**SHOWERS & LAUNDRY**
* Swope Health Services
  - 3801 Dr. Martin Luther King, Jr. Blvd.
  - Mon 8:00am-12:00pm, Fri 8:00am – 2:00pm (1 load per week, showers first come, first served)
* True Light Family Resource Center
  - 717 E. 31st St.
  - Mon-Fri 8:30am-3:00pm (women only)
* Westport Presbyterian Church
  - 201 Westport Rd
  - Sun 8:00am-9:30am
  - Thurs 5:30pm-7pm (Women, Trans, Gender Non-Conforming people only)

**VETERANS**
* Catholic Charities, SSVF
  - 816.659.8263
  - 4001 Dr. Martin Luther King, Jr. Blvd., Ste. 250
* Kansas City VA Medical Center
  - 816.861.4700
  - 4801 E Linwood
* reStart, SSVF
  - 816.886.9148
  - 918 E. 9th St.
* The Salvation Army, SSVF
  - 816.670.2414
  - 6618 E. Truman Rd.
* Veterans Community Project - Outreach Center
  - 816.599.6503
  - 8825 Troost Ave.

**YOUTH (Check Facebook for updates)**
* The HALO Foundation
  - 816.590.4493
  - 1600 Genessee St., Ste. 140 • ages 4-24
* Art & educational programs, food, dignity items etc.
* Mother’s Refuge
  - 816.353.8070
  - ages 21 or under & must be pregnant
* PRIDE Haven Youth Shelter
  - 816.931.0602
  - 3109 Campbell St • LGBTQIA • ages 18-24
* reStart Youth Emergency Shelter
  - 816.309.9048
  - ages 12-17
* Street Outreach
  - 816.505.4901
  - ages 22 or under
* Synergy House
  - 816.741.8700 • ages 12-18
* Teens & Tots Clinic
* The LIGHT House Inc.
  - 816.916.4434
  - 24/7 Hotline (various services, teen tele-support groups)

**Resiliency Center**
* Youth Resiliency Center
  - 816.505.4840
  - 2001 NE Parvin, NKC • ages 12-20

**Metro Area Resources**
* Mon-Fri 2:30pm-6:30pm
  - Drop-in Services 11:00am-2:30pm Laundry, showers, pantry services, art studio, daily classes and case management

**LOCAL WRAPAROUND SERVICE CAMPUSES**
* BISHOP SULLIVAN CENTER (AccessKC site)
  - Call either location to inquire about funds for rent, utilities, or a variety of other one-time needs. Employment services available.
  - 816.231.0984
  - 6435 Truman Rd
  - Mon-Thurs 9:00am-4:00pm (call for appointment)
* Food Pantry
  - Mon-Thurs 1:00-4:00pm
  - 816.561.8515
  - 3936 Troost Ave
  - Mon-Thurs 9:00am-4:30pm (call for appointment)
* THE BEEHIVE
  - 750 The Paseo
  - Medical care, dental care Wed. 11:00 am-4:00 pm, behavioral care, housing assistance, case management, identity documents, free meals. Walk-ins accepted primarily Tues.
  - Tuesday-Thursday 11:00 am-3:30 pm
  - Care Beyond the Boulevard medical services on Tuesday, Wednesday, Thursday 11:00 am-4:00 pm and dental services on Wednesday 11:00 am-4:00 pm
* HOPE FAITH HOMELESS ASSISTANCE CAMPUS
  - 705 Virginia Avenue • 816.471.4673
  - Hours: Mon | Tues | Wed | Thurs 9:00am-4:00pm
  - Thurs 1:00pm
  - Meals: Breakfast 8:30 am-10:00 am
  - Lunch 11:00 am-12:30 pm (Thursday until 12:00 pm)
  - Guest Services: Mon, Tues, Wed, Fri 7:00am-2:00pm & Thurs 7:00am-1:00pm
  - Clothing Shop: Wednesdays
  - Men’s Hours 9:30am-11:30 am
  - Women’s Hours 11:30am-12:30 pm
  - Hope Cuts: Tues-Fri 9:00 am-1:00 pm
  - Laundry Services: Mon, Tues, Wed, Fri 7:00am-1:00 pm
  - Thurs 7:00am-12:00 pm closes daily from 10:00am-11:00 am
  - Limited availability
  - Mail Pick-Up: during guest services hours
  - Showers: during guest services hours
  - Swope Health Services provides transportation from Hope Faith to their 3801 Dr. Martin Luther King, Jr. Blvd.
  - location: Mon and Wed from 7:20am-7:30am
  - Swope Mobile Medical Unit stop at Hope Faith every other Thurs from 9:00am-12:00 pm

**The Street Sheet is always available online, scan this QR code:**

* A variety of other resources can be found at: liftupkc.org

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**COMMUNITY RESOURCES @ CENTRAL LIBRARY**

Community Resources staff is available by phone or in-person at Central Library, 14 W. 10th St., Third Floor.

