

# **CONSTANCE ABBEY**

*Policies, Procedures and Resources*

*12/29/18*



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### ***Policies and Procedures***

**Step One:** Do you have identification? (If yes then move on to Step 2). If no these are possible courses of action:

- Set up an appointment at the [Hospitality Hub](#) to get your ID. They assist with birth certificates and other forms of ID. (see page 17).
- Check with [First Presbyterian Church](#). They assist with birth certificates, driver's licenses and state ID. (more details on page 17).
- Visit the self - service driver's license kiosk at the Main Library at 3030 Poplar Ave.
- To get your social security card, visit 1330 Monroe Ave. and ask for a temporary card. The permanent card can be mailed to Constance Abbey (209 Hamlin Place, Memphis, Tn. 38105). There is no cost. You must provide identification such as driver's license or state ID.

To get your state ID for the first time, visit 5266 Summer Ave. the cost is \$12.00. If it is a replacement ID, visit 150 Washington Ave. the cost is \$20.00. Call 901.222.3000 for more information. If you are a Tn. resident with a physical or mental disability, you can apply at the above location for a permanent ID card that is free and doesn't expire.

**If you are a frequent ID loser**, Constance Abbey can copy your ID and hold the original in your file.

**Step Two:** Do you have an addiction problem? (If no, then move to step 3).

- If yes, do you have health insurance? (If so, call your insurance provider and tell them you are coming off of a recent relapse. Request a list of Memphis inpatient treatment centers that accept your insurance. If missing your insurance card, while on the phone have them get your policy and ID number.
- [Serenity House 901.521.1131](#) (Accepts most insurance).
- [Pathways 1.800.587.3854 238 Summer Dr., Jackson Tn.](#) (Accepts most insurance, Medicare, Tn Care and has some grant money for the uninsured).

If you have Medicare or Medicaid:

Choices are [Lakeside](#), [Delta Medical](#) and [Synergy](#)

- If no insurance, options are:
- [MMHI](#) for Detox (951 Court Ave/901.577.1800)
- [Harbor house](#) 30 days men inpatient (page 10)
- [Salvation Army](#) (page 11)
- Attend 12 step recovery meetings with the staff at Constance Abbey (pages 14 - 16).
- We recommend you work an extended program of recovery with the intent to find housing and employment through a supportive housing program afterwards.

**Step Three:** Do you have mental health concerns? If no move to step four. If yes, these are possible courses of action:

- If you are in a mental health crisis call [Alliance Mental Health](#) at 901.577.9400. If not in a crisis see clinic locations below to call for an intake appointment. (Page 9).
- If you are in a mental health crisis call: 855-274-7471 or walk in to the crisis center at [MMHI](#) (951 Court Ave.) 901.577.1800
- If you need counseling, medication, or case management services call [Case Management Inc](#) 901.821.5600 (See page 10 for more details).
- Make an appointment at [Christ Community Health Services](#) 901.701.2520 2861 Broad Ave. location.

**Step Four:** Do you need medication? If no, then move to step five. If yes, here are possible courses of action:

- [Operation Outreach](#): Healthcare for the homeless/mobile outreach bus that is part of Christ Community Health Services 901.842.3167 (no charge and they will provide medications as well).
- Mon/Tues 8-4 at Memphis Union Rescue Mission (383 Poplar Ave.)
- Wed/Th 8-4 at First Baptist Church (2861 Broad Ave., 38112)
- 2<sup>nd</sup> Wed of the Month: St. Mary's Episcopal Church (mornings) 692 Poplar Ave.

- Begin the process to get health insurance. Call the marketplace at 1.800.318.2596 or visit any DHS office for assistance. The closest office to downtown is 3360 S. Third St.
- Get your prescription filled through [Christ Community Health Services](#) (See page 8 for locations).
- If you are HIV positive you can get your medication through [The Med](#) (See page 9). or [Friends for Life](#) (See Page 18).
- Apply for prescription assistance (See [Constance Abbey](#) staff for application). (page 18) Individuals ages 19-64 with incomes below the federal poverty level are eligible. There are small co-pays of \$3/\$5. The program is funded by the state of Tn and is called Tennessee Cove Rx. (for the uninsured).

**Step Five:** Do you need housing? (If no, then move to step six).

If yes, these are possible courses of action: The first 3 options listed below will need to be done online. The staff or volunteers at Constance Abbey can help with this.

