

# Student Resource Guide

Homelessness, Hunger, Healthcare, Domestic Violence, and Immigration



## STUDENT ACADEMIC SUPPORT SERVICES AND INCLUSION

University of Tennessee Health Science Center

### Why the need for a resource guide?

Colleges across the country are recognizing that many students are making personal sacrifices to afford college. Recognizing that students attending UTHSC have experienced both food and housing insecurity, we have compiled a list of resources available to help those in need.

### Who are these resources for?

The resources listed in this guide are for everyone. Except for those listed under UTHSC, none of the resources listed are specific to only our students.

Our office is not directly connected to any of the off-campus resources and encourage you to contact the agency or organization directly if you are considering utilizing their services.

### Contact Us:

#### Student Academic Support and Inclusion

8 S. Dunlap GEB, Rm BB9  
Memphis, TN 38163  
(901) 448-5056  
<https://uthsc.edu/sassi/>  
sassi@uthsc.edu



8 S. Dunlap GEB, Rm BB9 | Memphis, TN 38163 | <https://uthsc.edu/care-team>  
(901)448-2344 | [careteam@uthsc.edu](mailto:careteam@uthsc.edu)  
After Hours Phone for Mental Health Emergencies (901)690.2273  
Share A Concern [www.uthsc.edu/care-concern](http://www.uthsc.edu/care-concern)

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## Notes:

**Emergency Shelters**- It is encouraged that you contact them in advance to determine if there is a screening process and eligibility requirements for housing.

- Memphis/Shelby County Emergency Housing Hotline for families (901)529-4545, operated 24/7.

**Food Pantries in Memphis**- It is encouraged that you contact them in advance to determine if there is a screening process that must be completed prior to receiving food donations.

**Low Cost/Free Medical Care**- The listed locations accept patients without insurance. It is suggested that you contact them prior to arrival to discuss costs related to care as each provider bills patients differently.

# UTHSC Resources

*Resources that UTHSC currently provides for students*

## Campus Police

<https://www.uthsc.edu/campus-police/>  
 3 N. Dunlap Street, Memphis, TN 38163  
 Emergency Police Response  
 (901) 448-4444  
 Non-Emergency Police Response  
 (901) 448-4440

Safety Escort (901) 448-4444  
 police@uthsc.edu

## Financial Aid Office

<https://www.uthsc.edu/financial-aid/>  
 910 Madison Avenue, Suite 520, Memphis, TN 38163  
 (901) 448-7703  
 Hours: Monday - Friday 8:00 AM - 5:00 PM

**Emergency Loans** (through Bursars Office)  
 \$600 maximum amount. Apply online  
 \*\*To be repaid within 60 days of receipt

## Office of Student Affairs and Enrollment Services

(Office of Admissions)  
<https://www.uthsc.edu/admissions/>  
 910 Madison Avenue, Suite 530, Memphis, TN 38163  
 (901) 448-5560 or (877) 843-4461

## Office of Student Life / Student Affairs and Community Engagement

<http://www.uthsc.edu/studentlife/>      <https://www.uthsc.edu/sace/index.php>  
 800 Madison Ave, Suite 300, Memphis, TN 38163  
 (901) 448-5610

sace@uthsc.edu

## One Stop Shop

<https://www.uthsc.edu/OSS/>  
 910 Madison Ave, Suite 105, Memphis, TN 38163  
 (901) 448-7703

\*\*Available to answer questions you may have regarding financial aid, registration, admissions, or student life.

## Student Academic Support Services and Inclusion

<https://www.uthsc.edu/sassi/>  
8 S. Dunlap GEB, Rm BB9, Memphis, TN 38163  
(901) 448-5056  
After hours line: (901)690-CARE (2273)  
sassi@uthsc.edu

Hours: Monday – Friday 8:30 AM  
– 4:30 PM  
\*\*Academic coaching, care navigation,  
counseling, disability services, and  
tutoring

## University Health Services

<https://www.uthsc.edu/univheal/>  
910 Madison, 9th floor. Memphis, TN 38163  
(901) 448-5630

Hours: Monday - Friday 8:00 AM-  
5:00 PM

# Emergency Food and Housing

## *Emergency Shelters*

### Abused Women Services of YWCA

<http://www.memphisywca.org/>  
(901) 725-4277 (call to obtain location information)

