



# RESOURCE GUIDE

FOR LUCAS COUNTY

Ver.4: August 2024

Updated by Kaitlyn Slattery & Nina Corder

\*\* Community Resource provides a general overview of some of the resources available in Lucas County. Please refer to this as a starting point in your search for supportive services. For a more comprehensive list of available resources and referrals please dial 2-1-1



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## **NON-EMERGENCY Police Number: 419-255-8443**

- **General Resource Assistance/Referrals** United Way 2-1-1 (419-248-2424)
- **HerHub**
- **Government Portal- Lucas County Resources:**  
<https://www.co.lucas.oh.us/3179/Resources>

## **ADDICTION TREATMENT**

- **Ohio Guidestone**

**Services for mental health, substance use disorder, family care, foster care, juvenile justice, residential treatment, home-based counseling, job training and more.**

- 419-720-9247 (for the Outpatient Counseling Center)
- 419-214-1110 (for the Renewal House East)
- 1832 Adams Street, Toledo, OH 43604 | <https://ohioguidestone.org/>  
Hours: Monday – Thursday      7:30 AM – 5:30 PM  
Friday      7:30 AM – 3:30 PM

- **Alcoholics Anonymous**

**Supporting group for men and women.**

- 419-380-9862 (24-hour service)
- 419-380-9978 (TTD-for hearing impaired)
- 3328 Glanzman Rd, Toledo, OH 43614 | <http://www.toledoaa.com/>  
Hours: Monday – Friday      8:00 AM – 4:00 PM

- **Arrowhead Behavioral Health**

**Provide inpatient & outpatient recovery (18 years or older).**

- [419-891-9333](tel:419-891-9333) (24-hour Free Assessment)
- [800-547-5695](tel:800-547-5695) (Toll-free)
- 1725 Timber Line Road, Maumee, OH 43537 | <https://arrowheadbehavioral.com/>  
Hours: Monday – Sunday      Open 24 hours

- **Empowered for Excellence**

**Case management, day treatment, intensive outpatient groups, individual therapy, psychiatric services, and sober living.**

- 567-316-7253
- 3170 West Central Ave., Toledo, OH, 43606 | <https://efebhoh.org/>  
Hours: Monday – Friday      9:00 AM – 5:00 PM





- **New Concepts**

**Provide outpatient services. Help in treating Marijuana addiction.**

- 111 S Byrne Rd, Toledo, OH 43615

419-531-5544 | <http://www.newconceptsio.org/index.html> | [newconceptsio@bex.net](mailto:newconceptsio@bex.net)

Hours: Monday – Thursday 8:00 AM – 8:30 PM

Friday 8:00 AM – 4:00 PM

- **Racing for Recovery**

**Provide outpatient services, counseling, support and exercise groups.**

- 6202 Trust Dr., Holland, Ohio 43528

- 419-824-8462 | <https://racingforrecovery.org/>

Hours: Monday – Thursday 8:00 AM – 5:00 PM

Friday 8:00 AM – 2:00 PM

Saturday – Sunday By appt. (Call)

- **Rescue**

**Diagnose and treat addiction & associated mental illness.**

- 3350 Collingwood Blvd. Toledo, Ohio 43610

- 419-255-3125 | <https://www.rescuemhs.com/>

Hours: Monday – Sunday Open 24 hours

- **SCAT**

**Prevention programs for youth & parents.**

- 4747 N. Holland-Sylvania Road, Sylvania, OH 43560

- 419-824-8588 | <https://sylvaniaprevention.org/>

Hours: Monday – Friday 9:00 AM – 5:00 PM

- **T. Whitehead Recovery Center**

**Addiction treatment & recovery housing for males.**

- 2044 Genesee St., Toledo OH 43605

- 419-691-8882

Hours: Monday – Sunday 7:00 AM – 10:30 PM

- **The Open Door**

**Provide inpatient services (men only).**

- 2823 Cherry Street, Toledo

- 419-242-7281 | <https://opendoortoledo.org/index.html>

Hours: Monday – Friday 7:00 AM – 3:00 PM



- **Toledo Area Heroin Anonymous**

**Support group.**

- Step One Club, 2nd floor, 2434 W Sylvania Ave, Toledo, OH 43613
- 740-743-8242 | <https://toledoareaha.com/>

- **Treatment Alternative to Street Crime**

**Help ex-offenders who have court orders (teletherapy only, due to COVID-19).**

- 701 Jefferson Ave, Ste 101, Toledo
  - 419-242-9955
- |                         |                   |
|-------------------------|-------------------|
| Hours: Monday – Tuesday | 8:00 AM – 6:30 PM |
| Wednesday – Thursday    | 8:00 AM – 5:00 PM |
| Friday                  | 8:00 AM – 4:30 PM |

- **UMADAOP**

**Provide diagnostic assessments, outpatient treatment, counseling, medication & women’s recovery housing.**

- 2447 Nebraska Avenue, Toledo, Ohio 43607
  - (419) 255-4444 | <https://umadaop.org>
- |                        |                   |
|------------------------|-------------------|
| Hours: Monday – Friday | 8:30 AM – 5:30 PM |
|------------------------|-------------------|

- **Unison Health**

**Provide medication, counseling, and case management.**

- 1425 Starr Ave., Toledo, Ohio 43605
  - 419-214-4673 | <https://www.unisonhealth.org/services/integrated-treatment-of-substance-use-disorders/>
- |                                   |                   |
|-----------------------------------|-------------------|
| Hours: Monday – Tuesday, Thursday | 8:00 AM – 6:00 PM |
| Wednesday                         | 8:00 AM – 8:00 PM |
| Friday                            | 8:00 AM – 5:00 PM |

- **Zepf Center**

**Help with youth shelter, inpatient & outpatient services, child & adolescent psychiatric, medical, residential, and therapy services.**

- 6605 West Central Ave, Toledo, OH 43617
  - 419-841-7701 | <https://www.zepfcenter.org/>
- |                                  |                   |
|----------------------------------|-------------------|
| Hours: Monday, Wednesday, Friday | 8:30 AM – 4:30 PM |
| Tuesday, Thursday                | 8:00 AM – 8:30 PM |



## AUTISM

- **Autism Model School**

**Year-round, tuition-free school that uses research-based programming and curriculum.**

- 3020 Tremainsville Rd., Toledo, Ohio 43613
- 419-897-4400 | <https://amstoledo.org/>

Hours: Monday – Friday

8:00 AM – 3:45 PM

- **The Autism Academy of Learning**

**Publicly funded charter school providing year-round educational services to students with Autism in an environment that fosters acceptance, trust, and success.**

- 110 Arco Drive Toledo OH 43607
- 419-865-7487 | <http://www.theautismacademy.org/home.html>

Hours: Monday – Friday

8:00 AM – 4:30 PM

- **The iTaalk Autism Foundation**

**Provides assistive technology devices to individuals with autism and educated the world on the latest technologies that benefit individuals with special needs.**

- 2105 Lawrence Ave Suite 101, Toledo, Ohio 43606
- 567-377-5710 | <https://www.itaalk.org/>

Hours: Monday – Friday

8:30 AM – 4:00 PM





## BIRTH CERTIFICATES/STATE ID

### Area churches

- **Bureau of Motor Vehicles**

**Provide licensing & reinstatement services and MORE.**

- 4460 Heatherdowns Blvd, Toledo, OH 43614
- 419-381-1109 | [ohio.gov/http://bmv](http://ohio.gov/http://bmv).

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Catholic Charities**

**Help ex-offenders released within past 90 days with crisis navigation services, supportive housing, and MORE.**

- 1933 Spielbusch Ave, Toledo, OH
- 419-214-4869 | <https://catholiccharitiesnwo.org/ministriesservices/>

Hours: Monday – Friday

8:30 AM – 5:00 PM

- **Cherry Street Mission**

**Shelter residents only.**

- 1501 Monroe St. Toledo, OH
- 419-214-3007 | <https://cherrystreetmission.org/>

Hours: Monday – Sunday

6:30 AM – 6:30 PM

- **Monroe Street Neighborhood Center**

**Open every Tuesday, 11:30-1pm for food, clothing, help with documents, answers to health questions, blood pressure monitoring, and MORE.**

- 3613 Monroe St. Toledo, Ohio 43606
- 419-473-1167 | <https://monroestumc.com/>

Hours: Monday – Friday

8:30 AM – 3:00 PM

- **St. Vincent de Paul**

**Help with food, fuel, utility or rent payments, medicine, counseling, or other personal or emergency financial matters.**

- Contact the closest Catholic parish SSVdP Conference
- Or call the Toledo Council office at (419) 244-5171 | <https://www.svdptoledo.org/>

Hours: Monday – Friday

10:00 AM – 6:00 PM

Saturday

10:00 AM – 5:00 PM

- **Toledo Area Ministries Clearing House**

**Need referral from local church.**

- 444 Floyd St, Toledo
- 419-472-4763

Hours: Monday – Friday

9:00 AM – 12:00 PM



## BUDGETING/MONEY MANAGEMENT COUNSELING

- **Crossroads Family Resource Center**

**Provide Financial support.**

- 4543 Douglas Rd, Toledo, OH
- 419-475-3258
- <https://www.crcworks.org/?submit=homepage>

- **Mercy Health**

**Provide financial assistance with a medical bill.**

- 567-368-1000
- Hours: Monday – Sunday 12:00 AM – 12:00 AM

- **Munn Wealth Management**

**Help with financial planning.**

- 1700 Woodlands Dr., Suite 100, Maumee, Ohio 43537
- 419-794-0536 | [www.munnwealth.com](http://www.munnwealth.com)
- Hours: Monday – Friday 9:00 AM – 5:00 PM

- **Northwest Ohio Development Agency**

**Provide counseling and education programs to help with financial stability.**

- 432 N. Superior Street, Toledo, Ohio 43604
- 419-243-3734

- **Skylight Financial Group Special Care Planning Team**

**Help with financial needs for families with special needs.**

- 7150 W. Central Ave, Suite 100, Toledo, OH 43617
- 419.893.9759 | <https://skylightfinancialgroup.com/>

- **St. Paul's Community Center**

**Help with managing financial issues.**

- 230 13th Street, Toledo
- 419-255-5520 | <https://www.spcctoledo.org/>
- Hours: Monday – Sunday Open 24 Hours

- **Sylvania Area Family Services**

**Sylvania residents only.**

- 5440 Marshall Rd, Sylvania
- 419-882-8415 | <https://sa-fs.org/>
- Hours: Monday – Friday 9:00 AM – 4:00 PM



- **United Way Financial Stability Collaborative**  
**Helps people to gain financial stability.**
  - 1001 Madison Avenue, Ste 100, Toledo, Ohio
  - 419-248-2424 | <https://www.unitedwaytoledo.org/>
    - Hours: Monday – Thursday 8:30 AM – 5:00 PM
    - Friday 8:30 AM – 2:00 PM



## CHILD CARE

- **University of Toledo Child Care**

**The target group is children 18 months - 5 years.**

- 2801 W. Bancroft St., Toledo 43606
- 800-586-5336 | [www.utoledo.edu/centers/earlylearn](http://www.utoledo.edu/centers/earlylearn)  
Hours: Monday – Friday 6:30 AM – 6:00 PM

- **YWCA Childcare Connections**

**Child Care Resource and Referral.**

- 1018 Jefferson Ave, Toledo
- 419-241-3235 | [admin@ywcanwo.org](mailto:admin@ywcanwo.org) | <https://www.ywcanwo.org/child-care-resource-referral>  
Hours: Monday – Friday 8:30 AM – 5:00 PM



## CLOTHING

- **Cherry Street Mission**

Help with free clothing, food, and more.

- 1501 Monroe St. Toledo, OH
- 419-214-3007 | <https://cherrystreetmission.org/get-help/#services-resources>  
Community Hours: 4:00 PM – 6:00PM

- **Friendly Center**

Help people in Toledo with services, including clothing.

- 1324 N Superior St Toledo, OH 43604
- 419-243-1289 | <https://www.friendlycentertoledo.com/>  
Hours: Monday – Thursday 10:00 AM – 6:00 PM

- **Goodwill Retail Stores**

- 2021 S Reynolds Rd, Toledo, OH 43614 | (419) 389-6644
- 2600 W. Sylvania Ave, Ste 107, Toledo, OH 43613 | (419) 472-2606
- 1120 Madison Ave. Toledo, OH 43604 | (419) 255-0070 |  
<https://www.goodwill.org/shop/>  
Hours: Monday – Saturday 10:00 AM – 8:00 PM  
Sunday 10:00 AM – 6:00 PM

- **Mission Mall & Warehouse**

Every Saturday from Noon-2:00pm shoppers can get a specific number of items for FREE.

