Birmingham Resource Guide

Free and Low-Cost Resources for the Birmingham Metro Area



Updated October 2019

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Children's Programs

Clothing

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- **S** Financial Assistance & Education
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- 🚍 Furniture & Household Items
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- A Housing, Shelter, and Home Repair
- Services Medical Care, Health Care, and Pregnancy Services
- Phone Service
- Rescue & Recovery
- Transportation

Adult Education

- AIDS Alabama
- Alabama Joblink
- Aletheia House
- BBA Ministry Center
- Brook Hills ESL Ministry
- Community Care Development
 Network
- Dannon Project
- Family Guidance Center of Alabama
- Firehouse Shelter
- Hope Inspired Ministries

Children's Programs

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- Alabama DHR
- Aletheia House
- Aspire Movement
- BCS Special Needs Fund
- Boys & Girls Club
- Childcare Resources
- Daniel Cason Ministries
- Foundations Early Learning Center
- Girls, Inc.
- Government Benefits

Clothing

- 23rd Street Baptist Church
- BBA Ministry Center
- Birmingham Aids Outreach
- Bundles of Hope
- Daniel Cason Ministries
- Dawson Memorial Baptist
- Firehouse Shelter
- Greater Birmingham Ministries
- Helpline Christian Outreach Ministries

- JCCEO
- Jimmie Hale Mission
- The Literacy Council of Alabama
- M-Power Ministries
- Oasis Counseling
- Pathways Home
- Safe House
- Shepherd's Center East
- Three Hots and a Cot
- WorkFaith Birmingham

- Grace Episcopal Church
- Grace House
- JCCEO
- Northstar Youth Ministries
- Oak Tree Ministries
- Triumph Youth and Adult Development
- University of Alabama at Birmingham (UAB)
- Young Life
- YWCA
- My Child's Closet
- Oak Mountain Missions Ministries
- Pathways Home
- Project Hope
- Salvation Army
- Shelby Baptist Association
- Southside Baptist Church
- Three Hots and a Cot
- Thrift Storw

🗣 Counseling & Therapy

- Alabama Baptist Children's Home
- Amelia Center
- Awaken Recovery
- Biblical Marriage Institute
- Birmingham AIDS Outreach
- Christian Marriages in Crisis
- Community Grief Support
- Crisis Center of Birmingham

- The Exchange Club
- Family Guidance Center of Alabama
- Gateway Counseling
- Impact Family Counseling
- Oasis Counseling
- Pathways Professional Counseling
- Prescott House
- Samaritan Counseling Center

S Financial Assistance & Education

- AIDS Alabama
- Asbury UMC
- BBA Ministry Center
- Benefits.gov
- Birmingham Urban League
- Bridge Ministries
- Community Care Development
 Network
- Dannon Project
- Greater Birmingham Ministries

- Helpline Christian Outreach
 Ministries
- Independent Presbyterian Church
- JCCEO
- LIHEAP
- Serving You Ministries
- Shelby Baptist Assocation
- Spire Assistance Program
- Triumph Youth and Adult Development
- Urban Ministry

Food Pantries & Hot Meals

- 23rd Street Baptist Church
- Alabama Department of Public Health
- Alabama DHR
- Asbury UMC
- Avondale Samaritan Place
- BBA Ministry Center
- Birmingham AIDS Outreach
- Church of the Reconciler
- Daniel Cason Ministries
- Firehouse Shelter
- Free School Lunch
- Grace Episcopal Church
- Grace Klein Community
- Greater Birmingham Ministries

- Helpline Christian Outreach Ministries
- Highlands United Methodist Church
- Independent Presbyterian Church
- Oak Mountain Ministries
- Pathways Home
- Project Hope
- Salvation Army
- Serving You Ministries
- Shelby Baptist Association
- Southside Baptist Church
- Three Hots and a Cot
- Triumph Youth and Adult Development
- Urban Ministry

🚍 Furniture & Household Items

- BBA Ministry Center
- Grace Klein Community
- Oak Mountain Missions Ministries
- Shelby Baptist Association
- Thrift Stores

Government Programs & Legal Services

- Alabama Department of Public Health (WIC)
- Alabama DHR
- Assurance Wireless
- Benefits.gov
- Free School Lunch
- Government Benefits

- Highlands United Methodist Church (obtain license, birth certificate)
- Legal Aid Society of Birmingham (legal services)
- Medicaid
- Safe House (legal services)
- Section 8 Housing
- Volunteer Lawyers Birmingham

A Housing, Shelter, and Home Repair

- Abiding Hearts Home Care (repair)
- AIDS Alabama
- Alabama Baptist Children's Home
- Aletheia House
- Avondale Samaritan Place
- Birmingham Towers Apartment
- Birmingham Urban League
- Bridge Ministries
- Blanket Fort Hope
- Brother Bryan Mission (men)
- Church of the Reconciler
- Department of Housing and Urban Development
- Family Promise of Birmingham
- Fellowship House
- Firehouse Shelter (men)
- First Light (women and children)
- The Foundry Ministries (men and women)
- Grace Episcopal Church
- Grace House (girls)
- Hardest Hit Alabama (foreclosure prevention)
- Hearts in Hands (repair)
- Housing Authority of Birmingham District

- JCCEO
- Jimmie Hale Mission
- King's Home (youth; women and children)
- The Lovelady Center (women and children)
- Metro Changers (repair)
- Neighborhood Housing Services
- New Day New Stand
- Olivia's House (women and children)
- Pathways Home (women and children)
- Princeton Towers II
- Red Mountain Grace (patients)
- Safe House (women and children)
- Salvation Army
- Section 8 Housing
- Shepherd's Fold (reentry, men and women)
- St. Anne's Home (women)
- Three Hots and a Cot (Veterans)
- Villa Maria Senior Apartments
- The Well House
- Widows First (repair)
- YWCA (women and children)

