



ASCENSION PARISH HEALTH SERVICES DIRECTORY

A Directory of Free or Low Cost Mental Health, Substance Abuse, Medical, and Social Services available in Ascension Parish

Kenny Matassa, Parish President

**Compiled by Ascension Counseling Center, Suzanne Hamilton, LPC-S,
Director**

Please be aware that programs, services, and phone numbers change frequently. Although we make every effort to confirm that resources, services, and phone numbers are accurate, we cannot guarantee that they are.

At Ascension Counseling Center, our professional staff provides services to children and families who are having difficulty in school, at home, at work, or in the community. Whether it's emotional, behavioral or academic, we'll work with you to foster healthy coping skills to improve your family's quality of life. Between our Gonzales and Donaldsonville offices, we see about 40-50 people a day. One of the best things about Ascension Counseling Center is that it has enjoyed support from the public through a dedicated property tax for more than half a century. I'm proud that Ascension is one of only two parishes in the state that publicly funds mental health services, and as a result, most of our clients pay only about \$5.00 per visit. You can learn more about the Ascension Counseling Center and our services by going to www.ascensionparish.net/MH."

ASCENSION PARISH SOCIAL SERVICES DIRECTORY

ADDICTION

Al-Anon, 924-0029, www.batonrougealanon.org

Baton Rouge Detox, 389-3325 1819 Florida Blvd. Baton Rouge, LA

Medical & non-medical detox for addiction, co-occurring mental health & substance abuse. Self pay & sliding scale based on income. Free if HIV positive.

Baton Rouge General, Behavioral Health Services, 387-7904 3600 Florida Blvd.

Must be 50 and over and Behavioral Health Issues must be the primary issue. Treatment for substance abuse, mental health, coping skills, dental hygiene, and more. IOP and PAP services

Narcotics Anonymous, 381-9609, www.larna.org/brareana

Gamblers Anonymous, www.gamblersanonymous.org 888-502-5610 hotline

Alcoholics Anonymous, Gonzales, 225-930-0026, www.aa-louisiana.org

Ascension Counseling Center, 450-1158

16 week adult and adolescent out-patient treatment groups & evaluations in Gonzales & Donaldsonville. Intensive outpatient treatment.

Healing Place Church Dream Center, 225-753-2273

Teen abstinence and youth programs, half-way house, substance abuse counseling, post prison rehabilitation, aftercare.

ADDICTION, INPATIENT

TAU Program, Our Lady of the Lake Hospital, Baton Rouge 800/864-9003

Cope Center, ER admissions, St. Clare Unit

Inpatient assessment & diagnosis, medically based detox, outpatient rehab, family program, continuing care & support services for substance abuse, compulsive gambling, co-dependency. Serves adults, adolescents and geriatrics

Cenikor, 218-1960, Baton Rouge

Each Day A New Beginning: Sober Living House, 978-4662, 715-0992, 933-0522

Women ages 18+

O'Brien House, Baton Rouge, 344-6345 obriehouse.org 1231 Laurel St. Baton Rouge, LA

90, 24-hour residential program, plus halfway house for chemically dependent patients.

Odyssey House Academy, New Orleans, 504/324-8288, www.ohlinc.org

Residential Substance Abuse Treatment for teens (12 – 17) that also works with their teachers to keep them up with their class. Free services.

The Grove Recovery Center, Baton Rouge, LA 225/300-4850

24 Hour Admissions

ALZHEIMER'S SERVICES

Alzheimer's Services of the Capital Area, 800/548-1211, 334-7494, www.BRhope.com

Caregiver networks 1st Tuesday of each Month @ St. Elizabeth Hospital.

Charlie's Place II, Purpera Rd. Gonzales, 334-7494, alzbr.org

Respite care for individuals with Alzheimer's and their caregivers.

