

# Community Resource Phone Directory



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# Diabetes Care Resources



# Diabetes Care Resources

## Ophthalmology Services

### **Administrative Office Professional Eye Center**

1525 E 53rd Street, Chicago, IL 60615  
(773) 493-2083

### **Americas Best Contacts & Eyeglasses**

1400 W 47th Street, Chicago, IL 60609  
(773) 640-5384

*Also located:*

1753 E 95th Street, Chicago, IL 60617  
(773) 364-4938

### **Chatham Optical**

8741 S Greenwood Ave, Chicago, IL 60619  
(773) 731-8469

### **Chicago Eye Specialists**

8541 S State, Chicago, IL 60619  
(773) 873-0052

### **Concept Eye Care**

1605 E 56th Street, Chicago, IL 60615  
(773) 363-0202

### **Eye Care & Surgery**

326 W 64th Street, Chicago, IL 60621  
(773) 651-6977

### **Herro L J OD-Optometrist**

5026 S Ashland Ave, Chicago, IL 60609  
(773) 434-6228

### **Illinois Eye Institute**

3241 S Michigan Ave, Chicago, IL 60616  
(312) 949-1219

### **Johnson, Stephanie-Optometrist**

5401 S Wentworth Ave, Chicago, IL 60609  
(773) 924-5292

### **Korle Bu Medical Group**

5517 S Michigan Ave, Chicago, IL 60637  
(773) 643-0400

### **Lotus Eye Care**

3303 S Halsted Street, Chicago, IL 60608  
(773) 376-2020

### **LUX Vision Center**

1824 W 47th Street, Chicago, IL 60609  
(773) 843-9005

### **Mackay, WM-Optometrist**

738 W 107th Street, Chicago, IL 60628  
(773) 568-7439

### **Moore, Henry R OD-Optometrist**

5401 S Wentworth Ave, Chicago, IL 60609  
(773) 924-5292

### **National Optometric**

1133 E 83rd Street, Chicago, IL 60619  
(773) 734-4104

### **Pearle Vision Center**

1200 E 53rd Street, Chicago, IL 60615  
(773) 493-8372 or (773) 451-8100

### **Plano Optometrics**

5401 S Wentworth Ave, Chicago, IL 60609  
(773) 924-5292

### **Professional Eye Care**

5050 S State, Chicago, IL 60609  
(773) 624-4880

### **Roby, Haniel-Optometrist**

1401 E 87th Street, Chicago, IL 60619  
(773) 721-8787

### **Rosin Eye Care**

1548 E 55th Street, Chicago, IL 60615  
(773) 667-0024

### **Sharp Vision Eye Care Center**

2126 S Archer Ave, Chicago, IL 60616  
(312) 225-3883

### **Schwartz, Lenard-Optometrist**

3201 S Wallace, Chicago, IL 60616  
(312) 225-5135 or (312) 326-1615

### **Sears Optical**

6153 S Western Ave, Chicago, IL 60636  
(773) 863-0129

### **SoLo Eye Care & Eyewear Gallery**

14444 S Michigan Ave, Chicago, IL 60605  
(312) 588-5999

### **Vision Health Management Systems Inc**

5401 S Wentworth Ave, Chicago, IL 60609  
(773) 924-5234

### **Vision Salon**

840 E 87th Street, Chicago, IL 60619  
(773) 783-4424

# Diabetes Care Resources

## Medical Supply Stores

### **American Medical Supply Co**

456 E. 75th Street, Chicago, IL 60619  
(773) 371-0067

### **Angelcare & Medical Equipment Supply Company Inc**

66 E 71st Street, Chicago, IL 60619  
(773) 602-2170

### **Ballert Orthopedic Of Chicago**

5659 S. Cottage Grove Ave, Chicago, IL 60637  
(773) 493-2445

### **Center for Diabetes Metabolic Disorders & Preventive Medicine**

515 E. 50th Street, Chicago, IL 60615

### **Century Medical Supply**

6032 S. Halsted Street, Chicago, IL 60621  
(773) 723-6695

### **Chicago Medical Mobility**

2721 S. Halsted Street, Chicago, IL 60608  
(312) 949-9844

### **Elderlux**

1130 W. 37th Street, Chicago, IL 60609  
(773) 376-3776

### **Fresenius Medical Care**

1111 E 87th Street, Chicago, IL 60619  
(773) 933-2024

### **Gill & Stalling Industrial Orthopedic Medical Supplies**

11242 S. Michigan Ave, Chicago, IL 60628  
(773) 928-8218

### **Lucys Medical Supply**

8121 S. Cottage Grove Ave, Chicago, IL 60619  
(773) 723-9750

### **Pacific Medical Equipment & Supplies Inc**

351 E. 79th Street, Chicago, IL 60619  
(773) 488-4180

### **Victory Medical Supply**

8156 S Cottage Grove Ave, Chicago, IL 60619  
(773) 783-8666

# Diabetes Care Resources

## Podiatry Services

### **About Morgan Park Foot Clinic**

8201 S Ashland Ave, Chicago, IL 60620  
(773) 873-3434

### **About South Chicago Foot Clinic**

9037 S Commercial Ave, Chicago, IL 60617  
(773) 731-2525

### **Achilles Heel Foot & Ankle**

10349 South Western Ave, Chicago, IL 60643  
(773) 445-3668

### **Ashland Foot Clinic**

6326 S Ashland Ave, Chicago, IL, 60636  
(773) 778-8200

### **Auburn Foot Clinic**

8054 S Western Ave, Chicago, IL 60620  
(773) 776-9400

### **Avalon Foot Clinic**

8601 S Cottage Grove, Chicago, IL 60619  
(888) 392-1764

### **Chan, C.-D.P.M.**

2143 W 95th Street, Chicago, IL 60643  
(773) 238-7400

### **Chatham Foot Specialists**

1516 E 87th Street, Chicago, IL 60619  
(773) 978-7000

### **Dorn, John -D.P.M.**

13101 S Baltimore Ave, Chicago, IL 60633  
(773) 646-5331

### **Enriquez, George-D. P. M.**

736 W 35th Street, Chicago, IL 60616  
(773) 376-4228

### **European Foot & Ankle Clinic**

1440 S Michigan Ave, Chicago, IL 60605  
(312) 880-0067

*Also located:*

4000 S Western Ave, Chicago, IL 60609  
(773) 376-3100

### **Fung, Barnett, D.P.M.**

2171 S China Place, Chicago, IL 60616  
(312) 842-9888

### **Beverly Hills Foot Clinic**

2143 W 95th, Chicago, IL 60643  
(773) 238-7400

### **Bridgeport Foot & Ankle Clinic**

724 W 31st Street, Chicago, IL 60616  
(312) 225-2444

### **Chan, P. -D.P.M.**

7906 S Crandon, Chicago, IL 60617  
(773) 768-5707

### **Chiaramonte, Brian -D.P.M.**

3303 S Halsted, Chicago, IL 60608  
(773) 579-1440

### **Clinica De Los Pies-47**

1712 W 47th Street, Chicago, IL 60609  
(773) 843-1111

### **Cohen, Robert -D.P.M.**

5517 S Michigan Ave, Chicago, IL 60637  
(773) 643-0400

### **Cowan, Jeremy -D.P.M.**

1516 E 87th Chicago, IL 60619  
(773) 978-7000

