

Do you want to get a good job?

A. The Job Plan Visit *Career Transition Resources** www.cyberguidance.net/ctr Start Page & Community Resources for more Jobs Information!

Network, Network, Network Keep in touch with people! Professionals – **Linkedin** www.linkedin.com
Successful Job Search Networking <http://jobsearch.about.com/cs/networking/a/networking.htm>.

Top Skills & Values Employers Seek from Job-Seekers www.quintcareers.com/job_skills_values.html

21st Century Skills 17 Foundation Skills required of all workers in the high performance workforce of the 21st century

1. Register for Jobs **Missouri Career Source**, www.missouricareersource.com & Stltoday.com
2. Visit or call a local **MO Career Center**. Ask about **WIA** federal funding, **WIA Programs** www.doleta.gov/programs. If you need Education/Job Training, WIA may pay for it if you qualify.
3. Talk with a MO Career Center rep about taking the **WorkKeys** www.act.org/workkeys – A Job Skills Assessment System that measures real world skills. WIA may pay for this assessment.
4. Learn about the advantages of acquiring a **Missouri Career Readiness Certificate** (MoCRC).
5. Visit **MERIC** www.missourieconomy.org. Open *Occupational Projections & Missouri Career Outlook*.

Missouri Career Centers 1-888-728-5627 Visit a MO Career Center!

Florissant 877-3010
Maplewood 877-0001
MET Center 746-0726
Normandy 381-6700
StL Comm College 644-9990
St. Louis (SLATE) 589-8000
St. Louis 877-0916
South County 416-2917
Services & Resources

Job Seeker Services:
 Resume, Cover Letter, Fax,
 Phone, Copy, Internet, Job
 Fairs, WIA Eligibility
 Assessment, Veterans,
 GED, Voc Rehab referrals
SLATE > Job Fairs
www.stlworks.com

Are you matching what the employers are looking for? Show the employer how you have used your skill sets. See **Skills-Based Resume**. Read the job posting carefully. List your skills in the top 1/3 of your resume. Show the employer that you are the best one for the job!

6. O*NetOnline www.online.onetcenter.org – Explore **Career Clusters & Skills**
7. **Career OneStop** www.careeronestop.org – **Occupational Profiles, Missouri**
8. **America's Career Infonet** www.acinet.org – **Occupational Information**
9. **Job Seekers/Unemployed** www.dol.gov/dol/audience/aud-unemployed.htm Job Training & more

WIA Approved Schools in the StL MO Area		
Please check Approved Schools on the website https://www.missouricareersource.com/mech/ . There may be changes to this list.	City	Phone
<u>Broadcast Center</u>	St. Louis	647 8181
<u>Chamberlain College Of Nursing</u>	St. Louis	768 3044
<u>Cyber Learning Center</u>	St. Louis	385 7582
<u>Daruby School - St. Louis</u>	St. Louis	454 6933
<u>Employment Connection</u>	St. Louis	333 5670
<u>Fontbonne University - St Louis (Washington Ave)</u>	St. Louis	
<u>Gateway Component Technology</u>	St. Louis	584 4422
<u>Goldfarb School Of Nursing At Barnes-Jewish College</u>	St. Louis	454 7770
<u>Harris-Stowe State University</u>	St. Louis	340 3342
<u>Hi-Tech College</u>	St. Louis	389 5737
<u>International Institute Of Metro St. Louis</u>	St. Louis	773 9090
<u>Leonards Barber College</u>	St. Louis	382 3000
<u>Lutheran School Of Nursing</u>	St. Louis	577 5850
<u>Mers/Missouri Goodwill Industries-Locust Street</u>	St. Louis	647 7453
<u>Monsanto Family Ymca</u>	St. Louis	367 4646
<u>Nu-Way Truck Driver Training Centers</u>	St. Louis	261 0100