Medical, Health, and Pregnancy Services

- Abiding Hearts Home Care (nonmedical)
- Addiction Prevention Coalition (recovery)
- AIDS Alabama
- Anchor Community Respite Ministry
- Avondale Samaritan Place (senior health care)
- Bethesda Life Center (screenings, prevention)
- Birmingham AIDS Outreach
- Bridge Ministries (medicine, supplies)
- Cahaba Medical Care
- Cahaba Valley Health Care (free clinics)
- Catholic Family Services (pregnancy)
- Christ Health Center (clinics)

Phone Service

Assurance Wireless

Rescue & Recovery

- Addiction Prevention Coalition
- Aletheia House (recovery)
- Beacon Addiction Treatment Center (rehab)
- Birmingham Metro Treatment Center (rehab)
- Blanket Fort Hope
- Bradford Health Services (rehab)
- Brother Bryan Mission (recovery)
- The Exchange Club (child abuse)

Transportation

- AIDS Alabama
- Aletheia House
- Birmingham AIDS Outreach
- KIDONE Transport (children, medical)

- Church of the Reconciler (OTC medication)
- Community of Hope Health Clinic
- Free Clinics (directory)
- The Foundry Dental Center
- Her Choice (pregnancy)
- Hope Health Center (clinics)
- J.B.S. Mental Health Authority
- Jefferson County Department of Health (clinics)
- Lakeside Hospice (terminally ill)
- Lifeline Children's Services (pregnancy resources)
- M-Power Ministries (clinic)
- Online Mental Health Screening
- Positive Choices
- Sav-a-Life, Shelby (pregnancy)
- Sav-a-Life, Vestavia (pregnancy)
- Safelink Wireless
- Fellowship House (recovery)
- The Foundry (recovery)
- Jimmie Hale Mission (recovery)
- The Lovelady Center (recovery)
- Methadone Treatment Centers (rehab)
- Prescott House (abuse, neglect)
- St. Anne's Home (rehab

- Max Transit
- Senior Ride Program
- Three Hots and a Cot (Veterans)
- Urban Ministry (seniors)

23rd STREET BAPTIST CHURCH

- Food pantry; Clothing Closet
- o Must call for an appointment
- o 331 23rd Street S Birmingham, AL 35233
- o **205-251-1752**



- Living and family assistance; non-medical nursing care; home repair
- o **205-790-2433**
- o www.abidingheartshomecare.com

ADDICTION PREVENTION COALITION

- Online resource directory and recovery network
- o **205-874-8498**
- www.addictionpreventioncoalition.org

AIDS ALABAMA

- Support services for HIV-positive individuals and their families
- o **205-324-9822**
- o www.aidsalabama.org
 - Case management
 - Transportation
 - Utility assistance
 - Emergency financial assistance
 - Emergency housing
 - Vocational assistance

- GED Prep / Training
- Secondary HIV education
- Substance abuse treatment
- Mental health services
- Health insurance continuation
- Support groups

ALABAMA BAPTIST CHILDREN'S HOME 🔶

- Provide homes for children, professional counseling, educational services and family assistance
- o **205-945-0037**
- $\circ~$ 2681 Rocky Ridge Lane Birmingham, AL 35216
- o www.alabamachild.org

ALABAMA DEPARTMENT OF PUBLIC HEALTH

- WIC (WOMEN, INFANTS, AND CHILDREN)
 - Supplemental nutrition program for pregnant or breastfeeding women, infants, and children under the age of 5; eligibility based on income
- o ALL KIDS

- Low-cost healthcare coverage for children under 19
- www.adph.org

ALABAMA DHR

- Providing for the protection, well-being, and self-sufficiency of children and adults
- o **334-242-1310**
- o www.dhr.alabama.gov
 - Adult / Child protective services
 - Childcare
 - Food assistance

- Child support
- Adoption / Foster Care
- Family Assistance / Services

ALABAMA JOBLINK

- Online resource for posting or finding jobs; link to training program; establish or reopen unemployment compensation
- o **205-582-5200**
- o www.joblink.alabama.gov

ALETHEIA HOUSE

- o Wellness programs, treatment programs, job training, transition and permanent housing
- o **205-324-6502**
- o 201 Finley Ave W Birmingham, AL 35204
- o www.specialkindofcaring.org
- <u>WOMEN'S HOPE</u>: A comprehensive substance abuse outpatient program designed to address the specific needs of women and their children. Free with Medicaid.
 - Childcare
 - Transportation to class
 - Employment assistance

- Partner therapy
- Life skills coaching
- Referrals for housing
- <u>MEN'S HOPE</u>: A supportive residential treatment program designed to help men who have long histories of addiction, unemployment, or homelessness recover from their drug and alcohol use, find a job, and connect to affordable, drug-free housing.
 - 44 beds for chronic substance abusing men; 30% income
 - Supporting residential care
 - Individual and family counseling
 - Life skills training
- <u>HOPE FOR HEROES</u>: Serves low-income veterans and their families who do not have permanent housing
 - Assistance leasing affordable housing
 - Linkages to employment and supportive services
 - Referrals for housing
- o KIDS WHO CARE CAMP: free summer camp program for children ages 5-13

- Linkages to other social services
- Employment assistance
- Transportation
- Housing assistance

 Activities focused on teaching youth positive ways to care about their country, communities, families, and themselves

- Creative activities including music and art
- Fun outdoor games that promote physical health
- Healthy snacks

