

# **Alabama Resource Guide for the Greater Birmingham Area**

**By Emily Davidson**

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## **Addiction**

- **Addiction Prevention Coalition**  
100 Union Hill Dr. Suite 150, Birmingham, AL 35209  
Phone: 205-874- 8498  
Online resource directory and recovery network
- **Alethia House**  
**Men's Services:**  
201 Finley Ave West, Birmingham, AL 35204  
Phone: 205-324-6502  
Residential program services, counseling, life skills training, transportation, employment and housing assistance  
**Women and Children's Services:**  
700 37<sup>th</sup> Street South, Birmingham, AL 35204  
Phone: 205-279-3999  
Outpatient program, counseling, childcare, transportation, employment and housing assistance, life skills coaching, art therapy, residential treatment program, support program for pregnant women
- **Fellowship House**  
1625 12<sup>th</sup> Ave South, Birmingham, AL 35204  
Phone: 205-933-2430  
[www.fshbhm.org](http://www.fshbhm.org)  
Substance abuse recovery program
- **Jefferson County Committee for Economic Opportunity (JCCEO)**  
300 8<sup>th</sup> Ave West, Birmingham, AL 35204  
Phone: 205-327-7500  
[www.jcceo.org](http://www.jcceo.org)  
Community substance abuse outpatient prevention and treatment program
- **Jimmie Hale Mission (Shepura Men's Center)**  
3420 2<sup>nd</sup> Ave North, Birmingham, AL 35222  
Phone: 205-324-2271  
[www.jimmiehalemission.com](http://www.jimmiehalemission.com)  
Men's shelter providing food, clothing, chapel services, and recovery program
- **Neighborhood House**  
5001 1<sup>st</sup> Ave North, Birmingham, AL 35213  
Phone: 205-591-6540  
Inpatient long-term care facility
- **UAB Substance Abuse Program**

401 Beacon Parkway West, Birmingham, AL 35209  
Phone: 205-917-3780

- **UAB Psychiatry Services**  
1713 6<sup>th</sup> Ave South, Birmingham, AL 35294  
Phone: 205-934-7088
- **The Village**  
507 Whitmore Drive, Birmingham, AL 35221  
Phone: 205-868-3751  
[www.welcometothevillage.net](http://www.welcometothevillage.net)  
Faith-based program for men and women struggling with addiction

## **Advocacy and Legal Aid**

- **Alabama Council on Developmental Disabilities**  
RSA Union Building 100 North Union Street  
Post Office Box 301410 Montgomery, AL 36130  
Phone: 334-242-3976  
[www.acdd.org](http://www.acdd.org)  
Email: [Myra.Jones@mh.alabama.gov](mailto:Myra.Jones@mh.alabama.gov)
- **Alabama Court Appointed Special Advocates for Children (CASA)**  
ALABAMA CASA NETWORK  
808 A TORBERT BLVD. OPELIKA, AL 36801  
Phone:
- **Alabama Disabilities Advocacy Program (ADAP)**  
624 Paul Bryant Drive, 500 Martha Parham West,  
Tuscaloosa, AL 35487  
Phone: 1-205-348-4928  
<http://adap.ua.edu/>  
Email: [rluncefo@adap.ua.edu](mailto:rluncefo@adap.ua.edu)
- **Deborah Mattison, J.D., Wiggins and Childs:**  
**Specializes in Special Education and Children's Educational Rights**  
301 19th Street North, Birmingham, AL 35223  
Phone: 205 314 0561  
[www.wcqp.com](http://www.wcqp.com)  
Email: [dmattison@wcqp.com](mailto:dmattison@wcqp.com)
- **Family Voices of Alabama**  
1050 Government Street

Mobile, AL 36604-2402  
 Phone: 877-771-FVOA (877-771-3862)  
<http://www.familyvoicesal.org/>  
 Email: [info@familyvoicesal.org](mailto:info@familyvoicesal.org)

- **Katherine N. Barr, Esq.: Specializes in Special Needs Planning**

2311 Highland Avenue South  
 Birmingham, Alabama 35205  
 Phone: (205) 930-5147 Fax: (205) 212-3856  
<http://www.sirote.com>  
 Email: [kbarr@sirote.com](mailto:kbarr@sirote.com)

- **The Arc of Alabama**

557 S Lawrence St. Montgomery, AL 36104  
 Phone: 866-243-9557 or 334-262-7688  
<http://www.thearcofal.org/>  
 Email: [Info@TheArcofAl.org](mailto:Info@TheArcofAl.org)

- **The Sears Firm, P.C.-Shane T. Sears: Specializes in Advocacy for Persons with Special Needs**

The Sears Building, 5809 Feldspar Way, Suite 200,  
 Birmingham, AL 35244  
 Phone: 205-886-0991  
[www.searsandsearslaw.com](http://www.searsandsearslaw.com)  
 Email: [ssears@me.com](mailto:ssears@me.com)

## Alabama Assistance Programs

- **Alabama Child Caring Program**

A healthcare assistance program that is for uninsured teens and children under the age of 19 who are ineligible for SOBRA Medicaid or ALL kids. While there are no monthly premiums to pay, some participants may have to pay minimal fees or co-pays for certain services.

- **ALL Kids**

This is Alabama's Children's Health Insurance Program (CHIP) that offers quality, low cost health insurance for children who are under the age of 19 and who are residents of Alabama. 1-888-373-5437

- **Benefit Assistance**

[http://www.benefits.gov/benefits/benefit-finder/#benefits&qc=cat\\_1](http://www.benefits.gov/benefits/benefit-finder/#benefits&qc=cat_1)

- **Child Care and Development Fund (CCDF)**

The Alabama office of Child Care Subsidy manages the state's child care program. The goal of this assistance program is to provide Alabama's lower and moderate income families with access to both quality and affordable child care services so that these families can participate in

work, training, and educational activities. This program can help pay for child care related bills and expenses. (334) 242-1310, or more on [child care assistance in Alabama](#).

- **DHR – Alabama Department of Human Resources**  
 1321 5th Ave. South, Birmingham, AL 35202  
 205-918-5100  
[www.dhr.state.al.us](http://www.dhr.state.al.us)  
 Offers Family Assistance, Jobs, Alabama Fatherhood Initiative.
- **Family Assistance Program**  
 Provides financial assistance and grants to families to help them meet basic needs. It focuses on families with a dependent child under age 18 or age 19 if the student is a full time student in a secondary school, such as a vocational school or taking technical training. It supports families whose income and resources do not meet state standards. (334) 242-1773
- **Financial and Emergency Assistance**  
 A number of resources, including counseling, rental assistance and limited amounts of cash, may be provided by the Salvation Army to those who need help with basic needs. The charity organization has several locations across Alabama. [Read more Alabama Salvation Army](#).
- **Medicaid**  
[www.medicaid.state.al.us](http://www.medicaid.state.al.us)  
 Program that provides medical assistance for certain individuals and families with low income and resources.  
 Including individuals in the following categories:
 
  - Pregnant women and children under age 19
  - Plan First Program (women who are 19-55 years of age and whose income is below a certain limit)
  - Breast and Cervical Cancer Program (women over age 65 that have been screened and diagnosed through the AL Breast and Cervical Cancer Early Detection Program)
  - Nursing home and institutional level of care
- **SenioRX**  
 The State Department of Senior Services prescription drug assistance program is for senior citizens and it will assist them with receiving free medications from pharmaceutical companies. Find additional ways to get help with medical bills and debts. 1-800-243-5463
- **SOBRA Medicaid**  
 An insurance program for lower income children and pregnant women. 1-888-373-5437
- **Social Services from Department Human Resources**  
 A number of low income programs are provided. Get help with medical bills, housing/rent, emergency cash payments, and other assistance. Learn more on [Alabama public assistance](#).
- **SSI – Supplemental Security Income**  
[www.ssa.gov/ssi](http://www.ssa.gov/ssi)

Federal income supplement designed to help individuals who have aged or have a disability with little or no income.