\*\*Emergency shelter to abused women  
and their children

### Alpha Omega Veterans Services, Inc.

<http://www.alphaomegaveterans.org/>  
(901)726-6820

\*\*Serving male and female veterans

### Barron Heights Transitional Center

<http://bhcdc.com/>  
1385 Lamar Ave, Memphis, TN 38104  
(901) 728-5873

\*\*Homeless veterans

### Calvary Rescue Mission

<http://www.calvaryrescuemission.org/>  
960 S. Third St. Memphis, TN 38106  
(901) 775-2570

\*\*Homeless men,  
\*\*Provides shelter and two meals

## Door of Hope Memphis

<http://doorofhopememphis.org/>  
245 N Bellevue Blvd, Memphis, TN 38105  
(901) 725-1140

\*\*Lunch available Tuesday, Wednesday,  
and Thursday  
\*\*To submit your application for housing  
assistance, contact the Door of Hope or the  
Community Alliance for Homelessness,  
Inc. (901)527-1302

## Dorothy Day House

<http://www.dorothydaymemphis.org/>  
1429 Poplar Avenue, Memphis, TN 38104  
(901) 726-6760

\*\*Keeps (entire) homeless families  
together

## Friends for Life

<https://www.fflmemphis.org/>  
43 North Cleveland, Memphis, TN 38104  
(901) 272-0855

\*\*Provides housing and food assistance to  
persons living with HIV/AIDS

## HER Faith Ministries, Inc.

<http://www.herfaithministries.org/>  
3396 Park Avenue, Memphis, TN 38111  
(901) 324-3705

\*\*Transitional housing for women, and  
women with families

## Living for Christ - Restoration House

<http://lfcrestorationhouse.wixsite.com/shelter>  
3095 Thomas St. Memphis TN, 38127  
(901) 791-4022  
lfcrestorationhouse@gmail.com

Hours: 2:00 PM- 7:00 PM (check in)  
\*\*Men, women, and families  
\*\*Meals and shelter provided for a small  
nightly fee. \$10/night, \$3/day  
\*\*Locker rental available

## Memphis Union Mission

<https://www.memphisunionmission.org/>  
(901) 526-8403

Men's Emergency Shelter  
383 Poplar Ave. Memphis, TN

- Lunch is served daily. Dinner and  
breakfast are reserved for overnight  
guests.
- Overnight shelter available.
- Medical clinic Mondays

Extended Stay Center  
600 Poplar Ave. Memphis, TN

Intact Family Program  
4535 Benjestown Rd. Memphis, TN

- Short-term transitional housing for  
homeless families.

Calvary Colony  
4535 Benjestown Rd. Memphis, TN

Moriah House

- Housing for women and children

Wright Transitional House  
170 Tillman Memphis, TN

### **Missionaries of Charity**

700 N 7th St, Memphis, TN 38107  
(901) 526-5456

\*\*Women and families

### **Salvation Army- Memphis**

<https://salvationarmymemphis.org/residential-services>

696 Jackson Ave. Memphis, TN 38105  
(901) 260-9136

- 3 possible locations for single women or women and families

- AutoZone Single Women's Residence (901) 260-9139
- Renewal Place Family Residence AND New Directions Family Residence (for women and families) (901) 543-8586

### **Shield, Inc.**

<http://www.shieldmidsouth.org/content/shome.htm>

2552 Poplar Ave, Memphis, TN 38112  
(901) 454-9755

\*\*Miracle Manor and Shields Family Shelters available to individuals and those with families

### **The Lighthouse - Safe Harbor Memphis**

<http://www.lhmm.org/>  
(844)921-HOPE ext.8210

\*\*Required to work to pay for cost of care

### **8th Street Mission for Jesus Christ - West Memphis, Arkansas**

<http://www.8thstreetmission.org/>  
717 E. Broadway, West Memphis, AR 72303  
(870) 735-6010

- 3 meals/day
- Food baskets available
- Emergency shelter assistance

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## *Hostels*

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### **Hostel Memphis**

<http://hostelmemphis.com/>  
1000 Cooper St, Memphis, TN 38104  
(901) 612-1010

Hours: Monday – Sunday 11:00 AM - 7:00 PM  
\*\*Families accepted  
\*\*Pricing starts at \$35/night (+ tax), includes wi-fi, a kitchen, locker space, linens, and breakfast  
\*\*Guests are expected to do chores

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## *Local/National Housing Assistance Organizations*

Local organizations that aid locating emergency shelter and housing assistance. Waitlists may exist, and assistance is not guaranteed.