ANIMALS

CARA's House Animal Shelter, Sorrento, 407-0064, 675-0400

AUTISM

Behavioral Intervention Group, 8180 Siegen Ln, B.R., 757-8002. Bir-br.com

CHILDREN'S SERVICES

Child Advocacy Services, 647-2005

Provides services through the Court Appointed Special Advocate (CASA) Program & Children's Advocacy Center supporting children.

Office of Family Services, Child Protective Services, 644-4603

Report child abuse or neglect. Offers family support services.

Child-Adolescent Response Team, 922-0631, 1-800-437-0303

Program to assist children and their parents during times when an emotional crisis becomes overwhelming.

DAY PROGRAMS/RESPITE CARE

Community Opportunities of East Ascension, 621-2034

Provides services to individuals with developmental disabilities and elderly citizens.

Council on Aging, 473-3789

(Services for 60+) Congregate, Transportation, Recreation, Wellness, Homemaker, Caregiver Support

DEAF SERVICES

Louisiana Commission for the Deaf, 800/256-1523

Louisiana residents with hearing or speech disabilities may get a text telephone (TTY), telebrailer or amplification equipment if they meet eligibility for the Telecommunications Access Program.

Louisiana Relay, Call 7-1-1, TTY 800/846-5277, Voice 800/947-5277, Speech-to-Speech 888/272-5530, Spanish-to-Spanish 800/737-1813

Hamilton Relay provides traditional relay services including TTY, Voice Carry Over, Hearing Carry Over, Speech-to-Speech, Visually Assisted Speech-to-Speech, and Spanish-to-Spanish. A Communication Assistant will connect on the phone with you.

Lighthouse of Louisiana, 275-1200

Provides no cost hearing aids and other hearing equipment to individuals over 50.

DENTAL

Greater Baton Rouge Community Clinic, <http://www.ladental.org/lda/public-resources/community-clinics#greaterbatonrouge>

The first and third Tuesday of each month from 4 p.m. to 6 p.m. at the First Baptist Church, which is located at 1217 South Burnside Ave. in Gonzales. Appointments are not needed at any of screening locations. To qualify for medical and dental services:

- Applicant must be currently employed and work a minimum 30 hours each week.
- Need to have worked the last 10 out of 12 months.
- Cannot have any medical or dental insurance of any kind, or receive any kind of assistances such as Medicaid.
- Must meet an income guideline that will be discussed at the first screening meeting. To receive treatment, applicant must bring:
- Most recent federal income tax statement
- The two most current pay check stubs
- Photo ID
- Proof of residency, such as a utility bill

Healing Place Church Free Mobile Clinic

Free tooth extractions once per month at area dental offices. Contact Charlotte at 225/931-8139 to schedule.

Louisiana Donated Dental Services, 800/946-6016

Louisiana dentists volunteer free dental care to people with disability, elderly, or medical problems and can't pay for needed dental care.

Louisiana State University Dental Clinic, 619-8770

Services are not free but they are low cost because they are a teaching clinic and services do take more time.

DEVELOPMENTAL DISABILITIES

Psychological Services Center, Autism, LSU Dept. of Science & Disorders, 578-1494 for crisis or emergency dial 225-923-2114

Autism Support Group, 205-5211, ascensionparishautism@gmail.com

For parents, grandparents, caregivers & self-advocates. Affiliated with the Autism Society of Greater Baton Rouge.

Community Opportunities of East Ascension, 621-2012

Provides services to individuals with developmental disabilities and elderly citizens.

Donaldsonville Area ARC, 473-4516

Adult vocation habilitation, supportive employment, PCA in home and community group home.

Social Inclusive Group, Kathy Edmonston, 328-5832

Meet and greet socials at area public libraries are designed to network and plan future community involvement. Monthly meetings include a speaker & interactive activity.

DISASTER SERVICES

American Red Cross, redcross.org

Cleanup Assistance Hotline (til 9/16/16) 800/451-1954

Disaster Distress Helpline, 800/985-5990

Disaster Food Assistance, dsnapsnap.dcfsls.gov, 888/524-3578

Disaster Unemployment, laworks.net. For those who lost jobs due to flooding.

