



**LEXINGTON**  
*Parent and Guardian  
Empowerment*

# **Parent & Guardian Empowerment**

## **Resource Guide 2023–2024**



Parent and Guardian Empowerment has meticulously curated a resource guide aimed at connecting families with community partners capable of addressing their diverse needs and promoting stability in family functioning.

This guide serves as a valuable tool to enhance accessibility to essential services and support networks, furthering our commitment to empowering parents and guardians in navigating the challenges they may encounter.

Should you require additional information or have any inquiries regarding the resource guide, please do not hesitate to reach out to the PAGE program. We are open weekly Monday–Friday 8:00 a.m.–5:00 p.m.

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# GENERAL RESOURCES

**Suicide & Crisis Lifeline:** Dial 988

**Report missing/run away youth:** 859-258-3600 (non-emergency line)

**CRCKY** (crc4me.org) provides services for immigrant households. 1-800-674-9217

**Catholic Charities:** leave a message at 859-253-3339

**The Nest:** Provides children's clothing, diapers, baby supplies, once a month. 859-259-1974

**Health Department:** (859) 252-2371: where WIC is located: 650 Newtown Pike, Lexington, 40508

**CDW Office:** File Beyond Control Charges: 155 East Main Street, Lexington, 4th Floor Lion Building

**DCBS Office:** Dependency, Abuse, Neglect concerns: 859-971-4743

# CLOTHING RESOURCES

**Calvary Baptist:** Clothing assistance: 859-254-349

**Nathaniel Mission:** Clothing assistance: 859-255-0062

**Lexington Rescue Mission:** Assists with vouchers to Goodwill: 859-381-9600 ext 255

**The Nest:** Provides children's clothing, diapers, baby supplies, once a month. 859-259-1974

**Salvation Army:** Clothing bank: 859-258-2582

**The SHARE Center:** Business casual clothes for interviews: 859-270-9402



# MENTAL HEALTH RESOURCES

**National Suicide Prevention Lifeline:** Telephone: 800-273-8255. For Spanish, call 888-628-9454, or go online to <http://www.suicidepreventionlifeline.org/>

**Seneca Family of Agencies'** Todo Por Mi Familia program provides free mental health service to families who entered the U.S. together but were separated at the border from 2017 onwards. Car services to and from mental health appointments are also provided, if needed. Call their confidential toll-free hotline, 1-800-529-1327, for help. Interpreters are available for non-Spanish speakers, including Mayan indigenous languages. For more information, you can also email [info@todopormifamilia.org](mailto:info@todopormifamilia.org) or go to their website, <https://senecafoa.org/todopormifamilia/>.

**Disaster Distress Helpline** is a 24/7 national hotline dedicated to providing immediate crisis counseling and support for people who are experiencing emotional distress related to any natural or human-caused disaster, including COVID-19. It is staffed with crisis workers, not therapists. The National Helpline is 800-985-5990. Spanish Speakers can call 800-985-5990 and press 2. Text: Text TALKWITHUS or HABLAMOS to 66746 <http://disasterdistress.samhsa.gov/>

**Ampersand** is a 24-hour hotline for survivors of sexual violence. Call: 1-800-656-HOPE (4673) or go to <https://ampersandky.org>.

**Un Abrazo Amigo** is a free Spanish speaking support group for families of children and youths with special health care needs. For more information, contact Jackie Arakaki (in Spanish or English) at 859-474-2722.

**NAMI Teen & Young Adult Help Line** is ready with resources and support to address their needs. Let them know that help is just a text, chat, or phone call away. Visit [nami.org/talktous](http://nami.org/talktous) to learn more. Call 1-800-950-6264; Text "Friend" to 62640; Chat at [nami.org/talktous](http://nami.org/talktous); email [helpline@nami.org](mailto:helpline@nami.org). Available Mon-Fri 10:00 am - 10:00 pm ET

Call **1-800-RUNAWAY (786-2929)** if you are thinking of running from home, if you have a friend who has runaway, or if you are a runaway ready to go home.



# COUNSELING RESOURCES

## **THIN Line Counseling**

**Website:** <http://thinlinecounseling.com>

**Phone:** (800) 464-1958

**Types of Therapy:** EMDR, Trauma Focused, PTSD

**Issues:** Trauma/PTSD

**Insurance:** Medicaid for Humana and Anthem Blue Cross / Blue Shield, WellCare

## **Life Navigation Services**

**Website:** <https://www.lifenavigationservices.com/>

**Phone:** (859) 340-1781

**Types of Therapy:** CBT, MBCT, SFBT, Family System's, Art Therapy

**Issues:** Trauma/PTSD, Addiction, ADHD, Family Conflict, Dual Diagnosis, Medication Management, Dual Diagnosis, Behavioral issues

**Insurance:** Medicaid

## **Counseling Associates**

**Website:** <https://www.counseling-assoclexington.com/>

**Address:** 274 Southland Drive Ste 204

**Phone:** (859) 278-3456.

**Types of Therapy (Interventions):** Strength based, Trauma Focused, Person Centered, Multicultural, Motivational Interviewing, Culturally Sensitive.

