

Family Support Resources....Partnership/DeSales Community Development

We hope October finds you well and that you've had some time to enjoy the outdoors! Here's some good news to keep you in the loop.

[FOX PARK FALL FEST](#), [MEDICAID ENROLLMENT](#), [FREE FLU SHOTS](#), [RENTAL AND UTILITY ASSISTANCE](#), [EMPLOYMENT AND EDUCATION OPPORTUNITIES](#) , [CHILDCARE INFORMATION](#), [HEALTH AND WELLNESS PROGRAMS](#), [VOLUNTEER OPPORTUNITIES](#), [FOOD AND CLOTHING ASSISTANCE](#), & [FINANCIAL COACHING](#) !

October Highlights

Seasonal Opportunities

Fall Fest in Fox Park! - Hayrides, Bounce House, Live Music, Free Food - Sat. Oct 8th from 4:00 to 8:00 at Fox Park - Sponsored by Rung for Women, Fox Park Neighborhood Association, and DeSales, the annual Fox Park fall fest is back! From bounce house to free meal for kids, to trying your hand at quick pickling produce from the Rung Garden, you do not want to miss this, happening right in your neighborhood. The festivities starts at 4:00 PM, and there is something for everyone. Interested in learning more about the Fox Park Fall Fest? [Click here](#) for agenda and to learn more.

GET HELP ENROLLING IN MEDICAID! Free Medicaid Enrollment

Assistance Clinic on October 14 - A Red Circle and Legal Services of Eastern Missouri are sponsoring a Medicaid Enrollment Assistance Clinic to help individuals and families access Missouri Medicaid benefits. There will be two sessions hosted, one from 8:00 AM to 11:00 AM, and again from 4:00 PM to 6:00 PM at 6439 Plymouth Ave | St. Louis, MO 63133. For more information and to register, call 314-619-3605 or [see this link](#).

UPLIFT YOUR VOICE! - Do you live in FoxPark, BentonParkWest, or TowerGroveEast? Make your voice heard by taking the DeSales 2022 Community Survey! We want to better understand how you view your neighborhood to best inform our work in the future. Learn more and take the survey at <https://www.desalescd.com/survey22>

Free Flu Shot and Health Screening! Saturday, Oct 15 - 6901 Washington Ave.

- Your With cooler seasons upon us, you also want to make sure you are in top shape and prevented against flu. That's why we want to make you aware of a free health kids can access free health screening and flu shot on Saturday, October 15/ Best of all, there is no income or insurance requirements. the clinic will be from 9:00 am to 12:00 at 6901 Washington Ave. **Appointment is required, so be sure to register before your visit.** [More info at this link.](#)

Free online tutoring! - Fall into learning with an expert tutor. Your kids can access free online homework help and one-on-one tutors for grades K-12 and adult learners with [Brainfuse Help Now](#), brought to you by St. Louis Public Library. From virtual labs to skills coaching and more, there is something for everyone of all ages. Call St. Louis Public Library at 314-241-2288 for more details.

Rental and Utility Assistance

SAFHR Rent Assistance Available Currently on Pause - Will Re-Open on October 17!

***Please note that the SAFHR program is paused for system updates between Oct 1 and Oct 16. It will be open for new applications on October 17.

Missouri's SAFHR (State Assistance For Housing Relief) program Provides 12 Months of Rent/Utility Assistance for COVID Impacted Renters and funding can also be used to cover 3 months of future rent. Apply now for funds! Click [here](#) for the link to the application.

To be eligible, at least 1 adult household member must declare to be financially impacted by COVID-19. The total household income must also be below 80% of Area Median Income.

Have questions? Need assistance?:

1. Check out the SAFHR website at <https://www.mohousingresources.com/safhr>
2. For questions, call MHDC at 1-833-541-1599 or email mo.safhr@mhdc.com.
3. If you still need help with your application, call Mike Ziegler of DeSales/Fox Grove at 314-267-0433 and he can set up an appointment to help you.

