

Alternatives Youth Inc

Address	Lead Contact	Phone Number	Website
241 E 57th St, Chicago, IL 60637	Michel Mora Penalosa, mpenalosa@alternativesyouth.org	773 506 7474	alternativesyouth.org/

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
Individual and Group Counseling	<p>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.</p>		Alternatives Community Referral Form	Gabriela Saucedo	gsaucedo@alternativesyouth.com
Youth Advocate Support Services	<p>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.</p> <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>		Youth Resource Guide - Alternatives		
Youth Advisory Committee	<p>Drug Take Back (last week in April and October)</p> <p>Red Ribbon Week (October 23 – 31)</p> <p>National Prevention Week (the 3rd week in May)</p>	N/A	Youth Advisory Committee Sign Up - Alternatives		

	<p>Restorative Justice is grounded in the ancient idea that having people get a real sense of how they are connected and belong, addressing their needs, and building their skills can be more powerful and effective in creating a healthy and safe community than relying on fear of punishment and retribution could ever be. Alternatives' provides an intensive curriculum to train youth and young adults in using Restorative Justice practices. This training is ideal for individuals who want to learn about conflict transformation, creating healing spaces, and understanding roots of violence. We explore ways to prevent harm to ourselves and our community through relationship-building.</p>		
Restorative Justice Programs	<p>This program, which centers young people who have been marginalized in a variety of ways (i.e. experiences with the criminal justice system, homelessness, etc.), builds on the unique strengths of participants and helps develop skills to reclaim their community. After completion, some participants might be eligible for paid positions as Peace Ambassadors</p> <p>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.</p>	N/A	<p>https://docs.google.com/forms/d/e/1FAIpQLSc-3PzWloVFdSdAcbgV9sZmfRUY9-q5INPiNnyIJWleJJOPdQ/vjewform</p>
Trauma-Informed Youth Care Professional Training			
Emerging Leaders Fellowship Program	<p>Alternatives Emerging Leaders Fellowship (ELF) is a nonprofit leadership development program that prepares the next generation of leaders, particularly those of color, for executive and director-level roles. By providing a safe space to learn, make mistakes, and engage with the complex issues common at the leadership level, the program helps participants develop the skills needed to become values-driven, anti-racist decision-makers.</p>	Postponed for the 2026 cohort	

ASI NE Healthcare Services

Address	Lead Contact	Phone Number	Website
4131 W Belmont Ave, Suite C, Chicago, IL 60641	Dayanara Cruz, dacruz@nehealthcare.org	773.278.5130	Our Services ASI Home Care

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
Home Health Care	<p>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.</p>	773.278.5130	Home Care ASI Home Care		intake@asiservices.org
Caregiver Support	<p>Services we provide:</p> <ul style="list-style-type: none"> -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. 	312-744-4016	Respite Care ASI Home Care	DFSS Senior Services Division Information and Assistance Unit	aging@cityofchicago.org
Chore Program	<p>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.</p> <p>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.</p>	(312) 744- 4016	Heavy Duty Chore & Housekeeping ASI Home Care		aging@cityofchicago.org
Senior Health Insurance Program	<p>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.</p>	773-278-5130	SHIP Counselor ASI Home Care		
Pre-Apprenticeship Program	<p>This pre-apprenticeship program is 14-weeks long and will give you the opportunity to build a career in construction—no previous experience required. Learn hands-on skills you can apply directly on the job site and earn industry-recognized credentials, putting you on a path toward potential job placement after completion.</p>	(773) 879 - 4573; (773) 936 - 4255	Pre- Apprenticeship Intake Form	Michael Walton - Program Administrator; Barbara Garcia - Outreach	mwalton@asiservices.org; bgarcia@asiservices.org

Bethel New Life

Address	Lead Contact	Phone Number	Website
4950 W Thomas St., Chicago, IL 60651 1150 N Lamon Ave, Chicago, IL 60651 316 N Pulaski Rd., Chicago, IL 60624 5130 W Jackson Blvd, Chicago, IL 60644	Francisco Yanez, fcyanez@bethelnewlife.org	773-473-7880 773-473-7870 773-473-7870 773-921-6263	Bethel New Life Inc.