### **Community Alliance for the Homeless, Inc.**

<http://www.cafth.org/>

- Assists in providing support to reduce homelessness in Shelby County.  
2670 Union Ave, Ste. 700 Memphis, TN 38103  
(901) 527-1302

(901) 529-4545  
\*\*24-hour hotline helps connect homeless families with minor children in Memphis and Shelby County to shelter

### **Downtown Memphis Commission**

- <https://downtownmemphis.com/homelessness-assistance/>
- A listing of agencies that provide emergency shelter and assistance to those in need in downtown Memphis.

### **Catholic Charities of West Tennessee**

<http://www.ccwtn.org/programs/genesis-homeless-services/>

- Rapid Rehousing Program that focuses on providing needs assessments, temporary financial assistance, and case management services to homeless individuals and families.

1325 Jefferson Avenue, 2nd Floor, Memphis, TN 38104 (program office)  
(901) 722-4700

**Midtown Outreach**  
85 N Cleveland; Memphis, TN 38104  
\*\*Individuals, veterans, families  
\*\*Waitlist for services

### **Hospitality Hub**

<http://www.hospitalityhub.org/>

- A counseling and resource center for homeless persons and those imminently homeless in Memphis and Shelby County.
- The HUB serves as a point of entry into the larger network of services offered to the homeless throughout the city.

590 Washington Ave, Memphis, TN 38105  
(901) 730-1736

\*\*Services for men and women

### **Manna House**

<https://www.mannahousememphis.org/>

- Provides guests with basic services such as coffee, showers, toiletries, and clothing.  
1268 Jefferson Ave. Memphis, Tennessee

Hours: Monday, Tuesday, and Thursdays 8:00 AM-10:30 AM  
\*\*Monday and Thursday mornings showers available  
\*\*Monday meals at 5pm

## Memphis Homeless Options

<http://memphishomelessoptions.org/>

- Identifies potential resources for men, women, and families. Including but not limited to shelter and food.

## Memphis Housing Authority

<http://memphisha.org/>

- Information about public housing in the city of Memphis.

700 Adams Ave. Memphis, TN 38105  
(901) 544-1100

## MIFA (Metropolitan Inter-Faith Association)

<https://www.mifa.org/>

- Offers a variety of emergency assistance including emergency shelter placement, food pantry assistance, homeless hotline, and rapid rehousing, and rent/utility assistance.
- Emergency Services assists seniors on fixed incomes and the working poor who have experienced temporary crisis with rent, mortgage payments, utilities, and food.
- Provides food pantry vouchers which are redeemed at an assigned food pantry.
- The emergency shelter program helps families with minor children secure temporary shelter if homelessness cannot be avoided through mediation.
- Rapid rehousing helps eligible homeless families quickly obtain permanent stable housing.

910 Vance Avenue, Memphis, TN 38126  
(901) 527-0208  
(901) 529-4545 (emergency shelter placement/  
homeless hotline/ rapid rehousing)

Must apply to receive services:

- Emergency rent/utility assistance
- Food assistance
- Emergency shelter/housing assistance

## Room in the Inn, Memphis

<https://ritimemphis.org/>

- A collection of congregations that select a dozen or so individuals each night and provide food and shelter for them between November and March.

409 Ayers Street  
Memphis, TN 38105  
(901) 467-0122  
[innkeeper@roomintheinn-memphis.org](mailto:innkeeper@roomintheinn-memphis.org)

Office Hours: M-F, 9am-5pm  
\*\*Individual and families

## Shelter Listings

<http://www.shelterlistings.org/city/memphis-tn.html>

- Homeless Shelters, Supportive Housing, Halfway Housing, Transitional Housing, Day Shelters, Low Income Housing, Residential Alcohol and Drug Treatment Centers.

## *Food Pantries and Free Meals in Memphis*

### Catholic Charities of West Tennessee- Food Pantry

<https://ccwn.org/need-help/hungry/>

#### Foodbox Locations:

Catholic Charities of West Tennessee  
1325 Jefferson Avenue, Memphis, TN  
Monday-Thursday, 9:00-11:00 AM \*or by  
appointment

Catholic Charities Downtown Outreach Center  
(St. Patrick Catholic Church)  
297 S 4th Street, Memphis, TN 38126  
Tuesday-Thursday, 12:30-3:00 PM \*or by appointment

St. Alphonsus Catholic Church (Tipton and  
Lauderdale County)  
1225 US-51, Covington, TN 38019  
Tuesdays, 10:00-11:00 AM

St. Augustine Catholic Church  
1169 Kerr Avenue, Memphis, TN 38106  
Third Saturday of each month, 9:00-11:00 AM

#### First Congregational Church

<https://www.firstcongo.com/food>  
1000 S. Cooper St, Memphis, TN 38104  
(901) 278-6786

Weekday lunch (M-F) 11:00 AM -  
1:00 PM.