**Client focus:** African Americans, Preteens, Adolescents, Adults,

**Insurance:** Passport, CareSource, WellCare, Medicaid

## **New Life Counseling Services, LLC.**

**Website:** <https://www.counselingky-newlife.com/>

**Address:** 389 Waller Avenue Ste 200 & 220

**Phone:** (859) 379-4931

**Types of Therapy:** Strength based, Trauma Focused, Person Centered, Multicultural, Motivational Interviewing, Culturally Sensitive.

**Client focus:** African Americans, Preteens, Adolescents, Adults, Racial identity

**Insurance:** Passport, CareSource, WellCare, Medicaid

## **Jenkins Couple and Family Therapy**

**Website:** <https://www.jenkinscft.com/>

**Address:** 620 Euclid Ave Ste 203 Toby Jenkins, AAMFT / M.S. MFT

**Phone:** (859) 534-9264

**Types of Therapy:** Strength based, Trauma Focused, Person Centered *Client Focus:* Faith (Christian), preteen, adolescent. Adult, elderly.

**Insurance:** Medicaid, Medicaid BC/BS, WellCare, Passport



# COUNSELING RESOURCES CONTINUED

## **The Trauma Informed Counseling Center**

**Website:** <https://www.theticcoflexington.com/>

1600 Harrodsburg Road Suite 1 Lexington, KY 40504

(859) 484-6675

**Types of Therapy:** Cognitive Behavioral (CBT), Culturally Sensitive, Play Therapy

**Client Focus:** Adolescents / Teenagers (14 to 19)

**Insurance:** Medicaid, Passport, WellCare

**Specialties:** Child or Adolescent, Racial Identity, Oppositional Defiance

## **Inspiring You To Be...LLC**

**Address:** 709 Millpond Rd Lexington, KY 40514

**Phone:** (859) 298-3402

**Types of Therapy:** Addiction, Adoption, Alcohol Use, Anger Management, Anxiety, Behavioral Issues, Career Counseling, Depression, Divorce, Domestic Abuse, Domestic Violence, Drug Abuse, Emotional Disturbance, Family Conflict, Grief, Life Coaching, Parenting, Peer Relationships, Relationship Issues, School Issues, Self Esteem, Spirituality, Stress, Substance Use, Women's Issues

**Client Focus:** Elders (65+), Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Ethnicity: African-American, Faith: Christian

**Insurance:** Medicaid, WellCare, Anthem

## **Remnant Counseling Center**

**Website:** <https://remnantcounselingcenter.com/>

**Address:** 1125 Commercial Dr. Lexington, KY 40505

**Phone:** (859) 359-8352

**Types of Therapy:** Cognitive Behavioral (CBT), Solution Focused, Trauma Focused  
**Specialties:** Anxiety, Behavioral Issues, Depression, Trauma/PTSD  
**Client Focus:** Elders (65+), Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), Children (6 to 10),

**Ethnicity:** African American,

**Faith:** Christian

**Insurance:** Anthem, Blue Cross, Blue Shield, Medicaid, WellCare, Passport (860) Accepts Medicaid and all insurances (American)



# COUNSELING RESOURCES CONTINUED

## **Creative Solutions**

**Website:** <https://www.creativecounselinglexingtonky.com/>

2035 Regency Rd Ste 8 Lexington, KY 40503

(859) 353-6616

**Types of Therapy:** Acceptance and Commitment (ACT), Attachment-based, Cognitive Behavioral (CBT), Emotionally Focused, Family Systems, Humanistic, Motivational Interviewing, Narrative, Parent-Child Interaction (PCIT), Person-Centered, Solution Focused Brief (SFBT), Trauma Focused

**Client Focus:** Adults, Adolescents / Teenagers (14 to 19), Preteens / Tweens (11 to 13), African American

**Insurance:** Medicaid, WellCare

## **Kentucky Counseling Center**

**Website:** <https://kentuckycounselingcenter.com/>

2375 Professional Heights Dr. Suite #240 Lexington, KY 40503

(833) 782-0048

**Types of Therapy:** Cognitive Behavioral (CBT), Compassion Focused, Dialectical (DBT), Family / Marital, Interpersonal, Motivational Interviewing, Narrative, Rational Emotive Behavior (REBT), Solution Focused Brief (SFBT), Strength-Based, TF- CBT, Trauma Focused

**Issues:** ADHD, Anger Management, Antisocial, Personality, Behavioral Issues, Bipolar Disorder, Borderline Personality, Child or Adolescent, Codependency, Coping Skills, Depression, Divorce, Domestic Violence, Dual Diagnosis, Eating Disorders, Family Conflict, Grief, Life Transitions, Marital and Premarital, Obsessive-Compulsive (OCD), Racial Identity, Relationship Issues, School Issues, Self Esteem, Self-Harming, Sexual Abuse, Sleep or Insomnia, Substance Use, Suicidal Ideation, Transgender

**Client Focus:** Elders (65+), Adults, Adolescents / Teenagers (14 to 19)

**Insurance:** Medicaid, Passport, WellCare





# DOMESTIC VIOLENCE

**KRM (Kentucky Refugees Ministries)** operates a Victims of Crimes Act (VOCA) program which assists refugee and immigrant victims of crime as they navigate the services available to them in response to a victimization incident. Their office is at 501 West 6th Street, Suite 250 (2nd floor), Lexington 40508. Please contact Debbie Goonan at 502-263-3884 for assistance. Spanish speakers should call Sandra Rodriguez at 859-447-1572. Language access for non-Spanish and English speakers is available.