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
Workforce Development Program	Bethel New Life's Workforce Development Program equips Austin and neighboring communities with the skills, resources, and access to obtain longterm, stable employment. As a pillar of resources and collaboration for residents of the Westside for almost 30 years, we strive to continue creating accessible jobs and provide the technical and personal training needed for more households to succeed and provide a future for the next generation.		Holistic Journeys Workforce Development Program - Bethel New Life Inc.	Davina Ware	davina@bethelnewlife.org
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.	(773) 287-2711	Senior Living - Bethel New Life Inc.		
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 horticulture 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 Wellness Supports - Bethel New Life Inc.	Aniki Cotes	aniki@bethelnewlife.org

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.

Daily Bread Food Pantry

Bethel New Life, Inc. also partners with Greater Chicago Food Depository to support connecting or reconnecting west side residents to critical benefits such as SNAP and Medicaid.

773-887-3630

[Bethel Wellness Supports - Bethel New Life Inc.](#)

Marcia Kay

mkay@bethelnewlife.org

Healthy Food Access Initiative

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.

[Bethel Wellness Supports - Bethel New Life Inc.](#)

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 Wellness Supports - Bethel New Life Inc.](#)

Wellness Campus Events

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.

[Wellness Partners - Bethel New Life Inc.](#)

Early Childhood Development Programs with the Mary Crane Center

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.

[Wellness Partners - Bethel New Life Inc.](#)

STEM Programing – Project Exploration (PE)

Wellness Arts Initiative	<p>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.</p> <p>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.</p>	Wellness Partners - Bethel New Life Inc.
High School Career Exploration Opportunities	<p>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.</p>	Wellness Partners - Bethel New Life Inc.
Move Me To Soul	<p>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.</p>	Wellness Partners - Bethel New Life Inc.
Entrepreneur Academy	<p>Since 1996, Entrepreneurs Academy (EA) has been providing entrepreneurial training in low-income, under-developed and under-represented communities. EA has collaborated with Bethel New Life on community events for small businesses and violence prevention; EA intends to continue collaborating on events. They focus on entrepreneurial training in any of their 4 vertical industries including Drone Photography, ED Product Design and Invention, and Eco-Art.</p> <p>A unique facet of the EA's approach is to weave mental health into the program. There are elements of stress and anxiety that are more pronounced in participants coming from under-served communities. We have clinicians who participate in entrepreneurial training. EA also has a special relationship with CIBC Bank USA providing special funding opportunities for graduates of the Entrepreneurs Academy.</p>	Wellness Partners - Bethel New Life Inc.
Illinois Nutrition Education Programs	<p>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.</p>	Wellness Partners - Bethel New Life Inc.

Your Passion 1st

YourPassion1st is a unique international non-profit organization 501(c)3 that empowers under-resourced young adults to find, define, and follow their passion into the workforce or entrepreneurship, becoming the world's future innovators.

[Wellness Partners - Bethel](#)
[New Life Inc.](#)

