

Birmingham

Resource Guide

Free and Low-Cost Resources for the Birmingham Metro Area



Updated October 2019

Categories

 **Adult Education**

 **Children's Programs**

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 **Financial Assistance & Education**

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 **Government Programs & Legal Services**

 **Housing, Shelter, and Home Repair**

 **Medical Care, Health Care, and Pregnancy Services**

 **Phone Service**

 **Rescue & Recovery**

 **Transportation**

Adult Education

- AIDS Alabama
- Alabama Joblink
- Aletheia House
- BBA Ministry Center
- Brook Hills ESL Ministry
- Community Care Development Network
- Dannon Project
- Family Guidance Center of Alabama
- Firehouse Shelter
- Hope Inspired Ministries
- JCCEO
- Jimmie Hale Mission
- The Literacy Council of Alabama
- M-Power Ministries
- Oasis Counseling
- Pathways Home
- Safe House
- Shepherd's Center East
- Three Hots and a Cot
- WorkFaith Birmingham

Children's Programs

- Alabama Baptist Children's Home
- Alabama DHR
- Aletheia House
- Aspire Movement
- BCS Special Needs Fund
- Boys & Girls Club
- Childcare Resources
- Daniel Cason Ministries
- Foundations Early Learning Center
- Girls, Inc.
- Government Benefits
- Grace Episcopal Church
- Grace House
- JCCEO
- Northstar Youth Ministries
- Oak Tree Ministries
- Triumph Youth and Adult Development
- University of Alabama at Birmingham (UAB)
- Young Life
- YWCA

Clothing

- 23rd Street Baptist Church
- BBA Ministry Center
- Birmingham Aids Outreach
- Bundles of Hope
- Daniel Cason Ministries
- Dawson Memorial Baptist
- Firehouse Shelter
- Greater Birmingham Ministries
- Helpline Christian Outreach Ministries
- My Child's Closet
- Oak Mountain Missions Ministries
- Pathways Home
- Project Hope
- Salvation Army
- Shelby Baptist Association
- Southside Baptist Church
- Three Hots and a Cot
- Thrift Storw

Counseling & Therapy

- Alabama Baptist Children's Home
- Amelia Center
- Awaken Recovery
- Biblical Marriage Institute
- Birmingham AIDS Outreach
- Christian Marriages in Crisis
- Community Grief Support
- Crisis Center of Birmingham
- The Exchange Club
- Family Guidance Center of Alabama
- Gateway Counseling
- Impact Family Counseling
- Oasis Counseling
- Pathways Professional Counseling
- Prescott House
- Samaritan Counseling Center

Financial Assistance & Education

- AIDS Alabama
- Asbury UMC
- BBA Ministry Center
- Benefits.gov
- Birmingham Urban League
- Bridge Ministries
- Community Care Development Network
- Dannon Project
- Greater Birmingham Ministries
- Helpline Christian Outreach Ministries
- Independent Presbyterian Church
- JCCEO
- LIHEAP
- Serving You Ministries
- Shelby Baptist Association
- Spire Assistance Program
- Triumph Youth and Adult Development
- Urban Ministry

Food Pantries & Hot Meals

- 23rd Street Baptist Church
- Alabama Department of Public Health
- Alabama DHR
- Asbury UMC
- Avondale Samaritan Place
- BBA Ministry Center
- Birmingham AIDS Outreach
- Church of the Reconciler
- Daniel Cason Ministries
- Firehouse Shelter
- Free School Lunch
- Grace Episcopal Church
- Grace Klein Community
- Greater Birmingham Ministries
- Helpline Christian Outreach Ministries
- Highlands United Methodist Church
- Independent Presbyterian Church
- Oak Mountain Ministries
- Pathways Home
- Project Hope
- Salvation Army
- Serving You Ministries
- Shelby Baptist Association
- Southside Baptist Church
- Three Hots and a Cot
- Triumph Youth and Adult Development
- Urban Ministry

Furniture & Household Items

- BBA Ministry Center
- Grace Klein Community
- Oak Mountain Missions Ministries
- Shelby Baptist Association
- Thrift Stores

Government Programs & Legal Services

- Alabama Department of Public Health (WIC)
- Alabama DHR
- Assurance Wireless
- Benefits.gov
- Free School Lunch
- Government Benefits
- Highlands United Methodist Church (obtain license, birth certificate)
- Legal Aid Society of Birmingham (legal services)
- Medicaid
- Safe House (legal services)
- Section 8 Housing
- Volunteer Lawyers Birmingham

Housing, Shelter, and Home Repair

- Abiding Hearts Home Care (repair)
- AIDS Alabama
- Alabama Baptist Children's Home
- Aletheia House
- Avondale Samaritan Place
- Birmingham Towers Apartment
- Birmingham Urban League
- Bridge Ministries
- Blanket Fort Hope
- Brother Bryan Mission (men)
- Church of the Reconciler
- Department of Housing and Urban Development
- Family Promise of Birmingham
- Fellowship House
- Firehouse Shelter (men)
- First Light (women and children)
- The Foundry Ministries (men and women)
- Grace Episcopal Church
- Grace House (girls)
- Hardest Hit Alabama (foreclosure prevention)
- Hearts in Hands (repair)
- Housing Authority of Birmingham District
- JCCEO
- Jimmie Hale Mission
- King's Home (youth; women and children)
- The Lovelady Center (women and children)
- Metro Changers (repair)
- Neighborhood Housing Services
- New Day New Stand
- Olivia's House (women and children)
- Pathways Home (women and children)
- Princeton Towers II
- Red Mountain Grace (patients)
- Safe House (women and children)
- Salvation Army
- Section 8 Housing
- Shepherd's Fold (reentry, men and women)
- St. Anne's Home (women)
- Three Hots and a Cot (Veterans)
- Villa Maria Senior Apartments
- The Well House
- Widows First (repair)
- YWCA (women and children)

