

FAMILIES HELPING FAMILIES

RESOURCE GUIDE



2927 Hodges Street, Lake Charles, LA 70601
(337) 436-2570 1-800-894-6558 Fax: (337) 436-2578
Email: info@fhfswla.org Website: www.fhfswla.org

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

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

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FHF SWLA Fact Sheet

Our community includes: Allen, Beauregard, Calcasieu, Cameron and Jeff Davis parishes

Information and Referral

IMCAL Developmental Disabilities Support and Information Coordinator

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

Parent Stipends

Funds sponsored by the Louisiana Developmental Disabilities Council to provide specific financial assistance to individuals with **developmental disabilities** and parents/family members to help in attending regional, state and local conferences related to disabilities.

Resource Lending Library

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

Education and Training

Louisiana Department of Education Contract

Promotes collaboration between home, school and community through planned workshops and one-on-one training from our Education Coordinators & Transition Specialist to effectively work with the school system to facilitate a free appropriate public education for students with special education needs.

LaTEACH – Louisiana Together Educating All Children

A statewide grassroots advocacy network created for the purpose of effecting systems change. LaTEACH is an initiative of the Louisiana Developmental Disabilities Council.

PEACD Project

Parents Empowered Around a Child with a Disability. (PEACD) is funded by the Louisiana Children's Trust Fund and is a program that will provide knowledge and skills pertaining to the different areas associated with raising a child with disabilities such as advocacy, resolving conflict, and record keeping.

LaCAN – Louisiana Citizens for Action Now

Statewide grassroots network of individuals advocating for a system that supports individuals with developmental disabilities living in their own homes rather than having to move to a facility to receive needed services.

Peer Support

Families Can't Wait...Because Children Can't Wait

This program matches newly identified parents of children with disabilities with trained, experienced mentor parents to facilitate one on one emotional support.

Community Outreach Specialist

The program offers community awareness and parent support for the EarlySteps program. The specialist is a parent of a child with a disability who is under the age of ten and can offer parent support as well as information and referral.

Children's Special Health Services Parent Liaison

The Parent Liaison is a family member who works with the local CSHS clinics and fosters support, information and referral to families of children receiving CSHS clinic services. The Parent Liaison also provides outreach for CSHS targeting families and providers.

Next Chapter Book Club (NCBC)

NCBC provides people with disabilities regardless of their reading skills the opportunity to read and learn to read, talk about books, and make friends in a fun, community setting.

Food & Clothing Services

Abraham's Tent

(337) 439-9330 (2300 Fruge St., Lake Charles 70601)

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

Allen P. August Multi-Purpose Center Annex/ Calcasieu Parish Police Jury Human Service Dept.

(337) 721-4020 Fax: (337) 721-4184 (2000 Moeling St., Lake Charles 70601)

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

Beauregard Community Action Association, Inc.

(337) 463-7263 & (337) 463-7895 Fax: (337) 463-8382

(104 West Port St., DeRidder, 70634 – near Council on Aging & Beauregard Mental Health)

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

Catholic Charities

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

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

Christian World

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

- Food pantry serves 4 zip codes: 70605, 70607, 70630, and 70646. Open on Thurs. from 9:30 to 10:30 in fellowship hall. Must have photo ID, proof of hardship or income and social security card on everyone in household. **FOOD ONLY!**

City of Refuge (Veteran's Homeless Shelter)

(337) 589-4407 Fax: (337) 589-3063 (5899 Hwy 3112, Vinton, 70668)

- Food, clothing, and blankets available

Community Outreach Center

(337)786-7520 Fax: (337)786 3535

(1006 E. 4th Street, DeQuincy, LA 70633)

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

Faith and Friends Food Pantry

(New location: 4009 J. Bennett Johnston, Lake Charles, LA 70615) Phone: (337)439-9494

- Monday – Thursday 1 to 2:30 pm
- Bring photo ID, proof of income and residence, SS card for each person in household
- Only for Calcasieu Parish Residents

Faithshare Outreach

(337) 905-1333 (1827 Hwy 384, Lake Charles 70607)

- **ONLY FOR CAMERON PARISH RESIDENTS**
- Located in Sweetlake, LA

- Offer food, clothing and other assistance, but **not** rent or utility assistance.
- School uniforms for sale to anyone
- Can use a voucher from a non-profit organization to purchase in Cameron parish
- Hours: 8 – 12noon, Mon., Wed., & Fri.
- Medical equipment available for loan

Food Stamps & Governmental Food Assistance(La. Dept. of Children & Family Services)

1-888-524-3578 (1-888-LAHELPU) & www.dcf.la.gov

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

Glad Tidings Food Pantry (will do emergency if needed)

(337) 474-6080 (3400 Texas St., Lake Charles 70607)

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

God's Food Box (A Ministry of Beauregard Ministerial Alliance)

(337)463-4449 (426 McMahan ST., P.O. Box 1245, DeRidder, LA 70634)

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

Greater St. Mary Missionary Baptist Church/ F.H. Dunn Resurrection Center

(337) 494-7945 Fax: (337) 494-7946 (1401 Moeling, Lake Charles 70601)

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

Jeff Davis Council on Aging

(337) 824-5504 Fax: (337) 616-8622 (210 S. State St., P.O. Box 734, Jennings, La. 70546)

- USDA commodities, food for families, public transit, emergency food and shelter, meals on wheels and congregate meal site, homemaker, respite care, wellness program, recreation, SR Rx meds, Acadian on-call, material aid, and transportation – elderly(60 and above), public & Medicaid(everyone) as available.

Manna Ministries – St. Luke Simpson United Methodist Church

(337) 802-3729 (1500 Country Club Road, Lake Charles 70605)

- Every Wednesday 9:00 a.m.-11:00 a.m. for food assistance. (Can use once a quarter.)
- Financial and utility assistance (electricity, gas & water – no phone) only after registering.

- For Allen, Beauregard, Calcasieu, Cameron, Jeff Davis, Rapides, and Vernon Parishes. **Must register first.**

Oak Park Food Pantry at 1st Christian Church

- Phone calls about food pantry (337) 478-3034
- Location of food pantry at 1611 17th Street, Lake Charles 70601
- 8 to 9 am Tuesday & Thursday
- For residents south of Broad Street, north of McNeese St., east of Lake St., west of Hwy 14.
- Need current utility bill and SS# for each member of household
- Do not serve single men unless they have a child in their household
- **If person needs further info call Mary at St. Margaret Catholic Church at (337) 439-4585.**

Salvation Army Center of Hope

(337) 433-4155 Fax: (337) 721-8069 (3020 Legion St., Lake Charles 70615)

- Mon.-Fri. 10 am – 3 pm. Can use once every 6 months.(Clothing Voucher)
- Photo ID, SSN, Proof of Income, Utility Bill, and Fire Report Required (only needed for furniture after a fire)
- Must have food stamp letter from Food Stamp Office.

Second Harvest Food Bank of Greater New Orleans & Acadiana (<http://www.no-hunger.org>)

(504) 734-1322 (New Orleans) and (337) 237-7711 (Lafayette)

- Food distribution to established food pantries and feeding sites & emergency/disaster supply.
- 7:30 am- 4 pm, Mon.-Fri. (New Orleans office)
- 8 am – 12 & 1 – 4 pm Mon.-Fri. (Lafayette office)

Seventh Day Adventist Church

(337) 478-8353 (1537 Country Club Road, Lake Charles 70605)

- Food & clothing distributions at the rear of the building on Tues. & Wed. from 8:30 to 12.