**Greenhouse 17** operates a hotline. They assist victims of domestic violence, offering temporary shelter for survivors at risk and their families. They also provide support and referrals for those not at imminent risk. Call: 1-800-544-2022 for assistance.

**The Nest** helps survivors of domestic violence. Call Adam Kuhn: his work number is 859-259-1974, x222, and he speaks Spanish.

**Lexington's LFUCG Domestic and Sexual Violence Prevention Coalition** provides free assistance to survivors of domestic and sexual violence. For more information, look at their website:  
<https://www.lexingtonky.gov/departments/domestic-violence-prevention-board>. You can also call Stephanie Theakston, Program Coordinator, at (859) 258-3803, or email her at [stheakston@lexingtonky.gov](mailto:stheakston@lexingtonky.gov). Interpretation services are available for non-English speakers.

**EPO's** (Emergency Protection Orders) must be filled out in person. Call 859-246-2248 for more information. Once the EPO is filled, call 859-252-1771 to get an advocate who can help you through the process.



# MEDICAL SERVICES

**Call the Covid-19** dedicated line at Lexington's Health Department, 859-899-2222, in Spanish or other languages, for questions regarding your Covid-19 related health, or for more information on Covid-19.

**Mission Lexington** (also known as the Faith Based Pharmacy) offers medical, vision, dental, and pharmacy services to adults living in Fayette county and without insurance. They do not see children. Appointments are required. The clinic is open Mon – Wed, 9:00 a.m. to 3:00 p.m., and Thursday, 9:00 a.m. to 1:00 p.m. For more information, go to <https://missionhealthlex.org/#services>, or call 859-272-0219.

**HealthFirst Bluegrass** offers medical and dental services for adults and children on a sliding scale fee. Clients whose monthly income is 100% or less of the Federal Poverty Guidelines will be charged \$20 per visit. For a sliding fee scale in English or Spanish, go to: <https://healthfirstlex.com>. Healthfirst Bluegrass has several locations, including 496 Southland Drive and 1640 Bryan Station Drive #1. For a list of all their locations, go to: <https://healthfirstlex.com/hours-and-locations/>. Healthfirst Bluegrass also offers a sliding scale pharmacy. To make an appointment, call 859-288-2425. Spanish speakers are welcome.

**Baby Health Services** provides free preventive and primary health care assistance to Central Kentucky children who do not have insurance. BHS provides physicals, sick visits, and vaccinations. They also support children's mental well-being, dental health, and dietary educational needs. They are located at 1590 Harrodsburg Road, Lexington, KY, 40504 ( Next to St. Joseph Hospital) and their phone number is (859) 278-1781.

Call **Medicaid** (1-855-306-8959) if you need to obtain government health insurance. Social security numbers are not required to obtain "MCD Presumptive Eligibility". Phone wait times are currently very long.

**Medicare** is the federal health insurance program for United States citizens or permanent legal residents who are age 65 or older, younger with certain disabilities, or who have end-stage renal disease (ESRD). To see if you qualify and apply, go to: <https://www.medicareplans.com/medicare-coverage-resource-of-immigrant-populations/>



## MEDICAL SERVICES CONTINUED

**KEJC (Kentucky Equal Justice Center)** acts as a watchdog and advocate for low income and working families. Their Outreach Coordinator, Miranda Brown, is an Application Assister for Medicaid and qualified health plans. If you don't know how to get Medicaid and qualified health plans, KEJC can help you apply. For more information, their website is: <https://www.kyequaljustice.org>. They are located at 201 West Short Street, Suite 310, Lexington, KY 40507. Their phone number is 859-233-3057. Please leave a message. Spanish speakers are welcome.

**For those who have no health insurance** and meet low income guidelines, UK (University of Kentucky) will help people who are currently uninsured obtain Medicaid. Call (859-218-1069) between 8:00 a.m. and 4:00 p.m. if you need to speak with a Spanish speaker. Otherwise, call their general financial assistance number (see below).

**UK has a payment program** for uninsured or underinsured patients, the UK HealthCare Financial Assistance Program. Call 859-323-9898 for assistance (Spanish speakers are welcome). Applicants will be asked to fill out a form, <https://ukhealthcare.uky.edu/patients-visitors/patients/payment-insurance/financial-assistance>. This plan only applies to UK facilities.

Go to <https://sites.google.com/view/studentswithasdathome/> to get information on supporting students with **Autism Spectrum Disorder** at home during the virus.

**Encore Adult Day Health Center** is accepting new clients. Call 859-286-9903 or email [contact@encoreadhcc.com](mailto:contact@encoreadhcc.com) for more information.

**Planned Parenthood**—Lexington offers family planning and no insurance is needed. They are located at 268 Southland Drive, Lexington, KY 40503, their phone number is (317)-205-8088, and they are online at <https://plannedparenthood.org/>

**Bluegrass Community Health Center** also offers family planning and no insurance needed. They are located at 1306 Versailles Road, Suite 120, Lexington, KY 40504, their phone number is: (859) 259-2635, and they can be found online at <https://bchcky.com/>.



## MEDICAL SERVICES CONTINUED

**AVOL** offers free HIV testing and Prep. No insurance is needed. They are located at 365 Waller Avenue, Suite 100, Lexington, KY 40504. They can be reached at: (859) 225-3000.