**Mon** | **Tues** | **Thurs** | **Fri** 9:00am - 1:00pm
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**Wed** 1:00pm-4:00pm

**Coffee & Conversation @ Central Library**

**14 W. 10th St., Third Floor**

**Fourth Wednesday** of each month

10:30am-11:30am

Coffee & Conversation invites people experiencing life-challenges to have a cup of coffee, snacks, direct access to resources and personal care items.

**Housing Authority of KC**

816.968.4100

3822 Summit St.

**HOTLINES**

**Alcoholics Anonymous**

800.839.1686

**Children’s Center Hotline**

816.321.7060

**Domestic Violence**

816.468.5463

**First Call (Substance Abuse)**

816.361.5900

**Harvester/SNAP**

816.361.3300

**Hotline for the Homeless**

816.847.4599

**Mental Health Crisis Line**

888.279.8188

**National Runaway Safeline**

1-800.786.2929

**National Human Trafficking**

1-888-373-7888

**Rape/Sexual Abuse**

816.531.0233

**Safe Place (Ages 12-18)**

816.531.0233

**Suicide and Crisis Lifeline**

988

**Transgender Helpline**

877.565.8860

**United Way**

211
FOOD/MEALS
► Bishop Sullivan/One City Cafe 3936 Troost Ave
Lunch Mon-Fri 12:00pm-1:00pm
Dinner Mon-Fri 4:30pm-6:00pm
► Family Promise of the Northland 10th & Baltimore
Lunch (1st, 3rd, & 5th Thursday) 11:00am-1:30pm
► Independence Boulevard Christian Church (provided by Micah Ministries) 606 Gladstone Ave.
Dinner/toiletries/clothes Mon 5:30pm-7:00pm
► NourishKC’s KC Community Kitchen 750 The Paseo Blvd
Lunch Mon-Fri. 11:00am-2:00pm
► Metropolitan Lutheran Ministry 3031 Holmes
Food pantry & sack lunches Mon-Fri 8:30am-11:00am
► Morning Glory Ministries 20 W 9th St.
Breakfast Mon-Fri 7:00am-8:00am
► Neighbor2Neighbor 2910 Victor St.
Breakfast Mon-Fri 9:00am-12:00pm
► Redemptorist Center 207 Linwood Blvd
Food pantry Mon-Thurs 10:00am-1:00pm
Lunch Mon-Fri 10:00am-1:00pm
► The Salvation Army 3013 E. 9th St
Lunch Mon-Thurs 11:30am-12:30pm
► Trinity United Methodist Church 620 E. Armour Blvd
Lunch with food pantry, toiletry & laundry voucher pantry
Mon 12noon-1:00pm
Lunch only Sat 11:30am-12:30pm
► True Light Family Resource Center 712 E. 31st St
Breakfast sack meals Sat 8:00am-10:00am
► Washington Square Park (provided by Kansas City Heroes) 100 E Pershing Rd
Dinner Tues 6:30pm-8:00pm
► Westport Presbyterian Church 201 Westport Rd
Breakfast items Sun 8:00am-9:30am
Lunch bags Mon-Fri 11:00am-12:00pm
► KC Health Department 3151 Independence Blvd
Lunch 3151 Independence Blvd
► AccessKC (Formerly KC Medicine Cabinet) 816.276.7517
Vouchers for prescriptions, dental, diabetic supplies, eye exams, eyeglasses, hearing aids, & medical equipment
► ReDiscover 816.966.0900 In-person or telehealth
► Research Psychiatric Center 816.444.8161
2323 E 63rd St.
► Samuel U. Rogers Health Center 816.474.4920
825 Euclid Ave  Medical, dental, & behavioral health
► Swope Health Services 816.599.5480
3801 Dr. Martin Luther King Jr. Blvd.
Free medical, dental, behavioral health, optometry, pediatrics, OB/GYN services, medication assistance, Medicaid applications, Covid & STI testing
► University Health/Behavioral Services 816.404.5700
300 W 19th Terrace Mon-Fri 8:00am-2:00pm
► Vivent Health 816.561.8784 4309 E 50th Terr., Ste 200
HIV & AIDS services; free HIV/STI testing

