

Free/Low-Cost Resource Guide

Congratulations on your new baby! Below are a variety of resources to help you on your journey. Reach out to individual organizations for more information.

BREAST PUMPS & BREAST/CHESTFEEDING SUPPORT

- **Neb Medical** - Provides free breast pumps for Medicaid customers.
 - **Contact:** 866.633.1597 (assistance available in Spanish & English)
 - **Website:** nebmedical.com, Click "qualify through insurance" on the website.
- **EveryMom Chicago** - Provides free breast pumps and nursing supplies for uninsured women.
 - **Contact:** Email info@everymomchicago.org
- **Sokana Collective** - Provides free and sliding scale **basic** breast/chestfeeding support from lactation counselors and educators. (Note, this is NOT a resource for a lactation consultant for complicated breast/chestfeeding issues)
 - **Call or text** 847-701-5527 or email sokanacollective@gmail.com
- **Baby Bistro Breast/chestfeeding Support Group** (provided free by University of Chicago Hospital)
 - **Open:** Every Wednesday **10:30am - 12pm** on zoom
 - **Contact:** Breastfeeding Support Hotline - **773-702-8885**
 - **Website:** tinyurl.com/UChicagoBabyBistro
- **Breast/chestfeeding USA - Hyde Park Chapter** - provides breast/chestfeeding information and support
 - **Contact:** 630. 447. 0378 or esther.bowen@breastfeedingusa.org
 - **Website:** tinyurl.com/HydeParkBreastfeeding

BIRTH & POSTPARTUM SUPPORT

- **New Moms** Provides free housing, job training, and family support for young moms, **age 24 and younger**. Also offers free doula services, prenatal education, home visits, parenting education, & a fully paid, 12-week Job Training program at their candle company.
 - **Address:** New Moms (Chicago): 5317 W. Chicago Ave. Chicago, IL 60651
 - New Moms (Western Suburbs): 206 Chicago Ave. Oak Park, IL. 60302
 - **Contact:** 773-252-3253 extension 128.
 - **Website:** newmoms.org/intake
- **Chicago Volunteer Doulas** - provides free or low cost birth/doula and postnatal support. Support includes 20 hours of in-home or virtual service including education on newborn care, help and guidance with infant feeding, light meal prep, and light housekeeping.
 - **Address:** P.O. Box 5851 Chicago, IL 60680-5851
 - **Contact:** programdirector@chicagovolunteerdoulas.org
 - **Website:** chicagovolunteerdoulas.org
- **Chicago Birthworks Collective** - Provides prenatal, doula, and lactation support on a sliding scale provided by and for women of color.
 - **Contact:** info@chicagobirthworks.com
 - **Website:** chicagobirthworks.com

- **PCC Community Wellness Center** - offers special services for pregnant women who are struggling with opioid/substance use. Offer prenatal care, ultrasounds, medication assisted treatment, home visiting services, counseling, and support from a doula with recovery experience.
 - **Address:** PCC Walk-In Wellness Center 3 Erie Court, Suite 1300 Oak Park, IL 60302
 - **Contact:** 708-406-3929
 - **Website:** pccwellness.org

- **Project HOPE- Marillac St. Vincent Services** - a comprehensive program for pregnant and parenting individuals **ages 12-25 who live on Chicago's West Side**, including doula services, prenatal groups, parenting groups, regular prenatal + postpartum home visits, and referrals to local resources, etc.
 - **Address:** 21859 W Jackson Blvd Chicago, IL 60612
 - **Contact:** 773-584-4545, Miss Laranda
 - **Website:** marillacstvincent.org/findhelp/youth/projecthope.html

FREE BABY SUPPLIES - Diapers, Wipes, etc.

- **Women Infant Children (WIC)** - Provides supplemental nutrition for babies, monthly checks for adult food, breast/chestfeeding support, etc. for qualified families
 - **Contact:** your local office to register 1-800-545-2200
 - **Website:** chicago.gov/healthy-mothers-and-babies/wic_clinics.html
 - **Locations:**
 - **Austin** - 4909 W. Division St., 60651, 312-746-4797 (Mon-Fri, 8-4 pm)
 - **Englewood** - 641 W. 63rd St., 60621, 312-747-4814 (Mon. Wed. Fri 8-4pm, Tues. & Thurs. 9-5pm)
 - **Greater Lawn** - 4150 W. 55th St., 60632, 312.745.5415 (Mon-Fri, 8-4 pm)
 - **Hyde Park** - Friend Health Center, 800 E. 55th St., 60621, 773-702-3719 (Mon-Fri, 8-4 pm)
 - **South Shore** - 1802 E 71st St, 60649, (773) 363-2500 (M, T, Th, F 8:30AM-5:30PM, W 9AM-6PM)
 - **Chatham** - 8425 S Cottage Grove Ave, (773) 846-7220 (M,T,Th,F - 8:30-5:30PM, W- 9AM-6PM)
 - **South Chicago** - Chicago Family Health, 9119 S. Exchange Ave, 773.768.0373 (Mon-Fri, 8-4pm)