### **Freeman, Lashawn D.P.M.**

1525 E 53rd St, Chicago, IL 60615  
(773) 363-5523

### **Foot & Ankle Clinics of America Ltd**

1644 E 53rd, Chicago, IL 60615  
(773) 752-2111

### **Foot Health Institute**

10528 S Ewing Ave, Chicago, IL 60617  
(773) 375-0791

*Also located:*

9933 S Western Ave, Chicago, IL 60643  
(773) 445-8700

### **Fox, Kenneth-D.P.M.**

2024 W 79th Street, Chicago, IL 60620  
(773) 783-6000

### **Gerst, David -D.P.M.**

2315 E 93rd, Chicago, IL 60617  
(773) 375-7106

### **Handy, Myra -D.P.M.**

2337 E 71st Street, Chicago, IL 60649  
(773) 643-2250

### **Holt Podiatry Associates**

7141 S. Jeffery Blvd, Chicago, IL 60649  
(773) 493-4300

# Diabetes Care Resources

## Podiatry Services

**Horsley, Neil L-D.P.M.**

231 E 75th Street, Chicago, IL 60619  
(773) 651-2311

**JB Jenkins & Associates**

1706 E 87th Street, Chicago, IL 60619  
(773) 374-1616

*Also located:*

8729 S Dante Ave, Chicago, IL 60619  
(773) 374-1616

**Jubert, Leonard-D.P.M.**

8054 S Western Ave, Chicago, IL 60620  
(773) 238-7400

**Lawrence, Christine-D.P.M.**

1516 E 87th Street, Chicago, IL 60619  
(773) 978-7000

**Lewis, Johnnie-D.P.M.**

6259 S Cottage Grove Ave, Chicago, IL 60637  
(773) 288-1191

**Massuda, Fortunee-D.P.M.**

1644 E 53rd Street, Chicago, IL 60615  
(773) 752-2111

*(also located)*

9933 S Western, Chicago, IL 60643  
(773) 445-8700

**MidWest Foot Care LTD**

3744 S Michigan Ave, Chicago, IL 60653  
(773) 924-0262

**Mitchell, Chuck-D.P.M.**

1424 E 53rd Street, Chicago, IL 60615  
(773) 324-3338 or (773) 915-5556

**Morgan Park Foot Clinic**

112946 S Michigan Ave, Chicago, IL 60628  
(773) 821-8100

*Also located:*

8201 S Ashland, Chicago, IL 60620  
(773) 873-3434

**New Horizon Foot & Ankle Center**

7845 S Cottage Grove Ave, Chicago, IL 60619  
(773) 224-3500

**Parker, Johnny-D.P.M.**

8601 S Cottage Grove Ave, Chicago, IL 60619  
(773) 783-7599

**Ping, Chan-D.P.M.**

11246 S Michigan Ave, Chicago, IL 60628  
(773) 821-0820

**Pullman Foot Clinic**

11246 S Michigan Ave, Chicago, IL 60628  
(773) 821-0820

**Sims, Gina-D.P.M.**

1525 E 53rd Street, Chicago, IL 60615  
(773) 643-8400

**Smith, Carlos-D.P.M.**

4659 S Cottage Grove Ave, Chicago, IL 60653  
(773) 538-0020

**South Chicago Foot Clinic**

9037 S Commercial Ave, Chicago, IL 60617  
(773) 731-2525

**South Shore Foot & Ankle Clinic**

2223E 79th Street, Chicago, IL 60649  
(773)978-2100

**Treat Your Feet**

316 E 75th Street, Chicago, IL 60619  
(773) 840-4739

**Vittori, Christopher-D.P.M.**

1516 E 87th Street, Chicago, IL 60619  
(773) 978-7000

**Weiser, Sidney-D.P.M.**

724 W 31st Street, Chicago, IL 60616  
(312) 225-2444

# Diabetes Care Resources

## Dental Services

### **A & W Dental Associates**

8301 S. Brandon Ave, Chicago, IL 60617  
(773) 375-6199

### **Advent Dental-DDS**

3443 S Halsted Street, Chicago, IL 60608  
(773) 247-0404

### **Alemis Alexander-DDS**

3009 E 92nd Street, Chicago, IL 60617  
(773) 978-5828

### **Alexander Jada**

1525 E Hyde Park Blvd.60615, Chicago, IL  
(773) 363-7800

### **Apple Dental Care Center**

7845 S Cottage Grove Ave, Chicago, IL 60619  
(773) 846-6000

### **Arnstein, Steven-DDS**

3303 S Halsted, Chicago, IL 60608  
(773) 247-8606

### **Arrigo, Vincent-DDS**

3223 S Halsted Street, Chicago, IL 60608  
(312) 842-1018

### **Artesian Dental**

227 E 47th Street, Chicago, IL 60653  
(773) 536-1434

### **Ashland Dental Center**

4829 S. Ashland Ave, Chicago, IL 60609  
(773) 927-2714

### **Associated Dental Center**

747 E 79th Street, Chicago, IL 60619  
(773) 874-0404

### **Atalla-DDS**

2117 E 71st Street, Chicago, IL 60649  
(773) 288-0225

### **Avalon Dental Clinic**

1500 E 87th Street, Chicago, IL 60619  
(773) 721-1333

### **Bader, Shafeeq-DDA**

6614 S Halsted Street, Chicago, IL 60621  
(773) 651-3111

### **Baker, Njeri-DDS LLC**

1525 E 53rd Street, Chicago, IL 60615  
(773) 684-1152

### **Baker, Reginald-DDS**

8803 S Stony Island Ave, Chicago, IL 60617  
(773) 375-0303

### **Bonds Dental Laboratory**

4732 S Wabash Ave, Chicago, IL 60615  
(773) 624-4812

### **Brownlee Earl D & Associates**

1400 E 47th Street, Chicago, IL 60653  
(773) 285-1144

### **Broy, Horace-DDS**

227 E 47th Street, Chicago, IL 60653  
(773) 536-1434

### **Bullock, Gloria E & Associates**

1525 E 53rd Street, Chicago, IL 60615  
(773) 241-6401

### **Ceramto Dental Lab**

8149 S Stony Island Ave, Chicago, IL 60617  
(773) 978-2954

### **Chatham Dental**

8544 S Stony Island Ave, Chicago, IL 60617  
(773) 221-0800

### **Children's Dental World**

2959 S Wallace, Chicago, IL 60616  
(866) 329-2353

### **Coffeys Dental Store**

2043 E 75th Street, Chicago, IL 60649  
(773) 753-9712

### **Coleman, Chalice-DDS**

5401 S Wentworth Ave, Chicago, IL 60609  
(773) 548-8200

### **Cross, Bernard-DDS**

2058 E 75th Street, Chicago, IL 60649  
(773) 288-8789

### **Comfort Dental Studio**

8741 S Greenwood Ave, Chicago, IL 60619  
(773) 731-3300

### **Delk, Alvin-DDS**

1725 E 87th Street, Chicago, IL 60617  
(773) 721-3367

### **Dental Profile**

1634 E 53rd Street, Chicago, IL 60615  
(773) 538-6191



# Diabetes Care Resources

## Dental Services

### **Eastside Dental Lab**

10656 S Ewing Ave, Chicago, IL 60617  
(773) 734-4424

### **Eastside Plaza Dental Center**

3540 E 118th Street, Chicago, IL 60617  
(800) 219-0111

### **Essential Dental**

255 E 103rd, Chicago, IL 60628  
(773) 468-4554

### **Family Dental Care**

10601 S Ave, Chicago, IL 60617  
(773) 978-5828

### **Family Dental Clinic**

1952 E 73rd Street, Chicago, IL 60649  
(773) 947-8664

*Also Located:*

444 W 31st Street, Chicago, IL 60616

