



Northwest Chicago Community Resource Guide

Ravenswood • Albany Park • West Ridge • Lincoln Square

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Primary Medical Care

Health centers offering primary, preventive, and specialty care in Northwest Chicago

ERIE FAMILY HEALTH CENTERS

Erie Family Health Centers — Foster Avenue (Albany Park)

Address: 5215 N. California Ave, 7th Floor, Chicago, IL 60625

Phone: (312) 666-3494 **Website:** eriefamilyhealth.org

Services: Primary medical & dental care, pediatrics, women's health, prenatal care, behavioral health, HIV/AIDS services, WIC, substance use treatment

Hours: Mon/Tue/Thu/Fri: 8:30 AM–5:30 PM | Wed: 10:00 AM–7:00 PM

Sat: 10:00 AM–2:00 PM

Access: Appointment preferred; walk-in for urgent care

Eligibility: All welcome

Cost/Insurance: All Medicaid plans, many private insurances; sliding scale fee; no one turned away

Erie Family Health Centers — Erie Helping Hands (Albany Park)

Address: 4747 N. Kedzie Ave, Chicago, IL 60625

Phone: (312) 666-3494 **Website:** eriefamilyhealth.org

Services: Primary medical care, pediatrics, women's health, prenatal care, behavioral health, substance use treatment, case management, medication-assisted treatment

Hours: Mon/Tue/Thu/Fri: 8:30 AM–5:30 PM | Wed: 10:00 AM–7:00 PM | Sat–Sun: Closed

Access: Appointment preferred

Eligibility: All welcome — Albany Park community focus

Cost/Insurance: All Medicaid plans, many private insurances; sliding scale fee; no one turned away

Additional Locations

Humboldt Park: 2750 W. North Ave, Chicago, IL 60647

West Town: 1701 W. Superior St, Chicago, IL 60622

Division: 2418 W. Division, Chicago, IL 60622

Johnson (North Lawndale): 1504 S. Albany Ave, Chicago, IL 60623

Sankofa Village: 4305 W. Madison St, Floor 3, Chicago, IL 60624

Westside: 646 N. Lawndale Ave, Chicago, IL 60624

MIDWEST REFUAH HEALTH CENTER

Midwest Refuah Health Center — Main Location

Address: 6374 N. Lincoln Ave (at Devon), Chicago, IL 60659

Phone: (872) 270-5999 **Website:** midwestrefuahhealthcenter.org

Services: Primary & family medicine; pediatrics; rapid/urgent care; behavioral health (individual therapy, family counseling, creative arts therapy); dental services expanding — confirm status when booking

Hours: Call for current hours — clinic actively expanding

Access: Appointment preferred; call (872) 270-5999

Eligibility: All welcome; particularly serves Rogers Park, Peterson Park, Lincolnwood, Skokie area

Cost/Insurance: Accepts UnitedHealth, Aetna, Tricare, BCBS, Medicare, Cigna PPO; sliding scale for uninsured; no one turned away. Verify insurance when booking.



TAPESTRY 360 HEALTH

Tapestry 360 Health — Albany Park

Address: 3737 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Primary medical care, dental, behavioral health, OB/prenatal, pediatrics, family planning, LGBTQ+ care, refugee & immigrant care, chronic disease management

Hours: Mon–Fri: 8:30 AM–5:00 PM | 2nd & 3rd Sat: 8:30 AM–5:00 PM

Access: Appointment required

Eligibility: All welcome; serves uninsured, underinsured, immigrants, refugees

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away. All patients must complete a sliding fee scale application with proof of income.

Tapestry 360 Health — Lincoln Square

Address: 2645 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 275-1680 **Website:** tap360health.org

Services: Primary medical care, behavioral health, family planning, LGBTQ+ care, refugee & immigrant care

Hours: Mon/Tue/Wed/Fri: 8:30 AM–5:00 PM | Thu: 8:30 AM–8:00 PM | 1st & 3rd Sat: 8:30 AM–12:00 PM

Access: Appointment required

Eligibility: All welcome

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Tapestry 360 Health — Touhy

Address: 2200 W. Touhy Ave, Chicago, IL 60645

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Primary medical care, behavioral health, family planning, refugee & immigrant care

Hours: Mon/Wed/Thu/Fri: 8:30 AM–5:00 PM | Tue: 8:30 AM–8:00 PM

Access: Appointment required

Eligibility: All welcome; focus on uninsured, underinsured, immigrants, refugees

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Additional Locations

Devon: 1301 W. Devon Ave, Chicago, IL 60660 | (773) 296-7589 | tap360health.org

Lakeview: 3154 N. Clark St, Chicago, IL 60657 | (773) 751-7800 | tap360health.org

Skokie: 8320 Skokie Blvd, Skokie, IL 60077 | (773) 751-7800 | tap360health.org

Wilson: 845 W. Wilson Ave, Chicago, IL 60640 | (773) 751-7800 | tap360health.org

NOTE: Erie Family Health Centers and Tapestry 360 Health also operate school-based health centers at select CPS schools. See the Teen & Youth Health section for those locations.



HAMDARD HEALTH- ROGERS PARK

Address: 1542 W. Devon Ave, Chicago, IL 60660

Phone: (773) 465-4600

Website: hamdardhealth.org

Services: Primary & family medicine, pediatrics, women's health, preventive care, behavioral health, psychiatry, substance use treatment, PrEP services, chronic disease management, care coordination, insurance navigation, telehealth

Hours: Mon–Fri: 7:00 AM–5:00 PM | 1st & 3rd Sat: 8:00 AM–12:00 PM | Sun: Closed

Access: Appointment preferred; telehealth available; call to schedule

Eligibility: All welcome regardless of insurance, language, income, race, religion, or immigration status

Cost/Insurance: Accepts Medicaid, Medicare, and many private insurance plans; sliding scale available; no one turned away due to inability to pay.