<u>Patricia Stevens College</u>	St. Louis	421 0949
<u>People For A Better Community (Pfabc)</u>	St. Louis	531 7115
<u>Premier Knowledge Solutions, Inc.</u>	St. Louis	450 4711
<u>Ranken Technical College</u>	St. Louis	286 4809
<u>Saint Louis University</u>	St. Louis	977 2353
<u>St. Louis College Of Health Careers-Metro</u>	St. Louis	652 0300
<u>St. Louis Community College - Cosand Center</u>	St. Louis	539 5360
<u>St. Louis Community College - Forest Park</u>	St. Louis	539 5395
<u>St. Louis Hair Academy</u>	St. Louis	533 3125
<u>St. Louis Public Schools - Adult Technical Education</u>	St. Louis	345 4534
<u>Webster University - Downtown Campus</u>	St. Louis	
<u>Workforce Partners Of Metro St. Louis</u>	St. Louis	361 4598
<u>WIA Approved Schools in the StL MO Area</u>	City	Phone
<u>A Gathering Place-Wellness Education Center</u>	MARYLAND HEIGHT	739 5559
<u>Allied College-North</u>	MARYLAND HEIGHT	739 4450
<u>Allied College-South</u>	FENTON	636 326 7300
<u>American Trade School</u>	ST. ANN	423 1900
<u>American Woodworking Academy</u>	FENTON	636 343 3750
<u>Antonio'S Barber College</u>	ST. LOUIS	381 2455
<u>Applied Technology Services/Met Center</u>	ST. LOUIS	989 7901
<u>Applied Technology Services/North Technical School</u>	ST. LOUIS	989 7500
<u>Applied Technology Services/South Technical School</u>	SUNSET HILLS	989 7500
<u>Bartending Institute</u>	ST. LOUIS	997 7797
<u>Bricklayers Union Local 1</u>	EARTH CITY	770 1066
<u>Brown Mackie College - St. Louis</u>	FENTON	888 874 4375
<u>Career Alternatives Learning Center-Bridgeton</u>	BRIDGETON	209 1777
<u>Columbia College-St. Louis</u>	ST. LOUIS	429 5500
<u>Concordia University Wisconsin - St. Louis Center</u>	ST. LOUIS	984 8840
<u>Covenant Theological Seminary</u>	ST. LOUIS	434 4044
<u>Devry-St. Louis-West (Park)</u>	MARYLAND HEIGHT	542 4222
<u>Divine Connection School Of Ministry</u>	ST. LOUIS	629 3391
<u>Elaine Steven Beauty College</u>	ST. LOUIS	868 8196
<u>Everest College - Earth City</u>	EARTH CITY	739 7333
<u>Fontbonne College - Strassner Site</u>	BRENTWOOD	
<u>Fontbonne University</u>	ST. LOUIS	889 1400
<u>Grabber School Of Hair</u>	BALLWIN	227 4440
<u>Greater St. Louis County Fire Academy, Inc.</u>	ST. LOUIS	889 8670
<u>Hickey College</u>	ST. LOUIS	434 2212
<u>Ihm Health Studies Center - St. Louis</u>	ST. LOUIS	768 1234
<u>Independent Electrical Contractors, Inc. - Bridgetown</u>	BRIDGETOWN	739 4650
<u>Itt Technical Institute-Earth City</u>	EARTH CITY	298 7800
<u>L'Ecole Culinaire</u>	ST. LOUIS	587 2433
<u>Manufacturing Training Alliance (Mta)</u>	ST. LOUIS	746 0886
<u>Maryville University - Fenton</u>	FENTON	529 9710
<u>Maryville University Of Saint Louis</u>	ST. LOUIS	529 9300

<u>Midwest Institute For Medical Assistants-Earth City</u>	EARTH CITY	344 4440
<u>Midwest Institute For Medical Assistants-Kirkwood</u>	KIRKWOOD	965 8363
<u>Missouri Baptist University</u>	CREVE COEUR	434 1115
<u>Missouri College</u>	BRENTWOOD	909 5546
<u>Missouri School Of Barbering & Hairstyling</u>	FLORISSANT	839 0310
<u>More Than Carpentry Christian Ministries</u>	ST. LOUIS	862 0515
<u>Mtc Truck Driver Training</u>	HAZELWOOD	895 4111
<u>National Academy Of Beauty Arts - St. Louis</u>	ST. LOUIS	842 3616
<u>New Horizons Computer Learning Center - St. Louis</u>	ST. LOUIS	429 3311
<u>On-Line Training Center</u>	FERGUSON	524 6100
<u>Patsy & Rob'S Academy Of Beauty - St Ann</u>	ST ANN	298 8804
<u>Petropolis Academy Of Grooming & Training</u>	CHESTERFIELD	636 537 2322
<u>Project/Respect Worklink</u>	ST. LOUIS	746 0750
<u>Racquet Club Ladue</u>	ST. LOUIS	993 2880
<u>Sanford-Brown College, Fenton</u>	FENTON	800 566 3075
<u>Sanford-Brown College, Hazelwood</u>	HAZELWOOD	687 2900
<u>Second Chance Career Academy, Inc.</u>	OVERLAND	428 8563
<u>Skin Institute</u>	ST. LOUIS	843 2222
<u>Skyline Aeronautics</u>	CHESTERFIELD	888 755 4463
<u>St. John'S Mercy Medical Center - School Of Radiologic Technology</u>	ST. LOUIS	569 6933
<u>St. Louis Christian College</u>	FLORISSANT	837 6777
<u>St. Louis College Of Health Careers-County</u>	FENTON	636 529 0000
<u>St. Louis Community College - Florissant Valley</u>	ST. LOUIS	539 395
<u>St. Louis Community College - Meramec</u>	ST. LOUIS	539 5395
<u>St. Louis Community College - Met Center</u>	ST. LOUIS	746 0872
<u>St. Patrick Begin And Colortech</u>	OLIVETTE	241 5700
<u>Techskills - St. Louis</u>	ST. LOUIS	878 1422
<u>The Healing Arts Center</u>	MAPLEWOOD	647 8080
<u>University Of Missouri-St. Louis</u>	ST. LOUIS	516 5708
<u>Vatterott College-Northpark</u>	BERKELEY	264 1000
<u>Vatterott College-Sunset Hills</u>	SUNSET HILLS	843 4200
<u>Washington University</u>	ST. LOUIS	935 5000
<u>Webster University - Northwest Plaza Campus, St. Louis</u>	ST. ANN	
<u>Webster University-St. Louis</u>	ST. LOUIS	968 6900
<u>Xenon International Academy</u>	BALLWIN	636 394 7335