### **Family Dental Clinic**

3009 E. 92nd Street, Chicago, IL 60616  
(773) 902-3168

### **Get It Straight Orthodontists**

1660 E 56th Street, Chicago, IL 60637  
(773) 752-6691

### **Greater Chicago Dental Lab Inc**

431 E 75th Street, Chicago, IL 60619  
(773) 994-6272

### **Hyde Park Endodontis**

1424 E 53rd Street, Chicago, IL 60615  
(773) 667-6531

### **Hyde Park Periodontics**

1525 E 53rd Street, Chicago, IL 60615  
(773) 955-5000

### **Itzkoff, David-DDS**

1525 E 53rd, Chicago, IL 60615  
(773) 752-7888

### **Jeffery Dental Center**

7615 S Jeffery Blvd, Chicago, IL 60649  
(773) 374-9900

### **Korle Bu Medical Group**

5517 S Michigan Ave, Chicago, IL 60637  
(773) 643-0400

### **London Grove Dental**

9761 S Cottage Grove Ave, Chicago, IL 60628  
(773) 721-7799

### **Mamdouth, Attalla-DDS**

8541 S Stony Island Ave, Chicago, IL 60617  
(773) 734-5013

### **New Ashland Dental Center**

4829 S Ashland Ave, Chicago, IL 60609  
(773) 927-6644

### **Olson, Gary-DDS**

6907 S Wentworth Ave, Chicago, IL 60621  
(773) 488-5300

### **Par Dental Center**

9206 S Commercial Ave, Chicago, IL 60617  
(773) 905-6662

### **Reymar Dental Clinic**

6202 S Halsted Street, Chicago, IL 60621  
(773) 651-4646

### **Sheth Dental Associates**

3705 E 106th Street Chicago, IL 60617  
(773) 978-7773

### **Spang Center South**

641 W 63rd Street, Chicago, IL 60621  
(773) 488-4277

### **Stony Island Dental Works**

8803 S Stony Island Ave, Chicago, IL 60617  
(773) 375-0303

### **Steel City Dental**

9456 S Commercial Ave, Chicago, IL 60617  
(773) 3674-8917

### **Taylor Dental Center**

4501 S South Street, Chicago, IL 60609  
(773) 548-0600

### **Thomas, J Burrell-DDS**

7141 S Jeffery Blvd., Chicago, IL 60649  
(773) 955-9557

### **The Dental Specialist**

1424 E 53rd Street, Chicago, IL 60615  
(773) 667-3636

### **Toothfairy World**

1525 E 55th Street, Chicago, IL 60615  
(773) 947-8884

# Diabetes Care Resources

## Dental Services

### **Universal Dental Associates**

1424 E 53rd Street, Chicago, IL 60615  
(773) 363-6009

### **Walker, Gorge-DDS**

1623 E 55th Street, Chicago, IL 60615  
(773) 752-3832

### **Watson, C E-DDS**

8325 S Stony Island Ave, Chicago, IL 60617  
(773) 768-3100

### **Yu, David-DDS**

9204 S Commercial Ave, Chicago, IL 60617  
(773) 978-7066

# Grocery Stores



# Grocery Stores

**ALDI Foods-[www.aldifoods.com](http://www.aldifoods.com)**

6621 S Cottage Grove Ave, Chicago, IL 60637

*Also located:*

620 W 63rd Street, Chicago, IL 60621

*Also located:*

1508 West 47th Street, Chicago, IL 60609

*Also located:*

7345 S State Street, Chicago, IL 60619

*Also located:*

7800 South Chicago Ave, Chicago, IL 60619

**Bensley Food Inc**

10259 S Bensley Ave, Chicago, IL 60617

(773) 375-6134

**Bonne Santé Health Foods**

1512 E 53rd Street, Chicago, IL 60615

(773) 667-5700

**Botanica De Los Maestros Espirituales**

3121 W 26th Street, Chicago, IL 60623

(773) 523-8620

**Buy & Save Market**

8854 S Commercial Ave, Chicago, IL 60617

(773) 374-7042

**Commercial Fish Market**

8913 S Commercial Ave, Chicago, IL 60617

(773) 221-9250

**Commercial Groceries**

3004 E 100th Street, Chicago, IL 60617

(773) 734-6900

**Del Prado Market**

5301 S Hyde Park Blvd., Chicago, IL 60615

(773) 493-0832

**Dominick's Finer Foods**

3145 S Ashland Ave, Chicago, IL 60608

(773) 247-2633

**El Palacio De La Naturaleza Health Food**

3126 W 26th Street, Chicago, IL 60623

(773) 254-9796

**El Selecto Products**

10532 S Torrance Ave, Chicago, IL 60617

(773) 375-9764

**El Tapatio**

10300 S Ewing Ave, Chicago, IL 60617

(773) 933-9930

**Express Convenient Food**

1800 E 87th Street, Chicago, IL 60617

(773) 768-3564

**Family Meat Market**

8933 S Commercial Ave, Chicago, IL 60617

(773) 933-7651

**Food for Less**

7030 S Ashland Ave, Chicago, IL 60636

(773) 349-9000

**Fresh Way Foods**

2600 E 87th Street, Chicago, IL 60617

(773) 375-9519

**General Nutrition Center**

3145 S Ashland Ave, Chicago, IL 60608

(773) 247-7115

*Also located:*

1519 E 53rd Street, Chicago, IL 60615

(773) 493-1564

*Also Located:*

8609 S Cottage Grove Ave, Chicago, IL 60621

(773) 224-2800

**Good Food Organics**

1634 E 53rd Street, Chicago, IL 60615

(773) 288-3700

**Health King Enterprise**

238 W 31st Street, Chicago, IL 60616

(312) 567-9978

**Hyde Park Food Center**

5131 S Cottage Grove Ave, Chicago, IL 60615

(773) 324-5300

**Ibarra Antonio**

9022 S Commercial Ave, Chicago, IL 60617

(773) 375-0644

**Ingleside Foods**

5117 S Ingleside Ave, Chicago, IL 60615

(773) 288-8089

# Grocery Stores

**Jewel Osco 3092**

1655 E 95th Street, Chicago, IL 60617  
(773) 374-6940

*Also located:*

3940 E 106th Street, Chicago, IL 60617

**Kmt Health Foods**

231 E 75th Street, Chicago, IL 60619  
(773) 224-7500

**Kudus Health Foods Inc**

8513 S Cottage Grove Ave, Chicago, IL 60619  
(773) 994-1754

**La Alتنا**

8827 S Escanaba Ave, Chicago, IL 60617  
(773) 734-7070

**La Cienega Dgo**

10736 S Ewing Ave, Chicago, IL 60617  
(773) 768-0631

**Laflor Grocery Store**

10500 S Avenue M, Chicago, IL 60617  
(773) 731-9390

**La Jerezana**

3022 E 91st Street, Chicago, IL 60617  
(773) 978-4683

**Lake Shore Food Inc**

8400 S Baker Ave, Chicago, IL 60617  
(773) 902-2585

**Lifeline Tropical Juice Bar**

1522 E 87th Street, Chicago, IL 60619  
(773) 933-8588

*Also located:*

8209 S Cottage Groove Ave, Chicago, IL 60619  
(773) 994-7606

**Lillies Supermarket Inc**

9863 S Ewing Ave, Chicago, IL 60617  
(773) 721-0502

**Moo & Onk-<http://retail.moo-oink.com>**

7158 S Stony Island Ave, Chicago, IL 60649  