Provides cash to meet basic needs for food, clothing and shelter.

Website has a screening tool to see if individuals are qualified.

- **TANF – Temporary Assistance for Needy Families (Cash Assistance)**  
<http://www.tanfprogram.com/alabama-tanf-application-ta10>  
 One of the main goals of TANF is to transition recipients to employment, so that cash benefits are no longer necessary.  
 Recipient families must fulfill ongoing work requirements.
- **WIC**  
 Special Supplemental Nutrition Program for Women, Infants and Children.  
 Offers assistance for women that meet certain income levels.  
[www.icdh.org/wic](http://www.icdh.org/wic) for more details.
- **Lifeline Telephone Discounts**  
 The state and FCC provide help with phone bills, in the form of a discount, to low income families and the working poor. There may also be assistance for paying connection fees. [Continue reading](#).
- **Help for Disability in Alabama**  
 The state offers assistance for residents with a disability. Financial aid can help low income individuals with needs such as housing, food, or utilities. Several departments coordinate home care, vocational training, and offer respite services as well. More on [disability benefits in Alabama](#).

## Assistive Technology

- **Alabama's Ability Loan Program**  
 602 South Lawrence Street,  
 Montgomery, AL 36102  
 Phone: 3342937008  
[www.sdfalabama.com](http://www.sdfalabama.com)  
 Email: [kate.wallace@rehab.alabama.gov](mailto:kate.wallace@rehab.alabama.gov)
- **T.A.S.C., a program of UCP Huntsville**  
 1856 Keats Dr. NW, Huntsville, AL 35810  
 Phone: 256-859-4900  
[www.ucphuntsville.org](http://www.ucphuntsville.org)  
 Email: [bwelch@ucphuntsville.org](mailto:bwelch@ucphuntsville.org)
- **TeachTown**  
 5625 Montpelier Drive,

Tuscaloosa, AL 35405  
Phone: 205-792-5864  
[www.teachtown.com](http://www.teachtown.com)  
Email: [dearp@teachtown.com](mailto:dearp@teachtown.com)

## **Autism Spectrum Disorder/Asperger Syndrome**

- **Autism Resource Foundation**  
701 Andrew Jackson Way NE Ste 219  
Huntsville, AL 35801  
Phone: (256) 534-5164  
[www.theautismresourcefoundation.org](http://www.theautismresourcefoundation.org)
- **Autism Society of Alabama**  
4217 Dolly Ridge Rd, Birmingham, AL 35243  
Phone: 205-951-1364  
Email: [contact@autism-alabama.org](mailto:contact@autism-alabama.org)
- **Bridgeway Services, LLC**  
130 Inverness Plaza #384  
Birmingham, AL 35242  
[www.bridgewayalabama.com/resources](http://www.bridgewayalabama.com/resources)
- **Glenwood Autism and Behavioral Health**  
150 Glenwood Lane,  
Birmingham, AL 35243  
Phone: 205-795-3203  
[www.glenwood.org](http://www.glenwood.org)  
Email: [awalchli@glenwood.org](mailto:awalchli@glenwood.org)
- **Links 2 Learning Consulting, LLC**  
1 Perimeter Park South, STE 100N  
Birmingham, AL 35243  
Phone: (205) 861-0594  
Fax: (205) 623-0266  
[www.links2learningconsulting.com](http://www.links2learningconsulting.com)  
Contact: Felicia Houston, Ph.D., Licensed Psychologist  
E-mail: [fhouston1023@gmail.com](mailto:fhouston1023@gmail.com)
- **Parenting Aspergers Community**  
<https://www.parentingaspergerscommunity.com/public/main.cfm>  
E-mail: [dave@parentingaspergerscommunity.com](mailto:dave@parentingaspergerscommunity.com)



- **Special Siblings**  
 Homewood Library  
 1721 Oxmoor Rd, Birmingham, AL 35209  
 (205) 837-4900  
 E-mail: [kkmcinerney2418@gmail.com](mailto:kkmcinerney2418@gmail.com)  
<https://www.facebook.com/specialsiblingsbham/>  
 A support group for individuals with a special needs sibling.
- **The University of Alabama: ASD  
 College Transition and Support Program**  
 603 Hackberry Lane, Tuscaloosa, AL 35487  
 Phone: 205-348-9133  
[www.uaacts.ua.edu](http://www.uaacts.ua.edu)  
 Email: [ua-acts@ua.edu](mailto:ua-acts@ua.edu)
- **The University of Alabama: ASD  
 Diagnostic and Intervention Clinic**  
 603 Hackberry Lane, Tuscaloosa, AL 35487  
 Phone: (205)348-3130  
[www.autism-clinic.ua.edu](http://www.autism-clinic.ua.edu)  
 Email: [autismclinic@ua.edu](mailto:autismclinic@ua.edu)
- **UAB Civitan-Sparks Clinics**  
 930 20th Street South, Room 101,  
 Birmingham, AL 35294  
 Phone: 205-934-5471  
 Toll Free: 1-800-822-2472, option 8  
[www.uab.edu/civitansparks](http://www.uab.edu/civitansparks)

## **Cerebral Palsy**

- **United Cerebral Palsy of Greater Birmingham**  
 100 Oslo Circle, Birmingham, AL 35211  
 Phone: 1-800-543-3098  
 The Adult Day Program – Programs include music therapy, art therapy, pet-assisted therapy, health club, speech therapy, occupational therapy, and vocational training. While in vocational training, participants have the opportunity to volunteer in many nonprofit settings.