10. Visit the links below for help in matching your skills/interests with the requirements of the job & more!

- A. **Career OneStop** www.careeronestop.org Click on **Menu Search** below.

Example: www.careeronestop.org > Browse > Occ Information > Occ Profile > **Menu Search** > Occ Group > Occupation

- B. **Job Skills Checklist** <http://owl.english.purdue.edu/owl/resource/626/01/>
C. **Creative Job Search** <http://labor.idaho.gov/cjs/cjsbook2/skill6d.htm>
D. **Occupational Outlook Handbook** www.bls.gov/OCO/ Training & Education Needed, Earnings, Expected Job Prospects, What Workers Do on the Job, & Working Conditions.
E. **The Career Interests Game** How will your personality fit in with specific work environments & careers?
F. **Job Seekers & Workers** Resources for Jobs & Careers www.careeronestop.org/jobseeker/Jobseekers_info.asp

B. Job Seeking Resources www.missouricareersource.com

<p>Missouri Career Centers Services & Resources</p> <p><u>Florissant</u> 877-3010</p> <p><u>Maplewood</u> 877-0001</p> <p><u>MET Center</u> 746-0726</p> <p><u>Normandy</u> 381-6700</p> <p><u>StL Comm College</u> 644-9990</p> <p><u>St. Louis (SLATE)</u> 589-8000 www.stlworks.com</p> <p><u>St. Louis</u> 877-0916</p> <p><u>South County</u> 416-2917</p> <p><u>Job Search Resources</u> www.angelfire.com/mo/wsswarp/</p> <p>Job Search Employer Expectations</p> <p><u>Career Builder</u> Indeed.com (One Search, All Jobs)</p> <p><u>MO Electronic Applications</u> www.ease.mo.gov</p> <p><u>MO Employer Locator</u></p> <p><u>MO Employment Information</u> www.mo.gov/employment</p> <p><u>MO Health Careers</u> www.mohealthcareers.com</p> <p><u>MO Info Hotline</u> 800-392-2949 Career Options Project</p> <p><u>RCGA StL Companies</u></p> <p><u>Reemployment</u></p> <p><u>StL American</u></p> <p><u>StL Business Journal</u></p> <p><u>StL Careers U.S.</u> StL Companies</p> <p><u>StL Commerce Magazine</u></p> <p><u>Suburban Journals</u></p> <p><u>Ten Steps to Find a New Job</u></p>	<p><u>St. Louis Zoo</u> 781-0900</p> <p>Schnucks Hotline 994-4170 Recruitment Schedule</p> <p><u>Shop'n Save</u> 984-0900</p> <p><u>The Muny</u> 361-1900</p> <p><u>United Parcel Service</u> 800-392-3730 <u>StL</u></p> <p><u>Waste Management</u> 800-989-2783 <u>StL</u></p> <p><u>Whelan Security</u> 888-494-3526 <u>StL</u></p> <p><u>YMCA</u> 436-1177</p> <p>Major Employers in StL MO Area www.stlrcga.org/x421.xml</p> <p>Careers in Government www.careersingovernment.com</p> <p><u>Career Resources – Federal Jobs</u></p> <p><u>City of StL</u> Hotline 992-0996</p> <p><u>City Police Academy</u> 444-5630</p> <p><u>City Fire Academy</u> 533-3406</p> <p><u>County</u> Hotline 615-5627</p> <p><u>County Fire Academy</u> 889-8690</p> <p><u>County Police Academy</u> 889-8600</p> <p><u>Federal Jobs - USAJOBS</u> www.usajobs.gov</p> <p><u>MO Div of Personnel</u> www.oa.mo.gov/gov</p> <p><u>MO.Gov -Employment</u> www.mo.gov/employment</p> <p><u>St. Louis County Communities</u></p> <p>www.co.st-louis.mo.us/scripts/communities/</p>
