



**RESOURCE GUIDE FOR LUCAS COUNTY**

Last Update: June 2021

**Our Mission** Is to **Educate**, **Engage** and **Empower** Women  
And Youth to Keep Moving Forward.



## TABLE OF CONTENTS

(Note: press Ctrl + click on any content below to direct you to the wanted section)

<b>Addiction Treatment</b> .....	4
<b>Autism</b> .....	7
<b>Birth Certificates/State Id</b> .....	8
<b>Budgeting/Money Management Counseling</b> .....	9
<b>Child Care</b> .....	10
<b>Clothing</b> .....	11
<b>Computer Classes</b> .....	13
<b>Dental</b> .....	14
<b>Disability Assistance</b> .....	15
<b>Domestic Violence Emergency</b> .....	18
<b>Domestic Violence/Sexual Assault</b> .....	19
<b>Food</b> .....	22
<b>Furniture</b> .....	25
<b>Housing (Rent/Mortgage/Financial Assistance)</b> .....	26
<b>Job Search / Job Readiness / Resumes / Ged</b> .....	28
<b>Jobs - Temp Agencies</b> .....	30
<b>Legal Assistance</b> .....	31
<b>Meals</b> .....	32
<b>Medical</b> .....	33
<b>Mental Health</b> .....	35
<b>Parenting Classes/Counseling</b> .....	37
<b>Pet Food</b> .....	38
<b>Pets</b> .....	39
<b>Pregnancy</b> .....	40
<b>Prescriptions</b> .....	41
<b>Reentry</b> .....	42
<b>Senior Services</b> .....	43
<b>Shelters</b> .....	44
Single Women.....	44
Single Men.....	45
Women With Children / Pregnant Women .....	45
Men With Children / Children with Both Parents .....	46



<b>Social Security</b> .....	47
<b>Tax Filing (Free)</b> .....	48
<b>Transportation</b> .....	49
<b>Utilities/Home Energy Assistance Program (Heap)</b> .....	50
<b>Veterans</b> .....	51
<b>Vision/Eye Care</b> .....	52
<b>General Assistance – Lawyer Services</b> .....	53
<b>Divorce Assistance</b> .....	54



## **NON-EMERGENCY Police Number: 419-245-3340**

- ✚ **General Resource Assistance/Referrals** United Way 2-1-1 (800-650-4357)
- ✚ **HerHub**
- ✚ **Government Portal- Lucas County Resources:**  
<https://www.co.lucas.oh.us/3179/Resources>

### **ADDICTION TREATMENT**

- **A Renewed Mind**

**Outpatient to children, youth and adults/inpatient services for adolescent males and females and adult males, in-person/virtual services.**

- 1832 Adams Street, Toledo, OH 43604 | <https://www.arenewedmindservices.org/>

- **Alcoholics Anonymous**

**Supporting group for men and women.**

- 419-380-9862 (24-hour service)
- 419-380-9978 (TTD-for hearing impaired)
- <http://www.toledoaa.com/>

- **Arrowhead Behavioral Health**

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

- 1725 Timber Line Road, Maumee, OH 43537
- [419-891-9333](https://arrowheadbehavioral.com/) Toll-Free: [800-547-5695](https://arrowheadbehavioral.com/) | <https://arrowheadbehavioral.com/>

- **Empowered for Excellence**

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

- 919 Madison Ave, Toledo, OH, 43604
- 567-316-7253 | <https://efebhoh.org/>

- **Glenbeigh**

**Help with inpatient & outpatient treatment and extended residential treatment.**

- 3425 Executive Parkway, Suite 207, Toledo, Ohio 43606
- 419.536.4000 | <https://www.glenbeigh.com/toledo> | [toledoglenbeigh@gmail.com](mailto:toledoglenbeigh@gmail.com)

- **Harbor**

**Provide inpatient & outpatient services, treatment plan, and support groups.**

- 909 Woodley Road, Toledo, Ohio 43606
- 419.725.3330 | <https://harbor.org/>



- **Mental Health and Recovery Services Board**

**Provide planning & monitoring of addiction with 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 addiction treatment & mild mental illness (Women only).**

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

- **Neighborhood Properties**

**Provide help with Housing & support services.**

- 2753 West Central Avenue, Toledo, OH 43606
- 419-473-2604 | <https://www.neighborhoodproperties.org/>