- 117 W. Woodruff Avenue, Toledo, Ohio
- 419-241-6579 | <https://tgrm.org/>  
Hours: Monday – Friday 10:00 AM – 2:00 PM

- **Solace Health and Wellness.**

Free clothing available.

- 137 N. Michigan St., Toledo, OH 43604
- 419-214-9046 | [solacehealth.org](http://solacehealth.org)

- **Monroe Street Neighborhood Center**

Open every Tuesday, 11:30 a.m. to 1:00 p.m. for food, clothing, help with documents, answers to health questions, blood pressure monitoring, and MORE.

- 3613 Monroe Street, Toledo, Ohio 43606
- 419-473-1167 | <https://monroesnc.com/>



- **Once Upon a Child Children's Resale Shop**

**Buys and sells gently used kids' clothing, shoes, toys, and baby gear/ at up to 70%.**

- 5644 Monroe St, Sylvania, OH 43560
- 419-841-7500 | <https://www.onceuponachild.com/locations/sylvania-oh>  
Hours: Monday – Saturday 10:00 AM – 8:00 PM  
Sunday 10:00 AM – 6:00 PM

- **Project Dignity by Pilgrim Church**

**Any care provider can come and receive clothing, shoes, and other items for their children.**

- 1375 W. Sylvania, Toledo, OH, 43612
- (419) 478-6012 | <http://pilgrimchurchtoledo.org/project-dignity/>  
Hours: Monday – Thursday 9:00 AM – 4:00 PM  
(closed 12:00 – 1:00 PM)

- **Southside LIFE Station**

**Offers emergency 3-day food supply, as well as clothing and various emergency household items.**

- 402 SOUTH AVE. TOLEDO, OH 43609
- (419) 242-3340 | [southsidelifestation@gmail.com](mailto:southsidelifestation@gmail.com)  
Hours: Monday – Tuesday 10:00 AM – 3:00 PM  
Wednesday – Thursday 12:30 PM – 3:00 PM

- **St Paul Church Marketplace for All People**

**Clothing, household items, linens are FREE. Open each Friday from 9:45 a.m. - 12:45 p.m.**

- 1201 Madison Ave. Toledo, Ohio 43604
- 419-243-8284 | <http://www.stpaulsumctoledo.com/page/mission-outreach>  
Marketplace Hours: Friday 10:00 AM – 1:00 PM

- **The Bridge/Monroe Street Neighborhood Center**

**FREE men's, women's, children's clothes.**

- 3613 Monroe St, Toledo
- 419-473-1167 FREE men's/women's/children's) | <https://monroesnc.com/>  
Hours: Tuesday 11:30 AM – 1:00 PM



- **Toledo Newsboys**

**Help with clothes for children.**

- P.O. Box 2032 Toledo, OH 43604,
- 419-537-7667 | <https://www.toledonewsboys.org/>  
Has various events, so hours vary

- **Toledo Together**

**Help with clothing and food. Meals served 24/7.**

- 3925 W. Central Avenue, Toledo, OH 43606
- 419-461-7613 | <http://www.toledotogether.org/>

- **Trinity Faith Tabernacle Neighborhood Outreach  
Food Pantry**

- 1312 N. Huron St, Toledo
- (419) 246-9747

- **The University of Toledo, Career Services**

**Rocket style career closet.**

- Student Union Room, 1550H
- 419.530.3022 | <https://www.utoledo.edu/career/rocketstyle/>  
Hours: Tuesday + Thursday 1:00 AM – 4:00 PM



## COMPUTER CLASSES

- **Boys & Girls Clubs**

**Help with computer technology skill building.**

- 2250 N. Detroit Ave., Toledo, Ohio 43606
- 419-241-4258

Hours: Monday – Friday

8:30 AM – 5:00 PM

- **The Source**

**Provide quality-driven workforce services that assist individuals in developing and enhancing a multitude of work skill sets to meet the current and future needs of local businesses while embracing local economic growth and individual prosperity.**

- 1301 Monroe St, Toledo
- 419-213-5627 | <https://co.lucas.oh.us/2502/The-Source>

- **Toledo-Lucas County Public Libraries**

- 419-259-5200 | [www.toledolibrary.org](http://www.toledolibrary.org)

Hours: Varies by location







## DENTAL

- **Mildred Bayer Clinic for the Homeless**

**Including staying In a Shelter or Transitional Housing or staying with a friend or family member.**

- 1415 Jefferson Avenue (Clinic entrance on 15th Street), Toledo OH, 43604

- 419-241-4230

Hours: Monday – Friday

8:00 AM – 5:30 PM

- **Owens Community College Dental Hygiene Clinic**

- (567) 661-7294 or 1-800-GO-OWENS, Ext. 7294

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Halim Clinic**

**Free dental and medical services. Call in advance to schedule an appointment.**

- 6855 Spring Valley Dr, Holland, OH 43528

- [\(567\) 318-4609](tel:5673184609) | <https://www.halimclinic.org/>

Hours: Saturday

9:00 AM – 1:00 PM

Wednesday

5:00 PM – 9:00 PM



## DISABILITY ASSISTANCE

- **Anne Grady Services**

Empower people with intellectual disabilities and make sure they get comprehensive services.

- 1525 Eber Road, Holland, OH 43528
- 419-866-6500 | <https://annegrady.org/>  
Hours: Monday – Friday 8:00 AM – 4:30 PM

- **Courageous Community Services**

Create an engaging and inclusive community where individuals can learn new skills, make new friends, learn about the environment, and engage in fun activities.

- 12701 Waterville Swanton Rd Whitehouse, Oh 43571
- 419-875-6828 | <https://ccsohio.org/>

- **Disability Rights Ohio**

Disability Rights Ohio is a non-profit corporation with a mission to advocate for the human, civil and legal rights of people with disabilities in Ohio.

- 614-466-7264 | 1-800-282-9181 | <https://www.disabilityrightsohio.org/>  
Hours: Monday – Friday 10:00 AM – 3:00 PM \*  
\*with a break between 12:00 PM – 1:00 PM

- **Goodwill Industries of Northwest Ohio**

Help to provide employment, training, and job placement opportunities for people with disabilities.

- 1120 Madison Ave. Toledo, OH 43604
- 419-255-0070 | <https://www.goodwillnwohio.com/>  
Hours: Monday – Friday 8:00 AM – 4:30 PM

- **Help Me Grow**

Early Intervention supports families of young children birth to age three with developmental delays and disabilities.

- 1-800-755-GROW | <https://www.helpmegrow.org/>

- **Lucas County Board of Developmental Disabilities**

Help people with disabilities to feel alive and active in their societies with high self-esteem.

- 1154 Larc Lane, Toledo, OH 43614
- 419-380-4000 | <https://lucasdd.info/mission-and-core-values/>



- **Opportunities for Ohioans with Disabilities**

State of Ohio agency that assist in achieving greater community participation through opportunities for employment and independence.

- 5241 Southwyck Blvd., Suite 200, Toledo, Ohio 43614
- 419-866-5811 | <https://ood.ohio.gov/>

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Pathway**

Senior & The Disabled Program: In-home services include Home maintenance, help with forms and paperwork, Nutrition counseling, Home repairs to meet building codes.

- 505 Hamilton Street, Toledo, Ohio 43604-8520
- 491-242-7304 | <https://pathwaytoledo.org/>

- **Sight Center of Northwest Ohio**

Provides a unique blend of programs and services that help people of all ages work, learn, play, and live independently with permanent vision loss.

- 1002 Garden Lake Parkway, Toledo
- 419-720-EYES (3937) | [www.sightcentertoledo.org](http://www.sightcentertoledo.org)

Hours: Monday – Friday

8:00 AM – 4:30 PM

- **Sunshine Inc.**

Support people of all ages with developmental disabilities, through residential, vocational, clinical, therapeutic, and recreational services.

- 7223 Maumee-Western Rd., Maumee, Ohio 43537
- 419-865-0251 | <https://www.sunshine.org/>

- **TARPS**

Enables everyone in our community to have access to transportation regardless of their age, race, physical ability or economic background.

- 1127 W. Central Ave, Toledo, Ohio 43610
- 419-382-9901 | [www.tarta.com](http://www.tarta.com)

Hours: Monday – Friday

9:00 AM – 5:00 PM

- **The Ability Center of Greater Toledo**

Designed to create opportunities for individuals with disabilities to gain independence and engage with their communities.

- 5605 Monroe Street, Sylvania, OH 43560
- 419-885-5733 | <https://www.abilitycenter.org/>

Hours: Monday – Thursday  
Friday

8:30 AM – 5:00 PM

8:30 AM – 3:00 PM



- **The Fair Housing Center**

**Efforts ensure everyone is familiar with fair housing rights, including knowledge about disability-based discrimination.**

- 326 N. Erie Street, Toledo, OH 43604
- 419-243-6163 | [www.toledofhc.org](http://www.toledofhc.org)

Hours: Monday – Friday

9:00 AM – 5:00 PM



## DOMESTIC VIOLENCE EMERGENCY

- **YWCA Battered Women’s Shelter**

Single women, women with children: Our knowledgeable and trauma informed staff will be there to support you from your first contact with us until you reach your independent living goals.

- 1-888-341-7386 (24/7 crisis hotline)
- 419-241-3235
- 1018 Jefferson Avenue Toledo, OH 43604 | <https://www.ywcanwo.org/>  
Hours: Monday – Sunday

Open 24 Hours



## DOMESTIC VIOLENCE/SEXUAL ASSAULT

- **Ottawa Hills Police Department**
- 419-531-4211
- **Sylvania Police Department**
- 419-885-8900
- **Toledo Police Department**
- 419-245-1132
- **Waterville Police Department**
- 419-878-6666
- **Whitehouse Police Department**
- 419-877-5383

- **24-Hour Crisis Response**



- 844-644-6435

- **Emergency Shelter (United Way)**

- Call 211

- **National Domestic Violence Hotline**

- 855-897-5910

 Safe place for LGBTQ+ communities.
   
 Deaf and hard of hearing services.

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- **24 Hour Crisis Response Team**

Immediate crisis intervention services to victims of domestic violence 24 hours a day, advocates are called by first line responders and are available to come to the scene, hospital, or police station to assist victims as well as: Provide short term crisis intervention, Provide follow-up referrals to other service agencies, and MORE).

- Toledo Police Department Northwest Station, 2330 West Sylvania Ave. Toledo, OH 43613
- 419-245-3324 |



- <https://www.co.lucas.oh.us/3156/24-Hour-Crisis-Response-Team>

- **Beach House Family Shelter**

Provides refuge to those who have nowhere else to go. They offer clean beds, meals, showers, washers and dryers, and personal hygiene items.

- 2283 Ashland Ave. Toledo, OH 43620
- (419) 244-2175 | <https://www.lfhtoledo.org/beach-house-ashland>  
Hours: Monday – Sunday Open 24 hours



- **Bethany House**

Prevention of homelessness, emergency shelter, housing programs, comprehensive case management, post shelter support, and permanent affordable rental housing.

- 419.727.4948 | ([call for locations](#)) | <https://bethanyhousetoledo.org/>  
Hours: Monday – Sunday 8:30 AM – 12:00 AM



- **Cherry Street Mission Ministries**

Serving people in need by cooking them meals, offering housing, and pointing them to the hope found in Jesus Christ.

- 1501 Monroe St. Toledo OH 43604
- 419.214.3007 | <https://cherrystreetmission.org/>



- **Children's Advocacy Center/Children Who Witness Violence Project**

Provide a safe, comfortable, child-friendly center/ provide supportive services to child victims and their families as a way to help reduce the trauma and maximize families' ability to help the child victim, all services are FREE.

- 2460 Cherry Street Toledo, Ohio 43608
- 419.292.2927 | <https://www.fcipc.org/childrens-advocacy-center.html>



- **Family House**

Provide shelter, food and basic needs to homeless families, and to lead residents to the appropriate resources for their situation.

- 669 Indiana Ave. Toledo, OH 43604
- (419) 242-5505 | <https://www.familyhousetoledo.org/>  
Hours: Monday – Sunday Open 24 hours



- **Family and Child Abuse Prevention Center**

Provides support, education, and services to victims of family violence/ Services include crisis counseling, advocacy, community education, community resource linkage, education lending library.

- 2460 Cherry St, Toledo
- 419-244-3053 | <https://www.fcipc.org/>





- **La Posada Family Emergency Shelter**

Offers temporary housing and supportive services to homeless families of all faiths and backgrounds in the Toledo area. Direct services through La Posada include shelter, food, clothing, personal hygiene products and case management.

