

Food and Nutrition

Program Name	Program Description	CBO Offering	Website for more details	Contact
Food Security & Basic Needs Support	HOPE CDC provides essential resources to individuals and families struggling with food insecurity. Through our food distribution programs and wellness initiatives, we help ensure that everyone in our community has access to nutritious meals and vital necessities. Our food pantry operates on a weekly basis, providing fresh produce, non-perishable items, and essential groceries to families in need. We partner with local food banks, businesses, and community members to ensure that no one in our community goes hungry.	HOPE CDC	Food Security & Basic Needs Support - H.O.P.E. CDC	
Horticultural Therapy	Bethel provides, as a core service, a number of intergenerational activities through the lens of its horticulture staff and facilities. From the growing of produce to horti-therapy activities that build, promote, and maintain healthy brain activity and physical movement, these activities offer new cultural expectations for participants of all ages. This includes growing vegetables in our garden; it also includes classes in flower arrangement. Inherent in these activities is the emotional and spiritual benefit of participating in the growing and enjoyment of a wide variety of plant types.	Bethel New Life	Bethel Wellness Supports - Bethel New Life Inc.	Aniki Cotes aniki@bethelnewlife.org
Daily Bread Food Pantry	The Daily Bread Food Pantry (DBFP) was launched in December of 2022. It is not what most people consider a "normal" food pantry. Participants go through an initial assessment exploring as many of the households' needs as are discoverable with the goal of helping them become secure. Families will receive 3-months of emergency food assistance; the first time participants shop in our pantry. For the next two months participants receive food shipments at their homes from Top Box Foods. BNL's Community Health Worker works with the participants during that 3-month period to get them connected to resources to carry them forward without need for "emergency" help. Using online resources such as Now Pow and Unite Us we connect them to a wide variety of solutions including getting them connected not only to food support resources, but medical care for those who are uninsured, rental assistance and more.	Bethel New Life	Bethel Wellness Supports - Bethel New Life Inc.	Marcia Kay mkay@bethelnewlife.org 773-887-3630
Community Food Pantry and Garden	The Community Food Pantry and Garden provides families and individuals with access to fresh produce, canned goods, and other essential items. Open every Saturday from 10 AM to 12 Noon at our UBL Community Center, this program supports the physical well-being of our community while fostering a sense of care, connection, and generosity. Bethel partners with Lurie Children's Hospital to provide vouchers to individuals and families to increase access to healthy produce. As an incentive to participate in a healthy cooking class, these vouchers have also been distributed to individuals that complete the course.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Healthy Food Access Initiative	INEP also works with local organizations to promote healthier settings and food choices, further increasing impact. By focusing on improving food access, increasing the likelihood of healthy choices, and helping families save more money, they are making a difference in the lives of families in our communities.	Bethel New Life	Bethel Wellness Supports - Bethel New Life Inc.	
Illinois Nutrition Education Programs	Residents who live in 60612 and 60624 can visit the Fresh Market and choose from a wide selection of free, high-quality, groceries twice a month. The Fresh Market offers dairy products, meats, breads, canned food, and other household items. You can also get connected to other resources, such as SNAP and utilities applications, legal aid, housing and employment information, financial management, GED certification, and family workshops.	Bethel New Life	Bethel Wellness Supports - Bethel New Life Inc.	
Fresh Market Client Choice Food Pantry		Breakthrough	Fresh Market - Breakthrough	Wendy Daniels, (872) 444-8260, wdaniels@breakthrough.org

Healthy Families Illinois	We want to make sure being healthy is accessible—and fun—for kids of all ages. If your child is enrolled in our Early Childhood Education (ages 2-5), School-Age (ages 5-12) or YOU (ages 12-18) program, they'll have the opportunity to learn about healthy nutrition and food choices, be active and develop positive self-esteem through our Super H program. Your child must first be enrolled in one of our programs for children and youth in order to participate in Super H.	Erie Neighborh Home Visiting - Erie Neighborhood House	Karen Rivera (312) 432-2212, krivera@eriehouse.org
Nutrition Courses for Ages 2-12	We want well-being to be both accessible and fun for students at Erie House. Your child will learn about healthy nutrition and become more aware of their food choices, be active, and develop the confidence to live a healthy lifestyle through our Super H initiative. For ages 2-12; must be enrolled in one of our programs for children and youth.	Erie Neighborh Health & Leadership - Erie Neighborhood House	Daisy Lomeli, (312) 432-2261, dlomeli@eriehouse.org
Nutrition Workshops and Cooking Demonstrations for Adults	We host workshops and cooking demonstrations, provide coaching, and deliver other resources to support wellness, including diabetes prevention and cardiovascular health. If you would like to organize a health workshop in your community, please contact us.	Erie Neighborh Health & Leadership - Erie Neighborhood House	Ignacio Medina, (312) 666-3430 x2202, imedina@eriehouse.org
La Bodega Del Barrio	Provides culturally relevant food assistance through its food pantry, health/nutrition education, physical activity, and seasonal Farmer's Market. We walk alongside you as you seek help. That might include accompanying you to public aid offices, helping you apply for assistance, providing interpretation, or simply offering emotional support as you navigate unfamiliar systems. We often accompany clients to offices like the Illinois Department of Human Services (IDHS) or community organizations providing financial aid.	Puerto Rican C Center	labodega@prcc-chgo.org
Financial assistance for rent, food, and other public benefit program navigation	Our Health Literacy Initiative (HEALIN) program aims to improve residents' quality of life through nutrition, exercise, and stress reduction. We offer healthy cooking, yoga, dance, aerobics, nutrition seminars, and guitar classes, in addition to a competitive men's soccer team.	Taller de Jose Financial Assistance - Taller De Jose A Ministry of Accompaniment	info@tallerdejose.org
Health Literacy Initiative	Save at Forty Acres Fresh Market. Our produce is sold at everyday low prices so you get more for your money. \$5 Delivery Fee when you pay with SNAP EBT! Plus earn \$1 in Link Match Coupons, up to \$10 per swipe! Forty Acres Fresh Market operates in your community and delivers to your door.	Universidad Pc Health Literacy Initiative (HEALIN) - Universidad Popular	
40 Acres Fresh Market	Employment services for adults 18 years and older, returning citizens, seniors and our veterans. Case managers offer in-house services such as IDs and birth certificates, and connect clients to partners for food, clothing, furniture, and mental health or substance use support. Assessing individual's goals, short and long-term working together on an Individual Employment Plan (IEP)	Westside Heal Economic Development - Westside Health Authority	
Transitional Jobs Program	The South Side YMCA is a designated pick-up spot for Nourishing Hope's Online Market! By partnering with Nourishing Hope, one of Chicago's largest food pantries, we are expanding our community's access to fresh produce, frozen meats, dairy products, and more. Food must be pre-ordered through the portal below by the third Monday of every month. Pickups take place on the third Wednesday of every month from 3 - 5 p.m.!	YMCA Online Market Nourishing Hope Chicago Bringing Delicious, Nutritious, Culturally Relevant Meals to Youth in Our Communities YMCA	
Nourishing Hope Online Grocery Market Pickup	We bring delicious, healthy, and culturally familiar meals to youth and teens at no cost over the summer! Local Lunchbox connects small, locally owned food businesses with community organizations to provide meals to youth ages 18 and under — and it's all paid for by the United States Department of Agriculture. Learn more about our collaboration below.	YMCA Reentry Adult Service - Westside Health Authority	773-786-0226.
Local Lunchbox program	We provide free assistance with applications for public benefits, now remotely through phone/video-call. For help with food assistance (LINK card), Medicaid, or another similar program call: 773-217-9799	Erie Neighborh Health & Leadership - Erie Neighborhood House	Ashley Ruiz Bastien; (708) 613-0639; aruizbastien@eriehouse.org
Public Benefits Application Asssistance			

