



PRAISE & WORSHIP TABERNACLE
A RESOURCE GUIDE FOR THE COMMUNITY

A WORD FROM PRAISE & WORSHIP TABERNACLE

YOU'RE NOT ALONE.

Help is near.

A curated guide to free resources for those who need a hand,
a meal, a place to stay, or someone to talk to.

PRESENTED IN LOVE BY

PRAISE & WORSHIP TABERNACLE

2109 St Charles Rd, Maywood, IL 60153 · (708) 833-3357 · praiseandworshiptab.com



WELCOME

You're not alone.

Help is closer than you think.

If you opened this guide, something brought you here. Maybe you are hungry. Maybe you have nowhere to sleep tonight. Maybe you are caring for someone with autism and feeling overwhelmed. Maybe the weight of life is too heavy and you need someone to talk to.

Whatever brought you to this page — **you are seen, you are loved, and there is real help available.** This guide is a labor of love from Praise & Worship Tabernacle. Every organization listed here is real, and every phone number has been verified.

You do not have to attend our church to use this guide. You do not have to believe what we believe. We made this because every person matters to God — and that means every person matters to us.

What you'll find inside:

- 1 Crisis & Suicide Prevention**
Talk to someone right now — 24/7 hotlines and crisis chat.
- 2 Homelessness & Housing Help**
Shelters, rental assistance, and housing-stability programs.
- 3 Food Pantries & Food Banks**
Free groceries, hot meals, and SNAP help in your neighborhood.
- 4 Autism Support & Resources**
Therapy, support groups, and family services across Illinois.
- 5 Utility & Other Essential Help**
Heating, lights, furniture, and apps that connect you to more.
- 6 Domestic Violence & Safety**
24/7 hotlines and confidential shelter support.

"The Lord is near to the brokenhearted, and saves those who are crushed in spirit."

— Psalm 34:18



01 · CRISIS & SUICIDE PREVENTION

Talk to someone — right now.

These lines are free, confidential, and available 24/7.

988 — SUICIDE & CRISIS LIFELINE

Call or text **988** from any phone. Free. Confidential. Available 24/7. Routes to a trained Illinois crisis counselor.

Crisis Text Line

Text **HELLO** to **741741** — free, 24/7 text support for any crisis.

Additional support lines:

NAMI Chicago Helpline

Chicago, IL · 7 days/week

(833) 626-4244

Find the right mental health resources for you or someone you love.

NAMI National Helpline

Mon–Fri, 9 AM – 9 PM CT

(800) 950-6264

Text "HELPLINE" to 62640 · chat at nami.org/help

Illinois Warm Line

Mon–Fri, 9 AM – 5 PM

(866) 359-7953

Peer-to-peer mental health and recovery support by phone.

Proviso Township Mental Health Commission

Maywood, IL · Serves Proviso Township residents



See ptmhc.org for current intake number

ptmhc.org

Service navigators connect you to therapy, crisis stabilization, and substance-use support.

Veteran's Crisis Line

24/7 · For active-duty service members, veterans, and their families

988 (then press 1) · or text 838255

National Domestic Violence Hotline

24/7 · Confidential · Spanish and 200+ languages

(800) 799-7233 · or text START to 88788

Child Abuse Hotline (Illinois DCFS)

24/7 · To report suspected child abuse or neglect.

(800) 252-2873 · (800) 25-ABUSE



02 · HOMELESSNESS & HOUSING

A bed. A door. A path home.

West Cook County shelters, rental assistance, and housing-stability programs.

If you are homeless tonight or facing eviction soon, start with the entry points below. These are the gateways to the broader West Cook County housing-services network.

Housing Forward (formerly West Suburban PADS)

1851 S. 9th Avenue, Maywood, IL 60153

[\(708\) 338-1724](tel:(708)338-1724)

housingforward.org

The largest housing-services provider in West Cook County. Emergency shelter, rapid rehousing, rental assistance, and case management. Serves 26 suburban communities including Maywood, Bellwood, Melrose Park, Broadview, and Oak Park.

Suburban Cook County Coordinated Entry

Serving all of suburban Cook County

[\(877\) 426-6515](tel:(877)426-6515)

Single intake number for homeless services across the suburbs. Call first if you don't know where to start.

Anderson Emergency Shelter (Housing Forward)

38 N Austin Blvd, Oak Park, IL 60302

[\(708\) 338-1724](tel:(708)338-1724)

40-bed overnight shelter for individuals and families. Open 7 days/week, 6:30 PM – 6:30 AM.

Proviso Township General Assistance

4565 Harrison St, Hillside, IL 60162

[\(708\) 449-4302](tel:(708)449-4302)

Township-level emergency assistance for utilities, rent, food, and medical needs.

Cook County Housing Authority

175 W Jackson Blvd, Suite 350, Chicago, IL 60604

[\(312\) 542-4728](tel:(312)542-4728)



Section 8, public housing, and Housing Choice Voucher applications.

