

Pulaski County Illinois

Daycare

Mounds Center Headstart

327 N Reader, Mounds (618) 745-6703 WEBSITE

Funshine Daycare Center

1106 E 7th St, Metropolis (618) 524-7400 WEBSITE

Iem Daycare

1409 Broadway St, Paducah (270) 534-5167

Kids Kare

858 Veterans Ave, Kevil (270) 462-4411 WEBSITE

Munchkin Land Child Development Center

521 College Ave, Paducah (270) 534-1011

Cairo Headstart

4115 Sycamore St. Ste. B, Cairo, IL (618) 734-4220

Southern Seven Headstart

416 E. Ninth St., Metropolis, IL (618) 524-5222

Angela's Daycare

527 37th St., Cairo, IL (618) 734-9041

Headstart/Southern Seven Headstart

37 Rustic Campus Dr., Ullin, IL (618) 634-2297

TERRY, MARILYN

Mounds, IL 62964 (618) 745-9713

CARR, KEESHIA D

Mounds, IL 62964 (618) 306-2054

HOUSTON, SHERYL A

Mounds, IL 62964 (618) 306-0646

Jane Frizzell

479 Cache Chapel Rd, Ullin, IL

Homelessness

The People's Shelter

Community services 500-534 North St, Cape Girardeau

Lutheran Social Services of Illinois

Adoption services 45 Industrial Dr, Vienna (618) 658-9512 WEBSITE

Southern Illinois Coalition for the Homeless

Community services 1009 W Cherry St, Marion (618) 993-0094 WEBSITE

PCM Shelter for the Homeless

Community services 300 Ella Dr., Paducah (270) 444-0005 WEBSITE

Good Samaritan House

Community services 701 S Marion St, Carbondale (618) 457-5794

MAP Training Center

504 E. 7th St., Karnak, IL (618) 634-9401

Crisis Food Source

(573) 803-1235 225 S Plaza Way Cape Girardeau, MO 63703

Safe House for Women

(573) 335-7745 230 North Spring St. Cape Girardeau, MO 63701

Used Clothing

Back of the Closet

205 W 6th St, Metropolis (618) 524-3551 WEBSITE

Four Seasons Upscale Consignment

110 County Park Rd, Paducah (270) 444-0111 WEBSITE

Plato's Closet Paducah

2909 James Sanders Blvd, Paducah (270) 575-0506 WEBSITE

Kid's Sweet Repeats

3500 James Sanders Blvd, Paducah (270) 933-1475 WEBSITE

Encore Consignment

408 Broadway St, Paducah (270) 415-5499 WEBSITE

Transportation

Shawnee Mass Transit's

100 Smart Dr, Vienna (866) 577-6278 WEBSITE

Public Housing

Pulaski County Housing Authority

130 Richland Terrace, Mounds (618) 745-6330 WEBSITE

Housing Authority

Market Square

501 N 4Th St, Vienna (618) 658-5811 WEBSITE

Pulaski County Apartments

323 N Chestnut St Pulaski, Illinois Subsidized

Cache Valley Apartments

751 Ullin Ave Ullin, Illinois

Karnak Apartments

Washington and Illinois Streets Karnak, Illinois

Mounds

400 School St Karnak, Illinois

Utilities

Top Rated Local Plumbers in Pulaski

Elmwood St, Pulaski (833) 205-5515 Open 24 hours WEBSITE

Mound City- City Water Department

501 1st St, Mounds (618) 745-6114

Fort Massac Water District

813 Joppa Rd, Metropolis (618) 543-7475

Vienna City Water Works

204 S 1st St, Vienna (618) 658-3821 WEBSITE

Village of Tamms

240 Front St, Tamms (618) 747-2353

Mounds Water Department

225 1st St., Mounds, IL (618) 745-6114

Mound City Municipal Service

204 Main St., Mound City (618) 748-9112

Southwater INC.

27183 Sandy Creek Rd., Tamms, IL (618) 776-5274

Cairo Public Utility Company

1100 Commercial Ave., Cairo, IL (618) 734-3200

Carbondale Electric Company

3060 Dillinger Rd, Carbondale (618) 529-1700 WEBSITE

Electric Energy Inc.