- 435 Eastern Ave, Toledo, OH – 43609
- 419-244-5931 | <https://catholiccharitiesnwo.org/what-we-do/sheltering-the-homeless/la-posada-family-emergency-shelter.html>



- **Lucas Co. Children Services**

Help children who cannot stay with their birth family to connect with other caring families.

- 705 Adams Street, Toledo, OH 43604
- (419) 213-3200 | <https://www.co.lucas.oh.us/131/Lucas-County-Children-Services>



Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Safety Net**

Temporary shelter and supportive service for homeless teens between the ages of 12 to 17.

- 2005 Ashland Ave, Toledo, Ohio
- call or text Safety Net 24 hours a day at: 419-206-0926 | <https://www.zepfcenter.org/safety-net/>



Hours: Monday – Friday

12:00 PM – 5:00 PM

- **Toledo Gospel Rescue Mission**

Help in referring to shelters, including men's shelters.

- 117 W Woodruff Ave, Toledo, OH 43604
- 419-241-6579 | <https://tgrm.org/>

Hours: Monday – Friday

10:00 AM – 2:00 PM

- **Victim/Witness Assistance**

Inform victims of their rights, notify victims of court dates/continuances, accompany victims to court proceedings, and MORE.

- Lucas County Courthouse, 3rd Floor, 700 Adams Street., Toledo, OH 43604,
- 419-213-4591 |
- <https://co.lucas.oh.us/3150/VictimWitness-Assistance>

Hours: Monday – Friday

8:30 AM – 4:30 PM







- **YWCA Battered Women’s Shelter**

**Single women, women with children: Our knowledgeable and trauma informed staff will be there to support you from your first contact with us until you reach your independent living goals.**

- 1-888-341-7386 (24/7 crisis hotline)
- 419-241-3235
- 1018 Jefferson Avenue Toledo, OH 43604 | <https://www.ywcanwo.org/>  
Hours: Monday – Sunday                      Open 24 Hours



- **YWCA HOPE Center Sexual Assault Hotline & Support Group**

- 1018 Jefferson Avenue Toledo, OH 43604
- 866 - 557-7273 | [admin@ywcanwo.org](mailto:admin@ywcanwo.org) |
- <https://www.ywcanwo.org/what-were-doing/sexual-assault-services/>  
Hours: Monday – Sunday                      Open 24 hours





## FOOD

- **Anthony Wayne Community Food Ministry**

**Help low-income families with food.**

- Check Eligibility here: <https://www.awcfm.com/eligibility>)
- PO Box 2842, Whitehouse, OH 43571
- 844-643-6637 [info@awcfm.com](mailto:info@awcfm.com)

- **Church Women United**

**A thrift shop that provides used clothing and food from donations.**

- 631 S. CRISSEY RD. HOLLAND, OH 43528,
- 419-865-2300
- Hours: Monday – Friday 9:30 AM – 4:30 PM
- Saturday 9:30 AM – 3:00 PM

- **Connecting Kids to Meals**

**Provide hot, nutritious meals at no cost to children in low-income and underserved areas throughout the entire year.**

- 1501 Monroe St. Toledo, OH 43604
- 419-720-1106 | <https://connectingkidstomeals.org/>

- **Food for Thought**

**Provide supplemental nutrition assistance, emergency food box delivery, and a weekend lunch distribution and outreach targeting people experiencing homelessness.**

- for locations:  
<https://docs.google.com/document/d/1KsRwwpU532R4Ssj6Uzlm3tfH6o3QVBp2EviWXI52gQA/edit>
- <https://feedtoledo.org/>  
Hours: Monday – Thursday 10:00 AM – 2:00 PM

- **Food for Thought Toledo - Augsburg Lutheran Church**

**The second Friday of every month from 10:00 am to 12:00 pm, Food for Thought provides a mobile drive through food pantry/ bring an ID if possible.**

- 1342 W. Sylvania Ave. Toledo, OH 43612
- (419) 478-2374 | [admin@augsburgt Toledo.org](mailto:admin@augsburgt Toledo.org) | <https://feedtoledo.org/>

- **Helping Hands of St. Louis**

**Breakfast: Monday/ Wednesday/ Friday: 8am- 10am ||**

**Lunch: Monday to Friday: 11am – 12:30pm**

- 443 6th St, Toledo, OH 43605



- 419-691-0613 | <https://catholiccharitiesnwo.org/what-we-do/feeding-the-hungry/helping-hands-of-st-louis.html>

Hours: Monday – Friday

8:00 AM – 4:30 PM

- **Jewish Family Service of Toledo**

Services are available to all Lucas County residents in need, by appointment only/ Recipients are given items to make complete and healthy meals, based on individual preferences and special dietary requirements. Personal care, hygiene products, cleaning supplies are also available.

- 6465 Sylvania Avenue, Sylvania, OH 43560
- 419-885-4461 | [info@jewishtoledo.org](mailto:info@jewishtoledo.org) | <https://www.jewishtoledo.org/jfs>

- **Martin Luther King Kitchen for the Poor**

Provide for the homeless and those with low incomes.

- 650 Vance St. Toledo, OH 43604
- 419.241.2596, [mlk.kitchen@bex.net](mailto:mlk.kitchen@bex.net) | <http://www.kitchenforthe poor.org/our-work/>

Hours: Monday – Friday

8:00 AM – 2:00 PM

- **Redeemer Lutheran Church (central)**

Call for appointment to receive food.

- 1702 Upton Avenue, Toledo, Ohio 43607
- (419) 536-3781

- **Southside LIFE Station**

Offers emergency 3-day food supply, as well as clothing and various emergency household items.

- 402 SOUTH AVE. TOLEDO, OH 43609
- (419) 242-3340 | [southsidelifestation@gmail.com](mailto:southsidelifestation@gmail.com)

Hours: Monday – Tuesday

10:00 AM – 3:00 PM

Wednesday – Thursday

12:30 PM – 3:00 PM

- **Sylvania Area Family Services**

Food distribution (call for hours).

- 5440 Marshall Road, Sylvania, OH 43560
- (419) 882-8415 | <https://sa-fs.org/>

Hours: Monday – Friday

9:00 AM – 4:00 PM



- **Toledo Northwestern Ohio Food Bank**

- 24 East Woodruff Avenue, Toledo, OH 43604
- 419-242-5000 | <https://www.toledofoodbank.org/>

Hours: Monday – Friday

8:00 AM – 2:00 PM

- **Truth Ministries/ Mobile Food Ministries**

**Offer food to those on the streets in downtown Toledo.**

- 1-877-878-8420 | <https://truthministriesglobal.org/>

- **United Way 2-1-1**

- 1001 Madison Ave., Suite 100, Toledo 43604
- 419-248-2424 | <https://www.unitedwaytoledo.org/>

Hours: Monday – Thursday  
Friday

8:30 AM – 5:00 PM

8:30 AM – 2:00 PM

- **For more resources**

(See Toledo Ohio food pantries):

[https://www.needhelppayingbills.com/html/food\\_pantries\\_toledo.html](https://www.needhelppayingbills.com/html/food_pantries_toledo.html)



## FURNITURE

- **Epworth Furniture Ministry**

Provide good used furniture and basic household items to families in our community who are in need.

- 4855 W. Central Avenue Toledo, OH, 43615
- 419-531-4236 | <https://www.epworth.com/serve/in-our-community/pages/epworth-furniture-ministry>

Hours: Monday – Thursday  
Friday

9:00 AM – 5:00 PM  
9:00 AM – 4:00 PM

- **Habitat for Humanity ReStore**

Sells new and gently used furniture, appliances, and home accessories to the public at 25%-80% off original retail prices.

- 1310 Conant Street, Maumee, OH 43537
- 419-382-1658 | <https://www.mvhabitat.org/>

Hours: Tuesday – Saturdays

10:00 AM – 5:00 PM



## HOUSING (RENT/MORTGAGE/FINANCIAL ASSISTANCE)

- **Aurora Project, Inc.**

**Provide three phases of housing: transitional housing, permanent supportive housing, and permanent housing.**

- 1035 N. Superior, Toledo, OH 43604
- 419.244.3200 | [info@auroraprojectinc.org](mailto:info@auroraprojectinc.org) | <https://auroraprojectinc.org/>  
Hours: Monday – Sunday Open 24 hours



- **Beach House Toledo & FOCUS**

**Supporting Independence through Housing and Economic Stabilization Services.**

- 915 North Erie St., Toledo, OH 43620
- (419) 244-2175 | <http://www.beachhousetoledo.org/>  
Hours: Monday – Sunday Open 24 hours

- **Catholic Charities**

**Provide emergency shelters & long-term assistance to vulnerable populations.**

- 1933 Spielbusch Ave, Toledo
- 419-214-4869 | <https://catholiccharitiesnwo.org/>  
Hours: Monday – Friday 8:30 AM – 5:30 PM

- **Family House**

**Provide shelter, food and basic needs to homeless families, and to lead residents to the appropriate resources for their situation/ Emergency Shelter.**

- 669 Indiana Ave. Toledo, OH 43604-8005
- (419) 242-5505 | [info@familyhousetoledo.org](mailto:info@familyhousetoledo.org) | <https://www.familyhousetoledo.org/>  
Hours: Monday – Sunday Open 24 hours



- **Leading Families Home**

**Permanent housing for mental/physical disabilities, substance abuse rehabilitation; transitional housing for homeless.**

- 2283 Ashland Ave, Toledo
- 419-244-2175 | <http://www.lfhtoledo.org/>  
Hours: Monday – Thursday 9:00 AM – 4:00 PM  
Friday 9:00 AM – 12:00 PM

- **Lucas County Metropolitan Housing Authority**

**Provide affordable housing to adults, seniors, and children.**

- 435 Nebraska Ave
- 419-259-9400 | <https://www.lucasmha.org/>



- **My Ohio Home**

**Help with managing down payment assistance.**

- 57 E. Main St. Columbus, OH 43215
- 614.466.7970 | <https://myohiohome.org/>

Hours: Monday – Friday

8:30 AM – 4:30 PM

- **Neighborhood Housing Services of Toledo**

**Provide affordable housing development & help with property and Mortgage management.**

- 704 Second St. P.O. Box 8125, Toledo, OH 43605
- 419-691-2900 | <https://www.nwtoledo.org/>

- **Neighborhood Properties**

**Provide stable supportive housing, support mental health and addiction recover, and MORE.**

- 2753 W. Central Ave, Toledo, 43606
- 419-473-2604 | <https://www.neighborhoodproperties.org/about-npi/>

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Northwest Ohio Development Agency**

**Prepare individuals and families for the financial responsibility of homeownership through counseling, foreclosure intervention, and education; down payment & mortgage assistance.**

- 432 N. Superior Street, Toledo, Ohio 43604
- 419-243-3734 | [www.nodatoledo.org](http://www.nodatoledo.org)

- **Sylvania Area Family Services**

**Sylvania residents only and must have eviction notice.**

- 5440 Marshall Rd, Sylvania
- 419-882-8415

Hours: Monday – Friday

9:00 AM – 4:00 PM

- **The Fair Housing Center**

**Investigate allegations of housing discrimination/ Advocate for anti-discriminatory housing policies.**

- 326 N. Erie St., Toledo, OH 43604
- 419-243-6163 | [www.toledofhc.org](http://www.toledofhc.org)

Hours: Monday – Friday

9:00 AM – 5:00 PM



- **Veterans' Service Commission**

**Emergency financial assistance for veterans and spouses.**

- 2595 Arlington Ave. 2<sup>nd</sup> Floor, Toledo, OH
- 419-213-6090 | <https://lucascountyvets.org/>

Hours: Monday – Friday

8:30 AM – 4:00 PM

- **YWCA**

**Offering safe and secure emergency shelter, transitional housing, and long-term housing to victims and survivors of gender-based violence.**

- 1018 Jefferson Ave, Toledo
- 419-241-7386 or 1-888-341-7386 (24/7 crisis hotline)

Hours: Monday – Sunday

Open 24 hours







## IMMIGRANT/NEWCOMER RESOURCES

\*\*resources provided by Welcome TLC initiatives

### **Consular and Visa Services for Foreign Nationals Residing in Ohio Available in the Cities of Chicago, IL and Detroit, MI: Consulate General In Chicago:**

