What Language Do You Speak?

If you or someone you know speaks a language other than English, please let us know and we will provide translation services!

Si usted o alguien que conoce habla un idioma que no sea inglés, háganoslo saber y le proporcionaremos servicios de traducción.

Если вы или кто-либо из ваших знакомых говорит на другом языке, кроме английского, сообщите нам об этом, и мы предоставим переводческие услуги.

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LAKEVIEW PANTRY CONTACT INFORMATION

General Information: (773) 525-1777
Food Programs: info@lakeviewpantry.org
Social Services: socialservices@lakeviewpantry.org
Mental Wellness: mentalhealth@lakeviewpantry.org

IMPORTANT DATES

Finding Hope Group
Begins Monday, January 13, 3 - 4pm
(occurs weekly)
3945 N. Sheridan Road
Are you dealing with depression? Attend Lakeview Pantry’s new weekly Finding Hope: Managing Depression in Your Daily Life group. Learn new coping and management strategies, share your story and personal experience, and receive support from peers. Contact Edward Alderson at edward@lakeviewpantry.org or (773) 525-1777 ext 244 to register. Registration is required.

Share the Warmth Night with Tiesta Teas
Thursday, January 16
Sheridan Market (3945 N. Sheridan):
5 - 7:30pm
The Hub (5151 N. Ravenswood):
5 - 7pm
Courtesy of Tiesta Teas, warm tea will be offered at our Sheridan Market and The Hub to help keep warm during distribution hours! If interested, please ask a staff member.

Upcoming Closures
Monday, February 17 - Presidents' Day:
- Sheridan Market
- La Casa Norte
If you need assistance with accessing any of these resources, please come see us during Drop-In Case Management or when picking up your Online Market order at The Hub (5151 N. Ravenswood).

LOCAL RESOURCES

CLOTHING

Free clothing resources:
- St. Thomas of Canterbury, 4827 N. Kenmore: Most Thursdays 9:30am-12pm, 773-878-5507
- Cornerstone Free Store, 4628 N. Clifton Ave: Call ahead: 773-271-8163

SHELTER

If you need immediate shelter, you can get a referral for a bed any way below:
- Call 3-1-1
- Go to your nearest police station (850 W. Addison, Addison & Halsted)
- Go to your nearest hospital Emergency Room (Thorek Hospital, Sheridan & Irving Park Rd)
- Go to your nearest DHS Office (845 W. Wilson, Wilson & Clarendon)

FOOD

- Contact the Greater Chicago Food Depository for food resources: 773-247-3663 or visit chicagosfoodbank.org/find-food/
- Ask our receptionist for a list of free local weekly meals

HEALTH

Accepts Medicaid/no insurance; sliding scale fees may apply:
- Howard Brown Health Center (4025 N. Sheridan Rd: 773-388-1600)
- Heartland Health Center (845 W. Wilson Ave: 773-506-4283)

SOCIAL SERVICES STAFF MEMBERS

Jennie Hull, LCPC, Director of Programs - ext. 214
Colleen Montgomery, LCSW, Manager of Social Services - ext. 216
Eva Trampka, MSW, Home-Based Case Manager - ext. 224
Taneka Taylor, MSW, Social Worker - ext. 227
Drew Moran, LPC, Group Mental Health Counselor - ext. 243

SOCIAL SERVICES INTERNS

Social Work Students: Hannah Davis, Layne Hardy, Julia Kelly, Liusmila Ortega - ext. 300
Mental Health Student: Edward Alderson - ext. 244
Nursing Students: Hannah Nicholson, Debi Rhyner
At Lakeview Pantry, we match you with the food you need and want. Our staff and volunteers work with you to personalize your food-gathering experience and make you feel at ease, so you can create full meals that are satisfying and delicious.

### DISTRIBUTION SITE

<table>
<thead>
<tr>
<th>SHERIDAN MARKET</th>
<th>Monthly Food Distribution Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3945 N. Sheridan Rd.</td>
<td>Mon, Wed, Fri: 12pm – 4pm</td>
</tr>
<tr>
<td>Chicago, IL 60613</td>
<td>Tues &amp; Thur: 5pm -7:30pm</td>
</tr>
<tr>
<td></td>
<td>Saturday: 11am – 3pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SHERIDAN MARKET</th>
<th>Weekly Produce Pickup Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3945 N. Sheridan Rd.</td>
<td>Mon, Wed, Fri: 2pm – 4pm</td>
</tr>
<tr>
<td>Chicago, IL 60613</td>
<td>Tues &amp; Thur: 5pm – 7:30 pm</td>
</tr>
<tr>
<td></td>
<td>Saturday: 1pm – 3pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>LA CASA NORTE’S FRESH MARKET</th>
<th>Food Distribution Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3533 W. North Avenue, First Floor</td>
<td>Monday: 11am - 3pm</td>
</tr>
<tr>
<td>Chicago, IL 60657</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THE ONLINE MARKET</th>
<th>Open Office Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5151 N. Ravenswood Ave.</td>
<td>Tues: 11am - 2pm</td>
</tr>
<tr>
<td>Chicago, IL 60640</td>
<td></td>
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</tbody>
</table>