- **HelloBaby Woodlawn** - Free play space that offers diapers, wipes, baby clothing, etc. Also offers a variety of free programming daily for caregivers and babies ages 0-4.
 - **Address:** 600 East 61st Street (between St Lawrence & Champlain)
 - **Contact:** Hellobabychgo.org or phone: 773-280-5613
 - **Open:** Monday through Friday 9-3 PM

- **YWCA Teen Parenting Program** - Provides free diapers, wipes, etc. for parents age 12-18.
 - **Address:** 6600 S Cottage Grove Ave,
 - **Contact:** Call (773) 955-3100 or **Email:** doris.knight-taylor@ywcachicago.org
 - **Website:** ywcachicago.org

- **Grant A Wish** - Provides free diapers, baby and kids clothes, car seats, cribs, strollers, and more. Must complete online application and book appointment to "shop" for items you need. *Also have weekly food pantry Saturdays from 10am-12pm.*
 - **Address:** 1136 E 93rd St, Chicago, IL 60619
 - **Contact:** (773) 454-8352
 - **Website:** grantawishincchicago.org/gaw-2022-baby-program

- **Shepherd's Hope (Englewood)** - Provides free food, diapers, mental health, wipes, and child care.
 - **Open:** Tuesday/Thursday 10 AM - 2 PM, and Saturday 9 AM - 12 PM
 - **Address:** 838 W. Marquette Road

- **Contact:** (773) 756-3535
- **Website:** Shepherdshopechicago.org
- **A House in Austin** - *Provides free diapers, parent/child music classes, yoga, parent support groups, family counseling, cooking classes, as well as home visiting, and more.*
 - **Address:** 533 N Pine Ave, Chicago 60644
 - **Open:** Mon-Sun 9AM-8PM (Hours may vary on a daily basis)
 - **Contact:** 773-234-1899 or ahouseinaustin@gmail.com
 - **Website:** ahouseinaustin.org
- **Rogers Park Free Store** *Provides free diapers, food, cleaning supplies, and more*
 - **Address:** 1407 W Morse Ave at N Glenwood Ave in Rogers Park
 - **Open:** Tuesdays 1:00-2:00 PM & Saturdays 12:30-1:20 PM
 - **Contact:** RPFreestore@gmail.com
 - **Website:** facebook.com/RogersParkFreeStore
- **Bronzeville Kenwood Mutual Aid** - *Provides free food, diapers, etc., at twice monthly pop ups.*
 - **Address:** Located at Sacred Keepers at 4445 S King Drive (between 44th and 45th St)
 - **Websites:** Bkmachicago.com or facebook.com/BKMutualAid
- **Onward House** *Weekly food pantry near Belmont, often has diapers, wipes, etc.. Call ahead to confirm availability. Also provides childcare services, adult education, and immigration support.*
 - **Call ahead:** 773-622-3215 - Call Prior to Arriving
 - **Website:** onwardhouse.org
 - **Open:** 3 – 6 p.m. on Thursdays at Onward House
 - **Food Pantry Address:** 5413 West Diversey Ave, 60639
 - **Early Childhood Education:** 5423 W. Diversey Ave. Chicago, IL 60639
- **Care for Real** *(locations in Edgewater & Rogers Park - provides free diapers, food, and as well as other baby supplies. Also have a free pet supplies pantry once a month. Call for more info.*
 - **Locations:**
 - **Edgewater**- 5339 N Sheridan Rd, **Open:** Mon 4-7pm, Wed & Fri: 9-12pm, Sat: 9-1pm
 - **Rogers Park** - 1545 W Morse Ave **Open:** Tuesday 12-2pm
 - **Ashland** - 6921 N Ashland Ave **Open:** Thurs 4-6pm
 - **Website:** careforreal.org
 - **Contact:** 773.769.6182
- **The Ark** *(food pantry near West Ridge and also provides diapers, wipes, etc.)*
 - **Contact:** Email: mstrauss@arkchicago.org or call and ask for "intake" at 773) 973-1000 prior to picking up
 - **Address:** 6450 N California Ave Chicago, IL 60645
- **CARIS** *Provides free diapers, wipes, clothing, parenting support, mental health services, etc.*
 - **Address:** 111 N. Wabash Avenue,
 - **Website:** caris.org
 - **Contact:** **Text** 224-330-9388 or **Email** info@caris.org
- **Family Focus Cicero** - *Free diapers every 2nd and 4th Friday of each month.*
 - **Address:** 1500 S 59th Ct. Cicero IL, 60804 (2nd floor, ring bell)
 - **Open:** Every 2nd and 4th Friday of each month (12pm-2pm)
 - **Contact:** 312.282.2879
 - **Send text** with name, diaper size and pick-up time. Check for sizes.

