SHELTER AND COMMUNITY RESOURCE GUIDE

For Shelby County, TN and Surrounding Areas

This Community Resource Guide was compiled in an effort to assist Shelby County area First Responders connect those individuals and families in need with local community service providers.

Shelter and Community Resource Guide

Shelby County Area

Updated January 2024

In an effort to assist individuals and families in the Shelby County area with resources in time of need, this list of resources was compiled. The list includes all known information at the time of production. It provides the name of organization, contact names, phone numbers, and information about the resources provided for people in the Shelby County area.

The resources are grouped by category, and may be listed more than once. The guide is categorized by the provided services, including but not limited to 24-hour crisis hotlines, shelters, low-income housing options, and transportation assistance. These services are subdivided further to address the specific needs of respective families.

This list will be updated annually as new organizations emerge or existing facilities close.

Any other resources to be included, removed, or updated may be forwarded to:

Sergeant Justine Bynum
Bartlett Police Department
3730 Appling Rd.
Bartlett, TN 38133
jbynum@bartlettpolice.org
901-385-5529 ext. 2107

I would like to take a moment to offer my appreciation to all the organizations that took the time to speak with us and share these comprehensive resources. YOU are the reason that TOGETHER… we can make a difference!

Sgt. Justine Bynum

*Resources provided by Bartlett Police Department, Hospitality Hub, YWCA, website information and Memphis/Shelby County Domestic and Sexual Violence Council.

Table of Contents

24 Hour Hotlines **4**

Local Hotlines 4

National Hotlines 4

Shelters **5**

Domestic Violence Shelters 5

Community Shelters 5

Night Only Shelters 6

Housing Assistance **6**

Transitional Housing (2-30 Days) **6**

Victim's Only (Shelter Provided) 6

Long Term Housing **7**

Victim's Only/ Shelter Provided 7

Community Resources 8

Low-Income Housing 8

Rent and Utility Assistance 15

Assistance with Long Term Housing 17

Victim Only/ Shelter Provided 17

Community Assistance 17

Transportation Assistance 21

Shelter Provided 21

Community Resources 22

Daycare/ Childcare Assistance 23

Shelter Provided 23

Community Resources 23

Clothing Assistance/ Clothing Closets 26

Shelter Provided 26

Community Clothing Closets 27

Food Assistance/ Food Pantry 30

Shelter Provided 30

Community Food Assistance 31

Low-Income Assistance/ Food Pantry 32

Soup Kitchen Only 36
Counseling Assistance **37**
Shelter Provided 37
Community Resources 37
Legal Assistance **38**
Shelter Provided 38
Community Resources 39
Classes **41**
Shelter Provided 41
Community Resources 41
Job Assistance/ Job Training **41**
Shelter Provided 41
Community Resources 42
Victim's Advocacy Assistance **46**
Medical/ Mental Health/ Substance Abuse Assistance **47**
Walk-In Detox for Uninsured 47
Residential Rehab that Accept Uninsured 47
Intensive Outpatient Group Counseling for Uninsured 47
Sober Living Facilities 48
Shelter Provided 48
Community Resources 48
Mental Health/ Substance Abuse Resources 52
Financial Assistance **54**
Support Services **54**
Support Services for Mom 54
Support Services for Dad 58
Support Services for Caregivers 58
Substance Abuse Support Services 59
Substance Abuse University of Memphis Students 59
Bereavement Support 59
Other Helplines **61**
Free Showers, Laundry & More 64

24 Hour Emergency Hotlines

Local 24-hour hotlines:

Crime Victims & Rape Crisis Center 901-222-4350

24-hours Sexual Assault Hotline answered after-hours by Memphis Crisis Center

Only servicing sexual assaults after- hours

Family Safety Center for Domestic Violence 901-800-6064

24-hour crisis line

Elder Abuse must be referred by Adult Protective Services

YWCA (Young Woman's Christian Association) 901-725-4277

24-hour crisis and support helpline for Domestic Violence victims

Love Doesn't Hurt 901-213-7661

24-hour crisis hotline for LGBTQ victims

Alliance Health Care Services 901-577-9400

24-hours crisis for behavioral health services

Restore Corps 901-409-6586 or hotline@restorecorps.org

24-hours hotline for female identifying survivors of human trafficking

Thistle & Bee 901-410-1418

24 hour for female victims of sexual and substance abuse

Spiritual Care- LeBonheur Children's Hospital 901-418-4022

24-hour on-call pager for those suffering from the loss of a child

National 24-Hour Hotlines:

Domestic Violence 1-800-799-SAFE (7233)

Love is Respect- National Teen Dating Abuse Hotline 1-866-331-9474

LGBTQ Hotline- 1-888-843-4564

National Sexual Assault Hotline 1-800-656-4673

Military 24-hour Sexual Assault hotline 877-995-5247

National Human Trafficking Hotline 1-888-373-7888

National Center for Missing and Exploited Children 1-800-843-5678

National Runaway Safeline 1-800-786-2929

Suicide Prevention 800-273-8255

National Alliance on Mental Illness 1-800-950-NAMI

Child Help National Child Abuse Hotline 1-800-422-4453

Boystown (children, parents and families with self-harm, mental health disorders, and abuse) 1-800-448-3000

Substance Abuse and Mental Health Services Administration 1-800-662-4357

Shelters

Domestic Violence Shelters:

YWCA (Young Woman's Christian Association) 901-725-4277

Domestic Violence Victims; Safe House, and/ or with children, men, elders, and abuse victims

Women's Advocacy Center 901-896-9055

Domestic Violence Victim's; Safe House, and/ or with children

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

Love Doesn't Hurt 901-213-7661

LGBTQ Only, funding provided for shelter for very short term before transition

Salvation Army New Direction 901-843-8586

Not a safe house for DV victims, shelter for men, women, and pregnant women

Bee Tru 901-319-7841

Shelter for victims of Domestic Violence

Community Shelters:

Memphis Union Mission 901-526-8403

Men ONLY, Intake from 9am-7pm ONLY; no man turned away

Moriah House/ Memphis Union Mission 901-526-8403

Intake from 9am-7pm ONLY; Recovery housing, sober living

Calvary Rescue Mission 901-775-2570

Men ONLY

Clare's House 901-237-8481

Single women or pregnant within first trimester; intake 8am-5pm

Salvation Army Single Women 901-260-9126

Women or pregnant only; intake from 8:30am – 3:30 pm

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

https://www.restorecorps.org

Room in the Inn Memphis 901-467-0122

https://ritimemphis.org/

Multiple shelter resources for the homeless

Night Shelter Only:

Missionaries of Charity 901-527-4947

No males; accepts female, pregnant, and/or with children (boys must be under 5yo);

Intake from 3:30-4:30, out by 8am

Catholic Charities 901-722-4702

Accepts male, female, pregnant, children, and elders; intake 8am – 4pm

Housing Assistance

Transitional Housing (2-30 days housing):

Victim's Shelter Provided Transitional Housing:

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

Memphis Union Mission 901-526-8403

Men ONLY; Intake 9am-7pm Only

YWCA (Young Woman's Christian Association) 901-725-4277

Domestic Violence Victims; Safe House, and/ or with children, men, elders, and abuse victims

Agape Child and Family 901-323-3600

Male, female, children, families welcome

CREA (Coordinated Response to Elder Abuse) 901-800-6064

Elders only, MUST be referred by APS; only M-F 9-5

Love Doesn't Hurt 901-213-7661

LGBTQ, Male, female, Pregnant, with children

MIFA (Metropolitan Inter-Faith Association) 901-527-0208

Families, Elders, provides rapid rehousing, MUST apply online and be homeless

Clare's House 901-237-8481

Females, or pregnant in first trimester; Intake 8-5 only

Salvation Army new Direction 901-843-8586

Female, or pregnant, or with children

Missions of Charity 901-527-4947

Faith Based facility

Catholic Charities 901-722-4702

Faith based facility, assistance given by appt.

Hospitality Hub 901-730-1736

Warriors Center Memphis 901-405-1298

642 Semmes St.

Transitional housing for men, women & veterans

Faith-Based

Bee Tru 901-319-7841

Transitional Housing for victims of Domestic Violence

https://www.beetru.org/services

Sista2Sista 901-235-5720

Transitional housing for women looking to break free from prostitution and substance abuse

Long Term Housing:

Victim's Only/ Shelter Provided:

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

Women's Advocacy Center 901-896-9055

Domestic violence, women, pregnant, and women with children

YWCA (Young Woman's Christian Association) 901-725-4277

Domestic Violence Victims; Safe House, and/ or with children, men, elders, and abuse victims

Thistle & Bee 901-410-1418

Female ONLY, MUST be Sex Trafficking victim AND Substance Abuse

Clare's House 901-237-8481

Females, or pregnant in first trimester; Intake 8-5 only

Salvation Army Single 901-260-9126

Long term housing

Compass Intervention 888-266-7279

Only for ages 10-17

A Way Out Ministries

Christ-Centered, 2 year residential program

Females who have a history of sexual exploitation

awominstries.org

Community Resources:

Memphis Union Mission 901-526-8403

Men ONLY; Intake 9am-7pm Only

Catholic Charities 901-722-4702

Accepts male, female, pregnant, children, and elders; intake 8am – 4pm

Agape Child and Family 901-323-3600

Men, female, children, families welcome

CREA (Coordinated Response to Elder Abuse) 901-800-6064

Elders only, MUST be referred by APS; only M-F 9-5

Low Income Housing:

Annie's Townhomes 901-357-1758

Memphis, 38127

Low cost move in with NO SECURITY Deposit and generous move-in special!