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<tr>
<th>THE ONLINE MARKET</th>
<th>Pickup Hours:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5151 N. Ravenswood Ave.</td>
<td>Thurs: 2pm - 7pm</td>
</tr>
<tr>
<td>Chicago, IL 60640</td>
<td>(Specific pickup windows are selected during the registration process. Monthly pickups only.)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PRIMARY ACCESS POINTS FOR FOOD PROGRAMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visit Pantry locations during distribution hours</td>
</tr>
<tr>
<td>Order online through the Online Market</td>
</tr>
<tr>
<td>Contact Food Programs at 773-525-1777 or <a href="mailto:info@lakeviewpantry.org">info@lakeviewpantry.org</a></td>
</tr>
</tbody>
</table>
PUBLIC BENEFITS

Children/Families

SOCIAL SERVICES PROGRAMS

Public Benefits

Financial

Transportation

Health

Children/Families

Employment

Housing

SAFE Program

SERVICE TYPES

HOURS AND INFORMATION

DROP-IN CASE MANAGEMENT
3945 N. Sheridan Rd.
Chicago, IL 60613

Hours:
Mon, Wed, Fri: 12pm – 4pm
Tues & Thur: 5pm -7:30pm

• No appointment required
• First come, first served

MENTAL WELLNESS PROGRAM
3945 N. Sheridan Rd.
Chicago, IL 60613

Hours:
By appointment only

• Individual, Couples, & Group Counseling
• Ages 18 and up only
• Free services - no fees and no billing to insurance
• Eligibility screened by required intake process
• Openings currently available

ONLINE MARKET SOCIAL SERVICES
5151 N. Ravenswood Ave.
Chicago, IL 60640

Appointments On:
Thursdays: 2pm - 5pm

• Request social services when you submit your cart online on Tuesdays
• Social Worker will reach out to you via phone/email to schedule appointment during Thursday pickup

HOME DELIVERY SOCIAL SERVICES

• Appointments are scheduled as needed and in your home
• Only for current Home Delivery clients

CAREER EMPOWERMENT PROGRAM
3945 N. Sheridan Rd.
Chicago, IL 60613

Appointments On:
Tuesdays: 1pm - 5pm,
Thursdays: 1pm - 5pm,
Fridays: 9am - 12pm

Now offering 1-on-1 appointments dedicated to career services: Discover your strengths, search current job openings, write your resume, engage in mock interviews, and more

PRIMARY ACCESS POINTS FOR SOCIAL SERVICES

1. Attend a drop-in session
2. Order online through the Online Market
3. Contact Social Services at 773-525-1777 or socialservices@lakeviewpantry.org

4
FAMILIES WITH INFANTS & CHILDREN

CRADLES TO CRAYONS PARTNERSHIP

Cradles to Crayons

We are a proud partner agency with Cradles to Crayons, which offers items to children through age 12 such as clothing, diapers, hygiene supplies, pajamas, outerwear, shoes, birthday presents, school supplies and backpacks at no cost to you.

If you are interested in requesting these items, please meet with Social Services during drop-in case management to submit an online request!

ARTS OF LIVING INSTITUTE

Are you pregnant or parenting a child age three or younger?

The Arts of Living Institute offers an early childhood home visiting program in cooperation with the Chicago DFSS.

For more than 45 years, Arts of Living Institute has empowered parents through: case management, home visits, developmental screenings, & crisis intervention, plus educational groups on child development, infant health, and maternal health, monthly parent-child interactive groups on the weekends, referrals to needed resources.

For more information: (312) 655-7103 or email mursetta@catholiccharities.net.

PEDIATRIC CAR SEAT PROGRAM

Do you need a low-cost infant carrier, car seat for a toddler, or a booster seat for older children?

Check out the Pediatric Car Seat Program at:
Stroger Hospital
1969 W. Ogden Ave.
First Floor
Chicago, IL 60612
Phone: 312-864-2016
Hours: Mt, T, Th, F, Sat 1pm - 4pm
Languages Spoken: English & Spanish

Eligibility: Standard fees are $30 for infant carriers and $40 for convertible car seats (must be paid in cash)

How to Apply: Walk ins are welcome during program hours. Car seats and infant carriers are available in the Pediatrics Clinic by Entrance 1, next to the Information Desk. You may also call 312-864-2016 and leave a message. Your call will be returned as soon as possible during program hours.

If you are purchasing a car seat, you must watch a 20-minute instructional video and then demonstrate how to properly install the seat.

NEED SUPPLIES?