Housing

Program Name	Program Description	CBO Offering	Website for more details	Contact
Youth Advocate Support Services	Youth Advocates provide mediation, case management, and mentorship with a restorative lens to young people at risk of involvement with the juvenile justice or child welfare systems. Responding to Alternatives' 24 hour crisis hotline, Youth Advocates address the needs of young people who have been locked out or who have run away from home. Youth Advocates may also receive referrals from any of our external partnerships or from youth and families that reach out to Alternatives directly for services. Our top priority is to provide young people with the skills and resources to thrive.	Alternatives	Youth Resource Guide - Alternatives	
Senior Living	Beth Anne Place is a Senior Supportive Living Community that can meet various senior's healthcare needs, financial needs, and social lifestyle. Supportive Living is an affordable Senior Living option for those who may need financial assistance or have Medicaid and are able to function independently in an apartment setting with professional nursing support services. For all your senior living care needs "Ask for Beth Anne Place". Beth-Ann Residences, a Bethel New Life property, is an affordable housing property designed for low-income seniors who are able to live independently. Apartment options include spacious one bedroom and studio floor plans. There is staff that provides and coordinates activities like the Sewing Circle, billiards, and yoga. There are also social events on-site such as our Senior Prom. Off-site shopping and other excursions are also made available. Plus we have easy access to nearby CTA bus lines.	Bethel New Life	Senior Living - Bethel New Life Inc.	(773) 287-2711
Affordable Housing	Affordable Housing provides support and resources to help individuals and families access safe, stable, and affordable living options, promoting security, community, and well-being within West Garfield Park.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Chore Program	ASI's offers this free city-wide cleaning program targeted to help seniors remain independently living in their own homes. This program makes it easy to get your spring or fall cleaning done in a fast and efficient manner. ASI's chore worker program is broken into 3 types of services having a short-term, heavy duty, and expansion services which are flexible and tailored to your needs. As a guest at Breakthrough's Daytime Support Centers, you can access a variety of resources, such as food, safe space, showers, laundry, clean clothing, access to computers, and notary services. Our team also provides support with medical and mental health resources, employment training, and housing assistance with the goal of building stability.	ASI NE Health	Heavy Duty Chore & Housekeeping ASI Home Care	(312) 744- 4016 aging@cityofchicago.org
Daytime Support Center	Men's Center: 402 N St Louis Ave, Chicago, IL 60624 Women's Center: 3330 W Carroll Ave, Chicago, IL 60624	Breakthrough	Daytime Support Center - Breakthrough	Mens: (773) 346-1785; Womens: (872) 444-8255
Transitional Housing Program	Breakthrough's Transitional Housing Program is a shelter program where individuals stay for an extended period of time while they work toward goals around self-sufficiency. This is a housing-first, trauma-informed program that provides a dedicated bed, care coordination, and housing retention support. Through strong partnership and connections to resources, together we will address barriers such as employment, substance abuse, mental and medical health needs, and legal aid. Breakthrough's Permanent Supportive Housing program provides stable housing for individuals and families. As a participant, you will receive case management support to identify, set, and reach goals related to stability, well-being, and growth. Breakthrough manages 43 single apartments across Chicago and 11 units of housing for families.	Breakthrough	Transitional Housing - Breakthrough	Nate Bedell (773) 346-1382, nbedell@breakthrough.org
Permanent Supportive Housing program	Breakthrough manages 43 single apartments across Chicago and 11 units of housing for families.	Breakthrough	Permanent Supportive Housing - Breakthrough	Nate Bedell (773) 346-1382, nbedell@breakthrough.org
Housing Opportunity Program	A HUD-certified housing counselor is a trained professional who helps you understand your housing options and make informed decisions. Our counselors are certified by the U.S. Department of Housing and Urban Development (HUD), which means they meet strict standards for knowledge, ethics, and accuracy. We provide free guidance that is honest, confidential, and focused on what's best for you—not selling products or services. Whether you're buying your first home, struggling to keep up with housing costs, or facing financial challenges, a HUD-certified counselor can help. We explain your options in plain language, help you create a realistic budget, connect you to trusted resources, and support you every step of the way. Working with a HUD-certified counselor gives you peace of mind and the tools you need to protect your housing and financial stability.	Erie Neighbor	Housing Opportunity Program - Erie Neighborhood House	my.mpactpro.org/intake-form/e5961d7d-84ea-449f-89da-5ac00eaa8c6d

Post-Purchase Homeowner Counseling	Our post-purchase program provides educational workshops for new homeowners to help them become responsible homeowners and set them up for long-term financial stability. Post-Purchase Counseling helps homebuyers to succeed after they have purchased a home. Research indicates that post-purchase counseling makes homeownership more sustainable and results in a significant decrease in delinquencies and foreclosures. Are you interested in buying a home for the first time? Do you have questions about the path to homeownership? We have helped many families purchase their first home with safe and affordable mortgages.	Spanish Coalit	Homeowner Education Spanish Coalition for Housing Chicago Housing Agency	help@sc4housing.org
Pre-Purchase Education and Counseling	Our program helps prepare potential first-time homebuyers to become mortgage-ready. We offer both individual and group pre-purchase counseling sessions.	Spanish Coalit	Homebuyer Education Spanish Coalition for Housing Chicago Housing Agency	ebe37c_1f8aee5e095e4525b009243a439c76e2.pdf
Utility Assistance	With funding and support from a wide array of city and state-wide programs, SCH helps eligible low-income households pay for home energy services (primarily heating during winter months). Energy costs can place severe and continuing stress on a family's budget. In some instances, households are forced to make painful decisions regarding which bills to pay and which necessities to survive without. Through 1-on-1 counseling with our rental specialists, we can identify ways to access financial assistance, including the energy assistance program. CEDA applications available through appointment only. Are you thinking about purchasing a multi-unit property? Receive the Landlord Education Certification which can help you access additional funds to purchase that multi-unit property. The Landlord Certification course will focus on both the advantages of being a landlord as well as the duties and laws that you must follow to be successful.	Spanish Coalit	Utility Assistance Spanish Coalition for Housing Chicago Housing Agency Landlord Certification Spanish Coalition for Housing Chicago Housing Agency	help@sc4housing.org
Landlord Certificaton Courses	We work with renters who are at risk of eviction to prevent them from becoming homeless. Through 1-on-1 counseling we assist clients to locate affordable rental units and overcome their challenges in securing safe and sustainable housing. When available, we link clients to grants and funds that can help with rental assistance. Mortgage assistance is designed to stabilize individuals and families in their home and help prevent foreclosure.	Spanish Coalit	Rental + Mortgage Assistance Spanish Coalition for Housing Chicago Housing Agency	help@sc4housing.org
Emergency Rental & Mortgage Assistance	3C is a collaborative initiative between lenders, developers, and community navigators that aims to give Chicagoans a smoother path to homeownership in two West Side communities: East Garfield Park and Humboldt Park.	Spanish Coalit	Connecting Capital and Community (3C) SCH	help@sc4housing.org
Connecting Capital and Community (3C) Initiative	When it comes to foreclosure, you don't have to face it alone. Are you struggling to pay your mortgage and fear a foreclosure? Through our Foreclosure Prevention program, we will work with you to help you understand what is causing your mortgage issues, review your finances, and help you create an action plan to meet your goals.	Spanish Coalit	Website Foreclosure Education Spanish Coalition for Housing Chicago Housing Agency	help@sc4housing.org
Foreclosure Education & Counseling	Saving money and spending it wisely is important. Many people encounter unforeseen expenses or debt and struggle to manage their finances. With improved financial education, you can accomplish your goals and future plans. SCH's 1-on-1 financial counseling and group workshops focus on increasing families' financial capacity and provide the tools and resources needed to increase their financial health.	Spanish Coalit	Financial Coaching Spanish Coalition for Housing Chicago Housing Agency	help@sc4housing.org
Financial Educating & Coaching	We walk alongside you as you seek help. That might include accompanying you to public aid offices, helping you apply for assistance, providing interpretation, or simply offering emotional support as you navigate unfamiliar systems. We often accompany clients to offices like the Illinois Department of Human Services (IDHS) or community organizations providing financial aid.	Taller de Jose	Financial Assistance - Taller De Jose A Ministry of Accompaniment	info@tallerdejose.org
Financial assistance for rent, food, and other public benefit program navigation	Thresholds boasts more than 60 years of experience working with Chicago's most at-risk populations. Integrating our award-winning, evidence-based practices and strategic partnerships, the Veterans Project includes homeless outreach, housing services, supported employment, peer-driven supports, substance use treatment, integrated physical and mental health services, and trauma-based therapies.	Thresholds	Veterans Project - Thresholds	Fernando Valles, (773) 537-3154; (773) 572- 5321; Fernando.Valles@thresholds.org
Veterans Project	The program employs the skills of licensed clinical social workers on the streets, in shelters, and any other location where people who are homeless may be found. We are Chicago's only citywide mental health homeless outreach program, and our primary goal is simple: to get people living with mental illnesses off the street and help them recover and regain their lives. We believe it is not enough to simply be available to the people who need our services – we need to bring our services to them.	Thresholds	Homeless Outreach - Thresholds	
Homeless Outreach Programs				