- **Argentina**
  - 205 Michigan Ave # 4209, Chicago, IL 60601
  - 312-819-2610
  - <https://cchic.cancilleria.gob.ar/en>
- **Brazil**
  - 401 N Michigan Ave Suite 825, Chicago, IL 60611
  - 312-464-0244
  - <https://www.gov.br/mre/pt-br/consulado-chicago>
- **China**
  - 100 West Erie Street, CHicago, IL 60610, USA
  - 312-803-0095
  - <http://chicago.china-consulate.gov.cn/eng/>
- **Germany**
  - 676 N. Michigan Ave, Suite 3200, Chicago, IL 60611
  - 312-202-0480
  - <https://www.germany.info/us-en/embassy-consulates/generalkonsulat3>
- **Honduras**
  - 812 W Van Buren St. 101, Chicago, IL, U.S.
  - 470-751-9077
  - <https://citaconsular.sreci.gob.hn/citaconsular/pages/layout/CitaConsular.p>  
[hhttps://www.consulado.pe/es/Chicago/Paginas/Inicio.aspx](https://www.consulado.pe/es/Chicago/Paginas/Inicio.aspx)
- **India**
  - NBC Tower, 455 N City Front Plaza Dr. Suite 850, Chicago, IL 60611
  - 312-595-0405
  - <https://www.cgichicago.gov.in/>
- **Philippines**
  - 122 S Michigan Ave # 1600, Chicago, IL 60603
  - 312-583-0621
  - <http://www.chicagopcq.com/>
- **Peru**
  - 180 North Michigan Ave., Suite 401, Chicago, IL 60601
  - 871-239-6049
  - <https://www.consulado.pe/es/Chicago/Paginas/Inicio.aspx>



## Consulate General In Detroit:

- **Canada**
  - 600 Renaissance Center, Suite 1100, Detroit, Michigan, U.S.
  - 313-567-2340
  - <https://www.international.gc.ca/country-pays/us-eu/detroit.aspx?lang=eng>
- **Iraq**
  - 16445 W. 12 Mile Road, Southfield, Michigan, U.S.
  - 248-423-1250
  - <https://www.iraqiembassy.us/page/consulate-general-detroit>
- **Italy**
  - 400 Renaissance Center Suite 950, Detroit, Michigan, U.S.
  - 313-963-8560
  - <https://consdetroit.esteri.it/en/>
- **Japan**
  - 400 Renaissance Dr. W Suite 1600, Detroit, Michigan, U.S.
  - 313-567-0120
  - [https://www.detroit.us.emb-japan.go.jp/itprtop\\_en/index.html](https://www.detroit.us.emb-japan.go.jp/itprtop_en/index.html)
- **Lebanon**
  - Southfield Town Center, 1000 Town Center #2450, Southfield, Michigan, U.S.
  - 313-763-9963
  - <https://www.lebanonconsulategdetroit.org/>
- **Mexico**
  - Crown Office Village, 1403 E 12 Mile Road, Madison Heights, Michigan, U.S.
  - 248-336-0320
  - <https://consulmex.sre.gob.mx/detroit/index.php/home/11-inicio/1-inicio>
- **Poland**
  - 150 West Jefferson Avenue, Suite 2500, Detroit, Michigan, U.S.
  - 313-496-7600
  - <https://www.plindetroit.pl/>
  -
- **Penta Aspire ESL at Sylvania Schools**  
**Helps one prepare for the U.S. Citizenship Test and acquire skills for employment readiness**
  - 4747 N. Holland Sylvania Rd., Sylvania, OH
  - 419-824-8539 | [www.sylvania.k12.oh.us/AdultServices.aspx](http://www.sylvania.k12.oh.us/AdultServices.aspx)
  - Call for class times



- **Read for Literacy**  
**Volunteers help students prepare for the U.S. citizenship test for Lucas, Wood, Defiance, Henry and Fulton Counties**
  - 325 N. Michigan St., Toledo, OH
  - 419-242-7323 | [www.readforliteracy.org](http://www.readforliteracy.org)
- **Toledo Lucas County Public Library**  
**Provides Mock citizenship interviews to assist aspiring citizens in their journey toward obtaining citizenship by providing them with comprehensive and realistic interview preparation. The interviews cover various aspects, including civics and history questions, language proficiency, and interview etiquette.**
  - Available at 6 locations
  - 419-214-6132 | <https://form.jotform.com/230865537000147>
  - Available by appointment
- **English Corner**  
**An informal weekly time of tutoring for international students who would like to improve their English skills. It is open to any international person who wants to attend , depending on class space available. The topics are unique to each other and are designed to encourage conversation. In person classes are held at either The University of Toledo (Snyder Memorial Hall) or Owens Community College (Heritage Hall)**
  - 419-705-5056 | [https://www.utoledo.edu/cisp/international/IEP/GO\\_UT/English\\_Corner/ec.html](https://www.utoledo.edu/cisp/international/IEP/GO_UT/English_Corner/ec.html)
- **Owens Aspire College and Career Readiness Center**  
**In-person or remote classes to help people improve their English language skills for work or higher education. The advanced ESOL class is created for high-level learners who want to take college classes or start a career but need practice in language and career skills.**
  - Owens Community College, 30335 Oregon Road, Perrysburg, OH 43551
  - 567-661-2227 | <https://www.owens.edu/ccr/esol-classes/>
- **Penta Aspire ESL at Sylvania Schools**  
**Adult English as a second language tutoring**
  - 4747 N. Holland Sylvania Rd., Sylvania, OH 43560
  - 419-824-8539 | <https://www.sylvania.k12.oh.us/AdultServices.aspx>



- **Read for Literacy**  
**One-on-One Tutoring**
  - 325 N. Michigan St. Toledo, OH 43604
  - 419-242-7323 | <https://www.readforliteracy.org/>
- **Toledo Lucas County Public Library**  
**Free, online, self-paced language learning with a library card**
  - 325 N. Michigan St., Toledo, OH43604
  - 419-259-5200 | <https://www.toledolibrary.org/research>
  - The link to register for a library card: <https://www.toledolibrary.org/card>
- **Toledo Lucas County Public Library**  
**Multilingual Social Nights at the Library Language Café**
  - 325 N. Michigan St., Toledo, OH43604
  - 419-259-5200 | <https://www.toledolibrary.org/>
- **University of Toledo's American Language Institution (ALI)**  
**Online and In-Person Intensive English Training**
  - Mail Stop #122 Toledo, OH 43606
  - 419-530-4702 | <https://www.utoledo.edu/cisp/ali/>
- **US Together Toledo**  
**In-Person English as a Second Language Classes**
  - 3450 W. Central Ave., Suite 118, Toledo, OH 43606
  - 419-469-2529 | <https://www.ustogether.us/toledo-office>
- **Water for Ishmael**  
**Three In-Person Schools:**  
**American School for Women - Six Levels of English Instruction, Taught by Women for Women.**  
**American School for Children - Licensed Early Education School specializing in preparing immigrant children for success in kindergarten and beyond.**  
**American School Evening - Four Levels of English Instruction for Men and Women.**
  - 20 Arco Dr., Toledo, OH 43607
  - 419-720-8089 | <https://theamericanschools.org/water-for-ishmael>



- **Conversation Partners**  
**In-Person Program that Serves Students Studying at the American Language Institute at the University of Toledo. It matches U.S. English speakers with American Language Institute students for One - on - One conversation practice to Improve Students' English Conversational Skills and Help Develop Cross-Cultural Understanding and Friendship.**
  - 419-478-8325 | [https://www.utoledo.edu/cisp/international/iep/GO\\_UT/Conversation\\_Partner/cp.html](https://www.utoledo.edu/cisp/international/iep/GO_UT/Conversation_Partner/cp.html)
- **CommunityCare Clinics**  
**Provides Free, Quality Healthcare to the Underserved**
  - CedarCreek Church 2150 S. Byrne Rd. Toledo, OH 43614
  - 419-482-8127 | <http://www.utcommunitycare.org/patients>
  - 
  - Hours: Thursdays 5:30 PM – 7:30 PM
- **CommunityCare Women's Clinic**  
**A free clinic offering Obstetric and Gynecological treatments and screenings, reproductive counseling, Family Planning Services, and Well-Woman Screenings, Including Pap Spears.**
  - CedarCreek Church 2150 S. Byrne Rd. Toledo, OH 43614
  - 419-318-2171 | <http://www.utcommunitycare.org/patients>
  - Appointments are encouraged, but walk-ins may be available also
  -
- **Halim Clinic**  
**Free Medical, Telemedicine, and Dental Visits.**
  - 6855 Spring Valley Drive Suite #160 East Entrance Holland, Ohio 43528
  - 567-318-4609 | <https://www.halimclinic.org/>
  - Hours: Wednesday 5:00 PM – 9:00 PM  
Saturday 9:00 AM – 1:00 PM
- **National Alliance on Mental Illness (NAMI) Greater Toledo**  
**Promotes the wellness and recovery of individuals, loved ones, and family members living with mental health challenges by eliminating stigma and encouraging understanding by providing dedicated support, education, and advocacy for families and individuals of the greater Toledo area.**
  - 4334 Secor Rd., Toledo, OH 43623
  - 419-243-1119 | <https://namitoledo.org/>
  - Hours vary by event



- **Neighborhood Health Association**  
Offers health programs for everyone, regardless of their ability to pay. These programs include primary care, medically assisted recovery, pediatric, dental, and doula services.
  - 313 Jefferson Ave., Toledo, OH 43604
  - 419-720-7883 | <https://nhainc.org/>
  - Hours depend on the type for which a patient is searching.
  
- **Owens Community College Dental Hygiene Clinic (Toledo-area Campus)**  
Dental Hygiene Clinic for community members to receive safe, quality dental services
  - 30335 Oregon Rd Perrysburg, OH - 43551
  - 567-661-7294 | [www.owens.edu/dental-hygiene](http://www.owens.edu/dental-hygiene)
  
- **Toledo/Lucas County CareNet**  
Supplemental Health Service (WIC, Medicaid), Health Navigation (English and Spanish). Provide free and unbiased assistance in-person, on the phone, or via a virtual meeting to residents of 21 northwest Ohio counties with education and enrolling in Medicaid and Marketplace health insurance.
  - 419-820-0161 | [www.toledocarenet.org](http://www.toledocarenet.org)
  
- **Toledo Lucas County Health Department**  
Health Services available. No one will be Turned Away based on the Ability to Pay.
  - 635 N. Erie St. Toledo, OH 43604
  - 419-213-4100 | [www.lucascountyhealth.com](http://www.lucascountyhealth.com)
  - 24/7 Emergency Line: 419-936-2020
  
- **Toledo Lucas County Health Department (Cribs for Kids)**  
Cribs for Kids® has been providing safe-sleep education with the intervention of a portable crib to families who cannot otherwise afford a safe place for their babies to sleep.
  - 635 N Erie St., Toledo, OH 43614
  - 419-280-7427 <https://lucascountyhealth.com/community-outreach/children-pregnancy/cribs-for-kids/>



- **Westgate Family Pharmacy**

Westgate Family Pharmacy is an independently family-owned pharmacy that is dedicated to serving the community and offer the best service we can to guarantee our customers satisfaction.

- 3147 W. Central Ave., Toledo, OH 43606
- 419-531-0000 | <https://westgatefamilypharmacy.com/>
- Hours: Monday – Friday 9:30 AM – 7:00 PM  
Saturday 10:00 AM – 3:00 PM

- **Women, Infants, and Children (WIC)**

Women, Infants, and Children (WIC) is the Special Supplemental Nutrition Program for Women, Infants, and Children.

- 635 N. Erie St. Toledo, OH 43604
- 419-213-4422 | <https://lucascountyhealth.com/wic/>
- 

- **YWCA NWO Child Care Resource & Referral**

The YWCA of Northwest Ohio assists with: finding childcare (call and ask for assistance finding childcare, we will ask a few questions and then call back with a list of childcare centers with availability), parenting resources, classes, free events for children to attend and engage (i.e., sensory friendly crafts/activities, Book Buddies and crafts/activities which go along with a take home book).

- 1018 Jefferson Avenue Toledo, OH 43604
- 419-255-5519 | <https://www.ywcanwo.org/>
- 

- **Advocating Opportunity**

AO provides comprehensive, holistic, trauma-responsive legal and social services to people who have experienced sex and labor trafficking. AO attorneys address legal issues related to human trafficking, while client advocates work with the client on removing other barriers such as access to stable housing, employment, and support engaging in the community.

- Two Maritime Plaza, First Floor Toledo, OH 43604
- 855-855-1945 | <https://www.advocatingopportunity.com/>

- **Advocates for Basic Legal Equality (ABLE)**

The Immigration Advocacy Project at Advocates for Basic Legal Equality, Inc. (ABLE) provides quality legal services and legal information to immigrants and refugees in the 32-county service area of Northwest and West Central Ohio. ABLE provides critical information to community partners who serve these same communities. ABLE's advocacy focuses on keeping families together, protecting victims of crime, and building a stronger community.