Additional Location

Addison: 228 E. Lake St., Addison, IL 60101

IAMA CHARITABLE FOUNDATION COMMUNITY HEALTH CLINIC

Address: 2645 W. Peterson Ave, Chicago, IL 60659

Phone: (872) 330-3627 (Appointments) | Main: (773) 275-8630

Website: iamacf.org

Services: Free primary medical care, preventive care, chronic disease management, women's health services, specialty referrals, laboratory services, health education, community outreach

Hours: Tue–Thu: 10:00 AM–4:00 PM | Fri: 5:00 PM–9:00 PM | Sat–Sun: 10:00 AM–2:00 PM | Mon: Closed

Access: Appointment preferred; call to schedule. Patient registration occurs during the first 30 minutes of each clinic session.

Eligibility: Uninsured and underserved individuals welcome; serves a diverse immigrant and refugee community

Cost/Insurance: Free clinic; services provided regardless of ability to pay or insurance status.

HAYAT CLINIC

Address: 6350 N. Maplewood Ave, Chicago, IL 60659

Phone: (773) 465-4749

Website: hayatclinicchicago.com

Services: Free primary care, medical consultations, chronic disease management, vaccinations, eye screenings, laboratory services, specialty consultations

Hours: Mon, Wed, Fri & Sat: 5:30 PM–8:00 PM

Access: Walk-in and appointments accepted; call ahead to confirm clinic availability

Eligibility: All welcome; serves uninsured and underinsured individuals and families in the North Side of Chicago

Cost/Insurance: Free medical and eye care services; no insurance required



Teen & Youth Health

School-based and community health services for children, teens, and young adults

ERIE FAMILY HEALTH CENTERS

Additional Locations

Phone: (312) 666-3494 **Website:** eriefamilyhealth.org

Erie Teen Center: 2418 W. Division St, Chicago, IL 60622

Westside: 646 N. Lawndale Ave, Chicago, IL 60624

Amundsen High School: 5110 N. Damen Ave, Chicago, IL 60625

Clemente Community Academy: 1147 N. Western Ave, Chicago, IL 60622

Lake View High School: 4015 N. Ashland Ave, Chicago, IL 60613

LAWRENCE HALL

Lawrence Hall — Albany Park / North Center

Address: 4833 N. Francisco Ave, Chicago, IL 60625

Phone: (773) 728-2807 **Website:** lawrencehall.org

Services: Residential treatment (youth ages 4–25, trauma & serious behavioral challenges); therapeutic day school; foster care; transitional & independent living (ages 17–21); workforce development; community wellness; creative arts therapies

Hours: Office M–F 8:30 AM–5 PM; residential programs 24/7

Access: Referral required for residential/therapeutic programs; call for intake

Eligibility: Youth ages 4–25 with trauma/abuse/neglect histories; DCFS-involved; justice-involved; neurodivergent students

Cost/Insurance: Accepts Medicaid & state funding; contact for program-specific costs

TAPESTRY 360 HEALTH — SCHOOL-BASED SITES

Tapestry 360 Health — Hibbard Elementary School

Address: 4930 N. Sawyer Ave, Chicago, IL 60625

Phone: (773) 336-6100 **Website:** tap360health.org

Services: School-based children's health: primary care, behavioral health, physicals

Hours: Mon–Fri: 8:00 AM–4:00 PM | School hours only

Access: Appointment; school hours only

Eligibility: Enrolled students; parent/guardian consent form required

Cost/Insurance: Free to students with a signed Parent Consent Form

Tapestry 360 Health — Roosevelt High School

Address: 3436 W. Wilson Ave, Room 166, Chicago, IL 60625

Phone: (872) 268-7545 **Website:** tap360health.org

Services: School-based teen health: primary care, reproductive health, behavioral health, physicals

Hours: Mon–Fri: 8:00 AM–4:00 PM | School hours only



Access: Appointment; school hours only

Eligibility: Enrolled students; parent/guardian consent form required

Cost/Insurance: Free to students with signed Parent Consent Form

Additional Locations

Gale Elementary School: 1631 W. Jonquil Terr, Chicago, IL 60626 | (773) 366-7710

Kilmer Elementary School: 6700 N. Greenview Ave, Chicago, IL 60626 | (773) 366-7704

Senn High School: 5900 N. Glenwood Ave, Room 144, Chicago, IL 60660 | (773) 751-1860

Sullivan High School: 6631 N. Bosworth Ave, Room 100, Chicago, IL 60626 |

(312) 517-2590

NOTE: All school-based health centers are open during school hours only.

A signed Parent/Guardian Consent Form is required for all student services.

Contact the main Erie or Tapestry office to enroll: Erie (312) 666-3494 | Tapestry (773) 751-7800.



Behavioral & Mental Health

Counseling, therapy, psychiatric services, and substance use treatment in Northwest Chicago

ERIE FAMILY HEALTH CENTERS

Erie Family Health Centers — Foster Avenue (Albany Park)

Address: 5215 N. California Ave, 7th Floor, Chicago, IL 60625

Phone: (312) 666-3494 **Website:** eriefamilyhealth.org

Services: Behavioral health integrated with primary care; individual therapy, counseling, substance use treatment

Hours: Mon/Tue/Thu/Fri: 8:30 AM–5:30 PM | Wed: 10:00 AM–7:00 PM | Sat: 10:00 AM–2:00 PM

Access: Appointment preferred; walk-in for urgent care

Eligibility: All welcome

Cost/Insurance: All Medicaid plans; sliding scale fee; no one turned away

Erie Family Health Centers — Erie Helping Hands (Albany Park)

Address: 4747 N. Kedzie Ave, Chicago, IL 60625

Phone: (312) 666-3494 **Website:** eriefamilyhealth.org

Services: Behavioral health, substance use treatment, case management, medication-assisted treatment

Hours: Mon/Tue/Thu/Fri: 8:30 AM–5:30 PM | Wed: 10:00 AM–7:00 PM | Sat–Sun: Closed

Access: Appointment preferred; walk-in for urgent care

Eligibility: All welcome — Albany Park community focus

Cost/Insurance: All Medicaid plans; sliding scale fee; no one turned away

Additional Locations

Humboldt Park: 2750 W. North Ave, Chicago, IL 60647

Westside: 646 N. Lawndale Ave, Chicago, IL 60624

LAWRENCE HALL

Lawrence Hall — Albany Park / North Center

Address: 4833 N. Francisco Ave, Chicago, IL 60625

Phone: (773) 728-2807 **Website:** lawrencehall.org

Services: Residential treatment (youth ages 4–25, trauma & serious behavioral challenges); therapeutic day school; community wellness & violence prevention; creative arts therapies