Shepherd's Inn Outreach of United Christian Fellowship Church

(337) 433-9442 (2802 Opelousas Street, Lake Charles 70615 – In the yellow house)

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

Saints Memorial Church of God in Christ

(337) 439-8680 (1717 Moeling St., Lake Charles 70601)

- Food Pantry opens (1st and 3rd Saturdays of each month) from 9 a.m. to 11 a.m. Call to verify the week before.
- Bring proof of income and ID

Westlake United Methodist Church

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

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

Water's Edge Gathering

(337) 478-3305 (2760 Power Centre Parkway Lake Charles, La. 70607)

www.watersedgegathering.com

- Food Pantry
- Clothing

Housing Assistance

Bayou Bluff Apartments

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

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

Calcasieu Parish Human Services Department/Continuum of Care Access Center

(337) 494-5841 Fax: (337) 494-5842 (2300 Fruge Street, Lake Charles 70601)

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

Calcasieu Council on Aging HUD Section 202 Housing

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

CARC – Housing www.carc.us

(337) 433-3620 Fax: (337) 439-1886 (4100 J. Bennett Johnston Ave., Lake Charles 70615)

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

Chateau Du Lac

(337) 436-0380 (333 Mill Street, Lake Charles, LA 70601)

- Apartments for individuals who are 62 or older and/or with a disability receiving SSI or SS.

Grand Lake Elderly Apartments (Cameron Council on Aging)

(337) 905-0381 (10104 Gulf Hwy., Lake Charles 70607) Contact Person: Lori Broussard

- Apartments for 55 years old and up who have a low income.

Habitat for Humanity www.hfhca.org

(337) 497-0129 Fax: (337) 497-0470 (3551 Avenue C, Lake Charles 70615)

- Build houses from the ground up; rehab of some houses in limited area.
- **Open enrollment. Pick up applications at office or call for info.**
- Land donations accepted-welcomed.

- **Habitat ReStore**, 3960 Gerstner Memorial Blvd (Hwy 14); (337) 310-1771; open Wed. – Sat., 9 to 5; affordable building materials, furniture, household goods and appliances for sale; donations made at store or pickups can be arranged

Kingsley Court Apartments

(337) 436-5722 Fax: (337) 436-5723 (404 Cedar Way, Lake Charles, La 70601)

- ☐ Low income apartments that are part of the LCHA but with their own application process. Some disabled units may be available.
- Applications available.

Louisiana Housing Search Service

<http://www.lahousingsearch.org>

Maison D’Amis (NAMI) – Independent Living

(337) 437-7919 (401 Gerdsen, Lake Charles, LA 70601)

- Apartments for mentally ill persons who qualify. Currently has wait list.

Permanent Supportive Housing Program

(337) 497-0034 (A program run by Volunteers of America.)

- Housing with case management assistance for a household in need of housing who has a member with a disability that qualifies them for Medicaid services, earns less than 30% AMI and **is in need of supportive services.**

Project Build a Future

Main # (337)439-7191 (2306 3rd St. Lake Charles, LA 70601)

- A non-profit corporation committed to building and selling quality, affordable housing.
- Target area is north of Broad Street
- Develops quality, affordable housing. and provides down payment assistance to make homes affordable.
- Provides homebuyer counseling and financial literacy services, including assistance in rebuilding credit and reducing debt
- If interested in purchasing a beautiful, new home call the office to obtain an application.

The Road Home

1-888-762-3252 & www.road2la.org

- Registered applicants may receive housing assistance or buyouts.

USDA OFFICE- Rural Development Housing Programs

www.rurdev.usda.gov/la

- For applications call (337) 262-6602 ext. 4 - Lafayette USDA Service Center, Mon.-Fri. 8-4:30 p.m.
- Low-income applicants can build or buy; **very** low-income property owners can repair

Volunteers of America Mental Health Housing Services

(337) 497-0034 Fax: (337) 497-0229

- Housing available for mentally ill persons who qualify.

Volunteers of America Elderly Housing in Elton

(337) 497-0034 Fax: (337) 497-0229

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

Housing Authorities

Calcasieu Parish Housing Authority DeRidder Housing Authority

(337) 721-4030 & Fax: (337) 721-4031 (337) 463-7288 & Fax: (337) 463-3671
Waiting list - closed until further notice

Dequincy Housing Authority Housing Authority of Iowa

(337) 786-2381 & Fax: (337) 786-3204 (337) 582-6730 & Fax: (337) 582-3280

Elton Housing Authority

(337) 584-2541 Fax: (337) 639-2625

Jennings Housing Authority Kinder Housing Authority

(337) 824-5642 & Fax: (337) 824-5649 (337) 738-2079 & Fax: (337) 584-2541

Lake Arthur Housing Authority Lake Charles Housing Authority

(337) 774-3692 & Fax: (337) 774-2997 (337) 436-7628 & Fax: (337) 436-9798

Merryville Housing Authority Oakdale Housing Authority

(337) 825-8770 & Fax: (337) 825-8778 (318) 335-0712 & Fax: (318) 335-9326

Oberlin Housing Authority Sulphur Housing Authority

(337) 584-2541 Fax: (337) 639-2625 (337) 527-5248 Fax: (337) 527-0681

Vinton Housing Authority Welsh Housing Authority

(337) 589-5331 Fax: (337) 589-3677 (337) 734-2647 Fax: (337) 734-4857

Utilities Assistance

LIHEAP (Low Income Home Energy Assistance Program)

(337) 721-4020 Fax: (337) 721-4184 (2000 Moeling St., Lake Charles 70601)

Manna Ministries

2-1-1

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

Catholic Charities

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

- Assists with rent, mortgage payments to prevent eviction, utilities , food, medical prescriptions
- Appointment ONLY by calling on the first day of the work week

First Baptist Church of Sulphur

(337) 527-5231

Care Help of Sulphur

(337) 528-2273 Fax (337)310-0199 / 200 N. Huntington, Sulphur LA 70663

- Utilities, food, emergency medications, clothing and school uniforms for Sulphur residents
- Transportation program
- Free computer and Life Skills classes
- Thrift stores and donations open Saturday 10-4pm

Caring Hands

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

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

Jeff Davis Parish Assistance Agency

(337) 824-7800 Fax: (337) 824-7805 www.assistagency.org

P.O. Box 1404 Crowley 70526 & P.O. Box 1227 Jennings, LA 70546

- Food, medicine, utility, housing, legal services and many more. 8:00 to 4:30 Mon- Friday

Martin DePorres Catholic Church

(337) 478-3845/ 5326 Elliot Rd Lake Charles LA 70605

- ❖ Mon- Fri 9am to 4:30pm

St. Luke's Church

(337) 474-1500/ 1500 Country Club Rd. Lake Charles LA 70605

St. Margaret's Catholic Church

(337) 439-4585/ 2500 Enterprise Blvd. Lake Charles LA 70601

Emergency & Homeless Shelters

City of Refuge (Veteran's Homeless Shelter)

(337) 589-4407 & Fax: (337) 589-3063 (5899 Hwy 3112, Vinton 70668)

- ❖ For single adults; for single parent with family

ETC Transitional Living Program for Homeless Youth

(337) 419-1904 or (337) 433-8636 Fax: (337) 433-8638

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

ETC Harbour House

(337) 433-6739 & Fax: (337) 436-7720

- ❖ 16 bed residential facility for children ages 9-17 years old
 - ❖ Provides emergency shelter services for children and youth needing a safe place
 - ❖ Serves runaway or homeless youth; youth involved with foster care or juvenile justice systems; and other children in crisis
 - ❖ Parents/guardians or other agencies can call to check eligibility
 - ❖ In general, services provided at no cost to client
 - ❖ **Freedom House— Help for Drug & Alcohol Abuse**
- (318) 518-3878 (1408 Hwy 5, Logansport, LA 71049)
- ❖ No Charge; applicant must call Brother Wayne Jones for interview.