AMELIA CENTER

- Grief counseling for children, teens and adults coping with the death of a friend or family member at no set fee.
- \circ 1501 4th Avenue South Birmingham, AL 35233
- Call 205-638-7481 for an interview appointment
- www.ameliacenter.org

ANCHOR COMMUNITY RESPITE MINISTRY

- Provides fellowship and stimulation to people who are living with memory loss due to dementia or stroke; Every Tuesday and Thursday from 10:00 a.m. to 2:00 p.m.
- o www.asburyonline.org/anchor
- o **\$40/day**

- Food pantry; assistance with utility bills, gas or grocery cards
- o 6690 Cahaba Valley Road Birmingham, AL 35242
- o **205-995-1700**
- www.asburyonline.org

ASPIRE MOVEMENT

- Mentoring program for at-risk youth
- o **205-235-2355**
- www.aspiremovement.org
- o 2212 1st Ave S Birmingham, AL 35233

ASSURANCE WIRELESS

- Free phone, voice, text, and data for qualified applicants based on household income
- o **1-888-321-5880**
- o www.assurancewireless.com

- Home repair, social work, and health care support for seniors; food assistance
- o **205-868-3359**
- o www.avonumc.net/avondale-samaritan-place
- o 3829 5th Ave S Birmingham, AL 35222

AWAKEN RECOVERY

- Support for individuals, couples, and ministries dealing with the impact of pornography or sexual addiction.
- \circ www.awakenrecovery.com



- Offers aid to ease the effects of poverty through food assistance, clothing and furniture referrals, case management, ESL, and financial education.
- o 2230 Green Springs Highway Birmingham, AL 35205
- o **205-326-1211**

BCS SPECIAL NEEDS FUND

- o Instructional support services for children enrolled in Birmingham City Schools
- o 2015 7th Ave North, Birmingham, AL 35202
- o **205-231-4220**

BEACON ADDICTION TREATMENT CENTER

- Outpatient and day treatment for adults and adolescent substance abuse. Cost based on insurance coverage.
- o 401 Beacon Parkway West Birmingham, AL 35209
- o 205-917-3733 Ext. 103, Call for an appointment
- www.uab.edu/medicine/substanceabuse/beacon-home

BENEFITS.GOV

- Online questionnaire to see which government benefits and assistance programs you qualify to receive. At or below 200% poverty. Uninsured or underinsured. Resident of Alabama and 50+ years.
- www.benefits.gov

BETHESDA LIFE CENTER

- Breast and Cervical cancer screenings, colorectal cancer prevention, diabetes prevention, health evaluation, nutrition programs; must be at or below 200% poverty and resident of AL
- o **205-788-2200**
- o 321 19th Street Ensley 35218
- o www.thebethesda.com

BIBLICAL MARRIAGE INSTITUTE

- Provides marriage training, education, and community awareness
- o **205-706-3409**
- o www.biblicalmarriageinstitute.org

BIRMINGHAM AIDS OUTREACH

- Food, clothing, counseling, legal services, case management, transportation, medical assistance, nutritional supplements, pet care assistance, support groups, HIV testing, GED classes; referrals and walk-ins
- 205 32nd St. South #101 Birmingham, AL 35233
- o **205-322-4197**
- o www.birminghamaidsoutreach.org

BIRMINGHAM METRO TREATMENT CENTER 🎽

- o Opioid addiction education, counseling, and treatment
- o https://newseason.com/clinics/birmingham-metro-treatment-center/
- o **877-284-7074**
- o 151 Industrial Drive Birmingham, AL 35211

BIRMINGHAM TOWERS APARTMENTS

- Low rent apartments; no utility payments for seniors age 62 and up
- o **205-322-0728**
- o 2712 31st Avenue North Birmingham, AL 35207

BIRMINGHAM URBAN LEAGUE

- Homeowners education, foreclosure counseling, budget and credit counseling, mortgage assistance, fair housing education, and GED programs
- o **205-326-0162**
- o 1229 3rd Avenue North Birmingham, AL 35203
- o www.birminghamul.org

BLANKET FORT HOPE

- Support for child victims of human trafficking
- o **1-888-373-7888**
- www.blanketforthope.org
- Text 'help' to befree (233733)

BOYS & GIRLS CLUB

- Provides facilities, activities, and leadership that motivates youth through after school and summer programs
- \circ $\,$ Multiple locations throughout city $\,$
- www.bgcca.org
- o **205-815-0703**

BRADFORD HEALTH SERVICES

- Drug and alcohol addiction treatment services for adults and adolescents; outpatient and continuing care; adult detox; family support
- o **205-942-3200**
- o 300 Century Park South Ste. 100 Birmingham, AL 35226
- www.bradfordhealth.com



- Rent & utility assistance; homelessness intervention; emergency housing; medicine & medical supplies including prescription eyeglasses
- o **205-930-0309**
- o 11th Avenue South & 19th South Birmingham, AL
- o www.bridgeministriesbham.org

BROOK HILLS ESL MINISTRY

- Free English classes on Thursday mornings (women only) and Thursday nights (Co-Ed)
- o **205-313-7701**
- o www.brookhills.org/esl
- o 3145 Brook Highland PKWY Birmingham, AL 35242 (3rd Floor Room 304)

BROTHER BRYAN MISSION 🋎 🦳

- New Life Fellowship 9-month Christian recovery program free if not receiving a paycheck or government funds
- 1616 Second Avenue North Birmingham, AL 35203
- o **205-322-0092**
- o www.bbmission.com

BUNDLES OF HOPE

- Free diapers for infants & toddlers in need
- o **205-607-2112**
- o 1678 Montgomery HWY #104 Birmingham, AL 35216
- o www.bundlesdiaperbank.org