- Contact Memphis based Community Alliance for the Homeless here: <http://www.cafth.org>
- Complete your housing application [here](#). <http://memphishomelessoptions.org>
- Click [here](#) to apply for housing through Door of Hope. (See page 7 for more details).
- Are you a veteran? If so contact: [Barron Heights](#) Transitional Center (The process starts by completing an application at 1407 Union Ave. Suite # 1100) or [Alpha Omega Veterans Services](#). (See page 7).
- Apply for [Public Housing](#). (See page 8 for Memphis Housing Authority).

**Step Six:** Do you need work? Or if unable to work, do you need help applying for disability benefits? If you are a veteran, there are additional resources to help you apply. See the first step below. (If no, then move to step seven).

If yes, these are possible courses of action:

- If you are a veteran contact the [Department of Veteran Services](#). Contact name: Bill Pichette at 1030 Jefferson Ave. 901.577.7673
- Request the weekly job posting at: [resourcesjsm@gmail.com](mailto:resourcesjsm@gmail.com).
- Visit a Memphis Public Library [Joblinc](#) for job listings, job training opportunities, resume assistance and interview tips. (Page16)

- See Work Related Services (pages 16 – 17). There are resources listed for preparing for the GED and other work training programs. There are also services available for ex-offenders.
- Visit the [Hospitality HUB](#) and let them know you are serious about finding work. (See page 17 for location/number)
- For assistance with the complicated process of applying for disability benefits contact a S.O.A.R. specialist (SSDI Outreach, Access and Recovery). The Memphis coordinator is Melissa Jones and she can be reached at 901.261.6179.

**Step Seven:** Do you need transportation? If yes, these are possible courses of action:

- Check with the staff and volunteers at Constance Abbey (Page) When possible, they give rides to medical appointments, job interviews, 12 step meetings, etc..
- Buy a [monthly bus pass](#) (\$50) or apply for a [reduced rate bus pass](#) (\$25) At 444 North Main St. (See MATA on page 20).
- If you are on Tn.Care, there is free transportation to medical appointments and to pick up prescriptions. (See page 19 for details).

**Step Eight:** Do you have legal problems?

If yes, here are possible courses of action: If no move to step 9.

- Contact [Memphis Area Legal Services](#) 22 N. Front St., 11th floor 901.532.8822 or if it concerns housing 901.432.4663.
- Contact [Community Legal Service](#) 910 Vance Ave. 901.543.3395
- Attend the free monthly clinic at the [Benjamin Hooks Library](#) at 3030 Poplar Ave. Individuals with a legal question can talk face to face with an attorney in order to get quick legal advice. It's held on the second and fourth Saturday of each month.
- If you are a victim of a violent crime, there are programs to assist you [here](#) (Shelby County Crime Victim Center). 901.222.39 1750 Madison Ave. Suite 100 (The agency will compensate up to \$3,000).

**Step Nine:** Do you need dental care?

- Visit [University of Tn. Dental Clinic](#). They offer emergency dental services. The location is 875 Union Ave. on the ground floor. Ask for emergency patient sign up at the front desk. (Across from the elevator). 901.448.6211 The cost is 90. for x-rays, exam and extraction. The cost may be more if you need additional care. The clinic

- opens at 7:30 am M/T/Th/F on a first come first serve basis. You must sign in beginning at 7:30 am on Wednesday and the first appointments are after lunch.
- See [Christ Community Dental Health Center](#) at 2861 Broad Ave., Memphis, Tn. 38112. Call for an appointment at 901.842.3161.

**Step Ten:** Do you need eye glasses?

- Call the [Southern College of Optometry Eye Clinic](#) 1245 Madison Ave. 901.722.3250. They serve people with and/or without insurance. They offer free services when there is no income.
- Contact the Southern College of Optometry Lion's Club for assistance with purchasing glasses. Call 901.543.5466 and go to extension 14. You must leave your name, phone number and zip code to get your request processed. A Lion's Club volunteer will contact you back.

**Step Eleven:** Do you need a cell phone? If yes, see the information below:

- Complete an application with Assurance Wireless. You can apply [online](#) or call their number at (888) 898-4888. To qualify you will need to send in the application along with one of the following documents: a copy of your snap card, SSI card, VA benefits letter, proof of public housing or pay stubs from your job if you have been employed for at least the last 3 months. An individual will qualify if their income is under 16,389. If mailing in the application send it to Assurance Wireless, P.O. Box 5040, Charleston, Ill., 61920- 9907 of you can fax it to: 877-732- 3018. You will need to provide them with an address.