Medical, Health, and Pregnancy Services

- Abiding Hearts Home Care (non-medical)
- Addiction Prevention Coalition (recovery)
- AIDS Alabama
- Anchor Community Respite Ministry
- Avondale Samaritan Place (senior health care)
- Bethesda Life Center (screenings, prevention)
- Birmingham AIDS Outreach
- Bridge Ministries (medicine, supplies)
- Cahaba Medical Care
- Cahaba Valley Health Care (free clinics)
- Catholic Family Services (pregnancy)
- Christ Health Center (clinics)
- Church of the Reconciler (OTC medication)
- Community of Hope Health Clinic
- Free Clinics (directory)
- The Foundry Dental Center
- Her Choice (pregnancy)
- Hope Health Center (clinics)
- J.B.S. Mental Health Authority
- Jefferson County Department of Health (clinics)
- Lakeside Hospice (terminally ill)
- Lifeline Children's Services (pregnancy resources)
- M-Power Ministries (clinic)
- Online Mental Health Screening
- Positive Choices
- Sav-a-Life, Shelby (pregnancy)
- Sav-a-Life, Vestavia (pregnancy)

Phone Service

- Assurance Wireless
- Safelink Wireless

Rescue & Recovery

- Addiction Prevention Coalition
- Aletheia House (recovery)
- Beacon Addiction Treatment Center (rehab)
- Birmingham Metro Treatment Center (rehab)
- Blanket Fort Hope
- Bradford Health Services (rehab)
- Brother Bryan Mission (recovery)
- The Exchange Club (child abuse)
- Fellowship House (recovery)
- The Foundry (recovery)
- Jimmie Hale Mission (recovery)
- The Lovelady Center (recovery)
- Methadone Treatment Centers (rehab)
- Prescott House (abuse, neglect)
- St. Anne's Home (rehab)

Transportation

- AIDS Alabama
- Aletheia House
- Birmingham AIDS Outreach
- KIDONE Transport (children, medical)
- Max Transit
- Senior Ride Program
- Three Hots and a Cot (Veterans)
- Urban Ministry (seniors)

23rd STREET BAPTIST CHURCH

- *Food pantry; Clothing Closet*
- *Must call for an appointment*
- *331 23rd Street S Birmingham, AL 35233*
- *205-251-1752*

ABIDING HEARTS HOME CARE

- *Living and family assistance; non-medical nursing care; home repair*
- *205-790-2433*
- *www.abidingheartshomecare.com*

ADDICTION PREVENTION COALITION

- *Online resource directory and recovery network*
- *205-874-8498*
- *www.addictionpreventioncoalition.org*

AIDS ALABAMA

- *Support services for HIV-positive individuals and their families*
- *205-324-9822*
- *www.aidsalabama.org*
 - *Case management*
 - *Transportation*
 - *Utility assistance*
 - *Emergency financial assistance*
 - *Emergency housing*
 - *Vocational assistance*
 - *GED Prep / Training*
 - *Secondary HIV education*
 - *Substance abuse treatment*
 - *Mental health services*
 - *Health insurance continuation*
 - *Support groups*

ALABAMA BAPTIST CHILDREN'S HOME

- *Provide homes for children, professional counseling, educational services and family assistance*
- *205-945-0037*
- *2681 Rocky Ridge Lane Birmingham, AL 35216*
- *www.alabamachild.org*

ALABAMA DEPARTMENT OF PUBLIC HEALTH

- WIC (WOMEN, INFANTS, AND CHILDREN)
 - *Supplemental nutrition program for pregnant or breastfeeding women, infants, and children under the age of 5; eligibility based on income*
- ALL KIDS

- *Low-cost healthcare coverage for children under 19*
- www.adph.org

ALABAMA DHR

- *Providing for the protection, well-being, and self-sufficiency of children and adults*
- 334-242-1310
- www.dhr.alabama.gov
 - Adult / Child protective services
 - Childcare
 - Food assistance
 - Child support
 - Adoption / Foster Care
 - Family Assistance / Services

ALABAMA JOBLINK

- *Online resource for posting or finding jobs; link to training program; establish or reopen unemployment compensation*
- 205-582-5200
- www.joblink.alabama.gov

ALETHEIA HOUSE

- *Wellness programs, treatment programs, job training, transition and permanent housing*
- 205-324-6502
- 201 Finley Ave W Birmingham, AL 35204
- www.specialkindofcaring.org
- WOMEN'S HOPE: *A comprehensive substance abuse outpatient program designed to address the specific needs of women and their children. Free with Medicaid.*
 - Childcare
 - Transportation to class
 - Employment assistance
 - Partner therapy
 - Life skills coaching
 - Referrals for housing
- MEN'S HOPE: *A supportive residential treatment program designed to help men who have long histories of addiction, unemployment, or homelessness recover from their drug and alcohol use, find a job, and connect to affordable, drug-free housing.*
 - 44 beds for chronic substance abusing men; 30% income
 - Supporting residential care
 - Individual and family counseling
 - Life skills training
 - Linkages to other social services
 - Employment assistance
 - Transportation
 - Housing assistance
- HOPE FOR HEROES: *Serves low-income veterans and their families who do not have permanent housing*
 - Assistance leasing affordable housing
 - Linkages to employment and supportive services
 - Referrals for housing
- KIDS WHO CARE CAMP: *free summer camp program for children ages 5-13*