CAHABA MEDICAL CARE

- Comprehensive primary care services for underinsured and uninsured
- o **205-926-2992**
- o 405 Belcher Street Centreville, AL 35042
- o www.cahabamedicalcare.com

CAHABA VALLEY HEALTH CARE

- Free clinics and screenings; dental, vision, nutrition, and acute care for underserved communities in Jefferson and Shelby Counties
- o (English) 205-991-8771 (Spanish) 205-918-2001
- o 1515 6th Ave. S. Birmingham, AL 35233
- o www.cahabavalleyhealthcare.org

CATHOLIC FAMILY SERVICES

- Pregnancy counseling and services
- \circ 1515 12th Avenue South Birmingham, AL 35205
- o **205-324-6561**
- o www.cfsbhm.org

CHILDCARE RESOURCES

- A childcare resource and referral agency promoting quality care and education of children by providing information, education, and assistance to families, providers of child care, and the community.
- o 244 West Valley Avenue, Suite 200, Birmingham, AL 35209.
- o **205-945-0018**
- o www.ccr-bhm.org

CHRIST HEALTH CENTER

- Urgent and primary care, well child, lab, pregnancy, immunizations, HBP testing, Diabetes, STD, TB, chronic disease, nutritional education, referrals, dental, pharmacy
- o **205-380-9455**
- o 5720 First Avenue S Birmingham, AL 35212
- www.christhealthcenter.org

CHRISTIAN MARRIAGES IN CRISIS 🖳

- Christian counseling, workshops, and recovery groups for marriages in crisis
- o **205-637-5242**
- o www.christianmarriagesincrisis.com

CHURCH OF THE RECONCILER

- Breakfast Monday through Thursday at 9:30 and meal on Sunday
- \circ 112 14th Street North Birmingham, AL 35203
- o **205-324-6402**
- Churchofthereconciler.com

COMMUNITY CARE DEVELOPMENT NETWORK

• Family and Life Services, Mentoring, Education, and Community Outreach

- o **205-777-5894**
- o 7769 2nd Avenue South Birmingham, AL 35206
- o www.ccommunitycaredn.org

COMMUNITY GRIEF SUPPORT

- o Private counseling, support groups, workplace support, and holiday support
- o **205-870-8667**
- o 1119 Oxmoor Road Homewood, AL 35209
- www.communitygriefsupport.org

COMMUNITY OF HOPE HEALTH CLINIC

- Free non-emergent health clinic for adults 19-64 with no health insurance and at 200% poverty level or below; Intake Thursday from 10-12.
- o 2000 County Services Dr. Pelham, Alabama 35124
- o **205-685-4154**
- $\,\circ\,$ Call or check website for patient criteria
- \circ www.communityofhopeclinic.com

CRISIS CENTER OF BIRMINGHAM

- Crisis intervention and prevention; sexual assault services; mental health services
- o Crisis Line- 205-323-7777
- o www.crisiscenterbham.org

DANIEL CASON MINISTRIES

- Christian music center; food assistance; clothing closet
- o www.danielcason.org

DANNON PROJECT

- GED and Job readiness, summer youth employment, skills training, prison re-entry, financial literacy, youth career for 17-24
- o **205-202-4072**
- \circ 2324 5th Avenue North Birmingham, AL 35203
- www.dannonproject.org

DAWSON MEMORIAL BAPTIST

- Clothing closet for children 0-16; Monday through Thursday 9am-1pm by appointment only
- o **205-616-9131**
- o www.dawsonchurch.org
- o 32 Green Springs Hwy, Homewood, AL 35209

DISCOVERY CLUBS OF ALABAMA

- Free after school Bible club for grades 2-5 in many Alabama public schools
- o **205-941-9852**
- o www.jimmiehalemission.com

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD) 🏫

- Affordable housing listings; homeowner education and resources
- https://www.hud.gov/states/alabama

EAST LAKE HOUSE APARTMENTS

- Efficiency and 1-bedroom housing for seniors 62+ or under 62 with mobile impairment
- o **205-833-1798**
- o 7901 1st Avenue South Birmingham, AL

THE EXCHANGE CLUB

- Child abuse prevention; Educational and support groups for parents, parenting aide program, and anger management courses. Free or based on income.
- o **205-801-5151**
- \circ 2300th Court South Birmingham, AL 35205
- \circ www.4cap.org

FAMILY GUIDANCE CENTER OF ALABAMA

- Counseling for family, early childhood, employment, finances, parent education, life skills, and job readiness; subsidized childcare
- o **205-945-6000**
- o www.familyguidancecenter.org
- o 234 Aquarius Dr. #118 Homewood, AL 35209

FAMILY PROMISE OF BIRMINGHAM

- o safe lodging for homeless families gaining independence
- o **205-918-0246**
- o www.familypromisebham.org
- o 1016 19th St. S Birmingham, AL 35205

FELLOWSHIP HOUSE

- Personal, social, and vocational substance abuse recovery programs for alcoholism, drug addiction, and co-occurring disorders (mental health and addiction).
- o 1625 12th Ave. South Birmingham, AL 35205
- o **205-933-2430**
- www.fshbhm.org

- Emergency shelter for men, no ID required, 30% income, meals, clothes, literacy & GED
- \circ 1501 3rd Avenue North Birmingham, AL 35203
- o **205-252-9571**
- o www.firehouseshelter.com

FIRST LIGHT

- o 24-hour free emergency shelter for women and their children;
- o **205-323-4277**
- o 2230 Fourth Avenue North Birmingham, AL 35203
- www.firstlightshelter.org