- 525 Jefferson Ave #300, Toledo, OH 43604
- 419-930-2555 | <https://www.immigration.ablelaw.org/>



- **Legal Aid of Western Ohio (LAWO)**

LAWO serves 32 northwest and west central Ohio counties. LAWO's Agricultural Worker Program serves all 88 counties. LAWO attorneys and paralegals provide free civil legal services to help clients find solutions to desperate circumstances.

- 877-894-4599 | <https://www.lawolaw.org/>
- 

- **Logistic Assistance for Migrant People (LAMP)**

Logistic Assistance for Migrant People (LAMP) is helping low/No income immigrant families who come in the country and seeking for immediate needs. LAMP is recognized /accredited by department of Justice Ohio (DOJ) and affiliated with Catholic legal immigration Network (CLINIC).

- 1120 Horace St., Toledo, OH 43606 USA
- 419-410-1290 | <https://www.lampohio.org/>

- **Social Services for the Arab Community (SSFAC)**

SSFAC serves low income, limited English speaking, Arab immigrant, and refugee families in the Greater Toledo Area to achieve self-sufficiency and become contributing members of the community.

- 3110 Tremainsville Rd., Toledo, OH 43613
- 419-902-7732 | [www.toledolovesyou.org](http://www.toledolovesyou.org)

- **University of Toledo College of Law Immigrant Justice Clinic**

Law students in the Immigrant Justice Clinic, under the supervision of a clinical faculty member and attorney, represent local community members with critical legal needs working through the U.S. immigration system.

- Law Center 1035, Mail Stop 507 2801 W. Bancroft St. Toledo, OH 43606
- 419-530-4236 | <https://www.utoledo.edu/law/academics/clinics/immigrant-justice-clinic.html>

- **United States Citizenship and Immigration Services (USCIS)**

USCIS field offices do not allow walk-ins. You must have an appointment to visit an office.

- Cleveland Field Office AJC Federal Building, 1240 East 9th Street, Room 501 Cleveland, OH 44199
- 800-375-5283 | <https://www.uscis.gov/>
- 

- **Immigration and Customs Enforcement Online Detainee Locator**

Services provided: Online location of persons who might be detained by Immigration and Customs Enforcement (ICE).

- <https://locator.ice.gov/odls/#/index>





## JOB SEARCH / JOB READINESS / RESUMES / GED

- **ABLE/Owens GED Class Information**

**Tuition-FREE services for individuals\* who need assistance acquiring the skills to be successful in life, post-secondary education and training, and employment.**

- 30335 Oregon Road, Perrysburg, OH 43551
- 567-661-6000 | <https://www.owens.edu/ccr/>  
Hours: 8 AM – 4:30 PM

- **Cardinal Staffing**

**Help with finding employment that matches your skills.**

- 1688 Woodlands Drive, Maumee, OH 43537
- 419-893-5400 | <https://www.cardinalstaffing.com/>  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Dress Right**

**FREE men's and women's job interview clothing/ church or social service referral needed.**

- 3613 Monroe St, Toledo
- 419-473-1167  
Hours: Monday – Thursday 11:00 AM – 8:00 PM  
Friday – Saturday 11:00 AM – 9:00 PM  
Sunday 11:00 AM – 6:00 PM

- **Economic Opportunity Planning Association (EOPA)**

**Provide a number of short terms, emergency financial assistance programs and self-sufficiency services for low-income families, seniors, people with disability, and families with children.**

- 505 Hamilton Ave, Toledo
- 419-242-7304 ext.1156  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Goodwill Industries of NW Ohio**

**Improve the lives of people with disabilities or other disadvantages through employment, training, and job placement opportunities.**

- 1120 Madison Ave. Toledo, OH 43604
- 419-255-0070 | <https://www.goodwillnwohio.com/>  
Hours: Monday – Saturday 10:00 AM – 8:00 PM  
Sunday 10:00 AM – 6:00 PM



- **Ohio Means Jobs**

**Find a job, learn career skills, meet the requirements of your government benefits, and more.**

- 1301 Monroe Street Toledo, OH 43604
- 419-213-5627 | <https://ohiomeansjobs.ohio.gov/wps/portal/gov/omj/home>

- **Opportunities for Ohioans with Disabilities – Toledo**

**State agency that helps people with disabilities to get and keep jobs.**

- 5241 Southwyck Blvd., Suite 200, Toledo, Oh 43614
- 419-866-5811 | [michael.roelfsema@ood.ohio.gov](mailto:michael.roelfsema@ood.ohio.gov) | <https://ood.ohio.gov/wps/portal/gov/ood/home>

Hours: Monday – Friday

8:30 AM – 4:30 PM

- **Pathway**

**Employment Readiness Training: A 2-week program that provides job training and placement services to unemployed Lucas County residents.**

- 505 Hamilton Street, Toledo, Ohio 43604-8520
- [4192427304](tel:4192427304) | <https://pathwaytoledo.org/>

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **The Source**

**Provide comprehensive job search services.**

- 1301 Monroe Street Toledo,
- 419-213-5627 | <http://www.thesourcenwo.com/job-seekers.aspx>

Hours: Monday – Friday

9:30 AM – 5:00 PM

- **Toledo-Lucas County Public Libraries**

**Help you improve your computer and technology skills, search and apply for jobs online, write or update your resume, and more.**

- 325 Michigan Street, Toledo, Ohio 43604
- 419.259.5200 | <https://www.toledolibrary.org/>

Hours: Monday – Friday

9:00 AM – 8:30 PM

Saturday – Sunday

9:00 AM – 5:30 PM



## JOBS - TEMP AGENCIES

- **Addeco**

**Help in looking for Toledo jobs—temp jobs, contract jobs, temp-to-hire, or permanent jobs.**

- 3450 W Central Ave, Ste 101, Toledo, Ohio, 43606
- 419-531-9675 | [www.adeccousa.com](http://www.adeccousa.com)  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Express Employment**

**Help job seekers find work with a wide variety of local businesses.**

- 5350 Airport Highway, Suite 104, Toledo, Ohio 43615
- (419) 382-6838 | <https://www.expresspros.com/Toledo/Default.aspx>  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Job1USA**

**Help you match with a local employer and the right opportunity for you.**

- 701 Jefferson Avenue, Suite 201, Toledo, OH 43604
- (844) 358-0770 | <https://job1usa.com/>  
Hours: Monday – Friday 9:00 AM – 4:00 PM

- **Manpower**

- 6642 Centers Dr., Holland, OH
- 419-893-4413 | <https://www.manpowernwohio.com/>  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Kelly Services**

**Help in searching for jobs and staff.**

- 4204 W Sylvania Ave #102 Toledo, OH 43623
- 419-292-0555 | <https://www.kellyservices.com/>



## LEGAL ASSISTANCE

- **Legal Aid of Western Ohio, Inc. (LAWO) and Advocates for Basic Legal Equality, Inc. (ABLE)**

Non-profit regional law firms that provide high quality legal assistance in civil matters to help eligible low-income individuals and groups in western and northern Ohio achieve self-reliance, and equal justice and economic opportunity.

- <http://www.lawolaw.org/>
- **LAWO Toledo:** 525 Jefferson Ave, Toledo | 419-255-0814 | 877-894-4599
- **ABLE Toledo:** 525 Jefferson Ave., Ste. 300 Toledo, OH 43604-1373  
Hours: Monday – Friday 8:00 AM – 4:30 PM

- **Ohio Consumers' Counsel**

The statewide legal representative for Ohio's residential consumers in matters related to their investor-owned electric, natural gas, telephone, and water services.

- 1-877-PICKOCC (1-877-742-5622)  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **The Fair Housing Center**

Investigate allegations of housing discrimination/ Advocate for anti-discriminatory housing policies.

- 432 N. Superior, Toledo, OH 43604
- 419-243-6163 | [www.toledofhc.org](http://www.toledofhc.org)  
Hours: Monday – Friday 9:00 AM – 5:00 PM

- **Toledo Bar Association**

Advice/pro bono representation in civil matters, income limits apply.

- 419-418-5323  
Hours: Monday – Friday 8:30 AM – 4:30 PM

- **University of Toledo College of Law Legal Clinic**

Starting from the first week of August/ assistance in civil cases, income limits apply, open Sept-May.

- 419-530-4236  
Hours: Monday – Friday 8:30 AM – 4:30 PM



## MEALS

**Note: (Call ahead to verify current mealtimes)**

- **Cherry Street Mission**

**Cook meals and offer housing.**

- 1501 Monroe St. Toledo OH 43604
- 419.214.3007 | <https://cherrystreetmission.org/about/>  
Hours: Monday – Sunday 6:30 AM – 6:30 PM

- **Good Samaritan Outreach Center (Cherry Street Mission)**

**Provide nutritious meals, hot shower, personal hygiene products, and clean clothing and shoes.**

- Po Box 9248 Toledo, OH 43697
- (419)-244-0908 | [https://www.outreachcenters.net/details/good\\_samaritan\\_outreach\\_center\\_43697](https://www.outreachcenters.net/details/good_samaritan_outreach_center_43697)  
Hours: Monday – Sunday 6:30 AM – 6:30 PM

- **Helping Hands of St. Louis Church**

**Serves low-income and homeless families and individuals with meals and food Pantry.**

- 443 Sixth Street, Toledo
- 419-691-0613 | [helpinghands@bex.net](mailto:helpinghands@bex.net) | <https://catholiccharitiesnwo.org/what-we-do/feeding-the-hungry/helping-hands-of-st-louis.html>  
Hours: Monday, Wednesday, Friday 8:00 AM – 1:00 PM  
Tuesday, Thursday 9:30 AM – 11:30 PM

- **Martin Luther King Kitchen for the Poor**

**Feed the homeless and those with low incomes.**

- 650 Vance St, Toledo
- 419-241-2596 | [mlk.kitchen@bex.net](mailto:mlk.kitchen@bex.net)  
Hours: Monday – Friday 12:00 PM – 1:00 PM

- **St. Paul's Community Center**

**Provide shelter and food and promote self-sufficiency.**

- 230 13th Street, Toledo
- 419-255-5520 | <https://stpaulscommunitycenter.org/>  
Hours: Monday – Sunday Open 24 Hours



- **Toledo Gospel Rescue Mission (TGRM Outreach Center):**

**Community-wide free meals are held on Saturdays at 6:00pm except the second Saturday.**

- 670 Phillips Ave. Toledo
- 419-478-1005 | <https://tgrm.org/>  
Hours: Monday – Friday 10:00 AM – 2:00 PM

- **Toledo Gospel Rescue Mission, (Men’s Shelter):**

**Provide a nutritious balanced meal for homeless men in the shelter.**

- 1917 Jefferson Avenue Toledo, Ohio 43604
- 419-242-6642 | <https://tgrm.org/>  
Hours: Monday – Sunday Open 24 hours



## MEDICAL

- **AIDS Resource Center**

Not-for-profit provider of a comprehensive, coordinated and cutting-edge response to HIV/AIDS, from prevention to diagnosis and treatment.

- 3450 W. Central Ave, Suite 210, Toledo
- 419-241-9444

Hours: Monday – Friday

9:00 AM – 5:00 PM

- **CareNet**

Providing access to coordinated healthcare services for low-income Lucas County residents.

- 3231 Central Park West, Suite 200, Toledo
- 419-842-0800 | <http://www.toledocarenet.org/>

Hours: Monday – Friday

8:00 AM – 4:30 PM

- **Huron Street Women's Center**

Free services or services at a reduced cost: checkups, treatment, pregnancy care (where applicable), immunizations and childcare (where applicable), prescription medicine and mental and substance abuse where applicable.

- 923 N. Huron, Toledo
- 419-242-6028 |

[https://www.freeclinics.com/det/oh\\_Huron\\_Street\\_Womens\\_Center](https://www.freeclinics.com/det/oh_Huron_Street_Womens_Center)

Hours: Monday – Friday

8:00 AM – 4:30 PM

- **NHA Pediatrics**

Services offered at NHA Pediatrics include: Pediatric Care newborn to age 19, Free pregnancy tests, HIV testing for age 13 and older, Free blood sugar checks, and Free blood pressure checks.

- 720 South Avenue, Toledo OH, 43609
- [419.255.7883](http://419.255.7883) | <http://nhainc.org/NHA-pediatric-clinic/>

Hours: Monday – Friday

8:00 AM – 5:30 PM

- **Neighborhood Health Association**

Ensures access to quality medical care for anyone in need.