FEMA, 800/621-3362, disasterassistance.gov

Free Legal Assistance, 800/310-029

National Center for Disaster Fraud, 866/720-5721

Louisiana Spirit Crisis Counseling 24-hour TalkLine, 866/310-7977

Small Business Administration, disasterloan.sba.gov/ela, 800/659-2655

Up to \$200,000 for residential, up to \$50,000 for personal property, up to \$2,000,000 for businesses

DOMESTIC VIOLENCE

Adult Protective Services, 800/256-4277

Protective services for elderly adults who are being abused, neglected, or taken advantage of.

The Battered Women's Program, 644-4916, 24-Hour Hotline: 888/411-1333; www.stopdv.org.

Offers a support group and residential shelter.

IRIS Domestic Violence Center 1-800-541-9706

Serves Baton Rouge, Felecciana's, Ascension, Iberville and New Roads area

DRUG EDUCATION CLASSES

Capital Area Recovery Program, Baton Rouge, 922-3169

Dean Sunseri, Gonzales, 290-7255

Family Services of Baton Rouge, 924-0123

DRUG TAKE-BACK PROGRAM

These pharmacies will take back drugs so that patients can safely dispose of unused or expired medicines that may be a danger to others and to the environment if flushed.

St. Amant Pharmacy, 12502 Highway 431, 644 - 7288 (expired meds for disposal only and no controlled substances)

Galvez Pharmacy, 40017 Hwy 42 Suite D, Prairieville, 622 - 4817 (expired meds for disposal only and no controlled substances)

EDUCATION/GED/TUTORING

Boys Hope/Girls Hope, BR, 346-5095, www.bhghbr.org

Helps academically capable and motivated children-in-need to meet their full potential through a live-in educational experience.

LA National Guard Youth Challenge Program, 800/243-0911

Residential, 5 month program for at-risk adolescents to obtain a GED and job training. There is no military service requirement.

ELDERLY

Adult Protective Services, 800-898-4910

Protective services for elderly adults who are being abused, neglected, or taken advantage of.

Alzheimer's Services of the Capital Area, 800/548-1211, 334-7494, www.BRhope.com

Caregiver networks 1st Tuesday of each Month @ St. Elizabeth Hospital.

Council on Aging, 526 S. Irma Blvd, Gonzales, 621-5750; 101 Bocage, D'ville, 473-3789

(Services for 60+) Congregate, Home-Delivered Meals, Transportation, Info Assistance, Recreation, Utility Assistance, Material Aid, Medical Alert.

Senior Companion Services through OLOL Hospital, 490-0604

Free service provides sitter or companion services during regular business hours.

FAMILIES

Families In Need of Services (FINS)/TASC, 621-8515

A delinquency & truancy reduction program, services offered include: assessments, case management, parenting programs & group counseling

FOOD PANTRY

DSNAP (food stamps), 888/524-3578

Food For Families monthly groceries, 800/522-3333

Commodities (40-pound box of non-perishable food to those 60+. Gonzales: 2nd Wed of each month at Lamar-Dixon. Donaldsonville: 2nd Tuesday of each month at Lemann Center. Time for both is 7 – 10 am.

Fellowship Center (E. Ascension Parish), 644-4342

First Baptist Church, 647-8575. Daily distribution between 9 – 11 am.

Holy Rosary Catholic Church (Galvez, St. Amant residents), 647-5321

The Rock Church, Churchpoint Rd., Gonzales, 763-1860, visittherock.com 3rd Tuesday of each month

St. Theresa Catholic Church (Gonzales residents), 647-6588 (Apply on Monday & Tuesday from 1-4)

St. John Catholic Church (Geismar, Prairieville), 673-8307

St. Mark's Catholic Church, (Galvez, Gonzales east of Airline), 647-8461

First Methodist Church (Gonzales), 647-4678

River Community Church (Prairieville), 744-4367

GRIEF

Grief Support Group, Southern Care Hospice, 673-9949

Monthly group for anyone who is experiencing a loss. Free, Refreshments are provided. Meets in Prairieville.