2 bedroom flats near the Nike Logistics Campus and 15 minutes from downtown Memphis

Bearman-Golden Gardens 901-785-7690

Memphis, 38109

Provides affordable 1-bedroom apartments for independent seniors, ages 62 and above who meet income guidelines.

Bethel Towers 9001-942-3713

Memphis, 38106

Subsidized, low-rent apartment (for Elderly)

Breezy Point Apartments- 901-258-1328

Memphis, 38127

Subsidized, Low-rent apartment (for Family)

C.E. Ware Towers- 901-785-5350

Memphis, 38109

Subsidized, Low-rent apartment

Caap Place of Hope- 901-360-0442

Memphis, 38106

Subsidized, Low rent apartment

Creekwood Village Apartments 901-382-4970

Memphis, 38128

Subsidized, Low rent apartment

Crestview – 901-465-1984

Memphis, 38134

Subsidized, Low rent apartment (for disabled)

Cypress Garden 901-729-6035

Memphis, 38108

Subsidized, Low rent apartment (for Family)

East Holmes- 901-465-1984

Memphis, 38117

Subsidized, Low rent apartment (for disabled)

Eastern Heights 901-458-3283

Memphis 38112

Subsidized, Low rent apartment (for Family)

Faxon. Tchulahoma 901-465-1984

Memphis 38118

Subsidized, Low rent apartment (for Disabled)

Forget-me-not Group Home 901-312-6821

Memphis 38127

Apartment for disabled

Garden Apartments- 901-458-3283

Memphis 38112

Subsidized, Low rent apartment (for Family)

Goodwill Village- 901-458-3803

Memphis 38108

Subsidized, Low rent apartment (for Family)

Grace Place Retirement Community 901-529-7697

Memphis 38116

Subsidized, Low rent apartment (for Elderly)

Graceland Gardens 901-332-2955

Memphis 38116

Subsidized, Low rent apartment (for Elderly)

Greenbriar Apartments- 901-358-3026

Memphis 38127

Subsidized, Low rent apartment (for Family)

Highland Towers 901-325-7810

Memphis 38111

Subsidized, Low rent apartment (for Elderly)

Hilldale Apartments 901-382-2400

Memphis 38128

Subsidized, Low rent apartment (for Family)

Hillview Village Apartments (Chezita Gardens)- 901-743-4458

Memphis 38114

Subsidized, Low rent apartment (for Family)

Holmes/Greer- 901-465-1984

Memphis 38111

Subsidized, Low rent apartment (for Disabled)

Independent Apartments- 901-521-1828

Memphis 38104

Subsidized, Low rent apartment (for Disabled)

John Madison Exum Towers I- 901-743-7300

Memphis 38111

Subsidized, Low rent apartment (for Elderly)

Keystone Landing Apartments 901-353-2884

Memphis 38128

Subsidized, Low rent apartment (for Family)

Lettie Poston Apartments- 901-278-2846

Memphis 38104

Subsidized, Low rent apartment

Linden Camilla Towers 901-521-1104

Memphis 38104

Subsidized, Low rent apartment (for Elderly)

Macon Homes 901-276-9879

Memphis 38104

Subsidized, Low rent apartment (for Family)

Madison Tower 901-521-0003

Memphis 38103

Subsidized, Low rent apartment (for Elderly)

Mccullough Place 901-377-6789

Memphis 38134

Subsidized, Low rent apartment (for Disabled)

1456 Gillham Dr.

Qualifying disabilities and independence and privacy

Memphis Towers 901-526-2233

Memphis 38104

Subsidized, Low rent apartment (for Elderly)

296 Units

Monumental Pride Homes 901-946-2529

Memphis 38106

Subsidized, Low rent apartment (for Family)

Disposal, Fridge, fans, full size wash/dry

Northlake Apartments 901-372-0100

Memphis 38135

Subsidized, Low rent apartment (for Elderly)

Northside Manor Apartments 901-353-4368

Memphis 38127

Subsidized, Low rent apartment (for Family)

Pendleton Place Apartments 901-744-3945

Memphis 38114

Subsidized, Low rent apartment (for Family)

Pepper Tree Apartments 901-332-4212

Memphis 38116

Pershing Park Apartments 901-357-7731

Memphis 38127

Subsidized, Low rent apartment (for Family)

Plough Towers 901-767-1910

Memphis 38138

Subsidized, Low rent apartment (For Elderly)

Presidential West Apartments 901-346-6814

Memphis 38116

Subsidized, Low rent apartment (for Family)

Raleigh/ Gillespie 901-465-1984

Memphis 38134

Subsidized, Low rent apartment (for Disabled)

Ridgecrest Apartments 901-357-7435

Memphis 38127

Subsidized, Low rent apartment (for Family)

Ridgemont Group Home 901-465-1984

Memphis 38128

Subsidized, Low rent apartment (for Disabled)

Robinhood Park 901-744-1650

Memphis 38111

Subsidized, Low rent apartment (for Family)

Rolling Hills Apartment 901-357-6824

Memphis 38127

Subsidized, Low rent apartment (for Family)

Rutland Group Home 901-744-3450

Memphis 38114

Subsidized, Low rent apartment (for Disabled)

Saints Court Apartments 901-274-8333

Memphis 38107

Subsidized, Low rent apartment (for Family)

Shelby Station 901-363-8896

Memphis 38118

Subsidized, Low rent apartment (for Elderly)

62 years or older only

Southwood Townhouses 901-362-3278

Memphis 38118

Subsidized, Low rent apartment (for Family)

Spottswood Meadows Apartments 901-737-0304

Memphis 38111

Subsidized, Low rent apartment (for Elderly)

SRVS Group Home I 901-366-4747

Memphis 38115

Subsidized, Low rent apartment (for Disabled)

SRVS Group Home II -901-366-4571

Memphis 38115

Subsidized, Low rent apartment (for Disabled)

SRVS Group Home III 901-375-4804

Memphis 38114

Subsidized, Low rent apartment (for Disabled)

St Peter Manor

Memphis 38104

Subsidized, Low rent apartment (for Elderly)

Surrey Apartments I- 901-377-8513

Memphis 38128

Subsidized, Low rent apartment (for Family)

Tulane Apartments Phase I 901-789-1370

Memphis 38109

Subsidized, Low rent apartment (for Family)

Tulane Apartments Phase 2- 901-789-1370

Memphis 38109

Subsidized, Low rent apartment (for Family)

Union Ave Baptist Towers 901-274-5403

Memphis 38104

Subsidized, Low rent apartment (for Elderly)

Warren Apartments 901-775-0570

Memphis 38106

Subsidized, Low rent apartment (for Family)

Welsh Manor/ Coleman Road

Memphis 38128

Subsidized, Low rent apartment (for Disabled)

Wesley Highland Meadows 901-388-8880

Memphis 38128

Subsidized, Low rent apartment (for Elderly)

Wesley Stage Park 901-385-9330

Memphis 38128

Subsidized, Low rent apartment (for Elderly)

Woodhollow Glen 901-794-4144

Memphis 38118

Subsidized, Low rent apartment (for Disabled)

Rent and Utility Assistance:

1) MIFA 901-527-0208

910 Vance Avenue, Memphis, TN

www.mifa.org/

Rent assistance for unexpected loss of income within the last 90 days, which can be documented.

May be eligible for assistance every 2 years.

Must live in Shelby County

Utility assistance also available.

Online applications only, may be several days for processing

2) Shelby County Community Services Agency 901-222-4200 (George Rutherford)

2670 Union Extended, Suite 500, Memphis, TN

www.shelbycountytn.gov/247/Community-Services-Agency

Comprehensive Emergency Assistance Program

Rental & Mortgage Assistance (CEAP)

Eligible households can be served once per program year and receive up to $1000

To qualify for this assistance, there must be an unexpected, uncontrollable circumstance that caused a reduction in income and/or an out-of-pocket expense within 120 days that prevented the household from being able to pay rent/mortgage.

Program offered throughout year until funds are exhausted

Must have an appointment

Appointments are taken each Wednesday starting at 8am

Appointment Line 901-222-4299

Hickory Ridge Mall Suite 516, Monday – Friday 8am -4 pm

Low-income utility assistance programs

Energy crisis program and regular assistance

Household member 60 years of age or older

Household member 5 years of age or younger

Household member handicapped or disabled

Household has experienced an uncontrollable circumstance

Low-income Home Energy Assistance (LHEAP)

www.shelbycountytn.gov/847/Low-Income-Home-Energy-Assistance-Program

Application- www.shelbycountytn.gov/DocumentCenter/View/32755/LHEAP-Complete-Application-2019?bidId=

MLGW Utility Cutoff Delay (winter moratorium) 901-544-6589

www.mlgw.com/wintermoratorium

MLGW Customer Case Emergency Assistance

901-544-6549 or 901-820-7878

3) Family Assistance Commission

Bartlett Residents ONLY; home repair, utility bills, assists individuals and families

Application Required: Contact Penny Medlock 901-385-6449

Assistance with finding long term housing:

Shelter Provided Assistance:

ReStore Corps 901-409-6586

Female identifying survivors of human trafficking; provide time and funding

Women's Advocacy Center 901-896-9055

Provides time and funding

Memphis Union Mission 901-526-8403

Men ONLY; provide time assistance with searching; Intake 9am-7pm

YWCA (Young Woman's Christian Association) 901-725-4277

Provides time assistance with searching

Catholic Charities 901-722-4702

Provides time and funding assistance

Friends for Life 901-333-8247

HIV ONLY; Provides funding assistance

Love Doesn't Hurt 901-213-7661

LGBTQ; Provides time assistance with searching

Sista 2 Sista 901-235-5720

Drop in Day room ONLY; Sex Trafficking victims ONLY; Provides assistance with time and funding

Calvary Rescue Mission 901-775-2570

Men ONLY; Provides time assistance with searching

Community Assistance:

Crime Victims & Rape Crisis Center 901-222-4350

Help with Funding

Memphis Child Advocacy Center 901-525-23773

Provide time and funding

Agape Child & Family 901-323-3600

Provides time assistance with searching

OUT Memphis 901-278-6422

LGBTQ; Provides time assistance and funding assistance

MIFA (Metropolitan Inter-faith Agency) 901-527-0208

Provides time and funding assistance

Hospitality Hub 901-730-1736

Day ONLY; Provides time assistance with searching

MIFA 901-529-4522

910 Vance Ave, Memphis

www.mifa.org

Must complete applications on line, may be several days for turnaround

Temporary shelter for families.