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

Jeff Davis Council on Aging

(337) 824-5504 Fax: (337) 616-8622 (210 S. State St., P.O. Box 734, Jennings 70546)

Jeff Davis C.A.D.A. <http://www.jeffdaviscada.com>

(337) 616-8418 & toll-free 1-866-883-2232 Fax: (337) 616-8421 (P. O. Box 826 Jennings La. 70546)

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

June N. Jenkins Women's Shelter/Beauregard Community Concerns

(337) 462-1452 & Fax: (337) 463-5495

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

Lord's Place

(337) 494-6277 Fax (337) 990-5285/Earl (manager) - (337) 853-7222/

Pastor Russell Benoit (337) 249-3144 (126 Kirkman St., Lake Charles 70601)

- ❖ For single men ages 18 and over.
- ❖ Website: www.LordsOutreach.TvHeaven.com / E-mail: <mailto:LordsOutreach@aol.com>

Nepenthe House (Matthew 25:40 Corporation)

(337) 430-0888 or 439-3061 (1414 Martha Street, Lake Charles, LA 70601)

- ❖ Long term substance abuse recovery program for men who have completed a 28 day residential treatment program. Referrals from judicial programs, law enforcement, or treatment programs only.

Oasis a Safe Haven for Survivors of Domestic and Sexual Violence

(337) 436-4552 or 1-800-223-8066 or 1-888-411-1333 (LA Domestic Violence Hotline)

Fax: (337) 436-8327

Potter's House & Potter's House Annex (Assistant Living)

(337) 477-1116 & Fax: (337) 477-1102 (3233 Kirkman St., Lake Charles 70601) Rev. Leona Benoit, Dir.

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

Salvation Army Center of Hope

(337) 433-4155 Fax: (337) 721-8069 (3020 Legion St., Lake Charles 70615)

- ❖ For men only.
- ❖ No felony charge of child abuse/no sexual or violent crime of any kind
- ❖ Check-in time is from 4:30 p.m. to 6 p.m.; special circumstances, call in advance up to 12 a.m.
- ❖ Must pass breathalyzer test and drug test before admittance
- ❖ Picture ID & state ID required

Veteran's Homeless Resource

1-877-424-3838 (Alexandria, VA)

Welcome House

(337) 783-7066 (24292 Crowley Eunice Hwy., Crowley, Louisiana 70526)

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

- ❖ Not accepting those from psychiatric facilities.

Housing Repairs

Bayou Response

(337) 532-4131 Contact: Renee Amos @ <mailto:prblessed8@gmail.com>

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

Rebuilding Together <http://www.rebuildingtogethercalcasieu.org>

(337) 478-1755 Fax: (337) 478-1744

- ❖ Help to make minor moderate repairs to houses for low-income families, the elderly, and the disabled.
- ❖ Income guidelines and home ownership required. **Calcasieu Parish only.**

FEMA Assistance

FEMA

1-800-621-3362

- TO APPLY ON THE PHONE and ALL OTHER ASSISTANCE
- FEMA rental resources – <https://asd.fema.gov/inter/hportal/home.htm>

Case Management & Multi-Assistance Agencies

Advocacy Center

1-800-960-7705 Fax: (504) 522-5507

(8325 Oak St., New Orleans, 70118) Website: <http://www.advocacyla.org>

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

Allen Action Agency <http://www.allenactionagency.org>

(337) 639-4348 Fax: (337) 639-4715 (505 W. 7th Ave., P.O. Box 540, Oberlin 70655)

- Headstart, energy assistance, toys for tots and weatherization.
- United Way agency assisting with emergency crisis program

BeauCARE

(337) 462-2273 Fax: (337) 462-2268 (628 High School Dr., P.O. Box 1779, DeRidder 70634)

<http://www.beaucares.org>

- Multi-assistance agency providing programs in youth development, family life, education, and sports, recreation & health for residents of all ages in Beauregard Parish and Southwest Louisiana with a strong focus on children and families considered at-risk.

Care Help of Sulphur <http://www.care-help.org>

(337) 528-2273 Fax: (337) 310-0199 (200 N. Huntington, Sulphur 70663)

- Utilities, food, emergency medications, clothing and school uniforms for Sulphur residents.
- Free computer classes, life skills classes and Bible study.
- Thrift store - open on Saturdays 10-4 pm; donations accepted 8 a.m. - 3:45 p.m.

- Thrift store - open M-F 10 a.m. -5 p.m.; donations accepted 8 a.m. - 4:45 p.m.
- Social Services - assistance office 9 a.m. – 4:30 p.m. M,T,Th,F; closed 1-2 for lunch

Caring Hands

(337) 616-3081 (P.O. BOX 1204; 327 N. Main St., Jennings, La. 70546) email:

<mailto:caringh@bellsouth.net>

- Qualified Jeff Davis residents only.
- Open Mon. – Thurs. 1-4 p.m. & applications taken 1 – 3 p.m.
- Assists with disaster needs, utilities, food, clothing and household items.
- Bring photo ID, Proof of income, all current bills, last 2 bank statements, Social security cards, and food stamp approval letter if applicable.

Catholic Charities Diocese of Lake Charles

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

- Serves Allen, Beauregard, Calcasieu, Cameron and Jeff Davis parishes.
- Emergency Financial Assistance for qualified applicants: rent, mortgage, utilities, funeral expenses, state IDs, and TWIC application fees. Some limited medication assistance is available.
- **Appointment only by calling on the first day of the work week at 9 am. No walk-ins please.**

Greater St. Mary Missionary Baptist Church/ F.H. Dunn Resurrection Center

(337) 494-7945 Fax: (337) 494-7946 (1401 Moeling, Lake Charles 70601)

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

H.O.P.E. Center -Helping Our People to Excel

(Hwy. 190E in Ragley 70657) Contact: Larry & Linda Harvey (337) 526-1825

- Serves Beauregard, Jeff Davis and Calcasieu parishes on 4th Wednesday and Thursday 9 a.m. to 12 p.m.
- Food is distributed on the 4th Wed. & Thurs. of the month.

La Familia Resource Center

(337) 312-2906 Fax: (337) 564-5402 (114 W. Clarence St., Lake Charles 70601)

- Open Mon. – Thurs. from 9:00 a.m. to 4 p.m., Fri. 9 to 12 by appointment only
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

LIHEAP-(Low Income Home Energy Assistance Program)/ Allen P. August Multi-Purpose Center Annex

(337) 721-4030 Fax: (337) 721-4180 (2000 Moeling St., Lake Charles 70601)

- To assist residents in Calcasieu Parish with electric or gas bills twice a year based on income.
- Multi-Purpose Building- **Appointment only by calling (337) 721-4033.** Income guidelines apply.