Food pantry distribution; Monday  
and Wednesday

#### First Presbyterian Church

<http://www.firstpresmemphis.org/outreach.html>  
166 Poplar Ave, Memphis, TN 38103  
(901) 525-5619

When: Sunday afternoons 1:15 PM -  
2:15 PM

#### Friends for Life

<https://www.flmemphis.org/>  
43 N Cleveland St, Memphis, TN 38104  
(901) 272-0855

\*\*Provides food for individuals with  
HIV/AIDS

Feast For Friends- Second and fourth  
Monday of every month

Nancy Fletcher Food Pantry

### [Idlewild Presbyterian Church](#)

<http://www.idlewildchurch.org/>  
1750 Union Ave. Memphis, TN 38104  
(901)726-4681

Hours: Thursdays 4:00 PM

### [Holy Trinity Community Church](#)

<http://www.holytrinitymemphis.org/>  
685 S Highland St, Memphis, TN 38111  
(901) 320-9376  
holytrinitymemphis685@gmail.com

By appointment only

### [Life of Liberty and Liberty Transitional Outreach Ministries](#)

749 Tate Ave, Memphis, TN 38126  
(901) 691-6950

### [Memphis Dream Center](#)

<https://memphisdreamcenter.com/get-help/>  
3683 Austin Peay Highway  
Memphis, TN 38128

255 N. Highland Street  
Memphis, TN 38111

(901) 602-7168  
info@memphisdreamcenter.com

Monday-Friday – 8:00 AM -5:00 PM

Online application- Food pantry

### [Memphis Union Mission](#)

<https://www.memphisunionmission.org/>

Men's Emergency Shelter  
383 Poplar Ave. Memphis, TN  
(901) 526-8403

Lunch is served daily.

Dinner and breakfast are reserved for overnight guests.

### [Mid-South Food Bank](#)

<http://www.midsouthfoodbank.org/>  
(901) 527-0841  
info@midsouthfoodbank.org

\*\*Various locations throughout Shelby County

Required to apply in advance for assistance.

Fresh Market Friday will take place every 1st and 3rd Friday of each month from 10 am-1 pm.

### [MIFA \(Metropolitan Inter-Faith Association\)](#)

<https://www.mifa.org/>

- Provides food pantry vouchers which are redeemed at an assigned food pantry.

910 Vance Avenue, Memphis, TN 38126  
(901) 527-0208

Must apply to receive services:

- Food assistance

### [Society of St. Vincent de Paul](#)

<http://www.svdpmemphis.org/index.html>  
1306 Monroe Avenue (food mission location)  
3522 Carnes Ave, Memphis, TN 38111 (Organization location)  
(901) 722-4703

Daily food service

### [St John Orthodox Church](#)

<http://stjohnmemphis.org/>  
1663 Tutwiler Ave, Memphis, TN 38107  
(901) 274-4119

Food bags distributed Wednesday mornings.

### [St John's United Methodist Church](#)

<http://www.stjohnsmidtown.org/>  
1207 Peabody Ave, Memphis, TN 38104  
(901) 726-4104

Food pantry: 1st and 3rd Thursdays from 10:00 AM-11:30 AM  
Soup kitchen: Tuesday and Saturday afternoon/evenings

### [St Luke's United Methodist Church](#)

<https://stlukesumc.org/>  
480 S Highland St, Memphis, TN 38111  
(901) 452-6262

Saturday Supper at 4:00 PM  
Community Breakfast, Sundays 8:00 AM  
University Cluster Food Pantry: 2nd and 4th Thursday of each month from 9:30 AM until 12:00 PM (zip codes: 38111, 38114, and 38117, but accept all in need)

### [St. Patrick Catholic Church](#)

<http://stpatsmemphis.org/>  
277 S 4th St, Memphis, TN 38126  
(901) 527-2542

Food pantry may be available.

