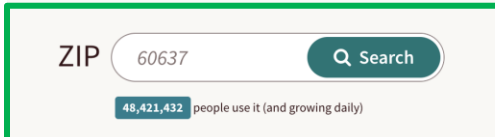


## Resource Mapping Tip Sheet:

- Type in zip code on [findhelp.org](https://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)

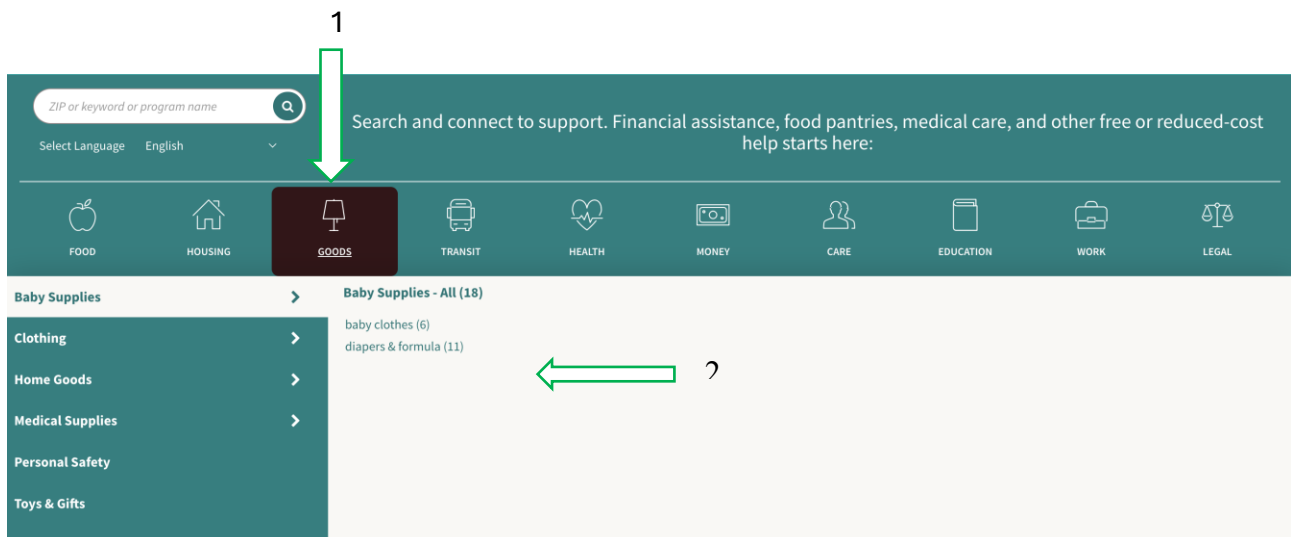


# 4,752 programs

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 (e.g., housing, transit, care, work). 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)

Clothing > baby clothes (6)

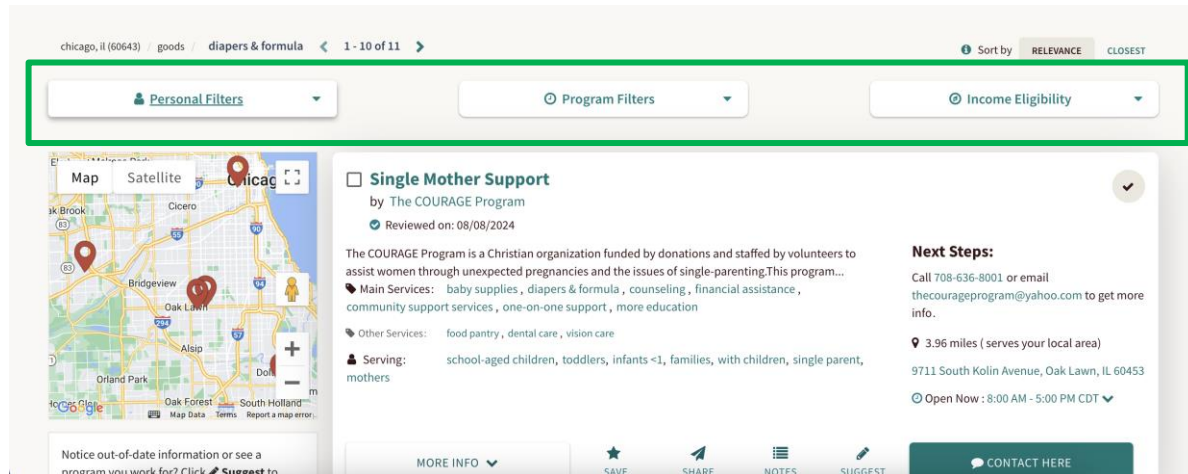
Home Goods > diapers & formula (11)

