Community Resource Phone Directory

THE UNIVERSITY OF CHICAGO
Kovler Diabetes Center
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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-Optomtist
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-Optomtist
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-Optomtist
738 W 107th Street, Chicago, IL 60628
(773) 568-7439

Moore, Henry R OD-Optomtist
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-Optomtist
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-Optomtist
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
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

Elderluxe
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**

<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>About Morgan Park Foot Clinic</strong></td>
<td>8201 S Ashland Ave, Chicago, IL 60620</td>
<td>(773) 873-3434</td>
</tr>
<tr>
<td><strong>About South Chicago Foot Clinic</strong></td>
<td>9037 S Commercial Ave, Chicago, IL 60617</td>
<td>(773) 731-2525</td>
</tr>
<tr>
<td><strong>Achilles Heel Foot &amp; Ankle</strong></td>
<td>10349 South Western Ave, Chicago, IL 60643</td>
<td>(773) 445-3668</td>
</tr>
<tr>
<td><strong>Ashland Foot Clinic</strong></td>
<td>6326 S Ashland Ave, Chicago, IL 60636</td>
<td>(773) 778-8200</td>
</tr>
<tr>
<td><strong>Auburn Foot Clinic</strong></td>
<td>8054 S Western Ave, Chicago, IL 60620</td>
<td>(773) 776-9400</td>
</tr>
<tr>
<td><strong>Avalon Foot Clinic</strong></td>
<td>8601 S Cottage Grove, Chicago, IL 60619</td>
<td>(888) 392-1764</td>
</tr>
<tr>
<td><strong>Chan, C.-D.P.M.</strong></td>
<td>2143 W 95th Street, Chicago, IL 60643</td>
<td>(773) 238-7400</td>
</tr>
<tr>
<td><strong>Chatham Foot Specialists</strong></td>
<td>1516 E 87th Street, Chicago, IL 60619</td>
<td>(773) 978-7000</td>
</tr>
<tr>
<td><strong>Dorn, John -D.P.M.</strong></td>
<td>13101 S Baltimore Ave, Chicago, IL 60633</td>
<td>(773) 646-5331</td>
</tr>
<tr>
<td><strong>Enriquez, George-D. P. M.</strong></td>
<td>736 W 35th Street, Chicago, IL 60616</td>
<td>(773) 376-4228</td>
</tr>
<tr>
<td><strong>European Foot &amp; Ankle Clinic</strong></td>
<td>1440 S Michigan Ave, Chicago, IL 60605</td>
<td>(312) 880-0067</td>
</tr>
<tr>
<td><strong>Fung, Barnett, D.P.M.</strong></td>
<td>2171 S China Place, Chicago, IL 60616</td>
<td>(312) 842-9888</td>
</tr>
<tr>
<td><strong>Beverly Hills Foot Clinic</strong></td>
<td>2143 W 95th, Chicago, IL 60643</td>
<td>(773) 238-7400</td>
</tr>
<tr>
<td><strong>Bridgeport Foot &amp; Ankle Clinic</strong></td>
<td>724 W 31st Street, Chicago, IL 60616</td>
<td>(312) 225-2444</td>
</tr>
<tr>
<td><strong>Chan, P. -D.P.M.</strong></td>
<td>7906 S Crandon, Chicago, IL 60617</td>
<td>(773) 768-5707</td>
</tr>
<tr>
<td><strong>Chiaramonte, Brian -D.P.M.</strong></td>
<td>3303 S Halsted, Chicago, IL 60608</td>
<td>(773) 579-1440</td>
</tr>
<tr>
<td><strong>Clinica De Los Pies-47</strong></td>
<td>1712 W 47th Street, Chicago, IL 60609</td>
<td>(773) 843-1111</td>
</tr>
<tr>
<td><strong>Cohen, Robert -D.P.M.</strong></td>
<td>5517 S Michigan Ave, Chicago, IL 60637</td>
<td>(773) 643-0400</td>
</tr>
<tr>
<td><strong>Cowan, Jeremy -D.P.M.</strong></td>
<td>1516 E 87th Chicago, IL 60619</td>
<td>(773) 978-7000</td>
</tr>
<tr>
<td><strong>Freeman, Lashawn D.P.M.</strong></td>
<td>1525 E 53rd St, Chicago, IL 60615</td>
<td>(773) 363-5523</td>
</tr>
<tr>
<td><strong>Foot &amp; Ankle Clinics of America Ltd</strong></td>
<td>1644 E 53rd, Chicago, IL 60615</td>
<td>(773) 752-2111</td>
</tr>
<tr>
<td><strong>Foot Health Institute</strong></td>
<td>10528 S Ewing Ave, Chicago, IL 60617</td>
<td>(773) 375-0791</td>
</tr>
<tr>
<td><strong>Handy, Myra -D.P.M.</strong></td>
<td>9933 S Western Ave, Chicago, IL 60643</td>
<td>(773) 445-8700</td>
</tr>
<tr>
<td><strong>Fox, Kenneth-D.P.M.</strong></td>
<td>2024 W 79th Street, Chicago, IL 60620</td>
<td>(773) 783-6000</td>
</tr>
<tr>
<td><strong>Gerst, David -D.P.M.</strong></td>
<td>2315 E 93rd, Chicago, IL 60617</td>
<td>(773) 375-7106</td>
</tr>
<tr>
<td><strong>Handy, Myra -D.P.M.</strong></td>
<td>2337 E 71st Street, Chicago, IL 60649</td>
<td>(773) 643-2250</td>
</tr>
<tr>
<td><strong>Holt Podiatry Associates</strong></td>
<td>7141 S. Jeffery Blvd, Chicago, IL 60649</td>
<td>(773) 493-4300</td>
</tr>
</tbody>
</table>
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