- **Catholic Charities West Suburban:** *(diapers available during their food pantry)*
 - **Address:** 1400 S Austin Blvd, Cicero IL 708-222-1491
 - **Open:** Mon-Tues 9am-12:30pm, and Thurs 2pm-6pm
 - **Contact:** 708-222-1491
 - **Website:** tinyurl.com/CatholicWest

CAR SEATS

- **Buckle Up Program** - *Free or discounted car seat provided by Lurie Children's Hospital*
To qualify, caregivers must attend a free one-hour online class on car seat safety and installation. *Classes are available in English and Spanish every month.*
or more information.
 - **Address:** 225 E. Chicago Ave. Chicago, IL 60611
 - **Contact:** 312-227-8243 or carseats@luriechildrens.org
 - **Website:** tinyurl.com/LurieBuckleUp
- **Grant A Wish** - listed in the section above also typically has car seats.
 - **Address:** 1136 E 93rd St, Chicago, IL 60619
 - **Contact:** (773) 454-8352 or email grantawish1136@gmail.com
 - **Website:** grantawishincchicago.org/gaw-2022-baby-program

PORTABLE CRIB

- **Lurie Children's Hospital** - *Free new Pack n' Play portable crib and sheet provided to those without a crib.*
Please have your nonprofit or case worker complete a Crib Referral Form.
 - **Contact:** info@everymomchicago.org for more info or if you do not have a caseworker.

FREE COUNSELING/THERAPY

- **North Shore Mom's Hotline:** *Provides free, confidential support to women experiencing anxiety, depression, or feeling overwhelmed with having a baby. Help is available 24 hours a day to patients and their families for information and support. In Spanish and English.*
 - **Contact:** **866.364.MOMS (866.364.6667)**
 - **Hours:** 24 hours/7 days a week
- **Beyond the Baby Blues** - *provides free online/virtual prenatal, postpartum depression, and loss counseling support groups*
 - **Address:** 3009 Central Street Evanston, IL, 60201, United States
 - **Contact:** 847-864-7957
 - **Website:** beyondthebabyblues.org
- **Sista Afya Community Mental Wellness** - free and low cost mental wellness/therapy for black women.
 - **Email:** communitycare@sistaafya.com
 - **Website:** sistaafya.com/therapy
- **A Home Within** - *free therapy for anyone, any age who has ever been in foster care*
 - **Contact:** 1.888.898.2249
 - **Website:** ahomewithin.org/request-therapy - Complete the form on website

FREE PARENTING SUPPORT

- **Fussy Baby Network** - *provides free phone support in English and Spanish and free Parent Support Groups to help cope with crying babies, parenting challenges, etc*
 - **Open:** Available Mon-Fri 9am-5pm
 - **Contact:** 888.431.2229
 - **Website:** erikson.edu/fussy-baby-network or facebook.com/fussybabynetwork

- **Parent Support Group** - *Provided by A House in Austin. In person and zoom parent support meetings. Free childcare provided for in person. Also offers free music classes, family counseling, diapers, in-home visitation services, etc.*
 - **Open:** Mon-Sun 9AM-8PM (Hours may vary on a daily basis)
 - **Address:** A House in Austin, 533 N Pine Ave, Chicago 60644
 - **Contact:** 773-234-1899
 - **Website:** ahouseinaustin.org

- **Online Infant Massage Class for Parents** provided free by University of Chicago Hospital *Improve bonding, promote better sleep, and decrease infant stress, crying, and gas through massage. Register by phone or online.*
 - **Open:** Sundays at 9am
 - **Contact:** 773 .702 . 9200
 - **Website:** uchicagomedicine.org/patients-visitors/classes-events/infant-massage