Hours: Office M–F 8:30 AM–5 PM; residential programs 24/7

Access: Referral required; call for intake

Eligibility: Youth ages 4–25 with trauma/behavioral challenges; DCFS/justice-involved; neurodivergent

Cost/Insurance: Accepts Medicaid & state funding



THE KEDZIE CENTER

The Kedzie Center — Albany Park / North River

Address: 4141 N. Kedzie Ave, Suite 2, Chicago, IL 60618

Phone: (773) 754-0577 **Website:** thekedziecenter.org

Services: Mental health therapy (individual, family, group); psychiatric consultation; community resource navigation; graduate clinical training site

Hours: Mon/Wed: 10:00 AM–7:00 PM | Tue/Thu: 10:00 AM–6:00 PM | Fri: 10:00 AM–5:00 PM

Access: Appointment required — complete inquiry form online or call

Eligibility: Must reside within North River Expanded Mental Health Services Program boundaries (Albany Park / Ravenswood area — use address checker on website)

Cost/Insurance: Accepts insurance & Medicaid; sliding scale for uninsured/underinsured; no one turned away

MIDWEST REFUAH HEALTH CENTER

Midwest Refuah Health Center — Main Location

Address: 6374 N. Lincoln Ave (at Devon), Chicago, IL 60659

Phone: (872) 270-5999 **Website:** midwestrefuahhealthcenter.org

Services: Behavioral health: individual therapy, family counseling, creative arts therapy; integrated with primary care

Hours: Call for current hours

Access: Appointment preferred; call (872) 270-5999

Eligibility: All welcome

Cost/Insurance: Accepts insurance; sliding scale for uninsured; no one turned away

THRESHOLDS – CENTER FOR MENTAL WELLBEING

Thresholds — Ravenswood

Address: 4423 N. Ravenswood Ave, Chicago, IL 60613

Phone: (773) 572-5500 **Website:** thresholds.org

Services: Mental health & substance use treatment (outpatient & IOP, trauma-informed); case management; psychiatric care; individual & group therapy; psychosocial rehabilitation; peer support; employment support; housing assistance & supported housing; primary care integration; mobile crisis response (non-police); veterans services; ASL-fluent staff for deaf/HoH

Hours: Mon–Fri 8:30 AM–5 PM; crisis via 988 or mobile team

Access: Call (773) 572-5500 for intake; walk-in for crises

Eligibility: All welcome regardless of ability to pay; focus on serious mental illness, substance use & homelessness

Cost/Insurance: Sliding scale by family size/income; accepts Medicaid; no one turned away



TRELLUS

Trellus — Main Campus, West Ridge

Address: 2838 W. Peterson Ave, Chicago, IL 60659

Phone: (773) 564-4944 **Website:** mytrellus.org

Services: Trauma-informed behavioral health counseling; community health services; ESL & citizenship classes; workforce development

Hours: Mon–Fri 9 AM–5 PM

Access: Walk-in welcome; call for enrollment

Eligibility: Immigrants, refugees & underserved communities; all welcome

Cost/Insurance: Free or low-cost

TAPESTRY 360 HEALTH

Tapestry 360 Health — Albany Park

Address: 3737 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Behavioral health integrated with primary care; individual therapy, psychiatric services, counseling

Hours: Mon–Fri: 8:30 AM–5:00 PM | 2nd & 3rd Sat: 8:30 AM–5:00 PM

Access: Appointment required

Eligibility: All welcome

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Tapestry 360 Health — Lincoln Square

Address: 2645 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 275-1680 **Website:** tap360health.org

Services: Behavioral health, family planning, LGBTQ+ affirming care

Hours: Mon/Tue/Wed/Fri: 8:30 AM–5:00 PM | Thu: 8:30 AM–8:00 PM | 1st & 3rd Sat: 8:30 AM–12:00 PM

Access: Appointment required

Eligibility: All welcome

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Tapestry 360 Health — Touhy

Address: 2200 W. Touhy Ave, Chicago, IL 60645

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Behavioral health integrated with primary care; counseling

Hours: Mon/Wed/Thu/Fri: 8:30 AM–5:00 PM | Tue: 8:30 AM–8:00 PM

Access: Appointment required

Eligibility: All welcome

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away



Tapestry 360 Health — Thresholds (Integrated Care)

Address: 4423 N. Ravenswood Ave, Chicago, IL 60640

Phone: (872) 246-2058 **Website:** tap360health.org

Services: Behavioral health, psychiatry, dental care, substance use treatment; integrated care for individuals with serious mental illness

Hours: 9:00 AM–4:30 PM (call for specific days)

Access: Appointment required

Eligibility: Individuals with behavioral health needs; in partnership with Thresholds

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Additional Locations

Trilogy (Integrated Care): 1400 W. Greenleaf Ave, Chicago, IL 60626 | (872) 268-7544

Devon: 1301 W. Devon Ave, Chicago, IL 60660 | (773) 296-7589

Lakeview: 3154 N. Clark St, Chicago, IL 60657 | (773) 751-7800

Skokie: 8320 Skokie Blvd, Skokie, IL 60077 | (773) 751-7800

Wilson: 845 W. Wilson Ave, Chicago, IL 60640 | (773) 751-7800



Food Access

Food pantries, home delivery, farmers markets, and nutrition programs in Northwest Chicago

FOOD PANTRIES

THE FRIENDSHIP CENTER

Address: 2711 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 907-6388 **Website:** friendshipcenterchicago.org

Services: Full-choice fresh food pantry; hot meals to go; home delivery for clients with mobility barriers; pet food pantry; SNAP & Medicaid application assistance; referrals to partner nonprofits and healthcare

Hours: Mon/Thu/Fri: 12:00–4:00 PM | Tue: 3:00–7:00 PM | **Hot Meal, Thursday:** 6:00 - 7:30 PM