## **Shelter/Housing**

[Memphis Union Mission](#) 383 Poplar Ave. 901.526.8403 (Offers shelter for men and women. Offers free medical clinic on M/Tu 9-3)

[Calvary Rescue Mission](#) 960 S. Third St. 901.775.2570 (Offers shelter for men).

[Salvation Army](#): Single women's shelter 901.260.9139 Pathway of Hope Family Shelter 901.260.9136

[Renewal Place](#)/Salvation Army (Offers 2 years residential recovery program for women and children). 901.260.9152

[Hardin House/Salvation Army](#) (Offers counseling, case management and other services). 901.260.9152

[Alpha Omega Veteran Services](#) Court Ave. 901.736.5066 (Offers housing for veterans with mental health issues).

[Karat Place, Inc.](#) 558 Boyd St., 901.525.4055 (Offers a residential rehabilitation program for homeless women who are ex-offenders with children).

[Barron Heights](#) 1385 Lamar Ave. 901.758.5873 (Offers housing for veterans along with recovery services and referrals).

[Dozier House](#) 300 N. Bellevue 901.278.2367 (Provides transitional housing and a homeless assessment center).

[Living for Christ Homeless Shelter](#) (all welcome) 3095 Thomas St. 901.791.4022 Cost: 10.00 nightly and an additional 3.00 to stay during daytime hours.

[Dorothy Day House](#) 1429 Poplar Ave. 901.726.6760 (Provides long term shelter for families).

[Shields, Inc.](#) Main Office: 2552 Poplar Ave. #215 901.454.9755 (Offers supportive housing).

[Miracle Manor](#): 2452 Ketchum Cove 901.743.1601 (Offers supportive living programs for those who are homeless with special needs). Apply through [Community Alliance](#) for the Homeless Inc.

[Door of Hope](#) Contact the Executive Director Porsha Goodman at [porsha.goodman@doorofhopememphis.org](mailto:porsha.goodman@doorofhopememphis.org) to apply for housing. No phone number was found.

[Missionaries of Charity Homeless Shelters](#) 700 N. 7<sup>th</sup> St. 901.526.5456 (Shelter for women and children from 3PM- 8AM. May stay up to 3 weeks).

[Synergy Transitional Housing](#) 2305 Airport Interchange Ave. 901.332.0477 (Serves men and women with substance abuse issues).

[Sarah's Place Porter Leath](#) 880 N. Manassas St. 901.577.2500 (Offers shelter for teens aged 13-17).

[Youth Villages Shelter](#) 1582 Poplar Ave. 901.276.SAFE 24/7 (Offers shelter for children under age 18).

[YWCA Abused Women's Services and Shelter](#) 901.725.4277 (Offers housing and services to women and children of domestic violence).

[Family Safety Center of Shelby County](#) 1750 Madison Ave. Suite 600 901.222.4400 (Offers services to victims of domestic violence to include emergency shelter).

[Loving Hands Loving Hearts](#) 1634 Euclid Ave 901.726.3127 {Provides supportive housing and services}.

[MIFA](#) 24 hour homeless hotline is for families with minor children. 901.529.4545

[Family Promise of Memphis](#) (First Baptist Church 200 East Parkway N.) 901.452.6446 (The process is to call the MIFA hotline to get a referral).

[Memphis Housing Authority](#) 700 Adams Ave. 901.544.1100 (Stop in M-F from 8-5 to apply for public housing).

[Room at the Inn](#) (Offers shelter from Nov 1 – March 31)) You can pick up a ticket in the morning at the Carpenter's House (212 N. Second St.) at 7:00 or 7:30 am to enter into a drawing for nightly housing. It is closed during the day but there is a Day Center opening on 11/27/18. Currently, the doors open back up daily at 4:30 PM. Space is limited to the number of churches hosting each night. Women receive priority. No substance abuse is allowed, and participants must be able to participate in a group setting. They have no phone number.

## Healthcare

### [Christ Community Health Services](#) (many locations listed below) for the uninsured:

**Broad Ave. Health Center** 2861 Broad Ave. 901.701.2520 (This location offers adult and pediatric care, HIV care, behavioral health and a pharmacy).