- Activities focused on teaching youth positive ways to care about their country, communities, families, and themselves

- Creative activities including music and art
- Fun outdoor games that promote physical health
- Healthy snacks

AMELIA CENTER

- *Grief counseling for children, teens and adults coping with the death of a friend or family member at no set fee.*
- 1501 4th Avenue South Birmingham, AL 35233
- Call 205-638-7481 for an interview appointment
- www.ameliacenter.org

ANCHOR COMMUNITY RESPITE MINISTRY

- *Provides fellowship and stimulation to people who are living with memory loss due to dementia or stroke; Every Tuesday and Thursday from 10:00 a.m. to 2:00 p.m.*
- www.asburyonline.org/anchor
- \$40/day

ASBURY UMC

- *Food pantry; assistance with utility bills, gas or grocery cards*
- 6690 Cahaba Valley Road Birmingham, AL 35242
- 205-995-1700
- www.asburyonline.org

ASPIRE MOVEMENT

- *Mentoring program for at-risk youth*
- 205-235-2355
- www.aspiremovement.org
- 2212 1st Ave S Birmingham, AL 35233

ASSURANCE WIRELESS

- *Free phone, voice, text, and data for qualified applicants based on household income*
- 1-888-321-5880
- www.assurancewireless.com

AVONDALE SAMARITAN PLACE

- *Home repair, social work, and health care support for seniors; food assistance*
- 205-868-3359
- www.avonumc.net/avondale-samaritan-place
- 3829 5th Ave S Birmingham, AL 35222

AWAKEN RECOVERY

- *Support for individuals, couples, and ministries dealing with the impact of pornography or sexual addiction.*
- www.awakenrecovery.com

BBA MINISTRY CENTER

- *Offers aid to ease the effects of poverty through food assistance, clothing and furniture referrals, case management, ESL, and financial education.*
- 2230 Green Springs Highway Birmingham, AL 35205
- 205-326-1211

BCS SPECIAL NEEDS FUND

- *Instructional support services for children enrolled in Birmingham City Schools*
- 2015 7th Ave North, Birmingham, AL 35202
- 205-231-4220

BEACON ADDICTION TREATMENT CENTER

- *Outpatient and day treatment for adults and adolescent substance abuse. Cost based on insurance coverage.*
- 401 Beacon Parkway West Birmingham, AL 35209
- 205-917-3733 Ext. 103, Call for an appointment
- www.uab.edu/medicine/substanceabuse/beacon-home

BENEFITS.GOV

- *Online questionnaire to see which government benefits and assistance programs you qualify to receive. At or below 200% poverty. Uninsured or underinsured. Resident of Alabama and 50+ years.*
- www.benefits.gov

BETHESDA LIFE CENTER

- *Breast and Cervical cancer screenings, colorectal cancer prevention, diabetes prevention, health evaluation, nutrition programs; must be at or below 200% poverty and resident of AL*
- 205-788-2200
- 321 19th Street Ensley 35218
- www.thebethesda.com

BIBLICAL MARRIAGE INSTITUTE

- *Provides marriage training, education, and community awareness*
- 205-706-3409
- www.biblicalmarriageinstitute.org

BIRMINGHAM AIDS OUTREACH

- *Food, clothing, counseling, legal services, case management, transportation, medical assistance, nutritional supplements, pet care assistance, support groups, HIV testing, GED classes; referrals and walk-ins*
- 205 32nd St. South #101 Birmingham, AL 35233
- 205-322-4197
- www.birminghamaidsoutreach.org

BIRMINGHAM METRO TREATMENT CENTER

- *Opioid addiction education, counseling, and treatment*
- <https://newseason.com/clinics/birmingham-metro-treatment-center/>
- 877-284-7074
- 151 Industrial Drive Birmingham, AL 35211

BIRMINGHAM TOWERS APARTMENTS

- *Low rent apartments; no utility payments for seniors age 62 and up*
- 205-322-0728
- 2712 31st Avenue North Birmingham, AL 35207

BIRMINGHAM URBAN LEAGUE

- *Homeowners education, foreclosure counseling, budget and credit counseling, mortgage assistance, fair housing education, and GED programs*
- 205-326-0162
- 1229 3rd Avenue North Birmingham, AL 35203
- www.birminghamul.org

BLANKET FORT HOPE

- *Support for child victims of human trafficking*
- 1-888-373-7888
- www.blanketforhope.org
- Text 'help' to befree (233733)

BOYS & GIRLS CLUB

- *Provides facilities, activities, and leadership that motivates youth through after school and summer programs*
- Multiple locations throughout city
- www.bgcca.org
- 205-815-0703

BRADFORD HEALTH SERVICES 🌞

- *Drug and alcohol addiction treatment services for adults and adolescents; outpatient and continuing care; adult detox; family support*
- 205-942-3200
- 300 Century Park South Ste. 100 Birmingham, AL 35226
- www.bradfordhealth.com

BRIDGE MINISTRIES 💰🏠❤️

- *Rent & utility assistance; homelessness intervention; emergency housing; medicine & medical supplies including prescription eyeglasses*
- 205-930-0309
- 11th Avenue South & 19th South Birmingham, AL
- www.bridgeministriesbham.org

BROOK HILLS ESL MINISTRY 📁

- *Free English classes on Thursday mornings (women only) and Thursday nights (Co-Ed)*
- 205-313-7701
- www.brookhills.org/esl
- 3145 Brook Highland PKWY Birmingham, AL 35242 (3rd Floor Room 304)

BROTHER BRYAN MISSION 🌞🏠

- *New Life Fellowship 9-month Christian recovery program – free if not receiving a paycheck or government funds*
- 1616 Second Avenue North Birmingham, AL 35203
- 205-322-0092
- www.bbmission.com