(773) 493-7100

*Also located:*

8201 S Racine, Chicago, IL 60620  
(773) 962-8200

**Nature Sunshine Products**

754 E 82nd Street, Chicago, IL 60619  
(773) 994-6323

**Natures Way Health Inc**

8504 S Stony Island Ave, Chicago, IL 60617  
(773) 721-6611

**New Approach**

641 E 47th Street, Chicago, IL 60653  
(773) 373-6900

**Perfect Balance Diet & Nutrition Center**

8507 S Stony Island Ave, Chicago, IL 60617  
(773) 978-1400

**Petes Meat & Produce**

2001 W 71st Street, Chicago, IL 60636  
(773) 471-6508

**Petes Produce**

1543 E 87th Street, Chicago, IL 60619  
(773) 374-9732

*Also located:*

1411 West 87th Street, Chicago, IL 60620  
(773) 445-0990

**Save-A-Lot-[www.save-a-lot.com](http://www.save-a-lot.com)**

4701 S Cottage Grove Ave, Chicago, IL 60615  
(773) 548-1634

*Also located:*

7240 S Stony Island Ave, Chicago, IL 60649  
(773) 643-4867

*Also located*

7908 S Halsted Ave, Chicago, IL 60620  
(773) 962-4504



# Library Resources



# Library Resources

**Bessie Coleman Library**

731 E. 63rd Street, Chicago, IL  
(312) 747-7760

**Blackstone Public Library**

4909 S. Lake Park Ave, Chicago, IL  
(312) 747-0511

**Canaryville Library**

642 W. 43rd Street, Chicago, IL  
(312) 747-0644

**Carter G. Woodson Library**

9525 S. Halsted Street Chicago, IL  
(312) 747-6900

**Catholic Theological Union**

5416 S. Cornell Ave, Chicago, IL  
(773) 324-8000

**Chicago Bee Library**

3647 S. State Street, Chicago, IL  
(312) 747-6872

**Chicago Public Library**

6151 S. Normal Blvd, Chicago, IL  
(312) 747-8418

**Chicago Robert Taylor Library**

5120 S. Federal Street, Chicago, IL  
(312) 747-2828

**City of Chicago Neighborhood Libraries**

9055 S. Houston Ave, Chicago, IL  
(312) 747 8065

2401 E. 100th Street, Chicago, IL 60617  
(312) 747-6479

**D'Angelo Law Library**

1121 E. 60th Street, Chicago, IL  
(773) 702-9615

**Hall Public Library**

4801 S. Michigan Ave, Chicago, IL  
(312) 747-2544

**Hammond Library**

5757 S. University Ave, Chicago, IL  
(773) 752-5757

**Learning Resource Center**

3901 S. State Street, Chicago, IL  
(773) 451-2087

**Martin Luther King Jr. Library**

3436 S. King Drive, Chicago, IL  
(312) 747-5234

**Paul B Sheatsley Library**

1155 E. 60th Street, Chicago, IL  
(773) 256-6204

**Sherman Park Library**

5440 S. Racine Ave, Chicago, IL  
(312) 747-0477

**South Shore Public Library**

2505 E. 73rd Street, Chicago, IL  
(312) 747-5281

**Whitney M Young Jr. Public Library**

7901 S. King Drive, Chicago, IL  
(312) 747-0039



# Nutritional Resources



# Nutritional Resources

## **General Nutrition Center**

8609 S Cottage Grove Ave, Chicago, IL 60619  
(773) 224-2800

### *Also Located:*

1519 E 53rd Street, Chicago, IL 60615  
(773) 493-1564

### *Also Located*

3145 S Ashland Ave, Chicago, IL 60608  
(773) 247-7115

## **One Stop Nutrition**

1551 W 79th Street, Chicago, IL 60620  
(773) 487-1040

## **Watchers Support Group:**

### **Apostolic Church of God**

6320 S Dorchester Ave, Chicago, IL 60637  
(773) 667-1500

### **Fellowship Missionary Baptist Church**

4543 S Princeton Ave, Chicago, IL 60609  
(773) 924-3232

### **Greater Institutional AME Church**

7800 S Indiana, Chicago, IL 60619  
(773) 873-0936

### **Hyde Park Neighborhood Club**

5480 S Kenwood Ave, Chicago, IL 60621  
(773) 643-4062

### **Kelly Methodist Church**

6955 S King Drive, Chicago, IL 60637  
(773) 873-9469

### **Perfect Balance Diet & Nutrition Center**

8507 S Stony Island Ave, Chicago, IL 60617  
(773) 978-5673

### **Parkways Activity Center**

6720 S East End Ave, Chicago, IL 60649  
(773) 752-1361

### **Seattle Sutton Healthy Eating**

1645 E 53rd Street Chicago, IL 60615  
(773) 667-3438

### **Sixth Grace Church**

600 E 35th Street, Chicago, IL 60616  
(312) 225-5300

### **Sports Nutritional Center**

231 E 75th Street Chicago, IL 60619  
(773) 846-1244

### **Vernon Park Church of God**

9011 S stony Island, Chicago, IL 60617  
(773) 734-4504

# Physical Fitness Resources

**Parks • Fitness Centers  
Recreational Clubs**



# Physical Fitness Resources

## **Bally Total Fitness**

3348 W 87th Street, Chicago, IL 60652  
(877) 863-3480

*Also located:*

1301 E 47th Street, Chicago, IL 60653  
(773) 358-1885

## **Curves**

1425 E 53rd Street, Chicago, IL 60615  
(773) 324-4400

*Also located:*

3252 S Wallace Street, Chicago, IL 60616  
(312) 881-0141

*Also located:*

1514 E 63rd Street, Chicago, IL 60637  
(773) 324-0060

*Also located:*

806 E 78th Street, Chicago, IL 60619  
(773) 874-4601

## **Evolution Fitness Club**

3423 S Halsted Street, Chicago, IL 60608  
(773) 843-8300

## **Lotus Living Wholeness Center**

1715 E 55th Street, Chicago, IL 60615  
(773) 955-0505

## **Y.M.C.A.**

3763 S Wabash Ave, Chicago, IL 60653  
(773) 285-0020

*Also located:*

6330 S Stony Island Ave, Chicago, IL 60637  
(773) 947-0700

## **Hyde Park Neighborhood Club**

5480 S Kenwood Ave Chicago, IL 60621  
(773) 643-4062

## Free Walking Programs

### **Community Fitness Program-No fee to join**

University of Chicago Medical Center -Provides a Walkers program at the Museum of Science & Industry on Monday, Wednesday & Friday from 7:30 am -9:30am.

For more information or to register for this program contact the Community Registration Office at the University of Chicago Medical Center at (773) 834-1888

### **Mall Walkers Program-No fee to join.**

The Plaza-Provides a Walkers program in the Plaza located on 9600 S Western, Ave, Chicago, IL 60620.

From 7:30 am-1000am everyday of the week.  
For more information contact the Plaza Management Office at (708) 422-5454 or walk in during Mall Hours.