  - Ages 18+ with a development disability
  - Jefferson County

## **Child Care**

- **Child Care Resources**  
1904 1<sup>st</sup> Ave North, Birmingham, AL 35203  
Phone: 205-252-1991  
[www.ccr-bhm.org](http://www.ccr-bhm.org)  
Child care financial assistance and information
- **Child Care Subsidy through DHR**  
[www.dhr.state.al.us](http://www.dhr.state.al.us)  
Financial assistance for families needing child care
- **Head Start Programs – JCCEO**  
Phone: 205-327-7540  
Director of Child Development Services: Dr. Calvin Moore  
e-mail: [cmoore@jccceo.org](mailto:cmoore@jccceo.org)  
Provides services for preschool children and their families  
Must provide proof of income and legal birth certificate
- **UAB Early Head Start Program**  
933 19<sup>th</sup> Street South, Birmingham, AL 35294  
Phone: 205-934-5736  
[www.uab.edu/civitanisparks/uab-early-head-start-program](http://www.uab.edu/civitanisparks/uab-early-head-start-program)  
Family focused child development program for Jefferson, Walker, and St. Clair Counties
- **YWCA**  
309 North 23<sup>rd</sup> Street, Birmingham, AL 35203  
Phone: 205-322-922  
[www.ywcabham.org](http://www.ywcabham.org)  
Low-cost child day care

## **Clothing**

- **23rd Street Baptist Church, South**  
331 23<sup>rd</sup> Street South, Birmingham, AL 35233  
Phone: 205-251-1752  
Clothing distribution
- **Birmingham City Schools Special Needs Fund – 2015**  
7th Ave North, Birmingham, AL 35202  
Phone: 205-231-4220  
[www.birmingham.schoolinsites.com](http://www.birmingham.schoolinsites.com)  
For children enrolled in Birmingham City Schools only

- **Church of the Reconciler** – 112 14th Street North, Birmingham, AL 35203  
205-324-6402  
[www.churchofthereconciler.com](http://www.churchofthereconciler.com)  
Clothes closet
- **Eastern Area Christian Ministries**  
800 2nd Avenue S., Birmingham, AL 35206  
Phone: 205-836-9932  
Food and clothing assistance to families in crisis  
Serving the following zip codes: 35206, 35210, 35215, 35217, 35235, 35126, 35173
- **Foundry Ministries**  
1804 6<sup>th</sup> Avenue North Bessemer, AL 35020  
Phone: 205-428-8449  
Community Ministry Services- provides food/clothing benevolence qualified individuals.  
Furniture vouchers for fire victims. Operates a thrift store for clothing and furniture.
- **Greater Birmingham Ministries**  
2304 12th Avenue North, Birmingham, AL 35234  
Phone: 205-326-6821  
Provides assistance on clothing – assistance every Monday, Tuesday, Thursday & Friday,  
9:00am-1:00pm.
- **Highlands United Methodist Church**  
1045 South 20th Street, Birmingham, AL 35205  
[www.fivepointchurch.org](http://www.fivepointchurch.org)  
Clothing Closet – basic clothing items such as pants, shirts, socks and underwear are available  
thirty days. Shoes are available every ninety days. Open Tuesdays and Thursdays from 9:00 am-  
10:00 am.
- **My Child's Closet**  
Birmingham, Al 35259  
E-mail: [referral@mychildscloset.net](mailto:referral@mychildscloset.net)  
Phone: 205-541-8436  
[www.mychildscloset.net](http://www.mychildscloset.net)  
Provides free clothing to children in need including: school uniforms, play clothes, pajamas, new  
underwear, and seasonal items such as coats and bathing suits.
- **Salvation Army**  
2130 11<sup>th</sup> Avenue North, Birmingham, AL 35234  
Phone: 205-328-5656  
Clothes closet is open on Tuesdays, 9:00am-12:00pm & 1:00pm- 3:00pm and Friday, 9:00am-  
12:00pm.
- **YMCA Central Alabama: My Sister's Closet**  
2324 3<sup>rd</sup> Avenue North, Birmingham, Al 35203  
Phone: 205-322-9922 ext. 353

Resale clothing shop for new and slightly used name brand merchandise. This project assists low income women seeking professional clothing for job interviews or clothing for day-to-day wear. Open from 11:00am to 2:00pm, Monday through Friday.

## **Counseling**

- **Birmingham Urban League**  
 1229 Third Ave North, Birmingham, AL 35203  
 Phone: 205-326-0162  
[www.birminghamurbanleague.net](http://www.birminghamurbanleague.net)  
 Offers comprehensive housing counseling programs
- **Birmingham Family Counseling and Mediation Center**  
 205 20<sup>th</sup> Street North, Suite 620, Birmingham, AL 35203  
 Phone: 205-447-0585  
 Offers a full range of counseling for children, adolescents, and their families. Services are provided both out-patient as well as in-home/in-school by certified and licensed counselors and therapists.

  - Children and adolescents with mental health/behavioral issues
  - Must be referred through primary physician
  - Service Area: Jefferson County
- **Catholic Family Services**  
 1515 12th Avenue South, Birmingham, AL 35205  
 Phone: 205-324-6561  
[www.cfsbhm.org](http://www.cfsbhm.org)  
 Counseling services: marriage & family, grief & bereavement, adolescent, individual, couples, psychiatric consultation, post abortion counseling.  
 Fees range from \$5.00 to \$70.00 an hour
- **Child Advocacy Center/Prescott House**  
 1730 14th Ave S., Birmingham, AL 35255  
 Phone: 205-930-3622  
 Works with children who have been abused and/or witnessed abuse.
- **Children's Hospital**  
 1600 6<sup>th</sup> Avenue South, Suite 200, Birmingham, AL 35233  
 Children's Harbor, The Family Center- Educational, social and mental health assessment; family, individual, marital and group counseling; play therapy; disease specific support groups; information and referral; therapeutic camping; ropes course; therapeutic foster care.

  - Child must have or had chronic illness (oncology, hematology, respiratory)
  - Services all of Alabama

- **Community Grief Support Services**  
 1119 Oxmoor Road, Homewood, AL 35209  
 Phone: 205-870-8667  
[www.communitygriefsupport.org](http://www.communitygriefsupport.org)  
 Free counseling for those that have lost loved ones.
  
- **Crisis Center**  
 3600 8th Avenue South, Suite 501, Birmingham, AL  
 Phone: 205-323-6225  
[www.crisiscenterbham.com](http://www.crisiscenterbham.com)

  - Telephone Counseling Services and Crisis Line: 205-323-7777
  - Senior Talk Line: 205-328-8255
  - Teen Link Line: 205-328-5465
  - Kids' Help Line: 205-328-5437
  - Sexual Assault Counseling: 205-323-7273
  - All services are free.
  - Support Groups: Depression/Bipolar Support Group, Sexual Assault Support Group, Survivors of Suicide Support Group
  
- **Exchange Club Family Skills Center**  
 2300 10th Court South, Birmingham, AL 35205  
 Phone: 205-801-5151  
[www.ecfsc.com](http://www.ecfsc.com)  
 Free services:

  - Nurturing Program- 10 week parenting course for parents and their children
  - Positive Parenting Groups– education/support groups which are open to the community and ongoing.
  - Parent Aide Program– home based parent education that matches a parent to a parent aide.

Service that has a fee:

  - Anger Management– 8-week curriculum based course that is offered to strengthen relationships between parents and their children. There is a one-time fee of \$50.
  
- **Family Guidance Center of Alabama**  
 234 Aquarius Drive, Suite 118, Birmingham, AL 35209  
 Phone: 205-945-6000  
[www.familyguidancecenter.org](http://www.familyguidancecenter.org)  
 Offers Individual, marital and family counseling. Classes are also offered to assist families in transition (separation and divorce).

  - Cost is \$60.
  
- **Gateway**  
 1401 South 20<sup>th</sup> Street, Birmingham, AL 35205  
 Phone: 205-510-2755

Counseling Services- Provides affordable, professional counseling services for individuals, families, and groups. Special services and support groups for survivors of disasters, trauma, suicide, abuse, etc.

- Comprehensive Employee Assistance Program available to corporations and their employees.
- Provides a counseling program specifically for the age 60+ population to address special needs they may have including anxiety, depression, loss of independence, family conflict, and grief.
- Provides a 12-week GATE program based on an anger management model. This violence intervention program for adolescents and their parents. Also offered are an anger management program addressing non-intimate partner aggression and a theft intervention program helping offenders confront the impact and reasons behind their offenses.