Breakthrough

Address	Lead Contact	Phone Number	Website		
3219 W Carroll Ave 402 N. St. Louis 3330 W Carroll Ave 3334 W Carroll Ave 214 N Homan Ave	Cornelius Chandler & Kelly Smith; cchandler@breakthrough.org & ksmith@breakthrough.org; 773-970-4158 & 872-306-6507	872-444-8200 773-346-1785 773-722-1144 872-444-8200 773-707-3075	Breakthrough – Garfield Park Chicago, IL		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.	(872) 444-8210	Breakthrough Beginners (Preschool) – Breakthrough	Kimberly Graham	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.	(872) 444-8207	London Johnson Arts & Technology Academy – Breakthrough	Iris Ramirez	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.	(872) 444-8207	Nettie Bailey Student Achievement Program (NBSAP) – Breakthrough	Iris Ramirez	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.	(872) 444-8236	Sports And Fitness Academy – Breakthrough Breakthrough Beyond (High School & Post-Secondary Programs) – Breakthrough	DeAngelo Johnson	d.johnson@breakthrough.org
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's Community Economic Development (CED) program provides education, work experience, and supportive services so you can increase your skills, gain and retain employment, and access resources and opportunities. The goal of CED is to promote individual economic stability, wealth creation, and a community of strong contributors and leaders.	(872) 444-8216	Community Economic Development – Breakthrough	Myisha McGee	mmcgee@breakthrough.org
Community Economic Development (CED) program	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.	(773) 346-1382	Daytime Support Center – Breakthrough	Nate Bedell	nbedell@breakthrough.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	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.	(773) 346-1382	Transitional Housing – Breakthrough	Nate Bedell	nbedell@breakthrough.org
Permanent Supportive Housing program	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.	(773) 346-1382	Permanent Supportive Housing – Breakthrough	Nate Bedell	nbedell@breakthrough.org
Fresh Market Client Choice Food Pantry	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.	(872) 444-8260	Fresh Market – Breakthrough	Wendy Daniels	wdaniels@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.	(773) 346-1723	Behavioral Health – Breakthrough	Lisa Wiese, LCSE, RDDP	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	(872) 444-8236	Fitness Center – Breakthrough	DeAngelo Johnson	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		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 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.		Violence Prevention – Breakthrough	Marilyn Pitchford	mpitchford@breakthrough.org
Spiritual Development Programs		(773) 346-1713	Spiritual Development – Breakthrough	Yolanda Fields	yfields@breakthrough.org

Equal Hope

Address	Lead Contact	Phone Number	Website
300 S Ashland Ave, Suite 202, Chicago, IL 60607	John Tate, john_tate@rush.edu	312-942-3368	Chicago Breast Health Services Reproductive Cancer Screenings

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.	312-942-3368	Free Breast Health Services - Equal Hope		Public Form
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 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.	312-942-3368	Cervical Cancer Screenings and Follow Up Program - Equal Hope		
Primary care resources		312-942-3368	Securing a Regular Doctor - Equal Hope		
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.				Outreach and Education - Equ <u>contact@equalhope.org</u>

