FAMILIES HELPING FAMILIES

RESOURCE GUIDE



P O Box 1626, Lake Charles, LA 70602
1830 Ryan Street Suite A, Lake Charles LA 70601
(337) 436-2570 1-800-894-6558 Fax: (337) 436-2578
Email: info@fhfswla.org Website: www.fhfswla.org Facebook: https://www.facebook.com/fhfswla

Our mission is to enable and empower individuals with disabilities and their families by providing information, referral, education, training, peer support, and advocacy skills.

Our vision is that all individuals with disabilities have the opportunity to attend school, live, work and play in their own community.

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FHF SWLA Fact Sheet

Celebrating 26 years of service to individuals with disabilities and their families - 1992 – 2018
Our community includes: Allen, Beauregard, Calcasieu, Cameron and Jeff Davis parishes

Our mission is to enable and empower individuals with disabilities and their families
by providing information, referral, education, training, peer support, and advocacy skills.

Our vision is that all individuals with disabilities have the opportunity
to attend school, live, work, and play in their own community.

Information and Referral

IMCAL Developmental Disabilities Support and Information Coordinator Trained specialist that is funded by the Developmental Disabilities Division of Imperial Calcasieu Human Services Authority to assist families to find and receive appropriate services and support in their community and facilitate the Family Empowerment Forum each year.

Resource Lending Library FHF has a large lending library with up to date information about all types of disabilities. The library is filled with books & DVD's on various topics relevant to individuals with disabilities and their families.

Education and Training

Louisiana Department of Education – Education Support Specialists
Conducting ongoing, rigorous, and strategic family outreach in the supported parishes of Beauregard, Calcasieu, Jefferson Davis, and Cameron. Our Education Support Specialists help parents and family members learn to effectively work with the school system to facilitate a free appropriate public education for students with special education needs.
LaCAN – Louisiana Council's Advocacy Network
LaCAN advocates for service systems that support children and adults with disabilities to live in their own homes and be fully-included and participating members of their local schools and communities. LaCAN provides information and support to individuals wishing to effectively advocate for systems change in the areas of home and community-based services, education, and employment

Peer Support

EarlySteps Community Outreach Specialist
The program offers community awareness and parent support for the EarlySteps program. The specialist is a parent of a child with a disability who is under the age of ten and can offer parent support as well as information and referral.
Children's Special Health Services Parent Liaison
The Parent Liaison is a family member who works with the local CSHS clinics and fosters support, information and referral to families of children receiving CSHS clinic services. The Parent Liaison also provides outreach for CSHS targeting families and providers.
Next Chapter Book Club (NCBC)
NCBC provides people with disabilities regardless of their reading skills the opportunity to read and learn to read, talk about books, and make friends in a fun, community setting.
People First SWLA Chapter
People First is run by people with disabilities, for people with disabilities. It is a place where people learn to speak up for themselves about decisions they make and where members can connect with others in their community, across the nation and around the world.

In addition to these programs, the following resources
are available at the FHF Resource Center:

Peer to Peer Support; Disability Resource Library (books, audio, and DVD); Speakers Bureau on topics related to disabilities; Workshops, Conferences and Presentations on a variety of topics for individuals with disabilities, family members and professionals; and a quarterly email newsletter.

FHF SWLA is funded from a diversified funding base including tax deductible donations, personal contributions, special event fund raisers, contracts, grants, and contributions from community organizations and the Louisiana Developmental Disabilities Council. The philosophy of parent/professional collaboration is inherent in FHF SWLA. FHF SWLA has always, and still shares its expertise with other parents, who wish to enhance their leadership skills, start a group, particular program or center. FHFSWLA does not endorse or promote any legislation, institutions, and/or individuals, methods of treatment or therapy.

All services are free to families and professionals.

Food & Clothing Services

Abraham's Tent
(337) 721-7211 (2424 Fruge St., Lake Charles LA 70601)

- Lunches served 11:30 am to 12:30 pm six days a week. (Mon.-Sat.)

Allen P. August Multi-Purpose Center Annex/ Calcasieu Parish Police Jury Human Service Dept.
(337) 721-4020 Fax: (337) 721-4184 (2000 Moeling St., Lake Charles LA 70601)

- Food for seniors. Must pre-register. Third Friday of each month.

Beauregard Community Action Association, Inc.
(337) 463-7263 & (337) 463-7895 Fax: (337) 463-8382
(104 West Port St., Deridder, 70634 – near Council on Aging & Beauregard Mental Health)

- Food for seniors, Low Income Home Energy Assistance (LIHEAP). Must call for eligibility requirements and availability.

Catholic Charities
(337) 439-7436 Fax: (337)439-7435 (1225 2nd Street, Lake Charles LA 70601)

- Serves Allen, Beauregard, Calcasieu, Cameron and Jeff Davis parishes.
- Food Pantry on 3rd Friday each month from 10 am to 1 pm.
- Call for requirements.

Calcasieu Council on Aging Meal Sites
For ages 60+. Before you can begin receiving meals at the sites, you must have an assessment form filled out and sign up the day before you plan to eat. Most sites are open Mon-Fri from 10:00 am till 12:00 pm. Monthly menus are available. Meals are free but we will accept donations. Suggested donation is $3.00 per meal.

- **Sulphur Sr. Ctr.** 601 Maple St., Sulphur, LA 70663 527-4573
- **Vinton Sr. Ctr.** 912 West St., Vinton, LA 70668 589-3700
- **Whispering Hope** 2501 Griffin St., Lake Charles, LA 70601 436-6871
- **Lake Charles Senior Center** 1530 5th (337) 433-0668

Christian World
(337) 475-0157 Fax: (337) 475-0159 (2001 East Gautier Rd., Lake Charles LA 70607)

- Food pantry serves 4 zip codes: 70605, 70607, 70630, and 70646. Open the 1st & 3rd Saturday of each month from 9 am to 11 am. Must have photo ID, proof of address and income for everyone in household. **FOOD ONLY!**

Community Outreach Center
(337) 540-9854 Fax: (337) 786 3535
(1006 E. 4th Street, Dequincy LA 70633)

- Food Pantry & Thrift Store for residents of 70633 only
- Open 1st & 3rd Tuesdays of the month, 8:30 -12:00 Noon
- Bring: Proof of Income, Picture I.D., Proof of Residence, award letter of food stamps and SSI

First Baptist Church of Sulphur 401 S. Huntington St. Sulphur, LA (337) 527-5231

- Food Pantry ONLY

Food Stamps & Governmental Food Assistance(La. Dept. of Children & Family Services)
1-888-524-3578 (1-888-LAHELPU) **www.dcfs.la.gov**

- Supplemental Nutrition Assistance Program (SNAP), Louisiana Combined Application Project (LaCAP), Child Care Assistance Program(CCAP), Family Independence Temporary Assistance Program (FITAP), and Kinship Care Subsidy Program (KCSP)

Glad Tidings Food Pantry (will do emergency if needed)
(337) 564-7177 (3400 Texas St., Lake Charles LA 70607)

- Mon. – Thurs. 9 am to 11:30 am. Bring photo ID and proof of gross income and Social Security cards for every member of household and copy of current household bill with home address.
- Can use once every 30 days.
- Only serving those in area codes 70605 & 70607.

God's Food Box (A Ministry of Beauregard Ministerial Alliance)
(337)463-4449 (426 McMahon St., P.O. Box 1245, Deridder LA 70634)

- Provide food for families in Beauregard Parish and parts of Vernon Parish from Rosepine to Bailey Rd.
- Open Tues., Wed. and Thurs. from 10 am to 1 pm
- Recipients must verify residency, income and have picture I.D. ALL household members are counted as one family and income of all must be counted.
- Income levels are the same as those used for Food Stamps
- Clients can receive Food Stamps and Quarterly Commodities and still qualify for benefits with the Food Box.

Greater St. Mary Missionary Baptist Church/ F.H. Dunn Resurrection Center
(337) 494-7945 Fax: (337) 494-7946 (1401 Moeling, Lake Charles LA 70601)

- Offering food only on Tues. 10 am to 2 pm.
- Offering clothing only on Mon., Wed., Thurs., and Fri. 10 am to 2 pm. Some school uniforms available.
- Must have proof of income and valid I.D.
- Emergency food boxes upon request.