2100 Portland Rd, Joppa (618) 543-7531

Southern Illinois Electric Cooperative

7420 US Highway 51S Old US Hwy 51, Dongola, IL (800) 762-1400 siec.org

Paducah Power System

1500 Broadway St, Paducah, KY (270) 575-4000

Food Pantries

Bethel Temple Evangelist Ministry

424 N Front St, Mounds, IL 62964

Phone: 618-306-0074, nomie.whitaker@yahoo.com

Hours of operation: Saturday after the 2nd Thursday of each month 10:00 am – 2:00 pm

- Food pantry
- Drive-up

Bibleway Food Pantry

460 N Chestnut St, Pulaski, IL 62976

Contact: Tawanna White, tmw0837@gmail.com

Hours of operation: 2nd Saturday of each month 10:00 am – 2:00 pm

- Drive-up

Caledonia Community Church

10076 US Hwy 37, Olmsted, IL 62970

Phone: 618-638-7467, Contact: Tammy Wilson, tammyswilson29@aol.com

Hours of operation: 2nd Monday of each month 10:00 am – noon

- No qualifications

First Baptist Church of Karnak

309 E Main St, Karnak, IL 62976

Phone: 618-638-4676, Contact: Brenda Crockett

Hours of operation: 1st and 3rd Wednesday of the month 2:00 pm – 4:00 pm

- Food pantry
- Bring Photo ID

Food Stamp

Pulaski County Department of Human Services (?????)

422 S Blanche St, Mounds, IL 62964 (618) 745-9411

DHS Family Community Resource Center in Pulaski County Food Stamps Office

1401 Washington Avenue Cairo, Illinois, (618) 734-0762

BOTH FACILITIES WERE LISTED, I WOULD CALL AND CHECK BEFORE DRIVING TO ONE!!!

Counseling

Family Counseling Center Inc.

802 E School St, Karnak (618) 634-9269 WEBSITE

Massac County Mental Health

206 W 5th St, Metropolis (618) 524-9368 WEBSITE

Family Counseling Center, Inc.

101 Oliver St, Vienna (618) 658-2611 WEBSITE

Union County Counseling Service Inc.

204 South St, Anna (618) 833-8551 WEBSITE

Family Counseling Center Heritage House

904 W Vine St, Vienna (618) 658-4047 WEBSITE

Tasha Simmerman

1401 Washington Ave., Cairo, IL (618) 734-2665

Family Counseling Center JDT

100 Oliver St., Vienna, IL (618) 658-5238

Choate Mental Health

1000 N. Main St., Anna, IL (618) 833-5161

Essential Peace Counseling LLC

1550 Falcons Ridge Blvd, Paducah, KY (270) 280-2068

Community Counseling Center

109 N. Main St., Cape Girardeau (573) 290-0090

Sound Mind & Heart Christian Counseling

300 E. Main St., Carbondale (618) 203-3444

Physicians**Tamms Health Center**

290 Railroad St, Tamms (618) 747-2391 WEBSITE

DANECE CURTIS, Family Nurse Practitioner

426 S Blanche St, Mounds (618) 745-6894

Mete V Altug MD

1238 Commercial Park Rd, Metropolis (618) 524-2284 WEBSITE

Rural Health Inc.

318 US Highway 51 N, Dongola (618) 827-3545 WEBSITE

Randy E. Oliver, MD

1203 W. 10th St., Metropolis (618) 524-3795

Jonathan Walters

28 Chick St. Ste. 100, Metropolis (618) 524-2176

Gerald Martin NP

98 Peach Ridge Rd., Anna (618) 614-1400

Dr. John Michael Cerny

515 N. Main St., Anna (618) 833-3300

Dr. John J O'Connor, MD

318 Us Highway 51 N, Dongola (618) 827-3545

Dr. Muhammad Ali Memon, MD

13245 Kessler Rd, Cairo (618) 734-4400

Holden, Gordon D, MD

120 N Front St, Mounds (304) 363-7000

Dongola Clinic

318 Us Highway 51 N, Dongola (618) 827-3545

Katherine Christensen, MD

305 West Jackson Street Suite 200, Thebes (618) 536-6621

Dentists

Ballard Family Dentistry

148 E Kentucky Dr., La Center (270) 665-9557 WEBSITE

Dental Assistance

290 Railroad St, Tamms (618) 747-2391 WEBSITE

Brunk Family Dental Care

805 Market St, Metropolis (618) 940-0542 WEBSITE

Vincent Steven W DDS

131 W Vienna St, Anna (618) 833-7773 WEBSITE

John H Shelton DMD

1015 Market St, Metropolis (618) 524-8011

Amir Namazi (Dentist)