Erie Neighborhood House

Address	Lead Contact	Phone Number	Website		
1347 W Erie St., Chicago, IL 60642 1701 W Superior St., Chicago, IL 60622 4225 W 25th St., Chicago, IL 60623 1634 W Van Buren St., Chicago, IL 60612	Edna Martinez Godoy, EGodoy@eriehouse.org	312-666-3430 312-563-5800 773-542-7617 312-334-1026	Home - Erie Neighborhood House		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
Legal Services	Our in-house team of attorneys and legal representatives help their clients navigate the US citizenship and immigration system, keeping families together, and building a greater sense of security.	(773) 231-7884	Legal Services - Erie Neighborhood House		legalservices@eriehouse.org
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.		SurveyMonkey Powered Online Survey	Erika Flores	eflores@eriehouse.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.	(312) 432-2263	Early Childhood Education - Erie Neighborhood House	Consuelo Cancino	ccancino@eriehouse.org 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.		School-Age - Erie Neighborhood House	Yvonne Torres, America Salgado	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.	(773) 225-6376	LV READS - Erie Neighborhood House	Jaidaly Rocha	jrocha@eriehouse.org
Youth Options Unlimited	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:	312) 432-2279	Youth Options Unlimited (YOU) - Erie Neighborhood House	Wendy Viteri	wwiteri@eriehouse.org
Early Head Start	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	(773) 937-0123	Home Visiting - Erie Neighborhood House	Carmen Lopez	clopez@eriehouse.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. 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.	(312) 432-2212	Home Visiting - Erie Neighborhood House	Karen Rivera	krivera@eriehouse.org
Nutrition Courses for Ages 2-12	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.	(312) 432-2261	Health & Leadership - Erie Neighborhood House	Daisy Lomeli	dlomeli@eriehouse.org
Nutrition Workshops and Cooking Demonstrations for Adults	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	(312) 666-3430 x2202	Health & Leadership - Erie Neighborhood House	Ignacio Medina	imedina@eriehouse.org
Public Benefits Application Assistance	We host Know Your Rights workshops to you with knowledge and resources if you are ever confronted by law enforcement or immigration officials. If you would like to organize a Know Your Rights workshop in your community or become a trained Community Navigator, please view our volunteer opportunities.	(708) 613-0639	Health & Leadership - Erie Neighborhood House	Ashley Ruiz Bastien	aruizbastien@eriehouse.org
Know Your Rights Workshops	Our ESL classes are free and offered fall, winter and spring. Learn in a supportive classroom environment with qualified teachers and a strong curriculum as you gain confidence in your ability to speak, read and write in English. Adult Basic Education classes build on the foundation laid in our ESL program. Our free 12-week citizenship course can prepare you for the naturalization exam and interview. Come learn alongside others on the path toward citizenship and gain the knowledge in US history and civics as well as reading and writing skills you need to succeed. Classes are currently offered in both English and Spanish on a quarterly basis.	(312) 666-3430 x2202, (312) 666-3430	Health & Leadership - Erie Neighborhood House	Ignacio Medina, Ricardo Cao Romero	imedina@eriehouse.org, dgala@eriehouse.org
English as a Second Language / Adult Basic Education Courses		872) 216-7672	ESL/ABE - Erie Neighborhood House	Jose Mosqueda	jmosqueda@eriehouse.org
U.S. Citizenship Courses		(312) 432-8793	ESL/ABE - Erie Neighborhood House	Anabel Mosqueda	amosqueda@eriehouse.org
Workforce Development - CNA & Phlebotomy Certificate Program	Our healthcare Certified Nurse Assistant (CNA) and Phlebotomy certificate course provides instruction through a healthcare lens and will prepare you to enroll in a professional program. After course completion, the workforce development program can assist in job placement and/or transitioning into community college	(312) 666-3430 ext:2131	Workforce Development - Erie Neighborhood House	Abigail Milian	amilian@eriehouse.org
Workforce Development - CPR/BLS Certificate Program	Our healthcare Certified Nurse Assistant (CNA) and Phlebotomy certificate course provides instruction through a healthcare lens and will prepare you to enroll in a professional program. After course completion, the workforce development program can assist in job placement and/or transitioning into community college	(312) 714-3425	Workforce Development - Erie Neighborhood House	Jose Mosqueda	jmosqueda@eriehouse.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.

[Housing Opportunity Program - Erie Neighborhood House](#)

my.mpactpro.org/intake-form/e5961d7d-84ea-449f-89da-5ac00eaa8c6d

Healthy Hood

Address	Lead Contacts	Phone Number	Website		
2242 S Damen, Chicago, IL 60608	Joline Lozano & Kai Mora Penalosa; joline@healthyhoodchi.com, kai@healthhoodchi.com	773-876-0317	Healthy Hood		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		Arts & Culture — Healthy Hood		
“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.		Trainers in Training Program — Healthy Hood		

Helping Our People Excel (HOPE) CDC

Address	Lead Contact	Phone Number	Website		
5900 W Iowa Chicago, IL 60651	Isaac Jlake, ijlaka@hopecdc outreach.org	773-921-2243	Home - H.O.P.E. CDC		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		Violence Prevention & Community Safety - H.O.P.E. CDC		
Pathway to Employment & Education	Our employment and education programs empower individuals with the skills, knowledge, and connections they need to build a successful career. Through job training, certification assistance, and employer partnerships, we help individuals secure sustainable employment and long-term financial security.		Pathways to Employment & HOPE E&T Pre-Education - H.O.P.E. CDC	Screening Form	Workforce Development Registration - H.O.P.E. CDC
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.		Food Security & Basic Needs Support - H.O.P.E. CDC		
Youth & Family Empowerment	Through mentorship programs, academic support, leadership development, and family-centered services, we create a network of support that encourages personal growth, strengthens family bonds, and promotes long-term success. Whether it's guiding youth toward higher education and career opportunities or providing parents with resources to navigate challenges, HOPE CDC is committed to uplifting the entire family unit.		Youth & Family Empowerment - H.O.P.E. CDC		