Overcoming Barriers to Success (OBS)

Overcoming Barriers to Success (OBS) is a program for young adults, adults, and seniors with physical, emotional, or intellectual disabilities in Little Village and the surrounding communities of Chicago. The program helps aid individuals with the necessary skill sets needed to be able to continue living an independent life.

[Overcoming Barriers to Success \(OBS\) –](#)

Universidad Pc [Universidad Popular](#)

obs@universidadpopular.us; [773-733-5055](tel:773-733-5055)

Physical and Mental Wellness

Program Name	Program Description	Agency	Website for more details	Contact
"Trainers in Training" Program (RUSH Collaborative)	Healthy Hood, Rush University Medical Center Sports Medicine Residents and Jordan Brand provide the participants with the information and clinical skills necessary to support injury prevention resources in their respective Chicago Public High schools. The students participate in a structured 3.5-hour introductory seminar including didactic and clinical components.	Healthy Hood	Trainers in Training Program — Healthy Hood	
Violence Prevention Program	HOPE CDC is committed to reducing violence and fostering a safer environment in the Austin community. Through targeted outreach, intervention strategies, and support services, we work to address the root causes of violence and provide individuals with the resources and guidance needed to choose a different path. Our goal is to create a community where safety, healing, and opportunity replace fear and instability. Community Violence Intervention provides support and resources to reduce violence and promote safety in the West Garfield Park community, fostering a peaceful and empowered environment for families, youth, and residents.	HOPE CDC	Violence Prevention & Community Safety - H.O.P.E. CDC	
Community Violence Intervention	Individual and Family Trauma Services provide support and guidance to help community members heal from emotional, psychological, and spiritual challenges. This program offers resources and interventions designed to strengthen resilience, restore well-being, and promote healthy family and personal growth.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Individual and Family Trauma Services	Our trained, licensed master's level staff use a strength-based approach to provide short- and long-term therapy and case management, emphasizing family communication, conflict resolution, discipline, and life-skills development. Individual, family, and group services are offered within school-based partner locations with CPS. Community-based services can be offered via telehealth and in-person at our site in Washington Park, 241 E. 57th St. We offer support youth experiencing a range of issues, including family conflict, substance abuse, peer relationships, identity issues, anger management, and behavioral/emotional challenges.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Individual and Group Counseling	Youth Advocates provide mediation, case management, and mentorship with a restorative lens to young people at risk of involvement with the juvenile justice or child welfare systems. Responding to Alternatives' 24 hour crisis hotline, Youth Advocates address the needs of young people who have been locked out or who have run away from home. Youth Advocates may also receive referrals from any of our external partnerships or from youth and families that reach out to Alternatives directly for services. Our top priority is to provide young people with the skills and resources to thrive.	Alternatives	Alternatives Community Referral Form	gsaucedo@alternativesyouth.com
Youth Advocate Support Services	"A Youth Advisory Committee is a formal meeting of young people that provides representation, a "voice" for youth in the community.	Alternatives	Youth Resource Guide - Alternatives	
Youth Advisory Committee	The purpose of a Youth Advisory Committee is to strengthen youth participation in the development and implementation of community-based substance use prevention services. This means involving youth in planning and decision-making that affects them, their peers, their community, and others. The Youth Advisory Committees are engaged in the following services, at minimum, to ensure all services and activities are relevant for the target population: Drug Take Back (last week in April and October) Red Ribbon Week (October 23 – 31) National Prevention Week (the 3rd week in May)"	Alternatives	Youth Advisory Committee Sign Up - Alternatives	

Trauma-Informed Youth Care Professional Training	We offer tailored professional development solution customized to cover a range of topics, including trauma-informed care, racial equity, and restorative justice practices. Each training is designed to meet the specific needs of your organization or group.	Alternatives	
Home Health Care	Home Care Aides help persons who are disabled or chronically ill with their non-medical activities of daily living whether within or outside the home. Home Care Aides assist clients with personal, physical mobility and therapeutic care needs, per care plans established by a care coordinator, social worker or other health care counselor. An ASI Home Care Aide is passionate about their work as a caregiver and has a personal, vested interest in their well being.	ASI NE Health	Home Care ASI Home Care intake@asiservices.org ; 773.278.5130
Caregiver Support	Services we provide: -Stressbuster Course (9 weeks) -Education & Training: Learn new skills to care for you and loved ones. -Gap-Filling Funds: Help buying essential items like clothing, furniture, grab bars, eyeglasses, technology, and hearing aids. -Respite Care: Take a short-term break with help at home from a professional caregiver or caregiver of your choice our a nursing home stay for the person receiving your care. -Monthly Support Groups: Share your stories, successes, and challenges caring for your loved ones with fellow caregivers.	ASI NE Health	Respite Care ASI Home Care 312-744-4016; aging@cityofchicago.org
Senior Health Insurance Program	Senior Health Insurance Program (SHIP) is free service offered to Medicare and Medicaid beneficiaries. This service is intended to educate, advocate, and advise seniors to make informed healthcare benefit decisions. This is a free counseling service provided by the Illinois Department of Insurance. A SHIP counselor will meet with clients and their families individually to provide objective information about health insurance benefits based on Medicare or Medicaid beneficiaries.	ASI NE Health	SHIP Counselor ASI Home Care 773-278-5130
Wellness Campus Events	Bethel has created a wellness theme for every month of the year to which it provides engaging activities at the Campus campus. From workshops to after work decompression events, the calendar offers a wide range of events for individuals and families to become part of a culture of wellness that will support an expectation of wellness practices throughout the community. CPR Life safety 365 partners with the Campus to provide community workshops for CPR lifesaving techniques. Senior Stimulation With partners U of I Health and DePaul, a number of activities are planned to engage seniors in mentally and physically stimulating activities on a regular basis. Blood Pressure Cuffs With support from American Heart Association and Wellness West, Bethel provides blood pressure testing stations on campus along with literature and informational sessions to support residents monitoring and self-care.	Bethel New Life	Bethel Wellness Supports - Bethel New Life Inc.
Sports & Fitness Academy	The Sports & Fitness Academy offers a variety of sports leagues, fitness opportunities, and community building activities for youth ages 6-18. Youth can engage in beginner, intermediate, and advanced sports teams. Teams participate in weekly training and competitive games and run on seasonal schedules. Breakthrough provides affordable membership to a fully-equipped fitness center.	Breakthrough	DeAngelo Johnson (872) 444-8236 d.johnson@breakthrough.org