Assistance for permanent, stable housing

Works with several other shelters to place families

Gift of Mary Shelter (Missionaries of Charity) 901-526-5456 (Call from 3:30pm- 5:30 pm)

700 N. Seventh Street, Memphis, TN

www.facebook.com/pages/Missionaries-of-charity/385257811608547

Admission to program every day except Thursday at 3:15p.m.

Officer 3 week stay for women and women with children, boys must be under 5 years old.

No referral needed

Moriah House (with Union Mission) 901-516-8403

www.memphisunionmission.org//who-we-are/our-locations/moriah-house/

Long term recovery program for abused, or sex trafficked women and their children

"The House" Women's Resource Center (with Neighborhood Christian Center) 901-614-9769

Assists women in Orange Mound with efforts to stabilize families

MUST live in zip codes 38111 or 38114

Family Safety Center 901-222-4400

1750 Madison Ave, Suite 600, Memphis, TN

www.familysafetycenter.org

Provides services for victims of domestic violence and their families.

Services include emergency house, counseling, medical and mental health services, legal services, etc.

24 hours crisis line 901-222-4400 or 901-249-7611

Genesis House (with Catholic Charities of West TN) 901-722-7402

1325 Jefferson Avenue, Memphis, TN

www.ccwtn.org/prgrams/housing-ministries/genesis-homeless-services/

Treatment for homeless people with mental illness and addiction

Fig Tree Camp Love and Learn Immigration Services

Memphis Union Mission (Intact Homeless Family Program) - 901-526-8903

383 Poplar Ave, Memphis, TN

www.memphisunionmission.org/family-programs

Officer transitional housing (3-6 months)

Provides food, day shelter, medical clinic

Helps families regain self-sufficiency

Must provide proof of marriage

Memphis Day Shelter 901-526-8093

600 Poplar, Memphis

Opportunity Center is open to the public during the day.

Allows access to services and discourages loitering and street crime

Purdue Center of Hope (with Salvation Army) 901-543-8586

696 Jackson Ave, Memphis, TN

https://salvationarmymemphis.org/emergency-family-shelter/

Provides housing for women and children who are homeless in 3 shelter programs

Alcohol & Drug program

The Old Path ministries Home for the Homeless 901-244-7812

1022 Peabody Ave, Memphis, TN

https://www.facebook.com/TheOldPathMinistriesTop/

Monday-Saturday 9am-5 pm

Must be referred through MIFA

Offers shelter, food, clothes, counseling, job training, financial counseling

The Hospitality Hub 901-522-1808

82 North Second St., Memphis, TN

www.hospitalityhub.org

Kelcey Johnson: kelcey@hospitalityhub.org

Monday – Friday 9:30 am-3:00 pm

Closed on Federal holidays and inclement weather based on Shelby County School Policy

Intake and Community based services- Monday –Friday, 9:30 am-3 pm

Hospitality, counseling, and resource center for homeless persons and those imminently homeless.

Makes referrals to other social service providers and organizations in the private sector that offer more long-term solutions to problems with mental 8illness, drug and alcohol addiction, employment and housing.

Walk-ins accepted

Dorothy Day House 901-355-8997 (Sister Maureen Griner)

1429 Poplar, Memphis, TN

Www.dorothydaymemphis.org/

Provides food, clothing and shelter

Educational resources and guidance, parenting skills, employment counseling, prospective job contracts, transportation, referrals for child care, financial and budgeting advice, counseling and case management services, advocacy and mentoring, access to sources of permanent housing, new personal relationships which provide a system of healthy support and encouragement for the future

Loretta's House 1178 Peabody Ave, Memphis, TN

Living for Christ Restoration House 901-791-4022

3095 Thomas St, Memphis, TN

https://lfcrestorationhouse.wixsite.com/shelter

Provide food, clothes, and shelter

Referral programs, onsite counseling, assistance with recovery

Free specialized job training in the skilled trades for women, men, and young adults.

Helping individuals become self-sufficient

Fayette Cares Transitional Housing Somerville 901-465-3802

13300 N. Main Street, Somerville, TN

www.shelterlistings.org/details/31587/

Affordable transitional housing, support services for homeless or who are close to homelessness

Transition to be more self-sufficient to move towards independent living on their own.

SAVE UP, RISE (Mass Mutual Foundation) 901-507-6644

2650 Thousand Oaks Blvd, Suite 2400

http://risememphis.org/prgrams/save-up/

Empowers people to be self-sufficient by building and sustaining human and financial assets

Applicants must be employed, preferably full-time

Live in Memphis or Shelby County

Be 18 years of older and head of their household

Maintain an MHA Section 8 housing Choice Voucher or be eligible for the earned income tax credit

Have a credit score of 580 or above, necessary for homeownership

Transportation Assistance

Shelter Provided:

Women's Advocacy Center 901-896-9055

Assist with work transportation

Memphis Union Mission 901-526-8403

Men Only; Work transportation assistance

YWCA (Young Woman's Christian Association) 901-725-4277

Provides school transportation assistance

Thistle & Bee 901-410-1418

Sex Trafficking Victims and Sub Abuse ONLY; Work transportation assistance

Friends for Life 901-333-8247

HIV ONLY; Work and School transportation assistance

Love Doesn't Hurt 901-213-7661

LGBTQ; Work transportation assistance

Compass Intervention 888-266-7279

Under 18; Provides school transportation assistance

CMI Health Care 901-821-5600

Mental Health Illnesses; Work transportation assistance

Salvation Army Single 901-260-9126

Female only at this program; Provides assistance with work transportation.

Community Transportation Resources:

Tenncare- BlueCare Tennessee

https://bluecare.bcbst.com/members/member-info/trasnportation.html

Southeasttrans provides free rides, bus passes and cay pay you back for the cost of gas to health care provider appointments.

Your ride is guaranteed only if you schedule at least 72 hours before your health care visit.

Booking online is the easiest option, but Southeasttrans is always available to help. Please call the number for your plan and region:

BlueCare East- 1-866-473-7563

BlueCare Middle – 1-866-570-9445

BlueCare West – 1-866-473-7564

TennCareSelect Statewide – 1-866-473-7565

MATA Bus Schedule Information 901-274-6282

www.matatransit.com/mapsandschedules/route-schedules

901Ride Choice 901-743-3901

https://www.901ridechoice.com

Adults and people living with a disability who need reliable transportation, get options for scheduling your ride at a time that's convenient for you.

Memphis Jewish Community Center 901-767-8511

https://www.jccmemphis.org/jfs/jfs/

Offering shuttle rides to Shalom

Daycare/ Childcare Assistance

Shelter Provided:

Women's Advocacy Center 901-896-9055

Funding assistance with Daycare

YWCA (Young Woman's Christian Association) 901-725-4277

Daycare provided; Daycare funding assistance provided.

Casa Luz 901-500-8214

Hispanic ONLY; Daycare funding assistance provided

Community Resources:

Department of Human Services Childcare Unit- 901-320-7200 or 901-344-5040

2003 Corporate Drive, Memphis, TN

Monday – Friday 7a.m. - 4:30 pm

Families First recipients and low-income families

Assistance for purchasing childcare while parents enrolled in Families First job-related training programs, or seeking employment

Goodwill Homes Community Services -0291-785-6790 or 901-789-8355

4590 Goodwill Road or 163 W Raines Rd, Memphis

www.goodwillhomesinc.org

Open Monday- Friday 8:30 am- 5 pm

All ages, all disabilities

Childcare program, preschool and afterschool care

Harwood Center 901-488-6580

711 Jefferson Avenue

https://harwoodcenter.or/services/specialized-preschool-services/

Children with special needs

Specialized preschool services are offered to children starting at 18 months through Kindergarten who experience delays in their development or have a diagnosed developmental disability

Autism resources, behavior resources, early intervention program for young children

Home instruction services for birth to 3 years old, year round day school for children ages 18 months to 5 years

Hope Presbyterian preschool (Harwood Extension)

8500 Walnut Grove

Monday – Friday 8:30 am -2:30 pm

May attend Harwood Center 2, 3 or 5 days a week depending on availability

School operates a full-day, 12 month program providing quality early childhood education

May receive therapy services what at school form Harwood's behavior therapists and/ or speech, occupational, or physical therapists.

Welcome children with medical needs provided their nurse is with them during school hours.

Porter Leath Children's Center- 901-795-7544

868 North Manassas St. or 4207 American Way

https:www.porterleath.org/

Early intervention program for young children, adoption, and foster care

Emergency shelter for children

Books from Birth 901-577-2500

https://www.porterleath.org/books-from-birth

Partnership with Dolly Parton's imagination Library, Governor's Books from birth Foundation and donors throughout Shelby County

Books mailed to any child in Tennessee under 5 years of age!

Allow 8 to 10 weeks for delivery to begin.

SRVS Kids and Families, 902-937-6738

4738 Walnut Grove

https://www.srvs.org/kids

Shelby Residential and Vocational Services- provides services that address the unique abilities and challenges of young children from birth to 14 years of age.