North Lawndale Employment Network

Address	Lead Contact	Phone Number	Website		
1111 S. Homan Ave, Chicago, IL 60624	Louise Williams, louise@nlen.org	773-638-1825	https://www.nlen.org		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
U-Turn Permitted	A 10-day job readiness program designed for individuals with a history of criminal legal involvement. The program provides essential skills like anger management, resume building, interview preparation, and conflict resolution. A job readiness program specifically for young adults (ages 18-24) who are out of school and seeking to enter in-demand job industries.		U-Turn Permitted – The North Lawndale Employment Network		outreach@nlen.org
Craft Your Path	This program offers paid work-based learning experiences and professional mentorship.		Craft Your Path – The North Lawndale Employment Network		outreach@nlen.org
Empowered Now	A 90-day transitional employment program that onboards individuals into paid jobs and career mentorship. Participants gain training and experience through the production and sale of beelove® honey and honey-based skincare products, or in a customer-facing position at beelove® cafe. A career-pathway training program that focuses on the Transportation, Distribution, and Logistics (TDL) industry.		Empowered Now – The North Lawndale Employment Network		outreach@nlen.org
Moving Forward	Participants receive specialized skills training for careers like diesel mechanics, rail car repair.		Moving Forward – The North Lawndale Employment Network		outreach@nlen.org
Sweet Beginnings	Sweet Beginnings, LLC, is a wholly owned subsidiary of NLEN that provides paid transitional employment to individuals returning from incarceration and those facing barriers to employment. Through the production and sales of beelove®—a line of all-natural honey and skincare products—Sweet Beginnings creates real opportunities for individuals rebuilding their lives. Participants gain meaningful job experience while contributing to a sustainable business rooted in care — for people, community, and the environment.		Sweet Beginnings – The North Lawndale Employment Network		info@nlen.org

Puerto Rican Cultural Center

Address	Lead Contact	Phone Number	Website
2628 W Division St., Chicago, IL 60622 2531 W Division St., Chicago, IL 60622	Dionisio Torres, dionisiot@prcc-chgo.org	773-278-6737 773-394-4935	PRCC Home - Puerto Rican Cultural Center

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		The Violence Prevention and Intervention (VPI) Department	Jenise Santiago	jenisesantiago@prcc-chgo.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.		ph - Puerto Rican Cultural Center	Carmen Garcia	carmeng@prcc-chgo.org
La Bodega Del Barrio	Provides culturally relevant food assistance through its food pantry, health/nutrition education, physical activity, and seasonal Farmer's Market.		ph - Puerto Rican Cultural Center		labodega@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.		PRCC Behavioral Health Program	Dezarae Rodriguez	dezaraerodriguez@prcc-chgo.org
PRCC Behavioral Health Program	Provides comprehensive behavioral health support targeting areas like substance abuse, trauma, and other mental health disorders.		ph - Puerto Rican Cultural Center	Carmen Garcia	carmeng@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.				Muevete@prcc-chgo.org

Spanish Coalition for Housing

Address	Lead Contact	Phone Number	Website		
1922 N Pulaski, Chicago, IL 60639 1923 N Pulaski, Chicago, IL 60639	Lesbia Teresa Guillen, 7733427575 X 142, lguillen@sc4housing.org	773-342-7575 773-342-7575	Housing Agency Spanish Coalition for Housing Chicago		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		Homeowner Education Spanish Coalition for Housing Chicago Housing Agency		help@sc4housing.org
Pre-Purchase Education and Counseling	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. Our program helps prepare potential first-time homebuyers to become mortgage-ready. We offer both individual and group pre-purchase counseling sessions.	773.342.7575	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.		Utility Assistance Spanish Coalition for Housing Chicago Housing Agency		
Landlord Certificaton Courses	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.		Landlord Certification Spanish Coalition for Housing Chicago Housing Agency		
Emergency Rental & Mortgage Assistance	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.		Rental + Mortgage Assistance Spanish Coalition for Housing Chicago Housing Agency		ebe37c_ec409d5c4ef64e26bed09121ca710ae7.pdf
Connecting Capital and Community (3C) Initiative	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. 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.		Connecting Capital and Community (3C) SCH Website Foreclosure Education Spanish Coalition for Housing Chicago Housing Agency		

Financial Educating & Coaching

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.