Behavioral Health program	Breakthrough's Behavioral Health program partners with individuals ages 2+ who are currently in Breakthrough programming to improve self-management skills and offer wellness services. The program provides on-site access to medical and mental health care, trauma-informed care, and resources for developing healthy behaviors.	Breakthrough	Behavioral Health – Breakthrough	Lisa Wiese, (773) 346-1723, lwiese@breakthrough.org
Fitness Center	The Breakthrough Fitness Center provides an affordable and convenient way to stay active and build connections within our community. Club membership includes: Cardio Machines (treadmills, ellipticals, stationary bikes), Weight Machines (arms, chest, legs, shoulders, back & lat, cable machine), Free Weights (olympic bars & plates, dumbbells, kettle/medicine balls, squat rack), Stretch Area (exercise mats, stretch straps, exercise bands, foam rollers), Open Gym Time, Fitness Classes, & Locker Rooms w/ Showers	Breakthrough	Fitness Center – Breakthrough	DeAngelo Johnson (872) 444-8236 d.johnson@breakthrough.org
Violence Prevention Outreach Services	Spreading the message of peace through authentic relationships, conflict mediation, street-level intervention, and connections to services	Breakthrough	Violence Prevention – Breakthrough	Damien Morris dmorris@breakthrough.org
Victims of Violence Services	Offering year-round, on-call support and crisis services for victims of violence in our community and Partnering with individuals to create peace in our community through long-term, wrap-around support	Breakthrough	Violence Prevention – Breakthrough	Marilyn Pitchford mpitchford@breakthrough.org Yolanda Fields, (773) 346-1713, yfields@breakthrough.org
Spiritual Development Programs	Everyone at Breakthrough has the option to participate in spiritual growth activities. Members of our staff and volunteers are supported in their spiritual health and stability. Please pray for our community, our neighbors, and our staff.	Breakthrough	Spiritual Development – Breakthrough	
Breast health services	The purpose of Equal Hope's free breast health program is to help women overcome barriers related to access to high quality care. The Navigators will help schedule appointments, remind you about your appointment and follow up with you if you need further care. The navigators can answer questions and help overcome any barriers or fears you may have.	Equal Hope	Free Breast Health Services - E	312-942-3368
Cervical cancer screenings	The Equal Hope cervical screening program helps women overcome barriers related to access to cervical cancer screenings. We advocate for cervical health in all women by promoting prevention through education about early vaccination, Pap testing and HPV testing when recommended.	Equal Hope	Cervical Cancer Screenings an	312-942-3368
Primary care resources	Equal Hope is dedicated to providing medical homes for clients that lack consistent primary care services. This means you can get all of your health care through one place. Services include primary care, preventive care, specialty care, women's health care, vision and dental care. Through our medical home placement, patients, family members, and caregivers are at the center of every medical decision.	Equal Hope	Securing a Regular Doctor - Eq	312-942-3368
Outreach & education	Equal Hope outreaches to women all across Metro Chicago and in particular to the areas where there are the highest occurrence and death rates for breast and cervical cancer. Our staff educate the public on the signs and symptoms of these diseases, what you can do to prevent or lower your risk of these disease, the benefits of screening to either find pre-cancer or early cancer, what you should know about these screens and much more.	Equal Hope	Outreach and Education - Equal Hope	
Proyecto Cuidate (Project Take Care)	We provide an array of services to support, inform, and educate the community on topics that strengthen the individual and family unit. Working primarily in Little Village, our aim is healing, building relationships, and creating safe spaces to promote wellness in the community. Proyecto Cuidate also collaborates and partners with agencies and schools throughout Chicago and in partnering towns to provide educational supports around trauma, mental health, domestic violence, bullying prevention, and restorative justice, as well as other community wellness and safety topics.	Erie Neighborhood	SurveyMonkey Powered Online Survey	Erika Flores eflores@eriehouse.org

Bartolo Hernández VIDA/SIDA HIV Prevention Program	Vida/SIDA, one of the oldest Latino-based HIV programs in the U.S., provides culturally appropriate prevention, intervention, and wrap-around services.	Puerto Rican Cultu	ph - Puerto Rican Cultural Center	Carmen Garcia; carmeng@prcc-chgo.org
The Lisa Isadora-Cruz Trans Empowerment Center	The center engages the trans community through a safe culturally affirming, informative, and trans-umbrella-oriented environment.	Puerto Rican Cultu	ph - Puerto Rican Cultural Center	Dezarae Rodriguez; dezaraerodriguez@prcc-chgo.org Carmen Garcia; carmeng@prcc-chgo.org
PRCC Behavioral Health Program	Provides comprehensive behavioral health support targeting areas like substance abuse, trauma, and other mental health disorders.	Puerto Rican Cultu	ph - Puerto Rican Cultural Center	Muevete@prcc-chgo.org
MUÉVETE- Movement for Life!	A free community-based and volunteer-led, physical activity program open to everyone over the age of 18.	Puerto Rican Cultu	ph - Puerto Rican Cultural Center	Muevete@prcc-chgo.org
Connections with Health and Medical Services	We're here to walk alongside you through medical visits. That can include helping you schedule appointments, accompanying you to and from clinics, providing interpretation, and offering emotional support during the visit. For example, we frequently accompany individuals to mammograms and other important check-ups.	Taller de Jose	Health - Taller De Jose A Ministry of Accompaniment	info@tallerdejose.org
Domestic violence support	One of our key partners is Sarah's Inn. An advocate from Sarah's Inn is available once a week at our Gage Park office to meet with individuals experiencing domestic violence. No appointment is needed—walk-ins are welcome, and services are offered in a confidential and supportive setting. If Sarah's Inn is unavailable to accompany you to court or other appointments, someone from Taller de José can. Whatever your situation, we are here to make sure you feel safe, supported, and never alone.	Taller de Jose	Domestic Violence Support - Taller De Jose A Ministry of Accompaniment	info@tallerdejose.org
Substance use treatment	The Thresholds Substance Use Treatment Program empowers individuals to clarify personal values and life goals, gain knowledge and support, and practice skills needed to build hopeful and healthier futures. Thresholds offers an array of group and individual counseling services, including therapy, recovery coaching, case management, family/couples counseling, and medication-assisted treatment. The type, frequency, and duration of services is based on individual needs and preferences. DUI services are also available, including updated evaluation, counseling, treatment, and education. Staff will review the service fee schedule prior to the beginning of intake into treatment services. Staff will need full insurance information in order to provide the most accurate estimate of fees due, if any. Most treatment services are covered by Medicaid, Medicare, or private insurance. Discounted fees are available for clients who qualify. We accept all clients regardless of ability to pay. Outpatient Services may be entered directly after the admission assessment for individuals who require and/or prefer less intensive services; or as a "step-down," following completion of Intensive Outpatient Services. Clients can access the array of services listed above from 0.5 to 8.5 hours each week. Intensive Outpatient Services includes the array of services listed above for at least 9 hours each week. Clients will typically engage in Intensive Outpatient for 2-8 weeks before "stepping-down" to outpatient services. Where the admission assessment indicates a need for a level of care that is not offered by Thresholds, an appropriate referral will be made.	Thresholds	Substance Use Treatment - Thresholds	(773) 537-3219
Veterans Project	Thresholds boasts more than 60 years of experience working with Chicago's most at-risk populations. Integrating our award-winning, evidence-based practices and strategic partnerships, the Veterans Project includes homeless outreach, housing services, supported employment, peer-driven supports, substance use treatment, integrated physical and mental health services, and trauma-based therapies.	Thresholds	Veterans Project - Thresholds	Fernando Valles, (773) 537-3154; (773) 572-5321; Fernando.Valles@thresholds.org