GENERAL HELP
► Catholic Charities Welcome Center 816.221.4377
4001 Dr. Martin Luther King, Jr. Blvd., Ste. 250
Mon-Thurs 8:00am-3:30pm
Rent/utility assistance calls are taken on Mondays @ 8:30am First come, first served
1:00pm-3:30pm Basic needs assistance
(food, diapers, hygiene, community resources)
► Central Presbyterian Church 816.474.6750
3501 Campbell St Clothing, food pantry, toiletries
Wed 9:00am–11:00pm
► Journey to New Life (reentry from incarceration)
816.960.4808 3120 Troost Ave.
Tues., Wed., & Thurs. 9:30am-12:30pm
Assistance with basic needs, employment & case management
► Legal Aid of Western Missouri 816.474.6750
4001 Dr. Martin Luther King, Jr. Blvd, Ste 300
Call or schedule an appointment online at lawmo.org
► Metropolitan Lutheran Ministry 816.931.0027
3031 Holmes (call for appointment)
Rent, utilities, birth certificates, food & diapers
► Morning Glory Ministries 816.842.0416
416 W. 12th St., Tues-Fri 9am-11am ID/Records (with a homeless/shelter letter)
Clothing & toiletries (every 2 wks.)
► Reconciliation Services 816.931.4751
1006 Linwood Blvd. (call for appointment)
Mon-10:00am-5:00pm & Tues-Fri 9:00am-5:00pm
Health/medication, utilities, ID/birth certificates, mental health services, therapy & case management
► Redemptorist Social Services 816.931.9942
207 Linwood Blvd Mon-Fri 8:00am-4:00pm (office hours)
Mon-Thurs 10:00am-1:00pm (walk-in client hours)
Food, toiletries & financial assistance
► SAVE, Inc. 816.531.8340, ext. 200
Emergency assistance (rent/deposit/utilities)
► Second Chance 816.231.0450
3100 Broadway, Suite 302
(justice-involved, call for appointment)
► St. Paul’s Episcopal Church 816.931.2850
40th & Main (south side of church)
Tues & Fri 10:00am-12:00pm & Wed 5:30pm-7:30pm
Food pantry & personal care items
3rd Sat. of the month 10:00am-12:00pm Food assistance
► The Salvation Army 816.483.8484 3013 E. 9th St.
Mon, Wed, & Fri 9:00am-12:00pm & 1:00pm-2:30pm
Rent, utilities assistance & food pantry
► True Light Family Resource Center 816.561.1700
712 E 31st St
Mon-Fri 10:00am-3:00pm (closed from 12:00pm-1:00pm)
Emergency food, diapers & toiletries
Mon, Wed, & Fri (by appointment for water assistance)

SHELTER
► City Union Mission Family Center 816.474.4599
1310 Wabash Ave (call for availability)
► City Union Mission Men’s Shelter 816.474.4599
1108 E. 10th St (call for availability)
► Community LINC 816.531.3727
4012 Troost Ave.
Street homeless outreach, housing outreach navigators
► Hope House (domestic violence) 816.461.4673
► Newhouse (domestic violence) 816.471.5800
► reStart, Inc. 816.472.5664 918 E. 9th St. (call for appt)
► Relentless Pursuit Outreach and Recovery
Drop-In Center 816.301.5571 24/7 Hotline
5108 Independence Ave
Tues, Wed, Fri, & Sat, 11:00am - 4:00pm
Anti-human trafficking (women only)
► Rose Brooks Center (domestic violence) 816.861.6100
► Shelter KC 816.421.7643
1520 Cherry St.
Intake 9:00am-3:00pm daily; check in 3:30pm-5:00pm
Men’s shelter & recovery center, 4:30pm “Taste & See”
► Shelter KC Women’s Center 816.348.3287
Residential recovery for single homeless women
► Synergy Services (Domestic Violence Center) 816.321.7050
► The Salvation Army Adult Rehabilitation Center (ARC) 816.421.5434 1351 E. 10th St. (call for intake)
► True Light Family Resource Center 816.531.1300
717 E. 31st St. M-F 8:30am-3:00pm (day shelter for women)
► Veronica’s Voice 913.214.1401
Residential program for women experiencing CSE. Apply at: https://www.veronicasvoice.org/mkc

www.kcprevention.org