<p style="text-align: center;">Companies in StL MO Area</p> <p><u>ABM Industries</u> 657 1017, Janitorial, Parking, more</p> <p><u>Boeing</u> 866-473-2016 <u>StL</u></p> <p><u>Cardinal Ritter Services</u> 961-8000, Senior Adult</p> <p><u>City of St. Louis</u> Hotline 992-0996</p> <p><u>Coca Cola Bottling CO</u> <u>StL</u> 576-4513, Hazelwood</p> <p><u>Costco St. Louis</u> 894-7950</p> <p><u>Delmar Gardens</u> <u>StL</u> 636-733-7000</p> <p><u>Dierberg's</u> 636-532-8755 <u>StL</u></p> <p><u>Enterprise Rent-Car</u> 512-5000</p> <p><u>Facilities & Maintenance Jobs</u></p> <p><u>Fast Foods Restaurants in StL</u></p> <p><u>Guardsmark Security</u> 588-8933</p> <p><u>Home Depot - Careers</u> <u>StL</u></p> <p><u>Hospitals in StL MO Area</u></p> <p><u>Industrial Cleaning Companies</u></p> <p><u>Intensive Maintenance</u> 524-6651</p> <p><u>Interstate Cleaning</u> 428-0566, Janitorial/ Maintenance</p> <p><u>Laclede Gas</u> Jobs Hotline 342-0762</p> <p><u>Lambert Airport</u> 622-4308 StLMO City Personnel</p> <p><u>Lowe's</u> <u>StL</u></p> <p><u>MetroLink</u> 982-1400 www.metrostlouis.org <u>Movie Theaters</u></p> <p><u>Nursing Homes</u> StL MO</p> <p><u>Office Cleaning</u> <u>StL Locations</u></p> <p><u>PepsiCo</u> <u>StL</u> 679-7000</p> <p><u>Scottrade Center</u> 589-5848 <u>Levy Restaurants</u> 555-4502</p> <p><u>Ralcorp Holdings</u> 877-7900</p> <p><u>St. Louis Cardinals</u> Food Service 345-9100 Other Jobs 345-9606</p> <p><u>StL Parking</u> 241-7777</p>	<p style="text-align: center;">Additional Employment Resources</p> <p><u>Apprenticeship</u> 539-2522 MissouriApprenticeship.com</p> <p><u>Careers in Construction Manual</u> Call 644-1525 for a copy</p> <p><u>Career & Technical Ed</u> SSD 989-7500</p> <p><u>Career/Tech Ed StL Publ Schls</u> 345-4534</p> <p><u>Cornerstone Partnership:</u> 862-2777, Urban youth & laid-off</p> <p><u>Community Action Agency</u> StL County, 863-0015</p> <p><u>Community Organizations in StL Area</u></p> <p><u>County Job Hotline:</u> 615-JOBS (5627)</p> <p><u>Doors to Success</u> (StL County – Youth), 615-4429</p> <p><u>GED Sites MO</u> 573-526-5710</p> <p><u>GED/AEL Sites in StL MO</u> 367-5000 StL City</p> <p><u>HiTech Charities</u> 389-5737</p> <p><u>Job Alliance of St. Louis:</u> 533-5400</p> <p><u>Job Corps</u> 679-0300</p> <p><u>Kingdom House:</u> 421-0400, spiritual based social services</p> <p><u>MERS-GOODWILL</u> 241-3464</p> <p><u>MET Center</u> 746-0700</p> <p><u>Missouri Mentoring Partnership:</u> 877-2013, 16-21 yrs.</p> <p><u>Northside Community Center:</u> 531-4161</p> <p><u>Operation Excel</u> Youth Build North Oaks, Normandy, 261-0202</p> <p><u>Operation Springboard for Youth Program</u> , HDC, 613-2200</p> <p><u>St. Louis Non-Profit Agencies</u></p> <p><u>St. Louis Community College</u> Hotline 539-5200</p> <p><u>Transitions to Work for Youth</u> 898- 9675, City, 16-21 yrs.</p> <p><u>Vocational Rehabilitation</u> 877-222-8963</p> <p><u>Wheels of Hope (Connections to Success):</u> 636-940-8027 St. Charls</p> <p><u>YouthBuild St. Louis:</u> 621-1411, 18-24 yrs w/o hs diploma/GED, Interested in learning construction.</p>

StL Hotels www.hotels-stl.com/
[Hotel Jobs Network www.hoteljobsnetwork.com/](http://www.hoteljobsnetwork.com/)
[Hospitality Jobs in StL](#)
[Lodging Hospitality Management www.lhmc.com/](http://www.lhmc.com/)
[St. Louis Hotels Guide www.hotels-stl.com/](http://www.hotels-stl.com/)
 Adam's Mark StL 241-7403 567-9000
 Comfort Inn Airport 427-7600
 Crown Plaza Airport Clayton Downtown 888-444-0401
 Doubletree
 Chesterfield 532-5000 Westport 434-0100
 Drury Inn StL
 Hampton Inn 241-3200
[Hampton Inn StL Locations](#)
 Hilton 436-0002 StL
 Hyatt Regency 231-1234
 LaQuinta Inn
 Airport 731-1511
 Westport 531-1511
 Millennium Hotel 241-9500
 Raddison Hotel 727-7434
 Red Roof Inn StL Bridgeton 298-9243
 Florissant 831-7900 StL 645-0101
 Marriott StL
 Airport Marriott **Jobs Hotline** 253-5253
[Sheraton Hotels StL](#)
 Clayton Plaza 716-8134
 StL City Center