Jeff Davis Council on Aging
(337) 824-5504 Fax: (337) 616-8622 (210 S. State St., P.O. Box 734, Jennings LA 70546)

- Public transit, meals on wheels and congregate meal site, homemaker, respite care, wellness program, recreation, Acadian on-call, material aid, and transportation – elderly (60 and above), public & Medicaid available. Food pantry for 60 and over

Manna Ministries – St. Luke Simpson United Methodist Church
(337) 802-3729 (1500 Country Club Road, Lake Charles LA 70605)

- Every Wednesday 9:00 a.m.-11:00 a.m. for food assistance. (Can use once a quarter.)
- Financial and utility assistance (electricity, gas & water – no phone) only after registering.
- For Allen, Beauregard, Calcasieu, Cameron, Jeff Davis, Rapides, and Vernon Parishes.
- **Must register first.**

Salvation Army Center of Hope
(337)721-8068 Fax: (337) 721-8069 (3020 Legion St., Lake Charles LA 70615)

- Mon.-Fri. 10 am – 2 pm.
- Photo ID, SSN, Proof of Income, Utility Bill for Entergy ONLY for 60 yrs. and older
- Must have food stamp letter from Food Stamp Office.
- Feed Breakfast from 6:30am – 7am and Supper from 4:30pm -5 pm

Second Harvest Food Bank of Greater New Orleans & Acadiana (www.no-hunger.org)

(337) 237-7711 (Lafayette); Benefit Hotline 1-855-392-9338

- Food distribution to established food pantries and feeding sites & emergency/disaster supply.
- 8 am – 12 Noon & 1 pm – 4 pm Mon.-Fri. (Lafayette office)

Shepherd's Inn Outreach of United Christian Fellowship Church
(337) 433-9442 (2802 Opelousas Street, Lake Charles LA70615 – In the yellow house)

- Food and clothing on Tues. & Thurs. 9 am to 12 Noon. Also Christian counseling and free Bibles.
- Bring photo I.D. and can use once every 30 days.

South Beaucare Ministry
(2465 Texas Eastern Rd. Ragley, La. 70657) Contact: Larry & Linda Harvey (337) 526-1825

- Serves Beauregard, Jeff Davis & Calcasieu parishes
- Bring picture ID, Bills, and Proof of income.
- Food Only on Tuesday 9am – 11am and Thursday 2pm – 4pm

Westlake United Methodist Church
(337) 433-8424 Fax (337) 433-9905 (704 Johnson Street/P. O. Box 536, Westlake LA 70669)

- Food Pantry for residents of the Westlake, Mossville and Moss Bluff areas operating Mon. 9:30 am to 11:30 am, Wed. 5 to 7 pm, and Fri. 9:30 am to 11:30 am; Proof of residence in Westlake/Moss Bluff/Mossville required, as well as proof of income for everyone in the household. Bring picture ID and one other item

Water's Edge Gathering www.watersedgegathering.com
(337) 478-3305 (2760 Power Centre Parkway Lake Charles LA 70607)

- Food Pantry Thursday 10am- 2pm

Housing Assistance

Bayou Bluff Apartments
(337) 436-5722 Fax: (337) 436-5723 (2604 Laurel Ridge Ct., Lake Charles LA 70615)

- Low income apartments that are part of the LCHA but with their own application process. Some disabled units may be available.
- Applications taken at 404 Cedar Way, Lake Charles, LA 70601

Calcasieu Parish Human Services Dept. / Continuum of Care Access Center www.cppj.net/coc
(337) 721-4030 Fax: (337) 721-4180

- Open 9 am to 12 noon, Monday – Friday
- Apply for Social Security
- SNAP Benefits
- Medicare and Medicaid
- Rental Assistance (Only if threatening eviction)
- Utility Assistance (Call for eligibility status)

Calcasieu Council on Aging HUD Section 202 Housing

- **Must be age 62 or older to apply**
- Dequincy Elderly Housing Corporation, 301 Coward Street, Dequincy LA 70633 (337) 786-3400
- Vinton Senior Manor Corporation, 1000 Loree St, Vinton LA 70668 (337) 589-7605
- Iowa Elderly Housing Corporation, 400 E. Miller Avenue, Iowa LA 70647 (337) 582-2450
- Whispering Hope, Inc., 2501 Griffin Street, Lake Charles LA 70601 (337) 436-6871

CARC – Housing www.carc.us
(337) 433-3620 Fax: (337) 439-1886 (1718 Hodges St. Lake Charles LA 70601)

- HUD housing for people with developmental disabilities and meets low income limits.
- Currently has a waiting list.

Chateau Du Lac
(337) 436-0380 (333 Mill Street, Lake Charles LA 70601)
- Apartments for individuals who are 62 or older and/or with a disability receiving SSI or SS.

Grand Lake Elderly Apartments (Cameron Council on Aging)
(337) 905-0381 (10104 Gulf Hwy., Lake Charles LA 70607) Contact Person: Lori Broussard
- Apartments for 55 years old and up who have a low income.

Habitat for Humanity www.hfhca.org
(337) 497-0129 Fax: (337) 497-0470 (3551 Avenue C, Lake Charles LA 70615)
- Build houses from the ground up; rehab of some houses in limited area.
- **Open enrollment. Pick up applications at office or call for info.**
- Land donations accepted-welcomed.
- **Habitat ReStore**, 3960 Gerstner Memorial Blvd (Hwy 14); (337) 310-1771; open Wed. – Sat., 9 am to 5 pm; affordable building materials, furniture, household goods and appliances for sale; donations made at store or pickups can be arranged

Kingsley Court Apartments
(337) 436-5722 Fax: (337) 436-5723 (404 Cedar Way, Lake Charles LA 70601) Applications available.
- Low income apartments that are part of the LCHA but with their own application process. Some disabled units may be available.

Louisiana Housing Search Service www.lahousingsearch.org

Maison D'Amis (NAMI) – Independent Living
(337) 437-7919 / (337) 660-3358 (401 Gerdsen, Lake Charles LA 70601)
- Apartments for mentally ill persons who qualify. Currently has wait list.

Permanent Supportive Housing Program (337) 497-0034 (A program run by Volunteers of America.)
- Housing with case management assistance for a household in need of housing who has a member with a disability that qualifies them for Medicaid services, earns less than 30% AMI and **is in need of supportive services.**

Project Build a Future
Main # (337) 439-7191 (2306 3rd St. Lake Charles LA 70601)
- A non-profit corporation committed to building and selling quality, affordable housing.
- Target area is north of Broad Street
- Develops quality, affordable housing. And provides down payment assistance to make homes affordable.
- Provides homebuyer counseling and financial literacy services, including assistance in rebuilding credit and reducing debt
- If interested in purchasing a beautiful, new home call the office to obtain an application.

The Road Home www.road2la.org 1-888-762-3252
- Registered applicants may receive housing assistance or buyouts.

USDA OFFICE- Rural Development Housing Programs www.rurdev.usda.gov/la
- For applications call (337) 262-6602 ext. 4 - Lafayette USDA Service Center, Mon.-Fri. 8 am-4:30 pm
- Low-income applicants can build or buy; ***very*** low-income property owners can repair

Volunteers of America Mental Health Housing Services
(337) 564-3212 Fax: (337)564-3178
2119 Oak Park BLVD. Lake Charles La 70601

- Housing available for mentally ill persons who qualify.

Volunteers of America Elderly Housing in Elton
(337) 564-3212 Fax: (337)564-3178
2119 Oak Park BLVD. Lake Charles La 70601

- Apartments for 62 years old and up who have a low income. Currently have several openings.