Eligibility- resident of Alabama- preferences given to those who live and work in Jefferson, Shelby, Walker, Blount, and St. Clair  
English and Spanish  
Fees on a sliding scale

- **Grief and Loss Support Services**

Phone: 205-939-7023

Support groups and support services.

- **Impact Family Counseling**

701 Montgomery Hwy, Suite 202, Vestavia Hills, AL 35126

Phone: 205-916-0123

Provides family counseling, parental skills training, court/school advocacy, anger and conflict management resolution, community education, individual counseling, and group counseling.

Jefferson, Blount, St. Claire, and Shelby Counties

Fees on sliding scale

- **Noah's Ark Child and Family Treatment Center**

1728 5<sup>th</sup> Avenue North, Birmingham, AL 35203

205-502-7278

Individual and Family Counseling Services in the Home, Community, and School,

Psychological Testing and diagnosing, and Medication Management.

- Ages 4-19 Medicaid
- English & Spanish
- Blount, Jefferson, and Shelby Counties

- **Oasis Women's Counseling Center**

1900 14th Avenue South, Birmingham, AL 35205

205-933-0338

[www.oasiscounseling.org](http://www.oasiscounseling.org)

Offers individual, couples, group and family counseling, and play therapy.

Fees are determined on a basis of a sliding scale which begins at \$10 per session.

- **Pathways**  
 409 North Richard Arrington Boulevard N, Birmingham, AL 35203  
 205-322-6854  
[www.pathwayshome.org](http://www.pathwayshome.org)
- **Samaritan Counseling Center**  
 2872 Acton Road, Birmingham, AL 35243  
 205-967-3660  
[www.samaritancc.org](http://www.samaritancc.org)  
 Downtown location: Southside Baptist Church.  
 Programs and Services: preparing for Marriage, marriage enrichment, preparing for children, family enrichment, parenting teens, college and career, life crisis and transition, grief and loss, spiritual concerns, sexual issues, stress management, pastoral and leadership care, military families, and more.
- **UAB Comp Community Mental Health**  
 908 20th Street South, Birmingham, AL 35205  
 205-934-4108  
[www.hrm.uab.edu/main/resource\\_ctr/mhs\\_online.html](http://www.hrm.uab.edu/main/resource_ctr/mhs_online.html)  
 Free online screening for symptoms of depression, bipolar, anxiety, PTSD, eating disorders and alcoholism.  
 Person needs to be insured and referred by physician.
- **YWCA**  
 309 North 23rd Street, Birmingham, AL 35203  
 205-322-9922  
[www.ywcabham.org](http://www.ywcabham.org)  
 Counseling for domestic violence.

## Down Syndrome

- **Down Syndrome Alabama**  
 1929 Canyon Road, Vestavia Hill, AL 35216  
 Phone: 205-988-0810  
[www.downsyndromealabama.org](http://www.downsyndromealabama.org)  
 Email: [downsyndromealabama@gmail.com](mailto:downsyndromealabama@gmail.com)

## Education

- **Alethia House**  
[www.specialkindofcaring.org/job-training](http://www.specialkindofcaring.org/job-training)  
 Services include: GED classes, construction skills training, hands-on experience building housing for low-income families, life skills and financial management training, leadership opportunities, door-to-door transportation.
  
- **Boys & Girls Club: Tom Brown Village**  
 4254 Airport Highway, Avondale  
 205-591-1006  
 6-18 years of age.  
 \$8 annual fee.  
 Homework assistance.
  
- **M-Power**  
 4022 4th Avenue South, Birmingham, AL 35222  
 205-595-5974  
[www.mpowerministries.org](http://www.mpowerministries.org)  
 Educational center and Literacy center.  
 Offers the following assistance: GED course, career-readiness course, literacy education and job training.
  
- **World of Opportunity (WOO)**  
 7429 Georgia Road, Birmingham, AL 35212  
 205-271-9532  
 Provides literacy training, GED training, computer training, ESL, financial literacy and other forms of training.  
 Eligibility: resident of Gate City, Woodlawn and surrounding area.

## Employment

- **Alabama Career Center**  
 3420 3rd Avenue South, Birmingham, AL 35222  
 205-254-1354  
 Contact- Sandra Gibson  
 Job link, Job seekers resources, Microsoft Elevate America (computer training), Workforce Investment Partners.
  
- **Alethia House**  
 2641 Ensley Ave, Birmingham, AL 35204  
 205-788-5122  
[www.specialkindofcaring.org](http://www.specialkindofcaring.org)  
 Free job training gives men and women, ages 18-24, who have dropped out of high school a second chance for success.  
 GED classes, construction skills training, hands-on experience, life skills and financial management training, leadership opportunities and door-to-door transportation.



- Birmingham Urban League**  
 1229 Third Ave North, Birmingham, AL 35203  
 205-326-0162  
[www.birminghamurbanleague.net](http://www.birminghamurbanleague.net)  
 Contact– Elaine Jackson  
 Workforce Training, Job postings.
- JOBS by DHR**  
 1321 5th Ave South, Birmingham, AL 35202  
 205-918-5100  
 Short-Term Employment Services offered
- Job Training, Government Grants, and Case Management in Alabama**  
 A number of community action agencies can help low income families and people faced with a crisis. Counselors can help them look for jobs, apply for grants for paying bills, and offer other support. [More details](#). Unemployed residents and individuals looking to gain new skills can receive assistance from the state. Career counselors provide free referrals, help clients register for training, and offer several other employment services. [Read job training in Alabama](#).
- Work Faith Birmingham**  
 7504 Division Ave, Birmingham, AL 35206  
 205-545-5000  
[www.workfaithbhm.org](http://www.workfaithbhm.org)  
 8-day job training courses with mock interviews and job leads.  
 Information meetings are every Tuesday and Thursday at 10am.

## **Food Assistance**

- 23rd Street Baptist Church, South**  
 331 23rd Street South, Birmingham, AL 35233  
 205-251-1752  
 Food pantry – first come, first serve until food runs out.
- Canterbury United Methodist Church**  
 350 Overbrook Road, Birmingham, AL 35213  
 205-871-4695  
<http://www.canterburyumc.org/brownbag>  
 Food Pantry Ministry – provides meal bags full of staple goods. Anyone in need of food for any reason can come twice a month for a meal bag.  
 Takes place every Friday.
- Catholic Center of Concern**  
 712 4th Court W, Birmingham, AL 35204  
 205-786-4388

Assistance with food, clothing and utility assistance (referral from church or agency is needed for utility assistance)