Deaf program	The Thresholds Deaf Program is the first and only program of its kind in Illinois, offering comprehensive community-based services for persons with serious mental illnesses who are deaf or hard-of-hearing. Staffed by employees fluent in the use of American Sign Language (ASL) who understand the unique cultural needs of the deaf community, the Thresholds Deaf Program provides a full range of specialized services and connects clients to other services, both within Thresholds and elsewhere	Thresholds	Deaf Program - Thresholds	Vicki Hall 773-537-3341; 773-886-1140; Vicki.Hall@thresholds.org
Centers for Mental Wellbeing	Thresholds' Centers for Mental Wellbeing serve as a "one-stop shop" for mental health, substance use treatment and other health care services in their communities. The CCBHC model ensures access to 24/7/365 crisis care, care coordination with hospitals, law enforcement, and schools, and access to high-quality services that include medication-assisted treatment (MAT) to help stop the overdose crisis, among other capabilities.	Thresholds	Centers for Mental Wellbeing - Thresholds	(773) 572-5500
Health Literacy Center	The Thresholds Health Literacy Center (HLC), funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR, 90DPHF0001), focuses on health and wellness among individuals with serious mental illness who live with other co-occurring disabilities and physical health conditions. The HLC has a specific interest in health literacy and promoting wellness as a means to enhance mental health recovery, function, and community participation.	Thresholds	Health Literacy Center - Thresholds	
Overcoming Barriers to Success (OBS)	Overcoming Barriers to Success (OBS) is a program for young adults, adults, and seniors with physical, emotional, or intellectual disabilities in Little Village and the surrounding communities of Chicago. The program helps aid individuals with the necessary skill sets needed to be able to continue living an independent life.	Universidad Popular	Overcoming Barriers to Success (OBS) - Universidad Popular	obs@universidadpopular.us ; 773-733-5055
Health Literacy Initiative	Our Health Literacy Initiative (HEALIN) program aims to improve residents' quality of life through nutrition, exercise, and stress reduction. We offer healthy cooking, yoga, dance, aerobics, nutrition seminars, and guitar classes, in addition to a competitive men's soccer team.	Universidad Popular	Health Literacy Initiative (HEALIN) - Universidad Popular	
Illinois Department of Transportation Peer Educator Program	The Illinois Department of Transportation (IDOT) Peer Educator Program engages youth in meaningful leadership roles to promote traffic safety, injury prevention, and public awareness within their communities. As peer educators, participants receive training on critical topics such as distracted driving, seatbelt safety, and impaired driving prevention. They then lead outreach initiatives and workshops among their peers to encourage safer behaviors. This program empowers youth to become advocates for change while building public speaking, teamwork, and leadership skills that prepare them for future opportunities.	Westside Health Authority	Youth Innovation Center - Westside Health Authority	
Senior Engagement Events	We host Senior Game Day every second Friday and Steppin' With The Seniors every last Friday of the month to encourage social connection and wellness. In addition, our new Senior Chair Exercise initiative offers convenient, low-impact fitness sessions on the first Thursday of each month.	Westside Health Authority	Community Wellness Program - Westside Health Authority	
Prayer Meetings	Held every Wednesday, these gatherings offer spiritual encouragement, community connection, and a space for collective healing and reflection.	Westside Health Authority	Community Wellness Program - Westside Health Authority	
Adult Health and Fitness Courses	Our Active Older Adults programs are designed to help you stay vibrant, healthy, and connected. Whether you're looking to improve your fitness, make new friends, or simply enjoy a more active lifestyle, we've got something for everyone.	YMCA	Health & Fitness YMCA	

Substance Use & Prevention

Program Name	Program Description	Agency	Website for more details	Contact
Substance use treatment	<p>The Thresholds Substance Use Treatment Program empowers individuals to clarify personal values and life goals, gain knowledge and support, and practice skills needed to build hopeful and healthier futures. Thresholds offers an array of group and individual counseling services, including therapy, recovery coaching, case management, family/couples counseling, and medication-assisted treatment. The type, frequency, and duration of services is based on individual needs and preferences. DUI services are also available, including updated evaluation, counseling, treatment, and education. Staff will review the service fee schedule prior to the beginning of intake into treatment services. Staff will need full insurance information in order to provide the most accurate estimate of fees due, if any. Most treatment services are covered by Medicaid, Medicare, or private insurance. Discounted fees are available for clients who qualify. We accept all clients regardless of ability to pay. Outpatient Services may be entered directly after the admission assessment for individuals who require and/or prefer less intensive services; or as a “step-down,” following completion of Intensive Outpatient Services. Clients can access the array of services listed above from 0.5 to 8.5 hours each week. Intensive Outpatient Services includes the array of services listed above for at least 9 hours each week. Clients will typically engage in Intensive Outpatient for 2-8 weeks before “stepping-down” to outpatient services. Where the admission assessment indicates a need for a level of care that is not offered by Thresholds, an appropriate referral will be made.</p>	Thresholds	Substance Use Treatment - Thresholds	(773) 537-3219
Veterans Project	<p>Thresholds boasts more than 60 years of experience working with Chicago’s most at-risk populations. Integrating our award-winning, evidence-based practices and strategic partnerships, the Veterans Project includes homeless outreach, housing services, supported employment, peer-driven supports, substance use treatment, integrated physical and mental health services, and trauma-based therapies. Employment services for adults 18 years and older, returning citizens, seniors and our veterans. Case managers offer in-house services such as IDs and birth certificates, and connect clients to partners for food, clothing, furniture, and mental health or substance use support. Assessing individual's goals, short and long-term working together on an Individual Employment Plan (IEP)</p>	Thresholds	Veterans Project - Thresholds	Fernando Valles, (773) 537-3154; (773) 572- 5321; Fernando.Valles@thresholds.org
Transitional Jobs Program	<p>"A Youth Advisory Committee is a formal meeting of young people that provides representation, a “voice” for youth in the community.</p> <p>The purpose of a Youth Advisory Committee is to strengthen youth participation in the development and implementation of community-based substance use prevention services. This means involving youth in planning and decision-making that affects them, their peers, their community, and others.</p> <p>The Youth Advisory Committees are engaged in the following services, at minimum, to ensure all services and activities are relevant for the target population:</p> <p>Drug Take Back (last week in April and October) Red Ribbon Week (October 23 – 31) National Prevention Week (the 3rd week in May)"</p>	Westside Health /	Reentry Adult Service – Westside Health Authority	773-786-0226.
Youth Advisory Committee	<p>Provides comprehensive behavioral health support targeting areas like substance abuse, trauma, and other mental health disorders.</p>	Alternatives	Youth Advisory Committee Sign Up - Alternatives	Carmen Garcia; carmeng@prcc-chgo.org
PRCC Behavioral Health Program		Puerto Rican Cult	ph - Puerto Rican Cultural Center	

Centers for Mental Wellbeing

Thresholds' Centers for Mental Wellbeing serve as a "one-stop shop" for mental health, substance use treatment and other health care services in their communities. The CCBHC model ensures access to 24/7/365 crisis care, care coordination with hospitals, law enforcement, and schools, and access to high-quality services that include medication-assisted treatment (MAT) to help stop the overdose crisis, among other capabilities.