- **New Concepts**

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

- 111 S Byrne Rd, Toledo, OH 43615
- 419-531-5544 | <http://www.newconceptsop.org/index.html> | [newconceptsop@bex.net](mailto:newconceptsop@bex.net)

- **Racing for Recovery**

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

- 6202 Trust Dr., Holland, Ohio 43528
- 419-824-8462 | <https://racingforrecovery.org/>

- **Rescue**

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

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

- **SCAT**

**Prevention programs for youth & parents.**

- 4747 N. Holland-Sylvania Road, Sylvania, OH 43560
- 419-824-8588 | <https://www.scatsylvania.org/>

- **T. Whitehead Recovery Center**

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

- 2044 Genesee St., Toledo OH 43605
- 419-691-8882



- **The Open Door**

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

- 2825 Cherry Street, Toledo
- 419-242-7281 | [www.opendoor-toledo.com](http://www.opendoor-toledo.com)

- **Toledo Area Heroin Anonymous**

**Support group.**

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

- **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

- **UMADAOP**

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

- 2447 Nebraska Avenue, Toledo, Ohio 43607  
(419) 255-4444 | <https://umadaop.org>

- **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/>

- **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/>



## 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/>

- **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>

- **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.**

- 2040 W. Central Ave., Toledo, Ohio 43606
- 567-377-5710 | <https://www.itaalk.org/>



## 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 | <http://bmv.ohio.gov/>

- **Catholic Charities**

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

- 1933 Spielbusch Ave, Toledo
- 419-244-6711 | <https://catholiccharitiesnwo.org/ministriesservices/>

- **Cherry Street Mission**

**Shelter residents only.**

- 105 17th St, Toledo
- 419-242-5141 | <https://cherrystreetmission.org/>

- **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.**

- 3616 Monroe St. Toledo, Ohio 43606
- 419-473-1167 | <https://www.monroestumc.com/neighborhood-center>

- **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/>

- **Toledo Area Ministries Clearing House**

**Need referral from local church.**

- 444 Floyd St, Toledo
- 419-724-1020





## Budgeting/Money Management Counseling

- **Apprisen**

- 457 S. Reynolds Road, Toledo
- 1-800-355-2227

- **Crossroads Family Resource Center**

**Provide Financial support.**

- 4194753258

- **Mercy Health**

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

- 877-918-5400

- **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)

- **Northwest Ohio Homeowners Development Agency**

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

- 201 Belmont Avenue, Toledo, Ohio 43604
- 419-243-3734 | [BDERDEN@NOHDA.ORG](mailto:BDERDEN@NOHDA.ORG) | <https://nohda.org/>

- **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 ext. 210 | <https://stpaulscommunitycenter.org/programs-services/payee-programs.html>

- **Sylvania Area Family Services**

**Sylvania residents only.**

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

- **United Way Financial Stability Collaborative**

- United Way 2-1-1 (800-650-4357)



## Child Care

- **Ohio Benefit Bank**

### Assistance with the cost of childcare.

- 614-253-4448 | <https://apdsinc.org/programs/ohio-benefits-bank-for-apds-clients/>

- **University of Toledo Child Care**

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

- 1932 Birchwood, Toledo, OH 43614
- 419-530-6710 | [www.utoledo.edu/centers/earlylearn](http://www.utoledo.edu/centers/earlylearn)

- **YWCA Childcare Connections**

### Child Care Resource and Referral.

- 1018 Jefferson Ave, Toledo
- 419-255-5519 | 1-800-632-3052 | [admintoledo2@ywcanwo.org](mailto:admintoledo2@ywcanwo.org)



## Clothing

- **Cherry Street Mission**

Help with free clothing, food, and more.

- 1501 Monroe St. Toledo OH 43604
- 419.214.3007 | <https://cherrystreetmission.org/get-help/#services-resources>
- Call United Way 2-1-1 (800-650-4357) to make a 20-minute an appointment.

- **Dress Right**

FREE men's and women's job interview clothing. Church or social service referral needed.

- 3613 Monroe St, Toledo
- 419-473-1167

- **Friendly Center**

Help people in Toledo with services, including clothing.

- 1324 N Superior St Toledo, OH 43604
- 419-243-1289

- **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/>

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

- **CLOSED UNTIL FURTHER NOTICE**

Residents in need may shop and select clothing items, shoes, and coats free of charge every 2 months. The clothing center is located in the former St. Louis church building and is open on Tuesdays, Wednesdays, Thursdays, and every 3rd Saturday, from 9:30 a.m. to 11:30 a.m.