- 313 Jefferson Ave. Toledo, Ohio 43604
- 419.720.7883 | <https://nhainc.org/>

Hours: Monday – Friday

8:00 AM – 5:00 PM



- **Neighborhood Health Association – Mildred Bayer Clinic**

Services offered at Mildred Bayer Clinic for the Homeless: Primary care, Dental, HIV testing and counseling, Flu shots, Blood sugar checks, Blood pressure checks, Pregnancy tests, and more.

- 2101 Jefferson Avenue, Toledo, OH 43604
- (419) 241-1554 | <https://nhainc.org/>  
Hours: Monday – Friday 8:00 AM – 5:30 PM

- **Planned Parenthood**

Provide health care to people with or without insurance.

- 1301 Jefferson Ave, Toledo
- 419-255-1115 | <https://www.plannedparenthood.org/>  
Hours: Monday 11:00 AM – 6:00 PM  
Tuesday – Wednesday 9:00 AM – 4:00 PM  
Thursday 10:00 AM – 4:00 PM  
Friday 8:00 AM – 3:00 PM  
Saturday 9:00 AM – 2:00 PM

- **River East Community Health Center**

- 117 Main Street, Toledo,
- 419-691-1322  
Hours: Monday – Friday 8:00 AM – 4:30 PM

- **South Side Community Health Center**

- 732 South Street, Toledo
- 419-241-6106  
Hours: Monday – Friday 9:00 AM – 5:00 PM

- **Toledo Lucas County Health Department**

- 635 North Erie Street, Toledo
- 419-213-4100  
Hours: Monday – Friday 8:00 AM – 4:00 PM

- **Western Lucas County Clinic**

- 330 Oak Terrace Boulevard, Holland
- 419-213-6255  
Hours: Monday – Friday 8:00 AM – 4:45 PM





- **Halim Clinic**

**Free dental and medical services. Call in advance to schedule an appointment.**

- 6855 Spring Valley Dr, Holland, OH 43528

- [\(567\) 318-4609](tel:(567)318-4609)

Hours: Saturday

9:00 AM – 1:00 PM

Wednesday

5:00 PM – 9:00 PM

- **That Neighborhood Free Health Clinic**

**Free medical services.**

- 306 Bush St, Toledo, OH 4360 | <https://tnfhc.org/>

- [\(419\) 214-3002](tel:(419)214-3002)

Hours: Monday, Tuesday, Thursday

5:30 PM – 8:00 PM



## MENTAL HEALTH

- **Empowered for Excellence**

Case management, day treatment, intensive outpatient groups, individual therapy, psychiatric services, and sober living.

- 3170 W Central Ave Toledo, OH 43606 US
- [567-316-7253](tel:567-316-7253) | <https://efebhoh.org/>

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Harbor**

Provides a full range of mental health, telehealth, and substance use disorder treatment services/ adults & children.

Locations: <https://harbor.org/>

- 3909 Woodley Road, Toledo, Ohio 43606 (<tel:419.725.3330>)
- 7140 Port Sylvania Drive, Toledo, Ohio 43617 (<tel:567.408.7242>)
- 123 North 22nd Street, Toledo, Ohio 43604 (<tel:419.241.6191>)

Hours: Monday – Tuesday

8:00 AM – 7:00 PM

Wednesday – Thursday

8:00 AM – 6:00 PM

Friday

8:00 AM – 3:00 PM

- **Lutheran Social Services**

Therapists can provide help for: Loss of loved ones, Stress in a marriage, older persons needing care, People facing divorce, PTSD, Sexual and physical abuse issues, Trauma Recovery, and MORE!

Location: <https://www.lssnwo.org/index.php/services/behavioral-health-and-counseling>

- 2149 Collingwood Blvd, Toledo, 419-243-9178
- 3941 N McCord Rd Toledo OH 43617

Hours: Monday – Friday

9:00 AM – 5:00 PM

- **Mental Health and Recovery Services Board**

Planning/monitoring of addiction and mental health services.

- 701 Adams Street, Suite 800, Toledo, Ohio 43604
- 419-213-4600 | <https://www.lcmhrsb.oh.gov/>

- **NAOMI New Attitude on My Image**

Provide inpatient services, help with addictions and mild mental illness.

- 2321 Warren St, Toledo, OH 43620
- 419-244-4824 | <https://naomith.org/>

Hours: Monday – Friday

9:00 AM – 5:00 PM



- **National Alliance for Mental Illness (NAMI)**

- 2753 W. Central Ave, Toledo
- 419-243-1119

Hours: Monday – Friday

9:00 AM – 5:00 PM

- **Neighborhood Properties**

**Housing and mental care for the guests, read the requirements here:**

<https://www.neighborhoodproperties.org/wellness-and-recovery-center/>

- 2753 W. Central Ave, Toledo
- 419-473-2604

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Rescue**

**Diagnose & treat addiction/associated mental illness (adolescents/adults).**

- 3350 Collingwood Blvd. Toledo, Ohio 43610
- 419-255-3125 | <https://www.rescuemhs.com/>

Hours: Monday – Sunday

Open 24 hours

- **The Cullen Center**

**Offers outpatient pediatric behavioral health assessments, counseling, and group support (no psychiatric services).**

- 2150 W. Central Ave. Level 2, Toledo, Ohio 43606
- 419-291-7919 | <https://www.promedica.org/location/the-cullen-center>

Hours: Monday – Friday

9:00 AM – 6:00 PM

- **Thomas M. Wernert Center**

**Offer and peer-driven programs that address recovery through education, advocacy, and peer support.**

- 208 W. Woodruff, Ave, Toledo
- 419-242-3000 | <https://wernertcenter.org/>

Hours: Monday – Friday

9:00 AM – 4:00 PM

- **Unison Behavioral Health**

**Unison Health serves everyone from very young children to adults, offering care customized to each client's specific mental health needs, including crisis intervention and 24/7 assistance.**

**Locations:** <https://www.unisonhealth.org/>

- 1212 Cherry Street, Toledo, OH 43608
- 1425 Starr Avenue, Toledo, OH 43605
- 544 East Woodruff Avenue, Toledo, OH 43604



Hours: Monday – Tuesday, Thursday  
Wednesday  
Friday

8:00 AM – 6:00 PM  
8:00 AM – 8:00 PM  
8:00 AM – 5:00 PM

● **Zepf Center** (adults/youth)

**Locations:** <https://www.zepfcenter.org/>

- 6605 West Central Ave, Toledo, 419-841-7701
- 2005 Ashland Ave, Toledo, OH 43620
- 508 Hawley St. Toledo, OH 43607
- 2272 Collingwood Blvd. Toledo, OH 43610
- 905 Nebraska Ave. Toledo, OH 43607

Hours: Monday – Friday

8:00 AM – 4:30 PM



## PARENTING CLASSES/COUNSELING

- **Catholic Club**

### Free parenting classes

- 1601 Jefferson Ave, Toledo, OH 43604
- 419.243.7255 | <https://www.catholicclub.org/parenting/>  
Hours: Monday – Friday 7:30 AM – 5:30 PM

- **Help Me Grow**

(Home Visits: offers information and support during pregnancy, and empowers you as the parent with skills, tools, and confidence to nurture the healthy growth of your child through the earliest years – a critical time of development).

- (419) 665-3322 | (800) 755-GROW |  
<https://www.helpmegrow.org/HomeVisiting.aspx>  
Hours: Monday – Friday 8:00 AM – 4:00 PM



## PET FOOD

- **Humane Ohio**

We provide low-cost spay/neuter surgery and age-appropriate vaccines and services, so pets never have to suffer or be surrendered to a shelter for a preventable disease or pregnancy.

- 3948 W Alexis Road. Toledo, OH 43623
- (419) 266-5607

Hours: Monday – Friday

7:30 AM – 5:30 AM

- **Toledo Area Humane Society**

Provide temporary shelter and care for animals while seeking permanent homes, Intervene and prevent cruelty to animals, and MORE/ (bring photo ID).

- 827 Illinois Avenue. Maumee, OH 43537
- 419-891-0705

Hours: Monday – Friday

12:00 PM – 6:00 PM

Sunday – Saturday

12:00 PM – 5:00 PM

- **Toledo's Pet Bull Project**

Financial help with pet food.

- 2249 Tremainsville Rd, Toledo, OH 43613,
- 567-315-8051 | [toledospetbullproject@gmail.com](mailto:toledospetbullproject@gmail.com) | <https://toledospetbullproject.com/>

Hours: Tuesday

6:30 PM – 8:30 PM

Wednesday

12:30 PM – 3:00 PM



## PETS

- **Humane Ohio**

We provide low-cost spay/neuter surgery and age-appropriate vaccines and services, so pets never have to suffer or be surrendered to a shelter for a preventable disease or pregnancy).

- 3948 W Alexis Road. Toledo, OH 43623
- (419) 266-5607 | <https://humaneohio.org/>

Hours: Monday – Friday

7:30 AM – 5:30 AM

- **Toledo Area Humane Society**

Services include providing temporary shelter and care for animals while seeking permanent homes, educating the community regarding animal issues, and advocate for animals.

- 827 Illinois Avenue, Maumee, OH 43537
- 419-891-0705 | <https://toledohumane.org/>

Hours: Monday – Friday

12:00 PM – 6:00 PM

Sunday – Saturday

12:00 PM – 5:00 PM

## PREGNANCY

- **Heartbeat of Toledo**

Free pregnancy tests, ultrasounds and confidential options counseling/you can earn free baby items as you complete each Heart-to-Heart class.

- 4041 W. Sylvania, Suite LL4, Toledo, OH 43623
- (419) 241-9131 | <https://www.heartbeatoftoledo.org/>

Hours: Monday – Thursday

9:30 AM – 4:30 AM

Thursday

9:30 AM – 12:30 AM

- **Planned Parenthood**

Provides various reproductive healthcare services to people with or without insurance.

- 1301 Jefferson Ave, Toledo
- 419-255-1115 | <https://www.plannedparenthood.org/>

Hours: Monday

11:00 AM – 6:00 PM

Tuesday – Wednesday

9:00 AM – 4:00 PM

Thursday

10:00 AM – 4:00 PM

Friday

8:00 AM – 3:00 PM

Saturday

9:00 AM – 2:00 PM



- **The Pregnancy Center**

**Religious-centered outreach and support to women with unplanned pregnancies.  
Does not provide healthcare services.**

- 716 N. Westwood, Toledo
- 419-578-7350

Hours: Monday	9:30 AM – 6:30 PM
Tuesday – Thursday	9:30 AM – 4:30 PM
Friday	10:00 AM – 4:30 PM

## PRESCRIPTIONS

- **Helping Hands of St. Louis/St. Vincent de Paul**

**East Toledo residents only.**

- 443 Sixth St, Toledo
- 419-691-0613

Hours: Monday, Wednesday, Friday	8:00 AM – 1:00 PM
Tuesday, Thursday	9:30 AM – 11:30 PM

- **Needy Meds**

**Help with the cost of medicine.**

- [www.needymeds.org](http://www.needymeds.org)

- **Ohio Benefit Bank**

**Ohio's Best Rx [no income limit for 60+] Medicare Rx Extra Help ["Medicare Part D"]**

- 1-800-648-1176
- [www.obb.ohio.gov](http://www.obb.ohio.gov)

- **Partnership for Prescription Assistance**

**Free or low-cost.**

- 1-888-477-2669.
- [www.pparx.org](http://www.pparx.org)

- **Prescription Hope**

- 1-877-296-HOPE (4673)
- <https://prescriptionhope.com/>





## REENTRY

- **CareNet**

Provide access to coordinated healthcare services for low-income Lucas County residents.

- 3231 Central Park West, Suite 200, Toledo
- 419-842-0800 | <http://www.toledocarenet.org/>  
Hours: Monday – Friday 8:00 AM – 4:30 PM

- **Catholic Charities**

Released within past 90 days/ First-come, first-serve starting on first business day of month. Ohio birth certificates only.

- 1933 Spielbusch Ave, Toledo
- 419-244-6711 (4905)  
Hours: Monday – Friday 8:30 AM – 5:00 PM

- **Economic Opportunity Planning Association (EOPA)**

Provide a number of short terms, emergency financial assistance programs and self-sufficiency services.

- 505 Hamilton Ave, Toledo
- 419-242-7304  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Legal Aid Line**

Provide advice & referrals in civil matters (income limits apply).

- 1-888-534-1432 | 419-724-0460 | [www.legalaidline.org](http://www.legalaidline.org)

- **Neighborhood Properties**

Help homeless, veterans, people with physical/mental disabilities and ex-offenders.