- Online directory of free and income-based health and medical clinics in Birmingham; Visit site for locations and details
- \circ www.freeclinics.com

FOUNDATIONS EARLY LEARNING CENTER

- Preschool services in a Christian environment; \$90/month tuition
- o 7000 Grasselli Rd. Fairfield, AL 35064
- o www.foundationselfc.org

THE FOUNDRY DENTAL CENTER

- Low-cost dental services to patients in a recovery program- bonding, filling, implants, crowns, bridgework, teeth whitening, tooth extraction, etc.
- o 1700 6th Avenue North Bessemer, AL 35020
- o **205-434-2031**
- o www.foundrydentalcenter.com

THE FOUNDRY MINISTRIES 🎽 쥼

- Rescue, recovery, and re-entry programs for men and women
- \circ 1800 4th Ave. North Bessemer, AL 35020
- o **205-424-2400**
- o www.foundrymission.com

FREE SCHOOL LUNCH

- Instructions and application available online for government lunch program
- www.fns.usda.gov

GATEWAY COUNSELING

- Family counseling, FOCUS family unification service, violence intervention, in-home family support and parent education, and safe havens for victims of domestic abuse, ADHD management, and trauma therapy
- $\circ~$ 1401 20 th Street South Birmingham, AL 35205
- o **205-510-2600**
- o www.gway.org

GIRLS, INC.

- Low-cost programs during summer, winter, spring break, and after school, to help girls reach their full potential by teaching life skills and promoting healthy life choices.
- o **205-595-4475**
- \circ www.girlsinccentral-al.org

GOVERNMENT BENEFITS

- Social security, SSI, Disability, Medicare, etc.
- o **1-800-772-1213**
- o 1st Floor 1200 Rev Abraham Woods Jr BLVD Birmingham, AL 35285
- o www.ssa.gov

GRACE EPISCOPAL CHURCH

- Daily lunches served; food pantry; clothes closet; emergency shelter; summer camp for teens; ESL; Narcotics Anonymous classes
- \circ 5712 1st Avenue North Birmingham, AL 35212
- www.gracechurchwoodlawn.org
- o **205-595-4636**

GRACE HOUSE

- Residential group home for girls ages 6-18 who have been abused or neglected; Transitional living program for girls 18-24 who have exited the foster care system
- o **205-703-2099**
- o 4911 Farrell Avenue Fairfield, AL 35064
- www.grace-house.org

GRACE KLEIN COMMUNITY

- Food, furniture, prayer, and other resources for families in need
- Call or email for assistance, help@gracekleincommunity.com
- o **205-390-2211**
- www.gracekleincommunity.com
- o 2652 Old Ridge Rd. Birmingham, AL 35216

GREATER BIRMINGHAM MINISTRIES



- Food, clothing, and utility assistance
- \circ 2304 12th Avenue North Birmingham, AL 35234
- o **205-326-6821**
- o www.gbm.org

HARDEST HIT ALABAMA

- Foreclosure prevention for eligible homeowners
- o 1-877-497-8182
- o www.hardesthitalabama.com

HEARTS IN HANDS

- Providing critical home repair services, lawn care, and wheelchair ramp construction for elderly, widows, and disabled.
- o **205-547-0306**
- o www.heartsinhands.org

HELPLINE CHRISTIAN OUTREACH MINISTRIES

- Food pantry, clothing, financial assistance
- o 8 Roebuck Drive Birmingham, AL 35215
- o **205-833-7712**
- www.facebook.com/outreachinroebuck

HER CHOICE

- Free, confidential pregnancy tests and ultrasounds; Pregnancy counseling and education, referrals, post abortion recovery group, sexual integrity classes, and community assistance
- o **205-252-0706**
- o 2120 7th Avenue South Birmingham, AL
- o www.herchoicebirmingham.org

HIGHLANDS UNITED METHODIST CHURCH

- Hot Breakfast Monday through Saturday at 9:50 AM. Laundry services M, W, F, at 9-10:00am. Assistance to obtain birth certificates and state-issued ID on Tuesday and Thursday 11-12 by referral; Legal aid last Wednesday of the month at 10am
- www.highlandsumc.net
- 1045 South 20th Street Birmingham, AL 35205
- o **205-933-8751**

HOPE HEALTH CENTER

• Preventative, primary care, dental, vaccinations, women's care, fitness and nutrition, pharmaceutical assistance, eye care, counseling, and support groups.

- Accept Medicaid, medicare, and most major providers; \$40 for uninsured and \$20 for followup. Lab and testing are additional cost
- o **205-785-1353**
- o 4614 Carnegie Avenue Fairfield, AL 35064
- o www.hopehealthcenter.org

HOPE INSPIRED MINISTRIES

- Provides life skill training, employment skills, character building, GED prep, for men and women ages 18-49.
- o **205-202-6305**
- $\circ~$ 6523 1st Ave N. Birmingham, AL 35206
- o www.hopeinspiredministries.org

HOUSING AUTHORITY OF THE BIRMINGHAM DISTRICT (HABD)

- Affordable housing for low and moderate-income persons
- o **205-521-0623**
- o 1826 3rd Avenue South Birmingham, AL 35233
- o www.habd.org

IMPACT FAMILY COUNSELING

- United Way agency providing outpatient counseling, mentoring, relationship education, family strengthening, behavior aid for students, and anger management. Cost based on income.
- \circ 1000 24th Street South Birmingham, AL 35205
- o **205-916-0123**
- www.impactal.org

INDEPENDENT PRESBYTERIAN CHURCH

- Food pantry; Emergency utility assistance one time per year
- o 3100 Highland Avenue Birmingham, AL 35205
- o **205-933-1830**
- o www.ipc-usa.org