Thresholds

[Centers for Mental Wellbeing - Thresholds](#)

(773) 572-5500

Youth Programs

Program Name	Program Description	CBO Offering	Website for more details	Contact
Youth Education	Stone Community Development Corporation's Children's Learning Program is a comprehensive educational initiative aimed at fostering the academic, social, and emotional development of children in our community. The program is designed to provide children with a safe, nurturing, and stimulating environment where they can thrive and reach their full potential.	Stone CDC	Education – Partners	(844) 337-8663 info@stonecdc.org
Individual and Group Counseling	Our trained, licensed master's level staff use a strength-based approach to provide short-and long-term therapy and case management, emphasizing family communication, conflict resolution, discipline, and life-skills development. Individual, family, and group services are offered within school-based partner locations with CPS. Community-based services can be offered via telehealth and in-person at our site in Washington Park, 241 E. 57th St. We offer support youth experiencing a range of issues, including family conflict, substance abuse, peer relationships, identity issues, anger management, and behavioral/emotional challenges.	Alternatives	Alternatives Community Referral Form	Gabriela Saucedo gcaucedo@alternativesyouth.com
Youth Advocate Support Services	Youth Advocates provide mediation, case management, and mentorship with a restorative lens to young people at risk of involvement with the juvenile justice or child welfare systems. Responding to Alternatives' 24 hour crisis hotline, Youth Advocates address the needs of young people who have been locked out or who have run away from home. Youth Advocates may also receive referrals from any of our external partnerships or from youth and families that reach out to Alternatives directly for services. Our top priority is to provide young people with the skills and resources to thrive.	Alternatives	Youth Resource Guide - Alternatives	
Craft Your Path	A job readiness program specifically for young adults (ages 18-24) who are out of school and seeking to enter in-demand job industries. This program offers paid work-based learning experiences and professional mentorship.	North Lawndale Employment Network	Lawndale Employment Network	outreach@nlen.org
Youth Summer Day camp	The Youth Services program offers a variety of educational, recreational, and creative opportunities aimed at inspiring and empowering young people through our three youth-focused initiatives. The Safe Haven After School Program allows youth to receive tutoring, mentorship, homework support, and access to educational and recreational activities during the school year. Our Summer Day Camp engages children with enrichment programs, hands-on activities, and field trips throughout the summer months. Finally, our Keys to Life, Music, & Fine Arts Program nurtures artistic talent and personal growth through instruction in vocal, instrumental, and performing arts.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Youth Advisory Committee	<p>A Youth Advisory Committee is a formal meeting of young people that provides representation, a "voice" for youth in the community.</p> <p>The purpose of a Youth Advisory Committee is to strengthen youth participation in the development and implementation of community-based substance use prevention services. This means involving youth in planning and decision-making that affects them, their peers, their community, and others.</p> <p>The Youth Advisory Committees are engaged in the following services, at minimum, to ensure all services and activities are relevant for the target population:</p> <ul style="list-style-type: none"> Drug Take Back (last week in April and October) Red Ribbon Week (October 23 – 31) National Prevention Week (the 3rd week in May) 	Alternatives	Youth Advisory Committee Sign Up - Alternatives	

Early Childhood Development Programs with the Mary Crane Center	For over 100 years, Mary Crane Center (MCC) has been dedicated to the comprehensive early development of children and to supporting their families through a variety of programs. Our goal is to provide quality education in a safe and diverse environment and to strengthen the bonds between children and their families. The dynamic teaching methods encourage each child to bring his or her individuality and experiences into the classroom. By identifying a child's likes, dislikes, struggles, and strengths, teachers can enhance each child's personal education and help them to develop the life skills they need to achieve his or her goals.	Bethel New Life	Wellness Partners - Bethel New Life Inc.	
STEM Programing – Project Exploration (PE)	We have partnered with PE for a number of years. Bethel's proximity to three elementary schools has made our campus ideal for connecting with students. Of course, the importance of enhancing children's exposure to practical science, technology, engineering and math, goes a long way toward lighting the fires of imagination and exploration. This raises the potential to lead to educational and career paths that will transform lives and families.	Bethel New Life	Wellness Partners - Bethel New Life Inc.	
High School Career Exploration Opportunities	Christ the King- Students spend full days at the Wellness Campus performing specific roles and responsibilities to gain knowledge and understanding of critical workplace constructs. After School Matters - High School students spend summer and spring engaged in horticulture career activities. Under the instruction of the horticulture specialist, participants perform a variety of duties that give them a hands-on experience in the field of horticulture.	Bethel New Life	Wellness Partners - Bethel New Life Inc.	
Breakthrough Beginners	The Beginners program provides instruction to young learners (ages 2-5) in core subjects including literacy, math, science and social studies. The program aims to develop emergent skills that are essential to reading and writing, using creative activities and hands-on exploration that correspond to developmental stages and Illinois Learning and Development Standards. The program offers full-day preschool, with care before and after the program to accommodate the schedules of families. When a child exits the program to kindergarten, Breakthrough emphasizes a smooth transition through parent partnerships and collaboration with various local schools.	Breakthrough	Breakthrough Beginners (Preschool) – Breakthrough	Kimberly Graham (872) 444-8210 kgraham@breakthrough.org
London Johnson Arts and Technology Academy (LJATA)	The London Johnson Arts and Technology Academy (LJATA) engages youth ages 6+ in STEAM opportunities. Focus areas include digital arts and sciences, visual arts, culinary arts, music and communications. Students can enroll in introductory clubs and camps, as well as mid-level teams, classes, and workshops. LJATA promotes skill-based learning, creativity, collaboration, career exploration, and personal growth.	Breakthrough	London Johnson Arts & Technology Academy – Breakthrough	Iris Ramirez (872) 444-8207 iramirez@breakthrough.org
Nettie Bailey Student Achievement Program (NBSAP)	The Nettie Bailey Student Achievement Program (NBSAP) provides youth in Kindergarten through 8th-grade with out-of-school time enrichment opportunities. Students engage in a range of well-rounded activities, including homework support, tutoring, social-emotional learning, literacy, arts, science, and sports. These programs offer holistic academic enrichment and foster positive youth development, equipping students with the skills and confidence needed for academic success and beyond.	Breakthrough	Nettie Bailey Student Achievement Program (NBSAP) – Breakthrough	Iris Ramirez (872) 444-8207 iramirez@breakthrough.org
Sports & Fitness Academy	The Sports & Fitness Academy offers a variety of sports leagues, fitness opportunities, and community building activities for youth ages 6-18. Youth can engage in beginner, intermediate, and advanced sports teams. Teams participate in weekly training and competitive games and run on seasonal schedules. Breakthrough provides affordable membership to a fully-equipped fitness center.	Breakthrough	Sports And Fitness Academy – Breakthrough	DeAngelo Johnson (872) 444-8236 d.johnson@breakthrough.org Myisha McGee
Breakthrough Beyond	Breakthrough Beyond supports youth ages 14-24 during high school and as they transition into college or career. Breakthrough is committed to the success of Garfield Park youth as they navigate adulthood.	Breakthrough	Breakthrough Beyond (High School & Post-Secondary Programs) – Breakthrough	(872) 444-8216 mmcgee@breakthrough.org

