

Reading Time: 12 minutes

These Cincinnati family assistance programs will benefit your family in more ways than one.

*The Cincinnati Recreation Commission announced that due to extreme cold temperatures for the next few days, all 22 CRC Recreation Center will be open to anyone who is in need of a place inside to get warm. The centers will be available during regular business hours only.

Sometimes it can be difficult for families to make ends meet. Thankfully, there are many programs that offer assistance to individuals and families in need. Here are more than **30 Cincinnati family assistance programs** that may be beneficial for you, your family or someone you know. Whether a family is seeking assistance with utilities, clothing, or other programs that generally improves sociability, there is something for everyone.

You may also like: Apply to one of these paid apprenticeship programs.

Educational/Job Assistance

Bethany House Services – Here you will find educational sessions taught by experts from the community and BHS staff. The topics include financial literacy, budgeting, parenting, developing healthy relationships, healthy choices, and job-related skills. For more information, call 513-921-1131.

Cincinnati-Hamilton County Community Action – Provides employment assistance, workforce development, Cincinnati Manufacturer Certificate Program and Head Start for children. For more information, call 513-569-1840.

Cincinnati Works – This nonprofit organization serves two types of clients – job seekers who want to work their way out of poverty and employers who pay fair wages and offer health benefits. For more information, call 513-744-9675.

CityLink Center – Provides a variety of workforce classes (Cincinnati Works), GED Courses and basic literacy programs. For more information, call 513-357-2000.

Consumer Credit Counsel Service – This service helps people identify effective money management skills to create a strong financial life. For more information, call 1-800-355-2227.

Franciscan Haircuts from the Heart – Take a look at their calendar to see where the haircuts are being offered. Vouchers for haircuts are also given to children of families below the federal poverty line. For more information, call 513-81-0111.

Greater Cincinnati Behavior Health Services – Here you will find programs to assistance in job development and exploration services, job coaching and support. For more information, call 513-354-

5200.

Hamilton County Job & Family Services – They provide multiple programs to assist in employment, food, barrier removal through community link, retention and contingency funds. For more information, call 513-946-1000.

Inter Parish Ministry – Serves Hamilton County zip codes 45228, 45230, 45244, 45245, 45255 and 45140. The Newtown pantry is open Monday through Friday from 10:00 am to 2:00 pm and Monday evenings from 5:30 pm to 7:30 pm. For more information, call 513-561-3932.

Madisonville Education and Assistance Center – By giving direct aide to the residents of the 45227 zip code, MEAC raises up house holds one at a time. For more information, call 513-271-5501.

Santa Maria Community Services – This workforce development program can help you with all your education, employment and financial goals. Programs provided at Santa Maria Literacy Center West and Santa Maria Financial Opportunity Center give you the tools you need for long-term success. For more information, call 513-557-2700.

Society of St. Vincent de Paul – St. Vincent’s re-entry program provides ongoing support to men and women who have been incarcerated. For more information, call 513-421-0602.

Talbert House – The employment program has trained Vocational Specialists that work together with individuals to evaluate their strengths, needs, preferences, and desires in order to develop a plan for success in the workplace. For more information, call 513-281-2773.

United Way of Greater Cincinnati 2-1-1 Community Resource Directory – Search here for a variety of educational and support services. For more information, call 513-721-7900.

Urban League of Greater South Western Ohio – Here you will find programs about workforce development, business development and entrepreneurship. For more information, call 513-281-9955.

You may also like: [Apply to One of These 75 Felon-Friendly Companies!](#)

Food Pantry

Childhood Food Solutions – CFS provides a daily afternoon snack of complex carbohydrates and fruit to recreation centers and distribution points in the 45225 zip code of Cincinnati. We provide large food sacks of 14 meals each to children during the end of the month as well. During other times of the year, CFS provides weekend sacks, Spring break sacks, and Winter break sacks. For more information, call 513-910-4162.

Christ’s Community Ministries – College Hill residents may receive food from our Food Pantry once in a 30-day period. For more information, call 513-541-0303.

Churches Active in Northside (CAIN) – Offers food pantry and a community meal every Monday. For more information, call 513-591-2246.

CityLink Center – The Freestore Food Bank is on site for CityLink Clients to help them access benefits through the Ohio Benefits Bank. For more information, call 513-357-2000.

Fairhaven Rescue Mission – Provides meals on holidays to families in need. Must live in Covington, KY. For more information, call 859-491-1027.

Hamilton County Job & Family Services – They provide multiple programs to assist in employment, food, barrier removal through community link, retention and contingency funds. For more information, call 513-946-1000.

Landmark Cincinnati Church – Provides Free Food Pantry Services Along With Fresh Produce From The Garden. May only come by appointment only and can only be helped once every 30 days. For more information, call 513-771-0960.

Madisonville Education and Assistance Center – By giving direct aide to the residents of the 45227 zip code, MEAC raises up house holds one at a time. For more information, call 513-271-5501.