J.B.S. MENTAL HEALTH AUTHORITY

- Resources and residences for individuals with serious mental illness
- o **205-595-4555**
- o 940 Montclair Rd. Suite 200 Birmingham, AL 35213
- o www.jbsmha.com



- A community action agency for Jefferson County helping low-income residents move toward self-sufficiency
- o 300 Eighth Avenue West Birmingham, AL 35204
- o **205-327-7500**
- www.jcceo.org
 - Child Development Services
 - Head Start
 - Early Head Start
 - Pre-K
 - Financial Literacy

- Energy Assistance
- Home Weatherization
- Adult Day Health Care
- Senior Nutrition
- Emergency Assistance

JEFFERSON COUNTY DEPARTMENT OF HEALTH

- o Low cost health and dental care based on income for Jefferson county residents
- Central Health Center | 1400 6th Avenue South Birmingham, AL 35233 | 205-933-9110
- Eastern Health Center | 601 West Blvd Roebuck Birmingham, AL 35206 | 205-591-5180
- Western Health Center | 631 Bessemer Super Hwy Midfield, AL 35228 | 205-715-6121
- o www.jcdh.org

JIMMIE HALE MISSION 🋎 🏫 🖮

- o www.jimmiehalemission.com
- o 205-323-5878
- SHEPHURA MEN'S CENTER
 - 3420 2nd Ave. N Birmingham, AL 35222 | 205-324-2271
 - 160-bed men's dormitory with dining hall, clothes closet, chapel services, and learning center.
 - Bible-Based recovery classes
 - Individual counseling sessions
 - Group and individual Bible studies

- Work therapy
- Education remediation and job readiness

- o JESSIE'S PLACE
 - 2305 5th Avenue North Birmingham, AL 35203 | 205-323-0170
 - A shelter for homeless and hurting women and children
 - Daily life skills training
 - Bible studies
 - Case management and counseling

- Education remediation and job readiness
- Children's programs including play therapy

- ROYAL PINES RECOVERY CENTER
 - Bible-based 12-step recovery program for men
 - 256-352-9444
 - 5 Guinns Cove Rd. Hayden, AL 35079

KIDONE TRANSPORT

- Free transport of children and expectant mothers to necessary health care services
- o **205-978-1000**
- o www.kidone.org

KING'S HOME

- www.kingshome.com
- o **205-678-8331**
- o 221 Kings Home Drive Chelsea, AL 35043
- o KING'S RANCH
 - Home and care for at-risk youth, boys and girls ages 10-21 who have suffered abuse, neglect, or abandonment.
 - Loving homes
 - Spiritual development

- Educational assistance
- Counseling

- HANNAH HOME
 - Housing and support for women and mothers with children who have suffered from abuse or domestic violence.
 - Housing
 - Food
 - Medical care

- Educational support
- Counseling
- Childcare

LAKESIDE HOSPICE 💎

- Faith-based ministry providing hospice care for terminally ill (including nursing, social work, dietary counseling, physical and occupational services, medications, medical equipment, etc.) regardless of a family's ability to pay
- o **205-884-1111**
- o 4010 Masters Road Pell City, Alabama 35128
- \circ www.lakesidehospice.org

LEGAL AID SOCIETY OF BIRMINGHAM

- Providing attorneys and protecting legal rights to the indigent
- o **205-251-3516**
- o 2021 2nd Avenue North Birmingham, AL 35203
- o www.legalaidbirmingham.com

LIFELINE CHILDREN'S SERVICES 💎

- Free professional counseling services, education, and options for women facing an unplanned pregnancy
- o **205-967-0811**
- o www.lifelinechild.org
- o 100 Missionary Ridge Birmingham, Al 35242

LIHEAP (\$

- Initiatives that assist low-income families with energy costs (electric, propane, gas, oil, kerosene, coal, or other heating fuel)
- o **334-242-4909**
- www.liheap.us/alabama-heap/

THE LITERACY COUNCIL OF CENTRAL ALABAMA

- Directory of English classes and resources for speakers of other languages
- \circ www.alliteracycouncil.wordpress.com
- $\circ~$ 2301 1st Ave N. Suite 102 Birmingham, AL 35203
- o **205-326-1925**

THE LOVELADY CENTER

- 9-12 month transitional program for women coming out of homelessness and addiction, escaping domestic violence, or being released from prison. \$500 upon arrival. Children permitted after Phase I upon approval.
- o 7916 2nd Avenue S Birmingham, AL 35206
- o **205-833-7410**
- www.loveladycenter.org

- o www.maxtransit.org
- o **205-521-0101**
- Public transportation including fixed routes and scheduled para-transit door-to-door.
 Website includes routes and schedules. Fares:
 - Adult \$1.25
 - Elderly \$0.60
 - Student \$0.80
 - Day Pass \$3.00

MEDICAID

- Government benefits that pay for medical and long-term care for low-income pregnant women, children, certain people on Medicare, individuals with disabilities, and nursing home residents.
- o **1-866-371-4073**
- www.medicaid.alabama.gov
- $\circ~$ 468 Palisades Blvd. Birmingham, AL 35209

METHADONE TREATMENT CENTERS

- Comprehensive outpatient program specifically designed for persons addicted to the opioid class of drugs, including prescription pain medications and heroin
- BIRMINGHAM METRO | 151 Industrial Drive Birmingham, AL 35211 | 205-941-1799
- TRI COUNTY | 5605 Clifford Circle Birmingham, AL 35210 | 205-836-3376
- o www.newseason.com