- 443 6th St, Toledo, OH 43605, United States
- 419-691-0613 | <https://catholiccharitiesnwo.org/helping-hands-of-st-louis/>

- **Mission Mall & Warehouse**

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

- 2123 Ashland Ave, Toledo
- 419-241-6579 | <https://tgrm.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://www.monroestumc.com/neighborhood-center>

- **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>

- **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/>

- **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)

- **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>

- **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)

- **Toledo News Boys**

**Help with clothes for children.**

- P.O. Box 2032 Toledo, OH 43604,
- 419-537-7667 | [info@ToledoNewsboys.org](mailto:info@ToledoNewsboys.org)

- **Toledo Together**

**Help with clothing and food.**

- 3925 W. Central Avenue, Toledo, OH 43606
- 419.461.7613 | <http://www.toledotogether.org/>

- **Trinity Faith Tabernacle Neighborhood Outreach**

- 1312 N. Huron St, Toledo, (419) 246-4585 (FREE, open Sunday at 1:00 am).



## Computer Classes

- **Boys & Girls Clubs**

Help with computer technology skill building.

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

- **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 | <http://www.thesourcenwo.com/>

- **Toledo-Lucas County Public Libraries**

- 419-259-5207 | [www.toledolibrary.org](http://www.toledolibrary.org)



## Dental

- **Dental Center of Northwest Ohio**

**Provide primary oral health services for underserved children and adults in Northwest Ohio/ low-income, homeless).**

**Uptowne Smiles:** 2138 Madison Avenue, Toledo, OH 43604 | 419-241-6215

**Tooth Towne:** 2130 Madison Avenue, Toledo, OH 43604 | 419-241-6215

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

- **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

- **Owens Community College Dental Hygiene Clinic**

- **CLOSED IN THE SUMMER/ CALL AND MAKE APPOINTMENTS IN AUGUST**
- Medicaid/fees, appointment only, open Sept to May.
- (567) 661-7294 or 1-800-GO-OWENS, Ext. 7294



## 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/>

- **Bright Horizons Advocacy & Consulting, LLC**

Serves people with disabilities of all ages who need help getting appropriate services. Specialize in advocacy for students aged 3-21 needing appropriate school services/ assist with issues regarding employment, higher education, and benefits.

- 6020 W. Bancroft St., #351414, Toledo, Ohio 43536
- 419-441-1011 | <https://www.brighthorizonsadvcon.com/>

- **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/>

- **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/>

- **Help Me Grow**

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

- 1-800-755-GROW | [info@helpmegrow.org](mailto:info@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/>



- **Ohio Rehabilitation Services Commission**

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

- 5241 Southwyck Blvd., Suite 200, Toledo, Oh 43614
- 800-589-5811 | [michael.roelfsema@ood.ohio.gov](mailto:michael.roelfsema@ood.ohio.gov)

- **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
- 800-589-5811

- **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
- [4192427304](tel:4192427304) | <https://pathwaytoledo.org/service/seniors-and-disabled/>

- **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) | 1-800-624-8378 | [www.sightcentertoledo.org](http://www.sightcentertoledo.org)

- **Strengthening, Opportunities, Abilities and Relationships (SOAR)**

**Providing education, advocacy, and supports for people with intellectual and developmental disabilities and their families.**

- 2503 Pickle Road, Oregon, Ohio 43616
- 419-461-7366 | <http://www.soarllc.org/>

- **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/>





- **SuperSchade's Foundation**

Help with summer camp cost for low-income families who care for children and young adults with special needs and in addition provide a summer camp devoted to empowering individuals in becoming as independent as possible.

- P.O. Box 599, Holland, Ohio 43528
- (419) 410-5980 | [SuperSchadesFoundation@gmail.com](mailto:SuperSchadesFoundation@gmail.com) | <https://www.superschades.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)

- **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/>

- **The Arc of Lucas County**

To assist individuals with developmental disabilities, develop their capacities, strengths, and skills to shape their own lives and succeed as members of the community.

- 3450 W Central Ave Suite 354 Toledo, OH, 43606
- 419-882-0941

- **The Fair Housing Center**

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

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



## 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)
- 1018 Jefferson Avenue Toledo, OH 43604 (419) 241-3235 | <https://www.ywcanwo.org/>






## 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**
  - 419.245.3324

- **Emergency Shelter (United Way)**
  - Call 211

- **National Domestic Violence Hotline**
  - 1.800.799.7233 24/hours or text START to the same number.



