



## WHO DO I CALL FOR HELP?

Here are some programs that have been set up to serve people who might need a helping hand. If you qualify, one or more of these programs may be just enough to help you make both ends meet.

### ❖ **LOW COST HEALTHCARE FOR YOUR KIDS**

If your children don't have health insurance and you can meet income guidelines (a family of four can make up to \$3,225 a month), call the K-CHIP Program at 1-877-K-CHIP-18 ([1-877-524-4718](tel:1-877-524-4718)).

### ❖ **HELP WITH FOOD BILLS**

Many people don't know they may be eligible for the Food Stamp Program. Recent improvements have been made in this old standby, call [595-4238](tel:595-4238).

For "pregnant, postpartum and breast-feeding women, infants and children under five," you may be able to sign up for the WIC (Women Infants and Children) Program. Call the Health Dept. at [574-6676](tel:574-6676). If for some reason you are not eligible for WIC (or if you are 60 or over), you may still be able to get some commodities (certain packaged foods). Call the Commodity Supplemental Feeding Program at [595-3031](tel:595-3031).

If you need an emergency supply of groceries, you could call Dare to Care (DTC) at [966-3821](tel:966-3821) for the DTC site nearest you.

### ❖ **TAX "REFUND"**

If you have no children, worked and earned about \$12,120 or less, or if you have children and earned \$36,348 or less, you may be eligible for thousands of dollars from the government. Call [581-7262](tel:581-7262) to find out about the Earned Income Tax Credit and also how you can get your tax returns filled out for **FREE**. In addition, disabled and elderly (over 65) homeowners may be eligible for a break on their taxes – call [574-6380](tel:574-6380) and ask about the "Homestead Exemption".

### ❖ **HELP WITH PHONE BILLS**

If you don't have phone service, get in touch with BellSouth at [1-888-757-6500](tel:1-888-757-6500) and ask about their "Link-Up" Program for savings on hook-up charges. If you already have service, ask about their "Lifeline" service for a break on your monthly bill.

### ❖ **OTHER HELP**

Call Louisville Metro Dept. for Human Services at [574-5050](tel:574-5050) and ask them to give you the number of the "Neighborhood Place" serving your neighborhood.

❖ Another great resource is the Crisis and Information Center (telephone counseling and referral to services) at [589-4313](tel:589-4313) or 589-4259 for TDD. (This number is answered 24 HOURS A DAY).

❖ PARA MAS INFORMACION EN ESPANOL ACERCA DE SEVICIOS SOCIALES LLAME A Claudia Peralta-Mudd EN [574-1457](tel:574-1457).

I hope you find this helpful. If you have any questions for improvements or want to tell me how useful this information has been to you, call me (leave me a message on my voice mail if I'm not in). Good luck.

Gary Drehmel, LMCA  
574-1157, ext. 323  
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## Energy Assistance

**Louisville Metro Community Action Partnership**, CAP 1200 So. Third St. 574-1157

CAP East District-Newburg Community Center, 4810 Exeter Ave., 574-1270

CAP South District-Southwest Government Center, 7219 Dixie Hwy, 574-1272

CAP West District-Immaculate Heart of Mary School Bldg, 3308 Chauncey Ave. 574-1274

**Rent, utilities, food, medication and clothing assistance, please call for an appointment the ministry that serves your ZIP code.**

**East Louisville Community Ministries**, (ELCM), 417 E. Broadway, Louisville, KY, 40202. 561-0722. ZIP codes served: 40202, 40203, 40204, 40206.

**Eastern Area Community Ministries**, (EACM), P.O. Box 43049, Louisville, KY, 40253-0049. 244-6141. ZIP codes served: 40018, 40027, 40059, 40222, 40223, 40241, 40243, 40245.

**Fairdale Area Community Ministries**, (FACM), P.O. Box 270, Fairdale, KY, 40118. 367-9519. ZIP codes served: 40118, 40219 (west of I-65).

**Fern Creek/Highview United Ministries**, (FHUM), 7502 Tangelo Drive, Louisville, KY 40228. 239-7407. ZIP codes served: 40228, 40291.

**HELP Ministries**, (HELP), Diocesan House, Christ Church Cathedral, 425 S. Second St., Louisville, KY 40202. 637-6441. ZIP codes served: 40202, 40203, 40208.

**Highlands Community Ministries**, (HCM), 1140 Cherokee Road, Louisville, KY 40204. 451-3695. ZIP codes served: 40204, 40205, 40217.

**Jeffersontown Area Ministries**, (JAM), P.O. Box 99545, Louisville, KY 40269-9545. 267-1055. ZIP codes served: 40023, 40299.

**Ministries United South Central Louisville**, (MUSCL), 1207 Hart Ave., Louisville, KY 40213. 363-2383. ZIP codes served: 40213, 40217, 40218, 40219 (east of I-65), 40229.

**St. Matthews Area Ministries**, (ST.MAM), 201 Biltmore Road, Louisville, KY 40207. 893-02025. ZIP code served: 40207.

**Shively Area Ministries**, (SAA), 1867 Farnsley Ave., Louisville, KY 40216. 447-4330. EXT. 34. ZIP code served: 40216.

**South East Associated Ministries**, (SEAM), 6500 Six Mile Lane, Suite A, Louisville, KY 40218. 499-9350. ZIP codes served: 40218, 40220.

**Southwest Community Ministries**, (SWCM), 10936 Dixie Hwy., Louisville, KY 40272. 935-0310. ZIP codes served: 40177, 40258, 40272.

**United Crescent Hill Ministries**, (UCHM) 150 S. State St., Louisville, KY 40206. 893-0346. ZIP code served: 40206.

**West Louisville Community Ministries**, (WLCM) P.O. Box 2676, Louisville, KY 40201. 778-2819. ZIP codes served: 40210, 40211, 40212.

### **Other providers in Metro Louisville**

**Louisville Central Community Center**, 1300 W. Muhammad Ali Blvd., Louisville, KY 40203. 583-8822. ZIP codes served: 40203, 40211, 40212.

**Presbyterian Community Center**, 760 S. Hancock St. Louisville, KY 40203. 584-0201. ZIP code served: 40203.

**Sister Visitor Center**, 2235 W. Market St., Louisville KY, 40212. 776-0155. ZIP codes served: 40203, 40211, 40212.

**Walnut Street Baptist Church Christian Social Ministries**, 1143 S. Third St., Louisville, KY 40203. 589-3454. ZIP codes served: 40203, 40208.

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