METRO CHANGERS

- Home repair work projects performed by volunteers for the substandard housing plight in the metropolitan area
- o **205-440-4737**
- www.metrochangers.org
- o 750 Montclair Rd. Birmingham, AL 35213

M-POWER MINISTRIES

- EDUCATION CENTER
 - Adult literacy, GED, and Career-Readiness programs for adults in poverty
- HEALTH CENTER
 - Free clinic providing primary care services to patients suffering from chronic illnesses as well as acute clinics and specialty clinics; Open Tuesday and Thursday from 3:30-7:00 PM; limited availability; first come, first served.
- o 4022 4th Avenue South Birmingham, AL 35222
- o **205-595-5959**
- www.mpowerministries.org

MY CHILD'S CLOSET

- Free clothing and school uniforms for children in need, by referral
- o **205-541-8436**
- \circ www.mychildscloset.net

NEIGHBORHOOD HOUSING SERVICES

- 1st time home buyers education, foreclosure prevention, budget management, credit counseling, affordable housing opportunities
- \circ 601 19th Street North Birmingham, AL 35203
- o **205-328-4292**
- o www.nhsbham.org

NEW DAY NEW STAND

• Assisting people transitioning from recovery programs, homelessness, prison, and other housing.

- o **205-933-3001**
- o 612 32nd Street South, #303 Birmingham, AL 35233
- www.newdaynewstand.org

NORTHSTAR YOUTH MINISTRIES

- Affordable soccer clubs, Bible camps, and after-school programs for youth with spiritual and academic components
- o **205-322-9296**
- o 700 8th Avenue West Birmingham, AL 35204
- www.northstarym.org

- Groceries, clothing, furniture and other household items for families in need with priority given to victims of abuse.
- o 2699 Pelham Parkway, AL 35214
- o **205-685-5757**
- www.oakmtnmissions.com

OAK TREE MINISTRIES

- Programs for children and families in Marks Village housing community, including an afterschool reading club, Sunday Bible club, adult Bible studies, and crisis assistance
- www.oaktreeministries.org
- o 6517 Kimberly Ave. Birmingham, AL 35212

OASIS COUNSELING

- Affordable mental health counseling and innovative educational programs for women and children living at or below poverty level
- o **205-933-0338**
- o 1900 14th Avenue South Birmingham, AL 35205
- www.oasiscounseling.org

OLIVIA'S HOUSE 🎽 🦳

- Residential long-term substance abuse treatment program for women and their children up to 10 years old
- 8017 2nd Avenue South Birmingham, AL 35206
- o **205-833-5708**
- www.adatc.org

ONLINE MENTAL HEALTH SCREENING

- Self tests for depression, anxiety, bipolar, PTSD, alcohol or substance abuse, psychosis, eating disorder, and work health
- o www.mentalhealthscreening.org/screening/NEDA

PATHWAYS HOME

- Day shelter for women and children including hot meals, showers, laundry, clothing, case management, counseling, life skills; Weekdays 8-5; Weekends and Holidays 9-3
- o **205-322-6854**
- o 409 Richard Arrington Jr. BLVD N Birmingham, AL 35203
- www.pathwayshome.org

PATHWAYS PROFESSIONAL COUNSELING

- Counseling for depression, anxiety, foster/adoptive families, couples, premarital, family, play therapy, grief, stress, spiritual issues, conflict, and parenting support. Subsidies available upon request.
- o **1-866-991-6864**
- o 2104 Rocky Ridge Rd. Birmingham, AL 35216
- www.pathwaysprofessional.org

POSITIVE CHOICES 💎

- Free pregnancy tests, ultrasounds, resources, and education
- o **205-836-0564**
- o 1120 Gadsden Highway Birmingham, AL 35235
- o www.pregnancybirmingham.com

PRESCOTT HOUSE

- Services for child victims of physical and sexual abuse, neglect, or witnesses of a violent crime; forensic interviews, mental health therapy, court education and preparation for children and families
- o **205-930-3622**
- o 1730 14th Avenue South Birmingham, AL 35205
- www.prescotthouse.org

PRINCETON TOWERS II

- Low rent 1-bedroom apartments for Seniors
- o **205-777-4064**
- o 908 Tuscaloosa Avenue Birmingham, AL 35211

PROJECT HOPE

- Day shelter for homeless youth; Provides hot meals, clothing, personal care items, shower and laundry, a place to rest, and a social worker for youth 13-21; 9-5 Monday through Friday
- $\circ~$ 1321 7^{th} Avenue North Birmingham, AL 35203
- o **205-663-6301**
- o www.familyconnection-inc.org

RED MOUNTAIN GRACE

- Provides housing for out-of-town patients and caregivers during their extended medical stays in Birmingham
- o **866-656-9064**
- 2120 16th Ave. S. Ste. 300 R Birmingham, AL 35205

SAFE HOUSE

- Emergency Housing Shelter for women and their children fleeing dangerous or abusive relationships- case management, transitional housing, legal help, life skills, resources, and counseling for victims of domestic or sexual violence.
- o 205-669-7233 (Crisis Line)
- o www.safehouse.org

SAFELINK WIRELESS

- Free wireless options for income eligible households
- o www.safelinkwireless.com

SALVATION ARMY

- Emergency food, clothing, shelters, and counseling; disaster services, transitional housing, permanent housing, veterans programs, adult rehab
- o **205-205-328-2420**
- o 2015 26th Ave. N Birmingham, AL 35234
- o www.salvationarmyalm.org/birmingham

SAMARITAN COUNSELING CENTER

- Faith-based, team-oriented counseling for marriage, family, anxiety, divorce, intimacy, depression, grief, behavior, borderline personality disorder, addiction, women's issues, and trauma.
- o **205-967-3660**
- o 1121 Oxmoor Rd. Birmingham, AL 35209
- www.samaritancc.org