Summer Set -Aruban Place Apartment 720 E. North St. DeRidder, La. 70634 (337) 462-3376

- Section 8 for at least 2 or more in the apartment

Housing Authorities

Calcasieu Parish Housing Authority
(337) 721-4030 & Fax: (337) 721-4031

Dequincy Housing Authority
(337) 786-2381 & Fax: (337) 786-3204

Elton Housing Authority
(337) 584-2541 Fax: (337) 639-2625

Kinder Housing Authority
(337) 738-2079 & Fax: (337) 584-2541

Lake Arthur Housing Authority
(337) 774-3692 & Fax: (337) 774-2997

Merryville Housing Authority
(337) 825-8770 & Fax: (337) 825-8778

Oberlin Housing Authority
(337) 584-2541 Fax: (337) 639-2625

Vinton Housing Authority
(337) 589-5331 Fax: (337) 589-3677

DeRidder Housing Authority
(337) 463-7288 & Fax: (337) 463-3671

Housing Authority of Iowa
(337) 582-6730 & Fax: (337) 582-3280

Jennings Housing Authority
(337) 824-5642 & Fax: (337) 824-5649

Cameron Parish Housing Authority
(337)775-2209 & (337)775-2228

Lake Charles Housing Authority
(337) 436-7628 & Fax: (337) 436-9798

Oakdale Housing Authority
(318) 335-0712 & Fax: (318) 335-9326

Sulphur Housing Authority
(337) 527-5248 Fax: (337) 527-0681

Welsh Housing Authority
(337) 734-2647 Fax: (337) 734-4857

Utilities Assistance

LIHEAP (Low Income Home Energy Assistance Program)
(337) 721-4033 Fax: (337) 721-4184 (2000 Moeling St., Lake Charles LA 70601)

Manna Ministries
2-1-1

- This program offers short term help with food and utility bills. Apply by calling the information help line by dialing 2-1-1 from any phone

Cameron Community Action Agency
(337) 598-5158 or (337) 905-6000 Fax: (337) 905-6500 (965 Hwy 384, Lake Charles, LA 70607)

- Call for referrals 8 am – 4 pm, Monday thru Thurs; 8 am - 12 Noon Fri.
- Assist with rent and utilities for Cameron Parish. Also GED assistance.

Catholic Charities
(337) 439-7436 Fax # (337)439-7435 (1225 2nd Street, Lake Charles LA 70601)

- Assists with rent, mortgage payments to prevent eviction, utilities , food, medical prescriptions
- Appointment ONLY by calling on Mondays
- Assist with funeral and getting ID's

Care Help of Sulphur
(337) 287-4793 Fax (337) 310-0199 (112 E. Thomas St., Sulphur LA 70663) **Sulphur ONLY**

- Utilities, food, emergency medications, clothing and school uniforms for Sulphur residents
- Thrift stores and donations open Saturday 10 am – 4 pm

Caring Hands
(337) 616-3081(if no answer, leave a message) P.O Box 1204; 327 N. Main St, Jennings LA 70546

- Qualified Jeff Davis residents ONLY; Open Mon-Thurs.1 pm-4 pm & application taken 1 pm-3 pm
- Assist with disaster needs, utilities, food clothing and household items
- Bring photo ID, Proof of income, all current bills, social security card, last 2 bank statements and food stamp verification

Jeff Davis Parish Assistance Agency www.assistagency.org
(337) 824-7800 Fax: (337) 824-7805 107 E. Nezpique St. Jennings LA 70546

- Utility, legal services, SNAP, and Medicaid application. 8:00 am to 4:30 pm Monday-Thursday

St. Luke's Church 1500 Country Club Rd. Lake Charles LA 70605 (337) 802-3729
Leave a message on the voicemail for an appointment

- Utility and Food pantry

Emergency & Homeless Shelters

ETC Transitional Living Program for Homeless Youth
(337) 419-1904 or (337) 433-8636 Fax: (337) 433-8638

- Serves male and female homeless youth ages 18-21 years old who are drug free
- Youth must be motivated to become employed and cooperate with program requirements
- Youth must be cognitively and emotionally capable of living on their own
- Housing provided in scattered site apartments throughout the community
- Life skills and other support services provided

ETC Harbor House
(337) 433-6739 & Fax: (337) 436-7720

- 16 bed residential facility for children ages 11-17 years old
- Provides emergency shelter services for children and youth needing a safe place
- Serves runaway or homeless youth; youth involved with foster care or juvenile justice systems; and other children in crisis
- Parents/guardians or other agencies can call to check eligibility
- In general, services provided at no cost to client

Freedom House– Help for Drug & Alcohol Abuse
(318) 518-3878(1408 Hwy 5, Logansport LA 71049)

- No Charge; applicant must call Brother Wayne Jones for interview.

- 6 month commitment, but can stay longer if doing well; 1 year program, 2 year program & 3 year program. Males and females accepted.

Jeff Davis C.A.D.A. www.jeffdaviscada.com
(337) 616-8418 & toll-free 1-866-883-2232 Fax: (337) 616-8421 (P. O. Box 826 Jennings LA 70546)

- Shelter for abused women and their children **(not homeless)**

June N. Jenkins Women's Shelter/Beauregard Community Concerns
(337) 462-1452 & Fax: (337) 463-5495

- Shelter for abused women and their children **(not homeless)** and resources to assist victims of domestic violence even if they are not in the shelter.
- Parenting Classes and Domestic Violence Classes

Oasis a Safe Haven for Survivors of Domestic and Sexual Violence
(337) 436-4552 or 1-800-223-8066 or 1-888-411-1333 (LA Domestic Violence Hotline)

Potter's House & Potter's House Annex (Assistant Living)
(337) 477-1116 & Fax: (337) 477-1102 (3233 Kirkman St., Lake Charles LA 70601) Rev. Leona Benoit, Dir.

- For women and women with children
- Assistant living available for adult women only with a fixed income

Salvation Army Center of Hope
(337) 721-8068 Fax: (337) 721-8069 (3020 Legion St., Lake Charles LA 70615) **for men only.**

- No felony charge of child abuse/no sexual or violent crime of any kind
- Check-in time is from 5 pm to 9 pm
- Must pass breathalyzer test and drug test before admittance
- Picture ID

Veteran's Homeless Resource 1-877-424-3838 (Alexandria, VA)

Welcome House
(337) 783-7066 (24292 Crowley Eunice Hwy., Crowley LA 70526)

- For men and women, single or married; for families also.
- Call first. They can accept people from outside their region.

Housing Repairs

Bayou Response
(337) 532-4131 Contact: Renee Amos at email: **prblessed8@gmail.com**

- Disaster response and local home repair for those in need. Eligibility determined case by case.

FEMA Assistance

FEMA
1-800-621-3362 TO APPLY ON THE PHONE and ALL OTHER ASSISTANCE

- FEMA rental resources – **https://asd.fema.gov/inter/hportal/home.htm**

Case Management & Multi-Assistance Agencies

Disability Rights www.advocacyla.org
1-800-960-7705 Fax: (504) 522-5507 Oak St. New Orleans LA 70118

- Assist with issues related to accessibility of services and programs, disability and medical benefits, special education, vocational rehabilitation, housing rights, accommodations for persons with disabilities, protection from abuse and neglect and protection from institutional resident's rights.
- Funded by state to provide legal assistance to people residing in nursing homes in LA, as well as residents 60 years and older in New Orleans, Plaquemines, end St. Tammany Parishes.

Allen Action Agency www.allenactionagency.org
(337) 639-4348 Fax: (337) 639-4715 (505 W. 7th Ave., P.O. Box 540, Oberlin LA 70655)

- Head start, energy assistance, toys for tots
- United Way agency assisting with emergency crisis program

La Familia Resource Center www.lafamilia-swla.org
(337) 794-0307 Fax: (337) 564-5402 (650 Dr. Michael Debakey Dr., Lake Charles LA 70601)

- Open Mon. – Thurs. from 9:00 am to 3 pm by appointment only
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

St. Frances Cabrini Immigration Law Center https://stfrancescabriniimmigrationlawcenter.com
(337) 477-0683 Fax: (337) 477-1862 (3226 Lake Street, Lake Charles LA 70601)

- Provides low-cost assistance to individuals needing help with immigration issues, including applications for naturalization, lawful permanent residence, asylum, DACA and others. Attorney on staff.
- English classes, tutoring and workplace literacy instruction for skilled workers.
- Open Mon.–Fri. from 8am–5pm; closed 12pm–1pm for lunch; Periodic workshops and lectures.