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
2223 E 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>A &amp; W Dental Associates</td>
<td>8301 S. Brandon Ave, Chicago, IL 60617</td>
<td>(773) 375-6199</td>
<td></td>
</tr>
<tr>
<td>Advent Dental-DDS</td>
<td>3443 S Halsted Street, Chicago, IL 60608</td>
<td>(773) 247-0404</td>
<td></td>
</tr>
<tr>
<td>Alemis Alexander-DDS</td>
<td>3009 E 92nd Street, Chicago, IL 60617</td>
<td>(773) 978-5828</td>
<td></td>
</tr>
<tr>
<td>Alexander Jada</td>
<td>1525 E Hyde Park Blvd, 60615, Chicago, IL</td>
<td>(773) 363-7800</td>
<td></td>
</tr>
<tr>
<td>Apple Dental Care Center</td>
<td>7845 S Cottage Grove Ave, Chicago, IL 60619</td>
<td>(773) 846-6000</td>
<td></td>
</tr>
<tr>
<td>Arnstein, Steven-DDS</td>
<td>3303 S Halsted, Chicago, IL 60608</td>
<td>(773) 247-8606</td>
<td></td>
</tr>
<tr>
<td>Arrigo, Vincent-DDS</td>
<td>3223 S Halsted Street, Chicago, IL 60608</td>
<td>(312) 842-1018</td>
<td></td>
</tr>
<tr>
<td>Artesian Dental</td>
<td>227 E 47th Street, Chicago, IL 60653</td>
<td>(773) 536-1434</td>
<td></td>
</tr>
<tr>
<td>Ashland Dental Center</td>
<td>4829 S. Ashland Ave, Chicago, IL 60609</td>
<td>(773) 927-2714</td>
<td></td>
</tr>
<tr>
<td>Associated Dental Center</td>
<td>747 E 79th Street, Chicago, IL 60619</td>
<td>(773) 874-0404</td>
<td></td>
</tr>
<tr>
<td>Atalla-DDS</td>
<td>2117 E 71st Street, Chicago, IL 60649</td>
<td>(773) 288-0225</td>
<td></td>
</tr>
<tr>
<td>Avalon Dental Clinic</td>
<td>1500 E 87th Street, Chicago, IL 60619</td>
<td>(773) 721-1333</td>
<td></td>
</tr>
<tr>
<td>Bader, Shafeeq-DDA</td>
<td>6614 S Halsted Street, Chicago, IL 60621</td>
<td>(773) 651-3111</td>
<td></td>
</tr>
<tr>
<td>Baker, Njeri-DDS LLC</td>
<td>1525 E 53rd Street, Chicago, IL 60615</td>
<td>(773) 684-1152</td>
<td></td>
</tr>
<tr>
<td>Baker, Reginald-DDS</td>
<td>8803 S Stony Island Ave, Chicago, IL 60617</td>
<td>(773) 375-0303</td>
<td></td>
</tr>
<tr>
<td>Bonds Dental Laboratory</td>
<td>4732 S Wabash Ave, Chicago, IL 60615</td>
<td>(773) 624-4812</td>
<td></td>
</tr>
<tr>
<td>Brownlee Earl D &amp; Associates</td>
<td>1400 E 47th Street, Chicago, IL 60653</td>
<td>(773) 285-1144</td>
<td></td>
</tr>
<tr>
<td>Broy, Horace-DDS</td>
<td>227 E 47th Street, Chicago, IL 60653</td>
<td>(773) 536-1434</td>
<td></td>
</tr>
<tr>
<td>Bullock, Gloria E &amp; Associates</td>
<td>1525 E 53rd Street, Chicago, IL 60615</td>
<td>(773) 241-6401</td>
<td></td>
</tr>
<tr>
<td>Ceramto Dental Lab</td>
<td>8149 S Stony Island Ave, Chicago, IL 60617</td>
<td>(773) 978-2954</td>
<td></td>
</tr>
<tr>
<td>Chatham Dental</td>
<td>8544 S Stony Island Ave, Chicago, IL 60617</td>
<td>(773) 221-0800</td>
<td></td>
</tr>
<tr>
<td>Children's Dental World</td>
<td>2959 S Wallace, Chicago, IL 60616</td>
<td>(866) 329-2353</td>
<td></td>
</tr>
<tr>
<td>Coffeys Dental Store</td>
<td>2043 E 75th Street, Chicago, IL 60649</td>
<td>(773) 753-9712</td>
<td></td>
</tr>
<tr>
<td>Coleman, Chalice-DDS</td>
<td>5401 S Wentworth Ave, Chicago, IL 60609</td>
<td>(773) 548-8200</td>
<td></td>
</tr>
<tr>
<td>Cross, Bernard-DDS</td>
<td>2058 E 75th Street, Chicago, IL 60649</td>
<td>(773) 288-8789</td>
<td></td>
</tr>
<tr>
<td>Comfort Dental Studio</td>
<td>8741 S Greenwood Ave, Chicago, IL 60619</td>
<td>(773) 731-3300</td>
<td></td>
</tr>
<tr>
<td>Delk, Alvin-DDS</td>
<td>1725 E 87th Street, Chicago, IL 60617</td>
<td>(773) 721-3367</td>
<td></td>
</tr>
<tr>
<td>Dental Profile</td>
<td>1634 E 53rd Street, Chicago, IL 60615</td>
<td>(773) 538-6191</td>
<td></td>
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</tbody>
</table>
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 Endodontics**
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) 374-6134 |