13245 Kessler Rd., Cairo (618) 734-4400

Wells Dental Care

310 Lick Creek Rd., Anna (618) 833-2411

Bruce Rednour DMD

20 Jon St., Metropolis (618) 524-7790

Kyle Heine DMD

44 Jon St., Metropolis (618) 524-7303

Don Akridge DMD

35 Old Bloomfield Rd, Vienna (618) 658-9732

Robin Wetherell DMD

805 N 1st St., Vienna (618) 658-8361

Pediatric Dentistry

251 S. Silver Springs Rd., Cape Girardeau (573) 334-5545

Optometrist**Moreland Eyecare**

100 Peach Ridge Rd, Anna (618) 833-9208 WEBSITE

Marion Eye Center

165 Plaza Dr, Anna (618) 833-8359 WEBSITE

Clarkson Eyecare

60 Lakeview Dr, Ste 2, Paducah (270) 554-2000 WEBSITE

Four Rivers Vision Therapy

2859 N Friendship Rd, Paducah (270) 557-7650 WEBSITE

Paducah Eye Care Associates

467 Jordan Dr Ste 101, Paducah

Paul Jacobs OD

316 S. Main St., Anna (618) 833-3777

Keene Eyewear

2408 New Holt Rd, Paducah (270) 442-2020

Brush Optical

1801 E 5th St. , Metropolis (618) 524-9323

Eyewear Express

3340 Irvin Cobb Dr., Paducah (270) 575-1919

OBGYN

Shawnee Crisis Pregnancy Center

non-profits 260 Lick Creek Rd, Anna (618) 833-7797 WEBSITE

Headstart/Southern Seven Health

37 Rustic Campus Dr, Ullin (618) 634-2297 WEBSITE

Hope Unlimited Family Care Center

305 Lincoln St, Metropolis (618) 524-5730 WEBSITE

Pregnancy Matters

808 W Prairie St, Marion (618) 997-2790 WEBSITE

Pregnancy Matters

241 S Lewis Ln, Carbondale (618) 549-2794

The Resource Pregnancy Center

918 S Kingshighway St., Sikeston (573) 475-9230

Heartland Women's Healthcare

525 N Main St, Anna (844) 872-6249 WEBSITE

Donald Bishop, MD

900 E Walnut St Ste 10, Carbondale (844) 872-6249 WEBSITE

Katherine Pryse Williamson, DO

2605 Kentucky Ave Ste 301, Paducah (270) 443-1220 WEBSITE

Baptist Health Paducah Women's Services

2501 Kentucky Ave, Paducah

(270) 575-2100

WEBSITE

Sugata Sensarma, MD

1920 Broadway St, Paducah

(270) 442-3647

WEBSITE

STD Testing

Priority STD Testing Cape Girardeau

1417 N Mount Auburn Rd, Cape Girardeau

(888) 211-2365

WEBSITE

Pulaski County Clinic

100 Market St, Pulaski

(618) 342-6767

Tamms Community Health Center

290 Railroad St, Tamms

(618) 747-2391

KentuckyCare

120 N 4th St, Barlow

(270) 334-3131

Substance Treatment

Drug Rehab Mill Creek

Millcreek, IL (618) 663-3919 Open 24 hours WEBSITE

Inpatient Drug & Alcohol Facility

Metropolis, IL (855) 415-2270 WEBSITE

New Hope Anna Opioid Addiction Treatment

515 E Vienna St # 479, Anna (815) 205-1970 Open 24 hours

Drug & Alcohol Centers

Paducah, KY (877) 726-4727 Open 24 hours WEBSITE