## FOOD / TOILETRY PANTRIES
- **Bishop Sullivan Center**
  Northeast Location: 816.231.0984 • 6435 Truman Rd
  Mon - Thurs: 1:00 pm - 4:00 pm
  Hyde Park Location: 816.561.8515 • 3936 Troost Ave
  Mon - Thurs: 9:00 am - 12:30 pm
- **Community Progressive Church**
  816.921.7016 • 4920 E 31st St
  Tues & Fri: 8:00 am - 12:00 pm
  1st Wed: 8:00 am
- **Covenant Presbyterian Church**
  816.444.3693 • 5931 Swope Parkway
  Mon - Fri: 9:00 am - 12:45 pm
- **Della Lamb**
  816.842.8040 • 500 Woodland Ave
  Fri: 8:30 am - 10:30 am
- **Guardian Angels Church**
  816.931.4351 • 1310 Westport Rd
  Mon: 9:00 am - 12:00 pm
  Tues - Thurs: 9:00 am - 3:00 pm
- **Kansas City Indian Center**
  816.421.7608 • 600 W 39th St
  Fri: 1:00 pm - 2:00 pm
- **Memorial Church International**
  816.363.7939 • 11424 Hickman Mills Dr
  Thurs: 10:00 am - 2:00 pm
- **Metropolitan Missionary Baptist Church**
  816.923.3689 • 2310 E Linwood Blvd
  Tues: 9:30 am - 11:00 am
- **Morning Star Missionary Baptist Church**
  816.923.3559 • 2411 E 27th St
  3rd Wed: 11:00 am - 1:00 pm
- **Palestine Senior Center**
  816.921.1963 • 3325 Prospect Ave
  Mon, Tues & Thurs: 9:30 am - 12:30 pm
- **Redemptorist Social Services Center**
  816.931.9942 • 207 W Linwood Blvd
  Mon - Thurs: 10:00 am - 12:00 pm
- **St. James United Methodist Church**
  816.444.5588 • 5540 Wayne
  2nd, 3rd, & 4th Wed: 4:30 pm - 6:00 pm
  January - October only
- **St. Paul's Episcopal Community Services**
  816.931.2850 • 11 E 40th St
  Tues & Fri: 10:00 am – 12:00 pm
  Wed: 5:30 pm - 7:30 pm
- **Trinity United Methodist Church**
  816.931.1100 • 620 E Armour Blvd
  Mon: 10:00 am - 1:00 pm
- **Trinity UMC**
  816.931.1100 • 620 E Amour Blvd
  Mon: 11:00 am - 2:00 pm
- **One City Café**
  816.561.8515 • 3936 Troost Ave
  Mon - Fri: 4:30 pm - 6:00 pm
- ** KC Community Kitchen**
  816.561.8920 • 750 The Paseo
  Mon - Fri: 11:00 am - 2:00 pm
- **Morning Glory**
  816.842.0416 • 1112 Broadway Blvd
  Sat: 12:00 pm - 12:45 pm
  Sun: 1:00 pm - 2:00 pm
- **Micah Ministries**
  816.561.0016 • 606 Gladstone Blvd
  Mon: 5:30 pm - 7:00 pm
- **Shelter KC**
  816.421.7643 • 1520 Cherry St
  Mon - Sun: must stay at shelter
- **True Light Ministries**
  816.561.1700 • 719 E 31st St
  Mon - Fri: 12:00 pm - 1:00 pm
  women & children only

### FREE MEALS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hope Faith Campus</strong></td>
<td>816.471.4673 • 705 Virginia Ave</td>
<td>Mon - Sat: 8:30 am - 10:00 am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Morning Glory 816.842.0416 •</td>
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<tr>
<td></td>
<td></td>
<td>1112 Broadway Blvd:</td>
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<tr>
<td></td>
<td></td>
<td>Tues - Fri: 7:15 am - 8:30 am</td>
</tr>
<tr>
<td><strong>Neighbor2Neighbor</strong></td>
<td>816.606.4509 • 3551 Wabash Ave</td>
<td>Mon - Fri: 9:30 am - 10:30 am</td>
</tr>
<tr>
<td><strong>True Light Center</strong></td>
<td>816.381.9310 • 717 E 31st St</td>
<td>Sat: 7:30 am - 9:00 am</td>
</tr>
</tbody>
</table>