### [Trinity Community Coalition Outreach](#)

<http://www.trinitycommunitycoalitionoutreach.com/>  
425 W Peebles Rd. Memphis, TN 38109  
(901) 859-7849 (Case Management)  
(901) 729-7180 (Program Director)

\*\*Possible food and emergency shelter available

### [United Methodist Neighborhood Centers- Memphis \(UMNC-M\)](#)

<http://www.umnc-memphis.org/>  
SCOTT CENTER FOOD PANTRY  
6050 Summer Ave. Memphis, TN 38134  
(901) 323-4993

Tuesday and Thursday, 9:00 AM-12:00 PM  
(Zip codes 38111, 38112, and 38152)

### [8th Street Mission for Jesus Christ - West Memphis Arkansas](#)

<http://www.8thstreetmission.org/>  
717 E. Broadway, West Memphis, AR 72303

3 meals/day and food baskets

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## National Food Assistance Resources

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### [Benefits.gov](https://www.benefits.gov/)

<https://www.benefits.gov/>

- Learn about various resources available to assist Tennessee residents in need of housing, food, or health assistance.
- Including but not limited to: Head Start, TennCare, energy assistance programs, food stamps, and WIC

### [Tennessee Department of Human Services](https://www.tn.gov/humanservices/)

<https://www.tn.gov/humanservices/>

- Applying for SNAP benefits (food stamps) and WIC
- Services: Food Stamp; Families First; Child Care Certificate; Medicaid; TennCare.

#### Dist. 8, Cty. #79

40 South Main St. Memphis, TN 38103  
(901) 543-7351

Office Hours: 8:00 AM - 4:30 PM

4885 Stage Road Memphis, TN 38128

(901) 320-7200

Office Hours: 8:00 AM - 4:30 PM

6941 Winchester Road Memphis, TN  
38115

(901) 320-7200

Office Hours: 8:00 AM - 4:30 PM

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# Health and Personal Safety

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## Domestic Violence Resources

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### [Abused Women's Services/Memphis Family Shelter- YWCA](http://www.memphisywca.org/hotline-shelter/)

<http://www.memphisywca.org/hotline-shelter/>

- Emergency shelter to abused women and their children.
- Residents of the YWCA shelter are provided with counseling, referrals, and connected with resources that can help them begin their transition to a new life free of abuse.

(901) 725-4277

\*\*Shelter is in an undisclosed location

### [Circle of Inspiration- Trinity Lutheran Church](https://trinitymemphis.org/heal/circle-of-inspiration/)

<https://trinitymemphis.org/heal/circle-of-inspiration/>

- A free semi-monthly support / prayer group for female survivors and victims of domestic abuse.

210 Washington Ave. Memphis TN 38103

(901) 525-1056

When: Meetings are two Saturdays a month from 11:00 AM- 12:30 PM  
(confidential location)

### [Cocaine and Alcohol Awareness Program, Inc. Memphis](http://www.caapincorporated.com/)

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

- CAAP Domestic Violence Program provides a 24-hour crisis line, 7 days a week, to offer crisis counseling, services, information, and referrals.
- CAAP provides a personal and legal advocate to walk victims through the legal process and accompany them to court.

4041 Knight Arnold Rd., Memphis, TN 38118

(901) 367-7550

\*\*Transitional housing may be available

### [Community Legal Center \(CLC\)](http://clcmemphis.org/)

<http://clcmemphis.org/>

- A legal aid agency offering a number of civil legal services to those of limited financial means and those at risk, including populations not served by other legal aid agencies.

243 Adams Avenue, Memphis, TN 38126

(901) 543-3395

Hours: Monday -Friday 9:00 AM to 5:00 PM

### [Family Safety Center](http://familysafetycenter.org/)

<http://familysafetycenter.org/>

- Provide assistance to the victims and help them navigate through the many services available to them.
- Services include but are not limited to: Safety planning, confidential emergency shelter, counseling for victims of domestic violence and children witnesses of domestic violence, assistance with orders of protection, civil legal services, and advice and court advocacy.

1750 Madison Ave, Suite 600, Memphis, TN

(901) 222-4400

24-hour crisis line (901)800-6064

\*\*Emergency shelter at undisclosed location

### [Kindred Place](https://www.kindred-place.org/)

<https://www.kindred-place.org/>

- Offers a range of treatment options for adults, children, and families.
  - Individual and Family Therapy, Parent-Child Interaction Therapy, Trauma-focused Group Therapy, Domestic Violence Assessment Center, etc.