HALF-WAY HOUSES

Ascension House, Gonzales, 647-8489

Power House, Gonzales, 647-8277, (males only)

Donaldsonville Area ARC, Mary Marcombe Home, 473-7433

Community home providing residential services for 6 adults with developmental disabilities. 24 hour services including independent living skills.

HEALTH UNIT

Ascension Parish Health Unit, Gonzales, 644-4582

WIC program, immunizations, flu shots, family planning, sexually transmitted diseases, pregnancy tests, commodities, blood pressure & blood sugar screenings.

HIV/AIDS

AIDS Info Hotline, 800/256-5145

Case management, food pantry, housing and transportation for Allen, Beauregard, Calcasieu and Jeff Davis Parishes. HIV testing on Wednesday by appointment only

Baton Rouge AIDS Society, 923-2437

Emotional Support, 24-Hour Talk Line, 800/628-9240

Face To Face Enrichment Center, 644-9992

Free HIV/AIDS testing

HIV/AIDS Alliance, Region 2, 927-1269, 4550 North Blvd, Suite 250, Baton Rouge

Housing assistance, counseling, education, an HIV+ individual will speak with you. Monday – Friday: 9 am – 5 pm.

HIV Treatment Info Line, 800/822-7422
www.CDC.gov/hiv/resources/brochures/index.htm

HOME-BASED THERAPY

ACT (Assertive Community Treatment), 621-5770 Gonzales Mental Health
In-home services for persons with chronic/severe mental illness. Assessment conducted by Gonzales or Donaldsonville Mental Health.
Regional Healthcare, Jenny, 337-344-6515
Private duty skilled nurses caring for pediatric Medicaid patients in their own home for issues of autism, cerebral palsy, cancer, failure to thrive, child abuse/neglect, and more. Free
Rise 'N' Shine Counseling, 644-8565
For ages 11-17. A Medicaid family focused program for behavior problems, criminal activity, drug use, aggression, truancy, sexual offenders.
Spectrum Rehab Services, 30826 Linder Rd, Denham Springs, 665-7878, www.spectrumrehab.org
Child program for ages 6 - 17. Adult program ages 18 and over. Medicaid-only.

HOMELESS SHELTERS/HOUSING

Battered Women's Program, Baton Rouge, 644-4916
Temporary room & board for abused women & children. Advocacy, support groups & legal advice.
Bishop Ott Shelter - Society of St. Vincent de Paul, 1623 Convention St, BR, 383-7343
Emergency shelter for 90 days max that offers clothing, pharmacy, & dental services, hot lunches. Mandatory work & savings plan. Serves single men.
Bishop Ott Shelter - Society of St. Vincent de Paul, 2655 Plank Rd, BR, 355-0374
Shelter, clothing & food for single males. \$3 fee per night.
New Orleans Womanspace, 504/895-6600, now38@bellsouth.net
For women who are experiencing homelessness in addition to chemical dependence and/or mental illness, www.nowspace.org.
Queen of Peace Night Shelter - Missionaries of Charity, E. Blvd, BR, 383-8367
Temporary night shelter for women and children. Also has a program for pregnant women. Apply before 3 pm. Supper & breakfast served. No boys over age 5. No fee.
Salvation Army Emergency Shelter, 7361 Airline Hwy, BR, 355-4483
Check in at 5:00 (first come first serve). Shelter for single males. Must pass Breathalyzer test. First night is free, and costs \$7.50 per night afterward. One night is free every 30 days.
Single Room Occupancy Program, Volunteers of America Greater New Orleans, 504/299-1260
Permanent affordable housing, case management & employment services to men and women who were formally homeless and in recovery.
Sweet Dream Shelter - Society of St. Vincent de Paul, 1623 Convention St., BR, 383-7343
Emergency shelter for up to 3 months that offers access to clothing, pharmacy, a day center & dental services. Hot lunches. Women must be looking for work and children must be in day care or school. Serves single women and women with children. No boys over age 12. Free.