Elderly Assistance

Allen Council on Aging (318) 335-3195/ 1-800-256-2851
E-mail: allencouncil@bellsouth.net Fax: (318) 335-3199
(Physical-- 602 E. 5th Ave., Oakdale 71463) (mail – P.O. Drawer EL, Oakdale LA 71463)

- Get information on meals, home maker help, three transportation programs, respite care, Medicaid advice, medical help, Meals on Wheels and more.

Beauregard Council on Aging
(337) 463-6578 & (337) 463-9694 Fax: (337) 463-7431
(104 West Port St./ P. O. Box 534 DeRidder LA70634)

- Congregate & home delivered meals, transportation, material aid, legal assistance, recreation, Senior RX, outreach and more.

Benefits Check Up www.benefitscheckup.org

- Assisting seniors identify financial benefits for which they may not know they qualify.

Better Business Bureau of SWLA lakecharles.bbb.org www.bbb.org
(337) 478-6253 or 1-800-542-7085 Fax: (337) 474-8981 (4040 Lake St., Lake Charles, LA 70605)
Mon.-Thurs. 8-12 & 1-4; Fri. 8-12

Allen P. August Multi-Purpose Center Annex
(337) 721-4020 or 1-800-542-7074 Fax: (337)721-4184
2000 Moeling St., Lake Charles LA 70601
Open 8 am to 12 pm; 1-5 pm Mon-Fri

Calcasieu Parish Council on Aging www.calcoa.org
(337) 474-2583 & 1-800-223-5872 Fax; (337) 474-6563 / 3950 Hwy 14, Lake Charles LA 70607

- Utility assistance, prescription assistance, homemakers services (light housekeeping twice a month), meals on wheels, medical alert button, Medicare part D assistance with people to assist elderly to apply.
- For ages 60+

Senior Centers: Lake Charles Sr. Ctr., 1530 5th St., Lake Charles, (337)433-0805; Sulphur Sr. Ctr., 601 Maple St., Sulphur, (337)527-4574; Westlake Sr. Ctr., 2001 Jones Street, Westlake, (337)436-6879; Vinton Sr. Ctr., 915 West St., Vinton, (337)589-3700; Iowa Sr. Ctr., 800 Factory Outlet Dr., Suite 116, Iowa (337)582-1551; Moss Bluff Sr. Ctr., 2868 Hwy 171 North, Lake Charles, (337)217-0500. For ages 60+.

Meal Sites: For ages 60+. Before you can begin receiving meals at the sites, you must have an assessment form filled out and sign up the day before you plan to eat. Most sites are open Mon-Fri from 10:00am till 12:00pm. Monthly menus are available. Meals are free but we will accept donations. Suggested donation is $3.00 per meal.

Tower Oaks 222 Louie St., Lake Charles, LA 70601 564-5745
Sulphur Sr. Ctr. 601 Maple St., Sulphur, LA 70663 527-4573
Vinton Sr. Ctr. 912 West St., Vinton, LA 70668 589-3700
Westlake Sr. Ctr. 2001 Jones St., Westlake, LA 70669 436-6879
Whispering Hope 2501 Griffin St., Lake Charles, LA 70601 436-6871

Family Caregiver Support Groups- This program is for those individuals who are caring for a loved one. Meetings are held monthly. **There is no age requirement for this service.**

The Gardens – 3rd Wed. at noon, 1401 Country Club Rd., Lake Charles, LA
West Calcasieu-Cameron Hospital – 3rd Thurs. at noon, Cafeteria Conf. Rm, 701 Cypress St., Sulphur LA
Emeritus Senior Living – 4th Tues. at 5:30 pm, 2420 Country Club Rd., Lake Charles LA

Calcasieu Parish Sherriff's Office
(337) 491-3626 Fax: (337) 439-1684 / 2112 Moeling St, Lake Charles LA 70601

- Elderly Service's offering transportation for ambulatory senior citizens, pick up food/commodities, medications and transport to doctor's appointments. Mon-Fri 8 am -4 pm

Cameron Community Action Agency
(337) 598-5158 or (337) 905-6000 Fax: (337) 905-6500 (965 Hwy 384, Lake Charles, LA 70607)

- Call for referrals 8 am – 4 pm, Monday thru Thurs; 8 am - 12 Noon Fri.
- Provides transportation, meals on wheels, congregate meals, medical equipment, medication management, homemaker services, nutrition education, caregiver services, housing assistance.

Eye-Care America's Seniors Eye Care Program 1-800-222-3937 www.eyecareamerica.org

- Free exam and up to a year of treatment for persons 65 and older.
- Call to find out if you qualify.

Grandparents Raising Grandchildren Support Group www.lagrg.org
(225) 810-3555 (P.O. Box 74267, Baton Rouge LA 70807)

Jeff Davis Council on Aging
(337) 824-5504 Fax: (337) 616-8622 (210 S. State St., P.O. Box 734, Jennings LA 70546)

- Public transit, meals on wheels and congregate meal site, homemaker, respite care, wellness program, recreation, Acadian on-call, material aid, and transportation – elderly (60 and above), public & Medicaid available. Food pantry for 60 and over

Louisiana Answers www.louisianaanswers.com (Connects to Calcasieu Council on Aging)
1-800-223-5872

- Aging and disability resource center for Allen, Beauregard, Calcasieu, Cameron, Jeff Davis and Vernon parishes.

Meals on Wheels - Calcasieu (Calcasieu Council on Aging) www.calcoa.org
(337) 474-2583 & 1-800-223-5872 Fax: (337) 474-6563

Senior Prescription Assistance-Calcasieu Council on Aging www.calcoa.org
(337) 474-2583 or 1-800-223-5872 Fax: (337) 474-6563 (3950 Hwy. 14, Lake Charles LA70607)

- SeniorRx-to assist seniors to link with assistance for obtaining their prescription medications.

Southwest Louisiana Independence Center (SLIC) www.slic-la.org
(337) 477-7194 & 1-888-403-1062 Fax: (337) 477-7198 (4320 Lake St., Lake Charles LA 70605)

- They have medical equipment available for elderly or disabled who qualify at no charge. - FREE
- Direct Service workers to assist; does referrals and information
- Supervise independent living
- Supplies telephones & interpretive services for hearing impaired.
- Supported Employment Services – works with Louisiana Rehabilitation Services to secure employment.
- Free hearing aid program, LCD Hearing aids
- Deaf Action Center & Sign Language Interpreter

VITA (Volunteer Income Tax Assistance) Program
(337) 433-1088 x 11 Fax: (337) 433-3679 (United Way of SWL A)

Employment

Allen Career Solution Center www.laworks.net
602 Court St. (mailing: PO Box 1140, Oberlin, LA 70655) (337) 639-2175 Fax: (337) 639-2560

AmeriCorps - Impact Lake Charles AmeriCorps
(337) 491-8735 Fax: (337) 491-8760 (Physical-- 326 Pujo Street, Lake Charles LA 70601 Mailing-- PO Box 900, Lake Charles LA 70602) Academic assistance – community service

Beauregard Business and Career Solutions www.laworks.net
(337) 462-5838 Fax: (337) 462-6115 (1102 W. 1st St., DeRidder LA 70634)

- Workforce training and employment services. Call for information.

Beauregard Christian Women's Job Corps. www.beauregardcwjc.org
(337) 463-4451 (107 Pine St., DeRidder 70634 Mailing – P.O. Box 1362, DeRidder LA 70634)

- Teaches life and job skills for women over 18 years old who are in need.
- Assist students with their Hi-SET (High School Equivalency Testing)

Louisiana Rehabilitation Services www.laworks.net/workforcedev/lrs/lrs_main.asp
(337) 475-8038 Fax: (337) 475-8037 (3616 Kirkman St., Lake Charles LA 70607)
Toll Free: 800-520-0589 TTD# 337-475-8036

- Provides services to help persons with disabilities to obtain the job skills and other resources they need to get a job keep a job and develop a career.