Tennessee Early Intervention System- 901-937-6738

2175 Business Center Drive, Suite 11

https://www.tn.gov/education/early-learning/tennessee-early-intervention-system-teis.html

Ages birth to 2 years with developmental delay

Referrals needed

Autism resources, early intervention program for young children

Home based and community based services

Tennessee Voices for Children- 901-454-7262

3100 Walnut Grove #511

https://tnvoices.org

Active advocates for the emotional and behavioral well-being of children and their families

Provides advocacy, training, support, referrals, prevention and early intervention

LeBonheur Early Intervention and Development (LEAD) 901-287-4900

https://www.lebonheur.org/our-services/lebonheur-in-the-community/le-bonheur-early-intervention-and-development/

Early childhood manager, Beverly Cannon

Program is dedicated to working with children ages 0-3 years old and their families

Offers assistance finding childcare placement, including children with special needs

Provides early intervention services in home and community settings for children with developmental delay

Raleigh Community Child Care 901-385-9858

4748 New Allen Road, Memphis

https://raleighcommunitychurch.org

Christian childcare

DHS certificates accepted

6 weeks to 5 years old

Early childhood learning

TN 3 Star certified

Memphis Child Advocacy Center- 901-525-2377

1085 Poplar Avenue, Memphis

www.memphiscac.org

Helping victims become children again.

Report, response, interview, after the interview, therapy

Circle of Inspiration Outreach Program 901-525-1056

210 Washington Ave, Memphis, TN 38103-1982

https://trinitymemphis.org/heal/circle-of-inspiration/

Childcare offered for those attending the bi-monthly prayer groups

Female DV victims only

Clothing Assistance/ Clothing Closets

Shelter Provided Clothing:

ReStore Corps 901-409-6586

Female identifying survivors of human trafficking

Memphis Child Advocacy Center 901-525-2377

Children's clothes

Memphis Union Mission 901-526-8403

Male clothing

YWCA (Young Woman's Christian Association) 901-725-4277

Male, female, and children clothing

Catholic Charities 901-722-4702

Male and female clothing

Thistle and Bee 901-410-1418

Female clothing only

OUT Memphis 901-278-6422

Male and female clothing

Friends for Life 901-333-8247

Male and female clothing

Love Doesn't Hurt 901-213-7661

Male and female clothing

Alliance Health Care Services 901-369-1400

Male and female clothing varies for clients, vouchers provided

Compass Intervention 888-266-7279

Clothing vouchers for children ages 10-17

Casa Luz 901-500-8214

Hispanic only; male, female, and children clothing

CMI Healthcare 901-821-5600

Mental Illness only; male, female, and children clothing

Sista 2 Sista 901-235-5720

Drop in Day only; Sex trafficking only; Female clothing

Calvary Rescue Mission 901-775-2570

Men clothing only

Clare's House 901-237-8481

Female clothing

Salvation Army New Direction 901-843-8586

Female and children's clothing

Salvation Army Single 901-260-9126

Female clothing

Synergy Treatment Center 844-779-0820

Male clothing

Community Resources/ Clothing Closets:

Bibleway House of Prayer 901-327-3007

3261 Park Avenue, Memphis TN

www.facebook.com/pages/Bibleway-House-of-Prayer/109321042745086

Wednesdays 11:30 am- 1 p.m.

Food assistance also

Brinkley Heights Ministries 901-458-0617

3286 Rosamond Avenue (off Jackson Ave.)

www.brinkleyheights.com

Tuesday, Wednesday, and Thursday 10 a.m – 12 p.m.

Catholic Charities of West TN 901-722-4700

1325 Jefferson Ave, Memphis, TN

www.ccwtn.org

Begin at MIFA to receive voucher (Must have a voucher)

Check-in at the main building

Clothing- Monday, Tuesday, Wednesday 9 a.m.-12 p.m.

Participants served once every 3 months for food or clothes

Referral letter and ID required

Leawood Baptist Mission Center 901-328-1025

3638 Macon Road, Memphis, TN

www.morningcenter.org/pregnancy-centers/memphis-tn/clinic

Clothing Closet open Monday, Wednesday, and Friday 9 a.m. – 12 p.m.

"Hannah's Closet" is a baby store at the Morning Center at Leawood Baptist

Assists One by One participant moms with baby clothes and accessories

Mentor is to call Morning Center and make appointment 901-209-0195: Mentor and mom uses points earned during mentoring visits

Appointments available Monday 3 p.m. – 5 p.m. and Wednesday 10 a.m – 4 p.m.

St. Mary's Catholic Church 901-522-9420

155 Market Avenue, Memphis, TN

www.stmarymemphistn.com

Open every Saturday 8:00 am

Give gently used clothing, new underwear and socks

Mostly men's clothing

The Neighborhood Christian Center 901-881-6013

755 Jackson Ave, Memphis, TN

www.facebook.com/NCCIncorporated/

Must call central office to make an appointment for location assignment

Clothing closet, furniture, baby items, small appliances

Bring ID, income, proof of residency

Jackson Avenue location, Monday – Friday, 8 am – 4:30 pm

223 Scott Street, Tuesday, Wednesday, Thursday, 9am – 1 pm, Shop 15 minutes

Binghampton (2nd location), Monday – Thursday 8 am- 1 pm

Orange Mound- Call for information

Frayser- 2 locations, call for information

Hyattsville- Call for information

Robinhood- Call for information

2 Unique Closet Boutique 901-878-0402

6075 Winchester Road (inside Hickory Ridge Mall)

www.facebook.com/The2UniqueBoutique/

A community clothes closet servicing the Hickory Hill Community and Memphis

Clothes will be available to people with a completed voucher application

Need Referral- Call for information

Hannah's Dreams Children's Boutique 662-469-9381

5205 Airways Blvd, Suite 1059

https://hannahsdreams.com/

Owner: Kendra Taylor 901-289-0607 ktaylor@hannahsdream.com

Outreach provides support and items to parents that have lost children prematurely. Items allow them to cherish the memories of their children.

Hope House 901-538-8275

15 S Idlewild St, Memphis, TN 38104

https://www.hopehousememphis.org/

Must have Ryan White card to receive services

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering clothing assistance every Friday 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

Bartlett's Closet

Contact via: FB messenger, bartlettscloset@gmail.com , 901-295-8680

Services for Bartlett, Raleigh, Millington, Frayser

Community closet for those on fixed income, disabled, homeless, single parent/single income, victims of natural disasters

By appointment only

Food Assistance/ Food Pantry

Shelter Provided Food Assistance:

ReStore Corps 901-409-6586

Female identifying survivors of human trafficking; food provided for victim

Women's Advocacy Center 901-896-9055

Food provided for victims and families

Memphis Union Mission 901-526-8403

Male only shelter; food provided for victims

YWCA (Young Woman's Christian Association) 901-725-4277

Food provided for men, women, families

Missionaries of Charity 901-527-4947

Night Shelter only; accepts female, pregnant and female elderly

Catholic Charities 901-722-4702

Food provided for residents

Thistle and Bee 901-410-1418

Sex exploitation and Substance Abuse only; Food provided for victim

OUT Memphis 901-278-6422

Food provided to victim

Friends for Life 901-333-8247

Food provided to victims and families

Love Doesn't Hurt 901-213-7661

Food provided for victim and families

Compass Intervention 1-888-266-7279

Food provided for victim

Casa Luz 901-500-8214

Hispanic only; Food provided for victims and families

CMI Healthcare 901-821-5600

Mental Illness only; Food provided for patient and families

Calvary Rescue Mission 901-775-2570

Men only; food provided

Clare's House 901-237-8481

Female only, food provided

Salvation Army New Direction 901-843-8586

Female, pregnant, and family food provided

Salvation Army Single 901-260-9126

Female or pregnant only; food provided

Barron Heights Transitional 901-728-5873

Referral by VA only

Memphis Recovery Center 866-304-8254

No children allowed

Community Food Assistance:

Memphis Child Advocacy Center 901-525-2377

Food provided for Families

Agape Child and Family 901-323-3600

Food provided for victims and families

Alliance Health Care Services 901-369-1400

Vouchers provided for victim and family

Sista 2 Sista 901-235-5720

Drop in Day only; Sex trafficking only; Food provided for female only

Circle of Inspiration Outreach Program 901-525-1056

210 Washington Ave, Memphis, TN 38103-1982

https://trinitymemphis.org/heal/circle-of-inspiration/

Female DV victims only

Food provided for those attending the bi-monthly prayer sessions

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering food every Friday 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

Bartlett's Closet

Contact via: FB messenger, bartlettscloset@gmail.com , 901-295-8680

Services for Bartlett, Raleigh, Millington, Frayser

Food Pantry for those on fixed income, disabled, homeless, single parent/single income, victims of natural disasters

By appointment only

Care Angels Non-Profit Organization https://www.careangels50.org/

Offers brown bag meals for those needing food

Memphis Jewish Community Center 901-767-8511

https://www.jccmemphis.org/jfs/jfs/

Offering home-delivered meals for those in need

Sista2Sista 901-235-5720

https://www.sista2sista.co/

Offering meals and a place to relax for women involved in prostitution and substance abuse

Every Wednesday and Thursday at the drop-in Center

Low-Income Assistance/ Food Pantry:

Shelby County

First Congregation Church 901-278-6786

1000 S Cooper St, Memphis, TN www.firstcongo.com

Café Congo

Voucher NOT needed

Food Pantry Monday, Wednesday, and Friday

Weekday Lunch Program Monday through Friday from 11:00 a.m. – 1:00 p.m.