Early Childhood Education Program	In our Early Childhood Education program, experienced, caring teachers guide children from infancy to age 5 through these critical developmental years. Children in our program build kindergarten-readiness skills, with a focus on language and literacy, math, and science.	Erie Neighborhood House	Early Childhood Education - Erie Neighborhood House	Consuelo Cancino, (312) 432-2263 ccancino@eriehouse.org Yvonne Torres, America Salgado; ytorres2@eriehouse.org,
School-Age After-School Program	We provide a second home during after-school hours for children ages 5-12—and all day most school holidays and throughout the summer—so your child can explore interests, develop positive relationships and build the skills and resilience they need to thrive.	Erie Neighborhood House	School-Age - Erie Neighborhood House	asalgado@eriehouse.org
Little Village READS	Our literacy intervention program provides extra layers of after-school support to make sure your child develops reading skills that are so critical to their success. Your child will receive 1-on-1 tutoring and participate in group activities to support reading comprehension, oral fluency and a love of reading in our fun after-school program. Our summer program gives your child the opportunity to continue learning outside of the classroom and encourages learning retention. For students in grades 1–3 at Daniel J. Corkery School and Epiphany Catholic School, by referral only; talk to your child's teacher about enrolling. YOU is open during after-school hours with all-day programming on select school holidays and throughout the summer, providing middle school and high school students with access to help with homework and computer lab time. We also pair youth with volunteer mentors (see TEAM for more information) for extra academic support. In addition, we offer several extensions to build upon classroom learning: Help your child reach their full developmental potential and reach your personal goals. Our home visiting program provides: Weekly 90-minute visits in your home; Fun, educational activities; Twice-monthly socialization groups and field trips; Bilingual services; Support for parents in reaching your goals	Erie Neighborhood House	LV READS - Erie Neighborhood House	Jaidaly Rocha (773) 225-6376 jrocha@eriehouse.org
Youth Options Unlimited	We want to make sure being healthy is accessible—and fun—for kids of all ages. If your child is enrolled in our Early Childhood Education (ages 2-5), School-Age (ages 5-12) or YOU (ages 12-18) program, they'll have the opportunity to learn about healthy nutrition and food choices, be active and develop positive self-esteem through our Super H program. Your child must first be enrolled in one of our programs for children and youth in order to participate in Super H.	Erie Neighborhood House	Youth Options Unlimited (YOU) - Erie Neighborhood House	Wendy Viteri 312) 432-2279, wviteri@eriehouse.org Carmen Lopez; (773) 937-0123; clopez@eriehouse.org
Early Head Start	We want to make sure being healthy is accessible—and fun—for kids of all ages. If your child is enrolled in our Early Childhood Education (ages 2-5), School-Age (ages 5-12) or YOU (ages 12-18) program, they'll have the opportunity to learn about healthy nutrition and food choices, be active and develop positive self-esteem through our Super H program. Your child must first be enrolled in one of our programs for children and youth in order to participate in Super H.	Erie Neighborhood House	Home Visiting - Erie Neighborhood House	Karen Rivera (312) 432-2212, krivera@eriehouse.org
Healthy Families Illinois	We want well-being to be both accessible and fun for students at Erie House. Your child will learn about healthy nutrition and become more aware of their food choices, be active, and develop the confidence to live a healthy lifestyle through our Super H initiative. For ages 2–12; must be enrolled in one of our programs for children and youth.	Erie Neighborhood House	Home Visiting - Erie Neighborhood House	
Nutrition Courses for Ages 2-12	We want well-being to be both accessible and fun for students at Erie House. Your child will learn about healthy nutrition and become more aware of their food choices, be active, and develop the confidence to live a healthy lifestyle through our Super H initiative. For ages 2–12; must be enrolled in one of our programs for children and youth.	Erie Neighborhood House	Health & Leadership - Erie Neighborhood House	Daisy Lomeli, (312) 432-2261, dlomeli@eriehouse.org
The Violence Prevention and Intervention (VPI) Department	Seeks to provide services to young people from the ages of 7 to 24 that center on restorative practices and healing in violence prevention/intervention.	Puerto Rican Cultural Center	The Violence Prevention and Intervention (VPI) Department	Jenise Santiago; jenisesantiago@prc-c-hgo.org
UP To Youth K-12 Programming	UP to Youth provides our youth with dynamic learning opportunities that are typically not provided in traditional classroom settings. Universidad Popular's approach to education is one anchored by the concept of popular education. Thus, UP to Youth offers a safe and accepting environment that favors peer to peer and experiential learning. The focus of the program includes increasing Little Village youths' civic engagement, cultivating a positive self-image and healthy living, improving academic performance and achievement, fostering creative problem-solving skills, and expanding parent involvement.	Universidad Popular	UP to Youth – Universidad Popular	
Families Learning to Teach	Families Learning to Teach (FLT) is our holistic family literacy program that includes education for adults, children, and youth, focusing on participatory learning, access to community resources and information, and leadership development.	Universidad Popular	Families Learning to Teach (FLT) – Universidad Popular	

Chicago Youth Service Corps	The Chicago Youth Service Corps (CYSC) is a city-led program that engages young people, typically ages 16 to 24, in meaningful year-round service opportunities. Operating Monday through Friday during after-school hours, CYSC provides paid work experiences, leadership development, and community projects that help youth build essential skills, gain work readiness, and contribute to the betterment of their neighborhoods. The program empowers youth by fostering civic responsibility, promoting career exploration, and supporting personal growth.	Westside Health Authority	Youth Innovation Center – Westside Health Authority
Illinois Youth Investment Program (IYIP)	The Illinois Youth Investment Program (IYIP) provides youth ages 16 to 24 with paid work experiences that promote skill development, career exploration, and personal growth. Our program operates Monday through Friday with varying shifts depending on the worksite, allowing flexibility to meet the needs of both youth participants and employers. Through hands-on job placements, training, and mentorship, IYIP helps young people build essential workforce skills and prepare for long-term career success.	Westside Health Authority	Youth Innovation Center – Westside Health Authority
Reimagine Program	The Reimagine Public Safety program engages youth in meaningful discussions and activities focused on community safety, conflict resolution, and civic responsibility. Hosted on Wednesdays and Fridays, this program offers participants an opportunity to develop leadership skills and contribute to shaping safer neighborhoods. Youth who actively participate can earn incentives up to \$900, recognizing their commitment and involvement in building positive change.	Westside Health Authority	Youth Innovation Center – Westside Health Authority
ChicagoAbility	ChicagoAbility is a program dedicated to empowering youth and young adults ages 14 & 15 to provide tailored career development, skill-building, and employment opportunities. Through personalized support, training, and partnerships with inclusive employers, ChicagoAbility helps participants overcome barriers, gain meaningful work experience, and achieve greater independence. The program fosters confidence and equips youth with the tools needed to succeed in the workforce and in their communities.	Westside Health Authority	Youth Innovation Center – Westside Health Authority
One Summer Chicago Program	One Summer Chicago is a comprehensive youth employment initiative through which we serve over 200 youth each summer. We place participants at more than 62 partner businesses, providing valuable paid work experiences that develop professional skills and foster career growth. Through strong community and business relationships, One Summer Chicago helps youth gain real-world exposure, build networks, and prepare for future success.	Westside Health Authority	Youth Innovation Center – Westside Health Authority
Local Lunchbox program	We bring delicious, healthy, and culturally familiar meals to youth and teens at no cost over the summer! Local Lunchbox connects small, locally owned food businesses with community organizations to provide meals to youth ages 18 and under — and it’s all paid for by the United States Department of Agriculture. Learn more about our collaboration below.	YMCA	Bringing Delicious, Nutritious, Culturally Relevant Meals to Youth in Our Communities YMCA
ComEd CONSTRUCT Infrastructure Youth Academy	Calling all Chicago-area rising high school juniors and seniors! The YMCA of Metropolitan Chicago is partnering with ComEd for the ComEd CONSTRUCT Infrastructure Youth Academy, which focuses on building awareness of trade career opportunities by introducing youth to entry-level craft positions such as Construction Workers and Overhead Helpers.	YMCA	ComEd CONSTRUCT Youth Academy YMCA construct@ymcachicago.org
Water Works Career Exploration Program	Water Works is a YMCA of Metropolitan Chicago career exploration program designed to unlock a whole new world of careers in and around water — which makes up nearly three-quarters (71%) of the world’s surface! From lifeguard to oceanographer, participants will obtain first-hand discovery of a variety of water-related careers.	YMCA	Water Works YMCA waterworks@ymcachicago.org

