

RESOURCE GUIDE



UNITED WAY
of the Plains

WINTER 2025 / 2026

A quick guide to basic services available in Sedgwick County, KS

- Information is provided as a community service and does not necessarily constitute endorsement or approval by United Way of the Plains.
- This is not a complete list of resources and information is updated regularly; for the most current listings please call us at 2-1-1, text ZIP code to 898-211, or visit 211kansas.org.

INFORMATION & REFERRAL

1-800 Children	1-800-Children
Aging and Disability Resource Center	(855)200-2372
Independent Living Resource Center	942-6300
KS Dept for Children and Families (DCF)	337-7000
To report abuse	(800)922-5330
Kansas Legal Services	265-9681
Long Term Care Ombudsman (nursing homes)	347-1429
Parenting or Anger Management Resources	211
Sedgwick County Developmental Disability Org	660-7630
Senior Info-Line	267-0122
Veteran's Homeless Hotline	(877)424-3838
Wichita Area Sexual Assault Center	263-3002
WSU Community Engagement Inst. (Support Groups)	800-445-0116
Wichita Transit Bus Schedule	265-7221

SHELTER

Homeless Shelters/Transitional Housing

Crossroads Shelter (Transitional Age Youth 18-24)	262-4663
Emporia House (Veterans)	977-7136
Harbor House (Domestic Violence)	263-6000
Open Door Homeless Resource Center (Day Shelter)	265-9371
Passageways (Veterans)	721-1316
St. Anthony Family Shelter, Catholic Charities, Inc.	264-7233
Second Light Wichita (1025 N Main, 18 & older)	201-1066

- Emergency Winter Shelter until March 15

The Inn, powered by HumanKind	264-8051
Union Rescue Mission (Men Only)	687-4673
Wichita Family Crisis Center (Domestic Violence)	267-7233

Rent & Utilities*

Center of Hope (Phone intakes 9 am-12 pm M-F only)	267-0222
Dear Neighbor (Hilltop Neighborhood Only)	684-5120
Family Promise (Families with children under 18 - RENT)	977-7026
apply online at familypromisewichita.org/gethelp for rent assistance	
Project Deserve (for Energy only - calls 9 am-12 pm M-F)	219-2121

*Applicants should be aware that requests often exceed available funding.

Furniture

His Helping Hands (by agency or church referral only)	838-8528
---	----------

CLOTHING

Bread of Life (Tues 10am -1:45pm)	689-6866
His Helping Hands (Sat 9-11:30am)	838-8528
Immanuel Baptist Church (Thurs 9-11am)	262-1452

Indian Hills Church of the Nazarene (Sat 10am-12pm)	943-6021
Jehovah Jireh (Thurs/Fri 1-2:30pm & Sat 9am-10:30am)	312-9903
Klothes Closet (Mon, Wed, Fri 9am-2pm)	265-9371
Life Support Center (Tues & Thurs 1-2:30pm)	943-1884

FOOD

Food Pantries

Bread of Life (Tues 10am-1:45pm, Produce 3 rd Sat 11:30am)	689-6866
College Hill UMC (9am-12pm 1 st Tues; 9-11am 3 rd Sat)	683-4643
Community Food Ministry (9-11:45am & 1-3:45pm M-F)	267-4201
Dear Neighbor (9am-1pm M-Th)	684-5120
Hillside Christian (Thurs 9-10:30am)	683-6577
His Helping Hands (1 st & 3 rd Tues 2-4pm)	838-8528
Juanita Alexander Food Pantry (1-4 Wed) 917 S Glendale	264-2400
New Beginnings (1-3pm Wed)	267-6504
New Covenant-Life Support Ctr (Tu/Th 12-3pm)	943-1884
Our Daily Bread (8:30am-12pm Tu-Th, 9am-12pm 4 th Sat)	262-8898
Salvation Army (Tue/Thurs 9-11:45am)	263-2769
Simple House (11am-1:15pm Mon & 9:30am-12:15pm Tues)	358-9521
Table of Hope ICT (Thurs 9:30-1:30) appt required	267-1852
Union Rescue Mission (Thurs by appt-call 9 am Mon)	687-4673x113
Westside Good Neighbor Center (8:30-11:30am Wed/2 nd Sat)	942-7349

Hot Meals/Sack Lunch/Dinner

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
4	1,2,4	1,4,5,8	1,4	1,4,8	1,4	1,3,4,6,7

1 Homeless Resource Center, 402 E. 2nd N	265-9371
Lunch tickets (required) given out 11-11:15am for homeless.	
2 College Crest Church of Christ, 2615 N Wellsley	686-1981
Lunch served 11:30 am - 1 pm, Mon	
3 First Presbyterian Church, 525 N Broadway St	263-0248
Breakfast served from 8-9:30am on 1st Saturday of the month	
4 Lord's Diner, 520 N. Broadway and 2825 S. Hillside	266-4966
Breakfast served at 520 N Broadway only, 10am-Noon, M-F	
Dinner served 5:30-7:30pm everyday, Mobile locations call for details	
5 Tabernacle Bible Church, 1817 N. Volutsia	681-3954
Lunch served 11:30 am - 12:45 pm	
6 College Hill United Methodist Church, 2930 E 1 st St	683-4643
Breakfast served 9-11am 3 rd Saturday of the month	
7 B,B & B/Riverwalk Church of Christ, 225 N Waco	619-6279
Lunch served at 11:30 am-1 pm - 4 th Saturday of the month	
8 New Covenant Life Support Ctr, 1718 W Douglas	943-1884
Sack lunches handed out Tue/Th Noon-2pm	

PHONE: Dial 2-1-1

TEXT: Text ZIP Code to 898-211

SEARCH ONLINE: 211Kansas.org

CHAT: Click "Live Chat" button at unitedwayplains.org/211

Note: Phone, texting and chat are available M - F, 7 a.m. - 7 p.m.