Greyhouse Recovery Home

116 S 15th Ave, Maywood, IL 60153

(708) 343-7969

Halfway house and substance-use recovery support.

Catholic Charities (Maywood Office)

411 Madison St, Maywood, IL 60153

(312) 795-8964

HUD-approved housing assistance and case management.

Illinois Tenants Union

Statewide · Renters' rights, eviction defense, lease review.

(773) 478-1133

If your landlord is trying to evict you, call them BEFORE you sign anything.



03 · FOOD PANTRIES & BANKS

You should never have to be hungry.

Local pantries serving Maywood, Bellwood, Melrose Park, and beyond.

Most pantries ask for a photo ID and proof of address in their service area. Most are free, no questions asked. Call ahead to confirm hours — they may change seasonally.

Maywood:

Vision of Restoration Pantry

1405 Madison St, Maywood, IL 60153

(708) 344-3774

Tue 9–11 AM regular hours; emergency hours M–F. Serves Proviso Township, Maywood, Bellwood, Broadview, Melrose Park.

Second Baptist Church Pantry

436 S 13th Avenue, Maywood, IL 60153

(708) 343-0073

Outdoor distribution: 1st Monday 9:30–11:30 AM. Pantry: 1st four Wednesdays 11 AM – 1 PM. Serves Cook County.

Quinn Community Center Hunger Ministry

1845 S 9th Avenue, Maywood, IL 60153

(708) 343-6120

Tuesdays 5:30–6:30 PM. Serves Cook County. Soup kitchen also operated by Quinn Center.

C.T. Baker Performing Arts Center Pantry

401 S 5th Ave, Maywood, IL 60153

(630) 930-0517

Sundays 9–11 AM. Serves Maywood, Bellwood, Forest Park, Franklin Park, Melrose Park, Broadview, Hillside.

First Christian Church Von's House

1001 S 8th Ave, Maywood, IL 60153

(708) 681-1242



Every 3rd Friday 9:30–11:30 AM.

Maywood Community Seventh-Day Adventist Church

1901 S 19th Ave, Maywood, IL 60153

(708) 345-6645

Canaan AME Food Pantry

801 14th Ave, Maywood, IL 60153

(708) 343-9620

Feeds 200+ families weekly, 3,000+ people monthly.

Miracle Revival Cathedral Food Pantry

2010 St Charles Rd, Maywood, IL 60153

Call for hours

Veggie Rx Maywood (PP4H)

33 Legion St, Maywood, IL 60153

(708) 397-6012

Fresh produce distribution.



Melrose Park & Bellwood:

Our Lady of Mt. Carmel Food Pantry

1101 23rd Ave, Melrose Park, IL 60160

[Call parish office](#)

First Baptist Church of Melrose Park

2114 Main St, Melrose Park, IL 60160

[\(708\) 344-7411](#)

Cosmopolitan United Church (Proviso Food Pantry)

1112 9th Ave, Melrose Park, IL 60160

[Call for hours](#)

Lighthouse of Hope

1719 W North Ave, Melrose Park, IL 60171

[\(773\) 921-1243](#)

Saturdays 9–11 AM. Serves Proviso Township (not Maywood or Broadview) and Leyden Township.

Broadview Service Center

2000 W Roosevelt Rd, Broadview, IL 60155

[\(708\) 344-4520](#)

Wednesdays 11 AM – 1 PM. Partner of Greater Chicago Food Depository.

Westchester Food Pantry

10500 W Cermak Rd, Westchester, IL 60154

[\(708\) 927-4826](#)

Serves Bellwood, Berkeley, Broadview, Hillside, La Grange Park, Westchester, Western Springs.

Regional & statewide food assistance:

Greater Chicago Food Depository

4100 W Ann Lurie Pl, Chicago, IL 60632



(773) 247-3663

chicagosfoodbank.org

Find Food map locates every pantry in Cook County. Also helps you apply for SNAP/LINK.

Illinois SNAP / LINK (Food Stamps)

Apply: abe.illinois.gov

(800) 843-6154

Free monthly food assistance for income-eligible families.

Illinois TEFAP (Emergency Food Program)

Statewide

Through local food pantries

Free food from USDA distributed through pantries to households at 300% federal poverty level or below.



04 · AUTISM SUPPORT

Help for families. Hope for kids.

Therapy, support groups, and family services across Illinois.

Autism affects every family differently. Whether you are looking for therapy, a support group, employment help for an adult on the spectrum, or just someone who understands — these resources are a good starting point.

The Autism Program of Illinois (TAP)

Statewide network of 20 service centers

[See tap-illinois.org for referral portal](https://tap-illinois.org)

tap-illinois.org

Coordinates services for children, families, educators, and medical professionals across the state.