- 2753 W. Central Ave, Toledo, 43606
- 419-473-2604  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Reentry Coalition of Northwest Ohio/Treatment Alternative to Street Crime, Provides assessment, treatment or referral to treatment, case management, and monitoring and reporting services.**

- 3330 Glendale Ave., Toledo
- 419-242-9955 | <http://www.tascnwo.org/aboutus.html>  
Hours: Monday, Tuesday 8:00 AM – 6:30 PM  
Wednesday, Thursday 8:00 AM – 5:00 PM  
Friday 8:00 AM – 4:30 PM



- **St. Paul's Community Center**

**Classes: Ex-Offenders Guide to Employment**

- 230 13th Street, Toledo
- 419-255-5520 ext. 203

Hours: Monday – Sunday

Open 24 Hours



## SENIOR SERVICES

- **Area Office on Aging**

Programs of interest for those age 60 and over and their family caregivers: These programs focus on healthy aging, preserving independence, dignity, and leisure activities: Assisted Living Waiver Program, Benefits Counseling, Family Caregiver Support Program, Housing Program, In-Home Care Programs, and MORE.

- 2155 Arlington Ave, Toledo
- 419-382-0624 | <https://areaofficeonaging.com/programs>  
Hours: Monday – Friday 8:00 AM – 5:00 PM

- **Community Development Center**

- 3300 Oak Terrace Blvd, Holland
- 419-865-2322  
Hours: Monday – Friday 8:30 AM – 5:00

- **East Toledo Senior Center (ETSC)**

Services include Recreation, Education, CLUBS, Transportation, and MORE.

- 1001 White St, Toledo
- 419-691-2254 | <https://easttoledoseniorcenter.org/>  
Hours:

- **Lutheran Social Services**

Counseling, day programs, court-appointed legal guardians.

- 2149 Collingwood Blvd, Toledo
- 419-243-9178 | <https://www.lssnwo.org/>  
Hours: Monday – Friday 9:00 AM – 5:00 PM

- **Maumee Senior Center**

Help seniors with services, such as : Home delivered meals to any senior, Delivery of medical equipment on loan from MSC, Wellness calls, Medical transportation, and MORE.

- 2430 S. Detroit Ave, Maumee
- 419-893-1994 | <http://maumeeseniocenter.com/>  
Hours: Monday – Friday 10:00 AM – 3:00 PM

- **Mayores Senior Center**

Senior nutrition program (lunch provided daily), Transportation to the center (for shopping and social activities), Bus trips, Recreational activities (pool table, cards), and MORE.

- 2 Aurora Drive, Toledo, 419-242-1144 | <http://nhainc.org/mayores-senior-center/>  
Hours: Monday – Friday 8:00 AM – 5:30 PM



- **Senior Outreach of Mercy Home Care**  
**Home visits to chronically ill people who are 55+ years old.**
  - 2200 Jefferson Ave, Toledo
  - 419-251-8579 | <https://www.mercy.com/about-us/regions/toledo/toledo-community-programs>



## SHELTERS

**Note: For immediate assistance, please dial 2-1-1 from any landline or 1-800-650-HELP to connect with an information and referral specialist.**

### SINGLE WOMEN

- **Aurora Project, Inc.**

**Provide three phases of housing: transitional housing, permanent supportive housing, and permanent housing.**

- 1035 N. Superior, Toledo, OH 43604
- 419.244.3200 | info@auroraprojectinc.org | <https://auroraprojectinc.org/>  
Hours: Monday – Sunday Open 24 hours



- **Beach House**

**Supporting long-term independence by providing effective Housing, Economic and Behavioral Health Stabilization Services.**

- 2283 Ashland Ave. Toledo, OH 43620
- (419) 241-9277 | <http://www.lfhtoledo.org/>  
Hours: Monday – Sunday Open 24 hours



- **Catholic Charities La Posada Shelter**

**Offers temporary housing and supportive services to homeless families of all faiths and backgrounds in the Toledo area. Direct services through La Posada include shelter, food, clothing, personal hygiene products and case management.**

- 435 Eastern Ave, Toledo, OH
- 419-244-5931 | <https://catholiccharitiesnwo.org/la-posada/>  
Hours: Monday – Sunday 8:00 AM – 8:00 PM



- **Cherry Street Mission - Sparrow's Nest Women's Shelter**

**Provides food, shelter, and clothing resources.**

- 436 W. Delaware Toledo
- 419-321-1835 | [chaliburton@cherrystreetmission.org](mailto:chaliburton@cherrystreetmission.org)  
Hours: Monday – Sunday Open 24 hours



- **Family House**

**Emergency shelters and other services (Must have photo ID | No sex offenders).**

- 669 Indiana Avenue, Toledo, OH 43604
- 419-242-5505  
Hours: Monday – Sunday Open 24 hours



- **Rebekah's Haven**



**Provides a home-like atmosphere with daily encouragement, spiritual guidance, and support.**

- 703 Phillips Ave, Toledo, OH 43612
- (419) 243-0403 | <https://tgrm.org/rebekahs-haven-1>  
Hours: Monday – Sunday Open 24 Hours

- **St. Paul's Community Center**

**Provide shelter and food and promote self-sufficiency.**

- 230 13th Street, Toledo
- 419-255-5520 | <https://stpaulscommunitycenter.org/>  
Hours: Monday – Sunday Open 24 Hours

## SINGLE MEN

- **Catholic Charities LaPosada Shelter (Spanish-speaking)**

**No sex offenders.**

- 435 Eastern Ave, 419-244-5931  
Hours: Monday – Sunday 8:00 AM – 8:00 PM



- **Cherry Street Mission**

**More than food, clothing, and housing.**

- 105 17th St, Toledo
- 419-242-5141 | <https://cherrystreetmission.org/get-help/>  
Hours: Monday – Sunday 6:30 AM – 6:30 PM



- **St. Paul's Community Center**

**Meals and other services provided throughout the day (No sex offenders).**

- 230 13th St, Toledo
- 419-255-5520  
Hours: Monday – Sunday Open 24 Hours

- **Toledo Gospel Rescue Mission**

**Provide night-to-night shelter for homeless men who are over eighteen years of age (No sex offenders).**

- 1917 Jefferson Ave, Toledo
- (419) 241-6579 | <https://tgrm.org/>



## WOMEN WITH CHILDREN / PREGNANT WOMEN

- **Aurora Project, Inc.**

**Provide three phases of housing: transitional housing, permanent supportive housing, and permanent housing.**



- 1035 N. Superior, Toledo, OH 43604
- 419.244.3200 | info@auroraprojectinc.org | <https://auroraprojectinc.org/>  
Hours: Monday – Sunday Open 24 hours



- **Beach House**

**Supporting long-term independence by providing effective Housing, Economic and Behavioral Health Stabilization Services.**

- 2283 Ashland Ave. Toledo, OH 43620
- (419) 244-2175 | <http://www.lfhtoledo.org/>  
Hours: Monday – Sunday



Open 24 hours

- **Catholic Charities La Posada Shelter**

**Offers temporary housing and supportive services to homeless families of all faiths and backgrounds in the Toledo area. Direct services through La Posada include shelter, food, clothing, personal hygiene products and case management.**

- 435 Eastern Ave
- 419-244-5931 | <https://catholiccharitiesnwo.org/la-posada/>  
Hours: Monday – Sunday



8:00 AM – 8:00 PM

- **Family House**

**Emergency shelters and other services (Must have photo ID and birth certificate/ No sex offenders).**

- 669 Indiana Avenue, Toledo, OH 43604
- 419-242-5505  
Hours: Monday – Sunday



Open 24 hours

- **Rebekah's Haven**

**Provides a home-like atmosphere with daily encouragement, spiritual guidance, and support.**

- 703 Phillips Ave, Toledo, OH 43612
- (419) 243-0403 | <https://tgrm.org/rebekahs-haven-1>



**MEN WITH CHILDREN / CHILDREN WITH BOTH PARENTS**

- **Beach House**

- 915 N. Erie St, Toledo
- 419-241-9277 (gay friendly)  
Hours: Monday – Sunday



Open 24 hours

- **Catholic Charities LaPosada Shelter (Spanish-speaking)**

- 435 Eastern Ave
- 419-244-5931





Hours: Monday – Sunday

8:00 AM – 8:00 PM

- **Family House**
  - 669 Indiana Avenue, Toledo
  - 419-242-5505 (gay friendly)
- Hours: Monday – Sunday



Open 24 hours

## SOCIAL SECURITY

- **Social Security Administration**
  - Four Seagate, Suite 1000, Toledo
  - 866-331-2196 | [www.ssa.gov](http://www.ssa.gov)
- Hours: Monday – Friday

9:00 AM – 4:00 PM

## TAX FILING (FREE)

- **Ohio Benefit Bank Tax Site**

**Free federal, state and school district e-filing for families who make \$57,000 per year or less.**

- Call 1-800-648-1176 | ([www.obb.ohio.gov](http://www.obb.ohio.gov) to find the nearest Ohio Benefit Bank tax site)
  - **United Way 2-1-1**
  - 419-248-2424
- Hours: Monday – Sunday
- Open 24 hours

## TRANSPORTATION

- **Cherry Street Mission (men in shelter)**

105 17th St, Toledo, 419-242-5141

Hours: Monday – Sunday

6:30 AM – 6:30 PM

- **Sparrow's Nest (women in shelter)**

- 436 W. Delaware Toledo

- 419-321-1835

Hours: Monday – Sunday

Open 24 hours

- **The Toledo Area Regional Transit Authority (TARTA)**

**Provides a vital link in the Toledo metro area to jobs, education, health care and other destinations.**

- Call-A-Ride, 419-243-RIDE | (416-243-7433) | <https://tarta.com/about-us/>





Hours: Monday – Sunday

9:00 AM – 5:00 PM

- **TARPS (for those with disabilities)**
- 419-382-9901 | <https://tarta.com/services/tarps/>

### UTILITIES/HOME ENERGY ASSISTANCE PROGRAM (HEAP)

- **East Toledo Family Center**
- 1001 White St., Toledo, OH
- 419-691-2254 | <http://etfc.org/>
- Hours: Monday – Friday
- 8:00 AM – 5:00 PM

- **Pathway Economic Opportunity Planning Association (EOPA)**  
**Provide a number of short terms, emergency financial assistance programs and self-sufficiency services.**

- 505 Hamilton Ave, Toledo, OH
- 419-242-7304
- Hours: Monday – Friday
- 8:00 AM – 5:00 PM

- **Helping Hands of St. Louis/St. Vincent de Paul**  
**East Toledo residents only.**

- 443 Sixth St, Toledo
- 419-691-0613
- Hours: Monday, Wednesday, Friday
- Tuesday, Thursday
- 8:00 AM – 1:00 PM
- 9:30 AM – 11:30 PM

- **Ohio Benefit Bank**
- 3210 Monroe Street, Toledo, OH 43606
- 419-213-8999 | <https://benefits.ohio.gov/>

- **Ohio Consumers' Counsel**  
**Residential Utility Consumer Advocate Search.**

- 1-877-PICKOCC (742-5622) | <http://www.occ.ohio.gov/>

- **Ohio Department of Development**
- <http://www.development.ohio.gov>

- **Salvation Army of Northwest Ohio**
- 620 N. Erie St, Toledo
- 419-241-2294
- Hours: Tuesday, Thursday
- 8:30 AM – 4:30 PM



- **Sylvania Area Family Services**

**Sylvania residents only and must have disconnect notice.**

- 5440 Marshall Rd, Sylvania
- 419-882-8415 | <https://sa-fs.org/>

Hours: Monday – Friday

9:00 AM – 4:00 PM

- **Veterans' Service Commission**

**VA benefits to emergency financial assistance, memorial affairs, medical transportation, and so much more.**

- 2595 Arlington Ave 2nd Floor, Toledo, OH 43614
- 419-213-6090 | <https://lucascountyvets.org/>

Hours: Monday – Friday

8:30 AM – 4:00 PM



## VETERANS

- **Department of Veterans Affairs**

### Outpatient clinic.

- 3333 Glendale Ave, Toledo
- 419-259-2000 | <https://www.va.gov/>

- **Neighborhood Properties**

### Housing for homeless veterans.

- 2753 W. Central Ave, Toledo
- 419-473-2604

Hours: Monday – Friday

8:00 AM – 5:00 PM

- **Veterans' Service Commission**

### VA benefits to emergency financial assistance, memorial affairs, medical transportation, and so much more.

- 2595 Arlington Ave 2nd Floor, Toledo, OH 43614
- 419-213-6090 | <https://lucascountyvets.org/>

Hours: Monday – Friday

8:30 AM – 4:00 PM

## VISION/EYE CARE

- **Mildred Bayer Clinic for the Homeless**

### Eligibility for Services:

- Homeless
- Staying in A Shelter or Transitional Housing.
- Doubling Up (staying with a friend or family member)
- 1415 Jefferson Avenue (Clinic entrance on 15th Street) Toledo OH, 43604
- 419.241.4230

Hours: Monday – Friday

8:00 AM – 5:30 PM

- **Prevent Blindness Ohio**

### For low-income families.

- 800-365-2219 | [www.aoa.org](http://www.aoa.org)

- **Vision USA**

### FREE or low-cost exams and eyewear for low-income and uninsured.

- 800-365-2219 | [www.aoa.org](http://www.aoa.org)



- **Zenni Optical**

**Low-cost eyeglasses. Must know prescription to order lenses.**

- 1-800-211-2105. M-F Noon-8pm
- [service@zennioptical.com](mailto:service@zennioptical.com)

## GENERAL ASSISTANCE – LAWYER SERVICES

- **The Toledo Bar Association Pro Bono Legal Services Program** provides volunteer attorneys for low-income individuals in a variety of legal issues in Lucas County. If you cannot afford an attorney and are low income, call 419.242.9363 to see if you qualify for free legal help.