# Physical Fitness Resources

## Chicago Park Districts and Playgrounds

9729 S Yates Blvd., Chicago, IL 60617  
(312) 747-6022

8930 S Muskegon Ave, Chicago, IL 60617  
(312) 747-6023

9501 S King Drive, Chicago, IL 60628  
(773) 995-2545

301 E 85th Chicago, IL 60601  
(312) 747-6063

10438 S Wallace Street, Chicago, IL 60628  
(312) 747-6132

810 E 103rd Street, Chicago, IL 60628-3004  
(312) 747-6155

6401 S Stony Island Ave Chicago, IL 60637  
(773) 256-0903

7655 S Ingleside Ave, Chicago, IL 60619  
(312) 747-6158

8051 S Chappel Ave, Chicago, IL 60617  
(312) 747-6459

11100 S Indiana Ave, Chicago, IL 60628  
(312) 747-6576

2820 E 98th Street, Chicago, IL 60617  
(312) 747-6812

9501 S King Jr Dr, Chicago, IL 60628  
(773) 995-2545

7340 S East End Ave, Chicago, IL 60649  
(312) 747-7006

401 W 123rd Street, Chicago, IL 60628  
(312) 747-7090

7059 S South Shore Dr., Chicago, IL 60649  
(773) 256-0149

1833 E 71st Street, Chicago, IL 60649  
(773) 256-0904

9650 S Avenue M, Chicago, IL 60617  
(312) 747-6607

3045 E 83rd Street, Chicago, IL 60617  
(312) 747-6651

9912 S Princeton Ave, Chicago, IL 60628  
(312) 747-6689

8930 S Muskegon Ave, Chicago, IL 60617  
(312) 747-6023

501 E 90th Pl, Chicago, IL 60619  
(312) 747-6763

11546 S Avenue L Chicago, IL 60617  
(773) 646-3180

2949 E 131st Street Chicago, IL 60633  
(773) 646-0210



# Social Services Resources

**Career services**  
**Childcare services**  
**Education**  
**Housing services**



# Social Services Resources

## A

### **Abraham Lincoln Center-(non-for-profit)**

**[www.abelink.org/core2.htm](http://www.abelink.org/core2.htm)**

*Provides:*

- Early Childhood Development-Preschool (3-5 years old)
- Child & Teen Development Programs-After School & summer programs (6-17 years old)
- 50+ Health Behaviors & Lifestyle Programs
- Community Technology Center-Computer classes bridges the “digital divide” which places low-income families without access to computers at a disadvantage socially, intellectually and economically.
- Seniors Program-Offers case management services, group activities and other programming.
- Psychosocial Rehabilitation Program PSR (Adult Behavioral Health)-(18 years and up) Individual/Group Therapy and Counseling, Psychiatric Consulting, Socio-Cultural Enrichment, Life Skills, Personal Development, Community Inclusion Activities/Events, Case Management Services, Men/Women Issue Focus Groups, Medication and Education Compliance.

(773) 363-8342 1216 E.54th Street, Chicago, IL 60615

(773) 955-6737 5129 S. Drexel Ave, Chicago, IL 60615

(773) 493-6201 1606 E. 50th Chicago, IL 60615

(773) 285-1390 3858 S. Cottage Grove Ave  
Chicago, IL 60653

### **Action Coalition of Englewood- (non-for-profit)**

Energy program and weatherization CEDAR

*Provides:*

- Energy and Weatherization program for lower income families and utility payment support funded by C.E.D.A.R.

(773) 846-0080 6455 S. Peoria Street Chicago, IL 60621

### **Ada S McKinley Community Svc.-(non-for-profit)**

**[www.adasmckinley.org](http://www.adasmckinley.org)**

*Provides:*

Child Care, Mental Health Services, College Preparation & Placement, Vocational Training, Foster Care & Adoption, Residential Living Arrangements, Job Development,

(773) 955-2900 6603 S. Wentworth Ave  
Chicago, IL 60621

(312) 808-4614 2907 S. Wabash Ave #202  
Chicago, IL 60616

(773) 373-8200 4301 S. Wabash Ave, Chicago, IL 60653

(773) 373-1044 4237 S. Indiana Ave, Chicago, IL 60653

(312) 328-3543 100 E. 34th Street, Chicago, IL 60616

### **African American Family**

**[www.aafc.org](http://www.aafc.org)**

Develops, evaluates and advocates for public policies, plans,

research and programs that will strengthen and preserve families, family economics, workforce, participation, health status, safety, education and training, and quality of life for African-Americans.

(312) 326-0368 2925 S. Wabash Ave. Chicago, IL 60616

### **Akarama Foundation Inc.-(non-for profit)**

**the philanthropic entity of the Theta Omega Chapter.**

**[www.akathetaomega.org/AKarama\\_Foundation.html](http://www.akathetaomega.org/AKarama_Foundation.html)**

The foundation designs and implements programs that provide needed services to the community. The Foundation is able to respond to the needs of the community through programs of service in Health, Arts, Economic Development, Education & Scholarship.

(773) 955-5174 6220 S. Ingleside Ave, Chicago, IL 60637

### **Anne B Jones Community Svc**

**[www.abjchicago.org/html/outreach.html](http://www.abjchicago.org/html/outreach.html)**

An accredited 501C (3) community based organization licensed by the Illinois Department of Children and Family Services.

*Provides:*

- HIV/AIDS Prevention/Education Junior Golf
- Abstinence Education G.E.D. program
- Parent Child Education(P.A.C.E.) Food/Clothing Pantry
- Child Welfare Services Foster Care

(773) 667-2100 1818 East 71st Street, Chicago, IL 60649

## B

### **Beatrice Caffrey Prairie House-(non-for profit)**

**[www.beatricecaffrey.net](http://www.beatricecaffrey.net)**

*Provides:*

- Youth Services
- Independent Living Program
- Teen Reach Program
- Foster Care Program

(773) 363-7182 5714 S. Prairie Ave, Chicago, IL 60637

### **Beloved Community Family Svc.**

**[www.belovedfamily.org](http://www.belovedfamily.org)**

*Provides:*

- Health Education & Prevention
- Youth Development,
- Intervention Services

(773) 488-9065 6430 S. Harvard Ave, Chicago, IL 60621



# Social Services Resources

## **Big Girl Faith Foundation**

[www.biggirlfaith.org/index.html](http://www.biggirlfaith.org/index.html)

A 501(c)(3) non-profit public charity that provides spiritual and financial support to Women of Color who need assistance with household related funds such as rent/mortgage, utilities, car payment, transportation to and from treatments, groceries and care giving while fighting breast cancer.

*Provides:*

- Financial Support
- Spiritual Healing
- Link to support groups and breast cancer information

(773) 493-3712 1634 E. 53rd Street #286  
Chicago, IL 60615

## **Bi-Racial Family Network**

[www.bfnchicago.org](http://www.bfnchicago.org)

A nonprofit 501(c)(3) public benefit corporation organized to help eliminate prejudice and discrimination by assisting individuals and families of diverse ethnic ancestry to improve the quality of their intercultural relationships via education and social activities. BFN does not tolerate discrimination based on age, color, nationality, race, religion, or sex.

(773) 288-3644 Chicago, IL

## **Brand New Beginnings**

<http://bnewb.com>

Brand New Beginnings, under the leadership of Della Mitchell, is a 501 (c)(3), faith-based community housing development organization founded March 18, 1994 for the purpose of creating supportive housing that will be safe and affordable for low-income families, with priority given to homeless women and their children.

(773) 955-5780 103 E. 58th Street #115, Chicago, IL 60637

## **Bridging The Gap Communal**

[www.btgcl.org](http://www.btgcl.org)

A non-for-profit organization that consist of healthcare practitioners, social service workers, and business people who specialize in serving individuals with physical and/or mental challenges; persons who face chronic institutionalization.

*Provides:*

- Affordable private and semi-private living environments- that are clean, modern, free of drugs and/or alcohol, safety hazards, our facilities are monitored 24 hours a day by professionals.
- Transportation, Family Support and Education, Community Service and Accountability, Self Esteem Building Work Shops
- Referrals for Independent Housing, Health Education Workshops & Other Services, Money Management Classes and Financial Skills Training

## **C**

### **C.A.R.C.**

<http://carc.info/Default.aspx>

C.A.R.C. is committed to affording men and women with developmental disabilities with innovative work opportunities that yield the vital self-esteem that originates from being a working part of the communities in which they live.

*Provides:*

- Early Intervention Program
- Autism Services Program
- Family Support Services
- Community Living Program
- Day and Employment Services
- Employment Services
- Senior Services

(773) 241-5700 5333 S. Greenwood Ave, Chicago, IL 60603

### **Catholic Charities- (a non-for-profit organization)**

[www.catholiccharities.net/about](http://www.catholiccharities.net/about)

*Provides:*

- Adoption/post-adoption services,
- Counseling and therapy,
- Daycare for low-income families,
- Elder abuse investigation
- Family shelters
- Food and clothing pantries,
- Health fairs for low-income communities,
- Help for domestic violence victims
- HIV/AIDS counseling ,
- Home care and day services for seniors,
- Senior housing and senior community centers,
- Job training
- Support for families and friends of suicide victims ,
- Immigration and Refugee assistance,
- Teen parenting assistance
- Nutrition for low-income elderly, mothers and children,
- Summer programs for teens in at-risk neighborhoods,
- Substance abuse counseling and prevention

(773) 924-6571 5060 S. State Street, Chicago, IL 60609

# Social Services Resources

## **Center For New Horizons Inc.**

The largest social service agency headquartered in Bronzeville and is accredited by the Council on Accreditation (COA) and the National Association for the Education of Young Children (NAEYC).

