

## **St. Louis St. Vincent De Paul assistance programs.**

Residents of St. Charles, Jefferson and Franklin County Missouri can get help from St. Vincent de Paul. The charity organization and its partner churches provide assistance programs to the low income and working poor in the greater St. Louis area.

**Utility bill assistance program and cash grants** are available for a crisis. This may be available for people facing disconnection. Funds usually come from donations and other local, non-profit sources such as EFS (FEMA – Emergency Food and Shelter), Heat Up/Cool Down St. Louis, and the state of Missouri Dollar More program. All applicants need to meet income and other guidelines. Call 314-881-6028.

**Free or low cost legal aid** from a counseling program is coordinated by volunteer attorneys in St. Louis. Qualified low income and working poor clients can attend free or low cost clinics that may be held weekly. St. Vincent affiliated volunteer attorneys offer one-on-one legal advice. Or they may provide referrals to other Pro bono assistance in Jefferson and St. Charles County. Phone number is 314-881-6018.

Car repairs can be provided by a program known as **Vinnie's Autos/Repairs**. Local churches and St. Vincent partner with automotive centers, including CarQuest, across St. Louis in an effort to repair, fix and recondition cars. Vouchers may be offered to those who need assistance.

The intent of the program is to provide reliable transportation to lower income and poor people who need vehicles to attend a job interview, secure employment, improve their employment opportunities, or even take care of their family. A qualified client needs to be referred to a garage by a St. Vincent Conference or church. The clients also must have a valid need and ability to maintain a car after the repairs are complete. 314-531-7837.

**Free lunches** may be offered during the workweek. The St. Louis based Council provides food items such as sandwiches and a drink to anybody needing a free, healthy meal. The lunches and sandwiches are made by different area conferences, churches and non-profit groups through the metro St. Louis area, including Franklin County.

**Project MORE** is a federal government HUD sponsored housing program that assists the chronically homeless disabled men in the St. Louis metro area. A coordinator and case manager from the charity can provide long term case management support which includes employment assistance, mental health referrals, substance abuse, medical care, and support with achieving daily living skills. Call 314-881-6026 for information on this or other shelter resources. For example, another similar offering is known as Project PLUS.

**Release to Rent** can help both Veterans and former prisoners. There are two separate parts of the housing program. Services are provided to homeless veterans and military members who have

been involved with the criminal justice system. A team of social workers and professionals will assist veterans in finding and furnishing suitable accommodation in the region, including St. Louis or surrounding counties. Ongoing, year round support is offered too as needed.

In addition to the housing and rent assistance, the case worker will help people find suitable employment, attend financial budgeting classes and access other services. The odds are stacked against veterans and men and women returning home from prison. So this resource can get them back on the right track. 314-881-6031.

**A Pharmacy Program** is offered by St. Vincent de Paul and a partnership with Express Scripts of St. Louis. As funding and resources allow, the Council or its churches can provide free pharmaceutical vouchers to area Conferences to give to their clients who are low income and also either uninsured or under insured. Staff and volunteers will also assist the qualified clients/patients in filling out the vouchers. This medical program was funded by a grant from the Missouri Foundation for Health. You will need to get the prescription from your doctor or usual pharmacy. 314-881-6018.

Another health care type resource is the **Medical Screening** that is available. Believe it or not, some of the food pantries in the region as well as the main Council office provide regular medical care including diabetes screening, blood pressure measurement, and even nutritional counseling. On the other hand, Project Access can offer mental health services to the clients in our housing programs.