MIFA 901-527-0208

900 Vance Ave, Memphis, TN

www.mifa.org

(Ms. Sullivan Pantry, Coordinator 901-529-4581 osullivan@mifa.org)

Assist with 4 food vouchers per year, request must be at least 5 days apart

Match to closest food pantry

Monday – Friday (except holidays) 7:30 a.m. to 10:30 a.m.

Leawood Baptist Church Mission Center 901-328-1025

3638 Macon Rd, Memphis, TN

www.leawoodeast.org

3 day supply given based on family size.

Once in 3 months for food or clothes

Open Monday and Wednesday 9 a.m. – 12 p.m.

Must sign-in

Proof of residency for everyone in the family

Servicing 38128, 38122, 38112 and 38108 (exceptions on a one on one basis

The Neighborhood Christian Center 901-881-6013

785 Jackson Ave, Memphis, TN

www.ncclife.org

Distributes donated food from Food Bank

Direct services provided for Greenbriar, Chickasaw Place, Robinhood, and surrounding area apartment complexes

Tuesday – Thursday 9am – 1 pm

Call First & Must have ID

223 Scott Street 901-881-6013

Tuesday & Thursday 9am – 12 pm

Call first & must have ID

Generous House (Memphis Dream Center) 901-737-9006

1790 Germantown Pkwy Ste. 1

http://memphisdreamcenter.com/our-programs/gernerous-house

Generous House is a food pantry and clothing closet

Items are free or sold at reduced prices, must qualify

Monday and Wednesday 10 am- 12pm

Jackson location- 2nd & 4th Thursday of the month at 9:30 a.m. - 10:30 a.m.

Requirements include photo ID and something showing proof of income (SS letter, food stamp letter, etc.)

Generous Baby House -255 N. Highland St, Memphis

Baby specific food pantry and closet

Shop food twice a month/ clothes once a month

10 a.m. - 12 p.m.

The HELP Group 901-377-3097

Christ Church, Bartlett Campus 5595 Yale Road, Bartlett, TN

www.thehelpgroup.org

Food and clothing for anyone in need

3rd Saturday of each month, 9 a.m. - 10 a.m., major food distribution

No referral needed

Seating in auditorium during wait

New clients bring ID and complete small form

Mid-South Food Bank 901-527-0841

239 Dudley St., Memphis TN

www.midsouthfoodbank.org

Distributes food through community partners

Millington Food Pantry 901-872-2771

Millington First United Methodist Church

8029 Wilkinsville Road, Millington, TN 38053 (Serves Millington and annex)

www.fumcmillinton.org

Tuesdays 10 a.m. – 1 p.m.

Please call to schedule appointment

Family boxes for Holiday meals

Catholic Charities 901-722-4700 (call before visiting)

1325 Jefferson Ave (at Cleveland)

Referral letter & ID required

First Presbyterian Church 901-525-5619 x301

166 Poplar

Sunday at 2pm (after soup kitchen)

Calvary Episcopal Church

102 N. Second St

Sunday 6:30 am (After Breakfast)

Collierville Food Pantry

609 E. South St

Thursdays 9:30am-11:30am

Service by Zip Codes (Must live in the zip code to be served)

1) 38107, 380127 (North Memphis, Frayser)

Bellevue Baptist Frayser 901-35-3391

3759 N. Watkins, Memphis, TN

www.bellevue.org/frayser

Food distributed Sundays at 1:00p.m.

Emergency Situations

2) 38111, 38114, 38117 (U of M area, Orange Mound, East Memphis)

St. Luke's United Methodist Church 901-452-6262

480 S. Highland Street, Memphis, TN

www.stlukesumc.org

Food pantry open every Thursday 10:00am. -12:00 p.m.

3) 38112, 38108, 38122, 38107 (Highland Heights/ Hollywood- Jackson)

Brinkley Heights Ministries 901-458-0617

3286 Rosamond Ave (Off of Jackson Ave)

www.bhua.org

Food pantry Tuesday, Wednesday, Thursday 10:00 a.m. – 12: 00 p.m.

Arrive by 9 a.m. to secure a spot in line.

Only accepts 20 families a day

Bring photo ID and Social Security card for every adult and every child.

Soup Kitchens Only:

St. Mary's Catholic Church 901-522-9420

155 Market St., Memphis, TN

www.stmarymemphistn.com

Snack and Coffee in the morning 7:30 a.m. to 9:00 a.m.

Soup kitchen daily 9:00 a.m. to 10 a.m.; provide soup and sandwiches

Catholic Charities of West TN 901-722-4700

1325 Jefferson Ave, Memphis, TN

www.ccwtn.org

Begin at MIFA to receive voucher (Must have a voucher)

Check-in at the main building

Food pantry Monday through Thursday 9 a.m. – 1 p.m.

Participants served once every 3 months for food or clothes

Serving Zip Codes (**must live in zip code to be served**)

1) 38103, 38105, 38107 (Downtown , North Memphis

Holy Names of Jesus and Mary 901-525-9870

697 Keel Ave, Memphis

www.facebook.com/holynamescatholicschool/

Meal served Monday and Wednesday 10:30 a.m. – 11:30 a.m.

Families with emergencies take priority

2) 38111, 38114, 38117 (U of M area, Orange Mound, East Memphis)

St. Luke's United Methodist Church 901-452-6262

480 S. Highland Street, Memphis, TN

www.stlukesumc.org

Meal served every Saturday at 4:30 p.m. – 5:30 p.m.

Breakfast served every Sunday at 8:00a.m. – 8:30 a.m.

Counseling

Shelter Provided:

ReStore Corps 901-409-6586

Female identifying survivors of human trafficking; counseling available for active program participants

Women's Advocacy Center 901-896-9055

Counseling: victim, family, group, and peer

Memphis Union Mission 901-526-8403

Male only shelter; counseling provided

Thistle and Bee 901-410-1418

Sex exploitation and Substance Abuse only; Counseling: victim, peer

YWCA 901-725-4277

Group counseling for women

Friends for Life 901-333-8247

HIV only; Counseling: victim, family, group, and peer

Compass Intervention 1-888-266-7279

Counseling; children, family

CMI Healthcare 901-821-5600

Mental Illness only; Counseling; victim, children

Calvary Rescue Mission 901-775-2570

Men only; Counseling provided

Bee Tru 901-319-7841

https://www.beetru.org/services

Community Resources:

Crime Victims & Rape Crisis 901-222-3950

Victim, children and family

Memphis Child Advocacy Center 901-525-2377

Children only

Agape Child and Family 901-323-3600

Counseling: children only

Kindred Place 901-276-2200

Counseling victim/ children

Healing Hearts 901-726-4213

Counseling: victim, child, family

Alliance Health Care Services 901-369-1400

Counseling: victim, children, family

Casa Luz 901-500-8214

Hispanic only; Counseling: victim, children, family, and peer

Athena Project (University of Memphis) 901-678-3973

Counseling Victims Only

Salvation Army Single 901-260-9126

Group and victim counseling

Serenity Recovery Center 901-521-1131

Counseling for addicts pursing recovery

Synergy Treatment Center 844-779-0820

Only men

First step Recovery Center 901-522-1002

Group and victim counseling

Memphis Recovery Center 866-304-8254

Group and victim counseling; no children

Hope House 901-538-8275

Must have Ryan White card to receive services

Legal Assistance

Shelter Provided:

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

Women's Advocacy Center 901-896-9055

Advice, orders of protection

Thistle & Bee 901-410-1418

Sexual Exploitation and Sub. Abuse; Legal: Advice and Orders of protection

Restore Corps 901-409-6586

Female identifying survivors of human trafficking

https://www.restorecorps.org/

YWCA 901-527-4947

Legal advice for female victim of domestic violence

Bee Tru 901-319-7841

https://www.beetru.org/services

Community Resources:

Crime Victims & Rape Crisis 901-222-3950

Orders of Protection

CREA (Coordinated Response to Elder Abuse) 901-800-6064

Elderly Only; Advice, Lawyers

Casa Luz 901-500-8214

Hispanic Only: Legal Advice, lawyers, orders of protection

Community Legal Center 901-543-3395

910 Vance Avenue, Memphis

https://clcmemphis.org/

Monday – Friday, 9am – 5 pm

Provides the working poor with private legal counsel in basic civil matters

Must meet federal poverty guidelines

Sliding Scale Fee; advice; lawyers

Memphis Area Legal Services, Inc. 901-255-3420

200 Jefferson Ave, Suite 1075

https://www.malsi.org/

Income guidelines

Provide legal counseling/ representation in non-criminal matters

Community education and outreach

Advice, Lawyers, orders of protection

Latino Memphis 901-366-5882

6041 Mt. Moriah Rd, Memphis

https://www.latinomemphis.org

Assist Latinos in the community

Advocacy for health, education, and justice.

Legal immigration advice and representation

Low cost service fees

Project ID- contact Shaundra Jones 931-774-0036

Memphis@spreadthevote.org or shaundra@spreadthevote.org

Project ID helps people obtain IDs needed for jobs housing, health care etc.