Safe place for LGBTQ+ communities.

Deaf and hard of hearing services.

- 
- **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.**

- 915 N. Erie St. Toledo, OH 43604
- (419) 244-2175 | <http://www.lfhtoledo.org/family-shelter.php>





- **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](tel:4197274948))



- **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.fcapc.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/>



- **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.fcapc.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/la-posada/>





- **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 | <http://adoptlucaskids.net/>



- **Project Access**

**Assist victims of child abuse and their children.**

- 3210 Monroe Street, Toledo, Ohio, 43606
- 419-244-3053



- **Safety Net**

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

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



- **Toledo Gospel Rescue Mission**

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

- 117 W Woodruff Ave, Toledo, OH 43604
- [4192416579](tel:4192416579) | <https://tgrm.org/>

- **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>



- **YWCA Battered Women's Shelter**

**Single women/women with children.**

- 1-888-341-7386 (24/7 crisis hotline) | <https://www.ywcanwo.org/>



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

- 1018 Jefferson Avenue Toledo, OH 43604
- (419) 241-3235 | [admin@ywcanwo.org](mailto:admin@ywcanwo.org) |
- <https://www.ywcanwo.org/what-were-doing/sexual-assault-services/>





## 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,
- [4198652300](tel:4198652300)

- **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

- **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>

- **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) |  
<http://www.augsburgt Toledo.org/food-for-thought.html>

- **Great Food for All**

**Boxed food at discount, various locations, food stamps accepted.**

- Various locations (Toledo Area Ministries) | [www.greatfoodforall.com](http://www.greatfoodforall.com)

- **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/helping-hands-of-st-louis/>



- **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/ifs>

- **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/>

- **Ohio Benefit Bank**

- To apply for food stamps 1-800-648-1176 or [www.obb.ohio.gov](http://www.obb.ohio.gov)

- **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)

- **Sylvania Area Family Services**

Food distribution (call for hours).

- 5440 Marshall Road, Sylvania, OH 43560
- (419) 882-8415

- **Toledo Northwestern Ohio Food Bank**

- 24 East Woodruff Avenue, Toledo, OH 43604
- 419-242-5000 | [https://www.toledofoodbank.org/?doing\\_wp\\_cron=1621396168.5065751075744628906250](https://www.toledofoodbank.org/?doing_wp_cron=1621396168.5065751075744628906250)

- **Truth Ministries/ Mobile Food Ministries**

Offer food to those on the streets in downtown Toledo.

- 1-877-878-8420



- **United Way 2-1-1**
  - (800-650-4357)

- **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 | [info@epworth.com](mailto:info@epworth.com)

- **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/>



## 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/>



- **Beach House Toledo & FOCUS**

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

- 2283 Ashland Ave, Toledo, OH 43620
- (419) 244-2175 | <http://www.beachhousetoledo.org/>

- **Catholic Charities**

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

- 1933 Spielbusch Ave, Toledo
- 419-244-6711 |
- <https://www.catholiccharitiesusa.org/our-vision-and-ministry/affordable-housing/>

- **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/>



- **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/>

- **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/>



- **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/>

- **Northwest Ohio Development Agency**

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

- 201 Belmont Avenue, Toledo, Ohio 43604, United States
- 419-243-3734 | [www.nodatoleado.org](http://www.nodatoleado.org)

- **Sylvania Area Family Services**

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

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

- **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)

- **Veterans' Service Commission**

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

- 1301 Monroe St, Suite 180, Toledo
- 419-213-6090 | <https://lucascountyvets.org/>

- **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)





## 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/>

- **Cardinal Staffing**

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

- 1688 Woodlands Drive, Maumee, OH 43537
- 419-893-5400 | <https://www.cardinalstaffing.com/>

- **Dress Right**

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

- 3613 Monroe St, Toledo
- 419-473-1167

- **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

- **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](tel:419-255-0070) | <https://www.goodwillnwohio.com/>

- **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>



- **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/>

- **The Source**

**Provide comprehensive job search services.**

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

- **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/>



## 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
- 419-874-9675 | [www.adeccousa.com](http://www.adeccousa.com)

- **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>

- **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/>

- **Manpower**

- 340 W. Dussel Dr, Maumee
- 419-893-4413 | [www.us.manpower.com](http://www.us.manpower.com)

- **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

- **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)

- **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)

- **Toledo Bar Association**

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

- 419-418-5323

- **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



## 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/>

- **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)

- **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/helping-hands-of-st-louis/>

- **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)

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

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

- 230 13th Street, Toledo
- 419-255-5520 | <https://stpaulscommunitycenter.org/>

- **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/>

- **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/>





## 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

- **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/>

- **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)

- **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](tel:419.255.7883) | <http://nhainc.org/NHA-pediatric-clinic/>

- **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/>

- **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/>

- **Planned Parenthood**

Provide health care to people with or without insurance.