| **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 |

| **Good Food Organics** |
| 1634 E 53rd Street, Chicago, IL 60615 |
| (773) 288-3700 |

| **Hyde Park Food Center** |
| 238 W 31st Street, Chicago, IL 60616 |
| (312) 567-9978 |

| **Health King Enterprise** |
| 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 Altena**
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 Grove Ave, Chicago, IL 60619
(773) 994-7606

**Lilllies 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**
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

<table>
<thead>
<tr>
<th>Library Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bessie Coleman Library</td>
<td>731 E. 63rd Street, Chicago, IL</td>
<td>(312) 747-7760</td>
</tr>
<tr>
<td>Blackstone Public Library</td>
<td>4909 S. Lake Park Ave, Chicago, IL</td>
<td>(312) 747-0511</td>
</tr>
<tr>
<td>Canaryville Library</td>
<td>642 W. 43rd Street, Chicago, IL</td>
<td>(312) 747-0644</td>
</tr>
<tr>
<td>Carter G. Woodson Library</td>
<td>9525 S. Halsted Street Chicago, IL</td>
<td>(312) 747-6900</td>
</tr>
<tr>
<td>Catholic Theological Union</td>
<td>5416 S. Cornell Ave, Chicago, IL</td>
<td>(773) 324-8000</td>
</tr>
<tr>
<td>Chicago Bee Library</td>
<td>3647 S. State Street, Chicago, IL</td>
<td>(312) 747-6872</td>
</tr>
<tr>
<td>Chicago Public Library</td>
<td>6151 S. Normal Blvd, Chicago, IL</td>
<td>(312) 747-8418</td>
</tr>
<tr>
<td>Chicago Robert Taylor Library</td>
<td>5120 S. Federal Street, Chicago, IL</td>
<td>(312) 747-2828</td>
</tr>
<tr>
<td>City of Chicago Neighborhood Libraries</td>
<td>9055 S. Houston Ave, Chicago, IL</td>
<td>(312) 747 8065</td>
</tr>
<tr>
<td></td>
<td>2401 E. 100th Street, Chicago, IL</td>
<td>(312) 747-6479</td>
</tr>
<tr>
<td>D'Angelo Law Library</td>
<td>1121 E. 60th Street, Chicago, IL</td>
<td>(773) 702-9615</td>
</tr>
<tr>
<td>Hall Public Library</td>
<td>4801 S. Michigan Ave, Chicago, IL</td>
<td>(312) 747-2544</td>
</tr>
<tr>
<td>Hammond Library</td>
<td>5757 S. University Ave, Chicago, IL</td>
<td>(773) 752-5757</td>
</tr>
<tr>
<td>Learning Resource Center</td>
<td>3901 S. State Street, Chicago, IL</td>
<td>(773) 451-2087</td>
</tr>
<tr>
<td>Martin Luther King Jr. Library</td>
<td>3436 S. King Drive, Chicago, IL</td>
<td>(312) 747-5234</td>
</tr>
<tr>
<td>Paul B Sheatsley Library</td>
<td>1155 E. 60th Street, Chicago, IL</td>
<td>(773) 256-6204</td>
</tr>
<tr>
<td>Sherman Park Library</td>
<td>5440 S. Racine Ave, Chicago, IL</td>
<td>(312) 747-0477</td>
</tr>
<tr>
<td>South Shore Public Library</td>
<td>2505 E. 73rd Street, Chicago, IL</td>
<td>(312) 747-5281</td>
</tr>
<tr>
<td>Whitney M Young Jr. Public Library</td>
<td>7901 S. King Drive, Chicago, IL</td>
<td>(312) 747-0039</td>
</tr>
</tbody>
</table>
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