[Financial Coaching |](#)
[Spanish Coalition for](#)
[Housing | Chicago | Housing](#)
[Agency](#)

Stone CDC

Address	Lead Contact	Phone Number	Website		
4938 W Chicago Ave	Kelsey King, kelsey.king@stonecdc.org	844-337-8663	Partners – Stone Community Development Corporation		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.	(844) 337-8663	Education – Partners		info@stonecdc.org
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.		Arts+Music – Partners		

Taller de Jose

Address	Lead Contact	Phone Number	Website		
533 S Sawyer Ave, Chicago, IL 60629	Alejandra Padilla, apadilla@tallerdejose.org, 773-828-0215	773-523-8320	Home - Taller De Jose A Ministry of Accompaniment		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
Document translation services	Taller de José offers document translation services in both Spanish and English. Here are some common documents we translate. If your document isn't listed, contact us—we consider translation requests on a case-by-case basis. 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.		Our Services - Taller De Jose A Ministry of Accompaniment		info@tallerdejose.org
Connections with Health and Medical Services	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.		Health - Taller De Jose A Ministry of Accompaniment		info@tallerdejose.org
Financial assistance for rent, food, and other public benefit program navigation	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.		Financial Assistance - Taller De Jose A Ministry of Accompaniment		info@tallerdejose.org
Domestic violence support	Assist with gathering and organizing the documents needed for your application Support in drafting personal statements for U Visa applications Translate personal documents when required Accompany you and serve as interpreters at immigration appointments Refer you to legal and community organizations for specialized support		Domestic Violence Support - Taller De Jose A Ministry of Accompaniment		info@tallerdejose.org
Immigration support			Immigration Support - Taller De Jose A Ministry of Accompaniment		info@tallerdejose.org

When you come to us, our first step is understanding your situation. From there, we'll help you explore your options and connect you with the right resources. Depending on your needs, legal support may not always mean hiring a lawyer. It might involve help with forms, guidance through legal procedures, or referrals to trusted professionals

We partner with reliable community organizations to ensure you get the support you need, including: CARPLS, Sarah's Inn, and the Chicago Workers Collaborative

[Legal Support - Taller De Jose | A Ministry of Accompaniment](#)

info@tallerdejose.org

Legal support

Thresholds

Address	Lead Contact	Phone Number	Website		
101 N Ravenswood Ave, Chicago, IL 60613	Sandra Mateo, Sandra.Mateo@thresholds.org, 773-572-5377	773-572-5500	Home - Thresholds		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.	(773) 537-3219	Substance Use Treatment - Thresholds		
Creative Arts Therapy	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.	773.572.5500	Creative Arts Therapy - Thresholds		
Individual Placement and Support (IPS) Employment Services	The Employment Services Program is a cornerstone of Thresholds' diverse array of services, helping our clients live their lives with dignity, independence, and respect by obtaining paid employment. Through partnerships with more than 150 area employers to help clients find jobs, Thresholds' Employment Specialists place clients in jobs of their choice to create real economic independence and further their recovery		IPS Employment Services - Thresholds	Mary Schepler	Emily.Bialas@thresholds.org
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.	(773) 537-3154; (773) 572-5321	Veterans Project - Thresholds	Fernando Valles	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	773-537-3341; 773-886-1140	Deaf Program - Thresholds	Vicki Hall	Vicki.Hall@thresholds.org
Training and Workforce Development Courses	The Workforce Development department at Thresholds offers quality instruction regarding mental health, clinical practices, cultural humility, safety, and leadership. Grounded in evidence-based practices and trends in the mental health field, courses are intended to inform participants, build skills, and encourage learning as a part of routine practice. Courses are taught by members of the Workforce Development Department with relevant and vast experience in the field. 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.	(773) 572-5253	Training and Workforce Development - Thresholds	Sterling Haukom-Anderson	sterling.haukomanderson@thresholds.org
Homeless Outreach Programs	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.		Homeless Outreach - Thresholds		
New Freedom Centers	Thresholds' New Freedom Centers employs staff who are in recovery from mental illness. They provide community support services focused on illness self-management, skill building identification, and use of natural supports and community resources. The program also operates an Empowerment Center six days a week, where structured self-care and recovery groups are offered. The centers provide a vital social network as well as a host of programming, including topics related to peer services, empowerment, self-advocacy, system transformation, and consumer choice.		New Freedom Centers - Thresholds		
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.	(773) 572-5500	Centers for Mental Wellbeing - Thresholds		
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.		Health Literacy Center - Thresholds		