BUNDLES OF HOPE 👕

- *Free diapers for infants & toddlers in need*
- 205-607-2112
- 1678 Montgomery HWY #104 Birmingham, AL 35216
- www.bundlesdiaperbank.org

CAHABA MEDICAL CARE ❤️

- *Comprehensive primary care services for underinsured and uninsured*
- 205-926-2992
- 405 Belcher Street Centreville, AL 35042
- www.cahabamedicalcare.com

CAHABA VALLEY HEALTH CARE

- *Free clinics and screenings; dental, vision, nutrition, and acute care for underserved communities in Jefferson and Shelby Counties*
- (English) 205-991-8771 (Spanish) 205-918-2001
- 1515 6th Ave. S. Birmingham, AL 35233
- www.cahabavalleyhealthcare.org

CATHOLIC FAMILY SERVICES

- *Pregnancy counseling and services*
- 1515 12th Avenue South Birmingham, AL 35205
- 205-324-6561
- www.cfsbhm.org

CHILDCARE RESOURCES

- *A childcare resource and referral agency promoting quality care and education of children by providing information, education, and assistance to families, providers of child care, and the community.*
- 244 West Valley Avenue, Suite 200, Birmingham, AL 35209.
- 205-945-0018
- www.ccr-bhm.org

CHRIST HEALTH CENTER

- *Urgent and primary care, well child, lab, pregnancy, immunizations, HBP testing, Diabetes, STD, TB, chronic disease, nutritional education, referrals, dental, pharmacy*
- 205-380-9455
- 5720 First Avenue S Birmingham, AL 35212
- www.christhealthcenter.org

CHRISTIAN MARRIAGES IN CRISIS

- *Christian counseling, workshops, and recovery groups for marriages in crisis*
- 205-637-5242
- www.christianmarriagesin crisis.com

CHURCH OF THE RECONCILER

- *Breakfast Monday through Thursday at 9:30 and meal on Sunday*
- 112 14th Street North Birmingham, AL 35203
- 205-324-6402
- Churchofthereconciler.com

COMMUNITY CARE DEVELOPMENT NETWORK

- Family and Life Services, Mentoring, Education, and Community Outreach

- 205-777-5894
- 7769 2nd Avenue South Birmingham, AL 35206
- www.ccommunitycaresdn.org

COMMUNITY GRIEF SUPPORT

- *Private counseling, support groups, workplace support, and holiday support*
- 205-870-8667
- 1119 Oxmoor Road Homewood, AL 35209
- www.communitygriefsupport.org

COMMUNITY OF HOPE HEALTH CLINIC

- *Free non-emergent health clinic for adults 19-64 with no health insurance and at 200% poverty level or below; Intake Thursday from 10-12.*
- 2000 County Services Dr. Pelham, Alabama 35124
- 205-685-4154
- Call or check website for patient criteria
- www.communityofhopeclinic.com

CRISIS CENTER OF BIRMINGHAM

- *Crisis intervention and prevention; sexual assault services; mental health services*
- Crisis Line- 205-323-7777
- www.crisiscenterbham.org

DANIEL CASON MINISTRIES

- *Christian music center; food assistance; clothing closet*
- www.danielcason.org

DANNON PROJECT

- *GED and Job readiness, summer youth employment, skills training, prison re-entry, financial literacy, youth career for 17-24*
- 205-202-4072
- 2324 5th Avenue North Birmingham, AL 35203
- www.dannonproject.org

DAWSON MEMORIAL BAPTIST

- *Clothing closet for children 0-16; Monday through Thursday 9am-1pm by appointment only*
- 205-616-9131
- www.dawsonchurch.org
- 32 Green Springs Hwy, Homewood, AL 35209

DISCOVERY CLUBS OF ALABAMA

- *Free after school Bible club for grades 2-5 in many Alabama public schools*
- 205-941-9852
- www.jimmiehalession.com

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD)

- *Affordable housing listings; homeowner education and resources*
- <https://www.hud.gov/states/alabama>

EAST LAKE HOUSE APARTMENTS

- *Efficiency and 1-bedroom housing for seniors 62+ or under 62 with mobile impairment*
- 205-833-1798
- 7901 1st Avenue South Birmingham, AL

THE EXCHANGE CLUB

- *Child abuse prevention; Educational and support groups for parents, parenting aide program, and anger management courses. Free or based on income.*
- 205-801-5151
- 2300th Court South Birmingham, AL 35205
- www.4cap.org

FAMILY GUIDANCE CENTER OF ALABAMA

- *Counseling for family, early childhood, employment, finances, parent education, life skills, and job readiness; subsidized childcare*
- 205-945-6000
- www.familyguidancecenter.org
- 234 Aquarius Dr. #118 Homewood, AL 35209

FAMILY PROMISE OF BIRMINGHAM

- *safe lodging for homeless families gaining independence*
- 205-918-0246
- www.familypromisebham.org
- 1016 19th St. S Birmingham, AL 35205

FELLOWSHIP HOUSE

- *Personal, social, and vocational substance abuse recovery programs for alcoholism, drug addiction, and co-occurring disorders (mental health and addiction).*
- 1625 12th Ave. South Birmingham, AL 35205
- 205-933-2430
- www.fshbhm.org

FIREHOUSE SHELTER

- *Emergency shelter for men, no ID required, 30% income, meals, clothes, literacy & GED*
- 1501 3rd Avenue North Birmingham, AL 35203
- 205-252-9571
- www.firehouseshelter.com