HOSPITALS

Prevost Memorial Hospital, 301 Memorial Dr, Donaldsonville, 473-7931
St. Elizabeth Hospital, 1125 W. Hwy. 30, Gonzales, 647-5000, www.steh.com
Our Lady of the Lake, 8080 Margaret Ann Dr., BR, 765-8900, 800/864-9003, www.ololrhc.com

HOUSING

Habitat For Humanity, 927-6651, info@habitatbrla.org, habitatbr.org
Habitat for Humanity of Greater Baton Rouge is a Christian-based ministry that builds and renovates houses in partnership with the community. We provide opportunities for families in need to purchase their own homes, build community and improve their lives.

HOTLINES

AIDS Info Hotline, 800/256-5145	Missing & Exploited Children, 800-843-5678
Gambling Helpline, 877/770-7867	HIV Treatment Info Line, 800/822-7422
LA Domestic Violence, 888/411-1333	Poison Control Center, 800/222-1222
Substance Abuse Helpline, 800/662-4357	The Phone (Crisis), 225/924-3900
Louisiana Warmline, 800/730-8375 (noncrisis support line) 5pm – 10pm.	

INSURANCE

LaChip, Ascension Counseling Center Gonzales, 225/450-1016
Certified Application Center for free health insurance for children from working families which covers kids up to 21 years old.

Medicaid, Ascension Counseling Center Gonzales, 225/450-1016
Certified Application Center for free healthcare for children at no cost from birth to age 21. Pre-natal healthcare available for expectant mothers.

JOB TRAINING

Donaldsonville Area ARC, 473-4516
Adult vocational habilitation, supportive employment.

Full-Time Father Program, Southern Univ, 771-3054
A Free parenting program for non-custodial fathers providing job training, job placement assistance, fatherhood sessions, and much more.

Louisiana Workforce Commission, Gonzales, 647-5557

LAB WORK

Greater Baton Rouge Community Clinic, Gonzales, 769-3377
Free doctor, hospital, & labs for people who work but have no insurance, Screening is at 1st Baptist Church, 1217 S. Burnside, Gonzales, 1st & 3rd Tues of each month from 4 -6 pm, no appt needed. Medical work provided by a volunteer health professional in Ascension Parish in his/her office.

St. Elizabeth Community Clinic, @ Ascension Health Unit, 1024 S.E. Ascension Complex, 644-2616
Primary health care for the uninsured and underinsured residents of Ascension parish. Lab work for their patients only.

LEGAL SERVICES

Southeast Louisiana Legal Services (formerly Capital Area Legal Services), 855/512-3980, 225/448-0080, online at www.slls.org

- Legal advice and representation for remaining in your home, consumer protection, divorce, tax, public benefits, employment, education.
- Thirst for Justice walk-in legal clinic Wednesdays & Thursdays 3 - 5 p.m. St. Vincent de Paul, 220 St. Vincent DePaul St., Baton Rouge. Call for other monthly locations and dates.
- Self Help Resource Center at EBR Family Court, staffed by law students, for self-represented litigants in family court only. Tuesdays and Thursdays 10 am – 2 pm, 4th Floor, 19th Judicial District Courthouse, 300 North Blvd, Baton Rouge.

Advocacy Center for the Elderly & Disabled, 800/960-7705

Mental Health Advocacy, 243-6678

Governor's Office of Elderly Affairs, 342-7100

MATERIAL AID

Ascension Catholic Church, 473-3176

Services include food, utility, rental and prescription assistance (on emergency basis).

Council on Aging, 473-3789

(Services for 60+) Home-Delivered Meals, Transportation, Utility Assistance, Material Aid, Medical Alert.