FREE CHILDCARE

- **Family Focus Hyde Park** - Offers free/discounted childcare, parenting support, home visiting programs, housing advocacy, and more. Also has a teen parent support program.
 - **Address:** 5467 S. University Ave,
 - **Contact:** Elisa Simmons (773) 643-0452 ext. 2419 or elisa.simmons@family-focus.org
 - **Website:** family-focus.org

- **Centers for New Horizons** Provides free Early Head Start Daycare
 - **Address** 4301 S. Cottage Grove Ave
 - **Contact:** (773) 548-9839
 - **Website:** cnh.org

- **Roseland Community Good News Daycare** - provides free childcare for high school moms and sliding scale for low income moms. Also provides diapers, job search help, counseling, financial literacy, and more.
 - **Address:** 212 West 113th Street, Chicago, IL 60628
 - **Contact:** (773) 264-0410 or roselanddaycare@gmail.com
 - **Website:** roselanddaycare.net

FREE PLAYSPACE

- **HelloBaby Woodlawn** - *Free play space with daily programming for caregivers and babies ages 0-4.*
 - **Address:** 600 East 61st Street (between St Lawrence & Champlain)
 - **Contact:** Hellobabychgo.org or phone: 773-280-5613
 - **Open:** Monday through Friday 10-3 PM

- **Hyde Park Neighborhood Club Tot Lot**- *Free indoor play gym*
 - **Address:** 5480 S Kenwood Ave, Chicago 60615
 - **Contact:** hpnclub.org
 - **Open:** Monday, Tuesday, and Fridays 9am-12pm

FREE FOOD

- **Free Market Box/Groceries** *delivers free fresh, local produce, eggs, and bread to households across the South Side*
 - **Website:** Sign up at bit.ly/marketboxsignup (may be a waitlist)
- **Woodlawn Food Pantry** *free food weekly*
 - **Address:** 6400 S Kimbark Ave, Chicago, IL 60637
 - **Open:** Thursdays 10am-12pm
- **Free Food near Austin/Garfield Park - Fresh Market:**
 - **Address:** 3334 W Carroll Ave,
 - **Open:** Tue, 2-4pm, Thurs 10am-2pm, Sat 10am-12pm, Fresh Produce every 4th Tuesday, 10:30am-12:30pm
 - **Contact:** (872) 444-8260
 - **Website:** breakthrough.org/programs/fresh-market
- **Beyond Hunger** - *free food pantry serving Austin/Oak Park/Garfield Park. Must have photo ID and proof of residence in the community*
 - **Address:** 848 Lake Street, Oak Park 60301
 - **Open:** Open Sat 9am-12pm and Wed 3:30-5:30pm
 - **Contact:** (708) 386-1324 ext. 1107
 - **Website:** gobeyondhunger.org

DOMESTIC VIOLENCE SUPPORT

- **Domestic Violence Helpline:** *Counseling, Legal resources, temporary housing & food, emergency transportation, and more.*
 - **Contact:** 1-877-863-6338 (24 hours, multilingual)
- **Family Rescue** *Nonprofit providing emergency housing, counseling, advocacy, and more for survivors of domestic violence and their children.*
 - **Address:** 8811 S. Stony Island Ave. Chicago, Illinois 60617
 - **Contact:** **24 Hour Hotline** 800-360-6619
 - **Website:** familyrescueinc.org

HOUSING SUPPORT

- **Ignite** - Housing, job training, and more for youth experiencing housing insecurity **ages 14-26.**
 - **Address:** 56 E 47th St, Ste 410-C, Chicago, IL 60653
 - **Contact:**
 - **For 24 hour assistance** call 866-803-8336 or **text** any time to 312-625-1858
 - Email: info@ignivtepromise.org
 - **Website:** ignitepromise.org
- **Free Emergency Renter's Assistance** *(provided by Chicago Department of Family & Support Services). Must be experiencing a court order to vacate OR domestic violence OR fire or flood OR a temporary loss of income.*
How to access - Call the following number based on location (open Mon–Thurs from 9–5 p.m):
 - 312-747-0200 (Englewood)
 - 312-746-5400 (Garfield Park)
 - 312-747-2300 (Bronzeville)
 - 312-744-2580 (Uptown)
 - 312-474-0500 (South Shore)