- **Christian Service Mission**  
 3600 3rd Ave. South, Birmingham, AL 35222  
 205-252-9906  
 Food pantry and is able to provide emergency food packages.  
 Food boxes can also be purchased at a discounted price.
- **Community Food Bank of Central Alabama**  
 107 Walter Davis Drive, Birmingham, AL 35209  
 205-942-8911  
[www.feedingAL.org](http://www.feedingAL.org)
- **Community Kitchens at Grace Episcopal Church**  
 5712 1st Avenue North, Birmingham, AL 35212  
[www.thecommunitykitchens.org](http://www.thecommunitykitchens.org)  
 Meals are served daily at 12:45 in the church parish hall.
- **Community Kitchens at St. Andrew's Episcopal Church**  
 1024 South 12th Street, Birmingham, AL 35205  
[www.thecommunitykitchens.org](http://www.thecommunitykitchens.org)  
 Meals are served weekdays at noon in the church parish hall.  
 Saturday sack lunches are served from the parking lot beside the church  
 Sunday sack lunches are served from the UAB parking lot on 11th Avenue South by the used book store.
- **Daniel Cason Ministries**  
 538 7th Street N, Birmingham, AL 35203  
 205-320-2111  
[www.danielcason.org](http://www.danielcason.org)  
 Offers a clothes closet and food pantry for families in need.  
 Those that receive clothing and food must attend an evangelistic service.  
 Soup Kitchen - Free meals are served for the homeless 5 nights a week.
- **Eastern Area Christian Ministries**  
 800 2nd Avenue S., Birmingham, AL 35206  
 205-836-9932  
 Food and clothing assistance to families in crisis.  
 Serving the following zip codes: 35206, 35210, 35215, 35217, 35235, 35126, 35173
- **Food Pantries and Banks**  
 Get free or low cost food, groceries, perishable items and more from food banks that are located around the state. More on [Alabama food banks](#).
- **Greater Birmingham Ministries**  
 2304 12th Avenue North, Birmingham, AL 35234

205-326-6821

Food pantry: assistance every Friday, 9:00am-1:00pm only

- **Highlands United Methodist Church**  
1045 South 20th Street, Birmingham, AL 35205  
[www.fivepointschurch.org](http://www.fivepointschurch.org)  
Hospitality Hour – Coffee, bagels or pastries, mail service, phone service, limited laundry service, and toiletries offered every Monday through Saturday from 9:00 am-10:00 am
- **Jefferson County Department of Human Resources**  
4500 5<sup>th</sup> Avenue South, Birmingham, AL 35222  
205-599-2900  
Services provided: Food Stamps (205-599-6000)
- **Salvation Army**  
2130 11th Avenue North, Birmingham, AL 35234  
205-328-5656  
Provides emergency food assistance on Wednesday and Thursday beginning at 9am until food runs out.
- **Serving You Ministries**  
2 Locations  
5700 Deer foot Parkway, Trussville, AL 35173
  - Tuesday and Thursday 9-11:30 AM, Wednesday 3-5 PM
 7160 Cahaba Valley Road Birmingham, AL 35242
  - Monday & Wednesday 9-11:30 AM o
 205-908-7985  
[www.servingyou.org](http://www.servingyou.org)  
Must bring ID, social security card, proof of address, proof of income, food stamp documentation, and Section 8 Housing documentation.
- **Urban Ministry**  
1229 Cotton Ave. SW, Birmingham, AL 35211  
205-781-0517  
[www.urban-ministry.com](http://www.urban-ministry.com)  
Hot and nutritious meals are served from 12pm to 1pm, Monday through Friday. •  
Angel Food Ministries allows people to buy boxes of food at a reduced cost.  
Angel Food locations closest to zip code 35206:
  - Word of Life Christian Center– 205-833-8500
  - Greater New Bethel Missionary Baptist Church– 205-592-2012
  - Robin Wood Church of God– 205-475-7299
  - Beloved Community United Church of Christ– 205-903-6151, 205-595-6080
  - Mount Calvary Missionary Baptist Church– 205-785-8200, 205-785-8230
  - Life Church Birmingham– 205-986-5433
  - New Covenant Fellowship– 205-681-6911, 205-370-8512
  - In Spirit & In Truth Ministries– 205-581-5003

## **General Resources for Individuals with Special Needs**

- **Alabama Department of Rehabilitation Services**  
602 S. Lawrence St., Montgomery, AL 36104  
Phone: 334-293-7500  
[www.rehab.alabama.gov](http://www.rehab.alabama.gov)  
Email: [info@rehab.alabama.gov](mailto:info@rehab.alabama.gov)
- **Alabama Psychological Services Center**  
4800 Whitesport Circle SW Suite 2,  
Huntsville, AL 35801  
Phone: 256-533-9393  
[www.alapsych.com](http://www.alapsych.com)  
Email: [apsc@alapsych.com](mailto:apsc@alapsych.com)
- **Auburn University Center for Disability Research and Service**  
215 South Donahue Drive, Auburn, AL 36849  
Phone: 334-844-2487  
[www.education.auburn.edu/centersandinstitutes/cdrs/](http://www.education.auburn.edu/centersandinstitutes/cdrs/)  
Email: [hilldol@auburn.edu](mailto:hilldol@auburn.edu)
- **Behavioral Pediatric Institute of Alabama**  
4 Office Park Circle, Suite 215A,  
Birmingham, AL 35223  
Phone: (205) 414-6686  
[www.behavioralpediatricinstitute.com](http://www.behavioralpediatricinstitute.com)  
Email: [sladden@behavioralpediatricinstitute.com](mailto:sladden@behavioralpediatricinstitute.com)
- **Behavioral ONE, LLC**  
1025 Montgomery Highway Suite 214,  
Vestavia, AL 35216  
Phone: 205-233-1414  
[www.behavioralONE.com](http://www.behavioralONE.com)  
Email: [wfrichardson@behavioralONE.com](mailto:wfrichardson@behavioralONE.com)
- **Childcare Resources**  
244 W Valley Ave Ste 200  
Birmingham, AL 35209-3616  
Phone 205-945-0018  
<http://www.ccr-bhm.org/>  
Fax 205-945-0039

- **Children’s Harbor Family Center**  
Benjamin Russell Hospital for Children  
1600 6<sup>th</sup> Ave S, Birmingham, AL 35233  
Phone: 205-638-6123  
Fax: 205-939-6313  
<https://www.childrensharbor.com/>  
E-mail: [information@childrensharbor.com](mailto:information@childrensharbor.com)
- **Easter Seals Central AL**  
2125 E. S. Boulevard, Montgomery, AL 36116  
Phone: (334) 288-0240  
[www.eastersealsca.org](http://www.eastersealsca.org)  
Email: [dlynn@easteralsca.org](mailto:dlynn@easteralsca.org)
- **Speech Pathologist: Sally M. Clark, M.S., CCC-SLP**  
2820 Columbiana Road, Suite 210,  
Vestavia Hills, AL 35216  
Phone: 2052425539  
[www.sallymclarkmsccslp.com](http://www.sallymclarkmsccslp.com)  
Email: [sallymclark@gmail.com](mailto:sallymclark@gmail.com)
- **The Arc of Shelby County**  
203 Amphitheater Road,  
Pelham, AL 35124  
Phone: 205-664-9313  
[www.thearcofshelby.org](http://www.thearcofshelby.org)  
Email: [kstokes@thearcofshelby.org](mailto:kstokes@thearcofshelby.org)

## **Health and Dental**

- **Alabama Lion’s Sight Conservation Association**  
205-325-8519  
Offers eye and vision care.  
Glasses, contacts, and eye exams are offered.
- **Bethesda Clinic (sponsored by Faith Chapel)**  
321 19<sup>th</sup> Street, Ensley, AL 35233  
205-788-2200  
Free or income-based clinic with doctor on-site daily.
- **Bessemer Health Department**  
2201 Arlington Avenue, Bessemer, AL 35020  
205-424-6001  
Free or income-based clinic with doctor on-site daily.