Louisiana Workforce Commission –Business and Career Solution Center Calcasieu Consortium
(337) 721-4010 & 866-783-5567 & www.laworks.net (2424 3rd Street, Lake Charles LA 70601)

- Job search, resume help, job fairs and more. Call for information. MTWF 8-12, 1-5, Th. 8-12, 1-3

Unemployment Claims www.laworks.net 1-866-783-5567

Goodwill Workplace Training & Assistance Center www.goodwillbmt.org
1202 Kirkman St. Ste. A Lake Charles, LA (337) 310-1882

Family Services

Awesome Association www.awesome-kids.org 215 Quelqueshue St. Sulphur, LA 70663 (337)794-1937

- Provides inclusive sports and art activities to children with disabilities, ages 2-21

Calcasieu Parish Animal Services and Adoption Center for Calcasieu www.petfinder.com
(337) 721-3730 (5500A Swift Plant Rd., Lake Charles LA 70615)

- Spay Neuter Assistance Program – call for specific guidelines.

Educational & Treatment Council (ETC)

- Outreach Center - (337) 433-1062 Fax: (337) 439-1094
- Providing home-based intervention and prevention services for at-risk youth and their families.
- See website (www.etcyouth.org) for list of programs and services

Family & Youth Counseling www.fyca.org
(337) 436-9533 Fax (337) 439-9941 (220 Louie St., Lake Charles LA 70601)

- Classes, programs and support groups to assist families and children. See website for list.

Foreman-Reynaud Community Center
(337) 436-2509 Fax: (337) 436-9843 (215 Albert St., Lake Charles LA 70601)

- After school program from 4 pm to 6 pm Mon – Thurs. Free to anyone who needs homework help ages 5 and up.
- Youth achievement program for ages 12 & above – Call for more information.
- All year around water aerobics – call for time schedule
- Free VITA tax services

Gulf Coast Social Services www.gcssla.org
(337) 436-6622 Fax: (337) 436-4403 (700 Pujo St., Suite A, Lake Charles LA 70601)

- Community based service programs providing consultation, training and educational services to individuals and their families.
- Accepts Medicaid Waiver and private pay on an individual basis.

Kid's Need
(337) 425-1711 (P.O. Box 1206, Westlake LA 70669) www.iamgracious.org

- Giving time, love and compassion to school-aged children
- Call for time and date of monthly activity night and dinner

Volunteers of America Parenting Education Classes & Interagency Service Coordination
(337) 564-3212 Fax: (337) 564-3178
2119 Oak Park BLVD. Lake Charles La 70601

- Common Sense Parenting Class Curriculum with free classes to families with a child or adult receiving services through OBH or some private agencies. Sliding scale fee for others. Childcare available and refreshments provided. Call to RSVP.
- Interagency Service Coordination to develop plans for children with Emotional Behavioral Disorders who at risk of being removed from the home or school.

Transportation

Calcasieu Parish Public Transit System www.cppj.net
(337) 721-4040 & Fax: (337) 721-4181 (1155 Ryan St., Suite A, Lake Charles LA 70601)

- An application is required to participate in special transportation services, which upon approval, can be scheduled with 48-hour advanced notice or more.
- Grocery Shopping Service available for ages 65 or over every 1st and 3rd Saturday of the month from 9 am to 11 am and 1 pm to 3 pm. Individuals limited to one destination per trip.
- Job access and reverse commute from 5am to 11 pm based upon availability.

Medicaid Transportation 1-855-325-7565

Healthy Louisiana 1-888-342-6207 **www.bayouhealth.com**

Plan Name	Call Center	Call Center #	Monday -Friday
Aetna	Logisticare	1-877-917-4150	8 am to 5 pm
Amerigroup	Southeastrans	1-866-430-1101	8 am to 6 pm
AmeriHealth Caritas LA	Logisticare	1-888-913-0364	8 am to 5 pm
LA Healthcare Connections	Logisticare	1-855-369-3723	8 am to 5 pm
United HealthCare	Logisticare	1-866-726-1472	8 am to 5 pm

Reduced Bus Rate Pass- City of Lake Charles Transit Division
(337) 491-1253 (1155 Ryan St., Lake Charles LA 70601)

- Disabled individuals are to provide either the government issued ID when boarding; or they must present their paperwork from the SSA stating the date the SSA declared the individual disabled to the Transit Administration Office. These are the only two forms of proof accepted. Disabled passengers ride for $0.25 once they present their government issued ID or have been approved through the Transit Administration Office.
- Passengers that receive Medicare/Medicaid must present their photo ID along with their Medicare/Medicaid card when boarding. Medicare/Medicaid passengers ride for $0.50 once they present the appropriate proof.
- Senior Citizens (over 65) bring ID to get blue card to ride bus for $0.50

Legal Assistance

Acadiana Legal Services www.la-law.org
(337)439-0377 Fax: (337)439-0636(Capital One Tower, One Lake Shore Dr. Ste. 800 Lake Charles LA 70629)

- Provide free legal assistance in civil matters such as divorces, child custody, consumer issues, housing and public benefits. Mon – Fri 8:30 am– 12 pm & 1 pm – 5 pm

Child Support Enforcement / La. Dept. of Children & Family Services www.dcfs.la.gov
1-888-524-3578

La Familia Resource Center www.lafamilia-swla.org
(337) 794-0373 Fax: (337) 564-5402 (650 Dr. Michael Debakey Dr., Lake Charles LA 70601)

- Open Mon. – Thurs. from 9:00 am to 4 pm, Friday- Closed
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

Louisiana Civil Justice Center www.laciviljustice.org & www.lawhelp.org/la

1-800-310-7029 (504) 355-0970
Telephone advice and referral service for low income elderly or disaster affected Louisiana residents.

- Information and self-help resources provided to those who aren't qualified for free legal aid.
- Intake and referral service for people seeking pro-bono oil spill claims assistance.
- Monday – Friday from 9 am to 4 pm (Hot Line)

Southwest Louisiana Law Center www.swla-law-center.com (337) 436-3308 Fax: (337) 433-2523

- Non-profit law firm - provides low cost legal services - fees charged on sliding scale
- By appointment only - $75 up-front, consultation fee required
- 8:30 am to 5:00 pm Monday – Friday, Closed 12:00 pm to 1:00 pm for lunch
- Photo ID required
- Civil matters only – no criminal matters
- Not "Legal Aid"

Day Care Referrals

Calcasieu Parish School Board – (337) 217-4210

VOA-1888-926-8005

Autism

McNeese Autism Program www.mcneese.edu/autism
(337) 562-4246 Fax: (337) 562-4221 email: MAP@McNeese.edu

- Provides ABA (Applied Behavior Analysis) treatment services for children with Autism and other behavior or developmental conditions.
- Services include early intensive interventions, language and communication training, parent and caregiver training, social skills groups, problematic behavior interventions, and pediatric feeding problem interventions.
- Medicaid Provider / Nonprofit Organization

Sprouts Behavior Development Center www.sproutsbdc.com
(337)377-7772 (4819 Ihles Rd. Lake Charles LA 70605)

Behavior Intervention Resources, LLC www.behaviorir.com
(337)661-4041 (2912 Warren Ave, Lake Charles LA 70601)

Autism Services of Southwest Louisiana www.autismservicesswla.com
(337) 436-5001 & Fax (337) 436-5002 (3006 Common Street, Lake Charles LA 70601

Soar Equestrian Services natprailnil@yahoo.com
Natalie Miller (337) 488-4399 by Appointments ONLY

- Therapeutic riding program which offers equine-assisted activities conducted by PATH certified instructors.

The Missing Piece: ABA for Autism www.autismswla.org
(337) 436-6488 (1908 Maplewood Drive Ste. B, Sulphur LA 70663)

Milestone Behavioral Services milestonesbehavioralservices@gmail.com
(337)429-5248/ (337) 540-9737 & Fax: (337) 656-2377 (414 E. College Street, Lake Charles, LA 70605)

Family & Youth Counseling Agency www.fyca.org

(337)436-9533 (220 Louie Street Lake Charles LA 70601)

St. Nicholas Center for Children www.stnickcenter.org
(337) 491-0800 Fax: (337) 491-0508 (2519 Ryan Street, Lake Charles LA 70601)

- Provides therapeutic, educational, and social services to children with autism, developmental delays, and neurological disorders and support to their families.