Autism Society of Illinois (ASI)

Statewide · Educational programs, support groups, advocacy

(630) 691-1270

illinoisautismsociety.org

Resource directory of providers across Illinois. Family support groups and parent education.

RCADD — UIC Center for Literacy

1640 Roosevelt Rd, Room 650, Chicago, IL 60608

(312) 413-4441

rcadd.uic.edu

Free lending library: books, software, visual supports for kids on the spectrum. Family consultations.

Chicagoland Autism Connection (CAC)

Chicago area

[See chicagoautism.org](https://chicagoautism.org)

chicagoautism.org

Awareness, family support, and quality-of-life programs since 1997.



The Answer Inc.

Greater Chicago area

[See theanswerinc.org](http://theanswerinc.org)

Support, education, recreation, and advocacy for families challenged by autism and developmental disorders.

Illinois Center for Autism (ICA)

548 S 1st St, Fairview Heights, IL 62208

(618) 398-7500

illinoiscenterforautism.org

Mental health treatment and educational programs for individuals with autism, ages 3 through adulthood.

Illinois Division of Rehabilitation Services (DRS)

Statewide

(800) 843-6154

dhs.state.il.us/page.aspx?item=29736

Vocational rehabilitation: job training, job placement, on-the-job support for adults with autism.

The Spectrum Path (community resource)

Online directory · Maywood-based

thespectrumpath.com

Curated autism resource directory built by community members.



05 · UTILITY & OTHER ESSENTIAL HELP

Lights on. Heat working. Furniture in the home.

Programs and apps that help with the rest of life.

Beyond food and shelter, families often need help with utility bills, furniture, transportation, and other essentials. These resources fill those gaps.

LIHEAP — Low Income Home Energy Assistance

Apply: helpillinoisfamilies.com

(833) 711-0374

helpillinoisfamilies.com

Pays your heating bill (gas, oil, propane) and/or electric bill. Applications: Oct 1 – Aug 15.

ComEd Hardship Programs

For ComEd customers in Illinois

(800) 334-7661

comed.com/PaymentBilling

Low Income Discount (LID), payment plans, and CARE program for customers in hardship.

Peoples Gas / North Shore Gas Assistance

For Peoples Gas customers

(866) 556-6001

peoplesgasdelivery.com

Share the Warmth grant and budget billing programs.

Furniture Bank Network

Find your local bank online

See furniturebanks.org

furniturebanks.org

Free furniture for families transitioning out of homelessness, fleeing violence, or facing crisis.



FoodFinder

Mobile app · iOS & Android

[See foodfinder.us](#)

foodfinder.us

Find the nearest free food in real time — pantries, soup kitchens, schools serving free meals.

USDA Meals 4 Kids

Federal summer meals program

[\(866\) 348-6479 \(English\)](#) · [\(877\) 842-6273 \(Spanish\)](#)

fns.usda.gov/meals4kids

Free meals for kids age 18 and under during summer. Text "FOOD" to 304-304 to find the nearest site.

PureGas Assistance Program

Energy bill assistance program

[See puregas.org](#)

puregas.org

Heating and utility assistance for income-eligible households.

2-1-1 (United Way)

Available 24/7 statewide

[Dial 211 from any phone](#)

211.org

Free, confidential referral to thousands of community programs in your area. The single best starting point if you don't know where to start.

Illinois Department of Human Services (IDHS)

Apply online: abe.illinois.gov

[\(800\) 843-6154](#)

dhs.state.il.us

Apply for SNAP, Medicaid, TANF, and more in one place.

Pace Suburban Bus ADA Paratransit



Door-to-door rides for people with disabilities

(312) 663-4357

pacebus.com/ada

\$3.25 per one-way trip. Wheelchair-accessible vehicles.

Community Assisted Rides (CARS)

Free transportation for seniors

(708) 354-9328

communityassistedrides.org

Serves South Proviso Township, Lyons Township, and part of Riverside.



A FINAL WORD

You are not alone.

Whatever brought you here — we are praying for you.

If you reached the end of this guide and still feel lost, please call us. We are not professionals in every field. We cannot solve every problem. But we are a church family, and we will sit with you, help you make the right calls, and walk with you as far as we can.

You can also come visit us. Sundays at 3 PM. No expectations. No dress code. Just a community of people who have all needed help at some point — and found it.

PRAISE & WORSHIP TABERNACLE

2109 St Charles Rd, Maywood, IL 60153

Phone: **(708) 833-3357**

Email: praiseandworshiptab2024@gmail.com

Web: praiseandworshiptab.com

Sunday Worship: 3:00 PM

"Cast all your anxiety on Him, because He cares for you."

— 1 Peter 5:7

This guide is provided as a community service. Information was verified at time of publication; please call to confirm hours, eligibility, and current programs before visiting any location. If you find errors or know of resources we should add, please contact us at praiseandworshiptab2024@gmail.com.