Jeff Davis Parish Assist Agency

(337) 824-7800 Fax: (337) 824-7805 <http://www.assistagency.org> Contact – Angela Lavallier Scott
(Mailing: P. O. Box 1404 Crowley 70526 & P. O. Box 1227 Jennings, La. 70546)
(Physical: 107 E. Nepique St., Jennings 70546)

- Food, medicine, utility, housing, legal services and many more. 8:00 a.m. to 4:30 p.m. Mon. – Friday

Manna Ministries – St. Luke Simpson United Methodist Church

(337) 802-3729 (1500 Country Club Road, Lake Charles 70605)

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

St. Frances Cabrini Immigration Law Center

(337) 477-0683 Fax: (337) 477-1863 (3226 Lake Street, Lake Charles 70601)

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

Elderly Assistance

9-1-1- SNAP- Special Needs Assistance Program (ONLY CALCASIEU PARISH)

(337) 4970034 Fax: (337) 497-0229

- Voluntary program to assist elderly, special, needs people or any person that may have limitations that need assistance during an emergency.

Allen Council on Aging

1-800-256-2851 & E-mail: <mailto:allencouncil@bellsouth.net> Fax: (318) 335-3199

(Physical-- 602 E. 5th Ave., Oakdale 71463) (mail – P.O. Drawer EL, Oakdale 71463)

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

Beauregard Council on Aging

(337) 463-6578 & (337) 463-9694 Fax: (337) 463-7431 (104 West Port St., DeRidder 70634)

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

Benefits Check Up <http://www.benefitscheckup.org>

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

Better Business Bureau of SWLA <http://lakecharles.bbb.org>

(337) 478-6253 or 1-800-542-7085 Fax: (337) 474-8981

www.bbb.org

2309 E. Prien lake Rd. Lake Charles, LA 70601

- ❖ Mon.-Thurs. 8-12 & 1-4; Fri. 8-12

Allen P. August Multi-Purpose Center Annex

(337) 721-4020 or 1-800-542-7074 Fax: (337)721-4184
1155 Ryan St. 2nd Floor Ste. A Lake Charles, La.
Open 8 to 12pm; 1-5 pm Mon- Fri

Calcasieu Parish Council on Aging www.calcoa.org

(337) 474-2583 & 1-800-223-5872 Fax; (337) 474-6563 / 3950 Hwy 14, Lake Charles LA 70607

- Utility assistance, prescription assistance, homemakers services (light housekeeping twice a month), meals on wheels, medical alert button, Medicare part D assistance with people to assist elderly to apply.
- For ages 60+
- Family Caregiver Support Groups- This program is for those individuals who are caring for a loved one. Meetings are held monthly. **There is no age requirement for this service.**
The Gardens – 3rd Wed. at noon, 1401 Country Club Rd., Lake Charles
West Calcasieu-Cameron Hospital – 3rd Thurs. at noon, Cafeteria Conf. Rm., 701 Cypress St., Sulphur

Emeritus Senior Living – 4th Tues. at 5:30 p.m., 2420 Country Club Rd., Lake Charles

Calcasieu Parish Sherriff's Office

(337) 491-3626 Fax: (337) 439-1684 / 2112 Moeling St, Lake Charles LA 70601

- Elderly Service's offering transportation for ambulatory senior citizens, assist seniors to go thru the court system, assist to retain restraining orders to pick up food/commodities , medications and transport to doctor's appointments. Mon-Fri 8-4p

Cameron Parish Council on Aging

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

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

Experience Works <http://www.experienceworks.org> local e-mail:

<mailto:experienceworkslc@att.net>

(337) 433-4243 (715 Ryan Street, Ste. 105A, Lake Charles, La 70601)

- Provide training and job asst. to people ages 55 and older on limited incomes and not currently working.

Eye-Care America's Seniors Eye Care Program

1-800-222-3937 www.eyecareamerica.org

- Free exam and up to a year of treatment for persons 65 and older.
- Call to find out if you qualify. Available 24/7 year round.

Grandparents Raising Grandchildren Support Group

(337) 721-4020 (2000 Moeling Street, Lake Charles 70601)

- Meets the 4th Monday of each month from 9:00 am to 11:00 am

Jeff Davis Council on Aging

(337) 824-5504 Fax: (337)616-8622 (P.O. Box 734, 210 S. State St., Jennings, 70546)

- Offers assistance with food, medications, transportation, housekeeping, sitters, utilities, recreation, education, exercise classes and general well being. Legal assistance given. Some minimal donations may apply. Emergency food and shelter given when needed to all ages in Jeff Davis Parish when funds are available. Aerobics classes Mon – Thurs as scheduled.

L.I.F.T. (Living Information For Today)

(337) 439-2446 (3001 Ryan Street, Lake Charles, 70601 at Hixson Funeral Home)

(337) 855-2929(150 Bruce Circle, Lake Charles, 70611 at Hixson Moss Bluff Funeral Home Chapel)

(337) 625-9171 (2051 E. Napoleon St., Sulphur, 70663 at Hixson-Sulphur Memorial Funeral Home)

Jody Barrilleaux, LIFT Director and Community Relations for Hixson Funeral Homes

- Provides information and a social outlet for widows and widowers.
- Meets the 2nd Wed. of the month in Moss Bluff, 3rd Wed. of the month in Sulphur and 4th Wed. of the Month in Lake Charles; 10 am – 12

Louisiana Answers <http://www.louisianaanswers.com>(Connects to Calcasieu Council on Aging)
1-800-223-5872

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

Meals on Wheels - Calcasieu (Calcasieu Council on Aging) <http://www.calcoa.org>

(337) 474-2583 & 1-800-223-5872 Fax: (337) 474-6563

Senior Prescription Assistance-Calcasieu Council on Aging <http://www.calcoa.org>

(337) 474-2583 or 1-800-223-5872 Fax: (337) 474-6563 (3950 Hwy. 14, Lake Charles 70607)

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

Southwest Louisiana Independence Center (SLIC) <http://www.slic-la.org>

(337) 477-7194 & 1-888-403-1062 Fax: (337) 477-7198 (2016 Oak Park Blvd., Lake Charles 70601)

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

VITA (Volunteer Income Tax Assistance) Program

(337) 433-1088 x 11 Fax: (337) 433-3679 (United Way of SWL A)

Employment

Allen Career Solution Center www.laworks.net

602 Court St. (mailing: PO Box 1140, Oberlin, LA 70655)

(337) 639-2175 Fax: (337) 639-2560

AmeriCorps - Impact Lake Charles AmeriCorps

(337) 491-8735 Fax: (337) 491-8760 (Physical-- 326 Pujoe Street, Lake Charles 70601 Mailing-- PO Box 900, Lake Charles, LA 70602)

- Academic assistance – community service

Beauregard Business and Career Solutions <http://www.laworks.net>

(337) 462-5838 Fax: (337) 462-6115 (1102 W. 1st St., DeRidder 70634)

- Workforce training and employment services. Call for information.