Obtain certified birth certificates, proof of residency, and other necessary documents

Provide transportation to license and record-issuing offices

Shelby County District Attorney's Office Victim/Witness Unit 901-222-1300

201 Poplar, 11th Floor, Memphis, TN 38103

Offer information to victims on any criminal court case, as well as accompany them to court

The Healing Word Counseling Center 901-370-4673

https://memphishealingcenter.com/

Provides legal assistance to DV victims

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering legal assistance on the first Friday of the month at 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

Advocates for Immigrant Rights 901-729-9560

3000 Walnut Grove Rd., Suite 302

Offering legal assistance for immigrants in the area

Mid-South Immigration Advocates 901-244-4367

3340 Poplar Ave Suite 215

Offering free and affordable immigration representation

Classes

Shelter provided:

Women's Advocacy Center 901-896-9055

Parenting, budgeting

Catholic Charities 901-722-4702

Budgeting classes

YWCA 901-725-4277

Budgeting classes for female DV victims

Community Resources:

Agape Child and Family 901-323-3600

Budgeting Classes

Casa Luz 901-500-8214

Hispanic Only; Parenting and budgeting classes

Kindred Place 901-276-2200

Budgeting Classes

Healing Hearts 901-726-4213

Budgeting and parenting classes

Barron Heights Transitional Housing 901-728-5873

Parenting classes for those referred by VA

Hope House 901-538-8275

Must have Ryan White card to receive services

Budgeting counseling

Job Assistance/ Job Training

Shelter Provided:

ReStore Corps 901-409-6586

Female identifying survivors of human trafficking; job search and resume assistance

Women's Advocacy Center 901-896-9055

Female and families, Job assistance: search, resumes

YWCA 901-725-4277

Job assistance: Search, resumes

Catholic Charities 901-722-4702

Job assistance search

Thistle & Bee 901-410-1418

Sex exploitation & Sub Abuse; Job assistance: search, resume, training

Love Doesn't Hurt 901-213-7661

LGBQT only; Job assistance: search and resumes

Compass Intervention 888-266-7279

Adolescents; Job assistance: search, resume, and training

CMI Healthcare 901-821-5600

Mental Illness Only: Job assistance: search and resumes

Calvary Rescue Mission 901-775-2570

Men Only; Job assistance: search

Clare's House 901-237-8481

Women only: Job assistance: search, resume, training

Synergy Treatment Center 844-779-0820

Job search assistance for men

Community Resources:

Agape Child & Family 901-232-3600

Job assistance: resume and training

Hospitality Hub 901-730-1736

Day Only; Job assistance: search and resumes

Healing Hearts 901-726-4213

Job search assistance for victims

Barron Heights

Training for those referred by VA

The Excel Center (with Goodwill Industries) 901-726-3100

1490 Norris Road

https://excelcenter.org/

Monday- Friday 8 am- 6:15 p.m.

Free charter high school for Shelby County students who are 18 years or older and need to completed the requirements to earn a high school diploma

Terms last 8 weeks

On-site child drop-in center

Transportation available

Excel Center 901-323-6221

6895 Stage Rd, Memphis, TN

https://goodwillmemphis.org/excel-center/

Tuition free school for adults 18 and older

Day and evening classes, Life Coaches, support services, drop-in child care and free transportation assistance

Vocational Training, Evaluations, and Jobs

Must be referred

HOPEWORKS 901-272-3700

3337 Summer Avenue

www.whyhopeworks.org

Offers tuition-free 13 weeks, all day personal and career development program that will help you learn more about careers and how to be a more effective employee.

Offers free high school equivalency exam preparation classes.

Call 901-396-8800 for information on upcoming orientations

4 class locations:

North Memphis- Hollywood Library- 1530 N. Hollywood

Midtown-First Congregation- 1000 S. Cooper

East Memphis- Ross Road Church of Christ- 4920 Ross Road

Whitehaven- 1187 East Holmes Road

Dress for Success- 901-363-3100

2730 Colony Park Drive, Suite 7

https://memphis.dressforsuccess.org

Monday – Thrusday 9 am- 3 pm

Provides interview and work attire that is gently used

Provides low-income women with job training to make the transition into the workplace

Labor Force 901-542-0002

3834 E. Shelby Drive

http://laborforce.com

Monday – Friday, 7:30 am-5pm

Job placement in light industrial work

Memphis Works 901-767-0922

4189 Leroy Avenue

https://app.memphisworks.com/

18 years or older with high school degree or GED

Occupational skills training, job placement services

Urban League 901-272-2491 ext. 13

413 North Cleveland Street

https://www.memphisulyp.org

Determined by income.

Must have high school diploma or GED

Job training provided.

Literacy Mid-South 901-327-6000

66 Copper St., Suite 400, Memphis

Provides literacy resources for learners of ALL AGES and backgrounds

Advance Memphis 901-543-8525

769 Vance Avenue

https://advancememphis.org/

Soft job skill training for unemployed and underemployed in 38106

Counseling, recovery groups

GED programs

Anger Management Classes

DeNeuvill Learning Center 901-726-5902

190 S. Cooper

http://www.deneuvillecneter.org/

Job training and life skills for women 18 years and older

TN Department of Labor and Workforce Development 901-844-224-5818

https://www.jobs4tn.gov/

Unemployment benefits

Job Search assistance

Education assistance

Workforce Investment Network 901-707-8419

480 Beale St., Memphis, TN

https://www.workforceinvestmentnetwork.com/

Job Search assistance

Resume writing assistance

Coordinated Effort to Enhance Development (CEED) 901-678-2000

3720 Alumni Avenue, Memphis

Contact Loretta Rudd, lrudd@memphis.edu

Early care and learning of young children for parents and professionals

Training in social, emotional, and language development for young children

Services zip codes: 38128, 38127, 38118, 38116, 38114, 38111, and 38109

The Gradus Project 615-424-1301

Provides comprehensive transitional programs in collaboration with Kellogg Corporation for victims of violence and disadvantaged youth

Serving the mid-south area

Victim Advocacy Assistance

Crime Victims & Rape Crisis 901-222-3950

Provides assistance with victim advocacy

Memphis Child Advocacy Center 901-525-2377

Under 18 ONLY; victim advocacy assistance

Women's Advocacy Center 901-896-9055

Female and families; victim advocacy assistance

YWCA (Young Woman's Christian Association) 901-725-4277

Victim advocacy assistance

CREA (Coordinated Response to Elder Abuse) 901-800-6064

Victim advocacy assistance

Thistle & Bee 901-410-1418

Sex exploitation & Sub Abuse; Advocacy assistance, sitting with victim

OUT Memphis 901-278-6422

LGBTQ only; advocacy assistance

Friends for Life 901-333-8247

HIV Only; advocacy assistance

Love Doesn't Hurt 901-213-7661

LGBQT only; advocacy assistance, speaking to group, sit with victim

Alliance Health Care Services 901-369-1400

Advocacy assistance

Casa Luz 901-500-8214

Hispanic Only; advocacy assistance, speaking to groups

CMI Healthcare 901-821-5600

Mental Illness Only: patient advocacy

Shelby County District Attorney's Office Victim/Witness Unit 901-222-1300

201 Poplar, 11th Floor, Memphis, TN 38103

Offer information to victims on any criminal court case, as well as accompany them to court

Hope House 901-538-8275

15 S Idlewild St, Memphis, TN 38104

https://www.hopehousememphis.org/

Must have Ryan White card to receive services

A Way Out Ministries

Christ-Centered, Females who have a history of sexual exploitation

awoministries.org

Medical/ Mental Health Assistance/ Substance Abuse

Walk-In Detox for Uninsured:

Crisis Stabilization Unit at Memphis Mental Health Institute 901-577-9400

951 Court Ave. Memphis, TN

Residential Rehab Facilities that Accept Uninsured:

Serenity Recovery Center 1-888-521-1131

1094 Poplar Ave Memphis, TN

Must detox first

Memphis Recovery Center 866-304-8254

215 N. Montgomery Street Memphis, TN

Call before, wait time will be given upon inquiry

Synergy Treatment Center 844-779-0820

2305 Airport Interchange Ave Memphis, TN

One year program

Intensive Outpatient Group Counseling for Uninsured:

Serenity Recovery Center 1-888-521-1131

1094 Poplar Ave Memphis, TN

Memphis Recovery Center 866-304-8254

215 N. Montgomery Street Memphis, TN

First Step Recovery Center 901-522-1002

1950 Madison Ave Memphis, TN

Sober Living Facilities:

Whitestation Sober Houses 901-626-7111

3 Locations: 1220, 1151 and 981 South White Station Rd, Memphis, TN 38117

Sober House of Memphis 901-315-2155

Men in recovery from addiction and alcoholism

Midsouth Sober Living, Inc. 901-481-8030

1950 Madison Avenue, Memphis, TN 38104

REBOS Recovery 901-230-1957

925 Sheridan Street, Memphis, TN 38107

Synergy Transitional Living Facility 901-726-6530

1157 Peabody Ave, Memphis, TN 38104

Facility for men who have completed sub. abuse treatment and are at risk of becoming homeless

Shelter Provided:

OUT Memphis 901-278-6422

Testing provided

Friends for Life 901-333-8247

HIV Only; clinical treatment, testing

Community Resources:

CREA (Coordinated Response to Elder Abuse) 901-800-6064

Elder Abuse; clinical treatment

Alliance Health Care Services

Clinical treatment

Tenncare 1-800-318-2596

Provide health insurance to low-income children, pregnant women, parents of minor children, the elderly and people with disabilities

At any DHS office in any of Tennessee's 95 counties

Christ Community Health Services 901-842-3160

https://www.christcommunityhelath.org/faqs

Monday- Friday 8 am – 5 pm

Appointment line opens at 7:30 am for same day scheduling

Give prenatal care. Deliver babies at Regional One Healthcare Center

Insurance is not necessary to receive services

Fees based upon income

6 locations:

Broad Avenue- 901-842-3161

Women's Healthcare Broad- 901-842-3168

Frayser- Medical 901-842-3162, Dental 901-842-3172

Hickory Hill- Medical 901-842-3163, Dental 901-842-3173

Orange Mound- Medical 901-842-3164

Raleigh- Medical 901-842-3165, Dental 901-842-3174

Third Street- Medical 901-842-3166, dental 901-842-3175

Church Health Center (Wellness Center) 901-272-0003/ Patients, 901-272-7170/ Admin

1350 Concourse Ave, Suite 142

https://churchhealth.org/organizer/wellness-crosstown/

Provides healthcare for the working uninsured

Must work at least 2 hours a week. Requirement waived if lone care-giving parent of child 6 years old or younger

LeBonheur Center for Children and Parents 901-287-4700

600 Jefferson Avenue

www.lebonheur.org

Fetal Center- Provides maternal fetal health services for high-risk pregnancy patients.

