



## **SECTION B**

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### **BASIC SUPPORT NEEDS**

#### **FOOD & MEALS**

##### **IMMEDIATE NEEDS**

If you are in need of a meal or food for your family, these are some of the locations that provide meals free of charge:

*Most of these locations are RTA accessible.*

##### **ST. AUGUSTINE**

**216-781-5530**

##### **CATHOLIC CHURCH**

2486 West 14th Street (Tremont)

*5:30AM—8AM, 7 days a week, Breakfast*

*11AM, 7 days a week Lunch*

##### **ST. MALACHI**

**216-861-5343**

##### **CATHOLIC CHURCH**

2459 Washington Street

(West 25th & Detroit Avenue)

*8:30AM – 3PM, Mon—Sat*

*Breakfast, Lunch;*

*Dinner on Monday evenings*



## **SECTION B**

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### **BASIC SUPPORT NEEDS**

#### **FOOD & MEALS**

##### **COSGROVE CENTER**

**216-781-8262**

1736 Superior

(Downtown)

8:30AM, Mon—Fri, Breakfast

12:15PM, Mon—Fri, Lunch

Women's shelter start at 3PM

If you are seeking food for your family or want to know how to apply for food stamps, the following resources can help:

##### **CUYAHOGA HEALTH AND NUTRITION**

**216-987-7000**

##### **HUNGER NETWORK OF GREATER CLEVELAND**

**216-619-8155**

##### **THE CLEVELAND FOODBANK**

**216-696-6007**

##### **FOOD STAMP INFORMATION**

**216-987-7000**



## **SECTION B**

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### **BASIC SUPPORT NEEDS**

#### **SHELTER & HOUSING**

##### **IMMEDIATE NEEDS**

If you are in need of immediate shelter, some of the locations that provide a place to sleep for the night include:

<b><u>BRIDGEWAY CRISIS UNIT</u></b>	<b>216-631-1740</b>
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*Emergency shelter for mental health consumers*

<b><u>THE CITY MISSION</u></b>	<b>216-431-3515</b>
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5310 Carnegie Avenue

*Downtown*

<b><u>WOMEN'S SHELTER</u></b>	<b>216-881-0559</b>
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1710 Prospect Avenue

*Downtown*

<b><u>EMERGENCY SHELTER FOR DISABLED MEN</u></b>	<b>216-566-0047</b>
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2100 Lakeside Avenue

*Downtown*



## **SECTION B**

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### **BASIC SUPPORT NEEDS**

#### **SHELTER & HOUSING**

##### **IMMEDIATE NEEDS — Continued**

**SALVATION ARMY**                      **216-623-7491**  
2501 E. 22nd Street  
*Transitional Housing — Men only*

**THE HARBOR LIGHT**                      **216-781-3773**  
**COMPLEX**  
1710 Prospect Avenue  
*Single men & families*

For the most current information regarding  
shelter contact:

**24-hour Hotline for Shelter 216-391-4357**



## **SECTION B**

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### **BASIC SUPPORT NEEDS**

#### **SHELTER & HOUSING**

If you are seeking permanent housing, consult your Community Support Worker and ask about the agencies that can help. These include:

**COUNCIL FOR** **216-263-6266**  
**ECONOMIC**  
**OPPORTUNITIES**  
**GREATER CLEVELAND**  
**HOUSING SERVICES PROGRAM**

Offers help to qualified low-income individuals or families needing housing or facing homelessness.

**CUYAHOGA** **216-348-5100**  
**METROPOLITAN**  
**HOUSING AUTHORITY (CMHA)**

Operates affordable housing units for low and moderate income Cuyahoga County residents.

**HOUSING ASSISTANCE**  
**PROGRAM (HAP)**

Provides a rent subsidy for low-income mental health consumers. A consumer needs to be referred by a Community Support Worker. Ask a Community Support Worker for more information.

## MY RECOVERY NOTES



TOOLS FOR RECOVERY



**"Sadly, for years  
I had expected someone  
else to "fix" me. However,  
I finally realized,  
after many clinical  
disappointments, that  
this task fell to me alone  
and that no one else could  
really make me better.  
For the first time, I then  
felt ready to take  
responsibility for myself,  
including management of  
my illness, and it was at  
this point that my recovery  
really began."**

**~Esso Loete**

**TOOLS FOR RECOVERY**