Beauregard Christian Women's Job Corps. <http://www.beauregardcwjc.org>

(337) 463-4451 (202 N. Royal St., DeRidder 70634 Mailing – P.O. Box 1362, DeRidder 70634)

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

Experience Works <http://www.experienceworks.org> email: <mailto:experienceworkslc@att.net>

(337) 433-4243 (715 Ryan St., Ste. 105A, Lake Charles, La. 70601)

- Provide training and job assistance to people ages 55 and older on limited incomes and not currently working.

Care Help Sulphur www.care-help.org (also on Facebook)

(337) 528-2273 Fax: (337) 310-0199 (200 N. Huntington, Sulphur 70663)

- Life Skills Class every 2nd Wed of the month at 10 am
- CPT classes on Wed from 2:30 – 4 & 4:30 – 6 pm at 112 E. Thomas in Sulphur.
- Bible classes on Tues. 8 am – 9 am; open to people living anywhere, Call for info.

Louisiana Rehabilitation Services

(337) 475-8038 Fax: (337) 475-8037 (3616 Kirkman St., Lake Charles 70607)

Toll Free: 800-520-0589 TTD# 337-475-8036

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

Louisiana Workforce Commission –Business and Career Solution Center Calcasieu Consortium

(337) 721-4010 & 866-783-5567 & <http://www.laworks.net> (2424 3rd Street, Lake Charles 70601)

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

Unemployment Claims <http://www.laworks.net>

1-866-783-5567

Family Services

BeauCARE

(337) 462-2273 Fax: (337) 462-2268 (628 High School Dr., P.O. Box 1779, DeRidder 70634)

<http://www.beucares.org>

- Provide information, referrals, education, parenting, training, and advocacy for families involved with OCS in Allen or Beauregard Parishes. Many more services than listed.
- Safe visitation center – provides supervised visitation for families in crisis in Allen, Beauregard, Calcasieu and Vernon Parishes.

Calcasieu Parish Animal Services and Adoption Center for Calcasieu <http://www.petfinder.com>

(337) 721-3730 (5500A Swift Plant Rd., Lake Charles 70615)

- Spay Neuter Assistance Program – call for specific guidelines.

Educational & Treatment Council (ETC)

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

Family & Youth Counseling

(337) 436-9533 Fax (337) 439-9941 (220 Louie St., Lake Charles, LA 70601) <http://www.fyca.org>

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

Foreman-Reynaud Community Center

(337) 436-2509 Fax: (337) 436-9843 (215 Albert St., Lake Charles 70601)

- Free homework assistance from 3 p.m. to 5 p.m. Mon. – Thurs.
- Drive Rite classes every other Sat. from 9 a.m. – 3 p.m. (Call ahead)
- Free VITA tax services
- New Health Club – call for details

Gulf Coast Social Services

(337) 436-6622 Fax: (337) 436-4403 (825 Ryan St., Suite 300, Lake Charles 70601)

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

Kid's Need

(337) 425-1711 (P.O. Box 1206, Westlake, 70669) <http://www.iamgracious.org>

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

Volunteers of America Parenting Education Classes & Interagency Service Coordination

(337) 497-0034 Fax: (337) 497-0229

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

Transportation

Calcasieu Parish Public Transit System

<http://www.cppj.net> (337) 721-4040 & Fax: (337) 721-4181 (1155 Ryan St., Suite A, Lake Charles 70601)

- An application is required to participate in special transportation services, which upon approval, can be scheduled with 48-hour advanced notice or more.
- Grocery Shopping Service available for ages 65 or over every 1st and 3rd Saturday of the month from 9 am to 11 am and 1 pm to 3 pm. Individuals limited to one destination per trip.
- Job access and reverse commute from 6am to 11 pm
- All based upon availability.

Medicaid Transportation

1-800-864-6034

- 1st Transit in Crowley (Medicaid recipients only)

Reduced Bus Rate Pass- City of Lake Charles Transit Division

(337) 491-1253 (1155 Ryan St., Lake Charles 70601)

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

Legal Services

Acadiana Legal Services www.la-law.org

(337) 439-0377 Fax: (337) 439-0636 (Capital One Tower, One Lake Shore Dr., Ste.800 Lake Charles 70629)

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

Child Support Enforcement / La. Dept. of Children & Family Services

1-888-524-3578 & www.dcf.la.gov

La Familia Resource Center

(337) 312-2906 Fax: (337) 564-5402 (114 W. Clarence St., Lake Charles 70601)

- Open Mon. – Thurs. from 9:00 a.m. to 4 p.m., Fri. 9 a.m. to 12 by appointment only
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

Louisiana Civil Justice Center

1-800-310-7029 (504)355-0970 <http://www.laciviljustice.org> & <http://www.lawhelp.org/la>

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

Southwest Louisiana Law Center

(337) 436-3308 Fax: (337) 433-2523 <http://www.swla-law-center.com>

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

St. Frances Cabrini Immigration Law Center

(337) 477-0683 Fax: (337) 477-1863 (3226 Lake Street, Lake Charles 70601)

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

The People's Advocate

(337) 436-3475 Fax: (337) 436-3476 (607 Ryan Street, Lake Charles, LA 70601)

<http://www.thepeoplesadvocateswla.com>

- A foundation started to promote civil rights and social justice; to advocate for the rehabilitation and healing of children caught in the juvenile justice and child welfare systems; to end violence against women, children and animals; to fight for environmental justice and reduce exposure to toxic pollutants; and, to keep families together by helping to find legal and social solutions to immigration issues impeding family unity.

Autism

McNeese Autism Program <http://www.mcneese.edu/autism>

(337) 562-4246 Fax: (337) 562-4221 email: <mailto:MAP@McNeese.edu>

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

St. Nicholas Center for Children

(337) 491-0800 Fax: (337) 491-0508 (2519 Ryan Street, Lake Charles 70601)

<http://www.stnickcenter.org>

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

SOAR (Steeds of Acceptance and Renewal) Therapeutic Riding Program

<http://www.lakecharlestherapyhorse.com> (6061 Tom Hebert Rd., Lake Charles, LA 70607)

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

Beyond Words

(337) 419-3586 (1202 Kirkman St, Lake Charles, LA 70601)

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

**ASA – Autism Society of America

website: www.autism-society.org

**Asperger's Society

website: www.aspergerssociety.org

Referral Services

Best Buddies

<http://www.bestbuddies.org> & <http://www.bestbuddies.org>

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

Families Helping Families <http://www.fhfsvla.org> email: <mailto:info@fhfsvla.org>

(337) 436-2570 or 800-894-6558 Fax: (337) 436-2578 (2927 Hodges St., Lake Charles, 70601)

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

F.I.N.S. (Families in Need of Services) Office of Juvenile Justice Services

(337) 721-3900 Fax: (337) 721-3907 (PO Box 2073, Lake Charles 70602)

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

Gabriel Project by the Diocese of Lake Charles

(337)439-7400 Ext. 317 <http://www.rachelsvineyard.org> Contact: Marjorie Long

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

Imperial Calcasieu Human Services Authority (ImCal HSA)

(337) 475-8045 & 1-800-631-8810 Fax: 337-475-8055 <http://new.dhh.louisiana.gov>

(3501 5th Ave #C2 Lake Charles 70607)

(Formerly the Office of Citizens with Developmental Disabilities.)