*Provides:*

- Early Care & Education
- Youth & Family Development
- Workforce Development
- Provider Services
- Family Services
- Corporate & Individual Giving Program
- Senior Crossroads, Community Building Services

(773) 924-1423 4309 S. King Dr., Chicago, IL 60653

(773) 624-0061 226 E. 43RD Street, Chicago, IL 60653

## **Chicago Area Project**

**[www.chicagoareaproject.org/about.html](http://www.chicagoareaproject.org/about.html)**

A private, non-for-profit organization that works with delinquency prevention and services in disadvantaged urban neighborhoods.

*Provides:*

- Community Service Program
- Mentoring
- Training & Employment
- Community Organizing
- Teen Reach
- Juvenile Justice
- Diversion Project
- Women in Transition
- African American Male Rites of Passage Program
- Youth as Resources

(312) 949-5900 2929 S. Wabash Ave, Chicago, IL 60616

## **Chicago Center for Urban life Culture**

**[www.urbanlifecenter.org](http://www.urbanlifecenter.org)**

A non profit organization that equips college students and other participants to learn from diverse urban communities through innovative programs, seminars and internships.

(773) 363-1312 1515 E. 52nd Pl #210, Chicago, IL 60615

## **Chicago Child Care Society**

**[www.cccsociety.org](http://www.cccsociety.org)**

Founded in 1849 to care for children left homeless by the cholera epidemic, Chicago Child Care Society is the oldest existing child welfare agency in Illinois.

*Provides:*

- Early Childhood Development Program
- Family Support Services
- Teen Programs

(773) 643-0452 5467 S. University Ave, Chicago, IL 60615

## **Chicago Defender Charities**

(773) 536-3710 700 E. Oakwood Blvd., Chicago, IL 60653

## **Chicago Urban League-(non for profit organization)**

**[www.thechicagourbanleague.org](http://www.thechicagourbanleague.org)**

Helping individuals and families attain economic empowerment through employment, homeownership, entrepreneurship and wealth accumulation; Advocating for policies and programs that ensure equal participation by African Americans in the economic and social mainstream; Creating positive cultural images.

*Provides:*

- Entrepreneurship Center
- Workforce Diversity & Development
- Human Capital Development, and other services

(773) 285-5800 4510 S. Michigan Ave, Chicago, IL 60637

## **Chicago Women's AIDS project**

**<http://cwapchicago.org/default.aspx>**

Provides prevention education, advocacy and support for women at risk or living with HIV in the Chicago area.

(773) 329-3941 2317 E. 71st Street, Chicago, IL 60649

## **Child Services**

**[www.childserv.org](http://www.childserv.org)**

Give hope to underserved children and their families by offering a wide range of community-based programs as well as services that place children and youth in safe, nurturing home environments.

*Provides:*

- Tutoring
- Parent Empowerment Program
- Teen Mom Foster Care
- Grand Family Support
- Group Homes,
- Transitional Living Program
- Family Child Care Homes

(773) 693-0300 5401 S. Wentworth Ave  
Chicago, IL 60609

# Social Services Resources

## **Community Service Center**

**[www.cityofchicago.org](http://www.cityofchicago.org)**

Provides a range of services such as emergency food, infant formula, shelter & housing and much more.

## **Coalition For United Community**

**(non-for profit organization)**

**<http://coalitionortc.com/contactus.html>**

Works with community organizations, labor unions, contractors, and government agencies to develop construction training programs for unemployed and underemployed minorities and females.

*Provides:*

- Educational for OSHA Certification
- Apprenticeship Preparedness Training
- A wide range of other Journeymen type education

(312) 225-2085 2925 S. Wabash Ave, Chicago, IL 60616

## **Community Builders Inc-(non-for profit organization)**

**[www.tcbinc.org](http://www.tcbinc.org)**

Urban housing developer. We do this by developing, financing, and operating high quality affordable, mixed-income housing, by coordinating access to support services, and by planning and implementing other community and economic initiatives critical to the communities we serve.

(773) 268-8225 729 E. Oakwood Blvd., Chicago, IL 60653

## **Community Mental Health Clinic**

**[www.thecouncil-online.org](http://www.thecouncil-online.org)**

Committed to the prevention and early detection of psychiatric and emotional disorders by developing a community that promotes good physical and mental health.

(773) 846-8364 814 E. 74th Street, Chicago, IL 60619

## **D**

### **Delt Sigma Theta Sorority**

**[www.dstmidwestregion.com/programs.html](http://www.dstmidwestregion.com/programs.html)**

A public service organization that provides an extensive array of public service initiatives through its Five-Point Program Thrust of Economic Development, Educational Development, International Awareness and Involvement, Physical and Mental Health, and Political Awareness and Involvement.

(773) 538-0836 1700 E. 56th Street, Chicago, IL 60637

## **Dime Child Foundation**

Provides educational resources and services to at-risk students that would ensure them hope of a promising future.

*Provides:*

- Tutoring
- Cultural Excursions
- College Preparation
- Career Exploration and Job Shadowing
- Motivational and Professional Speakers

(312) 528-0700 2929 S. Wabash Ave, Chicago, IL 60616

## **Disable Adult Residential**

**[chicagodisabilityservices.com](http://chicagodisabilityservices.com)**

Provides a collaboration of network resources for people with disabilities.

(773) 667-7313 1616 E. 55th Street, Chicago, IL 60615

## **Diversified Behavioral Comprehensive Care**

**[www.dbccare.org](http://www.dbccare.org)**

Not-for-profit organization offering comprehensive and holistic social service and mental health care to youth and their families.

(773) 375-0700 1140 E. 87th Street, Chicago, IL 60619

## **Dress for Success Chicago**

**[www.dressforsuccess.org/whatwedo.aspx](http://www.dressforsuccess.org/whatwedo.aspx)**

Not-for-profit organization offering services designed to help our clients find jobs and remain employed. Each Dress for Success client receives one suit when she has a job interview and can return for a second suit or separates when she finds work.

## **E**

### **Entry House Detoxification Center**

(773) 493-6116 1447 E. 65th Street, Chicago, IL 60637

## **Exodus Renewal Society**

**[www.exodus-chicago.org/wst\\_page4.html](http://www.exodus-chicago.org/wst_page4.html)**

Not-for-profit corporation that provides pathways to opportunities that lead to a new way of life built on the habits of good health, good work, strong education, self-pride and community awareness. To assist people in re-establishing their connection with the community.

*Provides:*

- Urban Leadership Development
- Healthy Start Fathers Workshop
- Re-Entry Support Services
- Peer-to-Peer Counseling
- Parent Training,
- Non-Traditional Entrepreneurial training/apprenticeship

(773) 488-7213 324 E. 75th Street, Chicago, IL 60619

# Social Services Resources

## F

### **Fchn Feed Clothe & Help** **www.fchnprogram.com**

A not for profit organization that provides various uplifting services for the homeless and needy families daily, Monday thru Saturday such as: clothing, hot meals, groceries, furniture, medical assistance, various skill training, substance abuse assistance, personal & household items, love, hugs, etc.

(773) 436-8277 1234 W. 59th Street, Chicago, IL 60636

### **Featherfist** **www.featherfist.com**

Serves as the primary backup for the City of Chicago's Emergency Services Outreach to the homeless.