EMPLOYMENT & JOB TRAINING

Breakthrough	269-4160
Job Corps Outreach Center	771-6778
NexStep Alliance	677-1150
Senior Community Service Employment Prog.	771-6750
Senior Employment (Senior Services, Inc. of Wichita)	267-1771
Wichita Workforce Center	771-6800
Women's Network (employment services for women)	262-3960
Wichita SG County Community Action Partnership	462-3775

CHILDREN & YOUTH

0-5 Early Childhood Programs	682-1853
4H Youth Program	660-0100
Big Brothers/Big Sisters of Sedgwick County, Inc.	263-3300
Boy Scouts of America (Quivira Council)	264-3386
Boys & Girls Club of South-Central Kansas, Inc.	687-5437
Boys Town National Hotline	(800)448-3000
CASA of Sedgwick County	866-2920
Child Advocacy Center	660-9494
Children's Services - MHA	685-1821
Connecting Point	267-3535
EmberHope, Inc.	(855) 260-4673
Girl Scouts of the Kansas Heartland	684-6531
Healthy Babies - Sedgwick County Division of Health	660-7433
Heartspring	634-8700
Kansas Children's Service League	942-4261
KS Dept for Children & Families (Abuse)	(800)922-5330
Kansas Society for Children with Challenges	262-4676
Pando Initiative	973-5110
Parent HelpLine	(800)332-6378
Parents as Teachers	866-8043
Rainbows United, Inc.	267-5437
Saint Francis Ministries	831-0330
Wichita Area Sexual Assault Center (WASAC)	263-3002
Wichita Children's Home	684-6581
Wichita's Littlest Heroes	364-3354
WIC (Women, Infants, & Children) Program	660-7444
YMCA	264-1610
Baby Items	
A Better Choice	685-5757
Birthline, Inc.	265-0134
Community Services - UMOD	267-4201
Fresh Hope	425-0675

COUNSELING/MENTAL HEALTH

Breakthrough	269-4160
Cana Counseling Services	263-6941
Center City (COMCARE Homeless Program)	660-7800
Center on Family Living, Friends University	295-5638
COMCARE of Sedgwick County	660-7540
CRISIS INTERVENTION (Suicide Hotline)	660-7500 OR 9-8-8
Family & Children Community Services-COMCARE	660-9600
HealthCore Clinic	691-0249
Higher Ground	262-2060
HopeNet, Inc.	684-4673
KCSL Outpatient Mental Health	686-6671
Mental Health Association of South Central KS	685-1821
Psychology Clinic, Wichita State University	978-3212
Word of Life Counseling Center	677-7646

MEDICAL

Cairn Health (prescriptions/vision)	683-7559
Embrace (STD testing)	945-9400
GraceMed Health Care Clinics (all locations)	866-2000
Guadalupe Clinic (Hillside)	201-1986
Guadalupe Clinic (St. Francis)	264-8974
Harry Hynes Memorial Hospice	265-9441
HealthCore Clinic	691-0249
Hunter Health	262-2415
KanCare Clearinghouse	(800)792-4884
KanCare Ombudsman	(855)643-8180
KU Wichita Internal Medicine - Midtown	293-1840
KU Wichita Pediatrics	962-3100
Mayflower Clinic (uninsured only)	558-3991
Medical Loan Closet of Wichita	779-8989
MERN (medical equipment, supplies, etc.)	942-6300
Project Access	688-0600
Sedgwick County Division of Health	660-7300
SCHD - Health Discount Cards	660-7673
Via Christi - Children's Miracle Network	293-3528

Dental

GraceMed Dental Clinic	866-2000
HealthCore Clinic	691-0249
Hunter Health Dental Clinic	269-0677
SCHD - Health Discount Cards	660-7673

ALCOHOL & DRUG SERVICES

Addictions Treatment - Mental Health Assoc.	652-2590
Al-Anon/Alateen	266-8499
Alcoholic's Anonymous (AA)	684-3661
COMCARE Addiction Treatment Services	660-7877
HealthCore Clinic	691-0249
Higher Ground	262-2060
Miracles, Inc.	303-9520
Narcotics Anonymous (NA)	855-732-4673
Options Adult Services/Detox Center (Men)	265-6011
Pathways - Mental Health Association	685-1821
Restoration / Knox Center, Inc.	265-8511
Substance Abuse Center of Kansas (SACK)	267-3825
Wichita Fellowship Club	265-9348
Women's Recovery Center	262-0505

DEBT, CREDIT, & BUDGET COUNSELING

Consumer Credit Counseling	265-2000
Unemployment Benefits	383-9947

HOUSING

Affordable Housing - H.O.P.E. Inc.	618-8652
City of Wichita Housing Services Dept. - Section 8	462-3700
Habitat for Humanity, Inc.	269-0755
Housing Services, HumanKind Ministries	201-4107
Mennonite Housing Rehabilitation Services Inc.	942-4848
Residential Services - MHA	685-1821
Weatherization Assistance Program	262-7035
Woman to Woman (female ex-offenders)	807-3172

December 2025

PHONE: Dial 2-1-1

TEXT: Text ZIP Code to 898-211

SEARCH ONLINE: 211Kansas.org

CHAT: Click "Live Chat" button at unitedwayplains.org/211

Note: Phone, texting and chat are available M - F, 7 a.m. - 7 p.m.