- **Birmingham Health Care**  
 Marks Village 7524 Georgia Road, Birmingham, AL 35212  
 205-212-5700  
[www.birminghamhealthcare.org](http://www.birminghamhealthcare.org)  
 Several locations throughout the city:  
 1600 20<sup>th</sup> Street South, 35205 #205-212-5600  
 3000 44<sup>th</sup> Avenue North, 35207 #205-841-7760 (Knollwood Facility)  
 2403 3<sup>rd</sup> Avenue North, 35205 #205-439-7201 (Birmingham Shelter Clinic)  
 712 25<sup>th</sup> Street South, 35205 #205-323-5311 (Metro Facility)  
 6001 Crestwood Blvd., 35205 #205-212-5600 (Salvation Army Youth Service Center)  
 Copay is usually \$35.00 or income-based.  
 Referrals can be given to help with yearly women's health check-ups.
- **Cahaba Valley Health Care**  
 (205) 991-8771  
 Offers medical services and health care to Spanish speaking families in Jefferson County.
- **Christ Health Center**  
 5720 1st Avenue South, Birmingham, AL 35212  
 205-380-9455  
[www.christhealthcenter.org](http://www.christhealthcenter.org)  
 Provides urgent and primary care, immunizations, and dental services.  
 Provides pharmacy services.  
 The cost for each of these services is a sliding scale depending on the person's income.
- **Community Clinics in Alabama**  
 Find a listing of free community clinics that low income and people with limited insurance or who lack health insurance can turn to for free medical care. [Click here](#). Medical bill assistance and health care resources are also offered for uninsured families in Alabama. The state and non-profit partners offer health care screenings, checkups, assistance for children, medications and more. [Learn more](#).
- **Dental Centers and Care**  
 There are several non-profit and/or government funded clinics that specialize in dental care. Get cleanings, checkups, and other services and much more from [Alabama dental clinics](#).
- **Greater Birmingham Ministries**  
 2304 12th Avenue North, Birmingham, AL 35234  
 205-326-6821  
 Emergency services to assist with medical prescriptions  
 Appointments taken on Monday or Tuesday, first week of every month.
- **Hope Health Center**

4614 Carnegie Avenue, Fairfield, AL 35064  
205-785-1353  
Free or income-based clinic with doctor on-site daily.

- **Jefferson County Department of Human Resources**  
4500 Fifth Avenue South, Birmingham, AL 35222  
Services provided:  
Medicaid  
Kid One Transport- kidone.org, 205-978-1000  
Free transport of children and expectant mothers to necessary health care services  
Eligibility Requirements: permanent or temporary lack of transportation, children.
- **Jefferson County Health Department**  
601 West Blvd., Birmingham, AL 35206  
[www.jcdh.org](http://www.jcdh.org)  
205-591-5180  
Health and dental services are provided. Cost is based on income.
- **Nest Medical Clinic**  
(205) 746-6265  
Provides free medications, medical care, eyeglasses, meals, and groceries.

## Homeschooling

- **Birmingham Homeschoolers Community**  
Email: [info@birminghamhomeschoolers.com](mailto:info@birminghamhomeschoolers.com)  
<https://www.birminghamhomeschoolers.org/>  
Homeschooling resource directory for the Birmingham area.
- **Everest Academy**  
1035 Jenkins Rd Hayden, AL 35079  
Phone: (205) 433-9828  
Fax: 1-866-858-5775  
<http://www.alabamahomeschooling.com/p/contact-us.html>  
Alabama statewide homeschooling resources and information.
- **Facebook Support Groups for Homeschoolers**  
<https://www.facebook.com/CentralAlabamaHomeschooling>  
<https://www.facebook.com/groups/1751407545071861/?fref=mentions>
- **Home Educators Resource Directory (HERD)**

PO Box 982 Globe, AZ 85502

Phone: 602-413-4814

Fax: 1-866-272-0804

<http://www.homeeddirectory.com/>

Online homeschooling directory for Alabama.

- **The Home School Mom**

<https://www.thehomeschoolmom.com/homeschooling-in-alabama/>

Online blog, resources, and support groups for homeschooling mothers.

- **Time 4 Learning**

6300 NE 1 Ave, Suite 203 Fort Lauderdale, FL 33334

Phone: (888) 771-0914

Fax: (954) 210-7905

<https://www.time4learning.com/homeschooling/alabama/>

Online resources, curriculum, and lesson planning.

- **Valleydale Christian Academy**

2408 Valleydale Road, Birmingham, AL 35244

Phone (205) 987-6286

<https://valleydale.net/>

A cover or umbrella school for home educators.

## **Hospital Financial Assistance Programs**

- **Cooper Green Mercy Hospital**

1515 6th Avenue South, 35233

205-930-3200

- **Brookwood Hospital**

2010 Brookwood Medical Center Drive, 35209

205-877-1000

- **University of Alabama at Birmingham Hospital**

2000 6th Avenue South, 35233

205-934-4011

- **St. Vincent's Hospital**

810 St. Vincent's Drive, 35205

205-939-7000

- **St. Vincent's East Hospital**

50 Medical Park East Drive, 35235



205-838-3000

- **Trinity Medical Center**  
800 Montclair Road, 35213  
205-592-1000

## **Housing**

- **Alethia's House**  
[www.specialkindofcaring.org/housing](http://www.specialkindofcaring.org/housing)  
Affordable Housing provides high-quality, drug-free, short-term and long-term housing for individuals and families.  
Including those who have been homeless, have poor credit histories and/or have been in prison. Services include: furnished short-term apartments for single men and women, furnished short-term apartments for single homeless veterans, furnished short-term houses for homeless mothers & their children, long-term apartments for individuals & families.
- **Birmingham Housing Authority**  
7527 66th St S, Birmingham, AL 35212  
205-521-7820  
Coordinates the use of public housing and Section 8 assistance with other public and private resources to enable eligible families to achieve economic independence and self-sufficiency.
- **Birmingham Towers**  
2712 31st Ave N, Birmingham, AL 35027  
205-322-0728  
Offers low-cost housing for those over age 62
- **Jefferson County Committee for Economic Opportunity (JCCEO)**  
300 8th Avenue West, Birmingham, AL 35204  
205-327-7500  
[www.jcceo.org](http://www.jcceo.org)  
Homelessness Prevention and Rapid Re-Housing Program
  - Must be homeless or at risk of becoming homeless, must live in Jefferson county and meet the low-income requirement per size of family.
- **Princeton Towers**  
909 Princeton Avenue SW, Birmingham, AL 35211  
205-783-3291  
Income-scaled housing for elderly or physically impaired.
- **YWCA**  
309 North 23rd Street, Birmingham, AL 35203  
205-322-9922  
[www.ywcabham.org](http://www.ywcabham.org)  
Low-Cost Rental Housing

- Foreclosure Advice and Counseling**  
Homeowners in many parts of Alabama can receive free legal advice and mortgage assistance. In certain cases, attorneys may even be able to deal directly with your lender or bank. [Read more](#). Also, [click here](#) to get information on non-profit housing and foreclosure counseling locations in Alabama. A number of free services are offered to homeowners.
- Homeless Programs and Eviction Assistance**  
Funding from HUD and the Continuum of Care is available in Alabama. Non-profits will offer free legal support to tenants, emergency funds to pay rent to stop an eviction, as well as security deposits for a new low income home or apartment. More on [Alabama eviction prevention and homeless assistance](#).
- Housing Vouchers**  
Alabama low income residents can get a portion of their rent paid from Housing and Urban Development section 8 housing vouchers. Additional services may be case management, self-sufficiency and other support, including for disabled individuals and lower income elderly. [Click more information](#).