2180 Union Avenue, Memphis, TN

38104

(901) 276-2200

info@kindred-place.org

Classes also available on a variety of topics.

### Memphis Area Legal Services

<http://www.malsi.org/>

- Provides free legal assistance in civil (non-criminal) matters to persons in Fayette, Lauderdale, Shelby and Tipton counties in Tennessee. Most of our services are only available to low income or elderly persons.
- Services include but are not limited to: Family and children legal advocacy.

200 Jefferson, suite 1075, Memphis, TN38103  
(901) 523-8822

### Memphis Child Advocacy Center

<https://www.memphiscac.org/>

- The Shelby County Child Protection Investigation Team is headquartered at the Memphis CAC. Kid-friendly campus is a central location for families to get the help they need after abuse has been reported.

1085 Poplar Ave. Memphis, TN 38105  
(901) 525-2377

### Memphis Union Mission- Moriah House

<https://www.memphisunionmission.org/>

- A long-term recovery program for women and their children.
- This structured program is by referral.

(901) 526-8403  
moriahhouseAR@memphisunionmission.org

### Shelby County Crime Victims Center

<https://crimevictimscenter.shelbycountyttn.gov/>

- Services include but are not limited to: Crisis counseling, assistance with obtaining an Order of Protection, and help locating social service needs.

1060 Madison Ave. Memphis, TN 38104  
(901) 222-3950

Hours: Monday - Friday 8:00 AM - 4:30 PM, and after hours

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## *Low Cost/Free Medical Care*

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The following locations accept patients without insurance. It is suggested that you contact them prior to arrival to discuss costs related to care as each provider bills patients differently.

### A Step Ahead Foundation

<https://www.astepaheadfoundation.org/>

- Partners with 27 clinics across Shelby County to offer access to free birth control, IUD insertion, and implant insertion.

(901) 320-STEP

Multiple locations across Memphis

### Caritas Village

<http://www.caritasvillage.org/index.html>

- Free walk-in minor medical healthcare for residents of Binghamton, zip code 38112

2509 Harvard Ave. Memphis, TN 38112  
(901) 327-5246

\*\*Mixed reports if still in operation.

### CHOICES - Memphis Center for Reproductive Health

<https://memphischoices.org/>

- Services include wellness exams, family planning, LGBTQ services, and STD testing.
- A variety of health insurance plans are accepted.
- Financial assistance may be available.

726 Poplar Ave, Memphis, TN 38104  
(901) 274-3550

(618) 300-6017 Carbondale location

### Christ Community Health Services

<https://www.christcommunityhealth.org/>

- A variety of health insurance plans are accepted but is not required to utilize services.
- Multiple locations throughout Shelby County.

Main Office  
2595 Central Ave. Memphis, TN 38104  
(901) 842-3160

### Church Health

<https://churchhealth.org/>

- Services include but are not limited to: Medical, dental, vision, and pediatrics.
- Provides low-cost healthcare for uninsured patients.

1350 Concourse Ave. Suite 142, Fl. 1, Memphis  
(901) 272-0003



### Memphis Health Center

<http://www.memphishealthcenter.org/>

- Provides a variety of comprehensive health services including but not limited to: Immunizations obstetrics and gynecology, dental, and wellness exams.
- A variety of health insurance plans are accepted including. Contact their main site to learn more about their fees, services, and hours of operation.

Memphis Health Center Main Site:  
360 EH Crump Blvd. Memphis, TN 38126  
(901)-261-2000

Open Mon.-Sat.

### Memphis Muslim Medical Care

<http://muslimclinic.org/>

- Provides a variety of comprehensive health services including but not limited to general wellness exams, well women exams, and pediatrics.

1055 Stratford Road, Memphis, TN 38122  
(901) 685-3901

### Planned Parenthood - Memphis

<https://www.plannedparenthood.org/>

- Services include women wellness exams, family planning, and STD testing.
- A variety of health insurance plans are accepted, as well as patients without insurance seeking care.

2430 Poplar Ave #100, Memphis, TN  
(901) 725-1717

835 Virginia Run Cove, Memphis, TN  
(901) 725-1717 or (866) 711-1717

### Regional One Health

<https://www.regionalonehealth.org/locations-overview/>

- Multiple locations throughout Memphis. Contact each location regarding available services and fees.

### Shelby County Health Department

<http://tn-shelbycountyhealth.civicplus.com/Facilities>

- Multiple locations throughout the county. Contact each location regarding available services and fees.