Healthy Families program serves first-time teen moms (19 years or younger) who are pregnant or have a child. Trained nurses visit the mom regularly

Memphis and Shelby County Health Department

901-272-0003/ Clinical Services

814 Jefferson Street

http://www.shelbytnhealth.com/192/Maternal-Child-Health-MCH?utm_campaign=maternal-health-q4_18-q1_19

Monday- Friday 8am – 4:30 pm

Immunizations for children and adults

Well-child exams, pediatric dental care

Referrals to healthcare providers

Memphis Health Center 901-261-2000

360 EH Crump Blvd

https://memphishealthcenter.org

Tenncare, Medicare, and Medicaid patients

Healthcare for medically underserved populations

Serves Shelby and Fayette County

3 additional locations:

Rossville- 4940 Highway 57 -901-261-7303

Towne Center – 915 E, McLemore Ave, Suite 107 – 901-261-7370

Whitehaven- 4593 Elvis Presley Blvd. -901-261-7338

The Morning Center 901-209-0195

3638 Macon Rd, Memphis, TN

www.morningcenter.org/pregnancy-centers/memphis-tn

Provides FREE full-service pre-natal care to any woman in urban and under-served areas of the city

Other locations:

Bellevue Frayser Baptist Church- 3759 North Watkins, 38127

Tuesday 10 am – 4 pm

Leawood Baptist Church – 3638 Macon Road, 38122

Monday, Wednesday, and Friday 10am- 4 pm

UT College of Dentistry Pediatric Clinic 901-448-6240

875 Union Ave, Memphis TN

www.uthsc.edu/dentistry/patient-services/pediatric.php

Accepts Tenncare insurance

Clinic staffed by student dentists offering services as check-ups, cleaning, emergency dental care

Fees typically cost about one-half of what private pay would be

Children 6 months through 14 years old are accepted

A Step Ahead Foundation 901-320-7837

P.O. Box 41601

www.astepaheadfoundation.org/

Provides FREE long-active reversible contraception (LARC), most effect reversible methods of birth control

Assists women of Memphis and Shelby County

The MedPlex 901-545-7446

880 Madison, Memphis TN

www.regionalonehealth.org/outpatient-clinics/

Schedule appointment Monday – Friday 7am -5:30 pm

Healthcare professionals; physicians, registered nurses, pharmacists, technicians

Services include x-ray, lab services, medical imaging, ultrasound, cardiac testing, outpatient pharmacy, and specialty and subspecialty clinics.

Partnership with University of TN Residency Program

Hope House 901-538-8275

15 S Idlewild St, Memphis, TN 38104

https://www.hopehousememphis.org/

Must have Ryan White card to receive services

HIV Testing available

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering STD testing & condoms every Friday 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

The Corner 901-896-0739

https://www.thecorner806.org/

Monday & Tuesday 12:30PM- 8PM, Wednesday- Friday 8:30AM- 4PM

806 Cooper St

HIV testing, STI testing, and treatment at low-to-no-cost

The Haven 901-467-1440

https://www.thehaven901.org/

Free HIV & Hepatitis C testing & free prescriptions for HIV treatment and prevention

By Appointment

Mental Health/ Substance Abuse Resources:

Mental Health Crisis Hotline in Shelby County

https://www.tn.gov/behavioral-health/mental-health-services.html

Adults: 901-74-7477

Children: 901-791-9226

Baby Love (Case Management Inc.) 901-821-5600

3171 Director Row

Intake Line 901-271-5348

https://memphisaddictionhelp.org/places/memphis/outpatient/babylove-case-management-inc/

Alcohol and drug-dependent women who are pregnant or post-partum.

Residential long-term treatment, transitional housing

Substance abuse treatment, parenting skills, and child care

Grace House of Memphis 901-722-8460

329 Bellevue Blvd, Memphis, TN

http://gracehouseofmemphis.org

Alcohol and drug-dependent women ages 18 and up.

Transitional housing, life skills training, residential rehabilitation, and detox program

First Step Recovery Centers 901-522-1002

1950 Madison Avenue

www.firststeprecoverycenters.org/Welcome.html

Accepts all individuals regardless of challenges or problems

Treatment for substance abuse, mental health issues, and/or co-occurring disorders

All phases of care

Memphis Crisis Center/ Call4kids Hotline 901-274-7477

https://memphiscrisiscenter.org

Help with child, or child suffers from abuse

Suicidal thoughts/ depression

Elder hotline

HIV Information Hotline

Alliance Healthcare Services 901-369-1400

2220 Union Avenue, Memphis, TN

https://www.alliance-hs.org/

Not for profit organization providing comprehensive behavioral health

Outpatient, intensive outpatient, home-based, and community based program

Crisis services

Hope House 901-538-8275

Mental health services for those with Ryan White cards

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering substance abuse assisstance every Friday 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

Warriors Center Memphis 901-405-1298

642 Semmes St

Rehabilitation for men, women and veterans battling substance abuse or other life controlling problems

Faith- Based

Harbor House 901-743-1836

https://harborhousetreatmentcenter.org/

Residential treatment center for MEN struggling with addiction or co-occurring disorders

The Transformation Center 901-401-1183

https://www.transformationmemphis.com/

Programs for those suffering from trauma, eating disorders, and substance abuse

Financial Services

Operation Hope 901-326-0895

2284 Lamar Ave, Memphis, TN

https://operationhope.org

or Wanda McDonald wanda.mcdonald@operationhope.org

Free Credit & Money Management Workshop

Learn establish credit, increase credit score, creating a budget, reading credit reports, correcting errors

Saturdays 9:30 am – 12:30 pm

Call or email for more information

TAX Prep 901-415-2790

Visit Supersite at Hickory Ridge Mall, Southland Mall, or Refuge Memphis in Raleigh

Call to get free information about the Free Tax Prep site in your area

Assist people with household incomes under $54,000 to prepare and file their taxes

Help to receive a refund up to 20% of their annual income

Support Services

Support Services for Mom:

Beautiful Bundles (Baptist Memorial Hospital for Women) 901-227-9873

6225 Humphreys Blvd, Memphis, TN

https://www.baptistonline.org/locations/womens/maternity-programs/beaustiful-beginnings/resources

Free new mom support group

Registration is not required

Meets every Thursday (except holidays) 12:30pm -2:30 pm on the 5th floor in Room D

Please call for COVID restrictions

Birthright of Memphis 901-327-8109

115 Alexander

http://www.birthrightofmemphis.org/

Girls, teens, women who are pregnant

Free pregnancy tests, parenting classes, prenatal information

Counseling, medical referrals

Infant and maternity clothes

Bethany Christian Services 901-818-9996

1255 Lynnfield, Suite 236

https://www.bethany.org

Free pregnancy counseling

Adoption counseling

Safe Families -901-312-5983

1255 Lynnfield, Suite 236

https://memphis.safe-families.org/

Monday-Friday from 9 am – 5 pm

Network of families who volunteer to care for your children for as long as you need. Goal is to keep your family intact

Once home environment is safe, will help to reunite family

Biological parent retains full custody of children and encouraged to participate in decisions regarding their care

Form a partnership with host family Encourage relationship after returning children to the home

Confidential Care Mobile Ministry- 901-476-6528

Locations around the city

https://confidentialcaremm.org/

Provides free pregnancy tests, ultrasounds, and counseling

Services Shelby and Tipton County

First Steps (The Exchange Club Family Center) 901-276-2200

2180 Union Ave, Memphis

https://kindred-place.org/

Free, ongoing, comprehensive teen parenting and life skills program for the first time teen mothers between ages 11-19

Church Health Center Wellness 901-272-0003

1350 Concourse Ave, Suite 142

https://churchhealth.org/

Gym/fitness center that offers an affordable facility to improve lives physically and spiritually

Membership fees are based on income

Life Choices 901-388-1172 or 901-452-8441 (24 hour hotline 901-388-6262)

5575 Raleigh Lagrange Road or 2400 Poplar Ave Suite 550

https://lifechoicesmemphis.org/

Free appointments

Pregnancy test & counseling

Childbirth education classes

Adoption counseling, post-adoption counseling

St. Andrew AME Church- 901-948-3441

8675 S. Parkway East

http://www.saintandrewamec.org/joomla/

Annual community baby shower for new and expecting moms

Universal Parenting Place- 901-227-9558 or 901-207-3694

http://aceawareness.org/universal-parenting-places/

Two locations:

Baptist Memorial hospital for Women- 6625 Humphreys Blvd.

Knowledge Quest- 990 College Park Drive

Sites open to all parents at no cost; designated to help ALL families by providing parents information, guidance and emotional support in a welcoming and warm environment.

Pregnant Moms' Empowerment Program (PMEP)

University of Memphis; Women victim's or exposed to Domestic Violence

Shelby County Breastfeeding Coalition

http://www.shelbycountybreastfeeding.org/

shelbycountybreastfeeding@gmail.com

Protect, promote, and support breastfeeding in Memphis and Shelby County.

Support for Breastfeeding mothers and families

Breastfeeding Sisters that are Receiving Support

3030 Poplar Ave, meeting room on left, look for balloons.

Contact: Tiana Pyles, Tpyles@bstars.org, Shukura Umi, Shukura@bstars.org

BSTARS

Black Breastfeeding support group designed to provide informational and emotional support to families in Shelby County

Last Wednesday of the month at 6 pm

The Hagar Center (Neighborhood Christian Center) - 901-603-9236

785 Jackson Avenue

https://thehagacenter.org/

esimpson@thehagarcenter.org -Contact Erma Simpson if you wish to attend a session.