Access: Walk-in — no paperwork required; GCFD card issued at check-in

Eligibility: Open to all Cook County residents; up to 2 visits per month

Cost/Insurance: Free

COMMON PANTRY

Address: 3908 N. Lincoln Ave., Chicago, IL 60613

Phone: (773) 327-0553 **Website:** commonpantry.org

Services: Choice food pantry; fresh produce, dairy, meat, and pantry staples; home delivery for eligible clients; nutrition education; SNAP assistance; social services and referrals

Hours: Tue: 4:00–6:00 PM | Wed: 12:00–4:00 PM & 6:00–8:00 PM | Thu: 1:00–4:00 PM

Access: Walk-in; registration required for first visit

Eligibility: Serves households meeting income guidelines; grocery assistance available once per month

Cost/Insurance: Free

NOURISHING HOPE – SHERIDAN MARKET

Address: 3945 N. Sheridan Rd., Chicago, IL 60613

Phone: (773) 525-1777 **Website:** nourishinghopechi.org

Services: Choice-style food pantry; fresh produce, dairy, meat, pantry staples; online grocery ordering; home delivery; social services; mental wellness support; SNAP enrollment assistance

Hours: Mon/Wed/Fri/Sat: 11:00 AM–3:00 PM | Thu: 4:00–7:00 PM | Tue & Sun: Closed

Access: Appointment or online pre-registration recommended for first-time visitors

Eligibility: Chicago residents experiencing food insecurity; income guidelines apply

Cost/Insurance: Free (Nourishing Hope Chicago)

CARE FOR REAL

Address: 5840 N Broadway Chicago, IL 60640

Phone: (773) 769-6182 **Website:** careforreal.org

Services: Choice food pantry; fresh produce, dairy, meat, pantry staples; home delivery for eligible clients; pet food; clothing closet; case management; SNAP enrollment assistance; referrals to community resources

Hours: Tues: 3:00–6:00 PM | Wed: 9:00 AM–12:00 PM | Sat: 9:00 AM–12:00 PM

Access: Registration required for first visit; walk-in during pantry hours

Eligibility: Primarily serves residents of ZIP codes 60626, 60640, 60645, 60659, and 60660

Cost/Insurance: Free

Additional Locations: Rogers Park Pantry: 1545 W. Morse Ave., Chicago, IL 60626 | **Hours:** Thu: 3:00 PM–6:00 PM



ICNA RELIEF RESOURCE CENTER & FOOD PANTRY

Address: 2809 W. Devon Ave., Chicago, IL 60659

Phone: (844) 414-4862 **Website:** icnarelief.org/chicago

Services: Food pantry; fresh groceries and pantry staples; refugee and immigrant services; case management; SNAP assistance; financial assistance referrals; health and social service referrals

Hours: Thu: 10:00 AM–1:00 PM | Sat: 10:00 AM–1:00 PM

Access: Walk-in during pantry hours; call ahead to confirm availability

Eligibility: Open to individuals and families experiencing food insecurity; all are welcome regardless of faith or background

Cost/Insurance: Free

ALBANY PARK FOOD PANTRY - CHRIST LUTHERAN CHURCH

Address: 3253 W. Wilson Ave, Chicago, IL 60625

Phone: (773) 478-7941

Services: Grocery distribution of pantry items and fresh produce; Greater Chicago Food Depository partner

Hours: Wednesdays: 8:00–10:00 AM

Access: Walk-in

Eligibility: Service area: N: Lawrence Ave, S: Irving Park Rd, E: Western Ave, W: Pulaski Ave

Cost/Insurance: Free

RAVENSWOOD COMMUNITY SERVICES

Address: 4550 N. Hermitage Ave (All Saints Episcopal Church), Chicago, IL 60640

Phone: (773) 769-0282 **Website:** ravenswoodcommunityservices.org

Services: Choice-model food pantry with fresh milk, bread, produce, protein; carry-out community kitchen dinner; no-kitchen option for unhoused neighbors; on-site social worker; after-school CPS distributions

Hours: Pantry & dinner: Tuesdays 5:30–7:30 PM |

Market pantry: 2nd Saturday 9:30 AM until supply lasts (Ravenswood School, Montrose & Paulina)

Access: Walk-in; no ID required

Eligibility: Open to all

Cost/Insurance: Free

THE HOLY ORDER OF CHERUBIM AND SERAPHIM MOVEMENT

Address: 4850 N. Sawyer Ave, Chicago, IL 60625

Phone: (773) 317-7710

Services: Grocery and pantry item distribution

Hours: Saturdays: 10:00 AM–12:00 PM

Access: Walk-in

Eligibility: Serves zip codes 60618 & 60625

Cost/Insurance: Free



ANTHEM CHURCH CHICAGO FOOD PANTRY

Address: 3850 W. Montrose Ave, Chicago, IL 60618

Phone: (708) 620-2967 **Website:** anthemchicago.org

Services: Monthly food pantry open to the public; grocery distribution

Hours: 1st Saturday of each month: 10:00 AM–12:00 PM

Access: Walk-in

Eligibility: Open to the Albany Park community; all welcome

Cost/Insurance: Free

NEW LIFE COMMUNITY CHURCH - ALBANY PARK

Address: 3729 W. Leland Ave, Chicago, IL 60625

Services: Outdoor monthly grocery distribution

Hours: 1st Tuesday of each month: 4:00–6:00 PM

Access: Walk-in

Eligibility: Open to all

Cost/Insurance: Free



HOME DELIVERY

NOURISHING HOPE

Address: 5151 N. Ravenswood Ave, Chicago, IL 60640

Phone: (773) 525-1777 x236 **Website:** nourishinghopechi.org

Services: Monthly home delivery of groceries to seniors and people with disabilities; also offers online market, case management, mental health counseling, and public benefits assistance

Hours: Deliveries on Saturdays only; scheduled in advance — no emergency deliveries

Access: Call or email: homedelivery@nourishinghopechi.org

Eligibility: Seniors and people with disabilities who cannot pick up groceries. Service area: South of Devon Ave, North of 79th St, West of Western Ave

Cost/Insurance: Free

A JUST HARVEST

Address: 7649 N. Paulina St, Chicago, IL 60626

Phone: (773) 262-2297 **Website:** ajustharvest.org

Services: Weekly grocery delivery for Rogers Park residents unable to pick up at the kitchen; daily community kitchen; weekly food pantry