Lighthouse Ministries, Inc. <http://www.lighthouseministriesinc.org>

(337) 666-2678 & Fax: (337) 666-2679 (P.O. Box 130, 180 Lighthouse Lane, Reeves, LA 70658)

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

Louisiana Assistive Technology

1-800-270-6185 & <http://www.latan.org> Fax: (225) 925-9560 (3042 Old Forge Dr. Ste. D. Baton Rouge 70808)

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

Louisiana Dept. of Insurance <http://www.ldi.la.gov>

1-800-259-5300 & Fax: 225-342-3078 (Physical:1702 N. Third St., Baton Rouge, La. 70802)

Mailing: P.O. Box 94214, Baton Rouge, La. 70804-9214)

- For questions about insurance call for assistance

The Open Door

(337) 436-6700 Fax: (337) 436-6720 (1605 Broad Street, Lake Charles, LA)

- Resource for women in prison and re-entering society

- Classes on parenting and substance abuse
- Open Mon. – Thurs., 9 am – 1 pm

310 Info, 2-1-1

Direct Dial 2-1-1 or 337-310-INFO (4636) or 1-866-310-INFO (4636) <http://www.310info.org>

- Call 310-INFO or 211 to find out about organizations in southwest and central Louisiana.
- Resource information is available 24 hrs/7 days a week; answering service after hours.
- Open Mon. – Fri., 8 am – 4:30 pm

Social Security Administration

1-800-772-1213

Veteran's Affairs

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

Veteran's Homeless Resource

1-877-424-3838 (Alexandria, VA)

Education

American Red Cross <http://www.redcross.org>

(337) 478-5122 Fax: (337) 478-1173

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

Calcasieu Parish Adult Education - Sulphur

(337) 528-2374 - Call for dates and times. Classes open to people living anywhere

- Tues. & Thurs. from 3:30 p.m. to 9 p.m. for night programs

Foreman-Reynaud Community Center

(337) 436-2509 Fax: (337) 436-9843 (215 Albert St., Lake Charles 70601)

- Lighthouse Club – social club for ages 40 and older, call for details.
- After school program from 3 to 5 p.m. Mon – Thurs. Free to anyone who needs homework help ages 4 and up.
- Youth achievement program for ages 12 & above – Call for more information.
- Swimming lessons (ages 5 & up). Call for time schedule.
- All year around water aerobics – call for time schedule
- Chair exercise class from 5:30 to 6 p.m. Mon. & Wed. – free to the public.

La Familia Resource Center

(337) 312-2906 Fax: (337) 564-5402 (114 W. Clarence St., Lake Charles 70601)

- Open Mon. – Thurs. from 9:00 a.m. to 4 p.m., Fri. 9 a.m. to 12 by appointment only
- They are a bilingual multiservice org that offers Citizenship Classes, ESL (English as second language), Spanish, family advocacy, interpreters, translation, after school tutoring, and referrals to resources.

Literacy Council <http://www.literacyswla.org> / email: <mailto:info@literacyswla.org>

(337) 494-7000 Fax: (337) 494-7915 (Central School Building - 809 Kirby, Suite 126, Lake Charles 70601)

- They help improve reading skills, teach financial literacy, computer skills, high school equivalency diploma preparation (HiSET exam), adult education and English as a second language.

- Adult Education classes are available in Lake Charles, Sulphur, Jennings, Grand Lake and DeRidder—call 337-494-7000 or 1-888-LIT-SWLA for more information

National Alliance on Mentally Illness (NAMI) <http://www.namiswla.com>

(337) 433-0219 Fax: (337) 433-1860 (715 Ryan Street, Suite 203, Lake Charles 70601)

- Family to Family – Classes in Spring and Fall for this 12-class course for parents, and caregivers of adults with mental illness.(NOT FOR PERSON W/MENTAL ILLNESS)
- Basics – Classes in Spring and Fall for this 6-class course for parents, adolescents and caregivers of children with mental illness.
- Call for dates, times, and places. Registration is required and seating is limited.
- Family Support Group- meets 3rd Tuesday of Each Month at the NAMI office at 715 Ryan Street, Ste. 203
- Peer to Peer Education Class – 10 week course for people living with mental illness (date, time and location TBA)

St. Frances Cabrini Immigration Law Center

(337) 477-0683 Fax: (337) 477-1863 (3226 Lake Street, Lake Charles 70601)

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

Volunteers of America Parenting Education Classes

(337) 497-0034 Fax: (337) 497-0229

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

Adult Education

2423 6th St Lake Charles, LA

(337) 217-4220

Career Center

2903 Opelousas St, Lake Charles, LA 70615

(337)217-4290

Counseling Services

ABC Pregnancy Resource Center (Lake Charles) <http://www.abcprc.com>

(337) 433-2797 Fax: (337) 433-1334 (9 – 3 Mon, Tues, Wed & Fri; 9 – 5 Thurs)

Adoptions – Volunteers of America

(337) 497-0034 in Lake Charles & 1-877-291-6907 (24-Hour phone line)

Adult Protection

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

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

Alcohol and Abuse Helpline

(337) 480-0120

Alcoholics Anonymous

<http://www.aa-swla.org> (lists meetings in SWLA)

Allen Behavioral Health Clinic

(337) 639-3001 Fax: (337) 639-3008 (402 Industrial Dr., Oberlin 70655)

- Tues & Thurs Open 8a-4:30p

Allen Outreach

(318) 335-3578 Fax: (318) 335-3753 (Oakdale) <http://www.allenoutreach.org>

Alzheimer's Association

La. Chapter: 1-800-272-3900 www.alz.org

Community Pregnancy Center (DeRidder)

(337) 463-9500 & 1-800-259-1999

Tues. & Wed. 9-2

Beauregard Behavioral Health Clinic

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

- Mon., Wed., & Fri. Open 8a-4:30p

Disney & Associates

2711 Ernest St, Lake Charles, LA 70601

(337) 431-7194

Child Protection Hotline

(337) 491-2545

Fax: (337) 491-2654

Elderly Protection

1-800-898-4910 (Hotline) (1 Lakeshore Drive, Ste. 700,
Lake Charles 70629) (337) 491-2815 Fax: (337) 491-2005

- 8 – 4:30, Mon. – Fri.

Emmanuel Counseling Center

(337) 485-9564

Family & Youth Counseling

(337) 436-9533 Fax: (337) 439-9941 & <http://www.fyca.org>

(220 Louie St., Lake Charles 70601)

Child and Adolescent Response

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

- assistance for children and parents experiencing a crisis

ImCal Children & Youth Services (Lake Charles Behavioral Health Clinic)

(337) 475-4950 Fax: (337) 475-4955 (3505 5th Ave., Suite C-1, Lake Charles, LA 70607)

- Open 8 a.m. to 4:30 p.m., Mon - Fri

Louisiana Center for the Blind

866-444-4496 Wendy Jackson

MMO Behavioral Health Systems

(337) 474-1086 Fax (337) 474-1977 (1909 Southwood Dr., Lake Charles, LA 70605)

- IOP and PHP (day programs)

MSU Project for the Treatment of Problem Gambling

(337) 475-5964

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

New Life Counseling

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

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

National Alliance for the Mentally Ill (NAMI) <http://www.namislwa.com>

(337) 433-0219 Fax: (337) 433-1860 (715 Ryan Street, Suite 203, Lake Charles 70601)

- NAMI Connections Support Group for adults with a mental illness meets Wed from 1 – 2 pm at Maison D’Amis at 401 Gersten in Lake Charles.
- NAMI Support Group for families/friends of individuals with a mental illness diagnosis meets the 3rd Tuesday of each month at NAMI office from 6 pm to 7 pm; use back door entrance.