FIRST LIGHT

- *24-hour free emergency shelter for women and their children;*
- 205-323-4277
- 2230 Fourth Avenue North Birmingham, AL 35203
- www.firstlightshelter.org

FREE CLINICS

- *Online directory of free and income-based health and medical clinics in Birmingham; Visit site for locations and details*
- www.freeclinics.com

FOUNDATIONS EARLY LEARNING CENTER

- *Preschool services in a Christian environment; \$90/month tuition*
- 7000 Grasselli Rd. Fairfield, AL 35064
- www.foundationselfc.org

THE FOUNDRY DENTAL CENTER

- *Low-cost dental services to patients in a recovery program- bonding, filling, implants, crowns, bridgework, teeth whitening, tooth extraction, etc.*
- 1700 6th Avenue North Bessemer, AL 35020
- 205-434-2031
- www.foundrydentalcenter.com

THE FOUNDRY MINISTRIES

- *Rescue, recovery, and re-entry programs for men and women*
- 1800 4th Ave. North Bessemer, AL 35020
- 205-424-2400
- www.foundrymission.com

FREE SCHOOL LUNCH

- *Instructions and application available online for government lunch program*
- www.fns.usda.gov

GATEWAY COUNSELING

- *Family counseling, FOCUS family unification service, violence intervention, in-home family support and parent education, and safe havens for victims of domestic abuse, ADHD management, and trauma therapy*
- 1401 20th Street South Birmingham, AL 35205
- 205-510-2600
- www.gway.org

GIRLS, INC.

- *Low-cost programs during summer, winter, spring break, and after school, to help girls reach their full potential by teaching life skills and promoting healthy life choices.*
- 205-595-4475
- www.girlsinccentral-al.org

GOVERNMENT BENEFITS

- *Social security, SSI, Disability, Medicare, etc.*
- 1-800-772-1213
- 1st Floor 1200 Rev Abraham Woods Jr BLVD Birmingham, AL 35285
- www.ssa.gov

GRACE EPISCOPAL CHURCH

- *Daily lunches served; food pantry; clothes closet; emergency shelter; summer camp for teens; ESL; Narcotics Anonymous classes*
- 5712 1st Avenue North Birmingham, AL 35212
- www.gracechurchwoodlawn.org
- 205-595-4636

GRACE HOUSE

- *Residential group home for girls ages 6-18 who have been abused or neglected; Transitional living program for girls 18-24 who have exited the foster care system*
- 205-703-2099
- 4911 Farrell Avenue Fairfield, AL 35064
- www.grace-house.org

GRACE KLEIN COMMUNITY

- *Food, furniture, prayer, and other resources for families in need*
- Call or email for assistance, help@gracekleincommunity.com
- 205-390-2211
- www.gracekleincommunity.com
- 2652 Old Ridge Rd. Birmingham, AL 35216

GREATER BIRMINGHAM MINISTRIES

- *Food, clothing, and utility assistance*
- 2304 12th Avenue North Birmingham, AL 35234
- 205-326-6821
- www.gbm.org

HARDEST HIT ALABAMA

- *Foreclosure prevention for eligible homeowners*
- 1-877-497-8182
- www.hardesthitalabama.com

HEARTS IN HANDS

- *Providing critical home repair services, lawn care, and wheelchair ramp construction for elderly, widows, and disabled.*
- 205-547-0306
- www.heartsinhands.org

HELPLINE CHRISTIAN OUTREACH MINISTRIES

- *Food pantry, clothing, financial assistance*
- 8 Roebuck Drive Birmingham, AL 35215
- 205-833-7712
- www.facebook.com/outreachinroebuck

HER CHOICE

- *Free, confidential pregnancy tests and ultrasounds; Pregnancy counseling and education, referrals, post abortion recovery group, sexual integrity classes, and community assistance*
- 205-252-0706
- 2120 7th Avenue South Birmingham, AL
- www.herchoicebirmingham.org

HIGHLANDS UNITED METHODIST CHURCH

- *Hot Breakfast Monday through Saturday at 9:50 AM. Laundry services M, W, F, at 9-10:00am. Assistance to obtain birth certificates and state-issued ID on Tuesday and Thursday 11-12 by referral; Legal aid last Wednesday of the month at 10am*
- www.highlandsumc.net
- 1045 South 20th Street Birmingham, AL 35205
- 205-933-8751

HOPE HEALTH CENTER

- *Preventative, primary care, dental, vaccinations, women's care, fitness and nutrition, pharmaceutical assistance, eye care, counseling, and support groups.*

- Accept Medicaid, medicare, and most major providers; \$40 for uninsured and \$20 for follow-up. Lab and testing are additional cost
- 205-785-1353
- 4614 Carnegie Avenue Fairfield, AL 35064
- www.hopehealthcenter.org

HOPE INSPIRED MINISTRIES

- *Provides life skill training, employment skills, character building, GED prep, for men and women ages 18-49.*
- 205-202-6305
- 6523 1st Ave N. Birmingham, AL 35206
- www.hopeinspiredministries.org

HOUSING AUTHORITY OF THE BIRMINGHAM DISTRICT (HABD)

- *Affordable housing for low and moderate-income persons*
- 205-521-0623
- 1826 3rd Avenue South Birmingham, AL 35233
- www.habd.org

IMPACT FAMILY COUNSELING

- *United Way agency providing outpatient counseling, mentoring, relationship education, family strengthening, behavior aid for students, and anger management. Cost based on income.*
- 1000 24th Street South Birmingham, AL 35205
- 205-916-0123
- www.impactal.org

INDEPENDENT PRESBYTERIAN CHURCH

- *Food pantry; Emergency utility assistance one time per year*
- 3100 Highland Avenue Birmingham, AL 35205
- 205-933-1830
- www.ipc-usa.org

