



# Nourishing

## HEALTHY STARTS

A Signature Program From



Operation  
Food Search

# RESOURCE GUIDE



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# CHIROPRACTIC CARE

## BAH Chiropractic Care

**Dr. Princeton & Dr. Audrey**

**Services Offered:**

Pre-conception Care, Webster Certified Pediatric Care, General Chiropractic Care

**(314) 629-3740 | Mobile**

## First Step Family Wellness

**Dr. Jeanne & Dr. Jana**

**Services Offered:**

Webster Certified Pediatric Care, Postpartum Support, Fertility Support, Breastfeeding Support, Acupuncture

**(314) 805-STEP | Kirkwood**

## Excelsior Health Center

**Dr. Marlee Coleman**

**Services Offered:**

Pre-conception Care, Webster Certified Pediatric Care, Postpartum Support, Gonstead Technique

**(636) 345-4816 | Chesterfield**

## Seasons of Life

**Dr. Nikki Nienhaus, DC**

**Services Offered:**

Pre-conception Care, Webster Certified Pediatric Care, Postpartum Support, Fertility Support, Breastfeeding Support, Nutrigenomic Testing

**(636) 448-3244 | Overland**

## Family Care Chiropractic

**Dr. Diana Toler, MS, DC**

**Services Offered:**

Pre-conception Care, Webster Certified Pediatric Care, Lip & Tongue Tie Evaluation, Craniosacral Therapy

**(636) 282-8333 | Sunset Hills**

## Serenity Chiropractic and Wellness

**Dr. Jordan Sinn**

**Services Offered:**

Pediatric Care, Postpartum Support, Fertility Support, Fertility Support, Pregnancy Care for Sciatica

**(314) 626-9407 | Brentwood**

# YOGA CLASSES

## The Collective STL

1400 N Market St.  
St. Louis, MO 63106

*Donation-based classes*

**(314) 200-5796**

## Urban Breath Yoga

2812 Sutton Blvd.  
Maplewood, MO 63143

*Offers financial assistance*

**(314) 421-9642**

# OB/GYNs & PELVIC FLOOR HEALTH

## PHYSICIANS

### [Dr. Adriena Beatty, DO](#)

9180 W. Florissant Ave Ferguson, MO 63136  
(314) 372-3420

### [Dr. Carolyn Pryor, MD](#)

12277 DePaul Drive Suite 503 Bridgeton, MO 63044  
(314) 344-7700

### [Dr. Jade James-Halbert, MD](#)

12303 DePaul Drive Bridgeton, MO 63044  
(314) 344-6000

### [Dr. Cherese Collins, MD](#)

3844 S. Lindbergh Blvd St. Louis, MO 63127  
(314) 525-0420

### [Dr. Andrea Sample, MD](#)

12277 DePaul Drive Suite 305 Bridgeton, MO 63044  
(314) 344-7585

### [Dr. Jeffrey Mormol, MD](#)

555 N. New Ballas Rd, Ste 240 St. Louis, MO 63141  
(314) 206-6477

## HEALTH CENTERS

### [St. Luke's Hospital](#)

Multiple Locations  
(314) 542-4800

### [Affinia Healthcare - Ferguson](#)

3396 Pershall Rd Ferguson, MO 63135  
(314) 814-8700

### [Washington University Physical Therapy](#)

4240 Duncan Ave Suite 120 St. Louis, MO 63110  
(314) 286-1940

### [Legacy Physical Therapy](#)

Multiple locations  
(636) 225-3649

### [Springer Physical Therapy](#)

11630 Studt Ave Suite 200 Creve Coeur, MO 63141  
(636) 244-8248 | Ext. 2

### [SSM Health Physical Therapy](#)

Multiple Locations  
(800) 518-1626

## ADDITIONAL RESOURCES

[St. Louis Doula Project](#)

[SSM Health Birth Plan](#)

[Hospital Birth Packing List](#)

[Building Your Perinatal Team Booklet](#)

[Pregnancy Week-to-Week](#)

[Vaginal Birth After Cesarean](#)

# PEDIATRICIANS

## Anu French, MD FAAP

12277 DePaul Dr Suite 370  
Bridgeton, MO 63044

**(314) 209-5222**

## Marilyn Maxwell, MD

1465 S. Grand Blvd  
St. Louis, MO 63104

**(314) 268-4070**

## Joyce Johnson, MD

965 Midland Blvd  
St. Louis, MO 63130

**(314) 781-5999**

## April Tyus-Miles, MD

3878 Pershall Rd  
St. Louis, MO 63135

**(314) 839-7500**

## Jaya Barina, MD

816 S. Kirkwood Rd  
St. Louis, MO 63122

**(314) 966-3324**

## Edith Colbert, MD

8007 St. Charles Rock Road  
St. Louis, MO 63114

**(314) 423-8195**

## Nash Pediatrics

3737 N. Kingshighway Blvd  
St. Louis, MO 63115

**(314) 261-5250**

## Shirley M. Knight, MD

637 Dunn Road Suite 180  
Hazelwood, MO 63042

**(314) 838-7912**

## ADDITIONAL RESOURCES

[How To Apply for WIC](#)