United for Better Living

Address	Lead Contact	Phone Number	Website	
4540 W Washington Blvd, Chicago, IL 60624	Tynette Wilson & Lisa Pompa Adams; Tynettewilson@gmail.com, bellapompa19@gmail.com	773-261-3309	Home - United For Better Living Chicago	
Resources	Program Description	Phone Number	Link to More Information	Program C Email
Adult literacy/ GED prep courses	The Adult Learning program offers adults the guidance and resources necessary to complete their G.E.D. Skilled tutors are available Monday through Wednesday, 9 AM to 12 Noon, at our UBL Community Center to work closely with participants, helping them to successfully prepare for the seven subject pre-tests and the G.E.D. exam.	773-261-3309	Programs - United For Better Living Chicago	
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.	773-261-3309	Programs - United For Better Living Chicago	
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.	773-261-3309	Programs - United For Better Living Chicago	
Computer training	Sponsored by Connected Living, Inc., the Computer Training program offers engaging one-on-one and group sessions and hands-on computer training, giving participants the skills and confidence to navigate today's digital world.	773-261-3309	Programs - United For Better Living Chicago	
Small business & entrepreneur initiative	The Business/Entrepreneurial Initiative is an annual event that supports business owners and entrepreneurs by providing guidance on business planning, marketing strategies, networking, and effective methods for achieving success.	773-261-3309	Programs - United For Better Living Chicago	
Community Violence Intervention	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.	773-261-3309	Programs - United For Better Living Chicago	
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.	773-261-3309	Programs - United For Better Living Chicago	
Individual and Family Trauma Services	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.	773-261-3309	Programs - United For Better Living Chicago	

Universidad Popular

Address	Lead Contact	Phone Number	Website
2801 S. Hamlin Ave, Chicago, IL 60623	Olivia Ramirez, oramirez@universidadpopular.us	773-733-5055	Universidad Popular

Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.	773-733-5055	Overcoming Barriers to Success (OBS) – Universidad Popular		obs@universidadpopular.us
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.		UP to Youth – Universidad Popular		
Learning to Succeed (LETOS) ESL Adult Education Program	Learning to Succeed (LETOS) is an adult education program that offers English as a second language. Every year, LETOS serves an average of 300 students, ranging from ages 18 to 80. We offer a variety of classes of different levels in the morning and evening.		Learning to Succeed (LETOS) – Universidad Popular		
Adult Digital Literacy Program	Our participants get to learn about computer hardware and its basic uses. Participants learn how to use Microsoft Word, Microsoft Excel, Publisher, PowerPoint and Internet basic skills. Students also create resumes, letters, banners, flyers, business cards, Power Point presentations, Excel budgets, among others. Advanced Students may join the UP Squad, where they learn how to disassemble computers, install new parts, and repair hardware and software. Community residents bring malfunctioning computers to the UP Squad; the Squad fixes 3-5 computers per week. UP Squad offers the following services: pickup and delivery, diagnostic, tune-up, anti-virus configuration, data back-up/transfer, software installation, install an operating system, hardware install, hard drive install, personal tutoring, and consulting.		Digital Literacy Program (DILIPRO) – 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.		Families Learning to Teach (FLT) – Universidad Popular		
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.		Health Literacy Initiative (HEALIN) – Universidad Popular		