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?

 family members

How much does your household make per month?

 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](mailto: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.

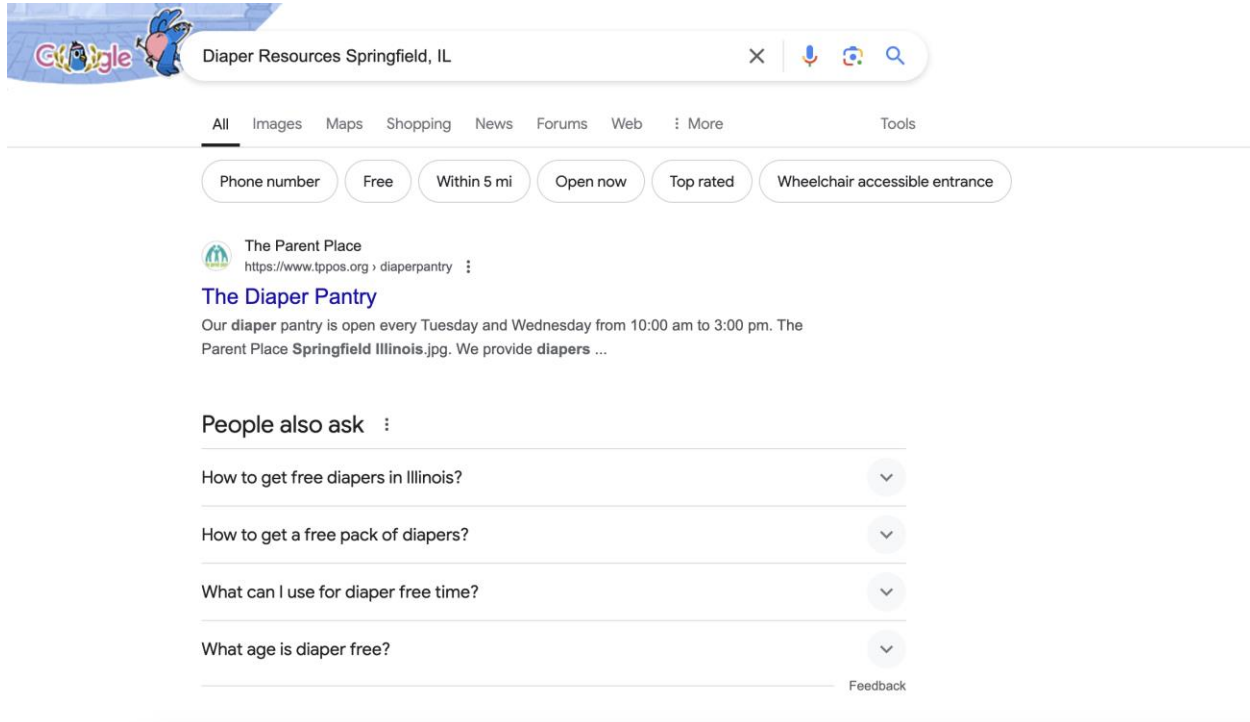
This program provides:

- 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



- 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.