Beyond Words www.beyondwordslc.com
(337) 419-3586 (1409 Kirkman St, Lake Charles LA 70601)

- Provides therapeutic, educational, and social services to children with autism, developmental delays

Louisiana State Autism Chapter (800) 955-3760
www.lastateautism.org
www.facebook.com/AutismSocietyLouisiana
autismsociety_lastatechapter@yahoo.com

Southwest Louisiana Autism Chapter (337) 855-2068
autismsocietyswla.com
www.autism-society.org/chapter167
www.facebook.com/AutismSocietySWLouisianaChapter
swautismchapter@gmail.com

ASA – Autism Society of America
www.autism-society.org

Asperger's Society
www.aspergerssociety.org

Referral Services

Best Buddies
www.bestbuddies.org

- Mentoring and friendship program for people with intellectual disabilities. Free e-mail pen pal program.

Families Helping Families of Southwest Louisiana www.fhfswla.org **email:** info@fhfswla.org
(337) 436-2570 or 800-894-6558 Fax: (337) 436-2578 (2927 Hodges St., Lake Charles LA 70601)

- Provide information, referrals, education, training, peer support and advocacy skills to individuals with disabilities and their families.
- Covers Allen, Beauregard, Calcasieu, Cameron, & Jeff Davis parishes.

F.I.N.S. (Families in Need of Services) Office of Juvenile Justice Services
(337) 721-3900 Fax: (337) 721-3907 (PO Box 2073, Lake Charles LA 70602)

- Assist in coordination of services for children and parents who need intervention before criminal behavior.

Gabriel Project by the Diocese of Lake Charles (337)439-7400 Ext. 317 www.rachelsvineyard.org

- Make referrals to individual Catholic parishes to assist parents with the physical and spiritual needs of parenting.

Imperial Calcasieu Human Services Authority (ImCal HSA) http://imcalhsa.org
(337) 475-3100 & 1-866-698-5304 Fax: 337-475-8055

(One Lakeshore Dr. Ste. 2000 Lake Charles 70607) (Formerly the Office of Citizens with Developmental Disabilities.)

Lighthouse Child Residential Center, Inc. www.lighthouseministriesinc.org
(337) 666-2678 & Fax: (337) 666-2679 (P.O. Box 130, 150 Lighthouse Lane, Reeves LA 70658)

- A home for unwed mothers and teenage single mom's with supports assisting the physical, emotional, and spiritual needs of young women experiencing an unplanned pregnancy.

Louisiana Assistive Technology www.latan.org
1-800-270-6185 Fax: (225) 925-9560 (3042 Old Forge Dr. Ste. D Baton Rouge LA70808)

- Medical and assistive equipment distribution program after large-scale disasters
- Loans for purchase of assistive technology and home/vehicle modification, and other help to individuals with disabilities
- A.T. Market Place is a data base of used, free or low-cost equipment
- Device demonstrations and device loans

Louisiana Dept. of Insurance www.ldi.la.gov
1-800-259-5300 & Fax: 225-342-3078 (Physical: 1702 N. Third St., Baton Rouge LA 70802
Mailing: P.O. Box 94214, Baton Rouge, La. 70804-9214)

- For questions about insurance call for assistance

2-1-1 www.unitedwayswla.org/211 **or** www.louisiana211.org Direct Dial 2-1-1

- Call 211 to find out about organizations in southwest and central Louisiana.
- Resource information is available 24 hrs/7 days a week; answering service after hours.
- Open Mon. – Fri., 8 am – 4:30 pm

Social Security Administration
1-800-772-1213

Veteran's Affairs 1-800-827-1000 & www.va.gov Veteran's Crisis Line: 1-800-273-8255 (Press 1)

Veteran's Homeless Resource
1-877-424-3838 (Alexandria, VA)

Education

American Red Cross www.redcross.org
(337)721-8068 Fax: (337) 478-1173

- Disaster preparedness, CPR, first aid, babysitting training, and emergency disaster relief

Calcasieu Parish Adult Education - Sulphur (337) 217-4220

- Call for dates and times. Classes open to people living anywhere
- Tues. & Thurs. from 3:30 pm to 9 pm. for night programs

Foreman-Reynaud Community Center
(337) 436-2509 Fax: (337) 436-9843 (215 Albert St., Lake Charles LA 70601)

- After school program from 4 pm to 6 pm Mon – Thurs. Free to anyone who needs homework help ages 5 and up.
- Youth achievement program for ages 12 & above – Call for more information.
- All year around water aerobics – call for time schedule
- Free VITA tax services

La Familia Resource Center www.lafamilia-swla.org
(337) 794-0373 Fax: (337) 564-5402 (650 Dr. Michael Debakey Dr., Lake Charles LA 70601)

- Open Mon. – Thurs. from 9:00 am to 4 pm, by appointment only
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

Literacy Council www.literacyswla.org **/ email:** info@literacyswla.org
(337) 494-7000 Fax: (337) 494-7915 (Central School Building - 809 Kirby, Suite 126, Lake Charles LA 70601)

- They help improve reading skills, teach financial literacy, computer skills, high school equivalency diploma preparation (HiSET exam), adult education and English as a second language.
- Adult Education classes are available in Lake Charles, Sulphur, Jennings, Grand Lake and DeRidder—call 337-494-7000 or 1-888-LIT-SWLA for more information

National Alliance on Mentally Illness (NAMI) www.namiswla.com
(337) 433-0219 Fax: (337) 433-1860 (710 W. Prein Lake Rd., Suite 206, Lake Charles LA 70601)

- Family to Family – Classes in Spring and Fall for this 12-class course for parents, and caregivers of adults with mental illness (NOT FOR PERSON W/MENTAL ILLNESS)
- Basics – Classes in Spring and Fall for this 6-class course for parents, adolescents and caregivers of children with mental illness.
- Call for dates, times, and places. Registration is required and seating is limited.
- Family Support Group- meets 3rd Tuesday of Each Month at the NAMI office
- Peer to Peer Education Class – 10 week course FOR PEOPLE LIVING WITH MENTAL ILLNESS (date, time and location TBA)

St. Frances Cabrini Immigration Law Center https://stfrancescabriniimmigrationlawcenter.com
(337) 477-0683 Fax: (337) 477-1863 (3226 Lake Street, Lake Charles LA 70601)

- Provides low-cost assistance to individuals needing help with immigration issues, including applications for naturalization, lawful permanent residence, asylum, DACA and others. Attorney on staff.
- English classes, tutoring and workplace literacy instruction for skilled workers.
- Open Mon. – Fri. from 8 am – 5 pm; closed 12 pm–1pm for lunch. Periodic workshops and lectures.

Volunteers of America Parenting Education Classes
(337) 564-3212 Fax: (337) 564-3178
2119 Oak Park BLVD. Lake Charles La 70601

- Common Sense Parenting Curriculum with free classes to families with a child or adult receiving services through OBH or some private agencies. Sliding scale fee for others.
- Childcare available and refreshments provided. Call to RSVP.

Counseling Services

ABC Pregnancy Resource Center (Lake Charles) www.abcprc.com
(337) 433-2797 Fax: (337) 433-1334 (9 am – 3 pm Mon, Tues, Wed & Fri; 9 am – 5 pm Thurs)

Adoptions – Volunteers of America
(337) 497-0034 in Lake Charles & 1-877-291-6907 (24-Hour phone line)

Adult Protection 1-800-898-4910 Fax: (225) 342-9069

- Investigate abuse, neglect, exploitation and extortion of disabled people (ages 18 – 59)
- Will not accept cases by fax, only by phone

Alcoholics Anonymous www.aa-swla.org (lists meetings in SWLA)

Allen Behavioral Health Clinic (337) 639-3001 Fax: (337) 639-3008 (402 Industrial Dr., Oberlin LA70655)

- Tues & Thurs Open 8 am - 4:30 pm

Allen Outreach (318) 335-3578 Fax: (318) 335-3753 (Oakdale) **www.allenoutreach.org**

Alzheimer's Association La. Chapter: 1-800-272-3900 **www.alz.org**

Community Pregnancy Center (Deridder)
(337) 463-9500 & 1-800-259-1999 Tues. & Wed. 8:30am – 3:30pm

Beauregard Behavioral Health Clinic
(337) 462-1641 & Fax: (337) 462-1354 (106 W. Port St., Deridder LA70634)

- Mon., Wed., & Fri. Open 8 am - 4:30 pm

Disney & Associates (337) 431-7194 (2711 Ernest St, Lake Charles, LA 70601)

Child Protection Hotline (337) 491-2545 Fax: (337) 491-2654 **from age 0-18**

Adult Protection 1-833-577-6532 **from age 18-59**

Elderly Protection 1-800-898-4910 (Hotline)
Fax: (337) 491-2005, Mon. – Fri. 8 am – 4:30 pm

Emmanuel Counseling Center (337) 485-9564

Lake Charles Behavioral Health Clinic
(337) 475-8022 or toll-free at 1-866-698-5304 Fax: (337) 475-8054 (4105 Kirkman Street, Lake Charles, LA 70607) Mon. – Fri., 8 am to 4:30 pm, call or walk in for services.