Pre-registration is required

One-stop comprehensive resource agency for pre- and post-natal services for teen parents and babies

2nd and 4th Saturdays of each month:

Summer 11am -2 pm

School year 11 am – 1pm

Participants earn 25 baby bucks for each session attended and can use these “bucks” to obtain items from Hagar’s closet like diapers, wipes and other necessities

Parenting, life-skills, and support groups for teen mothers and fathers

Tutoring to improve grads, GED scores, and college preparation

DHS assistance with qualifying for Family First, food stamps and Tenncare

Education on birth control. Abstinence, and sexually transmitted diseases

Domestic Violence education

Education on Daycare assistance, dental & medical help, legal help, counseling, family mentors, and employment assistance

The Urban Child Institute 901-523-9199

http://www.urbanchildinstitute.org/

Non-profit organization dedicated to promoting education, health and well-being of youth

Support Services for Dad:

Families Matter- 901-260-8520

2595 Central

http://familiesmattermemphis.org/

Classes and support services for dads

Training on how to care for babies and children

Promotes a model Fatherhood program that equips boys and men with tools necessary to become responsible, accountable fathers.

Live Choices- 901-388-1172

5575 Raleigh Lagrange Road

https://lifechoicesmemphis.org/

Classes and training for men/dads available

Exchange Club Family Center – 901-276-2200

2200 Union Avenue

https://kindred-place.org/

Monday-Thursday 8:30 am – 4:30 pm

Friday 8:30 am-12 pm

Offers programs/ classes for families experiencing child abuse and domestic violence.

Parenting programs designed to help and heal families

The Urban Child Institute 901-523-9199

http://www.urbanchildinstitute.org/

Non-profit organization dedicated to promoting education, health and well-being of youth

Support Services for Substance Users:

Alcoholics Anonymous- 212-870-3400

www.aa.org

Meeting directory online, in person, zoom

Narcotics Anonymous 1-888-700-0700

www.na.org

Meeting directory online, in person, zoom

Support Services for Caregivers:

Care Angels Non-Profit Organization https://www.careangels50.org/

Provides support and self0care awareness for caregivers

Support Services for University of Memphis Students:

Victim Services 901-678-4471

Coordinate services for students' rights

Pregnant Moms Empowerment Group 901-257-9848

Support group for pregnant students

Health and Counseling Center 901-678-2068 or 901-504-6442

Psychological Services Center 901-678-2147

Disability Resources 901-678-2880

Office for Institution Equity 901-678-2713

Monitors the University's policy on equal opportunity and affirmative action in employment and educational

University of Memphis Police 901-678-HELP

Bereavement Support:

Kemmons Wilson Family Center for Good Grief

1520 West Poplar

Baptistgriefcenters.org

Milla's House

326 Ellsworth St.

Baptistgriefcenters.org

Baptist Memorial Hospital, Collierville

1500 West Poplar

901-861-9400

Bereavement camp for teens who are mourning the loss of a loved one

Regional One Health Medical Center

877 Jefferson Ave.

901-545-8322

Services available for people mourning the loss of a loved one

LeBonheur Germantown Hospital

7691 Poplar Ave

901-818-2154

Group and solo counseling for those mourning loss of loved ones

Camp BraveHearts

4100 Raleigh-Millington Rd

901-212-2105

Grief camp for youth (K-12) who have lost a loved one in the past 2 years

Threads of Hope- LeBonheur Children's Hospital

850 Poplar Ave

901-287-6734

Support and resources for families mourning the loss of a child

Spiritual Care Contact- LeBonheur Children's Hospital

848 Adams Ave

901-418-4022 (24/7 on-call pager) or 901-297-2388

Baptist Memorial Hospital, Tipton

1995 Hwy 51, Covington, TN

901-476-2621

Madalyn.mason@bmhcc.org

GriefShare

Griefshare.org/groups/search

TN SIDS Alliance

865-898-6361

The Compassionate Friends

Compassionatefriends.org

901-315-1526

Other Helpline Numbers

Hickory Hill Development Community Corporation, Community Assistance Referral Line 901-844-3927

https://www.guidestar.org/profile/62-1627597

Community assistance by making referrals to agencies that provide basic services to families in need such as utility, food, shelter, gas, employment, and clothing

Child Safety Car Seat Programs 901-577-2500

868 North Manassas St.

https://www.porterleath.org/

Free car seat provided to a family in need. Car seat distribution is based on availability, and height and weight requirements.

Shelby County Health Department 901-222-9134

814 Jefferson Avenue, Room 104

http://www.shelbytnhealth.com/92/maternal-child-health-MCH?utm_source=wreg&utm_medium=paid-search&utm_campaign=maternal-helath-q4_18-q1_19

Must be enrolled in Tenncare, Food Stamps or WIC program

Provides car seats for $10 (cash only)

For children up to 40 lbs and 40 inches

Hours of distribution: Wednesday-Friday 1:30 & 2:30 pm

ABC's of SAFE Sleep – 901-222-9263

Baby must be born and be no more than 5 months old

Provide resources and education

Contact www.cpsc.gov or 1-800-638-2772 for safety and recall information

Fetal & Infant Mortality Review

Grief counseling support

Recommend support groups in area

Provide a listening ear to hear your story

Speak on families behalf for change

American Red Cross 901-726-1690

1399 Madison

https://www.redcross.org/local/tennessee.html

Provides aid in the form of Disaster relief during emergencies

Provide disaster preparedness education and relief

Health and safety training and education

Youth programs; as well as assistance to armed forces

Tennessee Breastfeeding Hotline 855-423-6667

https://www.tn.gov/health/health-program-area/fhw/bf/breastfeeding-hotline.html

DentaQuest (TennCare) – 855-418-1623

https://www.dentaquest.com/state-plans/regions/tennessee

Poison Control – 800-222-1222

http://www.fasthealth.com/poison/tn.php

Lead Poisoning contact 901-222-9492 or 1-800-424 LEAD (5323)

Lead poisoning is serious

Get your children tested

Children who eat enough healthy food are less likely to get lead poisoning

Wash your hands often

Keep your home clean

Repair peeling paint

WIC Information (Shelby County Health Department) – 901-222-9750 or 901-222-9980

www.wicprograms.org/ci/tn-memphis

YWCA Domestic Violence Crisis Hotline – 901-725-4277

https://www.memphisywca.org/what-we-do/domestic-violence-shelter-and-services/

Abused Women's Services is a multi-faceted program, major components:

Hotline- to direct callers to resources and safety

Shelter- to provide immediate refuge to women and children escaping domestic violence

Court Advocacy- to support individuals as they navigate the legal system for protection

Shelby County Rape Crisis Center- 901-222-4350

https://www.shelbycountytn.gov/737/Crime-Victims-Rape-Crisis-Center

Comprehensive services to victims of crime and their survivors

Reduce trauma, facilitate recovery, empower victims, and advocate for their rights to fair treatment and justice

Hub of victim services for Shelby County and the City of Memphis

Services are free of charge for Shelby County residents who are victims of a crime, or anyone who becomes a crime victim while visiting the county.

National Parent Hotline – 1-855-4A PARENT (1-855-427-2736)

www.nationalparenthelpline.org

Provides emotional support from trained advocates. Become a stronger and empowered parent.

Monday – Friday 10 a.m. – 7 p.m. (PST-This is a 2 hour difference behind Memphis time)

C.A.A.P. (Cocaine Alcohol Awareness Program) 901-272-2211

4041 Knight Arnold Rd

www.caapincorporated.com

Provides behavioral health and co-occurring mental health disorder serves for those who can't afford costs.

Cocaine and Alcohol Group Therapy, inpatient and outpatient treatment

24 hours crisis line, personal and legal advocacy to victims

Counseling, information and referral services

YMCA 901-323-2211 or 901-725-4277

766 S. Highland St

https://www.memphisywca.org/what-we-do/domestic-violence-shelter-and-services/

Empowers Domestic Violence victims and offers safety and resources to ensure self-sufficiency.

Department of Human Services DHS

Please contact the main number for the starting point to receive any of the services listed below:

1) Food Stamp Program (SNAP)

2) Families First

Families First assists families with work, and job training for families having financial problems.

3) Child Care Certificate Program

Low income participants of Families First, child care providers and rates, resources for parents

4) Child Support Program

5) Nutrition Programs

Child and Adult Care Food Program (CACFP)

The CACFP reimburses for eligible meals for participants who meet age and income requirements

Applications can be found online at www.tn.gov//humanservices.html for these programs or contact the local offices below:

TN DHS-

901-543-7351

40 S Main St, Suite 900, Memphis, TN

Closes at 4:30 p.m.

TN DHS – 901-320-7200

4885 Stage Rd, Memphis, TN

MISS Foundation

Missfoundation.org

info@missfoundation.org

Saving Lost Kids 1-800-308-0607

https://savinglostkids.org/home

Working to prevent child endangerment, rescue missing children, and restore child victims

It's a Girl's World 901-585-2026

https://itsagirls-world2013.org/

Mentoring for teens girls

Free Showers, Laundry and More

A Betor Way lisa@abetorway.org

Urgent requests via 901-290-6592

Offering toiletries every Friday 6:00-9:00 PM

Sycamore View & Summer Ave (Shoney's Parking Lot)

Sista2Sista 901-235-5720

https://www.sista2sista.co/

Offering meals, showers and a place to relax for women involved in prostitution and substance abuse

Every Wednesday and Thursday at the drop-in Center