**UK College of Dentistry** dental students, under the supervision of faculty and resident dentists, will see patients ages 4-12 years old to offer free dental examinations, cleanings, radiographs, sealants, simple restorative work and extractions, and fluoride varnish. Free kindergarten screenings will also be provided. You must pre-register online before going at: <https://dentistry.uky.edu/patient-care/appointment-request>. Call: 859-323-3368.

**AA lists** online meetings at <http://aa-intergroup.org/directory.php>. Please note that at the very bottom of the page, they list links to online meetings in other languages (such as Spanish, French, Farsi, Russian, etc.) Unfortunately, there are no links to Swahili, Kinyarwanda, or Nepali online meetings.

**Clinica Amiga** is a pediatric primary care clinic located at Kentucky Clinic South that serves the Hispanic/Latino community of Lexington. Call 859-323-6211 to make an appointment. They are located at 1000 South Limestone, University of Kentucky, Lexington, KY, 40536. For more information, go to: <https://ukhealthcare.uky.edu/kentucky-childrens-hospital/services/primary-care-pediatrics/clinica-amiga>

**The SHARE Center Free Clinic** (572 Georgetown St., Lexington, KY 40508) offers basic health services to the North Side Community. Staffed with all volunteer physicians, nurses and medical students, the clinic is open every the 2nd and 4th Saturday of the month, from 11 am to 3 pm. Services are offered in English, Spanish, Urdu & Arabic. For more information, call (859) 270-9402 or go to: <http://www.sharelexington.org/clinic.html>

## PHARMACY

**Mission Lexington** (also known as the Faith Based Pharmacy) is open Saturdays, from 8:30 a.m. to 10:30 a.m. Call before going (859-272-0219). This can be used for clients without insurance who need medication for chronic conditions and already have a prescription. A caseworker referral is required. Please call the CRCKY (1-800-674-9217) to be connected with a caseworker who can provide a referral.



# FOOD RESOURCES

## LEXINGTON AREA/FAYETTE COUNTY

**God's Pantry** is a food bank providing food boxes for Fayette County residents. God's Pantry no longer accepts self-referrals, so clients must be referred by an agency social worker. Please contact the PAGE program 895-300-5330 Monday-Friday 9-4:00pm for a referral. For help in other Kentucky counties, God's Pantry lists meal programs at: <https://godspantry.org/help/>.

**Moveable Feast** prepares and delivers meals five days a week to low-income people in Lexington-Fayette County who have HIV/AIDS and those under the care of Bluegrass Care Navigators (formerly Hospice of the Bluegrass). Caregivers and dependent children are also fed. Call: 859-252-2867.

**SNAP** (Supplemental Nutrition Assistance Program, formerly known as food stamps. To see if you or a U.S. citizen child are eligible, go to [https://kynect.ky.gov/benefits/s/snap-program?language=en\\_US](https://kynect.ky.gov/benefits/s/snap-program?language=en_US) or call 855-306-8959.

**NourishLex** is offering a new delivery service from Tuesday-Friday. Fill out this form if you would like food delivered: for English, go to <https://tinyurl.com/8n4ahv3k>. If picking up a meal in person, please practice social distancing upon arrival and keep 6 feet away from anyone in line. Find out more at: <http://foodchainlex.org/> or call 859-428-8380. No identification is needed.



# FOOD RESOURCES

## FOOD SOURCES IN THE LEXINGTON GREATER AREA LISTED BY ZIP CODE

### 40324

**Scott United Ministries' Amen House**, at 319 East Main Street Georgetown, KY, 40324, provides food to Scott County residents. They are open Monday–Friday, 9 a.m. to 12 p.m., with extended hours until 3:00 p.m. on Tuesdays. Please bring proof of Scott County residency and a photo ID with you (Photo IDs from other countries are accepted). Call (502) 863-5305 for questions. More details are also available at <https://amenhouse.org/first-visit/>.

### 40502

**Southland Church** provides backpacks full of food in person on Wednesday evenings and through delivery on Thursday afternoons. Contact their Lexington branch located at 2349 Richmond Rd Lexington, KY 40502 at 859-224-1600.

### 40503

**Mary Queen Parish**, Free Food for ages 1–18. Located at 601 Hill N Dale Road Lexington, KY 40503. Breakfast and lunch will be served daily from 11:00am – 12:30pm. Contact Char Banta at [cbanta@cdlex.org](mailto:cbanta@cdlex.org) for details.

### 40504

**PCSO (Pride Community Services Organization)** A food pantry that distributes pre-packed food boxes at 389 Waller Avenue, Suite 100, Lexington, KY 40504. Call (859-253-3233) or email ([officemanager@pcsoky.org](mailto:officemanager@pcsoky.org)) to ask to be put on the list. Only your name and contact information is required. For repeated pickups, please call every week that you want a new box. If it's not possible for you to come and pick up the food, please call them, they may be able to arrange a delivery. If you do not speak English, call and ask for an interpreter in the language you need, they have volunteers who speak other languages who can interpret.