## **Mental Health Services**

- Behavioral Health Ireland Center**  
1600 7th Avenue South, Suite 500 McWane, Birmingham, Alabama 35233  
205-638-9193  
Toll Free: 1-800-226-4770 ext. 9193  
Outpatient Lakeshore: 205-870-5678  
<https://www.childrensai.org/behavioral-health-ireland-center-outpatient>  
Assessments, interventions, and treatments for acute and chronic pediatric mental illnesses.
- Crisis Center**  
3600 8th Avenue South, Suite 501, Birmingham, Alabama  
24/7 Crisis Hotline: 205-323-7777 or 1-800-273-8255.  
Contact Mike Falligant, Director of Mental Health Services, at 205-323-7785.
- J.B.S. Mental Health Authority**  
940 Montclair Rd. Suite 200, Birmingham AL 35213  
205-595-4555  
<http://www.jbsmha.com/>  
Serves children, adolescents, and adults.  
Children's services, residential programs, urgent care clinic, P.A.C.T. Program (severe and persistent mental illness).
- Hill Crest Behavioral Health**

6869 Fifth Avenue South, Birmingham, AL 35212

205-833-9000

<http://www.hillcrestbhs.com/>

Serves children, adolescents, and adults.

Acute services, residential treatment, group homes, outpatient programs, therapy/treatment, school curriculum.

- **Western Mental Health Center, Inc.**

1701 Avenue D, Ensley, Birmingham, AL 35218

205-788-7770

Outpatient clinics for children, adolescents, and adults.

Partial hospitalization program, pharmacy services, emergency services, Consultation and Education.

- **UAB Comp Community Mental Health and Psychiatry**

908 20th Street South, Birmingham, AL 35205

205-934-4108

[www.hrm.uab.edu/main/resource\\_ctr/mhs\\_online.html](http://www.hrm.uab.edu/main/resource_ctr/mhs_online.html)

Free online screening for symptoms of depression, bipolar, anxiety, PTSD, eating disorders or alcoholism.

Evaluation clinics, psychotherapy services, adult treatment day programs, substance use programs, neuropsychological evaluations.

Person needs to be insured and referred by physician.

## Pregnancy and Pre & Postnatal Care

- **America Pregnancy Helpline**

1-888-942-6466

Thehelpline.org

Free, confidential information for pregnant woman; to try and seek help for woman and girls in their hometown area.

- **BirthWell Partners**

976 Lindwood Road, Birmingham, AL 35222

(205)- 614-3297

To improve the health of low-resource families and their infants in Central Alabama by offering free and reduced-cost childbirth education, breastfeeding assistance, and non-medical labor support provided by birth doulas.

Women who qualify for Medicaid receive free doula services. Others are asked for a contribution at whatever level they can afford Support groups are free

Blount, Calhoun, Cullman, Jefferson, Shelby, St. Clair, Tuscaloosa, and Walker Counties

- **Care Net**

200 Century Park South, Birmingham, AL 35226  
205-979-7909

- **Her Choice**  
2120 7th Avenue South, Birmingham, AL 35222  
205-252-0706
- **Save-A-Life Pregnancy Center**  
1120 Gadsden Hwy, Birmingham, AL 35235  
205-836-0550  
[www.savalive.org](http://www.savalive.org)
- **National SIDS Resource Center**  
800-421-3511  
The National Sudden and Unexpected Infant/Child Death Resource Center- a central source of information on sudden infant death and on promoting healthy outcomes for infants from the prenatal period through the first year of life and beyond.

## Senior Services

- **Alabama Department of Senior Services**  
201 Monroe St#350 Montgomery, Al 36104  
1-800-AGE-LINE (1-800-243-5463)  
[www.alabamaageline.gov](http://www.alabamaageline.gov)  
Aging and Disability Resource Centers, Caregiver Assistance, Disaster Preparedness, Elder Abuse, Employment Training, Healthcare Fraud, Legal Assistance, Long Term Care, Medicaid, Medicaid and Insurance Counselling, Nutrition, Prescription Drug Assistance
- **Farmers Market Authority**  
1445 Federal Drive Suite, 330 Montgomery, Al 36107  
Seniors Farmers Market Nurtirion Program- provides eligible seniors with coupons/vouchers for Farmers market produce  
60+ and meet income guidelines  
Apply online: [fma.alabama.gov/seniornutrition/](http://fma.alabama.gov/seniornutrition/)
- **Help for Seniors**  
Adults over 55 years of age, the elderly, and senior citizens can receive assistance. Alabama programs can help with medical care and bills, food, prescriptions, and other needs specific to seniors. [More Alabama Agency on Aging](#) resources are offered as well.
- **JCCEO Community Services**  
801 46<sup>th</sup> Street North Birmingham, Al 35212

Adult Day Programs- The JCCEO Wylam Adult Day Health Care Center provides a caring, safe, and secure environment for adults coping with conditions that require daytime supervision or assistance.

Senior Nutrition Programs- Our senior nutrition centers provide meals for seniors, fellowship and activities, and transportation as needed.

[www.jcceo.org](http://www.jcceo.org)

- **Lakeside Hospice**

4010 Masters Road Pell City, Al 35128

(205)-884-1111

Provides hospice care for terminal illness (cancer or non-cancer) with life expectancy of six months or less if the disease runs its normal course, as certified by their physician.

Grief and bereavement support groups for children, teens and adults available to the community

Any person with a terminal illness with life expectancy of 6 months or less. (Anyone can call in referral)

Grants and donations from community used to cover uninsured costs and co-pays.

Calhoun, Jefferson, Shelby, St. Clair, and Talladega Counties

- **Partnership for Prescription Assistance**

1515 6<sup>th</sup> Ave South, Suite 607 Birmingham, Al 35233

205-325-1416

1-800-AGE-LINE (1-800-243-5463)

SENIOR Rx Program- designed to assist low-income Alabama residents, age 55 and above, who do not have prescription drug coverage, obtain medication for chronic illness(es) or condition(s) for free or at a low-cost.

55 and older, limited or no prescription drug coverage, chronic medical condition, Jefferson County resident, annual income (1 person less than \$20,420 and 2 persons less than \$27,380), in GAP for Medicare Part D

- **Positive Maturity**

3918 Montclair Road Suite 200 Birmingham, Al 35123

205-803-3211

AWARE Program- provides job search and placement for senior adults (50+) who are residents of Blount, Jefferson, Shelby, or Walker Counties

- **Riverview Regional Medical Center**

600 South 3<sup>rd</sup> Street Gadsden, Al 35901

(256)-543-5641

Senior Heights Program- The geriatric psychiatric unit (Senior Heights) is a 12-bed private unit. Treatment in Riverview Regional Medical Center's geriatric psychiatric unit provides a balanced mix of psychological and medical care. All admissions are directed and supervised by a licensed staff psychiatrist.