National Suicide Prevention Lifeline/ Veteran’s Crisis Line

1-800-273-8255 (TALK)

Rachel’s Vineyard of SWLA by the Diocese of Lake Charles

(337)439-7400 Ext. 317 <http://www.rachelsvineyard.org> Contact: Marjorie Long

- Healing the pain of Abortion, One Weekend at a Time.
- M-F 8:30 a.m.-4:30 p.m.

Pregnancy Counseling – Volunteers of America

(337) 497-0034 in Lake Charles or 1-877-291-6907 (24-Hour phone line)

Oasis Safe Haven: Sexual Violence Program

(337) 494-7273 or 1-866-570-7273 Fax:(337) 436-8327

Mental Health Services

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

❖ **Addiction Disorder**

Addiction Center for Treatment 1-800-210-6085

Alcohol Drug Treatment 1-800-454-8966

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

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

Lake Charles Behavioral Health Clinic (337)475-8022 Fax: (337) 475-8054

MMO Behavioral Health Systems

(337) 527-7878 Fax: (337) 527-7880 / 1909 Southwood Dr., Lake Charles LA 70605

- IOP and PHP (day programs)

MMO Westend

(337) 616-8122 (Fax: (337) 616-0590 Medical Records); (Fax: (337) 824-9401 Nurse Station)
1530 Highway 90 West, Jennings, LA 70546

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

Townsend Recovery (337) 216-7502 & 1-800-504-1714 (Crisis Hotline) Fax: (337)216-7542

Gulf Coast Behavior Services

(337) 263-0819 Fax: (337) 240-8397

- For disability services or Autism services for all ages
- Provide in-home Applied Behavior Analysis (ABA) Autism therapy services including 1 on 1 therapy, socialization, communication, and self-help skills, and parent/caregiver training.

New Beginnings of Lake Charles

(337) 855-9773

❖ **Counseling- Personal & Family**

Behavioral Health Center – Lake Charles

(337) 475-8022 Fax: (337) 475-8054 (4105 Kirkman, Lake Charles 70607)

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

Christian Counseling Clinic (337) 474-1218 Fax: (337) 474-2929

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

Counseling, Hypnosis & Therapy Service (337) 478-8273

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

Emmanuel Counseling Service (337) 485-9564

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

Grandberry Counselors (318) 335-1930 (Oakdale 1st Baptist Church) Fax: (318) 335-0277

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

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

Quit Now Smoking Cessation Counseling www.quitwithusla.org 1-800-QuitNow (784-866)

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

Rehab Services of SWLA (337) 433-3292 Fax: (337) 433-3293 / 803 West Bayou Pines Ste. A Lake Charles LA 70601

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

Shepherds Way Counseling (337)478-1616 / 710 W. Prien Lake #104, Lake Charles LA 70601

❖ Hospitals with Mental Health Programs

Allen Parish Hospital Psychiatric Unit (337) 738-9460 or 1-800-737-2527 Fax: (337) 738-9496
108 6th Ave, Hwy 190 W. Kinder LA 70648

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

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

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

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

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

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

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

❖ Psychiatrists

Advanced Psychiatric Services (337) 310-0153 Fax: (337) 310-0202

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

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

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

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

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

Emergency Medication

Care Help of Sulphur www.care-help.org (337) 528-2273 Fax: (337) 310-0199
200 N. Huntington St. Sulphur LA 70663

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

Catholic Service Center- Social Services (337) 439-7436 Fax: (337) 439-7435

1225 2nd St. Lake Charles, La

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

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

Medication Assistance & Physical Health or Disability Services

Advocacy Center

Primary# 1-800-960-7705 Fax: (504) 522-5507 (8325 Oak St., New Orleans 70118)

<http://www.advocacyla.org>

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

Bayou Health (Replaced Kid Med as of 6/1/2012)

1-877-229-6848 or 1-855-BAYOU4U <http://www.medicaid.la.gov>

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

Calcasieu Community Clinic

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

(P.O. Box 91775, 550 East Sale Rd. Ste 217, Lake Charles, La. 70609)

- ❖ For low-income, working uninsured adults. One person in household needs to work at least 20 hours per week.
- ❖ Diabetes Management Program.
- ❖ Open Mon-Thurs 8-4; Fri from 8-12.

Children's Special Health Services (337) 480-2552 & Calcasieu Parish Health Unit (337) 478-6020

Fax: (337) 475-8613 (Calcasieu Parish Health Unit 3236 Kirkman St., Lake Charles 70601)

- ❖ Provides medical diagnostic and treatment services for eligible children who have health problems which require services beyond routine basic care. This includes children with disabilities, handicapping conditions and chronic illnesses of sufficient severity to cause or to be likely to cause impairments which could significantly limit life activities.
- ❖ Do not work with people who have private insurance
- ❖ Open 8 a.m. – 4:30 p.m. Mon. – Fri.
- ❖ Provide immunizations for all. 8 a.m. – 11 a.m. on Wednesdays; ages 0 to 18 years

C.M.A.P. – Cenla Medication Access Program

318-443-7494 & 1-888-443-7494 and www.cmaprx.org Fax: (318) 448-4473

- ❖ Serving people over 18 who meet income guidelines and do not have Medicaid, Medicare or private insurance. Covers entire state of Louisiana.
- ❖ Open 8-12 & 1-5, Mon. – Fri.

Direct Care www.directcareinc.com

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

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

LaChip and Bayou Health Helpline

Call 1-877-252-2447 & <http://www.medicaid.la.gov>

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

Louisiana Developmental Disabilities Council

1-800-450-8108 & <http://www.laddc.org>

Louisiana Rehabilitation Services

(337) 475-8038 Fax: (337) 475-8037 (3616 Kirkman St., Lake Charles 70607)

Toll Free: 800-520-0589 TTD# 337-475-8036

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

Partners for Prescription Assistance

1-888-477-2669 <http://www.pparx.org>

- ❖ helps pay for medicine

McNeese College of Nursing Immunization Clinic

Main # (337) 475-5991 & (337) 475-5820 (1st Floor of Hardtner Hall on McNeese Campus – 550 E. Sale Road, P.O. Box 90415 Lake Charles 70609)

- ❖ Open 1st Tuesday of every month except Jan., June, and July. **Closed when McNeese University is closed.**
- ❖ Vaccines for children up to 18 years of age on 1st Tuesdays from 3:30 p.m. to 5:30 p.m.
- ❖ Bring a copy of child's current shot records

Patient Advocate Foundation

1-800-532-5274 Fax: (757) 873-8999 <http://www.patientadvocate.org>

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

Senior RX (a program of the Calcasieu Council on Aging)

(337) 474-2583 & 1-800-223-5872 Fax: (337) 474-6563 (3950 Hwy 14, Lake Charles, La. 70607)

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

Southwest Louisiana AIDs Council (SLAC) Contact: Don

(337) 439-5861 & 1-800-256-5145 Fax: (337) 436-8713 (1715 Common Street, Lake Charles 70601)

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

Southwest Louisiana Center for Health Services - <http://www.swlahealth.org>

(337) 439-9983 Fax: (337) 439-8898 (2000 Opelousas St., Lake Charles 70601)