# FOOD RESOURCES

## FOOD SOURCES IN THE LEXINGTON GREATER AREA LISTED BY ZIP CODE

### 40504

**Catholic Action Center** offers breakfast (9:00 AM - 9:30 AM inside, 9:30 AM - 10:00 AM to-go), lunch (12:00 PM - 12:30 PM inside, 12:30 PM - 1:00 PM to-go), and dinner (5:30 PM - 6:00 PM inside, 6:00 PM - 6:30 PM to-go) every day. Call 859-514-7210, visit them at 1055 Industry Rd., Lexington, KY 40505. They can be emailed at [caclex2000@gmail.com](mailto:caclex2000@gmail.com). When going in person, make sure to ring the doorbell so they know you are there.

**The Gathering at Embrace Church** offers dinner from 4:00 PM - 6:30 PM Mondays. Find them at 1015 N Limestone, Lexington, KY 40505. Participants will receive food bags upon leaving.

**Grace Baptist Church** (859-252-1119) offers to-go lunches and bulk food Mondays from 2:30 PM - 4:30 PM. Bulk food is also offered Thursdays 2:30 PM - 4:30 PM. Find them at 811 Bryan Ave, Lexington, KY 40505

### 40507

**New Life Day Center** (859-721-2325) offers free meals from 8:30 AM - 12:00 PM M-F and 8:30 AM - 11:00 AM Saturday. Find them at 224 N MLK Blvd, Lexington, KY 40507. Spanish speakers are welcome.

**St. Paul Catholic Church** (859-252-0738) offers free sack lunches M-F from 12:00 PM - 12:30 PM. Meals are served at the sunroom/patio door at Brossart House, near the church parking lot. Show up and you will receive food, no ID required. Spanish speakers are welcome. Find them at 425 W Short St., Lexington, KY 40507





# FOOD RESOURCES

## FOOD SOURCES IN THE LEXINGTON GREATER AREA LISTED BY ZIP CODE

### 40508

**FoodChain**, one of Nourish Lexington's participant programs, offers free hot meals, serving guests to-go food, Monday, Wednesday, and Friday, from 5:30 p.m. - 7:00 pm at 501 West 6th Street (where Jefferson street dead ends into West 6th).

**Maxwell Presbyterian Church** (180 East Maxwell Street) gives out food bags from 3:00 to 5:00 on Thursdays, to anyone in line. A bag typically has one meal. No identification is needed.

**Lexington Rescue Mission** (<https://lexingtonrescue.org/services/>) provides carry out meals at their Outreach Center, 444 Glen Arvin Avenue Lexington, KY 40508. Breakfast is provided from 9:00 - 10:00 AM, and lunch is served from 12:00 - 1:00 PM Monday through Saturday. For more information, contact Tammy Clay by email at [tammy@lexingtonrescue.org](mailto:tammy@lexingtonrescue.org) or by calling 859-381-9600, ext 225 (English only).

**Nathaniel Mission** provides food. They also offer over the phone intakes, connecting Fayette county clients with assistance. They are located at 1109 Versailles Road, Suite 400, Lexington, KY 40508. Brown bag breakfasts to-go are available Monday-Thursday, from 9:30 a.m.-10:00 a.m., and to-go lunches are from 12:00 p.m. - 12:30 p.m. Their Mission Market program offers food, cleaning, and hygiene products to families in need, Tuesday-Thursday at 1:00 p.m. Call 859-255-0062 (Spanish speakers available) to make an appointment for a phone intake. It's not necessary to make an appointment, but there is a maximum of 30 people a day. Go to <https://www.nathanielmission.com/> for more information.

**The Nest** provides weekly food bags for families and individuals. They can also refer you to God's Pantry Food Bank (once a month). Call their Family Assistance program at 859-259-1974 x222 on M-Th: 9:00 AM - 12:00 PM and 1:00 PM - 3:00 PM. They are located at 529 N. Martin Luther King Blvd., Lexington, KY 40508. PHOTO ID REQUIRED.





# FOOD RESOURCES

## FOOD SOURCES IN THE LEXINGTON GREATER AREA LISTED BY ZIP CODE

### 40508

**The Salvation Army** operates a food pantry where Fayette County residents can apply for emergency food assistance. This process requires an interview to determine eligibility as well as identification, a rent receipt, Social Security card and verification of income. The food pantry in Lexington is open Monday through Friday from 9:00am – 11:00am and is located at 722-736 W. Main Street Lexington, KY 40508. For information about receiving food assistance in Scott County, please [click here](#). For information about receiving food assistance in Jessamine County, please [click here](#). Both websites are available in English only.

**The First Presbyterian Church** offers free lunch on the last Saturday of the month from 11:30 AM – 1:00 PM. They are located at 171 Market Street Lexington, KY 40508. For more information, call 859-252-1919.

**Sharelexington.org** is located at 572 Georgetown St Lexington, KY 40508. Call 859-270-9402 to make an appointment. Walk up meals are available starting at 11:00 AM Monday and Tuesday. Once a month on Thursday, a family can come to their food pantry, but they need to call ahead and have an ID and a way to verify how many children are in their household. It's recommended to call as soon as they open at 9:00 on Monday.

### 40509

**Northeast Christian Church** (859-299-1251, x. 209) Maintains a food pantry on Saturdays from 10a.m. – 12:00 p.m. Food items available include dairy, breads, meats, fresh vegetables/fruits, along with non-perishable food items. Limited hygiene items may be available. Must bring ID or other documentation showing proof of Fayette County Residency. Spanish translators may be available. To pick up the food, go to Northeast Christian Church at 990 Star Parkway, Lexington, KY 40509. More information available at [ncclex.org/foodpantry/](http://ncclex.org/foodpantry/).