- **Lawyer Referral of the Toledo Bar Association**

- 311 N Superior St. Toledo OH 43604
- 419 242 9363

Hours: Monday – Friday

8:30 AM – 4:30 PM

**A referral service to connect individuals in the community with attorneys servicing Northwest Ohio**

**(419) 242-9363**

[tba@toledobar.org](mailto:tba@toledobar.org)



## NEED A CHECKLIST ON WHAT TO DO?

### DIVORCE ASSISTANCE

#### **Step #1 – Attain a lawyer to protect your right and help you with the divorce process.**

Unable to afford one, contact ABLE-Legal Aid for eligibility:

<https://www.ablelaw.org/>

#### **What kind of cases do legal aid programs handle?**

Legal Aid programs, like ABLE and LAWO, serve low-income residents with cases including but not limited to: Housing, including tenants. rights and home ownership; Family law, including domestic violence, divorce, and rights of parents and children; Social Security and public benefits; Consumer law, including bankruptcy and fair debt collection; Elder law, including discrimination, healthcare and wills; Wages and benefits, welfare, and safety of immigrant workers. In addition, each program has specialized programs and projects.

#### **>> Contact Legal Aid Line by phone:**

New inquiries from Lucas County can call (419) 724-0460

Or

#### **>> Contact Legal Aid Line through this website:**

Apply for help online by completing and submitting our intake form:

<https://onlineintake.ablelaw.org/>

#### **Step #2 – Temporary Assistance.**

Lucas County Department of Job & Family Services (LCDJFS) provides services such as temporary cash assistance, food stamps, and Medicaid, subsidized childcare, adult protection, disability assistance and prevention, retention and contingency services.

Lucas County

Location: 3210 Monroe St. Toledo, OH 43606

**Ph: (419) 213-8800**

Hours: Monday – Friday, 8:00 AM - 4:30 PM

\*\* You can submit application online here: <https://benefits.ohio.gov/>

#### **Step #3- General Support Resources**

Please visit this link for other support: <https://www.co.lucas.oh.us/3179/Resources>



*\*\*Once you ready to transition to next steps such as job search, support group, networking, please contact Women of Toledo office to enroll in Discovery Circle Program. Our Discovery series is designed to help women and youth in transition get back on the right track and discover a new way of thinking with a growth mindset, to celebrate life in spite of the Ups and Downs, and to be inspired to keep moving forward. The goal is to help women and or youth recognize, through a mindfulness process, and navigate life transitions. Each of our series' sessions aim to stay mainstream with our 3E model goals and objectives to Educate Engage and Empower.*

## DOMESTIC ABUSE

### Step #1 – Find support.

If you are experiencing domestic violence, it is important to get connected with an advocate who can provide support, referrals, and provide you with available services. Abusive partners are usually good at ensuring their partner's isolation, making it difficult for the victim to find support. Consequently, victims may feel disconnected from friends and family to ask for help. If seeking help from family and friends is not an option for the victim, they can contact any of the following resources which can provide resources, help with options to stay safe, or simply listen.

- Call the **National Domestic Violence Hotline** ([800-799-7233](tel:800-799-7233)) for immediate assistance.
- **24 Hour Crisis Response:** [419-245-3324](tel:419-245-3324)
- **Domestic Violence Resource Center:** Domestic Relations Court, 429 North Michigan Street, Toledo, Ohio 43604 [419-213-2700](tel:419-213-2700). Provide Information to victims of domestic violence by assisting with filing of civil protection orders, shelter, advocates, diapers & essentials for kids.

### Step #2 – Plan for safety.

Find a way to get out of the house quickly, have an arranged suitcase ready to go, and let your neighbors know of your situation. Maintain a list of shelters or safe placements for you and any children when you escape. [A list of local Toledo shelters can be found on pages 19-22 of this resource guide.](#)

### Step #3: Find Resources for your child and you.

Educate your child on the situation and ensure that they know how to keep themselves safe. Here are some resources for your child if they have witnessed or encountered domestic abuse:

- **Children's Advocacy Center** | 2460 Cherry Street, Toledo, OH 43608 [419-292-2927](tel:419-292-2927)
- **Family and Child Abuse Prevention Center** | 2460 Cherry Street, Toledo, OH 43608 | [419-292-2927](tel:419-292-2927) | Case/Care management for child abuse issues and more.
- **Lucas county's children's services** | 700 Adams St. Toledo, OH 43604 | [419-213-2300](tel:419-213-2300), [419-327-3559](tel:419-327-3559). Works with family, service providers, and community members to enforce child support obligation.
- **Domestic Violence Empowerment group** | [419-213-4994](tel:419-213-4994)

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transitions. Each of our series' sessions aim to stay mainstream with our 3E model goals and objectives to Educate Engage and Empower.

## HOMELESSNESS

### Step #1 – Access a shelter or housing service.

If you are experiencing homelessness, reach out to the 2-1-1 United Way Hotline which has trained staff ready 24/7 to assist you with finding shelters, healthcare, food, and any other social services program.

- There are multiple shelters available in the Toledo area ready to help the homeless and which are open 24 hours a day, every day. Please find a list of available shelters and housing on [pages 19-22](#), some shelters available for woman experiencing homelessness due to domestic abuse or sexual harassment.
- For assistance with food, please find a list of local food resources on [pages 23-25](#).
- For assistance with medical care, please find a list of local free medical clinics in the area on [pages 36-38](#) of this resources guide.

### Step #2 – Find options other than the shelter.

Remaining in your permanent housing facility or arranging long term living with friends or family members is a safer option than remaining at a shelter. Upon calling 2-1-1, they may be able to assist you in elongating your stay at your permanent housing facility.

- For resources related to mortgage assistance, rent assistance, and housing/lodging aid, please review [pages 29-31](#) on this resource guide for a list of resources.

### Step #3 – Find need specific help.

Depending on your situation, you may be eligible for special lodging facilities.

For veterans:

- **The National Call Center for Homeless Veterans** from the U.S. Department of Veterans Affairs, offers confidential counseling 24/7 or veterans at risk of homelessness and their families. <https://www.va.gov/HOMELESS/NationalCallCenter.asp> | 1-877-424-3838
- **The National Coalition for Homeless Veterans** offers a directory of local service providers and general help navigating resources for veterans experiencing homelessness. Call 1-800-VET-HELP
- **The Veterans Crisis Line** offers online chat with a mental health clinician 24/7. [Chat online \(click\)](#) | Call 1-800-273-8255 (press 1) | Text 838255

For domestic violence:

- **The National Domestic Violence Hotline** offers confidential 24/7 hotline and online chat to anyone experiencing domestic violence, seeking resources or information, or questioning



unhealthy aspects of their relationship.

Call 1-800-799-7233 | [Chat online \(click chat in top right\)](#) | [Make a safety pl](#)

For young people:

- **The National Runaway Safeline** offers services and a confidential 24/7 hotline for young people who are at risk of homelessness. [Website](#) | Call 1-800-786-2929

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## DISCRIMINATION AND HARASSMENT IN THE WORKPLACE

### Step #1 – Inform your employer.

If you sense any form of discrimination, it's essential to communicate with either your employer or the human resources department. Discriminatory conduct often remains unnoticed at work, making it crucial for affected employees to bring it to their employer's attention. By informing your employer, they will be obliged to adhere to state and federal laws to safeguard your rights.

### Step #2 – Request a written letter from employer.

After discussing the matter with your employer or human resources department, it's advisable to ask for a written report of the incident and obtain a copy for your records. Additionally, you should request them to conduct an investigation into your allegations and take appropriate disciplinary action against the person involved. Employers are obligated to promptly address all claims of discrimination and harassment; they cannot merely dismiss the case once you've filed a complaint.

### Step #3 – Keep detailed notes.

It is crucial to maintain comprehensive records of any previous or forthcoming occurrences of discrimination or harassment. Be sure to document the time, date, and location of each incident, as well as the individuals involved, any witnesses, and the specifics of the improper behavior. Keeping these detailed notes will prove valuable in building your case.

### Step #4 – File a claim.

If you've already reported the incident(s) to your employer, but they haven't taken any action or the inappropriate behavior persists, it's time to file a claim. An attorney can assist you in deciding whether to pursue a state or federal discrimination claim, depending on the specifics of your case. Remember, if you feel that your employer has treated you unfairly or retaliated against you for filing a claim, there are laws in place to protect your rights.

- You have the option to submit a claim with either the Department of Fair Employment and Housing (<https://calcivilrights.ca.gov/>) or the Equal Employment Opportunity Commission (EEOC) (<https://www.eeoc.gov/>).

### Step #5 – Consult with an Attorney.

Initiating a workplace discrimination claim is a challenging process that requires the assistance of a seasoned attorney. With their expertise, you can effectively collect the necessary information and evidence to strive for the most favorable outcome in your case. Taking this action can serve as a deterrent, potentially preventing further instances of discriminatory and harassing behaviors. The following are some local employment discrimination law offices:

- Thomas A. Sobecki, Attorney at Law | <https://tomsobecki.com/>
- Spitz, The Employee's Law Firm | <https://calltherightattorney.com/?npcmp=dir:local:3808933:43604>
- Bryant Legal LLC | <https://bryantlegalllc.com/>

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## UNEMPLOYMENT/LOSS OF JOB

### **Step #1 – Feel your emotions, then move on.**

Right after losing your job, it's common to undergo a range of emotions, like panic due to the loss of income, excitement about the new freedom from a routine, and anger at the dedication invested in the previous role. Acknowledge these feelings as normal, but the key is to move on and concentrate on what lies ahead. The author's own experience of being laid off with colleagues formed a support group, offering comfort, motivation, and job leads. If you find yourself struggling alone, consider joining a group or seeking professional support to find comfort and encouragement while managing negative emotions.

### **Step #2 – Tell everyone (even strangers!).**

It's likely that your self-esteem has suffered, and admitting "I'm unemployed" out loud can make it even more real and difficult to handle. While you might feel inclined to hide your situation, it's important to share it with friends and family. They won't be able to assist if they don't know what you're going through. Informing people that you're open to new opportunities is the initial step towards kickstarting your job search.

### **Step #3 - Get Your Finances in Check and Create a Budget.**

Determine your available resources to avoid accumulating debt during a financially challenging period. The disparity between your previous paycheck and the amount received from severance or unemployment benefits will dictate whether you need to make spending adjustments and the extent of those adjustments. You can use this budgeting worksheet to help you:

<https://www.themuse.com/advice/start-your-budget-now>

### **Step #4 – Apply for unemployment.**

For an elongated period of unemployment, you may consider applying for unemployment. You can find more information on eligibility and how to apply through the following link:

<https://jfs.ohio.gov/ouio/ClaimInformationPage.stm>

### **Step #5 – Invest in your personal development.**

If taking a few classes can enhance your marketability and you have the financial means, don't hesitate to pursue them. The author personally experienced the positive impact of writing workshops during their downtime, as it boosted their self-esteem and provided a constructive outlet. It also motivated them to dress presentably again.

Investing in services like resume polishing or a career coach should be viewed as an investment in your future success. And once you secure an interview, treating yourself to a new outfit will pay off in increased confidence and better outcomes.

### **Step #6 - Start your job hunt!**

Now that you have invested in your personal development and feel ready to begin exploring job opportunities, begin your job hunt by exploring jobs you are interested in and remember to apply rationally and broadly. You can find more resources for finding job opportunities on [pages 31 and 32](#) of this resource guide.