**Fraser Clinic** 969 Fraser Blvd. 901.701.2540/ Dental Clinic 901.701.2740

**Hickory Hill** 5366 Mendenhall Mall 901.701.2560/ Dental: 901.701.2730

**Orange Mound** 2569 Douglass Ave., 38114 901.701.2550 Walk-ins are welcome at this location.

**Third Street Health Clinic** 3362 S Third St., 38109/901.701.2510 Raleigh Health Center 3481

**Austin Peay** 901.701.2570/ Dental: 901.701.2770

**Women's Health Center** 2400 Poplar Ave. 901.701.2580 Operation Outreach 85 N. Cleveland St., 901.701.2530

[Memphis Union Mission](#) 383 Poplar Ave. (M/Tu. 8-4)

[MemphisHealth Center](#) 360 EH Crump Blvd. 901.261.2000 Also has more locations. (Must bring proof of income, ID and 30.00). May offer no cost service for homeless population.

[The Med \(Regional One Health Center\)](#) 877 Jefferson Ave. 901.545.8336

[Shelby County Health Department](#) (Call 901.222.9000 for appointment and locations). The closest location to downtown is 814 Jefferson Ave. (Services: WIC, HIV testing, STD's , Car Seats, Immunizations, TB test, Well Child Exams).

## Mental Health Care

[Memphis Mental Health Institute](#) 951Court Ave. 901.577.1800

Southeast Mental Health Center 135 N. Pauline St. 901.726.8700

Whitehaven Southwest 1087 Alice Ave. 901.259.1920 (Offers mental health services).

[Alliance Healthcare Services](#) They offer mental health services at the locations listed below.

Offices are open M-F with differing hours. Call the desired locations for hours. The Winchester Rd location offers Saturday hours. Each clinic has different days/hours for walk in intakes. The crisis number is 901.577.9400. If you have problems getting services at Alliance Healthcare contact Roger at Constance Abbey (901.734.6547) He has a contact at this agency that may be able to assist. They take TennCare insurance and also participate in the Mental Health Safety Net Program, which is designed to offer help for people who may not be otherwise able



to afford services and who are uninsured. It's a great program and a lot of our homeless clients utilize this program in order to obtain services. There is also a program called Cover RX that can assist the uninsured clients with medication costs, usually covering most of their medications except for very small co-pays.

If a client is interested in attaining services, they would need to call the desired clinic, find out what days they do intakes, and go in to the clinic that day. They need to take photo I.D., insurance card (if they have one), and if applicable, a list of current medications and diagnoses. If uninsured, also bring proof of income, proof of residency, and proof of citizenship. Proof of residency in a case of someone experiencing homelessness can simply be a self-statement of homelessness that the clinician will help them fill out.

As far as any of the AHS homeless grant programs, all of those programs accept referrals only through the Memphis Shelby County Continuum of Care Coordinated Entry process. For more information on how to access that, you can contact Community Alliance for the Homeless at [901-527-1302](tel:9015271302), or refer clients to the Hospitality Hub at 82 N. Second Street, [\(901\) 522-1808](tel:9015221808).

**Locations:**

2579 Douglass Ave. [901.369.1480](tel:9013691480)

2100 Whitney Ave. [901.353.5440](tel:9013535440)

3810 Winchester Rd. [901.369.1400](tel:9013691400) 3628 Summer Ave. [901.452.6941](tel:9014526941)

4150 Whitney Ave. [901.353.5440](tel:9013535440)

[Lakeside Behavioral Health System](#) Several locations. [901.443.2419](tel:9014432419) Crisis Service 951 Court Ave. [901.577.9400](tel:9015779400)

Peer Support Center: 4088 Summer Ave. [901.458.4553](tel:9014584553) (open W-F)

[Case Management Inc.](#) [901.821.5600](tel:9018215600) Locations: 14 N. Bellevue Blvd. and 1087 Alice Ave (Offers mental health crisis services, A&D, counseling, medication, housing and advocacy for adults and children). Funded by a grant from the state of Tn.

[Christ Community Health Center](#) (See page 8 for behavioral health services at all locations). Make an appointment to see the doctor and they will make a referral for mental health care. See locations and phone numbers above.

***Other Mental Health Resources***

[NAMI \(National Alliance for the Mentally Ill\)](#) [901.725.0305](tel:9017250305) 5830 Mt. Moriah Rd., Suite #6 (Offers support groups, resources and advocacy).

[Lowenstein House Inc.](#), 821 S. Barksdale St. 901.274.5486 M-Th 8-4:30 F 8-3:30 (Offers support, assistance and education for people diagnosed with mental illness to reach self-sufficiency through skill training, housing, job placement and more).