The Fellowship Center, 644-4344

Services include food, utility and clothing assistance (East Ascension Residents only)

First Baptist Church of Gonzales, 647-8575

Food pantry, prescriptions, emergency funds.

Holy Rosary Catholic Church, 647-5321

Services include food & utility assistance (as needed basis). Christmas baskets and gifts (based on request).

Quad Area, 644-8532

Helps with energy bills, rent deposit and/or 1st month, food funds-vouchers.

Salvation Army, 218 E. Bayou Narcisse, Gonzales, 355-4483

Emergency assistance, emergency funds, prescriptions.

Volunteer Ascension, 644-7655

Referral for those in need of social services throughout the parish. Programs include School Tools & Uniforms.

Weatherization Assistance Program, Robert Payne, 45300 No. Baptist Rd, Hammond, 567-2350

Installs energy efficiency measures in homes free of charge, attic insulation, replace heating/cooling filters, window sunscreens, light bulbs, etc.

MEDICAID APPLICATION CENTERS

Ascension Council on Aging, 101 Bocage St, Donaldsonville, 473-3789
Ascension Counseling Center, Gonzales & Donaldsonville, 450-1016
Quad Area CAA, 1222 Cornerview, #9, Gonzales, 644-8532

MEDICAL EQUIPMENT

Medcare, 647-3500

Medical equipment, diabetic shoes & supplies, chairs, diapers, ADL aids, hospital beds, ostomy supplies, wound care. They deliver equipment.

LATAN, 925-9500, latan.org

Provides assistance to receive adaptive medical equipment like wheelchairs and scooters

MEDICAL/HEALTH SERVICES

Alzheimer's Services of the Capital Area, 800/548-1211, 334-7494, www.BRhope.com

Health screenings, caregiver networks, help line, lending library, respite care, family resources, Safe Return, newsletter

Baton Rouge AIDS Society, 2010 Burnside Rd, #A, Gonzales, 644-9992

Greater Baton Rouge Community Clinic, Gonzales, 769-3377

Free doctor, hospital, & labs for people who work but have no insurance. Includes dental, medical, mental health & vision. Screening is at 1st Baptist Church, 1217 S. Burnside, Gonzales, 1st & 3rd Tues of each month from 4 -6 pm, no appt needed. Medical work provided by a volunteer health professional in Ascension Parish in his/her office.

Healing Place Church Mobile Clinic

Free services to people with no health insurance & are at the poverty level. One Saturday per month at D'ville & Gonz HPC campuses.

Mary Bird Perkins Cancer Center/St. Elizabeth Hosp, 215-1234

Offers free skin, colorectal, prostate & breast cancer and lymphodema screenings in a variety of dates and locations.

Pancreatic Cancer Action Network, www.pancan.org

Project Connections, Face to Face Enrichment Center, 2010 S. Burnside Ave, Suite A, 644-9992

Free internet-based health information on topics such as HIV/AIDS, smoking, cancer, nutrition, mental health.

River Region Cancer Detection, 9606 Airline Hwy, Sorrento, 675-6896

Conducts free pap smears & mammograms for women with no insurance.

St. Elizabeth Community Clinic, at Ascension Health Unit, 1024 S. E. Ascension Complex, 644-2616

Primary health care for the uninsured and underinsured residents of Ascension parish. Lab work for their patients only.

MENTAL HEALTH, COMMUNITY BASED

Baton Rouge Rehabilitation Services, 322 Worthey Rd, Gonzales, 214-1617

Mental health outpatient treatment for mood disorders. In-home and in-school assistance for children. Age 6 to adult. Medicaid only.

MENTAL HEALTH, IN-PATIENT

Baton Rouge General, Behavioral Health Services, 387-7904
Must be 50 and over. Treatment for substance abuse, mental health, coping skills, dental hygiene, and more.
COPE Center, Our Lady of the Lake, 800/864-9003
Behavioral care and adolescent suicide assessments & admissions.
St. James Behavioral Health Hospital, Gonzales, 647-7524
For adults. Referrals accepted 24 hours/7 days a week. www.sjbhh.com.