Hours: Deliveries: Wednesdays | Pantry: Wed 3:00–5:00 PM | Kitchen: daily 12:00–2:00 PM

Access: Call or email: info@ajustharvest.org

Eligibility: Delivery: Rogers Park residents only. Kitchen & pantry: open to all

Cost/Insurance: Free

BEYOND HUNGER

Address: 848 Lake St (Lower Level), Oak Park, IL 60301

Phone: (708) 386-1324 **Website:** gobeyondhunger.org

Services: Home delivery of groceries; drive-thru and walk-in pantry; SNAP assistance; nutrition education

Hours: Pantry: Wed 3:30–5:30 PM & Sat 9:00 AM–12:00 PM | Call for home delivery schedule

Access: Austin clients: (630) 403-8403 | OP/RF clients: (708) 383-8060

Eligibility: Service area: zip codes 60130, 60131, 60141, 60171, 60176, 60301, 60302, 60304, 60305, 60402, 60644, 60651, 60707

Cost/Insurance: Free

BREAKTHROUGH URBAN MINISTRIES - FRESH MARKET FOOD PANTRY

Address: 3219 W. Carroll Ave, Chicago, IL 60624

Phone: (872) 444-8260 **Website:** breakthrough.org

Services: Grocery and supply distribution; home delivery; additional services: legal aid, housing, employment, behavioral health

Hours: Pantry: Tue 2:00–4:00 PM, Thu 10:00 AM–2:00 PM, Sat 10:00 AM–12:00 PM | Produce Day: 4th Tuesday 10:30 AM–12:30 PM

Access: Call for home delivery | Contact: Wendy Daniels

Eligibility: Service area: East Garfield Park (60624, 60612)

Cost/Insurance: Free



CARE FOR REAL

Address: 5341 N. Sheridan Rd, Chicago, IL 60640

Phone: (773) 769-6182 **Website:** careforreal.org

Services: Home delivery of groceries; walk-in food pantry

Hours: Pantry: Mon/Wed/Fri 9:00 AM–12:00 PM, Sat 9:00 AM–1:00 PM | Call for delivery schedule

Access: Call or email: kate@careforreal.org | Contact: Kate Gignac

Eligibility: Service area: Rogers Park (60640, 60660, 60626)

Cost/Insurance: Free

COMMON PANTRY

Address: 3744 N. Damen Ave, Chicago, IL 60618

Phone: (773) 327-0553 **Website:** commonpantry.org

Services: Home delivery of groceries; walk-in pantry; pet food pantry; SNAP assistance. NOTE: home delivery is currently at capacity — call to inquire about the waitlist.

Hours: Pantry: Wed 1:00–4:00 PM & 6:00–8:00 PM | Call for delivery schedule

Access: Call or email: services@commonpantry.org

Eligibility: Service area: Lawrence to Diversey, Kimball to Ashland

Cost/Insurance: Free

IRVING PARK COMMUNITY FOOD PANTRY

Address: 4256 N. Ridgeway Ave, Chicago, IL 60618

Phone: (773) 283-6296 **Website:** irvingparkfoodpantry.org

Services: Home delivery of groceries; walk-in pantry with SNAP assistance and social services

Hours: Pantry: Wed 9:00 AM–12:00 PM & 2nd Tuesday 6:00–7:00 PM | Call for delivery schedule

Access: Call or email: clientservices@irvingparkfoodpantry.org | Contact: Elvia Esparza

Eligibility: Service area: Irving Park, Avondale, Portage Park (60641, 60618)

Cost/Insurance: Free

MAPLE MORGAN PARK COMMUNITY FOOD PANTRY

Address: Call for address — serves Morgan Park

Phone: (773) 239-3013

Services: Home delivery of groceries on 2nd or 4th Saturday; minimal waitlist

Hours: Deliveries: 2nd or 4th Saturday of the month

Access: Email: kkeoverstreet@aol.com | Contact: Karen Overstreet

Eligibility: Service area: Morgan Park (60643, 60655)

Cost/Insurance: Free



MARILLAC ST. VINCENT FAMILY SERVICES

Address: Call for address — serves 60612, 60624, 60644

Phone: (773) 584-4539

Services: Home delivery of groceries and family support services; waitlist available

Hours: Call for schedule

Access: Delivery contact: Keontai Raggs | (773) 584-3241 | Keontai.raggs@msvchicago.org

Eligibility: Service area: N: Bloomingdale, E: Racine, W: City limits, S: Cermak (60612, 60624, 60644)

Cost/Insurance: Free

PARKWAY GARDEN CHRISTIAN CHURCH

Address: Call for address — serves 60637

Phone: (773) 956-8723

Services: Home delivery of groceries

Hours: Call for schedule

Access: Call | Contact: Edward Morris

Eligibility: Service area: N: 40th St, E: Cottage Grove, W: State St, S: 67th St (60637)

Cost/Insurance: Free

SAINT JAMES CATHOLIC CHURCH

Address: Call for address — serves South Loop

Phone: (312) 842-1919

Services: Home delivery of food to seniors in residential buildings

Hours: Call for schedule

Access: Call ext. 210 | Contact: Catherine Moore

Eligibility: Service area: South Loop senior residential buildings (60616, 60605)

Cost/Insurance: Free

ST. VINCENT DE PAUL CENTER

Address: Call for address

Phone: (312) 278-4130

Services: Home delivery of groceries and food assistance

Hours: Call for schedule

Access: Call | Contact: Tramaine Martin

Eligibility: Service area: 60605, 60607, 60610, 60614, 60654

Cost/Insurance: Free



MARKETBOX-CHICAGO SOUTHSIDE

Address: Call for current location

Services: Community-based home delivery of groceries via mutual aid network

Hours: Call for current schedule

Access: <https://marketboxchi.org/>

Eligibility: south to 95th street, west to Western, north to Roosevelt, and east to the lake.