**Turning Points Peer Support Service Office** 4088 Summer Ave. 901.458.4553 (W-F 8:30-4:30)

### ***Recovery Centers***

[Harbor House](#) 1979 Ally Rd. 901.743.1836 (Offers inpatient recovery for men with addictions).

[Delta Medical](#) 3000 Getwell Rd., 855.979.8681

[Synergy Treatment Center and Transitional Housing](#) 2305 Airport Interchange Ave.

901.332.2227 (Offers substance abuse treatment for men and women). They accept people with no insurance and no money. Apply online at [synergyc.org](http://synergyc.org)

[Memphis Union Mission](#) 383 Poplar Ave. 901.526.8403 (Offers residential treatment programs for men and women).

[Salvation Army](#) 2649 Kirby Whitten Rd. 901.531.1750 (Offers adult rehabilitation) For admission you need: a photo ID and a negative TB test. You also need a 30day supply of all prescribed medications. You need your social security card or proof you applied for it. You can get this at the SSA office at 150 Washington Ave. 901-527-1302

The [Department of Health](#) (814 Jefferson Ave/901.222.9000) provides a free TB test when you provide them documentation verifying your status as homeless. ([Constance Abbey](#) can provide this).

[Lakeside Behavioral Health System](#) 901.563.1013

[First Step Recovery Centers](#) 1950 Madison Ave. 901.522.1002 (Offers intensive outpatient services for the mentally ill and those with addictions, sober living housing, case management, and DUI school).

[Barron Heights](#) (for veterans) 1385 Lamar Ave. 901.758.5873 (Offers recovery programs, housing and referrals).

[Alpha Omega Veteran Services](#) Court Ave. program 901.726.5066 (Offers housing to veterans experiencing mental illness).

[Serenity Recovery Center](#) 1094 Poplar Ave. 901.521.1131 (They accept most insurances, TennCare and are partially funded by grants from the state of Tn. so there is some funding for indigent care).

[Teen Challenge Memphis](#) 901.272.2308 (Accepts men 18+ including those on parole or probation). Offers a 12 – 15 month residential program.

**Rebos Recovery** 1020 North Parkway 901.230.1957 (Offers residential services for men and women).

**White Station Sober Housing.** 901.626.7111 Houses located on White Station Rd. (Offers supported living for men and women determined to stay sober at a minimum cost of 150. weekly or 600. monthly).

**Oxford House Milton** (male) 901.725.0407

**Oxford House High Point Terrace** (male) 901.323.6607

**Oxford House Faxon** (male)

[Midsouth Sober Living](#) 1950 Madison Ave. 901.481.8030 (Offers sober housing for men and women).

Grace House of Memphis 329 N. Bellevue., 901.722.8460 (To inquire about admission call: M-F 8-2). Offers long term residential substance abuse treatment for women.

[The Lighthouse \(also known as Safe Harbor\)](#) 901.382.0966 (Offers residential treatment to men and women. No fees are required at time of entry. As the client progresses through the program there is a work phase and when the client returns to work there will be a minimal cost for their treatment).

[CAAP \(Cocaine Alcohol Awareness Program\)](#) 4041 Knight Arnold Rd., 901.360.0442 (Offers residential A&D, transportation, HIV services, literacy programs, DUI program, literacy programs, domestic violence, supportive housing, veteran's services and more).

[Serenity Recovery Centers](#) (Accepts payments on credit cards and most major insurances). 901.521.1131

## ***Soup Kitchens***

**Sunday:**

Breakfast: Calvary Episcopal Church/102 N. Second St. (7:30-8:30)

Lunch: 1<sup>st</sup> Presbyterian Church, 166 Poplar (2:30)

Dinner: Grace-St. Luke's Episcopal Church 1720 Peabody Ave. (4:00- 5:00)

**Monday:**

Breakfast: St. Mary's Catholic Church 155 Market (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

Lunch: First Congregational Church 1000 S. Cooper St., 38104 (11-1)

Dinner: Manna House 1268 Jefferson Ave. Doors open at 4P

**Tuesday:**

Breakfast: St Mary's Catholic Church 155 Market (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

Lunch: First Congregational Church 1000 S. Cooper St. (11-1)

Lunch: True Fellowship Baptist Church 733 N. Manassas (12 noon)

**Wednesday:**

Breakfast: St. Mary's Cathedral 700 Poplar Ave.(8am) chapel/breakfast

Breakfast: St Mary's Catholic Church 155 Market (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

Lunch: First Congregational Church 1000 S. Cooper St. (11-1)

**Thursday:**

Breakfast: St Mary's Catholic Church 155 Market (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: True Fellowship Baptist Church 733 N. Manassas (12 noon)

Lunch: Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

Lunch: First Congregational Church 1000 S. Cooper St. (11-1)

Dinner: Idlewild Presbyterian Church, 1750 Union Ave. (5:30-6:30) short chapel service at 5:00 (not mandatory but all are welcome).