## Additional Resources

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### *Low-Cost Childcare*

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#### Porter-Leath

<https://www.porterleath.org/>

- Preschool encompasses several components, including Early Head Start, Head Start, Pre-K and more. Porter-Leath is the grantee for Early Head and Head Start for Shelby County Schools.
  - Early Head Start: birth- 3 years, Head Start: 3 – 5 years, Pre-K: 5 years
- Tuition costs vary.

3400 Prescott Road, Memphis, TN 38107  
(901) 577-2500

\*\*Multiple locations throughout Memphis

#### Tennessee Department of Human Services

<https://www.tn.gov/humanservices.html>

- Locating DHS approved childcare (childcare assistance available) by zip code
- To apply for Smart Steps childcare assistance for children ages 6 weeks to 5 years.

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### *Immigration Services*

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#### Catholic Charities of West Tennessee

<http://www.ccwtn.org/>

- Some locations provide immigration related services and refugee assistance. Contact for information.

1325 Jefferson Ave. Memphis, TN 38104  
(901) 722-4700

#### Community Legal Center (CLC)

<http://clcmemphis.org/>

- A legal aid agency offering a number of civil legal services to those of limited financial means and those at risk, including populations not served by other legal aid agencies.

243 Adams Avenue, Memphis, TN 38126  
(901) 543-3395

Hours: Monday -Friday 9:00 AM to 5:00 PM

### Latino Memphis, Inc. - Derechos Immigration Program

<https://www.latinomemphis.org/>

- Assists Latinos in the Greater Memphis area by connecting, collaborating, and advocating for health, education and justice. This includes assisting individuals and families with finding healthcare, learning how to speak English, employment searches, or enrolling in school.
- Provide accessible legal immigration advice and representation to their clients.

6041 Mt. Moriah Rd. Ext. Suite 16, Memphis, TN  
(901) 366-5882

### Memphis YWCA- Immigrant Women's Services

<https://www.memphisywca.org/>

- The YWCA empowers domestic violence survivors to take control of their lives, while offering them safety and the resources to ensure their self-sufficiency.

766 S. Highland St. Memphis, TN 38111  
(901) 458-2550

(901) 725-4277 (YWCA-Abused  
Women's Services Crisis Hotline)

### Mid-South Immigration Advocates

<http://miamemphis.org/>

- Provides free and affordable immigration representation to low-income clients. Including direct representation before the Memphis Immigration Court and U.S. Citizenship and Immigration Services.
- The Children's Project: MIA's Children's Project provides free direct legal representation to Mid-South children facing deportation.
- The Survivors' Project: MIA provides free legal services to a significant number of victims of violent crime, particularly domestic violence and sexual assault.

3340 Poplar Avenue, Suite 215, Memphis, TN  
(901) 244-4367 (English)

(901) 466-8819 (Spanish)

### U.S. Citizenship and Immigration Services

<https://www.uscis.gov/>

- Oversees lawful immigration to the United States. Services include but are not limited to immigration of family members, citizenship, and working in the U.S.

80 Monroe Ave. Seventh Floor, Memphis, TN  
38103

### Workers Interfaith Network

- The Memphis Workers' Center partners with workers to stop wage theft and uphold your basic rights.

3035 Directors Row, Building B, Ste 1207,  
Memphis, TN 38131  
(901) 332-3570

\*\*Unsure if still operating. Information  
varies.

### World Relief (Memphis Office)

<https://worldreliefmemphis.org/>

- Provides assistance with refugee resettlement and employment services.
- Webpage has information on local resources that assist with immigrant legal services.

5340 Quince Rd, Suite A, Memphis, TN 38119  
(901) 341-0220

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## *Social Justice Resources*

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### Mid-South Peace and Justice Center

<https://midsouthpeace.org/>

- A multi-issue, multi-race organization whose mission is to engage, organize, and mobilize communities to realize social justice through nonviolent action.

1000 Cooper St. Memphis, TN 38104  
(901)725-4990

Hours: Monday - Friday 9:00 AM -  
5:00PM

### Shelby County Crime Victims Center

<https://crimevictimscenter.shelbycountyttn.gov/>

- Services include but are not limited to: Crisis counseling, assistance with obtaining an Order of Protection, and help locating social service needs.

1060 Madison Ave. Memphis, TN 38104  
(901) 222-3950

Hours: Monday - Friday 8:00 AM -  
4:30 PM, and after hours