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



- **River East Community Health Center**
  - 117 Main Street, Toledo,
  - 419-691-1322
  
- **South Side Community Health Center**
  - 732 South Street, Toledo
  - 419-241-6106
  
- **Toledo Lucas County Health Department**
  - 635 North Erie Street, Toledo
  - 419-213-4100
  
- **Western Lucas County Clinic**
  - 330 Oak Terrace Boulevard, Holland
  - 419-213-6255



## 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/>

- **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>)

- **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

- **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/>

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

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

- **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



- **Rescue**

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

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

- **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>

- **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/>

- **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

- **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



## Parenting Classes/Counseling

- **Catholic Club**

### Free parenting classes

- 1601 Jefferson Ave, Toledo, OH 43604
- 419.243.7255 | <https://www.catholicclub.org/parenting/>

- **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>



## 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

- **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

- **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/>



## 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/>

- **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/>



## 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/>

- **Planned Parenthood**

Provide health care to people with or without insurance.

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

- **The Pregnancy Center**

Help you through the decision-making process.

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





## Prescriptions

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

### East Toledo residents only.

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

- **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/>

- **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)

- **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

- **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

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

- 701 Jefferson Ave, Suite 101, Toledo
- 419-242-9955 | <http://www.tascnwo.org/aboutus.html>

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

Classes: Ex-Offenders Guide to Employment

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



## 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>

- **Community Development Center**

- 3300 Oak Terrace Blvd, Holland
- 419-865-2322

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

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

- 1001 White St, Toledo
- 419-691-2254 | <http://www.etfc.org/Default.aspx>

- **Lutheran Social Services**

Counseling, day programs, court-appointed legal guardians.

- 2149 Collingwood Blvd, Toledo
- 419-243-9178 | <https://www.lssnwo.org/>

- **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://maumeeseniorcenter.com/>

- **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/>

- **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/>



- **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/>



- **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/>



- **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)



- **Family House**

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

- 669 Indiana Avenue, Toledo, OH 43604
- 419-242-5505



- **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>



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

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

- 230 13th Street, Toledo
- 419-255-5520 | <https://stpaulscommunitycenter.org/>

### Single Men

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

**No sex offenders.**

- 435 Eastern Ave, 419-244-5931



- **Cherry Street Mission**

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

- 105 17th St, Toledo
- 419-242-5141 | <https://cherrystreetmission.org/get-help/>



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

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

- 230 13th St, Toledo
- 419-255-5520

- **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/>



- **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/>





- **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/>



- **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



- **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)



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

- 435 Eastern Ave
- 419-244-5931



- **Family House**

- 669 Indiana Avenue, Toledo
- 419-242-5505 (gay friendly)





## Social Security

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



## 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**

- (800-650-4357)





## Transportation

- **Cherry Street Mission (men in shelter)**  
105 17th St, Toledo, 419-242-5141

- **Sparrow's Nest (women in shelter)**
  - 436 W. Delaware Toledo
  - 419-321-1835

- **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/>
- **TARPS (for those with disabilities)**
  - **(CLOSED DUE TO COVID-19)**
  - 419-382-9901 | <https://tarta.com/services/tarps/>



## Utilities/Home Energy Assistance Program (Heap)

- **East Toledo Family Center**
  - (CLOSED DUE TO COVID-19)
  - 1020 Varland Ave, Toledo
  - 419-691-1429 | <http://etfc.org/>

- **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

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

**East Toledo residents only.**

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

- **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

- **Sylvania Area Family Services**

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

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

- **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/>



## 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

- **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/>



## 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

- **Prevent Blindness Ohio**

### For low-income families.

- 800-301-2020 | [www.aoa.org](http://www.aoa.org)

- **Vision USA**

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

- [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

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

(419) 242-9363

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



## 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.*