**Friday:**

Breakfast: St Mary's Catholic Church 155 Market (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: First Congregational Church 1000 S. Cooper St. (11-1)

Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

**Saturday:**

Breakfast: St Mary's Catholic Church 155 Market (9am)

Breakfast: St. Mary's Cathedral 700 Poplar Ave. (9am)

Brunch: St Vincent De Paul Church, 1306 Monroe St. (9:30-11:00)

Lunch: Memphis Union Mission 383 Poplar (11am) chapel/lunch

***Food Pantries and More***

[Fig Tree Emergency Services](#) Catholic Charities 901.722.4797 [lucie.johnson@acc.cdom.org](mailto:lucie.johnson@acc.cdom.org)

**St. Andrews AME Church** 1369 Mississippi 901.948.3441 (Offers a food and clothes pantry Wed 5-7P).

[Mid South Food Bank](#) 901.527.0841 (Click on find food and enter your zip code).

**St. Anne's Catholic Church** 706 S. Highland 901.323.3817 (Allows walk ins Saturday from 9-11A.M. Services are for anyone in need. Must bring photo ID).

[First Presbyterian Church](#) 166 Poplar Ave. 901.525.5619 (On M/W at 8:30am, a DHS representative is available for assistance in applying for food stamps).

### ***Recovery Meetings***

#### **Sunday**

N.A. 8AM 1015 S. Cooper

N.A. 7PM Trinity United Methodist Church 1738 Galloway Ave. N.A. 8PM Grace St. Luke's Church 1720 Peabody Ave

A.A. 8PM 745 Olympic St. (Open discussion)

#### **Monday**

N.A. 8AM 1015 S. Cooper

N.A. 10:30 A.M. First Congregational Church 1000 S. Cooper

A.A. Noon. Calvary Episcopal Church 102 N. Second St.

#### **Tuesday**

N.A. 8AM 1015 S. Cooper

A.A. Noon. Calvary Episcopal Church 102 N. Second St

N.A. 6:30 Idlewild Presbyterian Church, 1750 Union Ave.

A.A. 6PM Church of the River, 292 Virginia (open discussion and big book study, handicap access)

A.A. 7PM 745 Olympic St. (Open discussion)

#### **Wednesday**

N.A. 8AM 1015 S. Cooper

A.A. 10AM Constance Abbey, 215 Hamlin Place

N.A. 10:30 A.M. First Congregational Church 1000 S. Cooper A.A. Noon Calvary Episcopal Church, 102 N. Second St.

## **Thursday**

N.A. 8AM 1015 S. Cooper

A.A. Noon Calvary Episcopal Church, 102 N. Second St. N.A. 6PM Baron Heights 1385 Lamar

A.A. 7PM 745 Olympic St. (Open discussion)

Celebrate Recovery, Memphis Union Mission, 600 Poplar Ave. Dinner: 5PM Meeting 5:45-8:00

## **Friday**

N.A. 8AM 1015 S. Cooper

N.A. 10:30 A.M. First Congregational Church 1000 S. Cooper

A.A. Noon Calvary Episcopal Church, 102 N. Second St.

A.A. 8PM Holy Trinity Church, 685 S. Highland (Open discussion, gay and lesbian meeting)

## **Saturday**

N.A. 8AM 1015 S. Cooper

A.A. 10AM Constance Abbey, 215 Hamlin Place A.A. Noon Living Hope Church 815 N. McLean N.A. 6PM Baron Heights 1385 Lamar

## ***Work Related Services***

[Hope Works](#) 1930 Union Ave. 901.272.3700 (Offers 13 week personal and career development class from M-F and GED classes). Must be referred.

[LifeLine 2 Success](#) 1647 Dellwood Ave. 901.729.653 (Offers life skill classes and job readiness training and assistance for ex-offenders, especially violent offenders).