### BREAKFAST

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
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</thead>
<tbody>
<tr>
<td><strong>Hope Faith Campus</strong></td>
<td>816.471.4673 • 705 Virginia Ave</td>
<td>Mon - Fri: 11:00 am - 12:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat: 11:00 am - 1:30 pm</td>
</tr>
<tr>
<td><strong>KC Community Kitchen</strong></td>
<td>816.561.8920 • 750 The Paseo</td>
<td>Mon - Fri: 11:00 am - 2:00 pm</td>
</tr>
<tr>
<td><strong>Morning Glory</strong></td>
<td>816.842.0416 • 1112 Broadway Blvd</td>
<td>Sat: 12:00 pm - 12:45 pm</td>
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<tr>
<td></td>
<td></td>
<td>Sun: 1:00 pm - 2:00 pm</td>
</tr>
<tr>
<td><strong>Neighbor2Neighbor</strong></td>
<td>816.606.4509 • 3551 Wabash Ave</td>
<td>Mon - Fri: 11:00 am - 12:30 pm</td>
</tr>
<tr>
<td><strong>Thelma’s Kitchen</strong></td>
<td>816.931.4751 • 3101 Troost Ave</td>
<td>Mon - Fri: 11:00 am - 12:30 pm</td>
</tr>
<tr>
<td><strong>Trinity UMC</strong></td>
<td>816.931.1100 • 620 E Amour Blvd</td>
<td>Mon: 12:00 pm - 1:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sat: 11:30 am - 1:00 pm</td>
</tr>
<tr>
<td><strong>True Light Ministries</strong></td>
<td>816.561.1700 • 719 E 31st St</td>
<td>Mon - Fri: 12:00 pm - 1:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td>women &amp; children only</td>
</tr>
</tbody>
</table>

### LUNCH

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Not Bombs</strong></td>
<td>3719 Independence Ave</td>
<td>Sun: 4:00 pm - 6:00 pm</td>
</tr>
<tr>
<td><strong>Micah Ministries</strong></td>
<td>816.231.0016 • 606 Gladstone Blvd</td>
<td>Mon: 5:30 pm - 7:00 pm</td>
</tr>
<tr>
<td><strong>One City Café</strong></td>
<td>816.561.8515 • 3936 Troost Ave</td>
<td>Mon - Fri: 4:30 pm - 6:00 pm</td>
</tr>
<tr>
<td><strong>Shelter KC</strong></td>
<td>816.421.7643 • 1520 Cherry St</td>
<td>Mon - Sun: must stay at shelter</td>
</tr>
</tbody>
</table>

### DINNER

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
</tr>
</thead>
</table>
| **KIDS CAFÉ AT KC PUBLIC LIBRARY**
  | Healthy snacks provided for children ages 1-18 |
  | **Bluford Branch** 816.701.3482 • 3050 Prospect |
  | Mon – Fri: 3:30 pm - 4:30 pm |
  | **North-East Branch** 816.701.3485 • 5930 Wilson Rd |
  | Mon, Tues, Thurs: 4:00 - 5:00 pm |
  | **Southeast Branch** 816.701.3484 • 6242 Swope Pkwy |
  | Mon – Thurs: 3:00 - 4:30 pm |
  | **Trails West Branch** 816.701.3483 • 11401 E 23rd St |
  | Mon – Thurs: 4:00 - 5:00 pm |
  | **Waldo Branch** 816.701.3486 • 201 E 75th St |
  | Tues – Fri: 3:30 pm - 4:30 pm |

### Before You Visit:
- Call the organization directly to confirm services and operating hours.
- Ask if you need any documentation to be eligible for service.

**Updated 2/10/2020**
GENERAL HELP
► Bishop Sullivan Center 816.231.0984  6435 Truman Rd
816.561.8815  3936 Troost Ave
clothing, rent, utility, employment
► Catholic Charities Welcome Center 816.221.4377  4001 Blue Pkwy #250
employment, finance, diapers
► Child Abuse Hotline 1.800.392.3738
► Dela Lamb 816.842.8040
food, clothing, rent, utility
► Domestic Violence Hotline 1.800.799.7233
► Don Bosco Center 816.691.2900
580 Campbell St  senior assistance
► Drug/Alcohol Crisis Hotline 816.361.5900
alcohol/drug prevention & recovery
► Harvester's SNAP Line 816.929.3000  food stamps
► Journey to New Life 816.960.4808
3120 Troost Ave  reentry resources
► KC Anti-Violence LGBTQ Hotline 816.348.3665
domestic violence, sexual assault, hate violence
► KCRM Women's Center 816.348.3287
substance abuse help for single, homeless women
► Legal Aid 816.474.6750  4001 Blue Pkwy #300
► Mental Health Crisis Line 888.279.8188
► Metropolitan Lutheran Ministry 816.931.0027
3031 Holmes St  food, utility, ID, diapers
► MidAmerica Assistance Coalition 816.561.2727  senior assistance
► Neighbor2Neighbor 3551 Wabash Ave
case management, food, clothing, toiletries, drug treatment referrals
► Protection Order Unit 816.881.3974
► Rape/Sexual Abuse Hotline 816.531.0233
► Reconciliation Services 816.931.4751
3101 Troost Ave  rent, health & medicine, utility, ID
► Redemptorist Social Services 816.931.9942
207 Linwood Blvd  utility, food, clothing, toiletries
► Rose Brooks Center 816.861.6100
domestic violence
► Salvation Army 816.252.3200
food, health & medicine, rent, utility
► Suicide Hotline 1.800.784.2433
► Transgender Helpline 877.565.8860
► True Light Family Resource Center 816.561.1700  712 E 31st St
case management, clothing, utility, diapers, toiletries
► Veterans Community Project 816.599.6503
bus passes, employment, legal services