Mt. Healthy Alliance Food Pantry – Provides Free Food Pantry Services To Residents Of 45231 Zip Code Area In Mt. Healthy. Open Monday, Thursday & Saturday, 9:00 a.m. – 12:00 p.m. For more information, call 513-551-8036.

Our Daily Bread Soup Kitchen – The soup kitchen is open Monday – Friday from 9:45 a.m. – 11:45 a.m. The social center is open Monday – Thursday from 8:30 a.m. – 2:30 p.m. and on Fridays from 8:30 a.m. – Noon. Over 400 meals are served daily and volunteers are always needed. For more information, call 513-621-6364.

The Salvation Army of Cincinnati – Northern Kentucky – The Salvation Army Citadel (the Downtown Cincinnati Community Center) offers a Sunday Lunch Program to help those facing these challenges. On most Sundays, Major Holly Daniels, officer at the Citadel, provides worship services starting at 11:00 am at the Citadel Chapel (located at 120 E. Central Parkway) with a meal served following the services. For more information, call 513-762-5600.

Sem Pantry – Provides free food to residents Monday – Friday 9:30 a.m. to 2 p.m. For more information, call 513-231-1412.

Society of St. Vincent de Paul – Click the link and enter your address to find a food provider in your neighborhood. For more information, call 513-421-0602.

St. Andrew's Episcopal Church – The pantry is available to residents of 45207. For more information, call 513-531-4337.

St. Leo Church – Provides food pantry services to people North Fairmont, English Woods and Fay

Apartments. It is only closed every first week of the month. It is located at 2573 St. Leo Place, 45225 and closed every first week of the month. For more information, call 513-921-1044.

The Caring Place – Serves Golf Manor, Kennedy Heights, Pleasant Ridge and Silverton. Only open Tuesdays and Thursdays from 9 a.m. to 2 p.m. For more information, call 513-841-1499.

United Way of Greater Cincinnati 2-1-1 Community Resource Directory – Search here for a variety of different food pantries, programs and after school programs for children. For more information, call 513-721-7900.

Valley Interfaith Food & Clothing Center – Serves Arlington Heights, Carthage, Elmwood Place, Finneytown, Glendale, Hartwell, Lincoln Heights, Lockland, Reading, St. Bernard, Sharonville, Woodlawn and Wyoming. For more information, call 513-821-3233.

Women, Infants, and Children (WIC) Program – Provides nutritious foods such as milk, fruit juices, eggs, cereals, fruits & vegetables, whole grain foods and peanut butter or beans, breastfeeding support, and infant formula. For more information, call 513-821-7012.

You may also like: These in-demand jobs require a diploma and no experience.

Housing Assistance

Bethany House Services – The Housing Program is considered the best housing practice for alleviating homelessness to experiencing families. For more information, call 513-921-1131.

Christ's Community Ministries – Assist College Hill residents through making payments and/or arrangements with landlords and other community agencies to prevent evictions. For more information, call 513- 541-0303.

Churches Active in Northside (CAIN) – Offers temporary transitional housing (up to one year) without cost to women – with or without children – who are in transition from homelessness. For more information, call 513-381-7233.

Cincinnati-Hamilton County Community Action Agency – Fill out the online application for transitional housing. For more information, call 513-569-1840 x1115.

Cincinnati Metropolitan Housing Authority – Assists low to moderate income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. For more information, call 513-721-4580.

David and Rebecca Baron Center for Men (Winter Shelter) – The winter shelter holds 200 beds is open December through February from 7 p.m. to 6 a.m. Men and women over the age of 18 are welcome. For more information, call 513-721-0643.

David and Rebecca Baron Center for Men – The main center is 24 hours and only for men 18 and older. For more information, call 513-721-0643.

Esther Marie Hatton Center for Women – This center is 24 hours and only for women over 18 and older. For more information, call 513-562-1980.

Greater Cincinnati Behavior Health Services – Offers a variety of support services including real estate agents, private landlords, public subsidized housing, halfway housing, group living, and specialized housing. (Services are available in both Hamilton and Clermont County.) For more information, call 513-354-5200.

Jewish Family Service of Cincinnati – Emergency assistance available across Hamilton, Butler, Kenton and Boone Counties. A focus of their programs is on helping the elderly and preventing homeless. So this means some rent assistance or a security deposit may be offered. For more information, call 513-469-1188.

The Home Ownership Center of Greater Cincinnati, Inc. – Participate in a Homebuyer or Financial Fitness Classes to learn about the home buying process and current mortgage and lending realities. For more information, call 513-961-2800.

Madisonville Education and Assistance Center – Up to 45 men are welcomed as guests each night at the shelter. The men are assigned a bed and meet with a case manager to discuss their needs. For more information, call 513-424-4673.

Mary Magdalen House – This center has private showers, restrooms, laundry facility and phones to use. Persons can also have their mail sent here. It does not hold space to sleep. For more information, call 513-721-4811.

New Life Furniture – This place has discount and free furniture. They are always looking for donations. For more information, call 513-313-0530.

