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Sharing Our Strategies: Help During the Holidays (or anytime!)

The holiday season is usually filled with lots of extra spending on gifts, meals, utilities, even warm clothing! We have compiled a list of agencies that help with things like holiday meals, toys, utility assistance, free or low cost vision/medical care and medical equipment. We hope these resources can be of assistance to our families who need them most!

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Holiday Gifts/Meals

- **Brass Rail** (St. Charles County) – Restaurant that provides Thanksgiving meals (delivered) – (636)329-1349 (call between 10am and 5pm). **For 2018, call by Nov. 15th**
- **Helping HandMeDowns** <http://helpinghandmedowns.org/> - Supplies a wide variety of baby items (based on availability). Locations in U-City, Soulard and Pagedale – call (314)514-5987
- **Santa’s Helpers** <http://santashelpersstl.com/> - [5835 Manchester Ave St. Louis, MO 63110](#) July - Dec: [\(314\) 647-1800](tel:(314)647-1800) Fill out application online by mid December.
- **Community Action Agency of St. Louis County** <http://www.caastlc.org/> - Holiday Help program - 314-863-0015
- **Urban League of Metropolitan St. Louis** <https://www.ulstl.com/meeting-families-basic-needs/> - 314.615.3600
- **Salvation Army Toy Town Program** <http://stlsalvationarmy.org/2017/10/2018-toy-town/> Christmas Assistance
Application: <http://stlsalvationarmy.org/wp-content/uploads/Christmas-Assistance-2018-Intake-Flier-FINAL.pdf> or call (314)646-3000
- **Feed My People** <https://www.feed-my-people.org/> (314)631-4900 – [Giving Tree and Adopt-A-Family](#)
- **Southern Illinois Families** <http://www.sifamilies.org/help-with-the-holidaygifts-and-food.html>
- **Catholic Charities (Illinois)** - <https://cc.dio.org/>
- **Toy Town Walk-In Day – Dec. 21st** - 9:00 a.m.-5:00 p.m.

[1225 S. Florissant Rd., Cool Valley, MO 63121](https://www.google.com/maps/place/1225+S.+Florissant+Rd.,+Cool+Valley,+MO+63121/@38.7811111,-90.4055556,15z), 314-695-5443

Toy Town Walk-In Day is for custodial parents/guardians with children age 16 or under in the household who have not yet been signed up for Christmas assistance. Please bring the following documents to apply:

- Photo ID for the head of household
- Social Security Cards or other similar documentation for Head of Household and children age 16 and under
- Proof of monthly income
- Proof of address

Medical Grants/Equipment

Arya Foundation: <https://www.thearyafoundation.org/>

The Arya Foundation serves to provide financial aid for the purchase of medical supplies and equipment for children with the medical condition. The Arya Foundation believes that the medical supplies and adaptive equipment are lifeline for children with special needs and necessary to support their health and learning.

United Healthcare Children's Foundation <https://www.uhccf.org/>

Their mission is to improve children's lives and help families gain access to the care they need through medical grants.

Variety Club of St. Louis <https://varietystl.org/>

Their mission is to help local children with disabilities reach their full potential by providing service every time they need assistance. (314)720-7700

Helplines

IDD Help: http://www.iddhelp.org/start2_v3.asp

IDDHelp.org was created for you – whether you are an individual who needs help, a family member needing services for a loved one, or an organization seeking better ways to serve your clients. A trained

Community Connector is available to listen and to help provide information on agencies in the St. Louis Region that provide services to people with Intellectual and Developmental Disabilities.

United Way 211 <http://www.211helps.org/>

United Way 2-1-1 is here to help – whether you’re an individual looking for help for your family, a non-profit seeking better ways to serve your clients, or an organization searching for how to create a better region. With a database of thousands of non-profits throughout Missouri and Illinois, 2-1-1 is the leader in helping people find resources including basic needs, health and employment.



Dental

Missouri Dental Association – Free and low-cost dental care: <https://www.modental.org/public-resources/free-and-low-cost-dental-care>

Greater St. Louis Dental Society – Free and low-cost dental care: <https://www.greaterstlouisdentalsociety.org/for-the-public/free-low-cost-dental-care>

Dr. Julia Hotz-Sudekum (Sunset Hills Dental Group): Individuals with Down syndrome of ANY age in which dental care

presents a financial hardship to the family. Appointments are the first Thursday of the month between 8:30am and 1:30pm.

Sunset Hills Professional Building

[11810 Gravois Rd,](#)

[St. Louis, MO 63127](#)

For appointments: Call Mindi at (314)842-5000 ext 14

Vision

EyeCare America - <https://www.aao.org/eyecare-america>

Resources for Glasses - <https://www.aao.org/eyecare-america/resources/eye-glasses>

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Agencies that Provide Various Types of Support

- **Catholic Charities of St. Louis:** <https://www.ccstl.org/> Catholic Charities serves a wide range of people: children who are dependent, abused and neglected; adults who are homeless or at risk of homelessness; women who are abused; parents and children requiring family counseling; people struggling as the result of drug abuse or alcoholism; older adults with special needs; and many more.
- **Salvation Army** stlsalvationarmy.org; 646-3000; [1130 Hampton Ave., St. Louis, 63139](#) – serving MO and southern IL. The Salvation Army helps by providing housing, homeless services, food pantry support, youth programming, senior services, adult rehabilitation, and more.
- **Heat Up St. Louis** <https://heatupstlouis.org/> - Utility assistance - 314-241-7668
- **St. Patrick's Partnership** stpatrickcenter.org; 802-0700; [800 N Tucker Blvd, St. Louis, MO 63101](#). St. Patrick Center provides opportunities for self-sufficiency and dignity to people who are homeless or at risk of becoming homeless. Individuals and families build permanent, positive change in their lives through safe and affordable housing, sound mental and physical health, and employment and financial stability.
- **St. Vincent DePaul Society** svdpstlouis.org; 531-2183 or call 531-SVDP (7837) – Helps with rent, utilities and food.
- **Circle of Concern** <http://www.circleofconcern.org/> - (636)861-2623, [112 St. Louis Ave](#), Valley Park, 63088. Clients must live in west St. Louis County in the geographic footprint of the three school districts serving this area – Parkway, Rockwood and Valley Park and meet household income guidelines. Services include food pantry, scholarships, children’s programs, financial assistance, and holiday programs.
- **State of Missouri Disability Portal** https://disability.mo.gov/resource_search/ - Resource directory
- **Kingdom House** <https://www.kingdomhouse.org/> - Provides help in many ways to all ages - who reside in neighborhoods on the south side of St. Louis City (primarily zip codes 63104, 63111, 63116 and 63118) – including childcare, summer camps, tutoring, adult education, access to fresh, healthy foods.
- **Madison County, IL** https://www.needhelppayingbills.com/html/madison_county_assistance_prog1.html