Cost/Insurance: Free

FARMERS MARKETS & COMMUNITY FARMS

LINCOLN SQUARE FARMERS MARKET

Address: 2301 W. Leland Ave, Chicago, IL 60625 (corner of Leland & Lincoln Ave, adjacent to Western Brown Line)

Phone: jeff@lincolnsquare.org **Website:** lincolnsquare.org/farmers-market

Services: Weekly outdoor farmers market with 50+ local farmers, artisans, and food vendors; locally grown produce, prepared foods, artisan goods; Global Gardens Chicago is a regular vendor

Hours: Tuesdays 7:00 AM–12:00 PM (May–mid-November) | Thursdays 3:00–7:00 PM (May–October) | Rain or shine

Access: Walk-in

Eligibility: Open to all

Cost/Insurance: Market pricing; LINK/SNAP accepted — benefits matched dollar-for-dollar up to \$25 per visit via Link Up Illinois

ALBANY PARK COMMUNITY GARDEN

Address: 2954 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 800-6094 **Website:** globalgardenschicago.org

Services: Community refugee training farm; organic produce by refugee families; CSA program; produce sold at Lincoln Square Farmers Market

Hours: Growing season: May–October | Contact for current farm stand hours

Access: Walk-in for produce; contact for plot assignment

Eligibility: Free farming plots for refugee/immigrant families; produce sales open to all

Cost/Insurance: Free plots for refugees; LINK/SNAP accepted for produce purchases

GLOBAL GARDENS CHICAGO - SACRAMENTO AVE FARM (ALBANY PARK)

Address: 4815 N. Sacramento Ave, Chicago, IL 60625

Phone: (773) 800-6094 **Website:** globalgardenschicago.org

Services: Community farming plots for refugees & immigrants; fresh, culturally relevant produce; CSA program; cultural events

Hours: Growing season: May–October | CSA pickup: Wed 4–6 PM & Sat 10–11:30 AM

Access: Walk-in for farm visits; contact for plot assignment

Eligibility: Free plots for refugee & immigrant families; community welcome for CSA/market purchases

Cost/Insurance: Free farming plots for refugees; CSA shares sold to community — LINK accepted and doubled



HORNER PARK FARMERS MARKET

Address: 2741 W. Montrose Ave, Chicago, IL 60618 (northwest corner of Horner Park, near Montrose & California)

Phone: (708) 658-4736 **Website:** hornerpark.org/farmers-market

Services: Weekly open-air farmers market; local farmers, food producers, bakers; live music and free yoga

Hours: Saturdays 9:00 AM–1:00 PM | June through October

Access: Walk-in

Eligibility: Open to all

Cost/Insurance: Market pricing; LINK/SNAP accepted

ICNA RELIEF — REFUGEE RESOURCE CENTER & FOOD PANTRY

Address: 2809 W. Devon Ave, Chicago, IL 60659

Phone: (844) 414-4862 **Website:** icnarelief.org/chicago

Services: Halal food pantry (groceries & fresh produce); refugee & immigrant support; job search assistance for women; government benefits enrollment assistance; translation services

Hours: Mon by appointment only | Thu & Sat: 10:00 AM–1:00 PM

Access: Walk-in Thu & Sat; Mon by appointment only

Eligibility: Open to all; particularly serves refugee/immigrant families and those needing halal food

Cost/Insurance: Free

HOSPITAL-BASED FOOD PROGRAMS

Swedish Hospital – Food Connections — Green City Market @ Swedish Hospital — Galter Medical Pavilion

Address: 5145 N. California Ave (Galter Medical Pavilion), Chicago, IL 60625

Phone: (773) 293-5121 **Website:** swedishhospitalfoundation.org/food-connections

Services: Pre-order farm-fresh, local groceries for weekly pickup; LINK/SNAP accepted and doubled

Hours: Weekly pickup — call or check website for current schedule

Access: Pre-order required online; pickup is walk-in

Eligibility: Patients, staff, and community members — no eligibility restrictions

Cost/Insurance: Market pricing; LINK/SNAP accepted and doubled; financial assistance available

Swedish Hospital – Food Connections — The Cupboard Food Pantry

Address: 5145 N. California Ave (Galter Medical Pavilion), Chicago, IL 60625

Phone: (773) 293-5121 **Website:** swedishhospitalfoundation.org/food-connections

Services: Food pantry with perishable and non-perishable food; personal hygiene products

Hours: During hospital/Galter Pavilion hours — call to confirm

Access: Walk-in — no appointment needed

Eligibility: Patients, families, staff, and community members — no eligibility restrictions

Cost/Insurance: Free



Swedish Hospital – Food Connections — Veggies for Health Nutrition Program

Address: 5145 N. California Ave (Galter Medical Pavilion), Chicago, IL 60625

Phone: (773) 293-5121 **Website:** swedishhospitalfoundation.org/food-connections

Services: Free 8-week nutrition education program with weekly bag of local produce; concludes with registration at Friendship Center Food Pantry for long-term food access

Hours: 8-week cohort program — call for current schedule

Access: Referral required from Swedish Hospital provider

Eligibility: Community members diagnosed with a nutrition-related illness who also experience food insecurity

Cost/Insurance: Free



Immigration & Legal Services

Legal advocacy, benefits navigation, and immigrant support services in Northwest Chicago

HANA CENTER

Address: 4300 N. California Ave, Chicago, IL 60618

Phone: (773) 583-5501 **Website:** hanacenter.org

Services: Immigration & legal services; citizenship assistance; housing assistance; court-based rental assistance; senior housing; public benefits navigation; community navigator program; youth empowerment; workforce empowerment; civic engagement

Hours: Mon–Fri: 9:00 AM–5:00 PM

Access: Appointment preferred; call to schedule

Eligibility: Korean, Asian-American, and multiethnic immigrant communities; Chicagoland residents

Cost/Insurance: Free (grant/sponsor funded); some programs may have income guidelines

Additional Locations

Prospect Heights: 664 N. Milwaukee Ave, Suite 213, Prospect Heights, IL 60070 | (847) 520-1999

APNA GHAR

Address: 4350 N. Broadway, 2nd Floor, Chicago, IL 60613

Phone: (773) 883-4663 **Website:** apnaghar.org

Services: Gender-based violence services with legal advocacy: 24-hr crisis line, emergency & transitional housing, case management, counseling, legal advocacy, supervised visitation/safe exchange (SVSE), economic empowerment, medical advocacy