*Provides:*

- Crisis Intervention
- Stable/Permanent Housing Program
- Comprehensive and Specialized Case Management
- Core Independent Living and Self-Sufficiency Services

(773) 721-7088 2255 E. 75th Street, Chicago, IL 60619

(773) 955-8598 5714 S. Calumet Ave, Chicago, IL 60637

### **Firman Community Service** **www.firmancs.org**

Social service agency that provides resources and education for families and children who are within poverty stricken scopes.

(773) 373-2083 4910 S. King Dr, Chicago, IL 60615

(773) 373-3400 144 W. 47th Street, Chicago, IL 60628

### **Fund For Community Redevelopment**

(773) 363-4300 822 E. 63rd Street, Chicago, IL 60637

## G

### **Girls & Boys Town of Chicago** **www.boystownofchicago.org/Pages/default3.aspx**

Provides short-term emergency residential care for assessment and crisis stabilization for abused, neglected, runaway youth or youth who have been in trouble due to delinquent activities.

(773) 247-7725 4538 S. Hermitage Ave, Chicago, IL 60609

## H

### **Harold Washington Cultural Center**

Dedicated to establishing viable programs for area residents.

(773) 373-1900 4701 S. King Drive, Chicago, IL 60653

### **Haymarket House**

**www.hcenter.org/about%20us/aboutus.html**

Non-profit agency, that brings a comprehensive alcohol and drug treatment program, licensed by the state of Illinois, which receives funding from private, city, state, and federal agencies.

(773) 548-7593 4910 S. King Dr, Chicago, IL 60615

### **Heartland Housing Inc** **www.heartlandalliance.org**

Non-profit which, advances the human rights and responds to the human needs of endangered populations—particularly the poor, the isolated, and the displaced—through the provision of comprehensive and respectful services and the promotion of permanent solutions leading to a more just global society.

*Provides*

- Housing
- Health Care programs
- Economic Security
- Legal Protections

(773) 548-5333 914 E. 47th Street, Chicago, IL 60653

(773) 924-2761 1525 E. Hyde Park Blvd #200  
Chicago, IL 60615

### **Henry Booth House/Near South** **http://henryboothhouse.org/**

Community-based agency whose mission is to improve the quality of life for culturally and economically diverse families by providing comprehensive early childhood education, health and social services.

(312) 791-0424 2929 S. Wabash, Ave Chicago, IL 60616

### **Hyde Park Neighborhood Club** **www.hpclub.org/aboutus.html**

Strengthens the community and fosters individual development by complementing and enriching classroom learning for children and youth and promoting social interaction and wellbeing among seniors.

*Provides:*

- Teen Program
- Independent Seniors Program
- Open Gym
- Summer Camp/Before & After School Program

(773) 643-4062 5480 S. Kenwood Ave, Chicago, IL 60615

### **Ibukum Comprehensive Community Services**

(773) 994-6125 6752 S Perry Ave, Chicago, IL 60621

# Social Services Resources

## **Institute for Positive Living**

**<http://openbookprogram.org>**

A multi-faceted after-school program for young adolescents in which participants are engaged in activities that encourage the development of reading, writing and critical thinking skills.

(773) 924-9803 3620 S. Rhodes Ave, Chicago, IL 60653  
(773) 924-9801 435 E. 35th Street, Chicago, IL 60616

## **K**

### **Kimbark Residency II**

(773) 493-2380 1351 E. 62nd Street, Chicago, IL 60637

## **L**

### **Lakeside Community Committee**

**<http://lakeside-cc.org>**

*Provides:*

- Family Support
- Child Welfare
- Educational resources

(773) 924-4154 3515 S. Cottage Grove Ave  
Chicago, IL 60653

### **Little Black Pearl Workshop**

**[www.blackpearl.org](http://www.blackpearl.org)**

Nonprofit serving youth in the Kenwood/Oakland, Woodlawn, and Bronzeville neighborhoods on Chicago's south side. Creates opportunities for youth and adults to deepen their creative involvement through the arts, cultivate their entrepreneurial skills and use the arts as a means for economic empowerment and community transformation.

(773) 285-1633 1060 E. 47th Street, Chicago, IL 60653

## **M**

### **Methodist Youth Services Inc.**

**[www.myschicago.org](http://www.myschicago.org)**

Non-profit, non-sectarian child welfare agency that serves otherwise homeless abused and neglected or delinquent youth under the direction of the Illinois Department of Children and Family Services or the Department of Corrections.

(773) 324-7282 6716 S. Merrill Ave #e, Chicago, IL 60649

## **Metropolitan Family Services**

**[www.metfamily.org](http://www.metfamily.org)**

Provides and mobilize the services needed to strengthen families and communities.

*Provides:*

- Child & Youth Development
- Financial Aid Bureau
- Counseling
- Mental Health
- Economic Stability
- Older Adult Services
- Employee Assistance Network
- Parent Development
- Violence Prevention & Intervention

(312) 225-3694 2600 S. Michigan Ave, Chicago, IL 60616

## **N**

### **Neighborhood Writing Alliance**

**[www.jot.org](http://www.jot.org)**

Inspire adults in Chicago's low-income neighborhoods to incorporate writing and reflection into their everyday lives and promotes change by creating opportunities for adults in Chicago to write, publish, and perform works about their lives.

(773) 684-2742 1313 E. 60th Street #238  
Chicago, IL 60637

### **Nuway Community Service, Inc**

**<http://nuwayone.com>**

Provides community based medication assisted treatment programs.

(773) 723-1276 703 E 75th Street, Chicago, IL 60619  
(773) 723-2790 659 E 75th Street, Chicago, IL 60619

## **P**

### **Project Health**

**[www.projecthealth.org](http://www.projecthealth.org)**

Mobilizes undergraduate volunteers, in partnership with providers in urban clinics, to run two types of programs to improve the health of low-income children and families.

# Social Services Resources

## R

### **Rainbow Push Coalition**

**[www.rainbowpush.org/about](http://www.rainbowpush.org/about)**

A progressive organization fighting for social change. As a mighty coalition of conscience; workers, women and people of color have the power to make the American Dream a Reality.

(773) 373-3366 930 E. 50th Street, Chicago, IL 60615

### **Raphael Center**

**[www.raphaelhc.org](http://www.raphaelhc.org)**

Provides comprehensive, quality, affordable and accessible medical and dental care. We also support the spiritual, psychological and social health of our patients. Services are provided without regard for a person's ability to pay as we strive to be a community resource for eliminating health disparities.

(773) 548-7847 4657 S. Drexel Blvd, Chicago, IL 60653

### **Regency Home Health Care**

**[www.regencyhomehealthcare.com/](http://www.regencyhomehealthcare.com/)**

Offers traditional nursing care and educates patients/caregivers in regards to management of Type 1 and Type 2 diabetes mellitus.

(708) 612-2297 10448 S. Pulaski Rd., Oak Lawn, IL 60453

## S

### **Salvation Army**

**[www.salvationarmyusa.org](http://www.salvationarmyusa.org)**

(773) 892-0984 945 W. 69th Street, Chicago, IL 60621

### **South Central Community Services Inc**

Nonprofit organization that offer educational, community, wellness, clinical and child welfare programs.

(773) 374-2223 7550 S Phillips Ave, Chicago, IL 60649

(773) 602-8156 840 E 87th Chicago, IL 60619

(773) 651-6118 8445 S Cottage Grove Ave  
Chicago, IL 60619

## U

### **Ujima**

**[www.ujimainc.net](http://www.ujimainc.net)**

A Non-For Profit Organization takes a holistic approach to job training, placement, and career Development with its Youth Build programs.

(773) 268-8902 500 E. 37th Street, Chicago, IL 60653

## V

### **Veterans Affairs Dept**

(773) 363-1492 5200 S. Cottage Grove Ave  
Chicago, IL 60615

### **Vision House Inc**

**[www.visionhouse.org/about/about.html](http://www.visionhouse.org/about/about.html)**

Provides permanent housing for low income and homeless HIV/AIDS affected individuals and their families.