MENTAL HEALTH, OUT-PATIENT

Ascension Counseling Center, Gonzales & Donaldsonville, 450-1158
Individual, Couples, Family mental health and substance abuse treatment. Adult & child psychiatrists available. Parish-funded. Sliding scale fee.
Baton Rouge General, Behavioral Health Services, 387-7652
Must be 18 and over. Treatment for substance abuse & mental health. IOP, Individual & group therapy.
Gonzales Mental Health, 621-5770, Gonzales & Donaldsonville.
For adults with chronic & severe mental health issues who require long-term medication management. Crisis services for those being discharged from inpatient psychiatric facilities. After hours crisis number = 922-0631.
Mental Health Advocacy Center, 342-6678
National Alliance for the Mentally III, 291-6262

MILITARY

Military Family Assistance Fund, vetaffairs.la.gov/AboutLDVA/MilitaryFamilyAssistanceFund.aspx
Helps La. National Guard and Military Reserves and their families address financial hardships when they are placed on active-duty status.
Includes food, housing, medical expenses, auto repair, and more.

PARENTING

Ascension Counseling Center, 621-1113
15 week interactive groups for parents and their children.
Full-Time Father Program, Southern Univ, 771-3054
Free parenting program for non-custodial fathers to provide job training, job placement assistance, fatherhood sessions, and much more.

PHARMACY

Senior Rx, 800-280-0908
Must be 60 years or older. They will send you an application by mail. Meds are dispensed by mail.
St. Vincent dePaul Pharmacy, 1402 N. Burnside, Gonzales. 644-2151, macaldo@svdpbr.com
Free prescriptions to those who qualify. Must be low to no income and no prescription drug coverage. Mon – Sat: 9 am – 5 pm
Wal-Mart, any location
Has over 300 generic meds that cost \$4.
Patient Assistance for Lab Services, 844-770-7257, PALS-LABS.org
Provide Medical lab work for very low cost, many for \$5.
NeedyMeds.com
This website lists medication coupons for some of the costlier medications. Provides links to many prescription assistance programs.

RX Outreach, 888/796-1234, rxoutreach.org

Provides generic medication through a mail order program at very low out-of-pocket costs.

PREGNANCY

Nurse-Family Partnership at Gonzales Health Unit, 644-4582 (ask for Rosa)

Free program to assist low income, first time mothers from before birth until their baby is age 2.

PREVENTION

Face To Face Enrichment Center, 644-9992

For single parent moms/youth; smoking cessation/prevention; HIV prevention/testing; Girls mentoring; home furnishings & small appliances.

PUBLIC SAFETY

Ascension District Attorney, 647-6284 Ascension Emergency Management, 621-8360

Ascension Parish Sheriff Juvenile Division, 621-8325

Sheriff's Department, 621-8329

Law enforcement services, including school resource officer program (H.S. Campuses).

SUICIDE PREVENTION

Baton Rouge Crisis Intervention Center, (The Phone) 225/924-3900

National Suicide Prevention Lifeline, 800/273-TALK, www.SuicidePreventionLifeline.org

SUPPORT GROUPS/CLASSES

Alzheimer's Caregivers Programs, 621-2906

Held quarterly in conjunction with Alzheimer's services of Capital Area @ St. Elizabeth Hospital. Topics/Speakers vary. Free.

Amputee Support Group, 231-3123

Meets on Fridays once per month, noon – 1 (with lunch) at Baton Rouge Rehab Hosp, 8595 United Plaza, Baton Rouge.

Anger Management, Ascension Counseling Center, 450-1157

6-class series, separate classes for adults and adolescents

Baton Rouge Head Injury Association, 231-3108

1st Wednesday of each month, 7 – 9 pm, Greenwell Springs Library, 11300 Greenwell Springs Rd, Baton Rouge

Body Works: An obesity prevention program, 621-2906

6-class series for young people ages 9 – 13 and their parent/caregiver. Separate series for boys and girls. St. Elizabeth Hospital Community Ed.