Save \$30 a month on your monthly internet bill!

Affordable Connectivity Program will provide a discount of up to \$30 per month towards broadband internet service, and can provide a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet. The program was recently expanded to include those who receive Pell Grants. To learn more, click [this link](#) or call Mike Z at 314-267-0433.

Mortgage Assistance Fund Open!

There is now a fund for homeowner payment assistance! Click this [link](#) or share with loved ones to screen your eligibility for assistance.

Employment and Education Opportunities

Looking for Long-Term Employment?

Near Southside Employment Coalition (NSEC) is a non-profit agency that offers a variety of quality, no-cost employment services. If interested, call 314-865-4453 or fill out this [interest form application](#).

Need help sorting out tech difficulties?

St. Louis Public Library offers [one-on-one appointments](#) for personalized assistance with personal devices, online applications for jobs, housing, and other forms of assistance, resume building and job readiness, GED and lifelong learning services, and more.

Additionally, the library offers [internet hotspots and Chromebook laptops](#) for customers to borrow.

Childcare and Youth Program Information

LifeWiseSTL Free After School Program

LifeWise Academy is an after-school program for high school teens. Programming is free and operates Monday-Thursday from 3P - 7P at 1025 Park Ave, 63104. (We follow SLPS calendar for holidays/breaks). Services include dinner, tutoring, one-on-one advising, mental health

counseling, Teen Outreach Program, enrichment classes (e.g. Rock Climbing, Zumba, Financial Literacy, Yoga, Cooking, Male Mentoring, Sister Circle, Self-Awareness, Life Skills, etc.), community service learning, career exploration, job readiness, college visits, financial aid and scholarship application assistance, and much more! For residents of the city, transportation home is available (as needed). We serve 9th-12th grade students. We primarily serve residents of St. Louis City, but applicants from other counties will be considered as well. The program is free and students are NOT required to have a high GPA — all performance levels are accepted. We do rolling enrollment, so families can enroll today! English and Spanish applications can be found online at: <https://www.lifewisestl.org/who-we-serve/teens/>

SouthSide Early Childhood Center

NOW Enrolling for Fall! Enroll your child now for Head Start/Early Head Start today! Email Stacy at snavarrete@southside-ecc.org for more information or to schedule an appointment.

Items needed to make an appointment:

1. Proof of income or Financial Situation
2. Proof of Birth: Birth Certificate or Medicaid card with Birthdate
3. Medicaid or Insurance Card
4. Current Physical
5. Current Vaccination Record

Have a Child Under the Age of 6 Needing Childcare?

Guardian Angel Settlement Association's Head Start Center provides quality child development services and family support services at NO COST to qualifying families. Children with disabilities are welcome. For more information, contact (314) 231-3188.

Health, Wellness, & Self-Care Programs

Companionship for Seniors!

The Senior Companion Program connects isolated or lonely older adults with other active, retired people in their direct community. This free visit takes place weekly and is meant to provide companionship, encouragement, and transportation if the volunteer drives. We also

provide respite care to caregivers so they can take a break. This non-medical support helps keep people in the communities they choose and provides meaning and purpose to volunteers. Lower-income volunteers also qualify for a tax-free stipend and mileage reimbursement for their time. For adults 55 years or older! For more information and the sign-up contact, click here: <https://www.lifewisestl.org/who-we-serve/seniors/senior-companion-program/>

Capable Program for Seniors and Disabled Adults

The Capable Program is a free program for low income seniors or disabled adults in the city of St. Louis to help individuals stay safely in their home by providing a multidisciplinary approach to fall prevention. The program has an Occupational Therapist, Registered Nurse, and home repair representatives from Mission St. Louis who work together to ensure safety for participants. [Please click here to see the attached flier for more information.](#) Call Mission St. Louis for information on applications at 314-771-5000

St. Louis Mental Health Support Groups

National Alliance of Mental Illness (NAMI) St. Louis offers free, peer-led programs for individuals living with mental health conditions. Programs are a mix of virtual and in-person sessions. All programs are listed on their website calendar here: <https://www.namistl.org/calendar/>