# FOOD RESOURCES

## FOOD SOURCES IN THE LEXINGTON GREATER AREA LISTED BY ZIP CODE

### 40511

**Blue Grass Farms Charities** (BGFC) is helping people working in Central Kentucky's Thoroughbred Industry. BGFC has specific hours scheduled for pickup of food at 2339 Sandersville Road Lexington, KY 40511, Monday through Thursday from 10:00 a.m. to 4:30 p.m. BGFC will make deliveries of produce and breads that are available through God's Pantry to the farms by appointment only. BGFC's policy is to verify employment before any assistance is given. Please call their office before coming (859) 219-0910 to make arrangements. Visit [www.bgfcky.org](http://www.bgfcky.org) for information on the services they provide farm/backstretch workers and their family.



# LEGAL RESOURCES

**KRM** (501 West 6th Street, Suite 250, 2nd floor, Lexington 40508, 859-226-5661) can assist clients with immigration related legal questions. KRM is open to all current clients. They are currently not taking new clients until October 2023, at the earliest. KRM uses interpreters.

**Maxwell Street Legal Clinic** (315 Lexington Avenue) handles immigration law. For immigration issues, call 859-233-3840. Maxwell has Spanish speaking staff and uses interpreters for other languages. Maxwell is currently seeing people who qualify for legal assistance due to VOCA (Victims of Crime Act) status and is offering assistance for U-visas and T-visas. If no one answers the phone when you call, please leave a message (in English or Spanish) and someone will return your call.

**The Mexican Consulate** will assist its citizens by paying for a lawyer for survivors of violence, abuse, and trafficking. They are located at 331 South East Street, Indianapolis, IN 46204, and are open Monday to Friday, 8:00 am to 5:00 pm. Their phone number is: (317) 761-7600.

**Legal Aid of the Bluegrass** is able to provide representation to non-citizens with protective order cases: they also help survivors of domestic violence, trafficking, stalking, and other crimes, regardless of immigration status. The immigration work they do is entirely VAWA /TVPA based work – U visa, T visa, self-petitions, and related cases. If a person without a social security number is a survivor, they generally can assist in any other areas of law (housing, divorce, etc). They are located at 300 East Main Street, Suite 110 Lexington, KY 40507. Those needing assistance can call their intake line at 859-431-8200, Monday-Friday, 10 a.m.-3:30 p.m. or can visit [www.lablaw.org/apply-here](http://www.lablaw.org/apply-here) at any time. Legal Aid has Spanish-speaking staff as well as easy access to telephone interpreters.

**Kentucky Equal Justice Center** is providing free wage claim help at Maxwell Street Legal Clinic (315 Lexington Avenue). If you feel you are not receiving the wages you were promised, or have questions about minimum wage and overtime pay, please call: 859-667-4559. Appointments are by phone. If no one answers the phone, please leave a voicemail (in English or Spanish) and someone will return your call.



## LEGAL RESOURCES CONTINUED

**Micah Legal** is a sliding scale nonprofit civil legal firm based in Lexington, KY. They offer assistance with wills, powers of attorney, divorce and family law. Their address is 219 E. Short Street, 2nd Floor, Lexington, KY 40507 and their phone number is (859) 568-3129. Their website is <https://micahlegal.org>.

**Erik S. Young** (859-699-3791) is a private attorney in Lexington practicing criminal law and charging reasonable rates. English only. If you need an interpreter, contact CRCKY (800-674-9217) for support. Mr. Young's office is at 2387 Professional Heights Drive, Suite 140 (2nd floor), Lexington 40503.



# HOUSING & UTILITIES RESOURCES

**CRCKY** (crc4me.org) will provide limited rent and utilities assistance to clients who have a household member with Covid-19 and/or do not qualify for unemployment and/or federal, state, and city programs. Assistance is provided on a case by case basis and preference will be given to Lexington residents and people from Kentucky counties with limited services. Assistance to immigrants with life threatening illness will also be provided on a case-by-case basis. Call: 1-800-674-9217, x1 for emergencies, x0 for all other calls. If you do not speak English, leave a message in Spanish, we will call you back with an interpreter. Email Dominique Olbert at: dominiqueolbert@gmail.com or crc4me@icloud.com with questions.

**Lexington's EFA** (Emergency Financial Assistance) program for Residential and Utility Costs at 859-300-5300 to receive assistance from the city. It is better to speak with a receptionist than to leave a message. English only answering system messages.

Anyone directly economically impacted by Covid-19 can apply to receive as much as 12 months of back rent and three months of future rent from the **Housing Stabilization Program** (859-280-8424, housingstabilization@lexingtonky.gov). Utilities assistance is also provided. This program can be accessed directly through LFUCG's (Lexington Fayette Urban City Government's) Office of Homeless Prevention and Intervention, or through the old Covid19renterhelp.com portal. All applications can be started at [www.lexingtonky.gov/how-do-i-get-help](http://www.lexingtonky.gov/how-do-i-get-help). Applicants and their landlords also need to go through a new online portal to submit their paperwork: this is a two-part application process. For assistance completing the portal, please call Emma Anderson (859)-869-8180 (Spanish and English).