Westside Health Authority

Address	Lead Contact	Phone Number	Website		
5417 W Division St., Chicago, IL 60651 5049 W Chicago Ave., Chicago, IL 60651 5814 W Division St., Chicago, IL 60651 5437 W Division St., Chicago, IL 60651 5850 W North Ave., Chicago, IL 60639	Angel Sanders & Vicki Mitchell; asanders@healthauthority.org, vmitchell@healthauthority.org	773-378-1878 773-378-1878 773-378-1878 773-378-1878 773-378-1878	Westside Health Authority		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		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.		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.		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.		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.		Youth Innovation Center – Westside Health Authority		
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.		Youth Innovation Center – Westside Health Authority		
40 Acres Fresh Market	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.		Economic Development – Westside Health Authority		

Westside Health Authority SC2 (Scaling Community Violence Intervention for a Safer Chicago) Workforce Development program	Whether you are seeking to obtain employment, learn a skill with the intentions of obtaining a career, or join a trade program to get certified. This model is designed to meet your needs holistically. You will benefit from personalized coaching, skill building, workshops, and resources tailored to facilitate long term success. offers a comprehensive approach to job readiness providing guidance and support every step of a person’s journey. Our SC2 Workforce Program is 10 Weeks in total 8 weeks will consist of training etc. the final two weeks will consist of finding employment or registering for a hard skill-based program/apprenticeship.	Workforce Development – Westside Health Authority
Transitional Jobs Program	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)	773-786-0226. Reentry Adult Service – Westside Health Authority
CTA's Second Chance Program	Nationally recognized program Equips residents facing challenges re-entering the workforce—with valuable job skills and career opportunities.	773-786-0226. Reentry Adult Service – Westside Health Authority
Employment Preparation and Placement Program	Focuses on recruiting clients who are out of work or underemployed and connecting them with pathways to meaningful employment.	773-786-0226. Reentry Adult Service – 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.	Community Wellness Program – Westside Health Authority
Prayer Meetings	eld every Wednesday, these gatherings offer spiritual encouragement, community connection, and a space for collective healing and reflection.	Community Wellness Program – Westside Health Authority

YMCA Chicago

Address	Lead Contact	Phone Number	Website		
3333 N. Marshfield Ave., Chicago, IL, 60657 10 S. Kedzie Ave., Chicago, IL 60612 3201 W. Monroe St., Chicago, IL 60624 2700 S. Western Ave., Chicago, IL 60608 7 N. Homan Ave., Chicago, IL 60624 3449 W. Arthington St., Chicago, IL 60624 824 N. Hamlin Ave., Chicago, IL 60651 1834 N. Lawndale Ave., Chicago, IL 60647 4305 W. Madison St., Chicago, IL 60624 4251 W. Irving Park Rd., Chicago, IL 60641 6330 S. Stony Island Ave., Chicago, IL 60637	Sam Byrne, sbyrne@ymcachicago.org	773-248-3333 773-847-3115 773-886-1220 773-235-2525 773-777-7500 773-947-0700	YMCA of Metro Chicago YMCA		
Resources	Program Description	Phone Number	Link to More Information	Program Contact Name	Email
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.		Health & Fitness YMCA		
PNC Mobile Branch Program	Since 2023, PNC's Mobile Branch has stopped at YMCA of Metro Chicago locations every two weeks to provide banking services and financial education content to members of Y communities. The Mobile Branch offers information about savings, budgeting, and more; ATM services; checking or savings account opening; and help with online and mobile banking.		Economic Empowerment YMCA		
Nourishing Hope Online Grocery Market Pickup	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.!		Online Market Nourishing Hope Chicago		
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.		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.		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.		Water Works YMCA		waterworks@ymcachicago.org
Teen Mentorship Program	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.		Teen Programming YMCA		teenprogramming@ymcachicago.org

Preschool and Kindergarten Services

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.

[Dr. Effie O. Ellis YMCA | YMCA](#)