Hospitals www.mohealthcareers.com/asp/Hospitals/
[BJC Health Care StL](#) **Hotline 863-5627**
[Christian Hospital](#) 800-718-6878
[DePaul Health Center](#) 344-6267
[Des Peres Hospital](#) 966-9122
[Forest Park Hospital](#) 768-3000
[MO Baptist Medical Center](#) 996-5525
[Ranken Jordan](#) 872-6400
[Shriners Hospital for Children](#) 432-3600
[SSM Cardinal Glennon](#) 268-2785
[SSM HealthCare StL](#) **Hotline**
[St. Alexius Hospital](#) 865-3337
[St. Anthony's Medical Center](#) 525-1010
[St. John's Mercy](#) 251-4700
[St. Jude Children's Research Hospital](#) 800-545-6292
[St. Louis Children's](#) 863-5627
[StL ConnectCare](#) **Hotline 879-6274**
[St. Louis University Hospital](#) 577-8000
 Housekeeping 577-8075 Dietary 577-8042
[St. Luke's Hospital](#) 205-6677
[St. Mary's Health Center](#) 768-8030
[V A Medical Center](#) St. Louis 652-4100
[Veterans Health Admin](#)

Casinos www.slfp.com/Casinos.html
 Ameristar Casino
 St. Charles 636-949-7777
 Harrah's StL 800-427-7247
 Harrah's Riverport 770-8100
[Isle of Capri Casinos](#) 813-9200
[Pinnacle Entertainment](#) Lumiere Place 450-5000
[President Casinos](#) 621-3459

Retail Stores

[Dillard's StL](#) Galleria 725-8363 Chestfld 636-532-4040
[JC Penny StL](#) WCouny 965-9100 Hmpt Vill 351-5050
[K Mart StL](#) Bridgt 739-8800 Florisnt 921-8011
[Macy's Jobs StL](#) Galleria 726-1810 SCnty 892-0110
[Nordstrom](#) WCouny 255-2000
[Sears StL](#) Crstwd 968-7600 Chestfld 636-532-8694
[Target StL](#) StL City 802-0122 Brntwd 918-9500
[Wal-Mart StL](#) Florisnt 344-0342 Ferguson 521-3422

Schools in MO www.dhe.mo.gov/

[Colleges – Universities StLMO](#)
[Schools in StLMO](#)
[Special School District](#) 989-8167 HR
[StL Community College](#) **539-5200 Hotline**
[StL Public Schools](#) 231-3720
[St. Louis University](#) **977-2265 Hotline**
[U of MO St. Louis](#) 516-5926 www.umsl.jobs
[Washington U](#) **935-5906 Hotline**

Shopping Center Malls StL Area

[Chesterfield Mall](#) 636-532-4004
[Northwest Plaza](#) 298-0071
[Jamestown Mall](#) 355-3500
[Plaza Frontenac](#) 432-0604
 Housekeeping, Maintenance, & Security Jobs
[St. Louis Galleria](#) 863-6633
 Housekeeping 721-8699
[St. Louis Mills](#) 227-5555
[St. Louis Union Station](#) 421-6699
[Mithc Murch Maintenance](#) 532-2100 588-9091
[Westfield Center West](#) 288-2041 South 845-7575

St. Louis, MO Companies

[St. Louis Business Directory](#)
[St.Louis Companies](#) Hoover's
[St.Louis Companies](#) Google
[StLMinority Business Directory](#)
[Yellow Pages StL](#)

C. Community Resources in StL MO Numbers to Know StL City & County

Toll Free Numbers: MO Dept. of Social Services www.dss.mo.gov/toll.htm

Food Missouri Food Stamp Program 1-800-392-1261

Angel Food Ministries: Hotline at 314-809-8557

www.angelfoodministries.com - This program allows anyone to purchase a food order worth around \$50-\$75 for only \$25.