J.B.S. MENTAL HEALTH AUTHORITY

- *Resources and residences for individuals with serious mental illness*
- 205-595-4555
- 940 Montclair Rd. Suite 200 Birmingham, AL 35213
- www.jbsmha.com



- *A community action agency for Jefferson County helping low-income residents move toward self-sufficiency*
- 300 Eighth Avenue West Birmingham, AL 35204
- 205-327-7500
- www.jcceo.org
 - Child Development Services
 - Head Start
 - Early Head Start
 - Pre-K
 - Financial Literacy
 - Energy Assistance
 - Home Weatherization
 - Adult Day Health Care
 - Senior Nutrition
 - Emergency Assistance

JEFFERSON COUNTY DEPARTMENT OF HEALTH

- Low cost health and dental care based on income for Jefferson county residents
- Central Health Center | 1400 6th Avenue South Birmingham, AL 35233 | 205-933-9110
- Eastern Health Center | 601 West Blvd Roebuck Birmingham, AL 35206 | 205-591-5180
- Western Health Center | 631 Bessemer Super Hwy Midfield, AL 35228 | 205-715-6121
- www.jcdh.org

JIMMIE HALE MISSION

- www.jimmiehalession.com
- 205-323-5878
- SHEPHURA MEN'S CENTER
 - 3420 2nd Ave. N Birmingham, AL 35222 | 205-324-2271
 - *160-bed men's dormitory with dining hall, clothes closet, chapel services, and learning center.*
 - *Bible-Based recovery classes*
 - *Individual counseling sessions*
 - *Group and individual Bible studies*
 - *Work therapy*
 - *Education remediation and job readiness*
- JESSIE'S PLACE
 - 2305 5th Avenue North Birmingham, AL 35203 | 205-323-0170
 - *A shelter for homeless and hurting women and children*
 - Daily life skills training
 - Bible studies
 - Case management and counseling
 - Education remediation and job readiness
 - Children's programs including play therapy
- ROYAL PINES RECOVERY CENTER
 - *Bible-based 12-step recovery program for men*
 - 256-352-9444
 - 5 Guinns Cove Rd. Hayden, AL 35079

KIDONE TRANSPORT

- *Free transport of children and expectant mothers to necessary health care services*
- 205-978-1000
- www.kidone.org

KING'S HOME

- www.kingshome.com
- 205-678-8331
- 221 Kings Home Drive Chelsea, AL 35043
- KING'S RANCH
 - *Home and care for at-risk youth, boys and girls ages 10-21 who have suffered abuse, neglect, or abandonment.*
 - Loving homes
 - Spiritual development
 - Educational assistance
 - Counseling
- HANNAH HOME
 - *Housing and support for women and mothers with children who have suffered from abuse or domestic violence.*
 - Housing
 - Food
 - Medical care
 - Educational support
 - Counseling
 - Childcare

LAKESIDE HOSPICE

- *Faith-based ministry providing hospice care for terminally ill (including nursing, social work, dietary counseling, physical and occupational services, medications, medical equipment, etc.) regardless of a family's ability to pay*
- 205-884-1111
- 4010 Masters Road Pell City, Alabama 35128
- www.lakesidehospice.org

LEGAL AID SOCIETY OF BIRMINGHAM

- *Providing attorneys and protecting legal rights to the indigent*
- 205-251-3516
- 2021 2nd Avenue North Birmingham, AL 35203
- www.legalaidbirmingham.com

LIFELINE CHILDREN'S SERVICES

- *Free professional counseling services, education, and options for women facing an unplanned pregnancy*
- 205-967-0811
- www.lifelinechild.org
- 100 Missionary Ridge Birmingham, AL 35242

LIHEAP

- *Initiatives that assist low-income families with energy costs (electric, propane, gas, oil, kerosene, coal, or other heating fuel)*
- 334-242-4909
- www.liheap.us/alabama-heap/

THE LITERACY COUNCIL OF CENTRAL ALABAMA

- *Directory of English classes and resources for speakers of other languages*
- www.alliteracycouncil.wordpress.com
- 2301 1st Ave N. Suite 102 Birmingham, AL 35203
- 205-326-1925

THE LOVELADY CENTER

- *9-12 month transitional program for women coming out of homelessness and addiction, escaping domestic violence, or being released from prison. \$500 upon arrival. Children permitted after Phase I upon approval.*
- 7916 2nd Avenue S Birmingham, AL 35206
- 205-833-7410
- www.loveladycenter.org

MAX TRANSIT

- www.maxtransit.org
- 205-521-0101
- *Public transportation including fixed routes and scheduled para-transit door-to-door. Website includes routes and schedules. Fares:*
 - *Adult \$1.25*
 - *Elderly \$0.60*
 - *Student \$0.80*
 - *Day Pass \$3.00*

MEDICAID

- *Government benefits that pay for medical and long-term care for low-income pregnant women, children, certain people on Medicare, individuals with disabilities, and nursing home residents.*
- 1-866-371-4073
- www.medicaid.alabama.gov
- 468 Palisades Blvd. Birmingham, AL 35209

METHADONE TREATMENT CENTERS

- *Comprehensive outpatient program specifically designed for persons addicted to the opioid class of drugs, including prescription pain medications and heroin*
- BIRMINGHAM METRO | 151 Industrial Drive Birmingham, AL 35211 | 205-941-1799
- TRI – COUNTY | 5605 Clifford Circle Birmingham, AL 35210 | 205-836-3376
- www.newseason.com

