



Holiday Season Assistance Programs

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. Please don't hesitate to reach out to DSAGSL if you have any questions.

info@dsagsl.org | 314.961.2504

If You Would Like to Support a Family in Need

The DSAGSL is accepting gift cards from Walmart, Target, Schnucks, Aldi, and Amazon. Donated gift cards will be use to help families during the holidays with meals and gifts. You can drop off gift cards at the DSAGSL office Monday-Friday 8:30-4:30 (except Thanksgiving Week, we are closed Wed-Fri). Or send via mail

DSAGSL Attn: Holiday Help

1300 Strassner Drive

Brentwood, MO 63144

If you are a family in need that would like to apply for assistance through the DSAGSL, please contact Family Support Coordinator, Christy Klaus- christy@dsagsl.org or 314-833-7520

Holiday Gifts/Meals

- Brass Rail (St. Charles County) – Restaurant that provides Thanksgiving meals (delivered) – (636)329-1349 (call between 10am and 5pm).
- 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:3146471800). 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/> - 314.615.3600
- Salvation Army Toy Town Program <http://www.stlsalvationarmy.org/midland/brighten-the-holidays/> 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-and-support.html>
- Catholic Charities (Illinois) - <https://cc.dio.org/>
- Shopping day for Families (Affordable Christmas) <https://www.missionstl.org/christmas>

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 special needs. 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. Also sometimes has toy donations during the holidays.

- 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 services 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.greaterstlouisdentialsociety.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>

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 [tps://disability.mo.gov/resource_search/](https://disability.mo.gov/resource_search/)

- 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