Catholic Services: 367-5500; 4532 Lindell Blvd., StLMO 63108 www.ccstl.org

Emergency Assistance Ministry (T.E.A.M.): 831-0879; 265 St. Catherine, Florissant, 63031 www.florissantmo.com/Local/PressReleases/team.shtml (zip codes 63031, 63032, 63033, 63034, & 63042)

Food Stamps: St. Louis City – 933-7000 St. Louis County: 426-9600

Hunger Hotline (Operation Food Search): 314-726-5355; 6282 Olive Blvd., St. Louis, Mo. 63130 www.ofsearch.org

Feed My People: Voice: (314) 631-4900; 171 Kingston Drive, St. Louis, Missouri 63125 www.feed-my-people.org/

Food Outreach: 652-FOOD (3663); 3117 Olive Street - St. Louis, MO 63103 www.foodoutreach.org

Isaiah: 58: 776-1410; 2149 S. Grand, St. Louis, 63104

www.bonpres.org/Outreach/StLouisOutreach/Isaiah58/tabid/47190/Default.aspx

Utility Assistance: Missouri Energy Assistance Programs St. Louis Area Energy Assistance Guide

Ameren UE Dollar More 342-1111 www.ameren.com

Utility Companies:

*Laclede Gas: 1-800-887-4173

*Ameren UE: 342-1000 (Cold Weather Rule payment arrangements): 342-1111

*SBC (Resident Payment Center): 1-800-616-1171

Catholic Charities Dial Help: 371-4357

Circle of Concern: 636-861-2623; 112 St. Louis Ave., Valley Park, 63088 www.circleofconcern.org/ zip codes 63143, 63141, 63131, 63088, 63040,

63038, 63021, 63017, 63011, 63005, and part s of 63122 ,Parkway Schl Dist

Community Action Agency (formerly STEP): 863-0015; 2709 Woodson Rd., St. Louis, Mo. 63114 www.caastlc.org/programs.html

Energy Care: 773-5900; 2758 Wyoming St., StLMO., 63118 www.energycare-stl.org

Feed My People: 631-4900; 177 Kingston, St. Louis, 63125 www.feed-my-people.org

Guardian Angel Settlement at Hosea House: 773-9027; 2535 Gravois, St. Louis, 63118 (services area south city between Grand and Jefferson, I-44 and River Des Peres) <http://guardianangelsettlement.org/>

Heat Up St. Louis: 241-7668; 1221 Locust Ave., Suite 603 , StLMO., 63103 <http://heatupstlouis.org/>

Cool Down St. Louis- Home Services: 531-9779

Isaiah: 58: 776-1410; 2149 S. Grand, StL, 63104 (serves only Kingshighway thru Cherokee St., zip codes 63104, 63110, 63116, 63118) Jefferson County

Residents(Jefferson Franklin Community Action): 1-636-789-2686

Loving Hearts Outreach (Franklin County): 1-636-390-8300

<http://lovingheartsoutreach.weebly.com/index.html>

Lutheran Family & Children's Services: 787-5100 <http://lfcsmo.org/>

Missouri Energy Care: 773-5900; 2758 Wyoming, St. Louis, 63118

www.energycare-stl.org/

Missouri Universal Service Fund: 1-800-392-4211; www.psc.mo.gov - Low income customers would receive state and federal funds, and disabled customers are eligible for state support. Qualified customers receive a discount on their monthly phone bills.

Low Income Heating Energy Assist Program (LIHEAP): 613-2200

<http://liheap.ncat.org/profiles/Missouri.htm> LIHEAP Program

Housing

ACORN Housing Corp.: 531-7023; 4304 Manchester, St. Louis, Mo. 63110

Adequate Housing for Missourians: 863-0015; 7935 Page Blvd., 63133 www.ahfm.org

Better Family Life: 367-3440; 724 Union Blvd., 63108 www.betterfamilylife.org

Beyond Housing: 533-0600; 4156 Manchester Ave., St. Louis, Mo. 63110;

www.beyondhousing.org

Catholic Services: 367-5500; 4532 Lindell Blvd., St. Louis, Mo. 63108 www.ccstl.org

Circle of Concern: 636-861-2623; 112 St. Louis Ave., Valley Park, 63088

www.circleofconcern.org

Community Action Agency of St. Louis County: 863-0015; 2709 Woodson, St. Louis, Mo. 63144

www.caastlc.org

Housing Authority; 531-4770 (St. Louis City)

www.slha.org/ ; 428-3200 (St. Louis County)- Assistance with Section 8 and Public Housing

(WAITING LIST FOR SECTION 8)

www.haslc.com/

Housing Resource Center: 314- 802- 5444. Press 1

HUD Housing Information/Concerns (St.

Louis): 888-297-8685

Metro

Homeless Ctr & Family Services 534-1010

[StL MO City Housing Info](http://StLMOCityHousingInfo)

St. Patrick's Center: 802-0700; 800 N. Tucker,

St. Louis, MO 63101 www.stpatrickcenter.org

St. Vincent DePaul Society: 531-2183; 4127

Forest Park Avenue, St. Louis, MO 63108

www.svdpstl.org/

United Way: Dial 211 www.stl.unitedway.org

Urban League of St. Louis: 615-3600; 3701

Grandel Sq. , 63108 www.ulstl.org

www.socialserve.com : - Free website that

allows person to search for all available

apartments in St. Louis

Tutoring

AmeriCorps St. Louis Partners (772-9002; 1315 Ann Ave.)