METRO CHANGERS

- *Home repair work projects performed by volunteers for the substandard housing plight in the metropolitan area*
- 205-440-4737
- www.metrochangers.org
- 750 Montclair Rd. Birmingham, AL 35213

M-POWER MINISTRIES

- EDUCATION CENTER
 - *Adult literacy, GED, and Career-Readiness programs for adults in poverty*
- HEALTH CENTER
 - *Free clinic providing primary care services to patients suffering from chronic illnesses as well as acute clinics and specialty clinics; Open Tuesday and Thursday from 3:30-7:00 PM; limited availability; first come, first served.*
- 4022 4th Avenue South Birmingham, AL 35222
- 205-595-5959
- www.mpowerministries.org

MY CHILD'S CLOSET

- *Free clothing and school uniforms for children in need, by referral*
- 205-541-8436
- www.mychildscloset.net

NEIGHBORHOOD HOUSING SERVICES

- *1st time home buyers education, foreclosure prevention, budget management, credit counseling, affordable housing opportunities*
- 601 19th Street North Birmingham, AL 35203
- 205-328-4292
- www.nhsbham.org

NEW DAY NEW STAND

- *Assisting people transitioning from recovery programs, homelessness, prison, and other housing.*

- 205-933-3001
- 612 32nd Street South, #303 Birmingham, AL 35233
- www.newdaynewstand.org

NORTHSTAR YOUTH MINISTRIES

- *Affordable soccer clubs, Bible camps, and after-school programs for youth with spiritual and academic components*
- 205-322-9296
- 700 8th Avenue West Birmingham, AL 35204
- www.northstarym.org

OAK MOUNTAIN MISSIONS MINISTRIES

- *Groceries, clothing, furniture and other household items for families in need with priority given to victims of abuse.*
- 2699 Pelham Parkway, AL 35214
- 205-685-5757
- www.oakmtnmissions.com

OAK TREE MINISTRIES

- *Programs for children and families in Marks Village housing community, including an afterschool reading club, Sunday Bible club, adult Bible studies, and crisis assistance*
- www.oaktreeministries.org
- 6517 Kimberly Ave. Birmingham, AL 35212

OASIS COUNSELING

- *Affordable mental health counseling and innovative educational programs for women and children living at or below poverty level*
- 205-933-0338
- 1900 14th Avenue South Birmingham, AL 35205
- www.oasiscounseling.org

OLIVIA'S HOUSE

- *Residential long-term substance abuse treatment program for women and their children up to 10 years old*
- 8017 2nd Avenue South Birmingham, AL 35206
- 205-833-5708
- www.adatc.org

ONLINE MENTAL HEALTH SCREENING

- *Self tests for depression, anxiety, bipolar, PTSD, alcohol or substance abuse, psychosis, eating disorder, and work health*
- www.mentalhealthscreening.org/screening/NEDA

PATHWAYS HOME

- *Day shelter for women and children including hot meals, showers, laundry, clothing, case management, counseling, life skills; Weekdays 8-5; Weekends and Holidays 9-3*
- 205-322-6854
- 409 Richard Arrington Jr. BLVD N Birmingham, AL 35203
- www.pathwayshome.org

PATHWAYS PROFESSIONAL COUNSELING

- *Counseling for depression, anxiety, foster/adoptive families, couples, premarital, family, play therapy, grief, stress, spiritual issues, conflict, and parenting support. Subsidies available upon request.*
- 1-866-991-6864
- 2104 Rocky Ridge Rd. Birmingham, AL 35216
- www.pathwaysprofessional.org

POSITIVE CHOICES

- *Free pregnancy tests, ultrasounds, resources, and education*
- 205-836-0564
- 1120 Gadsden Highway Birmingham, AL 35235
- www.pregnancybirmingham.com

PRESCOTT HOUSE

- *Services for child victims of physical and sexual abuse, neglect, or witnesses of a violent crime; forensic interviews, mental health therapy, court education and preparation for children and families*
- 205-930-3622
- 1730 14th Avenue South Birmingham, AL 35205
- www.prescotthouse.org

PRINCETON TOWERS II

- *Low rent 1-bedroom apartments for Seniors*
- 205-777-4064
- 908 Tuscaloosa Avenue Birmingham, AL 35211

PROJECT HOPE

- *Day shelter for homeless youth; Provides hot meals, clothing, personal care items, shower and laundry, a place to rest, and a social worker for youth 13-21; 9-5 Monday through Friday*
- 1321 7th Avenue North Birmingham, AL 35203
- 205-663-6301
- www.familyconnection-inc.org

RED MOUNTAIN GRACE

- *Provides housing for out-of-town patients and caregivers during their extended medical stays in Birmingham*
- 866-656-9064
- 2120 16th Ave. S. Ste. 300 R Birmingham, AL 35205

SAFE HOUSE

- *Emergency Housing Shelter for women and their children fleeing dangerous or abusive relationships- case management, transitional housing, legal help, life skills, resources, and counseling for victims of domestic or sexual violence.*
- 205-669-7233 (Crisis Line)
- www.safehouse.org

SAFELINK WIRELESS

- *Free wireless options for income eligible households*
- www.safelinkwireless.com

SALVATION ARMY

- *Emergency food, clothing, shelters, and counseling; disaster services, transitional housing, permanent housing, veterans programs, adult rehab*
- 205-205-328-2420
- 2015 26th Ave. N Birmingham, AL 35234
- www.salvationarmyalma.org/birmingham

SAMARITAN COUNSELING CENTER

- *Faith-based, team-oriented counseling for marriage, family, anxiety, divorce, intimacy, depression, grief, behavior, borderline personality disorder, addiction, women's issues, and trauma.*
- 205-967-3660
- 1121 Oxmoor Rd. Birmingham, AL 35209
- www.samaritancc.org

