

CAASTLC

Community Action Agency of St. Louis County, Inc.

2709 WOODSON ROAD | OVERLAND, MO 63114 | 314. 863.0015 | WWW.CAASTLC.ORG

The mission of CAASTLC is to stabilize and enrich vulnerable households by instilling hope and creating pathways to empowerment. We are committed to helping the families and communities of St. Louis County transition from poverty to self-sufficiency for present and future generations.

HOUSING & ENERGY

WEATHERIZATION ASSISTANCE PROGRAM (WAP)

Designed to reduce air infiltration into homes to help households save money on their heating and cooling bills and improve comfort while ensuring health and safety. Households save an average of \$437 per year after weatherization.

HOUSING ASSISTANCE

Comprehensive housing assistance, including Down Payment, Disaster Relief, Rent/ Mortgage Assistance, and Housing Counseling.

ENERGY SERVICES

Programs include Low-Income Home Energy Assistance Program (LIHEAP), Dollar Help, Dollar More and Heat Up St. Louis - designed to stop energy service disconnection and restore services to a home. After receiving a one-time Energy Assistance (EA) pledge, a disconnection notice is required for any additional assistance.

H2O ASSISTANCE

In partnership with Missouri American Water, H2O Help to Others is an emergency assistance program created by Missouri American Water and Missouri's Community Action Agencies, which helps provide supplemental funding to customers who would otherwise have trouble paying their bills. H2O Help to Others is supported by contributions from Missouri American Water and voluntary contributions from customers.

HEALTH & NUTRITION

DRIVE-THROUGH FOOD PANTRY – BY APPT.

In collaboration with St. Louis Area Food Bank and others, CAASTLC provides USDA commodities and nutritious food items to individuals and families needing help.

CAASTLC's SEEDS OF HOPE FARM

Through our farm in Spanish Lake, we nurture a healthy food culture in an area considered a food desert. Fresh, organically grown food is distributed to low-income families through our food pantry. Volunteer opportunities are available for individuals and groups. Interactive dinners and free classes on cooking, container gardening, starting your own garden, and growing herbs are offered for the whole family. Healthy lifestyles begin with healthy eating.

IMMIGRANT ASSISTANCE

CAASTLC provides Case Management designed to help immigrants with their basic needs, find affordable housing, and navigate the legal processes so that they can achieve their educational and career goals.

COMMUNITY ACTION AGENCY OF ST. LOUIS COUNTY, INC.
HELPING PEOPLE. CHANGING LIVES.

YOUTH SERVICES

YOUTH CASE MANAGEMENT

Services that assist youth in identifying interests, goals, skills, and abilities to help them succeed in their educational endeavors and their career path structure.

HiSET (GED)

In partnership with St. Louis County school districts, we provide Case Management and supportive services to individuals enrolled in HiSET or technical education programs to help them attain educational certification.

REALITY ENRICHMENT AND LIFE LESSONS (REALL)

This hands-on simulation focuses on keeping youth in school and challenges them to think critically about how choices and decisions made in adolescence lead to rewards and consequences in adulthood. Middle and high schools as well as youth groups can request to participate in this impactful exercise.

CAASTLC SEEDS OF HOPE FARM - STEM CURRICULUM

Lessons developed by UMSL College of Education, Seed St. Louis, Edible Schoolyard, and others, students and youth groups participate in hands-on agricultural experiences based on the science of farming.

COMMUNITY OUTREACH

POVERTY SIMULATIONS

Missouri's Community Action Poverty Simulation (CAPS) is a unique workshop exercise that helps people better understand what life is like with a shortage of money and an abundance of stress.

JOB FAIRS & HIRING EVENTS

CAASTLC hosts job fairs and hiring events within the St. Louis County region with employers that offer on-site employment opportunities.

STEP UP TO LEADERSHIP

A workshop series designed for income-eligible, community-minded individuals who desire to develop leadership skills and turn their civic passions into community action, including board opportunities. Topics cover the value of grassroots participation, goal setting, public speaking, meeting facilitation, negotiation, conflict resolution, and grant writing.



The Huggy Heart is the official national symbol of the Community Action Partnership, representing compassion, commitment, and the support Community Action Agencies provide to help individuals and families achieve self-sufficiency.

PROMISE OF COMMUNITY ACTION

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

FAMILY & ECONOMIC SECURITY

CASE MANAGEMENT

We provide a customer-centered, goal-oriented process for assessing the needs of an individual/family and guiding them to achieve their goals and economic security by bundling services, including education and employment.

DRUG & ALCOHOL EDUCATION CLASSES

These classes are facilitated by certified alcohol and drug counselors and utilize informative materials and group discussions to help prevent substance abuse.

ANGER MANAGEMENT EDUCATION CLASSES

These classes use cognitive behavioral theories for learning and provide methods to identify and manage anger.

EMPLOYMENT DEVELOPMENT

This intensive workforce curriculum teaches resume building, job search techniques, computer skills, and other tools necessary to obtain and retain employment.

LIFE SKILLS CLASSES

These classes help customers stabilize their household through education and training in Health & Wellness, Financial Management, Parenting & Family Development, Home Management and Energy Conservation.

PROGRAM ELIGIBILITY ANNUAL INCOME GUIDELINES

These guidelines represent the maximum eligible household income for the applicable family unit size regarding the programs below. Please note color codes of RED and BLUE to match corresponding programs.

FAMILY UNIT SIZE	LIHEAP	WEATHERIZATION	CSBG PROGRAMS
1	\$34,080	\$31,300	\$31,300
2	\$44,568	\$42,300	\$42,300
3	\$55,056	\$53,300	\$53,300
4	\$65,532	\$64,300	\$64,300
5	\$76,020	\$75,300	\$75,300
6	\$86,508	\$86,300	\$86,300
7	\$88,476	\$97,300	\$97,300
8	\$90,444	\$108,300	\$108,300
		For families with more than 8 members, add \$11,000 for each additional person	For families with more than 8 members, add \$11,000 for each additional person



REENTRY SUPPORT FOR RETURNING CITIZENS

Reentry Support is designed to help justice-involved individuals find satisfying work by giving useful tips to navigate the job market, developing resumes that incorporate prison education and work programs, providing tools to improve interviewing techniques, and offering entrepreneurial training for those desiring to start a business. All customers are assigned a case manager to assist with identifying needs and setting achievable goals. The Makin' It Work curriculum is a core component of this training.

CONTACT INFORMATION

ANGER MANAGEMENT	314.446.4415
COUNSELING ASSISTANCE	314.446.4426
EMPLOYMENT	314.446.4416
ENERGY ASSISTANCE	314.446.4420
ENERGY FAX NUMBER	314.446.4480
ENTREPRENEURSHIP	314.446.4460
GENERAL FAX	314.863.1287
FOOD PANTRY	314.446.4438
HOUSING ASSISTANCE	314.446.4438
IMMIGRANT INCLUSION	314.446.4448
REENTRY PROGRAM	314.446.4431
SEEDS OF HOPE FARM	314.614.0412
SkillUP PROGRAM	314.446.4447
WATER ASSISTANCE	314.446.4427
WEATHERIZATION	314.446.4428
WEATHERIZATION FAX	314.427.2546, #2
PR AND DEVELOPMENT	srobins@caastlc.org

The SkillUP program is Missouri's employment and training program for Food Stamp (SNAP) recipients. The program is funded through the United States Department of Agriculture, Food and Nutrition Service. The program is also funded through the Administration for Children and Families, Temporary Assistance for Needy Families block grant.

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