Ascension Episcopal Church (361-0105; 4520 Lucas & Hunt, 63121)-free year round

Boys Club of St. Louis (772-5661; 2524 S. 11th St., 63104)

City Recreation Centers- no fee, 3-4 p.m.; computers available; locations include: 12th & Park Center (589-6142; 1410 S. Tucker); Buder Center (664-0327; 2900 Hickory); Cherokee Center (664-0582; 3200 S. Jefferson); Marquette Center (353-3085; 4025

Utility Assistance: Continued

New Life Evangelistic Center: 421-3020 (StL City & County) or 1-573-431-3043 (St.Francois County) www.newlifeevangelisticcenter.org/

Northside Team Ministry: 534-5656; 4120 Maffitt, St. Louis, 63113 (services North St. Louis area from Salisbury to Natural Bridge, to Broadway to East Prairie)

Parishes Associated Kinloch Team (PAKT): 524-2710; 8301 Booker, Kinloch, 63140 (zip codes 63043, 63044, 63074, 63114, 63121, 63130, 63132, 63133, 63134, 63140, 63031, 63033, 63042, 63135, 63136, 63137, 63138)

Salvation Army: 646-3000; 1130 Hampton Ave., St. Louis, 63139

www.usc.salvationarmy.org/usc/www_usc_midland.nsf

Franklin County 1-636-390-8300

Jefferson County 1-636-464-0787

O'Fallon 1-636-240-4969

St. Charles 1-636-272-3477

St. Louis City & County 1-636-946-2150 314-534-1250

Society of St. Vincent DePaul: 531-2183; 4141 Forest Park, St. Louis, 63108

www.svdpstl.org/

St. Charles County Residents (North East Community Action Corporation NECAC): 1-636-723-3470

St. Francois County Residents (East Missouri Action Agency): 1-753-431-5191

St. Louis City & Wellston Residents (Human Development Corporation- HDC): 535-7607

St. Louis County Residents-excluding Wellston (STEP. Inc.): 863-0015

United Way Information & Referral: Dial 211 (St. Louis city & county) or 1-800-427-4626 (outside St. Louis area)

Urban League: 615-3600 (city- 3701 Grandel Sq., St. Louis, 63110) or 388-9840

www.ulstl.org/ (county-8960 Jennings Station Rd., St. Louis, 63136) -Provides utility, rental, and mortgage assistance to low-income people

Urban League Outreach Center: 652-6954 or 652-8228

Additional Community Resources

Do you need to talk with a **lawyer?**

[Legal Services of Eastern Missouri](http://www.lsem.org) 534-4200 www.lsem.org

Do you need a **MO State ID** or **Birth Certificate?**

St. Francis Xavier College Church, Parish Center
3628 Lindell, StLMO Tue. & Wed. from 9AM until 11AM

Outreach Program 977-7300 Food, Clothing, Referrals

Legal Services every 3rd Wed. 9-11AM

Visit the **Share Network Missouri** www.sharenetworkmo.org for over 100 human services ranging from Adult Employment and Training to Youth Services!

Missouri Women's Council www.womenscouncil.org – Resource & referral center to help encourage, educate & support Missouri women as they pursue their economic goals.

Women's Resource Guide -- Local & statewide resources to assist women improve their education, obtain job-seeking assistance, child-care, advocacy & domestic violence help, and more!

Minnesota); Parkside Center (353-3085; 3126 Alfred); Tandy Center (652-5131; 4206 W. Kennerly); West End Center (367-4141; 5250 Enright); Wohl Center (367-2292; 1515 N. Kingshighway)

Tutoring Resources: Continued

Covenant House Community Center: (For General Information Call: Kristi Sobbe (314) 533-2241; 11 S. Newstead, StLMO 63108)

Herbert Hoover Boys Club (652-8300; 2901 N. Grand Ave., 63107

Matthews- Dickey Boys & Girls Club (38 2-5952, ext.232; 4245 N. Kingshighway, 63115)

Midtown Catholic Family Services (534-1180; 1202 S. Boyle, 63110)-available to any student living between Highway 40, Tower Grove Park, Kingshighway and Jefferson, participating in after-school programs

Northside Community Center (531-4161; 4120 Maffitt Ave., 63113)-for those enrolled in after-school programs (call for details); ride van to SLU for one on one tutoring with SLU volunteers

Rockwood School District Program (636-938-2246)-located at 10 area churches throughout the St. Louis area.