SAV-A-LIFE, SHELBY

- *Free pregnancy services and resources*
- 3156 Pelham Parkway Pelham, AL 35124
- 205-664-1667
- www.savalife.org

SAV-A-LIFE, VESTAVIA

- *Free pregnancy services, resources, and education*
- 1480 McGuire Rd. Vestavia Hills, AL 35216
- 205-979-0302
- www.savalife.org

SECTION 8 HOUSING

- *Rental assistance program helping low income families*
- 205-731-2635
- www.section-8-housing.org/Alabama

SENIOR RIDE PROGRAM

- *Free transportation for low-income senior citizens and disabled individuals on fixed incomes to medical related appointments*
- 205-322-5426
- www.travelersaidbirmingham.com

SERVING YOU MINISTRIES

- *Food and utility assistance, financial education*
- 6523 First Avenue North, Birmingham, AL 35206
- 205-777-3653
- www.servingyou.org

SHELBY BAPTIST ASSOCIATION

- *Serves spiritual, emotional, and physical needs of Shelby County's less fortunate, including food, medical bill payment, furniture and household goods, and clothing.*
- Assessment mandatory to receive services
- 205-669-7858
- www.shelbybaptist.org/ministries
- 205 Walton Street Columbiana, AL 35051

SHEPHERD'S CENTER EAST

- *Free senior programs (55+) in East Lake community Monday through Friday 9:00 AM – 2:00 PM including exercise, educational, and social activities*

- 118 84th Street North
- 205-836-3246
- <http://www.positivematurity.org/shepherd-center-east.html>

SHEPHERD'S FOLD

- *Residential life-transformation center for men and women released from prison*
- 205-780-6211
- www.sfalabama.org
- 507 Whitmore Dr. Birmingham, AL 35221

SPIRE (ALAGASCO) ASSISTANCE PROGRAM

- *Budget plan available; Financial assistance and free safety inspection for SSI or TANF customers*
- 1-800-292-4008
- www.spireenergy.com

SOUTHSIDE BAPTIST CHURCH

- *Clothes closet, food bank, tutoring, ESL*
- 1016 19th Street South Birmingham, AL 35205
- 205-933-8381

ST. ANNE'S HOME

- *Residential Rehabilitation Program for women suffering from drug or alcohol addiction*
- 2772 Hanover Circle Birmingham, AL 35205
- 205-933-2402

THREE HOTS AND A COT

- *Emergency services for homeless veterans including lodging, meals, showers, laundry, transportation, clothes, job help*
- 205-730-1852
- 5704 1st Avenue North Birmingham, AL 35212
- www.cotsforvets.org

THRIFT STORES

- *Furniture, clothing, household items at low cost*
- Vapor (5443 US 280 Birmingham, AL 35242)
- Vapor (1069 Montgomery Highway Vestavia Hills, AL 35216)
- Lovelady (7720 Ludington Ln, Irondale AL 35210)
- Salvation Army (809 Green Springs Hwy, Birmingham, AL 35209)
- Goodwill (2350 Green Springs Hwy Birmingham, AL 35205)

- Foundry (6550 Aaron Aranov Dr. Fairfield, AL 35064)Safe

TRIUMPH YOUTH AND ADULT DEVELOPMENT

- *Food pantry, enrichment, community garden, utility assistance*
- 1431 13th Ave. N. Birmingham, AL
- 205-424-6892

UNIVERSITY OF ALABAMA AT BIRMINGHAM (UAB)

- SCHOOL OF DENTISTRY
 - *Dental services; Medicaid accepted; 50% lower cost than private practice*
 - 1919 7th Avenue South Birmingham, AL 35233 | 205-934-3000
 - www.uab.edu/dentistry/home
- EARLY HEAD START
 - *The UAB Early Head Start Program is a family focused child development program created to serve children and families in Jefferson, Walker, and St. Clair Counties in the state of Alabama.*
 - 933 19th Street South, Birmingham, AL 35294 | 205-934-5736
 - <https://www.uab.edu/civitansparks/uab-early-head-start-program>

URBAN MINISTRY

- *Food, senior transportation, utility assistance, homelessness prevention*
- 1229 Cotton Avenue SW Birmingham AL 35211
- 205-781-0517
- www.urban-ministry.org

VILLA MARIA SENIOR APARTMENTS

- 205-836-7839
- 500 82nd St S Birmingham, AL 35206

VOLUNTEER LAWYERS BIRMINGHAM

- *Free legal help for low-income Woodlawn residents and their families; 1st Tuesday of each month from 9am-12pm at Hayes K-8 School*
- 205-259-5198 ext. 4
- www.vlpbirmingham.org

THE WELL HOUSE

- *Rescue and recovery for victims of human trafficking and sexual exploitation*
- 800-991-9937
- www.the-wellhouse.org

WIDOWS FIRST

- *Free home repair and maintenance for widows*
- 205-527-6883
- www.facebook.com/widowsfirst

WORKFAITH BIRMINGHAM

- *A 9-day job training workshop with resume practice, application support, mock interviews and job leads*
- 205-545-5000
- 750 Montclair Rd. Birmingham, AL 35213
- www.workfaithbhm.org

YOUNG LIFE

- *Christian discipleship and programs for youth*
- 205-870-5742
- www.birmingham.younglife.org

YWCA

- *After-school child development programs, domestic violence service, affordable housing and family shelter.*
- 309 23rd Street North, Birmingham, AL 35203
- 205-322-9922
- www.ywcabham.org

To submit a free or low-cost resource, visit www.brookhills.org/submitaresource