EMERGENCY SHELTERS
► City Union Mission 816.474.4599  men's & family shelter
► Crossroads Family Shelter 816.461.1093
30-60 day program for Independence, MO families
► reStart Emergency Shelter 816.472.5664  1444 E 8th St
Mon - Fri: 10 am - 12:30 pm
► Shelter KC 816.421.7643

EMPLOYMENT
► Connections to Success 816.561.5115  300 W Linwood Blvd
► Full Employment Council 816.471.2330  1740 The Paseo
► GoodWORKS Career Center 816.842.7425  1817 Campbell St
► KC Public Library - H&R Block Business Center 816.701.3717  14 W 10th St, 3rd floor
► Women's Employment Network 816.822.8083  4328 Madison Ave

HEALTH
► Comprehensive Mental Health Services 816.254.3652  Independence, MO
► Kansas City VA Medical Center 816.861.4700  4801 E Linwood Blvd
► KC CARE Health Center 816.753.5144  3515 Broadway
dental: 2340 E Meyer Blvd
► KC Medicine Cabinet 816.276.7517
prescriptions, dental, diabetic supplies, eyeglasses
► KC Health Department 816.513.6008  2400 Troost Ave  immunizations, STD testing, birth certificates
► Research Psychiatric Center 816.444.8161  2323 E 63rd St.
► Samuel U. Rodgers Health Center 816.474.4920
825 Euclid Ave  medical, dental, behavioral health
► Swope Health Services 816.923.5800
3801 Blue Pkwy  medical, dental, behavioral health
► Thrive Health Connection 816.561.8784  5008 Prospect Ave
HIV & AIDS services
► Truman Behavioral Health 816.404.5700
300 W 19th Terrace
► UMKC Community Counseling 816.235.2725
615 E 52nd St, Suite 212  mental health

ID & VITAL RECORDS ASSISTANCE
► Hope Faith Homeless Assistance Campus 816.471.4673  705 Virginia Ave
► Metropolitan Lutheran Ministry 816.931.0027  3031 Holmes
► Morning Glory Ministries 816.842.0416  1112 Broadway Blvd
► Reconciliation Services 816.931.4751  3101 Troost Ave

SHOWER FACILITIES
► Hope Faith Homeless Assistance Campus 816.471.4673  705 Virginia Ave
► Shelter KC 816.421.7643
1520 Cherry St  men only
► Swope Health Services 816.923.5800  3801 Blue Pkwy  with medical appointments only
► True Light Family Resource Center 816.531.1300  717 E 31st St  women only

TRANSITIONAL & PERMANENT HOUSING
► Hillcrest Transitional Housing 816.461.0468  401 N Spring St, Independence, MO
adults, couples, and families
► Housing Authority of Kansas City 816.968.4100  299 Blue Pkwy
Mon - Fri: 8:30 am - 11:30 am
► HUD Housing 800.569.4287
► reStart Housing Solutions Center 816.472.5664  918 East 9th St
Mon: 8:00 am - 10:00 am
Tues: 2:00 pm - 4:00 pm
Wed: 5:00 pm - 7:00 pm
applications taken at above times; veterans can also be seen by appointment by calling
► SAVE Inc. 816.531.8340  911 E 31st St

YOUTH
► Halo Worldwide 816.472.4256
housing, education, art therapy, etc.  ages 5-23
► Mother's Refuge 816.353.8070  3721 S Delridge
must be pregnant and ages 21 or under
► National Runaway Safeline 1.800.786.2929
► reStart Youth Emergency Shelter 816.309.9048  ages 12-18
► Street Outreach 816.204.6747  ages 22 or under
► Synergy House 816.741.8700  ages 12-18
► PRIDE Haven 816.931.0602  3109 Campbell St
LGBTQIA  young adults, ages 18-24