[WIC Pre-Screening Tool](#)

[WIC FAQs](#)

[Medicaid Application Assistance](#)

[Public Benefit Application Assistance](#)

[St. Louis Foodbank \(MO + IL Residents\)](#)

[SNAP Interview FAQs](#)

# LACTATION SUPPORT

## [Abeille](#) [Speech + Feeding](#)

11777 Gravois Rd St. Louis, MO 63127  
**(314) 252-0153**

## [St. Luke's](#) [Lactation Center](#)

232 S Woods Mill Rd Chesterfield, MO 63017  
**(314) 205-6378**

## [La Leche League of](#) [Greater St. Louis](#)

Offers virtual and in-person meetings  
**(314) 494-3900**

## [Breastfeeding with](#) [Confidence Group](#)

Mercy St. Louis in Classroom #1 (6th Floor) | Wed. 1pm - 2pm  
**(314) 961-2229**

## [Elephant Baby](#) [Postpartum Support](#)

Offers in-home lactation support from IBCLCs  
**hello@elephant-baby.com**

## [Sweetest Nectar, LLC](#) [Candice Ward, IBCLC, CHW](#)

2200 N Hwy 67 Suite 931 Florissant, MO 63033  
**(636) 206-3652**

# ADDITIONAL RESOURCES

[LaLeche League USA](#)

[WIC Breastfeeding Support](#)

[What to Expect While Breastfeeding \(CDC\)](#)

[When to Call A Lactation Consultant](#)

[Hunger Cues \(CDC\)](#)

[Tongue Ties](#)

[Mastitis](#)

[Paced Bottle Feeding](#)

[Formula Feeding](#)

[How To Use A Breast Pump](#)

[Information on Vitamin D](#)

[Why is Colostrum So Important?](#)

[TSA Guidelines on Traveling w/ Breastmilk](#)

# MENTAL HEALTH SUPPORT

## Blu's Rainbow

425 Marshall Ave Suite 113  
St. Louis, MO 63119

**(314) 344-6766**

## MOMS of Color Group

915 Utz Ln  
Hazelwood, MO 63042  
Every 2nd and 4th Tue. 6-8PM

**(314) 768-8570**

## Perinatal Behavioral Health Service

4444 Forest Park Ave  
St. Louis, MO 63108  
Telehealth appointments

**(314) 454-5052**

## Shades of Blue Online Support Groups

Shades of Blue offers 45-minute to 1-hour long interactive online sessions for women of color who are pregnant, postpartum or dealing with pregnancy loss.

## Dr. Leslie Davis LCPC, NCC

7 Eagle Center Suite B1  
O'Fallon, IL 62269  
Offers telehealth appointments  
**(314) 529-0214**

## Resilience Counseling

1034 S. Brentwood Blvd Suite 678  
St. Louis, MO 63117

**(314) 252-0346**

## Three Circles of Healing LLC

9378 Olive Blvd Suite 104  
St. Louis, MO 63132

[alysa.michelle@threecirclesofhealing.com](mailto:alysa.michelle@threecirclesofhealing.com)

## Sage Tree Therapy Elizabeth Stallone-Lowder

78 Clarkson Wilson Center  
Chesterfield, MO 63017  
Offers in-home & virtual appointments

**(314) 485-SAGE**

## Postpartum Support Intl. Online Support Groups

PSI offers over 20 online support groups for free. You can also connect with in-person support groups through their website.

## ADDITIONAL RESOURCES

National Maternal Mental Health Hotline

**1-833-852-6262**

Postpartum Support International HelpLine

**1-800-944-4773**

# HOUSING SUPPORT

## St. Louis Housing Authority

SLHA offers security deposit assistance for HCV participants.

3250 Page Blvd  
St. Louis, MO 63106

**(314) 531-4770**

## Beyond Housing

Beyond Housing offers affordable rentals to those who qualify within 23 municipalities in St. Louis County.

6506 Wright Way  
St. Louis, MO 63121

**(314) 533-0600**

## Society of St. Vincent de Paul

SVdP offers utilities and rental assistance throughout the St. Louis Metropolitan area.

1310 Papin Street  
St. Louis, MO 63103

**(314) 881-6000**

## Metro St. Louis Equal Housing & Opportunity Council

This is a fair housing enforcement agency that can help tenants fight housing discrimination.