**Community Action Council** is open for rent assistance and KU assistance for people not impacted by Covid. For a list of locations, go to: <https://www.commaction.org/contact>. For questions (in Spanish and English), call: 859-244-2215. They prefer you apply for help through the Housing Stabilization program.



# HOUSING & UTILITIES RESOURCES

**Governor Beshear's Healthy at Home Emergency Relief Fund**, administered by the Kentucky Housing Corporation, is accepting applications for rent assistance. (They have a budget of \$14 million. Go to: <https://teamkyhherf.ky.gov/>. This applies only to people in Kentucky that do not live in Fayette or Jefferson County.

**Lexington Rescue Mission** has a Resource Coordinator to assist clients on needs such as housing. Call 859-381-9600 for more information (<https://lexingtonrescue.org/services/>). Outreach Center, 444 Glen Arvin Avenue. You do not need to make an appointment. Walk-in appointments are from 1:00 p.m. to 3:00 p.m., Tuesdays, Wednesdays, and Thursdays.

**Maxwell Street Presbyterian Church (MSPC)** can provide some limited financial assistance for rent and utilities. Call their client line, 859-233-0723, on Monday, Wednesday, or Friday, 12:00 pm – 3:00 pm, and leave a message. Your call will be returned during office hours. English only is spoken here: if you do not speak English, call CRCKY (1-800-674-9217), and we can help you connect with them. MSPC can also help with IDs and drivers' licenses, laundry cards, prescription medications, toiletries and cleaning supplies, work boots, bus passes, gasoline assistance. For more information, click on: <https://www.maxpres.org/community-assistance>

**Nathaniel Mission** can help connect clients with resources. Call 859-255-0062 (Spanish speakers available) to make an appointment for a phone intake.

If you have been given a shut-off date from your utility company, please call the **PSC. Public Service Commission**) at 502-564-3940. English only.

**Catholic Charities** is open to assist in payments to KY American Water bills. They will pay a maximum of \$150, once a year. Leave a message (859-253-3339) on their answering machine, in English or Spanish.



# HOUSING & UTILITIES RESOURCES

**Centenary's "Love Fund"** will pay rent and utilities on a first come first serve basis. Applicants must call (859-269-2800) on the first Monday of the month starting at 10:00 a.m. Assistance is provided on a first come, first serve basis, so call early. Centenary staff only speaks English, so please make sure you have an interpreter handy if you don't speak English yourself. You will be required to provide a name and date of birth. No funds will be offered in the month of July, services will start again in August 2022.

**The Salvation Army** is open and offers temporary housing for women, children, and families that have no place to stay. (Single men are not allowed, they need to go to the Hope Center.) The Salvation Army is located at 736 West Main Street, Lexington, KY 40508. Please call to confirm there are beds available that day before heading over (859-252-7706).

**The Hope Center** is open and provides men who do not have a place to stay with temporary housing. Call 859-252-7881 to see if you qualify.

**Catholic Action Center** (859-255-0301) offers temporary housing to those who do not have a place to live. There are no openings unless a resident leaves and they are careful not to exceed capacity.



# PHONE & INTERNET SERVICES

**Lifeline** is a government program that assists qualified low-income customers by paying for their phone service and internet. To receive \$5.25 - \$9.25 assistance on your mobile or landline phone bills, apply for Lifeline. You must meet the income-based or program-based eligibility guidelines to qualify. Assistance is available if your income is 135% or less than the Federal Poverty Guidelines (check <https://www.lifelinesupport.org/do-i-qualify/> to see if you are eligible).

Applicants must also have ONE of the following to apply:

- Social security number
- Tribal ID number
- Driver's License, Military ID, Passport, Taxpayer Identification Number (ITIN), or other Government ID

If you do not qualify on your own, you can sign up through your child or dependent if they participate in any of the qualifying programs.

[https://www.lifelinesupport.org/wp-content/uploads/documents/get-lifeline/LI-SP\\_Application\\_NVstates.pdf](https://www.lifelinesupport.org/wp-content/uploads/documents/get-lifeline/LI-SP_Application_NVstates.pdf)

For an English application form, go to: [https://www.lifelinesupport.org/wp-content/uploads/documents/get-lifeline/LI\\_Application\\_NVstates.pdf](https://www.lifelinesupport.org/wp-content/uploads/documents/get-lifeline/LI_Application_NVstates.pdf)

If you qualify for Lifeline, you will also qualify for the **ACP benefit**. ACP (Affordable Connectivity Program) subsidizes an additional \$30 per household for internet services. You must work with an approved local phone provider to obtain this. Local providers include Verizon, Cricket, and AT&T.

If your household income is more than 135% but equal to or less than 200% the Federal Poverty Guidelines, you will also qualify for the ACT program. To sign up, click sign up for the ACP benefit only. The program is limited to one ACP benefit per household.





# TRANSPORTATION SERVICES

**LexTran's** Community Relations Manager, Emily Elliot (859) 244-2018, offers free training on how to ride the bus for people who are not familiar with Lexington's bus system. Language access is provided, though over-the phone interpreting services in some instances, in person if in Spanish. Ms. Elliot's email is eelliott@lextran.com. Please call or email to make an appointment for a personalized lesson. She, or someone from her department, will meet you at the bus stop closest to your house, and take you to your requested destination. You can also receive a pre-printed bus route plan for how to get to other destinations in your native language, if you request it ahead of time. If you are not comfortable contacting LexTran directly, call The PAGE program 859-300-5330 for assistance.