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**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-10:00am 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

<table>
<thead>
<tr>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>9729 S Yates Blvd., Chicago, IL 60617</td>
<td>(312) 747-6022</td>
</tr>
<tr>
<td>8930 S Muskegon Ave, Chicago, IL 60617</td>
<td>(312) 747-6023</td>
</tr>
<tr>
<td>9501 S King Drive, Chicago, IL 60628</td>
<td>(773) 995-2545</td>
</tr>
<tr>
<td>301 E 85th Chicago, IL 60601</td>
<td>(312) 747-6063</td>
</tr>
<tr>
<td>10438 S Wallace Street, Chicago, IL 60628</td>
<td>(312) 747-6132</td>
</tr>
<tr>
<td>810 E 103rd Street, Chicago, IL 60628-3004</td>
<td>(312) 747-6155</td>
</tr>
<tr>
<td>6401 S Stony Island Ave Chicago, IL 60637</td>
<td>(773) 256-0903</td>
</tr>
<tr>
<td>7655 S Ingleside Ave, Chicago, IL 60619</td>
<td>(312) 747-6158</td>
</tr>
<tr>
<td>8051 S Chappel Ave, Chicago, IL 60617</td>
<td>(312) 747-6459</td>
</tr>
<tr>
<td>11100 S Indiana Ave, Chicago, IL 60628</td>
<td>(312) 747-6576</td>
</tr>
<tr>
<td>2820 E 98th Street, Chicago, IL 60617</td>
<td>(312) 747-6812</td>
</tr>
<tr>
<td>9501 S King Jr Dr, Chicago, IL 60628</td>
<td>(773) 995-2545</td>
</tr>
<tr>
<td>7340 S East End Ave, Chicago, IL 60649</td>
<td>(312) 747-7006</td>
</tr>
<tr>
<td>401 W 123rd Street, Chicago, IL 60628</td>
<td>(312) 747-7090</td>
</tr>
<tr>
<td>7059 S South Shore Dr., Chicago, IL 60649</td>
<td>(773) 256-0149</td>
</tr>
<tr>
<td>1833 E 71st Street, Chicago, IL 60649</td>
<td>(773) 256-0904</td>
</tr>
<tr>
<td>9650 S Avenue M, Chicago, IL 60617</td>
<td>(312) 747-6607</td>
</tr>
<tr>
<td>3045 E 83rd Street, Chicago, IL 60617</td>
<td>(312) 747-6651</td>
</tr>
<tr>
<td>9912 S Princeton Ave, Chicago, IL 60628</td>
<td>(312) 747-6689</td>
</tr>
<tr>
<td>8930 S Muskegon Ave, Chicago, IL 60617</td>
<td>(312) 747-6023</td>
</tr>
</tbody>
</table>
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

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

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
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
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
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

Beatrice Caffrey Prairie House-(non-for profit)
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
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](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.A.R.C.**
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**
[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
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
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
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
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
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)  
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

**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**  
[chicagodziabilityservices.com](http://chicagodziabilityservices.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.

**Entry House Detoxification Center**  
(773) 493-6116  1447 E. 65th Street, Chicago, IL 60637

**Exodus Renewal Society**  
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.hpnclub.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

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

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
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

Methodist Youth Services Inc.
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
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

Neighborhood Writing Alliance
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

Project Heath
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](http://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](http://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](http://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](http://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](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
Local Vending Resources

Inner City Ice Entertainment  
**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**
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**
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**
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

Waiters Chiropractic  
**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.