If you are in need of diapers, baby food, infant formula, or women’s hygiene supplies, please ask a staff member or volunteer when you check in for your monthly pickup.

Depending on availability, we might be able to offer you some items once a month during your pickup!
FREE EVENTS!

Winterland at Gallagher Way
**When:** January 1 - February 16, 2020
**Mon - Thurs:** 3 - 9pm, **Fri - Sat:** 11am - 10pm, **Sun:** 11am - 7pm
**Where:** Gallagher Way, 3635 N Clark St, Chicago, IL 60602
Skate all winter long underneath the twinkling lights of Winterland at Gallagher Way! The 8,000 sq. ft. ice rink is open to skaters of all ages, every day of the week. Stop by for a couple of laps, check the schedule for a chance to skate with Clark the Cub, rent a skate aid, or arrive in time for select Tuesday figure skating performances.

MLK Free Museum Day
**When:** Monday, January 20, 2020
Get free admission on Martin Luther King Day if you can show a valid ID that has an Illinois address. Free admission to the following museums: Adler Planetarium, Art Institute of Chicago, Chicago History Museum, The Field Museum, Museum of Science and Industry, Shedd Aquarium.

Northerly Island Adventure
**When:** Saturday, January 25, 2020
**Where:** Northerly Island Park
See birds of prey and wolves, make “nature-inspired winter crafts,” walk on snowshoes (if there’s snow), and drink cocoa (while it lasts) at Polar Adventure Days on three dates in December, January, and February. Free except for parking.

MLK Day Speech
**When:** Monday, January 27, 2020
**Where:** Rubloff Building, Thorne Auditorium, 375 East Chicago Ave, Chicago, IL 60611
Hear a keynote address to celebrate Martin Luther King Day at Northwestern University. Keynote speaker: Tarana Burke, founder of the #MeToo movement and social justice activist.

Tour the Chicago Cultural Center
**When:** Wednesdays, Thursdays, Fridays and Saturdays at 1:15pm
**Where:** 78 E Washington St, Chicago, IL 60602
Get an inside look at one of Chicago’s most beloved cultural assets. The free building tours delve into the fascinating history of the landmark Chicago Cultural Center, offered year-round on Wednesdays, Thursdays, Fridays and Saturdays at 1:15pm.

DIVVVY4EVERYONE

**DIVVVY4EVERYONE** is a program designed to help eligible, low-income individuals get a yearly Divvy Membership for only $5! For more info, call Divvy at 855-553-4889 or talk with Social Services!

You can apply in person at Center for Changing Lives at 1955 N. St. Louis Ave, #101 on Tuesdays and Thursdays from 10am – 5:30pm. Call Center for Changing Lives at 773-342-1751 to schedule an appointment.

CITYKEY CARD & CHICAGO Rx CARD

The CityKey Card serves as a government-issued ID, Ventra card, and library card all in one while also offering various discounts around the city. Cards are $5 for minors, $10 for adults ages 18-64, and free to seniors ages 65+. You also have the option to register for the Prescription Coverage program, Chicago Rx, and add it to your CityKey Card. Learn more online at: www.chicityclerk.com/chicagocitykey/how-apply or visit the Social Services team for assistance.
ONLINE MARKET

Are you interested in streamlining your grocery pickups and saving time during your hectic day?
Geared toward busy individuals and families, the Online Market offers the same healthy food and social services you’re used to - custom ordered directly from your mobile phone or computer.

1. Orders can be placed on Tuesdays. Customize your cart and lock it in before the end of the day.
2. Pick up your order on Thursday of the same week at The Hub, 5151 N. Ravenswood.

Current clients: Email onlinemarket@lakeviewpantry.org to receive a password for your account.
New clients: Sign up at lakeviewpantry.org/onlinemarket!

SAFE Program
Love shouldn’t hurt.
We are ready to work with you at whatever stage you are at in your relationship - judgment-free. Meet with our Social Services team to find the support you need.

Attend a Volunteer Orientation Session!
Training sessions are OPEN to everyone. There is no need to RSVP. Sessions last roughly one hour, and you only need to attend one in order to volunteer.

Sessions cover:
- Initial paperwork, including liability and confidentiality forms*
  *All new volunteers under the age of 18 will need a parent or guardian present at the training session. A parent or guardian must accompany anyone under the age of 18 to the training session.
- Volunteer positions and responsibilities
- Community service policy and process for both school-assigned and court-ordered hours
- Lakeview Pantry policies regarding clients and volunteers
- Getting signed up for your first day!

January Volunteer Orientation Dates:
Sheridan Market
3945 N. Sheridan Rd.
Thursday, January 16: 11:30am - 12:30pm

The Hub
5151 N. Ravenswood Ave.
Saturday, January 4: 1 - 2pm
Wednesday, January 8: 6 - 7pm
Wednesday, January 22: 6 - 7pm