

Resource Mapping Tip Sheet:

- Type in zip code on findhelp.org to populate an initial preview of the resources in your area

Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.

Help starts here.

ZIP

48,421,432 people use it (and growing daily)

↑

4,752 programs

in the Chicago, IL 60643 area ←

Choose from the categories above and browse local programs

- At the top of the results page is a tab that lists several categories. Categories available include the following: *food, housing, goods, transit, health, money, care, education, work, legal*. For a list of sub-categories, please go to page 6. Select the category you are interested in exploring resources for. In the example below, we will look at **“Goods.”**

1

ZIP or keyword or program name Search

Select Language English

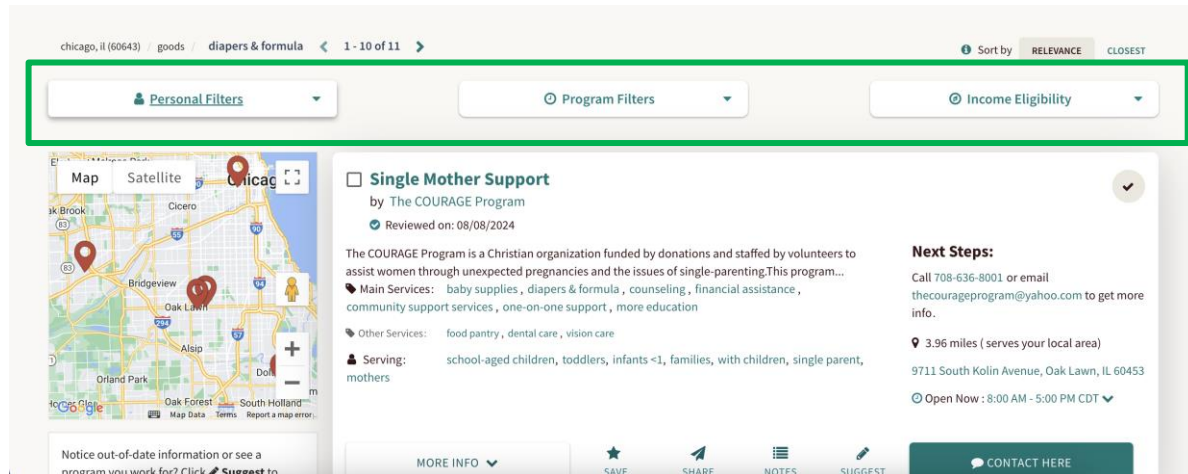
Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:

FOOD HOUSING **GOODS** TRANSIT HEALTH MONEY CARE EDUCATION WORK LEGAL

Baby Supplies > Baby Supplies - All (18)
baby clothes (6)
diapers & formula (11)

Clothing >
Home Goods >
Medical Supplies >
Personal Safety >
Toys & Gifts

- The category “**Goods**” has several different sub-categories. For each sub-category, a list of resources relevant to that topic will appear. Let’s explore “**Diapers and Formula**”.
- On the results page, you will see a list of resources that fall under your desired category. There are additional filter buttons at the top of each page, where you can personalize your results. **The available filter options are outlined in green.**



- **Personal filters**

Age Group

- infants: 0 months - 1 year
- toddlers: 1 - 2 years
- preschoolers: 3 - 4 years
- school-aged children: 5 - 12 years
- children: 2 - 12 years
- teens: 13 - 19 years
- young adults: 20 - 30 years
- adults: 31 - 54 years
- seniors: 55 years+

Disability

- limited mobility

Gender & Identity

- female
- General**
- anyone in need
- Health**
- chronic illness
 - pregnant

Household

- families**
- single parent
 - with children
- individuals
- Housing**
- home renters
 - homeless
 - near homeless

Income

- benefit recipients
- low-income

Language

- limited english

Role

- caregivers
- mothers
- parents

Urgency

- emergency
- in crisis

FILTER SEARCH

• **Program filters**

I want to

- Visit
- Call
- Email
- Apply or Schedule Online

Open Hours

- Open Now
- Open Late
- Open Early
- Open Weekends
- Open 24 Hours

Cost

- Free
- Reduced Cost

Program communicates in

SELECT LANGUAGE ▾

FILTER SEARCH

• **Income eligibility**

Including you, how many people live in your household?

0 family members

How much does your household make per month?

\$ 0 per month

FILTER SEARCH

- For each of the listed resources, click **“More Info”** and review the eligibility requirements to determine if they apply to the population you are looking to serve. This section also contains critical information such as **nearest locations, operation hours, and contact information.**

Single Mother Support
by The COURAGE Program
Reviewed on: 08/08/2024

The COURAGE Program is a Christian organization funded by donations and staffed by volunteers to assist women through unexpected pregnancies and the issues of single-parenting. This program...