SAV-A-LIFE, SHELBY

- Free pregnancy services and resources
- o 3156 Pelham Parkway Pelham, AL 35124
- o **205-664-1667**
- www.savalife.org

SAV-A-LIFE, VESTAVIA 💎

- Free pregnancy services, resources, and education
- o 1480 McGuire Rd. Vestavia Hills, AL 35216
- o **205-979-0302**
- www.savalife.org

SECTION 8 HOUSING

- Rental assistance program helping low income families
- o **205-731-2635**
- o www.section-8-housing.org/Alabama

SENIOR RIDE PROGRAM

- Free transportation for low-income senior citizens and disabled individuals on fixed incomes to medical related appointments
- o **205-322-5426**
- o www.travelersaidbirmingham.com

- Food and utility assistance, financial education
- o 6523 First Avenue North, Birmingham, AL 35206
- o **205-777-3653**
- o www.servingyou.org

SHELBY BAPTIST ASSOCIATION

- Serves spiritual, emotional, and physical needs of Shelby County's less fortunate, including food, medical bill payment, furniture and household goods, and clothing.
- Assessment mandatory to receive services
- o **205-669-7858**
- o www.shelbybaptist.org/ministries
- o 205 Walton Street Columbiana, AL 35051

SHEPHERD'S CENTER EAST

 Free senior programs (55+) in East Lake community Monday through Friday 9:00 AM – 2:00 PM including exercise, educational, and social activities

- o 118 84th Street North
- o **205-836-3246**
- http://www.positivematurity.org/shepherd-center-east.html

SHEPHERD'S FOLD

- Residential life-transformation center for men and women released from prison
- o **205-780-6211**
- \circ www.sfalabama.org
- o 507 Whitmore Dr. Birmingham, AL 35221

SPIRE (ALAGASCO) ASSISTANCE PROGRAM (\$

- Budget plan available; Financial assistance and free safety inspection for SSI or TANF customers
- o **1-800-292-4008**
- www.spireenergy.com

SOUTHSIDE BAPTIST CHURCH

- o Clothes closet, food bank, tutoring, ESL
- \circ 1016 19th Street South Birmingham, AL 35205
- o **205-933-8381**

ST. ANNE'S HOME

- Residential Rehabilitation Program for women suffering from drug or alcohol addiction
- o 2772 Hanover Circle Birmingham, AL 35205
- o **205-933-2402**

THREE HOTS AND A COT

- Emergency services for homeless veterans including lodging, meals, showers, laundry, transportation, clothes, job help
- o **205-730-1852**
- 5704 1st Avenue North Birmingham, AL 35212
- www.cotsforvets.org

THRIFT STORES

- Furniture, clothing, household items at low cost
- Vapor (5443 US 280 Birmingham, AL 35242)
- Vapor (1069 Montgomery Highway Vestavia Hills, AL 35216)
- Lovelady (7720 Ludington Ln, Irondale AL 35210)
- Salvation Army (809 Green Springs Hwy, Birmingham, AL 35209)
- o Goodwill (2350 Green Springs Hwy Birmingham, AL 35205)

Foundry (6550 Aaron Aranov Dr. Fairfield, AL 35064)Safe

TRIUMPH YOUTH AND ADULT DEVELOPMENT

- Food pantry, enrichment, community garden, utility assistance
- o 1431 13th Ave. N. Birmingham, AL
- o **205-424-6892**

UNIVERSITY OF ALABAMA AT BIRMINGHAM (UAB)

- SCHOOL OF DENTISTRY
 - Dental services; Medicaid accepted; 50% lower cost than private practice
 - 1919 7th Avenue South Birmingham, AL 35233 | 205-934-3000
 - www.uab.edu/dentistry/home
- o EARLY HEAD START
 - The UAB Early Head Start Program is a family focused child development program created to serve children and families in Jefferson, Walker, and St. Clair Counties in the state of Alabama.
 - 933 19th Street South, Birmingham, AL 35294 | 205-934-5736
 - https://www.uab.edu/civitansparks/uab-early-head-start-program

- Food, senior transportation, utility assistance, homelessness prevention
- 1229 Cotton Avenue SW Birmingham AL 35211
- o 205-781-0517
- o www.urban-ministry.org

VILLA MARIA SENIOR APARTMENTS

- o 205-836-7839
- o 500 82nd St S Birmingham, AL 35206

VOLUNTEER LAWYERS BIRMINGHAM

- Free legal help for low-income Woodlawn residents and their families; 1st Tuesday of each month from 9am-12pm at Hayes K-8 School
- o 205-259-5198 ext. 4
- www.vlpbirmingham.org

THE WELL HOUSE 🋎 🦰

- Rescue and recovery for victims of human trafficking and sexual exploitation
- o *800-991-9937*
- www.the-wellhouse.org



WIDOWS FIRST

- Free home repair and maintenance for widows
- o **205-527-6883**
- www.facebook.com/widowsfirst

WORKFAITH BIRMINGHAM

- A 9-day job training workshop with resume practice, application support, mock interviews and job leads
- o **205-545-5000**
- o 750 Montclair Rd. Birmingham, AL 35213
- o www.workfaithbhm.org

YOUNG LIFE

- Christian discipleship and programs for youth
- o **205-870-5742**
- www.birmingham.younglife.org



- After-school child development programs, domestic violence service, affordable housing and family shelter.
- o 309 23rd Street North, Birmingham, AL 35203
- o **205-322-9922**
- o www.ywcabham.org

To submit a free or low-cost resource, visit www.brookhills.org/submitaresource