennium Integrative Health

10199 Woodfield Lane, St. Louis, MO 63132

Phone: (314) 298-0023 • <https://www.millenniumih.com/>

LGBTQ friendly services for medically assisted detoxification, individual counseling, group counseling, intensive outpatient program, and psychiatry. Accepts insurance and private pay.

St. Louis Steps Alano Club

3974 Humphrey St, St. Louis, MO 63116 • <http://stepsalanoclub.org/>

A variety of 12-step meetings for LGBTQ+ people in recovery.

Men-Specific

Recovery House

Various locations throughout St. Louis city

Phone: (314) 884-0747 • <https://www.recoverystl.com/>

Transitional living and sober support housing for men at least 18 years old with at least 10 days of sobriety; rent to the program is required.

Women-Specific

Magdalene St. Louis / Bravely

Phone: (314) 339-5216 • <https://www.bravely.org/>

Free 2-year residential program, medical care, trauma therapy, education, job readiness, advocacy, and referrals for women who have experienced commercial sexual exploitation, violence, and substance use.

Queen of Peace Center

Main Office: 325 N. Newstead Ave, St. Louis, MO 63108

Phone: (314) 531-0511 • www.qopcstl.org

Substance abuse recovery (inpatient, outpatient), long-term residential housing, permanent supportive housing, daycare, parenting classes for women who have experienced substance use disorders and their children.

TRANSPORTATION SERVICES

Metro Reduced Fare Passes (Bus & Rail)

801 Pine St, St. Louis, MO 63101 (Metro Store)

Phone: (314) 982-1495 • <https://www.metrostlouis.org/reduced-fare-program/>

Reduced fare programs for people with disabilities and people who possess a Medicare ID. Visit the MetroStore to apply.



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