1027 S. Vandeventer Ave, 6th Floor  
St. Louis, MO 63110

**(314) 534-2551**

## Free Legal Clinic

Legal assistance is offered on the 3rd Thursday of each month at the Central Library through Legal Services of Eastern Missouri.

**(314) 534-4200**

## Justine Peterson

Provides credit building services, home buyer education, and loan services to existing and start-up businesses.

10223 N. Grand Blvd  
St. Louis, MO 63106

**(314) 533-2411**

## Urban League of Metro St. Louis

Housing Assistance, Housing Counseling, Rental Assistance, Home Repair

Multiple Locations

**(314) 615-3690 | City**

**(314) 388-9840 | County**

## Community Action Agency of St. Louis County

CAASTLC offers housing counseling, down payment assistance and rent/mortgage assistance to St. Louis County residents.

2709 Woodson Road  
Overland, MO 63114

**(314) 446-4438**



# SHELTERS & TRANSITIONAL HOUSING

## Humanitri

Provides up to 24 months of transitional housing, professional support and skill development.

P.O. Box 6512  
St. Louis, MO 63125

(314) 772-7720

## The Haven of Grace

Offers shelter for women 18 years of age and older and their children along with transitional housing.

1225 Warren Street  
St. Louis, MO 63106

(314) 621-6507

## Gateway 180

Offers both permanent housing assistance and 24- hour emergency shelter for families.

1000 N. 19th Street  
St. Louis, MO 63106

(314) 802-5444

## Kathy Weinman Center

Offers temporary, emergency shelter for women and children; Operated by STL County.

(314) 423-1117

## St. Louis Transitional Hope House

Hope House provides transitional housing for the entire family along with career development plans and childcare.

1611 Hodiament Ave  
St. Louis, MO 63112

(314) 382-3801

## Almost Home

Provides a transitional housing program for 16 -21 year old mothers who have not finished high school.

3200 St. Vincent Ave  
St. Louis, MO 63104

(314) 771-4663

## Salvation Army Family Haven

Transitional housing resource for women and children

10740 W. Page Ave  
St. Louis, MO 63132

(314) 423-7770

## Gateway Housing First

Provides housing for families

1104 S. Jefferson Ave St. Louis, MO 63104

[Info@gatewayhousingfirst.org](mailto:Info@gatewayhousingfirst.org)

# ADDITIONAL RESOURCES

## St. Patrick Center Mobile Outreach Hotline

(314) 561-0278

# UTILITIES SUPPORT

## Heat Up St. Louis!

Must meet specific income guidelines to qualify for assistance.

**(314) 421-0001**

## Clean Slate Gas Program

Helps eligible gas customers clear their past-due balances and start fresh. Eligibility requirements do apply.

**855-373-4636**

## Spire: Payment Partner Program

Provides a monthly bill credit and matches payments toward past-due amounts for individuals who qualify.

**800-887-4173**

## Spire: DollarHelp Program

Provides assistance to customers whose household incomes are up to 300% of the federal poverty level.

**800-887-4173**

## LIHEAP

Low Income Home Energy Assistance Program can help you pay your energy bills.  
Eligibility requirements do apply.

**855-373-4636**

## LIHWAP

Low Income Household Water Assistance Program helps with a one-time payment towards your water and/or wastewater bill.  
Eligibility requirements do apply.

**855-373-4636**

## AGENCIES

### Franciscan Connection

Offers up to \$50 in utility assistance to those living in the:  
**63111, 63116, 63118** zip codes

5201 Virginia Ave  
St. Louis, MO 63111

**(314) 773-8485**

### New Life Evangelistic Center

Offers utilities assistance, rental,  
or deposit assistance

2428 Woodson Rd  
Overland, MO 63114

**(314) 421-3020**

### Salvation Army

Referral to utilities assistance by  
zip code

Multiple Locations

**(314) 646-3000**

# DOMESTIC VIOLENCE SUPPORT

## Women's Safe House

Provides emergency shelter, advocacy, and support to women & children fleeing violence.

**(314) 772-4535**

## Lydia's House

Provides DV survivors & their children with a safe space to heal; not an emergency shelter.

P.O. Box 2722  
St. Louis, MO

**(314) 771-4411**

## St. Martha's

Helps domestic violence survivors find shelter & develop a safety plan.

**(314) 533-1313**

## Diamond Diva Empowerment Foundation

Provides housing placement, rental assistance, counseling, & safety planning to women & children affected by violence.

Text "LOVEIS" to 22522

**(314) 328-4348**

## YWCA Metro St. Louis Women's Crisis & Housing Service

Mon.-Fri. from 8:30AM-5PM.  
Appointment unnecessary.