Hours: Office hours vary; 24-hr crisis line available 7 days/week

Access: Walk-in for crisis; appointment for ongoing services

Eligibility: Survivors of gender-based violence; immigrant communities

Cost/Insurance: Free — donor/grant funded

ROHINGYA CULTURE CENTER

Address: 3212 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 942-7662 **Website:** rccchicago.org

Services: Public benefits navigation & enrollment; immigrant support & case management; English language support; cultural & community programming; translation services

Hours: Mon–Fri 9 AM–5 PM (call to confirm)

Access: Walk-in and appointment both accepted

Eligibility: Rohingya community members and other refugee/immigrant populations; all welcome

Cost/Insurance: Free



CAMBODIAN ASSOCIATION OF ILLINOIS

Address: 2831 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 878-6250 **Website:** cambodian-association.org

Services: Public benefits navigation & enrollment; immigrant support & case management; cultural & community programming; English language support; translation services

Hours: Mon–Fri 9 AM–5 PM (call to confirm)

Access: Walk-in and appointment both accepted

Eligibility: Cambodian community and Southeast Asian immigrants; all welcome

Cost/Insurance: Free

ICNA RELIEF — REFUGEE RESOURCE CENTER & FOOD PANTRY

ICNA Relief — West Ridge

Address: 2809 W. Devon Ave, Chicago, IL 60659

Phone: (844) 414-4862 **Website:** icnarelief.org/chicago

Services: Refugee & immigrant support; halal food pantry; job search assistance for women; government benefits enrollment; translation (Arabic, Malay, Urdu, Persian, Dari)

Hours: Mon by appointment | Thu & Sat 10 AM–1 PM

Access: Walk-in Thu & Sat; Mon by appointment

Eligibility: Open to all; particularly serves refugee/immigrant families

Cost/Insurance: Free

TRELLUS

Main Campus – West Ridge

Address: 2838 W. Peterson Ave, Chicago, IL 60659

Phone: (773) 564-4944 **Website:** mytrellus.org

Services: Adult ESL & literacy; citizenship prep; workforce development; immigrant & refugee support; behavioral health; community health; serves 50+ nationalities

Hours: Mon–Fri 9 AM–5 PM; class schedules vary

Access: Walk-in welcome; call for enrollment

Eligibility: Immigrants, refugees & underserved communities; all welcome

Cost/Insurance: Free or low-cost

Welcome Center

Address: 2424 W. Peterson Ave, Chicago, IL 60659

Phone: (773) 564-4944 **Website:** mytrellus.org

Services: One-stop-shop: ESL/tech/citizenship classes, job training & placement, behavioral & community health; connection to Passages Charter School

Hours: Call for current hours

Access: Walk-in welcome; call for enrollment

Eligibility: Immigrants, refugees & underserved communities; all welcome

Cost/Insurance: Free or low-cost



Domestic & Gender-Based Violence Services

Crisis support, housing, legal advocacy, and counseling for survivors in Northwest Chicago

APNA GHAR

Address: 4350 N. Broadway, 2nd Floor, Chicago, IL 60613

Phone: (773) 883-4663 **Website:** apnaghar.org

Services: 24-hr crisis hotline; emergency & transitional housing; case management; individual counseling; legal advocacy; supervised visitation/safe exchange (SVSE); economic empowerment; medical advocacy

Hours: Office hours vary; 24-hr crisis line available 7 days/week

Access: Walk-in for crisis; appointment for ongoing services

Eligibility: Survivors of gender-based violence; immigrant communities

Cost/Insurance: Free — donor/grant funded

Additional Locations

Skokie Satellite: Skokie, IL (call for address) | (847) 983-4099

Southside Satellite: Chicago, IL Southside (call for address) | (773) 697-3272

24-HOUR CRISIS LINE: (773) 883-4663 | If you or someone you know is in immediate



Multiethnic Community Services

Culturally competent services for immigrant, refugee, and multiethnic communities

HANA CENTER

Address: 4300 N. California Ave, Chicago, IL 60618

Phone: (773) 583-5501 **Website:** hanacenter.org

Services: Immigration & legal services; citizenship; housing; public benefits navigation; community navigator program; youth empowerment; workforce empowerment; civic engagement

Hours: Mon–Fri: 9:00 AM–5:00 PM

Access: Appointment preferred; call to schedule

Eligibility: Korean, Asian-American, and multiethnic immigrant communities; Chicagoland residents

Cost/Insurance: Free (grant/sponsor funded)

GLOBAL GARDENS CHICAGO

Address: 4815 N. Sacramento Ave, Chicago, IL 60625

Phone: (773) 800-6094 **Website:** globalgardenschicago.org

Services: Community farming plots for refugees & immigrants from 58+ nations; fresh culturally relevant produce; CSA program; cultural events; supplemental income for refugee farmers

Hours: Growing season: May–October | CSA pickup: Wed 4–6 PM & Sat 10–11:30 AM

Access: Walk-in for produce; contact for plot assignment

Eligibility: Free plots for newly arrived refugees & immigrant families; community welcome for purchases

Cost/Insurance: Free farming plots for refugees; CSA shares and produce sold to community — LINK/SNAP accepted

ROHINGYA CULTURE CENTER

Address: 3212 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 942-7662 **Website:** rccchicago.org

Services: Public benefits navigation; immigrant support; English language support; cultural programming; translation

Hours: Mon–Fri 9 AM–5 PM (call to confirm)

Access: Walk-in and appointment both accepted

Eligibility: Rohingya community and other refugee/immigrant populations; all welcome

Cost/Insurance: Free

CAMBODIAN ASSOCIATION OF ILLINOIS

Address: 2831 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 878-6250 **Website:** cambodian-association.org

Services: Public benefits navigation; immigrant support; cultural programming; English language support; translation

Hours: Mon–Fri 9 AM–5 PM (call to confirm)

Access: Walk-in and appointment both accepted



Eligibility: Cambodian community and Southeast Asian immigrants; all welcome

Cost/Insurance: Free

ICNA RELIEF — REFUGEE RESOURCE CENTER & FOOD PANTRY

Address: 2809 W. Devon Ave, Chicago, IL 60659

Phone: (844) 414-4862 **Website:** icnarelief.org/chicago

Services: Halal food pantry; refugee & immigrant support; Muslim community services; benefits navigation; translation