Teen Mentorship Program	<p>Funded by the Chicago Department of Family & Support Services, our Teen Mentorship Program helps teens and young adults gain tools that support success in school, work, and life. We connect teens with YMCA program staff. Together, they'll explore lifelong skills, including time management, financial literacy, navigating life's big transitions, and more. The Teen Mentorship Program meets one day a week at the McCormick YMCA and South Side YMCA. Participants of our Reimagine Public Safety Act program lead efforts to prevent gun violence through the lens of case management, a process of connecting community members to essential resources. Hosted at the Rauner Family YMCA and within the community, participants receive holistic support to plan and execute personalized initiatives. YMCA</p>	<p>Teen Programming YMCA teenprogramming@ymcachicago.org</p>
Preschool and Kindergarten Services	<p>The Dr. Effie O. Ellis YMCA is committed to empowering our next generations while fostering opportunities to explore and grow. Our program not only prepares your child, age 3 to 5 years old, for kindergarten, but it also builds social and emotional skills that last a lifetime. Located in West Garfield Park, Chicago, the Dr. Effie O. Ellis Y takes great pride in serving our neighbors and families who work in the area. Our enrollment process is available year-round, provided there are openings in classrooms! To register, schedule a tour, or learn more about our programs, please fill out the Inquiry Form. YMCA</p>	<p>Dr. Effie O. Ellis YMCA YMCA</p>

Arts

Program Name	Program Description	Agency	Website for more details	Contact
KNVS House Collective	KNVS House approaches their goal of community healing with the outlet of creative expression, guiding the youth and adults alike, toward their personal liberation through artistic articulation.	Healthy Hood	Arts & Culture — Healthy Hood	
Arts & Music	Art therapy harnesses the creative process to enhance physical, mental, and emotional well-being. Engaging in artistic activities allows individuals to express themselves, process complex emotions, and find a sense of peace and fulfillment. Whether through painting, drawing, or sculpture, art provides a healing outlet that can significantly improve one's quality of life, aiding in recovery and promoting overall wellness.	Stone CDC	Arts+Music – Partners	
Youth Summer Day camp	The Youth Services program offers a variety of educational, recreational, and creative opportunities aimed at inspiring and empowering young people through our three youth-focused initiatives. The Safe Haven After School Program allows youth to receive tutoring, mentorship, homework support, and access to educational and recreational activities during the school year. Our Summer Day Camp engages children with enrichment programs, hands-on activities, and field trips throughout the summer months. Finally, our Keys to Life, Music, & Fine Arts Program nurtures artistic talent and personal growth through instruction in vocal, instrumental, and performing arts.	United for Better Living	Programs - United For Better Living Chicago	773-261-3309
Wellness Arts Initiative	Bethel New Life, Inc. recognizes the value of community arts initiatives that reflect the historical and current relevance and importance of black and brown culture in the fabric of American society. Through partnerships BNL provides performances, workshops, exhibits and more that demonstrate these values supporting a stronger sense of self to individuals and families in the communities we serve and beyond.	Bethel New Life	Wellness Partners - Bethel New Life Inc.	
Move Me To Soul	Move Me Soul is a performance dance and wellness company born on Chicago's west side. The company offers performances on the BNL campus as well as participating in community activities and celebrations. BNL serves as the fiscal sponsor for Move Me Soul.	Bethel New Life	Wellness Partners - Bethel New Life Inc.	
Breakthrough Beginners	The Beginners program provides instruction to young learners (ages 2-5) in core subjects including literacy, math, science and social studies. The program aims to develop emergent skills that are essential to reading and writing, using creative activities and hands-on exploration that correspond to developmental stages and Illinois Learning and Development Standards. The program offers full-day preschool, with care before and after the program to accommodate the schedules of families. When a child exits the program to kindergarten, Breakthrough emphasizes a smooth transition through parent partnerships and collaboration with various local schools.	Breakthrough	Breakthrough Beginners (Preschool) – Breakthrough	Kimberly Graham (872) 444-8210 kgraham@breakthrough.org
London Johnson Arts and Technology Academy (LJATA)	The London Johnson Arts and Technology Academy (LJATA) engages youth ages 6+ in STEAM opportunities. Focus areas include digital arts and sciences, visual arts, culinary arts, music and communications. Students can enroll in introductory clubs and camps, as well as mid-level teams, classes, and workshops. LJATA promotes skill-based learning, creativity, collaboration, career exploration, and personal growth.	Breakthrough	London Johnson Arts & Technology Academy – Breakthrough	Iris Ramirez (872) 444-8207 iramirez@breakthrough.org

<p>Nettie Bailey Student Achievement Program (NBSAP)</p>	<p>The Nettie Bailey Student Achievement Program (NBSAP) provides youth in Kindergarten through 8th-grade with out-of-school time enrichment opportunities. Students engage in a range of well-rounded activities, including homework support, tutoring, social-emotional learning, literacy, arts, science, and sports. These programs offer holistic academic enrichment and foster positive youth development, equipping students with the skills and confidence needed for academic success and beyond. We are passionate expressive arts therapists utilizing strengths based and trauma informed clinical frameworks to promote individual and community healing. Through evidenced-based practices that foster self-expression, we work to build safe spaces for exploration and growth. Our clients are visual artists, musicians, performers, writers, and others interested in gaining insight into themselves and their worlds through developing and sharing their own creative languages.</p>	<p>Breakthrough</p>	<p>Nettie Bailey Student Achievement Program (NBSAP) – Breakthrough</p>	<p>Iris Ramirez (872) 444-8207 iramirez@breakthrough.org</p>
<p>Creative Arts Therapy</p>	<p></p>	<p>Thresholds</p>	<p>Creative Arts Therapy - Thresholds</p>	<p>773.572.5500</p>