1155 Olivette Executive Pkwy  
St. Louis, MO 63132

**(314) 531-7273**

## Sisters Helping Each Other Reach a Higher Height

Organizes safe spaces for women and girls of color.

**(314) 467-0765**

## ADDITIONAL RESOURCES

### Victim Services for St. Louis County

**(314) 615-4872**

### 24-HR National Domestic Violence Hotline

**1-800-799-7233**

### Victim Services for St. Charles

**(636) 949-7370**

### 24-HR Safe Connections Text Line

**(314) 531-2003**

### Victim Services for St. Louis City

**(314) 622-4373**

### ALIVE STL 24-hour Crisis Line

**(314) 993-2777**

# EMPLOYMENT SUPPORT

## Community Action Agency of St. Louis County

**Dress for Success**  
Provides a network of support and professional attire to help women thrive in work and life.

3000 Little Hills Expy, Suite 101  
St. Charles, MO

**(636) 940-8027**

CAASTLC offers multiple employment development programs such as job readiness courses & 1-on-1 job coaching.

2709 Woodson Rd  
Overland, MO 63114

**(314) 446-4416**

## Women in Charge

Offers HiSET/Adult Literacy courses, career development, mentoring specific to mothers, and financial education.

6930 Olive Blvd  
St. Louis, MO 63130

**(314) 432-7300**

## YWCA Successful Pathways Program

An accelerated program with the opportunity to earn a CDA credential.

**(314) 427-4940, ext. 1062**

## STL Youth Jobs

Provides paid work experiences and trainings for young people, ages 14-24, in the St. Louis, MO region.

**(314) 499-8176, ext. 3**

## YWCA Economic Empowerment Program

Assists low-income, single mothers with obtaining employment and economic stability within a 3-5 year period.

**(314) 531-1115, ext. 5397**

## Urban League's Save Our Sisters Program

Women's Empowerment Platform with workshops, direct financial assistance, and entrepreneurship opportunities.

**SaveOurSisters@urbanleague-stl.org**

## Better Family Life Workforce Development

Promotes economic growth and stability through various workforce services.

**(314) 367-3440**

## HireSmart

A job readiness training program to help prepare youth and adults (16-24 years of age) to obtain employment and acquire marketable skills.

## People's Community University

Provides a series of classes including: communication skills, healthy living and nutrition, budgeting, basic computer technology, etc.

# ST. LOUIS COUNTY LIBRARY SERVICES

## 1000 Books Before Kindergarten

Encourage parents to read 1000 books with their children before they enter kindergarten. After 1000 books, your child will receive a free book, bag, and more.

## Citizenship Connection

Located at the Central Library. Provides assistance with immigration & citizenship related issues.

## Book Buddies

Program pairs teens and kids with the goal of improving kids' confidence in their reading skills.

## COVID-19 Test Kits

Nine branches have COVID-19 test kits from STL County Dept. of Public Health. Kits can be picked up the circulation desk.

## Story Time

Various branches offer story time during the week for infants & toddlers to encourage early literacy & social skills.

## Excel Adult High School

A online high school completion program offered through SLPL.

## Headspace: Mindfulness App

Get three free months of Headspace to learn meditation & mindfulness techniques with a library card.

## Blood Pressure Kits

Use your library card to check out a blood pressure monitoring kit.

## After School Meals

Operation Food Search provides after school meals Monday-Friday at 5 branches for children ages 5-18 years old.

## Period Supplies

Menstrual kits are available at: Florissant Valley, Grand Glaize, Lewis & Clark, Natural Bridge, Parkview, and Weber Rd.

## Passport Services

Buder, Carpenter, Central, Julia Davis, & Schlafly are official Passport Acceptance Facilities for the U.S. Department of State.

## Hotspots & Chromebooks

Hotspots & Chromebooks are available to check out for 21 days. Can be renewed.

## Neighborhood Service Centers

Located at the Carpenter and Walnut Park branches. Provides assistance with immigration casework, tax returns, social security, and more.

## Narcan Kits

Free Narcan kits are currently available at five branches with plans to expand to 20 branches by the end of 2023.

## Notary Services

Free notary services are available at any SLPL location. It is recommend to call prior to coming to the library.

## Diaper Distribution

STL County Library partners with the St. Louis Area Diaper Bank to provide families with free diapers each month.

## SLPL Meal Program

Operation Food Search provides after school meals Monday-Friday at 6 branches for children 18 years old and under.

## Voter Registration Services

Register to vote in Missouri at any St. Louis Public Library location.

Starting January 2, 2024 all SLCL branches will close at 8PM Monday through Thursday.