Family & Youth Counseling Agency www.fyca.org
(337) 436-9533 Fax: (337) 439-9941 (220 Louie St., Lake Charles LA 70601)

Child and Adolescent Response 1-800-272-8367 (after hours, weekends and holidays)

- assistance for children and parents experiencing a crisis

Louisiana Center for the Blind 866-444-4496 Wendy Jackson

MSU Project for the Treatment of Problem Gambling (337) 475-5964 Free

- Call to schedule an appointment for the treatment of problem gambling; for gamblers and/or loved ones

New Life Counseling
(337) 474-7003/(800)712-4357 Fax: (337) 474-1282. (631 E. School Street Lake Charles, 70607)

- Appt. only M-F 9 a.m. -4 p.m. & Walk-ins MTW 9:30 a.m. - 2:30 p.m.

National Alliance on Mentally Illness (NAMI) www.namiswla.com
(337) 433-0219 Fax: (337) 433-1860 (710 W. Prein Lake Rd., Suite 206, Lake Charles LA 70601)

- Family to Family – Classes in Spring and Fall for this 12-class course for parents, and caregivers of adults with mental illness (NOT FOR PERSON W/MENTAL ILLNESS)
- Basics – Classes in Spring and Fall for this 6-class course for parents, adolescents and caregivers of children with mental illness.

- Call for dates, times, and places. Registration is required and seating is limited.
- Family Support Group- meets 3rd Tuesday of Each Month at the NAMI office
- Peer to Peer Education Class – 10 week course FOR PEOPLE LIVING WITH MENTAL ILLNESS (date, time and location TBA)

National Suicide Prevention Lifeline/ Veteran's Crisis Line 1-800-273-8255 (TALK)

Pregnancy Counseling – Volunteers of America
(337) 497-0034 in Lake Charles or 1-877-291-6907 (24-Hour phone line)

Oasis Safe Haven: Sexual Violence Program (337) 494-7273 or 1-866-570-7273 Fax: (337) 436-8327

University United Methodist Church Circle Up Support Group www.universitymethodist.com
(337) 477-2003 Fax: (337) 478-8106 (3501 Patrick St., Lake Charles LA 70605)

- Faith based "CIRCLE UP SUPPORT GROUP" for consumers of mental health services.
- Meet every Wednesday night at 5:30 pm. Contact person Mickey Shannon.

Mental Health Services

Many of these providers are for-profit and may require payment for services. Some may take insurance, Medicaid or have a sliding fee scale for services; please ask about payment plans when scheduling service.

Addiction Disorder

Addiction Center for Treatment 1-800-210-6085

Alcohol Drug Treatment 1-800-454-8966

Beauregard OBH 106 W. Port St, DeRidder LA 70634 (337) 462-1641 & Fax: (337) 462-1354

Institute for Neuropsychiatry (337) 477-7091 Fax: (337) 474-4552

Lake Charles Behavioral Health Clinic (337)475-8022 Fax: (337) 475-87274

Pathways – Joseph Briscoe Treatment Facility (337) 433-3786 Fax: (337) 441-5998

New Horizons Counseling Center (337) 478-1411 Fax: (337) 562-1489

Townsend Recovery (337) 216-7502 & 1-800-504-1714 (Crisis Hotline) Fax: (337) 205-8564

Allen Parish Outreach/Oakdale ADC (318) 335-3578 Fax: (318) 335-3753

New Beginnings of Lake Charles (337) 855-9773 Fax: (337) 855-9776

Counseling - Personal & Family

Behavioral Health Center (337) 475-8022 Fax: (337) 475-8054 (4105 Kirkman, Lake Charles LA70607)

Chadha Medical Rural Health Clinic Dequincy (337) 786-5007 Fax: (337) 786-5009

Counseling Service of Southwest LA (337) 431-7194 Fax: (337) 431-7198

Eddie Windham Family & Individual Counseling (337) 302-0801 Fax: (337) 480-4067

Emmanuel Counseling Service (337) 485-9564

Family and Youth Counseling Agency www.fyca.org (337) 436-9533 Fax: (337) 439-9941

Kay Dore' Counseling Clinic at McNeese (337) 475-5981 Fax: (337) 562-4221

New Horizons Counseling Center (337) 478-1411 Fax: (337) 562-1489

Quit Now Smoking Cessation Counseling www.quitwithusla.org 1-800-QuitNow (784-8669)

The Psychology Clinic- Lake Charles (337) 474-2682 Fax: (337) 474-4601

Rehab Services of SWLA (337)433-3292 Fax:(337)433-3293(751 West Bayou Pines Ste. C, Lake Charles LA)

- Specializing in mental health of children, adolescents and adults. Medicaid recipients ONLY

Hospitals with Mental Health Programs

Allen Parish Hospital Psychiatric Unit (337) 738-9460 or 1-800-737-2527 Fax: (337) 738-4673
108 6th Ave, Hwy 190 W. Kinder LA 70648

Calcasieu Oaks (337) 439-8111 Fax: (337) 439-1970 / 2837 Ernest St, Lake Charles LA 70601

Christus St. Patrick Hospital (337) 436-2511 Fax: (337) 491-7769 / 524 Dr. Michael DeBakey Dr

Dequincy Memorial Hospital (337) 786-1200 Fax: (337) 786-1219 /110 W, 4th St. Dequincy LA

Jennings Senior Care Hospital (337)824-1558 Fax: (337)824-1561 /#1Hospital Dr, Ste. 201 Jennings LA

Lake Charles Memorial Hospital (337) 494-3000 Fax: (337) 494-3299 / 1701 Oak Park Blvd

Oceans Behavioral Hospital- Deridder (337) 460-9472 Fax: (337) 460-9473

Oceans Behavioral Hospital- Lake Charles (337) 474-7581 Fax: (337) 474-7565

Psychiatrists

Brideway Psychiatric Center (337) 562-0211 Fax: (337) 562-0212

Gulf Coast Psychiatry (337) 562-8100 Fax: (337) 562-8356

Institute for Neuropsychiatry (337) 477-7091 Fax: (337) 474-4552

Lake Area Psychiatry (337) 478-9331 Fax: (337) 478-9828

Psychiatric Services of Lake Charles Memorial Hospital (337) 494-3262 Fax: (337) 494-2087

Emergency Medication

Care Help of Sulphur www.care-help.org (337) 287-4793 Fax: (337) 310-0199
112 E. Thomas St. Sulphur LA 70663

- For Sulphur and Carlyss ONLY. No pain medication or psychiatric medication accepted.

Catholic Service Center- Social Services (337) 439-7436 Fax: (337) 439-7435(1225 2nd St. Lake Charles LA)

Serves Allen, Beauregard, Calcasieu, Cameron and Jeff Davis parishes

- **No Narcotics Assistance, no pain medication, or no psych medication given.**
- Open Monday thru Friday 9 am - 4:30 pm. **Please call to make an appointment.**

Medication Assistance & Physical Health or Disabilities Services

Advocacy Center www.advocacyla.org
Primary# 1-800-960-7705 Fax: (504) 522-5507 (8325 Oak St., New Orleans LA 70118)

- Assist with issues related to accessibility of services and programs, disability and medical benefits, special education, vocational rehabilitation, housing rights, accommodations for persons with disabilities, protection from abuse and neglect and protection of institutional resident's rights.
- Funded by state to provide legal assistance to people residing in nursing homes in LA, as well as residents 60 years and older in Orleans, Plaquemines & St. Tammany Parishes.