People Working Cooperatively – Provides critical – not cosmetic – home repair services to its clients. PWC has trained, licensed and bonded staff of skilled tradesmen, including plumbers, electricians, carpenters, and HVAC technicians. For more information, call 513-351-7921.

The Salvation Army of Cincinnati – Northern Kentucky – The housing programs meet individuals and families at this most basic level of need to shift from temporary measures to more permanent solutions for sustainability in housing. For more information, call 513-762-5600.

Society of St. Vincent de Paul – Click the link and enter your address to find a furniture assistance in your neighborhood. For more information, call 513-421-0602.

Talbert House – The Housing service line assists transitional adults, veterans, and families who need housing and other support services provided in scattered sites and designated apartment buildings throughout the community. For more information, call 513-338-8596.

Welcome House of Northern Kentucky – Provides a safe place for approximately 30 homeless women and children. Guests of the shelter work with staff to increase income and access affordable housing while removing any challenges or barriers to success. For more information, call 859-431-8717.

You may also like: [Make An Appointment With One of These Black Doctors.](#)

Medical Assistance

Addiction Services Council Cincinnati – The Addiction Services Council is a non-profit, community-based organization that provides professional resources on alcohol, tobacco, and drug-related issues. We provide programs and services aimed at improving the quality of life for the residents of Cincinnati and surrounding areas. For more information, call 513-281-7880.

Crossroads Center of Cincinnati – The Crossroads Opioid Treatment Program is approved by the Ohio Department of Mental Health and Addiction Services to administer and dispense narcotic medications for either detoxification treatment or maintenance therapy to persons who have become addicted to narcotics. For more information, call 513-475-5300.

Hamilton County Job & Family Services – They provide multiple programs to assist in employment, learning, applying and renewing Medicaid and transportation requests. For more information, call 513-946-1000.

Healthcare for Homeless Agencies – Provides access to the Mobile Health Van, University of Cincinnati Department of Family Medicine and more.

Greater Cincinnati Behavior Health Services – From diagnosis to treatment to primary care, GCB helps people with psychiatric illnesses. For more information, call 513-961-0600.

The Salvation Army of Cincinnati – Northern Kentucky – The Adult Rehabilitation Center ministries in the U.S. provide an in-residence rehabilitation program with a focus on basic necessities. For more information, call 513-762-5600.

Society of St. Vincent de Paul – The Charitable Pharmacy provides professional pharmaceutical care to those who could not otherwise afford their prescription medication. It serves residents of Hamilton, Clermont, Butler and Warren Counties. If you are in need living in Butler County, you may be eligible for our services at the Mercy Health St. Raphael clinic. For more information, call 513-421-0602.

United Way of Greater Cincinnati 2-1-1 Community Resource Directory – Search here for a variety of different health screenings, emergency and general health care programs. For more information, call 513-721-7900.

Talbert House – Provides mental health and substance use assessment and treatment services, as well as medical services, for adults throughout Greater Cincinnati and surrounding counties. For more information, call 513-281-2273.

You may also like: Mercy Health Patient Assistant Programs Makes Care Affordable.

Utility Assistance

Christ's Community Ministries – Assist College Hill residents through making payments and/or arrangements with Duke Energy and other community agencies to prevent disconnection of services. For more information, call 513- 541-0303.

Cincinnati-Hamilton County Community Action Agency – The Supportive Services program provides assistance to individuals experiencing a temporary hardship with their rental or mortgage payments, water bill, food vouchers and tax preparation services. Must apply in person. For more information, call 513-569-1850.

Duke Energy – Special Assistance Programs – Enroll in programs that assist in heat share and low-income programs for gas and electric. For more information, call 1-800-544-6900.

Hamilton County Job & Family Services – They provide multiple programs to assist in employment, barrier removal through community link, retention and contingency funds. This is a great Cincinnati family assistance program. For more information, call 513-946-1000.

Jewish Family Service of Cincinnati – Emergency assistance may be able to help with funds to pay a portion of a past due utility or heating bill. Call 1-800-458-6223.

Madisonville Education and Assistance Center – Offers assistance in birth certificate and I.D. location as well as substantial living services. For more information, call 513-424-4673.

Mercy Health St. John – Emergency assistance to pay rent or utilities. This is offered to help people maintain their current housing and avoid homelessness. Apply in person at 1800 Logan Street, Cincinnati, Ohio 45202, or call 513-981-5800.

Santa Maria Community Services – Santa Maria offers a variety of services to encourage families to become self-reliant and financially confident. Call 513-557-2700 for more information.

Society of St. Vincent de Paul – Click the link and enter your address to find a rent/utility assistance in your neighborhood. For more information, call 513-421-0602.

The Caring Place – Serves Golf Manor, Kennedy Heights, Pleasant Ridge and Silverton. Only open Tuesdays and Thursdays from 9 a.m. to 2 p.m. For more information, call 513-841-1499.

With so many established programs available, families can have a peace of mind knowing that there are helpful Cincinnati family assistance programs and resources designated to aid in their circumstances. If there is an organization or program that we may have missed, please let us know at The Voice of Black Cincinnati.