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

Southwest Louisiana Independence Center (SLIC) <http://www.slic-la.org>

(337) 477-7194 & 1-888-403-1062 Fax: (337) 477-7198 (2016 Oak Park Blvd, Lake Charles 70601)

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

Medical Facilities

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

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

Calcasieu Parish Health Unit (337) 478-6020 & Fax: (337) 475-8613
3236 Kirkman St. Lake Charles LA 70601

Cameron Parish EMS Services (337) 542-4926 Fax: (337) 542-4924
P.O. Box 248 Creole, LA 70632

Christus St. Patrick Hospital (337) 436-2511 & Admin Fax: (337) 491-7157
524 Dr. Michael DeBakey Drive, Lake Charles LA 70601

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

Hackberry Primary Rural Health Clinic (337) 762-3762 & Fax: (337) 762-3838
1020 Main Street, Hackberry LA 70645

- Mon, Tue & Thurs. 8am -5pm; Wed. 8-12p; Fri 8am-3pm

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

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

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

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

South Cameron Memorial Hospital (337) 542-4111 & Fax: (337) 542-7180
5360 West Creole Hwy, Cameron 70631

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

- Mon, Wed & Thurs 8am – 5pm Tues 10am to 7pm, Fri 8am to noon (Appointments ONLY)

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

W.O Moss Memorial Health Clinic (337) 480-8100 & Admin Fax (337) 480-8104
1000 Walters Street, Lake Charles LA 70607

Lake Area Medical Center (337) 474-6370 & Admin Fax (337) 475-4143
4200 Nelson Road, Lake Charles LA 70605
www.lakeareamc.com

Helpful Apps



<http://gogogrocer.com/>

We make it possible for you to order and purchase your groceries online while we pull your order and have it prepared and waiting for you to pick it up at the store, saving you precious time and eliminating the frustrating process of grocery shopping.

Louisiana Purchase EBT Card



Check your SNAP (food stamp) balance

- Check your Cash balance
- See your pending deposits
- Manage your PIN
- See your last 10 transactions
- Disable a lost or stolen card
- Chat with a Customer Service Agent directly in the app with text, voice recording, and picture uploads

GeauxVote Mobile



Find out if you are a Louisiana voter, where you vote, what's on your ballot and other summarized voter registration and elections information using this secure application. Searching by voter yields the most specific information; searching by address provides information about all voters at an address.

The information contained in this application is encrypted. Information considered private (social security number, e-mail address, full date of birth, mother's maiden name and entitlement to assistance in voting) is not available through the application. A voter record is not linked to an address record and the address records are not linked to voters in order to further protect information about registrants.

Social Security Lawyer



Social Security Disability Center

- One Touch Access to call the Police, and locate the nearest Emergency Center
- Find a Social Security Disability Center around you
- View Nearby Pharmacies
- Medical Expense Log - keep track of any expenses that accrued from medical bills, pharmacy bills, care and services and lost wages
- Social Security Disability Form to report when you have been rejected SSD
- Ability Capture photos and submit in the Social Security Disability Form
- *Audio Recording from the device to capture sound to include with your Social Security Disability form
- View Social Media feeds right in your App
- Plenty of helpful resources that will keep you well-informed on different types of injuries and accidents
- Contact and Location Information to a law firm that specializes in social security disability cases

KPLC 7 NewsNow



7 News delivers local news coverage of Lake Charles and the rest of southwest Louisiana. Features include:

- Breaking news alerts
- Live, local news headlines and stories
- Live radar
- Storm tracking
- Sports
- Video

CPSB Mobile



CPSB Mobile will connect you with the Calcasieu Parish Public school district and keep you informed with the latest news and events in the palm of your hand.

- Calendars and events
- Breakfast and Lunch Menus

- Contact information for teachers and staff
- Student Progress Center (to view student grades)
- Directions to school locations
- Links to school and district websites
- District Paid Media Resources accessing educational materials and programs (short movies, audio book readings, book discussion guides, and more)

Adobe Reader



View PDF documents

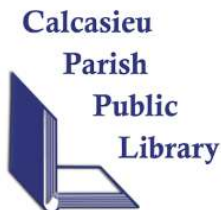
- Quickly open PDF documents from email, the web, or any app that supports "Share"
- View PDF Portfolios, password-protected PDFs, annotations, and drawing markups
- Contextual text search using snippets
- Select single page or continuous scroll modes
- Easily zoom in on text or images for a closer view
- Read in dark locations with comfort using Night Mode
- Read long passages with Brightness Lock

Common Core



View the Common Core state standards in one convenient FREE app! This app includes a simple way to view each Common Core standard. A great reference for parents and teachers to easily read and understand the core standards. Quickly find standards by subject, grade, and subject category (domain/cluster). This app currently includes Math standards K-12 and Language Arts standards K-12.

Calcasieu Parish Public Library



Search the catalog for books, CDs, DVDs, audiobooks, e-Books, and access your account. Place holds or renew items. See what's new. Check the calendar for events and classes or find out about the latest recommended books. Find the nearest library location and connect with library staff. Get the latest library news. Read the latest postings on Facebook and our blogs.

Medication Log



Keep a log of medications your are taking with ease.
Exceptionally simple and easy user interface.
Recording what medications you are taking has never been this easy.
Type in the name of the medication you are taking once,
when you take it for the first time,
and you will never need to type it again.
Turn on the NAG ME feature for a medication
and it will gently nag if you are missing your regular schedule.
No need to tell it when you are supposed to take a medication,
or when you want to be reminded.
Shortly after you were supposed to take a medication and didn't,
it will start gently nagging you with music,
and a popup will tell you which medication you are missing.
The main display shows the last time you took each medication.
With a quick click and confirm, you record that you are now taking it again.
With a longer tap you can see the history for a medication and change details if need be.

YP - Yellow Pages local search



YP, the even-more-powerful Yellow Pages, gives you the power to do pretty much anything. Find great local businesses, book a table, browse menus, movies, maps, and cheap gas. Plus, with mybook you can save all your favorite local businesses in one place.

If the YP app is your treasure map, mybook is where you keep your gems. Just bookmark the best businesses in town and they'll automatically be added to your personal mybook collection. Share them with friends and family, discover featured collections from our editorial team, insiders, and local experts, and tackle everything on your to-do list.

American Press



It's all at your fingertips: news, sports, advertising, entertainment and video delivered through your American Press App. Capture the informative power of the American Press, Southwest Louisiana's premier source for news and advertising. The American Press, with a proud heritage that stretches back to 1895, is the region's only daily newspaper, covering community news that matters most to you.

Acadian I.C.E



The Acadian I.C.E. app is offered free of charge as a public service from Acadian Ambulance Service. The Acadian I.C.E. (In Case of Emergency) app creates an emergency contact banner for your home screen or lock screen. If you have an emergency and are unable to communicate, or if your phone is lost, authorities will be able to contact your designated emergency contact -- even if your phone is locked! Many people have an ICE contact listed in their contact list, but if your phone is locked, your list cannot be accessed. The Acadian I.C.E. app solves that problem by putting your emergency contact name and phone number on your home screen and/or lock screen. The app also allows users to store info regarding current medications, medication allergies, and health conditions. This information, accessible only after the phone has been unlocked by the user or the emergency contact, can ensure medical personnel are informed of any special needs or conditions you may have.