Healthy Louisiana 1-888-342-6207

- How most of Louisiana's Medicaid and LaCHIP recipients receive health care services

Kids Team (337) 475-4020 (4150 Nelson Rd, Lake Charles LA 70605)

Professional Association of Therapeutic Horsemanship International ("PATH")
thestablesatlebocage.com/therapeutic-riding.html
(337) 905-JUMP (5867) (4550 South Park Dr. Lake Charles LA 70607)

Calcasieu Community Clinic
(337) 478-8650 Fax: (337) 478-6196 (McNeese State University campus Juliet Hardtner Hall)

- (P.O. Box 91775, 550 East Sale Rd. Ste. 217, Lake Charles LA 70609) Mon-Wed.8-4; Thurs. 8-7p Fri from 8-12.
- For low-income, working uninsured adults. One person in household needs to work at least 20 hours per week.
- Diabetes Management Program.

Children's Special Health Services & Calcasieu Parish Health Unit (337) 478-6020
Fax: (337) 475-8613 (Calcasieu Parish Health Unit 3236 Kirkman St., Lake Charles LA 70601)

- Provides medical diagnostic and treatment services for eligible children who have health problems which require services beyond routine basic care. This includes children with disabilities, handicapping conditions and chronic illnesses of sufficient severity to cause or to be likely to cause impairments which could significantly limit life activities. Open 8 am – 4:30 pm Mon. – Fri.

C.M.A.P. – Cenla Medication Access Program www.cmaprx.org

- (318) 443-7494 & 1-888-443-7494 and Fax: (318) 448-4473 Open 8-12 & 1-5, Mon. – Fri.
- Serving people over 18 who meet income guidelines and do not have Medicaid, Medicare or private insurance. Covers entire state of Louisiana.

Direct Care www.directcareinc.com
(337) 436-5001 & Toll-Free 1-866-603-2273 Fax: (337) 436-5002 (3006 Common St., Lake Charles LA 70601)

- Non-profit agency that provides personal care services for persons of all ages within the autism spectrum and other developmental disabilities.

LaChip and Healthy Louisiana Helpline 1-877-252-2447 www.medicaid.la.gov

- Total health care for children without insurance at no or low cost.

Louisiana Developmental Disabilities Council 1-800-450-8108 www.laddc.org

Louisiana Rehabilitation Services www.laworks.net/workforcedev/lrs/lrs_main.asp
(337) 475-8038 Fax: (337) 475-8037 (3616 Kirkman St., Lake Charles LA 70607)
Toll Free: 800-520-0589 TTD# 337-475-8036

- Provides services to help persons with disabilities to obtain the job skills and other resources they need to get a job keep a job and develop a career.

Partners for Prescription Assistance 1-888-477-2669 **www.pparx.org**

- Helps pay for medicine

Patient Advocate Foundation 1-800-532-5274 Fax: (757) 873-8999 **www.patientadvocate.org**

- Offers free help in navigating healthcare systems
- Assist with insurance, job & debt financial issues and assist patients with chronic life-threatening illness. Mon – Thurs, 8 am – 8 pm; Fri, 8:30 am – 7:00 pm EST

Senior RX (a program of the Calcasieu Council on Aging)
(337) 474-2583 & 1-800-223-5872 Fax: (337) 474-6563 (3950 Hwy 14, Lake Charles LA 70607)

- Assist **anyone over 21 years of age** with a chronic illness to obtain medication through manufacturers' assistance programs. (Even psychiatric medication may qualify.)

Southwest Louisiana AIDs Council (SLAC) Contact: Don www.slac.org
(337) 439-5861 & 1-800-256-5145 Fax: (337) 436-8713 (425 Kingsley Street, Lake Charles LA 70601)

- ***Provides services for HIV positive persons*** – HIV counseling, testing, teen education, case management, food pantry, supports groups, transportation, dental and eye care. They also offer free community presentations.

Southwest Louisiana Center for Health Services - www.swlahealth.org
(337) 439-9983 Fax: (337) 439-8898 (2000 Opelousas St., Lake Charles LA 70601)

- Provides comprehensive health services, including primary and preventative health services for the uninsured, underinsured, and poverty-stricken populations in southwest Louisiana
- Mon., Wed., & Thurs. 8 am – 5 pm; Tues 10 am – 7 pm; Fri. 8 am – Noon. **Appointments only**.

Southwest Louisiana Independence Center (SLIC) www.slic-la.org
(337) 477-7194 & 1-888-403-1062 Fax: (337) 477-7198 (4320 Lake St, Lake Charles LA70605)

- Medical equipment available for elderly or disabled who qualify. Free CPT lab, advocacy, info and referrals

Medical Facilities

Allen Parish Health Unit (318) 335-1147 & Fax (318) 335-2898
145 Hospital Drive, P.O. Drawer 1121 Oakdale LA 71463 Tues & Thurs, 8 am - 4:30 pm

Beauregard Parish Health Unit (337) 463-4486 Fax: (337) 462-2486
216 Evangeline St. Deridder LA 70634

Calcasieu Parish Health Unit (337) 478-6020 & Fax: (337) 475-8613
3236 Kirkman St. Lake Charles LA 70601
• Provide immunizations to those that do not have insurance. 8 am – 11 am on 1st & 3rd Wednesdays of the month & 1pm -3pm on 1st & 3rd Fri. of the month; ages 0 to 18 years

Christus Lake Area Hospital www.christushealth.org/lake-area
(337) 474-6370 & Admin Fax (337) 475-4143
4200 Nelson Road, Lake Charles LA 70605

Christus St. Patrick Hospital www.christushealth.org/st-patrick
(337) 436-2511 & Admin Fax: (337) 491-7157
524 Dr. Michael Debakey Drive, Lake Charles LA 70601

Dequincy Memorial Hospital www.dequincymemorial.com
(337) 786-1200 & Admin Fax: (337) 786-1219
110 W. 4th St. Dequincy LA 70633

Hackberry Primary Rural Health Clinic (337) 762-3762 & Fax: (337) 762-3838
1020 Main Street, Hackberry LA 70645 Mon, Tue & Thurs. 8 am - 5 pm; Wed. 8 am -12 pm; Fri 8 am - 3 pm

Jeff Davis Parish Health Unit (337) 824-2193 & Fax (337) 824-0794
403 Baker Street, Jennings LA 70546 (Mon. Tues. Wed, & Fri. 8 am - 4:30 pm)

Jennings American Legion Hospital http://jenningsamericanlegionhospital.com
(337) 616-7000 & Admin Fax: (337) 616-7034
1634 Elton Rd. Jennings LA 70546

Lake Charles Memorial Hospital www.lcmh.com
(337) 494-3000 & Admin Fax: (337) 494-3299
1701 Oak Park Blvd Lake Charles LA 70601

Oakdale Community Hospital http://oakdalecommunityhospital.com
(318) 335-3700 & Admin Fax: (318) 215-3024
130 North Hospital Drive Oakdale LA 71463

South Cameron Memorial Hospital http://ldh.la.gov/index.cfm/directory/detail/7455
(337) 542-4111 & Fax: (337) 542-7180
5360 West Creole Hwy, Cameron LA 70631

Southwest Louisiana Center for Health Services http://swlahealth.org/swla-lake-charles
(337)439-9983 Fax: (337) 439-8898
2000 Opelousas St. Lake Charles LA 70601 (Mon & Tue 8-7p; Wed & Thurs 8–5p; Fri 8am to noon)

West Calcasieu Cameron Hospital https://wcch.com
(337) 527-7034 & Admin Fax (337) 527-4373
701 Cypress St. Sulphur LA 70664

W.O Moss Memorial Health Clinic www.lcmh.com/Our-Health-System/Moss-Memorial-Health-Clinic.aspx Urgent Care (337) 480-8100 & Admin Fax (337) 480-8104
1000 Walters Street, Lake Charles LA 70607