## **Medicaid Related Transportation assistance**

Individuals who have Medicaid are eligible to receive free transportation to and from medical appointments with Medicaid Providers.

Individuals in Bourbon, Clark, Estill, Fayette, Harrison, Madison, Nicholas, and Powell counties can call 1-888-848-0989 or 859-233-0066 to schedule a pickup with Federated Transportation Services of the Bluegrass (FTSB) to schedule transportation. Individuals in Anderson, Boyle, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott, and Woodford counties can call 1-800-456-6588 or 502-695-4290 to schedule transportation.

Spanish is available as an option when you dial in. For all other languages, you must navigate the phone system to speak with a live representative before you can request an interpreter.

The Medicaid member - or someone helping them - must call to schedule the NEMT ride at least 3 days, but not more than 30 days, before the appointment. So note that if an appointment is on Wednesday, and the office is closed on Sunday, the ride would need to be scheduled before Saturday at 1.

Riders **MUST** have a valid Kentucky Medicaid card, be going to a Medicaid related service, and not have access to a car. Riders 55 and older will receive door to door car service. Riders under 55 will only be provided door to door car service if they live more than a half mile from a bus stop, or a qualified doctor writes a note explaining why the Medicaid member cannot ride the bus.



## FCPS Family Resource and Youth Services Centers 2023–2024

**Arlington FRC:** Ashli Dunn

Phone: 859.381.3029

Email: Ashli.dunn@fayette.kyschools.us

**Cassidy/Morton FRC:** Candice Mimes

Phone: 859 381-3539

Email: Candice.mimes2@fayette.kyschools.us

**Ashland FRC:** Dionne Jermeia

Phone: 859.383.3246

email: Dionne.jermei@fayette.kyschools.us

**Clays Mill FRC:** Aruna Swauger

Phone: 859 381-3355

email: Aruna.swauger@fayette.kyschools.us

**Beaumont YSC:** Betsy Fusilier

Phone: 859.381.3107

email: Betsy.fusilier@fayette.kyschools.us

**Coventry Oak FRC:** Tiffany Runyon

Phone: 859 381-3196

email: Tiffany.Runyon@fayette.kyschools.us

**BTW Academy FRC:** Monica Hall

Phone: 859.381-3266

email: Monica.hall@fayette.kyschools.us

**Crawford Middle YSC:** Roy Booker

Phone: 859 281-0701

email: Roy.booker@fayette.kyschools.us

**Breckinridge FRC:** Mindy Woodall

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email: Mindy.woodall@fayette.kyschools.us

**Deep Springs FRC:** Kate O'Ferral

Phone: 859 381-3073

email: Kate.oferral@fayette.kyschools.us

**Brenda Cowan FRC:** Nicole Love

Phone: 859.381.2990 x 29403

email: Nicole.love@fayette.kyschools.us

**Dixie FRC:** Kasey Gettis

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email: Kasey.gettis@fayette.kyschools.us

**Bryan Station Middle YSC:** Roxanne Brown

Phone: 859 381-3297

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**Edythe J. Hayes YSC:** Carla Mack

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**Bryan Station High YSC:** Whitney Young

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**Frederick Douglass YSC:** Desiree Marshall

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**Cardinal Valley FRC:** Carmen Cotto

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**Garden Springs FRC:** Haley Buchanan

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## FCPS Family Resource and Youth Services Centers 2023–2024

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**Glendover FRC:** Krista Mason  
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**Harrison FRC:** Phyllis McKissick  
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**Henry Clay YSC:** Ciera Bowman  
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**James Lane Allen FRC:** Madeline Potter  
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**Jessie Clark YSC:** Emily Thomas  
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**Lafayette YSC:** Kathryn Chastain  
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**Lansdowne FRC:** Joshua Owsley  
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**Leestown YSC:** Adrienne Carter  
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Email: Adrienne.carter@fayette.kyschools.us

**Lexington Traditional Magnet YSC:** Takara Jones  
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**Liberty FRC:** Laura Livesay  
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**Mary Todd FRC:** DeVonda Williams  
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email: Devonda.williams@fayette.kyschools.us

**Meadowthorpe FRC:** Mary Jo Dendy  
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**Maxwell FRC:** Dionne Jermeia  
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**Millcreek FRC:** DomUnique Thomas  
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**MLK JR. Academy YSC:** Anthony White  
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**Northern FRC:** Nydia Higgins  
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## **FCPS Family Resource and Youth Services Centers 2023–2024**

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**Russell Cave FRC:** Elvis Andrade  
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**Sandersville FRC:** Mary Jo Dendy  
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**Southern Middle YSC:** Holly Morrow  
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**Squires FRC:** Lesley Brown  
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**Success Academy/STEAM FRC:** Alexis Bell  
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**Stonewall FRC:** Aruna Swauger  
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**Tates Creek Middle YSC:** Candace Church  
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**Tates Creek High YSC:** Andrea Covarrubias  
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**Region 10 FRYSC Coordinator:** Lisa McKenzie  
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