(773) 624-9112 514 E. 50th Place, Chicago, IL 60615

## W

### **We Can**

**[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)**

Strives to improve the lives of youth and families across the United States by addressing key overweight and obesity issues affecting our communities.

(773) 288-3000 6450 S. Stony Island Ave  
Chicago, IL 60637

### **Will Feed Community**

Nonprofit organization that offers a soup kitchen.

(773) 651-9220 6401 S. Sangamon Street  
Chicago, IL 60621

(773) 651-9288 6455 S. Peoria Street  
Chicago, IL 60621

### **Woodlawn Organization**

(773) 288-5840 4100 S. Martin L. King Drive  
Chicago, IL 60653

(773) 548-1824 4400 S. Cottage Grove Ave  
Chicago, IL 60653

## Y

### **YWCA Young Parents Program**

(773) 955-3100 6600 S. Cottage Grove Ave  
Chicago, IL 60637

# Local Vending Resources

## **American Heart Association/American Stroke Association** **www.americanheart.org**

Our mission is to build healthier lives, free of cardiovascular diseases and stroke. That single purpose drives all we do. The need for our work is beyond question.

*Contact:*

Curvine Summers-Director, Cultural Health Initiatives  
Cell Phone Number (312) 404-7733  
Telephone Number (312) 476-6654  
Fax Number (312) 346-8236  
208 S. LaSalle Street Ste. 1500 Chicago, IL 60604

## **Bayer Health Center** **www.chicagocfac.com**

is among the world's foremost innovators in the field of pharmaceutical and medical products. This subgroup's mission is to research, develop, manufacture and market innovative products that improve the health of people and animals throughout the world.

The subgroup has four operating divisions:

- Animal Health (veterinary medicines and grooming products)
- Bayer Schering Pharma\* (prescription medicines)
- Consumer Care (over-the-counter medicines and dietary supplements)
- Medical Care\*\* (blood glucose monitoring devices and contrast agent injection systems)

For more information about the diabetes sector of Bayer Health Center

*Contact:*

Vanessa Powell-Diabetes Sales Specialist  
Bayer Health Care LLC  
P.O. Box 2066  
Country Club Hills, IL 60478  
Phone: (800) 800-9666 ext. 9359  
Fax: (708) 922-3056  
Customer Service: (800) 348-8100  
Email Address Vanessa.powell.B@bayer.com

## **Centers for Foot & Ankle Care** **www.chicagocfac.com**

Providing quality, comprehensive care to men, women, and children of all ages through Dr. Smith' and Associates background in foot and ankle care and state-of-the-art facilities.

*Contact:*

Dr. Carlos F Smith DPM  
Telephone Number (773) 445-3964  
Fax Number (773) 445-3971  
9021 S Western Ave Chicago, IL 60620

## **Chi Community Supported Agriculture**

Provides nutritious products to local families utilizing the natural processes of gardening.

*Contact:*

Deodine Montgomery- Community Supported  
Agriculturist  
Telephone Number (773) 213-5383

## **Chicago Lakeshore Hospital** **www.chicagolakeshorehospital.com**

Small, high quality, private Psychiatric Hospital located on the north side of the city. We specialize in the treatment of adults, adolescents and children with psychiatric and/or alcohol, addiction/chemical or drug dependency issues. We are dedicated to educating the public to the value of identifying and treating behavioral illnesses, addictions and their impact on people's lives.

Provide services for:

- Suicide attempts
- Alcohol or drug abuse
- Depression
- Acute stress
- Severe anxiety
- Behavioral problems

All assessments are free of charge and confidential

*Contact:*

Katie Butler (773) 878-9700  
24 hour Crisis Intervention number (800) 888-0560  
4840 North Marine Drive Chicago, IL 60640  
Email Address curvine.summers@heart.org

## **EMB Medical Supply** **http://embdiabeticsupplies.com**

An authorized Durable Medical Equipment Company (DME) that specializes in diabetic shoes in a range of colors, styles and sizes. We also personally deliver your shoes and perform the initial fitting to guarantee a perfect fit. We will process all the paper work required and bill Medicare Directly.

*Contact:*

Jay Payne -Account Executive  
Telephone Number (312) 890-3242  
Fax Number (773) 744-2405  
5962 N. Elston Ave, Chicago, IL 60646

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## **Inner City Ice Entertainment**

**[www.icetheaters.com](http://www.icetheaters.com)**

In November 1997, husband and wife team, Donzell and Alisa Starks, fulfilled a dream and made history by bringing Hollywood back to the 'hood in Chicago. Through a joint venture with one of the largest movie exhibitors, this dynamic duo of an investment banker and a marketing expert, accomplished what few thought possible - the revival of movie theaters in inner city communities on the south and west sides of Chicago.

*Also provides:*

Space for public community events.

*Contact:*

Alisa Starks-President

Telephone Number (773) 892-3204

Fax Number (773) 892-3205

210 West 87th Street Chicago, IL 60620

## **Liberty**

**[www.libertymedical.com](http://www.libertymedical.com)**

For nearly two decades, Liberty Medical has been committed to providing home delivery of the healthcare products you rely on. For patients with diabetes, as well as those needing incontinence and ostomy supplies, CPAP supplies, prescription medications and much more, Liberty's personalized customer service, free shipping and No-Risk Guarantee\* have helped to make life convenient and affordable.

*Contact:*

Marla Lawrence-Territory Manager

Cell Phone Number (773) 962-1595

Telephone Number (866) 342-2383 (DIABETES)

Fax Number (888) 268-6406 8881

Liberty Lane Port

St. Lucie, FL 34952

## **Regency Home Health Care, P.C.**

**[www.regencyhomehealthcare.com](http://www.regencyhomehealthcare.com)**

Provides skilled Nursing, Physical therapy, Occupational Therapy, Home Health Aide and Medical Social Worker services. We are Medicare certified and accredited by CHAP. We Accept Medicare and most commercial insurance companies such as United Health Care, Humana and more please call our office to discuss your coverage and cost.

*Contact:*

Stan Turner-Marketing Manager

Cell Phone Number (708) 374-0146

Telephone Number (708) 398-4022

Fax Number (708) 952-1053

10448 S. Pulaski Road, Suite 55

Oak Lawn, IL 60453

## **Unity Hospice of Chicagoland LLC**

**[www.unityhospice.com](http://www.unityhospice.com)**

Founded in 1992 by Michael Klein, J.D., at his kitchen table. Unity Hospice® is backed with over a decade of industry experience and excellence. The mission of Unity Hospice® is to provide comprehensive care, support, and education to people facing life-limiting disease, those who care for them and our community. Unity Hospice® provides top-notch palliative care for those with life limiting illnesses along with great customer support - a combination that can't be beat. Through our commitment, experience, and expertise Unity Hospice® has established a relationship with our customers that will last a lifetime.

*Contact:*

Kelly Burton- Community Relations Representative

Cell Phone Number (312) 882-0639

Telephone Number (312) 949-1188

Fax Number (312) 949-0158

439 E. 31st Street Suite 213, Chicago, IL 60616

Email Address [kburton@unityhospice.com](mailto:kburton@unityhospice.com)

## **Waiters Chiropractic**

**[www.waitershealthcenters.com](http://www.waitershealthcenters.com)**

Are committed to serving the true care needs of every man, woman and child within our reach. We offer natural solutions, promoting health care and prevention over disease and intervention. By having a love for meeting new faces and impacting new lives, we expect to change lives and see people become more of who they hope to be. We acknowledge the devastating effects of vertebral subluxation on the expression of human life and go to extraordinary measures in educating our community about the benefits of chiropractic for the restoration of health, well-being and human performance. Honoring God by helping His creation to express their optimal physical, mental and spiritual potential.