Community Wellness Program

Connecting you to the services you deserve

Family & Community Services
For Chicago’s West and Southwest Neighborhoods

Services are free and offered in English and Spanish.

Se Habla Español

Community Wellness
Little Village
2826 West Cermak Road • Chicago, IL 60623
773.523.5079

Community Wellness
MLK Legacy Site
3810 West 16th Street • Chicago, IL 60623
773.522.5299

Community Wellness
Saint Anthony Hospital
2875 West 19th Street • Chicago, IL 60623
773.484.4268

Upon request, some services and a variety of workshops can be provided at your school, church or agency. For more information, please call: 773.523.5079.

Connect with us: SAHChicago.org
Facebook: Saint Anthony Hospital Chicago
Twitter: SaintAnthonyHos
The goal of the Community Wellness Program is to help underserved families and seniors who face multiple barriers, including trauma, poverty, street violence, low English proficiency and low educational attainment, achieve an improved quality of life.

FAMILY SUPPORT SERVICES
Promotes strong, healthy, parent-child relationships, as well as the social, emotional and intellectual development of young children

Program and Services are provided in the following areas:

- **Little Explorers** - an interactive parent-child play group for parents and children under 4 years of age.
- **Developmental Support Project**, which provides education and support in the area of child development with parents and children up to 8 years old, as well as training and technical assistance for pediatricians and family practice physicians.
- **Adults and Children Together (ACT) Against Violence**: Parents Raising Safe Kids, an education series for parents of children under 8
- **Adolescent and Parent Education (APE)** - an educational series of eight classes for parents and adolescents in 5th through 8th grade

COMMUNITY NURSING SERVICES
Provides disease prevention and health promotion services that empower and encourage clients to become active participants of their own health and improve their quality of life

- **Nutrition Education Programs** equip individuals with a basic understanding of a healthy diet by exploring the significance of carbohydrates, high sugar, low-nutrient content foods and encourage small lifestyle changes that make a big difference.
- **Health Screenings** assist in determining risk of developing chronic health conditions, such as diabetes, hypertension and stroke.
- **Referrals to clinical services** make appropriate clinical referrals to SAH and outside community resources.
- **Diabetes and Hypertension** education is provided on an individual basis and supportive services offered through our diabetes educational program that aims to provide a basic understanding, management and resources needed to improve health outcomes.
- **Support, Training and Development of Community Health Workers (Promotaros)** offer training programs that nurture, support and empower community members to become health leaders and educators.

MENTAL HEALTH SERVICES
Offers culturally sensitive counseling services and emotional support to adults who have limited or no access to health insurance. Help is available for those experiencing depression, anxiety, the effects of trauma, or who are going through a difficult time or life transition.

Services are provided through:

- **Individual Therapy** works one-on-one with a therapist in a safe, caring and confidential environment.
- **Couples Therapy** is provided to assist couples with addressing problems they have been unable to handle effectively on their own. Both partners meet together with a therapist to improve communication and resolve conflict.
- **Group Therapy** gives individuals the opportunity to interact with others in a safe environment and participate in discussions focused on healing that are guided by therapists.

FAITH-BASED INITIATIVES
Collaborates with religious leaders of all denominations in order to maximize partnerships between faith-based institutions and Saint Anthony Hospital to promote health and well-being of parishioners and the community at large.

FREE PREGNANCY TESTS
No appointment necessary. Visit one of our locations during normal business hours below:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td>SAH Community Care Clinic - Kedzie</td>
<td>4455 South Kedzie Avenue 773.523.0400</td>
</tr>
<tr>
<td>SAH Community Care Clinic - Brighton Park</td>
<td>4177 South Archer Avenue 773.254.2222</td>
</tr>
<tr>
<td>Saint Anthony Hospital Physician Center</td>
<td>2875 West 19th Street 773.484.4425</td>
</tr>
<tr>
<td>Community Wellness</td>
<td>2826 West Cermak Road 773.523.5079</td>
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<tr>
<td>Community Wellness MLK Legacy Site</td>
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HEALTH CARE NAVIGATION SERVICES
Links Families, Individuals and Seniors to Health Insurance, Public Benefits, Community Resources and Senior Wellness Programs

Receive information and assistance in applying for:

- **All Kids**:
  - health insurance for pregnant women and children under the age of 19
  - SNAP (Food Stamps) on many other public benefits, community resources and SAH-network physicians

- **Family Care**:
  - health insurance for eligible parents
  - food assistance for eligible children and adults

- **Senior Resources**:
  - Medicare, Medicaid Savings Programs for eligible seniors

*Some public benefits are available regardless of immigrant status. Citizenship applications will not be affected if you receive benefits for which you are eligible. Services are confidential; we value your privacy.

For program access: please call: 773.484.4268 - English 773.484.4385 - Spanish

Saint Anthony Hospital
2875 West 19th Street
Chicago, IL 60616
773.484.4425