Join Mercy Grief Support Groups for FREE

Join Mercy for Mental Health Mondays at Mercy Hospital Jefferson. Each Monday, a different grief support option is available to community members, free of charge. The first Monday of the month is the Children's Grief Support Group, the second is a Morning Adults' Grief Support Group, the third is an Evening Adults' Grief Support Group, and, lastly, the fourth Monday of the month is a Grief-Based Bible Study. The attached **three** flyers contain the details of each support group option. For more information, contact Destiny Brooks and destiny.brooks@mercy.net or at 636-933-5779.

Covid-19 Vaccine and Testing Resources

Is it possible to find covid-19 resources in one place? Yes! St. Louis Public Library has gathered State & Local Government Resources about Covid-19. Click [HERE](#) to find information about vaccination events, latest information, and frequent asked questions.

Interested about public testing locations in the City? Click [HERE](#).

Interested in Yoga?

Join a FREE community class on Mondays 6:15 pm to 7:15 pm hosted by The CollectiveStl at

Rung for Women, located at 2717 Sidney St. Looking for additional information? Contact:
Andrea Cox, Program Director, The Collective STL @ Rung for Women.
andrea.cox@thecollectivestl.org
314.451.8500 Ext.2601

Volunteer Opportunities

Volunteer Soccer Coaches Needed! September 6th to October 22nd

DeSales Community Development is seeking VOLUNTEER SOCCER COACHES for our youth soccer league in Fox Park!

Coaches must be available to coach for one hour M-F and be available for a game on Saturdays. No previous coaching or soccer experience needed, just the ability to support a positive team environment! [Sign up here.](#)

Food and Clothing Assistance

Food Pantry for Residents in 63104 and 63118

This is a client self-select food pantry for people who live in the 63104 and 63118 zip-code brought to you by Guardian Angel Settlement Association. For inquires or information, contact Monice Pate at ComptonL@gasastl.org or 314-773-9027.

Food Assistance Near You:

Follow this [link](#) to find community food partner/pantry locations near you. You can also call the Hunger Hotline at (314) 726-5355 x1 or text your zip code to (785) 503-3310 for locations.

Financial Coaching

Grow your personal finance skills!

LifeWise STL offers an array of economic wellness programs to help you improve your

finances--from debt management to budgeting to savings and more! [Click this link to see all the different programs they offer.](#) Click this link to fill out an interest form in their programs: <https://form.jotform.com/210324421290138>

Interested in improving your financial literacy?

This month, Prosperity Connection and St. Louis Builds Credit offer no-cost core financial literacy classes via Zoom. The topics covered are creating a spending plan, understanding credit, how to read a credit report, using credit cards wisely, and home buying.

To check and register for their class calendar, click [here](#).

Matched Savings and Financial Education for Seniors

The Senior Resiliency Fund (SRF) is a four-part intervention for lower income older adults to gain access to valuable information and liquid assets for savings, and to grow relationships in the community. At the end of the six-month period, participants who have successfully completed the program receive a 2 to 1 match on their savings goal (up to \$400 for \$200 saved). Participants must be 55 or older and have an income at or below 200% FPL. Please call Samantha at 314-627-1243 soon to be included! The first few meetings will take place over Zoom.

Are you interested in helping improve government and non-profit programs and services—while earning money?

ICF, a research company, holds focus groups and interviews to learn more about people's experiences. They will use the information they collect to help local, state, and Federal government agencies and non-profit organizations develop programs and resources to improve people's lives - especially around helping residents establish savings.

Make your voice heard by participating in a focus group or interview!

Participants will receive a \$100 gift card and the opportunity to share their stories and help shape policies and programs. All of the information you provide will be kept confidential, and ICF will never use your name or any personal information when reporting their findings.

If you are interested in participating, [click here](#).

[Want to be connected to Community Resources? Utility assistance, child care, health care, employment, etc...? CLICK HERE!](#)