St. Louis Community Education Centers- Homework Help (345-4590; Central Office: 801N. 11th St., 63103)-tutoring locations at Bevo-Long, Carondelet-Blow, Clay, Fanning, Ford, Hamilton, Jefferson, Nottingham, Shaw, Sherman, Sigel, Stevens, Turner, Vashon, Walbridge, Yeatman-Liddell

YMCA of Greater St. Louis (Literacy Office: 353-4960 ext.33)

TRIO Educational Opportunity Centers: 951-5477; Central Office: St. Louis Community College at Forest Park, 5600 Oakland Avenue, St.Louis,M063110.

www.heccstl.com/trio/eoc.html - Free services via the U.S. Dept. of Education

YMCA Head Start: 427-4940 or 1-866-777-START www.ymcastlouis.org/programs/childcare -provides early childhood education and school age childcare

Youth Build St. Louis: 621-1411

<http://stlouis.missouri.org/501c/YouthBuild/> YouthBuild St. Louis AmeriCorps is an alternative education, construction training, employment, and leadership development program serving low- income St. Louis youths, ages 18-24, who have not completed high school.

JOB www.ded.mo.gov/Missouri/wfd **MO Economic Research & Info Center** www.missourieconomy.org

Missouri Career Centers 888-728-5627 services -- Placement Assistance, Career Counseling, Job Search Strategies, Vocational Rehabilitation Referrals, Job Corps, St. Louis Community College, Senior Services & more!
Register for Job Openings www.MissouriCareerSource.com

Job Seekers StLCareers.US StLToday.com/hotjobs (St. Louis Post Dispatch – Job Openings)

Education **Complete List of Schools in Missouri** www.highered.mo.gov/ProgramInventory/viewFullList.do

MO.gov/Education Start your search at **MO Dept of Higher Ed** www.dhe.mo.gov **800-473-6757**

[ACT College Net](#) [Web U.S. Higher Ed](#) [What can I do w/a Major?](#) www.uncw.edu/stauff/career/major

[Adventures in Education](#) www.aie.org [Petersons.com](#)

[EducationPlanner.org](#) [Students.gov](#) [Students & Career Advisors](#)

[FAFSA.ed.gov](#) 800-433-3243 [U MO Columbia, Majors](#)

[Federal StudentAid](#) 800-473-6757 [U.S. Dept. of Ed](#) www.ed.gov

[Find a College](#) [Historically Black Coll/Univ](#) www.edonline.com

[University of Missouri Career Center](#) www.career.missouri.edu www.collegecareerlifeplanning.org

[The Career Interests Game](#) – will help you see how your personality fits with specific work environments & careers.

Community Resources

Behavioral Health Response www.stlouis.missouri.org/resources City of StLMO Community Info Network
Better Family Life **469-6644** Mental Health
367-3440 Jobs, Family, Student programs

Catholic Charities **367-5500** Families, Seniors, & Children
Community Action Agency **863-0015** StL County
Employment Connection **333-5627** Probation/Parole, Homeless Vets, Felony Conviction

Energy Assistance – Heat-Up St. Louis **241-7668** Heating or Cooling Assistance

Food Search **Hunger Hotline** **726-5355** Food Bank – Distributes food free of charge
Hi-Tech Charities **389-5737** **Job Training** Adult Ed/GED, CNA, Entrepreneurship, more
Homeless StL City **531-4770** **StL County** **802-5444** Housing Assistance
Human Development Corp **631-2200** GED Workforce/ Youth (St. Louis & Wellston) Energy Assist, Food, more

Independence Center **533-4245** Mentally ill adults

International Institute New Americans **773-9090** [Resources – Refugee & Immigrant](#)
Mental Health Agencies STL **773-1399**
Missouri Disability Portal **800-877-8249** National, State, & Local Disability Resources
MO Dept of Mental Health **800-877-9687** Alcohol /Drug/ Psychiatric/Devel-Disabled & Children
MO Developmental Disabil Resource Ctr www.moddr.org
StL County Dept of Human Services **615-4453** Jobs, Family/Community, Financial Services, & more
St. Patrick Center **802-0700** Homeless-Near Homeless – Housing, Jobs, Mental Hlth
Society of St. Vincent DePaul **531-7837** Utility & Rental Assist, Food, Clothing & more
United Way Agencies **211** Dial 211 to find the help you need.

Urban League StL MO **615-3600** Economic, Education, Basic Needs, more
Vocational Rehabilitation Helps people w/disabilities work & live independently
298-4220 Independence for people w/disabilities

VR Offices StL MO
Paraquad
Ability Jobs www.jobaccess.org/jobs.htm

ADA Guide www.ada.gov/workta.htm

Careers www.eop.com/compcd.html

Fed Jobs www.federaljobs.net/disabled.htm

Disability.gov [Jobs](#) **Disability Resources** www.dese.mo.gov/vr/disabilityresources.htm

Info & Career Links **USA.gov** 800-333-463 **U.S.Gov't Benefits** www.govbenefits.gov

www.USASearch.gov **Military Transition** www.careeronestop.org/militarytransition

www.careeronestop.org Career Success www.online.Onetcenter.org Career Exploration & Job Analysis

www.acinet.org America's Career Infonet