**Department of Vocational Rehabilitation Services** 170 N. Main St. 901.528.5284

[Labor Force](#) 901.372.1004 (This employment agency offers some day labor jobs. They accept applications M/Tu (must have 2 forms of ID) Call for application hours.

[Restore Corps](#) 1548 Poplar 901.300.9302 (Offers assistance to victims of human trafficking).

[Second Chance](#) 1060 Madison Ave. 901.222.4550 (This is an office of re-entry service to individuals seeking gainful employment after felony convictions).

[Messick Adult Education Center](#) 703 S. Greer Center 901.416.4840 Tn. Tech Center of Memphis 550 Alabama St. 901.543.6100

[Workforce Investment Network](#) 480 Beale St. (Downtown) 901.636.7971 Offers job searches, credential and training. Pays up to \$4,000 tuition and training that requires no longer than 12 months to complete. Requires a state issued ID. Career Center orientations are held: M/W at 8:30 and 1PM/need to arrive 15 minutes early).

[Dress for Success](#) 2730 Colony Park Drive #7 901.363.3100 (This ministry empowers women with networking opportunities, work attire and professional development).

**Memphis Public Library [JobLinc](#)** mobile bus unit that travels to various locations around the city 901.415.2700 (Offers listings of available jobs, aid in locating training opportunities, assistance with resumes and interview tips).

[Memphis and Shelby County Office of Reentry](#) 1362 Mississippi Blvd. 901.222.4550

[Goodwill Industries](#) 901.224.5284 Offers free job placement assistance, one on one career & job counseling, job readiness classes, warehouse and janitorial training, interview, resume and networking help.

### ***Clothing Closets***

[Catholic Charities](#) 1325 Jefferson Ave. 901.722.4700 (The closet is open on M/W from 9-12).

[Constance Abbey](#) 209 and 215 Hamlin Place, 901. 734. 6547 (The clothing closet is open M/T/Th/F 8-10am).

[First Presbyterian Church](#), 166 Poplar 901.525.5619 (Sunday's 2:30)

[Neighborhood Christian Center](#) 223 Scott St. 901.881.6013

### ***Other Resources***

[Department of Veteran Services](#) Contact name: Bill Pichette at 1030 Jefferson Ave. 901.577.7673

[Perfect Harmony](#) 1.855.509.3227 (Assists with reinstatement of driver's licenses, clearing warrants and old criminal charges, job training and assistance in obtaining employment).



[Memphis and Shelby County Office of Re-entry](#) 1362 Mississippi Blvd. No phone number is listed. You can email them from their website @mscor.org. (Offers services such as job preparation and life skill classes to ex offenders. Assists in employment search).

[Resources for Human Development](#) 3634 Austin Peay Hwy, #100, Memphis (901) 377-7511 (Offers Services for intellectual disabilities, behavioral health, homelessness and addictions).

[First Presbyterian Church](#) 166 Poplar Ave. 901.525.5619 Offers a hot meal Sunday at 2:30PM. Following the meal, they open the clothing closet for those who need clothes. They assist with all forms of ID. On the first 2 Sunday's of each month they assist guests in applying for their birth certificate as well as process and pay for them. On the first 2 Tuesday's of the month they transport and pay for clients to get their state photo ID or driver's license. Most Monday's from 9-12 they host DHS staff who help people apply for food stamps. If there is a 5<sup>th</sup> Monday they don't open that day.

[Hospitality Hub](#) 82 N. Second St. 901.522.1808 M-F 9:30-3:00 (They serve as a point of entry for the homeless). Services: They provide an address, use of their phone, use of computers, locker storage, assistance for acquiring ID and birth certificates, long distance bus passes, shelter vouchers, a program for addiction called the breakfast club and access to clergy.

**Food Stamps** (Department of Human Services) 866.311.4287 WIC 160 N. Main St. 901.222.2300

**Peabody House** 1076 Peabody Ave. 901.527.3863 (care for HIV) AIDS HOTLINE 901.544.7575

[Friends for Life](#) 43 North Cleveland 901.272.0855 (Offers resources for those with HIV).

[Constance Abbey](#) 209 and 215 Hamlin Place 901. 734. 6547 (on M/Tu/Th/F they offer a place to shower, wash clothes, get a bite to eat or cup of coffee, get a clean set of clothes, prayer, support groups, community resource referrals and more).