- **Ruth and Naomi Senior Outreach**  
 2100 4<sup>th</sup> Avenue North Birmingham, AL 35203  
 (205) 332-5469  
[www.ruthandnaomi.org](http://www.ruthandnaomi.org)  
 Facilitates spiritual companionship to older adults  
 Visiting isolated older adults in hospitals, rehabilitation centers, retirement facilities, dementia care units, skilled nursing homes at bedside and in activity groups;  
 Providing music for memorial services and at bedside for hospice care patients
- **UAB Comprehensive Center for Health and Aging**  
 933 South 19<sup>th</sup> Street, Suite 201 CH-19 Birmingham, AL 35294  
 (205) 966-4135  
[www.aging.uab.edu](http://www.aging.uab.edu)  
 Research on mobility, incontinence, Alzheimer Disease, arthritis, osteoporosis, heart disease and cancer and various specialized patient care clinics  
 AgeWell.com- designed to provide answers to important questions that have been asked by friends and family members related to aging and geriatrics.  
 Alzheimer Family Program- To advise, inform, and support caregiver, and to increase awareness of Alzheimer's disease in the general public.

## **Special Education and Recreation**

- **Alabama State Department of Education-Special Education Services**  
 3326 Gordon Persons Building, Montgomery, AL 36130  
 Phone: 334-242-8114
- **Master Mary's Taekwondo Academy**  
 1413 McClung Ave, Huntsville, AL 35801  
 Phone: 2565093502  
 Email: [Mastermary#2@yahoo.com](mailto:Mastermary#2@yahoo.com)
- **Mitchell's Place**  
 4778 Overton Road, Birmingham, Alabama 35210  
<http://www.mitchells-place.com/>  
 Phone: 205-957-0294  
 Fax: 205-957-0298
- **TeachTown**  
 5625 Montpelier Drive,  
**Tuscaloosa, AL 35405**  
 Phone: 205-792-5864  
[www.teachtown.com](http://www.teachtown.com)  
 Email: [dearp@teachtown.com](mailto:dearp@teachtown.com)

- **The Exceptional Foundation**  
1616 Oxmoor Road, Birmingham, AL 35209  
Phone: 205-870-0776  
<https://www.exceptionalfoundation.org/>

## Transportation

- **Birmingham Jefferson County Transit Authority**  
1735 Morris Avenue Birmingham, AL 35202  
(205) 521-0161  
[www.bjcta.org](http://www.bjcta.org)  
Mass public transportation, provides curb to curb demand response transportation service for elderly and handicapped, provides reduced fare program for eligible elderly and disabled passengers.  
Must meet Americans with Disabilities Act Requirements for the curb to curb demand response transportation service. Serves Birmingham and unincorporated area of Jefferson County.
- **Clastran**  
2121 8<sup>th</sup> Avenue North, Rev Abraham Woods, Jr. Blvd Birmingham, AL 35203  
(205) 325-8787  
Transports persons who are elderly (60+), disabled, or traveling to or from a rural area in Jefferson, Shelby, and Walker counties  
\$8 round trip
- **Kid One**  
110 12<sup>th</sup> Street North, Birmingham, AL 35203  
1-800-543-7143  
[www.kidone.org](http://www.kidone.org)  
To transport children and expectant mother with limited or no transportation to medical, dental, and mental health care  
Call or go online to schedule a ride
- **Medicaid**  
486 Palisades Boulevard, Birmingham, AL 35409  
1-800-362-1504  
Non-Emergency Transportation Program (NET)- Medicaid's NET program is set up to help pay for rides to and from a doctor's office, clinic or other place for medical care that can be planned ahead of time. This ride can be in a personal car, a car of a friend, neighbor or family member, or on a bus or van. Patients can also get a ride on a city bus or from a group in their town or area. In order for Medicaid to pay for a ride, please call the toll-free number at least (5) five days before the ride is needed, the operator will ask for some information to make sure the ride is

covered by Medicaid and also about the need for a ride. This information will be used to decide if Medicaid can pay for your ride.

Must be a Medicaid recipient.

## **Utility Assistance**

- **Alabama Energy Bill Assistance Programs**

The low income, elderly, disabled, and others facing a hardship may be able to qualify for help paying utility bills. The energy companies that operate in the state all offer some form of financial assistance or cash grants. [Learn more.](#)

- **Alagasco Assistance Program**

[www.alagasco.com](http://www.alagasco.com)

Budget planning, discounts, and inspections

- **Bridge Ministries**

205-930-0309

[www.bridgeministriesbham.org](http://www.bridgeministriesbham.org)

Focuses on preventing homelessness by assisting people in crisis situations to pay their rent or utility bills or to secure temporary emergency lodging.

Also helps individuals to obtain dental care, eye glasses, prescription drugs and other medical goods.

Small pantry of non-perishable food and personal hygiene products.

- **Catholic Center of Concern**

712 4th Court W, Birmingham, AL 35204

205-786-4388

Assistance with utilities.

Referral from church or agency is needed.

- **Dannon Project**

1600 20th Street South, Suite B, Birmingham, AL 35205

205-202-4072

[www.dannonproject.org](http://www.dannonproject.org)

Offers a homeless prevention rapid re-housing program.

Program helps people pay security deposits, utility bills, moving bills and rent checks to either avoid eviction or move from transitional housing into their own apartments.

Also offers assistance to individuals who have previously been incarcerated.

- **Energy Company Assistance Programs**

Utility companies that operate in Alabama provide customers with grants and weatherization services. Get information on [Alabama energy bill assistance programs.](#)



- **Greater Birmingham Ministries**  
2304 12th Avenue North, Birmingham, AL 35234  
205-326-6821  
Emergency services to assist with utilities (electric and gas bill payment assistance)
- **Hardest Hit Alabama**  
1-877-497-8182  
[www.hardesthitAlabama.com](http://www.hardesthitAlabama.com)  
Foreclosure Prevention program.  
Applicant must be eligible to receive Unemployment Compensation Benefits.
- **Independent Presbyterian Church**  
3100 Highland Avenue, Birmingham, AL 35205  
205-933-1687  
[www.ipc-usa.org](http://www.ipc-usa.org)  
Emergency assistance for utilities.  
Utilities must have a disconnect notice.
- **Jefferson County Committee for Economic Opportunity (JCCEO)**  
300 8th Avenue West, Birmingham, AL 35204  
205-327-7500  
[www.jcceo.org](http://www.jcceo.org)  
Assists with electric, gas & heating fuel bill payment.
- **Metro West Ministries**  
6124 Myron Massey Blvd, Fairfield, AL 35064  
205-923-1545  
Rent and utility assistance.
- **Salvation Army Shelter**  
2100 11th Avenue N, Birmingham, AL 35234  
205-328-2420  
[www.birminghamSalvationArmy.org](http://www.birminghamSalvationArmy.org)  
Offers assistance with utilities.
- **Urban Ministry**  
1229 Cotton Ave. SW, Birmingham, AL 35211  
205-781-0517  
[www.urban-ministry.com](http://www.urban-ministry.com)  
Assist in paying utility bills and rent.