Hours: Mon by appt | Thu & Sat 10 AM–1 PM

Access: Walk-in Thu & Sat

Eligibility: Muslim, refugee & immigrant communities; open to all

Cost/Insurance: Free

TRELLUS

Address: 2838 W. Peterson Ave, Chicago, IL 60659

Phone: (773) 564-4944 **Website:** mytrellus.org

Services: Workforce development; ESL; citizenship prep; behavioral health; community health; serves 50+ nationalities

Hours: Mon–Fri 9 AM–5 PM

Access: Walk-in welcome; call for enrollment

Eligibility: Immigrants, refugees & underserved communities; all welcome

Cost/Insurance: Free or low-cost

TAPESTRY 360 HEALTH

Tapestry 360 Health — Albany Park

Address: 3737 W. Lawrence Ave, Chicago, IL 60625

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Primary medical care, dental, behavioral health; refugee & immigrant care; LGBTQ+ care; multilingual staff

Hours: Mon–Fri: 8:30 AM–5:00 PM | 2nd & 3rd Sat: 8:30 AM–5:00 PM

Access: Appointment required

Eligibility: All welcome; serves immigrants, refugees, and all communities

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away

Tapestry 360 Health — Touhy

Address: 2200 W. Touhy Ave, Chicago, IL 60645

Phone: (773) 751-7800 **Website:** tap360health.org

Services: Primary medical care, behavioral health, family planning; refugee & immigrant care

Hours: Mon/Wed/Thu/Fri: 8:30 AM–5:00 PM | Tue: 8:30 AM–8:00 PM

Access: Appointment required

Eligibility: All welcome; serves immigrants, refugees, and all communities

Cost/Insurance: All Medicaid managed care plans; sliding scale from \$30; no one turned away



Additional Locations

Skokie: 8320 Skokie Blvd, Skokie, IL 60077 | (773) 751-7800

APNA GHAR

Address: 4350 N. Broadway, 2nd Floor, Chicago, IL 60613

Phone: (773) 883-4663 **Website:** apnaghar.org

Services: Gender-based violence services; 24-hr crisis line; emergency & transitional housing; legal advocacy; case management; economic empowerment; medical advocacy; culturally specific services for immigrant communities

Hours: Office hours vary; 24-hr crisis line 7 days/week

Access: Walk-in for crisis; appointment for ongoing services

Eligibility: Survivors of gender-based violence; immigrant communities

Cost/Insurance: Free — donor/grant funded



Housing & Benefits Navigation

Housing assistance, public benefits enrollment, and emergency housing services

For general shelter placement, you must call 311

Housing Organizations

Organizations providing emergency shelter, housing assistance, and homelessness services in Chicago.

LINCOLN PARK COMMUNITY SERVICES (LPCS)

Address: 1521 N. Sedgwick St., Chicago, IL 60610

Phone: (773) 549-6111 **Website:** lpcschicago.org

Services: Interim housing (emergency shelter); drop-in center with showers, laundry, meals, clothing, toiletries, case management, street outreach, housing navigation, employment support, and permanent supportive housing services

Hours: Drop-In Services: Mon–Fri: 1:00 PM–4:00 PM

Access: Call 311 and request "help with shelter" for emergency shelter placement; walk-in for drop-in services during operating hours

Eligibility: Adults (18+) experiencing or at risk of homelessness

Cost/Insurance: Free (LPCS Chicago)

Additional Locations

Lincoln Park Shelter: 600 W. Fullerton Pkwy., Chicago, IL 60614 Lincoln Park Community Services

SHELTER PLACEMENT AND RESOURCE CENTER (SPARC)

Address: 2241 S. Halsted St., Chicago, IL 60608

Phone: (312) 743-0400 **Website:** chicago.gov

Services: 24/7 shelter intake and placement; emergency shelter referrals; food, showers, temporary waiting area, case management, and connections to housing resources

Hours: Open 24 hours, 7 days a week

Access: Walk-in; first come, first served while capacity allows

Eligibility: Single adults experiencing or at imminent risk of homelessness

Cost/Insurance: Free (211 Illinois)

CORNERSTONE COMMUNITY OUTREACH (CCO)

Address: 5253 N. Kenmore Ave., Chicago, IL 60640

Phone: (773) 907-3480 **Website:** ccolife.org

Services: Emergency shelter for families, single adults, and veterans; permanent supportive housing; rapid rehousing; case management; employment assistance; food and clothing assistance; referrals to healthcare and behavioral health services

Hours: Call for current office and program hours

Access: Shelter referrals are coordinated through Chicago's 311 system; call CCO for housing and supportive service information



Eligibility: Individuals and families experiencing homelessness or housing instability

Cost/Insurance: Free

Additional Locations

Sylvia Center (Family Shelter): 4615 N. Clifton Ave., Chicago, IL 60640 Sylvia Center

HANA CENTER

Address: 4300 N. California Ave, Chicago, IL 60618

Phone: (773) 583-5501 **Website:** hanacenter.org

Services: Housing assistance; court-based rental assistance; senior housing; public benefits navigation (SNAP, Medicaid, LIHEAP); immigration & legal services; community navigator program

Hours: Mon–Fri: 9:00 AM–5:00 PM

Access: Appointment preferred; call to schedule

Eligibility: Korean, Asian-American, and multiethnic immigrant communities;
Chicagoland residents

Cost/Insurance: Free (grant/sponsor funded)

Additional Locations

Prospect Heights: 664 N. Milwaukee Ave, Suite 213, Prospect Heights, IL 60070 | (847) 520-1999

APNA GHAR

Address: 4350 N. Broadway, 2nd Floor, Chicago, IL 60613

Phone: (773) 883-4663 **Website:** apnaghar.org

Services: Emergency & transitional housing for survivors of gender-based violence; housing advocacy; case management; economic empowerment; connection to long-term housing resources

Hours: Office hours vary; 24-hr crisis line 7 days/week

Access: Walk-in for crisis; appointment for ongoing services

Eligibility: Survivors of gender-based violence; immigrant communities

Cost/Insurance: Free — donor/grant funded