**Free Monthly Legal Clinic** Benjamin L. Hooks Central Library 3030 Poplar Ave. 901.415.2700 (2<sup>nd</sup> Saturday of each month 10-12)

[Memphis Area Legal Services](#) 109 N. Main 901.523.8822

[Community Legal Service](#) 910 Vance Ave. 901.543.3395

[Memphis Center for Independent Living](#) 1633 Madison Ave. 901.726.6404 (Offers services for people with disabilities).

[Neighborhood Christian Centers, Inc.](#) 785 Jackson Ave. and 223 Scott Ave. 901.881.6013 (Tu-Th 9AM-5PM) (Offers food and clothing, Christmas food, toys, emergency assistance and more).

[Manna House](#) 1268 Jefferson (M/Tu/Th 8-11:30) Offers hospitality services such as water, coffee, the use of a restroom and a place to relax. Showers are available on M/Th for 20 men. (must sign up the previous day) Showers are available for women on Tuesday who sign up on the previous Monday. M/Th are Sock and Hygiene day and you should arrive at 7:45 as the supplies are limited to first come first serve. There is no phone at the Manna House and it is ran by volunteers.

[Birthright of Memphis](#) 115 Alexander 901-327-8109 (Offers free pregnancy test and referral services),

[MIFA](#) 910 Vance Ave. 901.527.0208 (This organization tries to prevent homelessness by providing assessments and referrals for transitional housing, shelters and rental assistance. They also provide food vouchers).

[Catholic Charities Immigration Center](#) 901.722.4730 (Offers counseling and other immigration services).

[Catholic Charities](#) 1325 Jefferson Ave. 901.722.4700 (Offers temporary housing for those with mental illness, substance abuse disorders, clothing, food and more).

[Rape Crisis Center](#) 1750 Madison Ave., #102 901.222.4350 (Offers services to rape victims whether or not the victim is reporting to law enforcement).

**Social Security Administration** 800.772.1213 1330 Monroe and 1891 S. 3<sup>rd</sup> St. (Apply for disability).

[Jacobs Well](#) 602 Looney Ave. 901.290.2124 (Provides transportation to church service Saturday night at 6PM. Call before Saturday at noon for a ride. (Offers some transportation, provides food, coats and blankets and other services).

[Memphis Police Department](#) Emergency number: 901.636.3700 Non emergency number: 901.545.COPS

[Genesis Homeless Services](#) 1325 Jefferson Ave. 901.722.4729 (Offers housing support, employment services, food, clothing and legal aid to those living with mental illness and limited financial resources).

LGBTQ Veteran's Alliance Memphis P.O. Box 2092, Collierville, Tn., 38027

[Shelby County Crime Victims's Center](#) 1750 Madison Ave. Suite 100 901.222.3950 (Offers programs for victims of violent crimes).

**K&L Representative Payee Services** 901.634.2018 or 901.619.5885 (Assists in managing money for persons with disabilities who need help paying bills and managing their finances).

### ***Transportation***

[Constance Abbey](#) 901.734.6547 Staff and volunteers may be able to provide limited transportation to doctor's appointments, job interviews and recovery meetings (See page 18).

**Tennessee Carriers** 901.795.7055

**Blue Care/Tn Care** 866.473.7564 (for rides to medical appointments and pharmacy stops. Must schedule 72 hours in advance, unless it's an emergency. They transport 24/7).

**UHC** 901.405.0238

**MATA** 444 N. Main St. 901.274.6282 Individuals with disabilities are eligible to pay a fare of half the base fare. Persons with a Medicare card and another form of ID will be approved immediately and are not required to complete an application. Otherwise a physician or medical professional must verify the disability as part of the application process. You must apply in person at 444 N. Main St. (Staff at Constance Abbey have the medical form to be completed by a doctor).

**Greyhound Bus** 800.231.2222

*If you know of more community resources, please email those to me at [cheryl@coleresources.com](mailto:cheryl@coleresources.com). Also, if a resource is no longer in service I'd like to remove it. My hope is to keep this manual accurate and current. Thanks so much for your help.*

***Prayer of Abandonment (by: Thomas Merton)***

*My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and that I think I am following your will does not mean I am actually doing so.*

*But I believe the desire to please you does in fact please you. And I hope I have that desire in all I am doing. I hope I will never do anything apart from that desire. And I know if I do this you will lead me by the right road though I may know nothing about it. I will trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you will never leave me to face my perils alone.*