Main Services: baby supplies, diapers & formula, counseling, financial assistance, community support services, one-on-one support, more education

Other Services: food pantry, dental care, vision care

Serving: school-aged children, toddlers, infants <1, families, with children, single parent, mothers

Next Steps:
Call 708-636-8001 or email thecourageprogram@yahoo.com to get more info.
3.96 miles (serves your local area)
9711 South Kolin Avenue, Oak Lawn, IL 60453
Open Now : 8:00 AM - 5:00 PM CDT ▾

MORE INFO ▾ SAVE SHARE NOTES SUGGEST CONTACT HERE

PRINT VIEW



Eligibility:

- This program serves single mothers with infants and children under 6 years of age.
- This program helps people who are 0 to 5 years old.

Availability: available

Description: The COURAGE Program is a Christian organization funded by donations and staffed by volunteers to assist women through unexpected pregnancies and the issues of single-parenting.

This program provides:



- Baby care items
- Baby food
- Formula
- Diapers
- Free counseling
- Educational programs
- Social opportunities
- Financial assistance

Languages: English

Cost: Free

- After using **findhelp** as a scaffold, you can use google to search for additional resources in your area. Remember to conduct searches with keywords and the name of city/town/county you are interested in.
 - Example: **Diaper Resources** Springfield, IL

The screenshot shows a Google search for "Diaper Resources Springfield, IL". The search bar includes a microphone icon, a camera icon, and a search icon. Below the search bar are filters for "Phone number", "Free", "Within 5 mi", "Open now", "Top rated", and "Wheelchair accessible entrance". The search results show "The Parent Place" with the URL "https://www.tppos.org/diaperpantry". Below this is "The Diaper Pantry" with the text "Our diaper pantry is open every Tuesday and Wednesday from 10:00 am to 3:00 pm. The Parent Place Springfield Illinois.jpg. We provide diapers ...". There is a "People also ask" section with four questions: "How to get free diapers in Illinois?", "How to get a free pack of diapers?", "What can I use for diaper free time?", and "What age is diaper free?". A "Feedback" link is at the bottom right of the search results.

- Utilize county websites for previously established community resource directories
 - Example: [Sangamon County Community Resource Directory](#)
- Perform a Google search for “[insert your county] Department of Public Health” to browse their community resources
 - Example: [Sangamon County Department of Public Health](#)
- For all the resources that are suitable for your community, compile a list organized by categories (e.g., food, housing, education, work). Under each category, list the resources you’ve found with the following details: **the name of the organization or program, a description of how it addresses the specific need, the address, phone number or email for contact, and a description of the eligibility requirements.**
 - Example: Can use ILPQC’s SDoH Tip Sheet Template
 - With this compiled resource list, nurses, parents, and social workers can review the organized information and descriptions to identify which resources are most suitable and eligible for the patients easily.

FindHelp Categories and Sub-Categories:

- Food
 - Community Gardens
 - Emergency Food
 - Food Delivery
 - Food Pantry
 - Help Pay for Food
 - Meals
 - Nutrition Education
- Housing
 - Help Find Housing
 - Help Pay for Housing
 - Housing Advice
 - Maintenance and Repairs
 - Residential Housing
 - Temporary Shelter
- Goods
 - Baby Supplies
 - Clothing
 - Home Goods
 - Medical Supplies
 - Personal Safety
 - Toys & Gifts
- Transit
 - Help Pay for Transit
 - Transportation
- Health
 - Addiction and Recovery
 - Dental Care
 - End-of-Life Care
 - Health Education
 - Help Pay for Healthcare
 - Medical Care
 - Mental Health Care
 - Sexual and Reproductive Health
 - Vision Care

- Money
 - Financial Assistance
 - Financial Education
 - Government Benefits
 - Insurance
 - Loans
 - Tax Preparation
- Care
 - Adoption & Foster Care
 - Animal Welfare
 - Community Support Services
 - Daytime Care
 - End-of-Life Care
 - Navigating the System
 - Physical Safety
 - Residential Care
 - Support Network
- Education
 - Help Find School
 - Help Pay for School
 - More Education
 - Preschool
 - Screening & Exams
 - Skills & Training
- Work
 - Help Find Work
 - Help Pay for Work Expenses
 - Skills & Training
 - Supported Employment
 - Workplace Rights
- Legal
 - Advocacy & Legal Aid
 - Mediation
 - Notary
 - Representation
 - Translation and Interpretation