Bridges Mental Health Support Group, 877/274-3446

St. James Behavioral Health Hospital, A free peer-run support & education program. 2nd & 4th Wednesdays of the month from 6 – 7:30 pm.

Congestive Heart Failure Programs for Patients and Caregivers, 621-2906

Held quarterly @ St. Elizabeth Hospital. Topics/speakers vary. Free.

CVA Stroke, 231-3123

4th Thursday of each month, noon – 1:30 (with lunch) at Baton Rouge Rehab Hosp, 8595 United Plaza, Baton Rouge

Grandparents Raising Grandchildren, Kathy Edmonston, 391-7269

Ascension Counseling Center-Donaldsonville.

Grief Support Group, Southern Care Hospice, 673-9949

Monthly group for anyone who is experiencing a loss. Free, Refreshments are provided. Meets in Prairieville.

Growing Up: A Class for Pre-Teens, 621-2906

Monthly, separate classes for girls age 9 – 11 and boys age 10 – 12 and their dads/moms @ St. Elizabeth Hospital.

Living Strong Cancer Survivor's Group, Wanda August, 717-2463

2nd Tues of every month. Ascension Counseling Center-Donaldsonville. Free.

Look Good; Feel Better, 621-2906

Held quarterly @ St. Elizabeth in conjunction with American Cancer Society. Local cosmetologist teaches cancer patients beauty tips to minimize the appearance-related side effects of chemotherapy & radiation. Free

Loss & Grief Education & Support Meeting, 621-2906

Meets every Thursday in conjunction with Grief Recovery Center, 6 – 7 pm @ St. Elizabeth Hosp. Free.

Thriving with Diabetes Education & Support Meetings, 621-2906

Meets first Tuesday of every month, 6 – 7 pm @ St. Elizabeth Hosp. Topics & speakers vary each month. Free.

TRANSPORTATION

Medicaid Non-Emergency Medical Transportation Program 855/325-7565

Provides non-emergency transportation to medical appointments, hospitals, health unit, mental health, substance appointments. Call 2 days in advance to schedule.

Council on Aging, Gonzales (621-5750), Donaldsonville (473-3789)

Will transport to doctor appointments or to the store for those over age 60 of disabled.

UTILITY BILLS

Low Income Home Energy Assistance Program, 877-522-2728 (toll free), www.lacapinc.org

Assisting low-income, seniors, and the disabled with home energy solutions. Energy bill assistance, energy conservation education.

Quad Area, 567-2350

Assisting individuals 65+ with their electricity bill.

VETERANS SERVICES

Dept. of Vets Affairs, Ascension Parish Courthouse Annex, Gonzales, 644-7475

Readjustment Counseling Services, Dept of Vets Affairs, Baton Rouge Vet Center, 761-3440

Quad Area Veterans Employment Training Services, 567-1961, 800/639-7823

Serves military veterans who are homeless and/or recently incarcerated through employment assistance, job training, education, and housing.

VA Aide & Attendance Program, 800/827-1000

Assist veteran or surviving spouse with money for assisted living, nursing home care, or to remain at home.

VISION

Gonzales Lions Club, Gonzales Lion's Club, 67-LIONS

Free eye exam & free glasses through the Lion's Club. v/m 5/14/13

Greater Baton Rouge Community Clinic, Gonzales, 769-3377

Free doctor, hospital, & labs for people who work but have no insurance. Includes dental, medical, mental health & vision. Screening is at 1st Baptist Church, 1217 S. Burnside, Gonzales, 1st & 3rd Tues of each month from 4 -6 pm, no appt needed. Medical work provided by a volunteer health professional in Ascension Parish in his/her office.

New Eyes for the Needy, www.new-eyes.org

Affiliated Blind of Louisiana, 800/319-4444