

# Helping Hands of St. Louis Services Schedule

443 Sixth St. ~ 419-691-0613

**Meal Program:** *Meals are available to anyone who is hungry. Located downstairs*

**Breakfast:** Mondays/Wednesdays/Fridays: 8 a.m. – 10 a.m.

**Lunch:** Monday through Friday: 11 a.m. – 12:30 p.m.

*Bread, produce and misc. items are given away, when available, during our meal times on a first come first serve basis*

**Clothing Center:** Located in the church building *Clothing center is open to anyone in need*

Tuesdays, Wednesdays & Thursdays: 9:30 a.m. – 11:30 a.m.

Picture ID and proof of children are required

Misc. household items are also offered when available in the Clothing Center

## **Homeless Services**

**Snack Packs:** Monday through Friday 1 - 3 p.m.

**Showers:** Tuesdays and Thursdays 1 - 2:30 p.m. Walk In

**Crisis Navigator, Catholic Charities:** *Open to anyone. Located upstairs in the old school building.*

Tuesdays & Thursdays 9:30 a.m. - 11:30 a.m. - Assistance with SNAP (food stamp) applications, stretching your dollars, and connecting to other community resources. (Office: 419-214-4905)

## Services below limited to residents in East Toledo or East of the Maumee River

**Pantry:** Located upstairs

Tuesdays and Thursdays: 9:30 a.m. – 11:30 a.m.

Picture ID, \***CURRENT** proof of address, Household income and Household members are required each time. This service is available once every 30 days - **per household address**

**Hygiene Kits:** Located upstairs

Wednesdays: 9:30 a.m. - 11:30 a.m.

Picture ID, \***CURRENT** proof of address, Proof of income and Proof of everyone living at your address are required each time. This service is limited to **once every 30 days per address**. *Baby food and sanitary napkins are available upon request (when in stock).*

\***Acceptable proof of address** - Current utility bill, any type of mail with a current postmark and your name and address. Current rental lease agreements may be used on the first visit.

We **DO NOT** accept rent receipts or handwritten notes.

***We reserve the right to make changes to this schedule without notice, as needed.***