**EMPLOYMENT FOR VETERANS:**

**Local groups used by Blues Warriors**

**Veterans Curation Program:** <https://veteranscurationprogram.org/contact-us/>

**BJC Careers:** Blake Bunton, Market Intel and Sourcing Advisor (Veteran Recruiter)[blake.bunton@bjc.org](mailto:blake.bunton@bjc.org)<https://linko.page/blakebunton>

**Veteran Readiness and Employment (VR&E):** If you’re a service member or veteran with service-related disabilities, you may be eligible to participate in the Veteran Readiness and Employment program. The service provides resources that can help you start a business, find a new job, return to a former job and otherwise build a career after service.

**Boots to Business (B2B):** Boots to Business—or B2B—is a business education and training program offered by the SBA through the Department of Defense Transition Assistance Program (TAP). The program is available to service members and spouses transitioning from active duty. Additional courses include Military Spouse Pathway to Business, Boots to Business Revenue Readiness and the off-installation Boots to Business Reboot.

**The Second Service Foundation:** The Second Service Foundation is a nonprofit organization that supports veterans, military spouses and Gold Star families through coaching, online courses and other resources. In addition to networking opportunities and partner events, the Foundation’s Finding Your Second Service (FYSS) Program provides executive coaching for entrepreneurs, small business owners and nonprofit leaders. You can also apply for the Military Entrepreneur Challenge, which includes speed coaching and an opportunity to win grant funds.

**VETcenter, Readjustment counseling**; 228 West Point Drive, METRO EAST CENTER, SWANSEA, IL. 6226. 314-894-6105 (Chris Hill, Social Worker)

**Veteran Owned Business Resources:**

**Small Businesses Administration (SBA):** <https://www.sba.gov/business-guide/grow-your-business/veteran-owned-businesses>

**Hivers and Strivers:** <https://hiversandstrivers.com/>

**Grants.gov Federal Grants:** <http://grants.gov/>

**Service-Disabled Veteran-Owned Small Business Grants**

Veterans disabled while serving in the military may be eligible to register as service-disabled veteran-owned small businesses (SDVOSBs) with the U.S. Small Business Administration (SBA) VetCert program. Certification as an SDVOSB lets you compete for federal sole-source and set-aside contracts from the U.S. government. The program aims to help disabled veteran business owners gain access to at least 5% of all federal contracting dollars every year. Eligibility and Application -You’ll need to self-certify your business before it can qualify for the SDVOSB program. To complete this process, register with [SAM.gov](https://sam.gov/content/home) and update your business profile under the socio-economic status section.

**Veterans and Military Business Owners Association (VAMBOA),** <https://vamboa.org/tag/veteran-entrepreneur-portal/>

**Veteran Entrepreneur Portal (VEP)**

The VEP is available through the U.S. Department of Veterans Affairs Office of Small & Disadvantaged Business Utilization. The goal of VEP is to help eligible veterans start a new business venture or to increase profits in existing businesses. <https://www.vetbiz.va.gov/veteranportal/>

**Welcome to Recreation Therapy!**

I often times say the best therapy you have never heard of. Below details the current offerings with the VA in the community. – John Schmeink, VA Recreation Therapy POC.

**PGA HOPE (Helping Our Patriots Everywhere) Golf Clinic:** We have PGA training professionals come in and offer golf lessons to our vets. There are indoor and outdoor lessons provided. These lessons are for golfers of all abilities and skill levels from beginners on up. We have clinics that run year round. Please check in with recreation therapy to see where we are currently at.

**E-Gaming and Virtual Reality:** This is offered over the winter months and is conducted over Microsoft XBOX, PlayStation, Nintendo Switch, PC, Virtual Golf, Virtual Racing, or using Oculus Quest Virtual Reality headset. We will also be offering monthly racing simulator clinics at our golf clinics. We are doing golf at X-Golf in South County through the end of February 2025 on Thursdays.

**Team River Runner Kayaking:** Kayaking clinic held in our pool. The idea is to teach the basics and safety necessary to succeed in kayaking in the community. In the summer (May through October), we will use the first 3 weeks of the month practicing in the pool, and the last Tuesday of the month in the community putting those real-world skills to the test. We team up with Team River Runner and the Alpine Shop for success of this activity. Clinics are held on Tuesday mornings at 0930 to 1130 in our pool.

**6 String Heroes:** This is a guitar class designed to teach veterans the basics of playing acoustic guitar. There are 2 separate 8 week sessions designed to teach some very basic things such as how to hold the guitar, guitar terminology, posture, different chords, skills progression and speed transitioning. This is all done through community volunteers that can teach guitar. It is a small class. The maximum number of new students we can take on is 7. We try to have individual instruction for everyone that is a new student. If new students attend 7 out of 8 classes, they are gifted a free guitar that is theirs to keep. Clinics are held Monday nights at 1800 at American Legion Post 162. There is also a class that meets in St. Charles, MO on Wednesday nights. You are taught to play guitar by ear and by chord. We ask that you be a service connected and combat injured Veteran to participate.

**Project Healing Waters:** Fly fishing program designed to teach our vets the skills necessary to successfully fly fish. Vets will learn to tie their own flies, casting techniques, fish identification, and be taken on trips into the community for actual fishing trips. Clinics are held Monday nights at 1800 at Jefferson Barracks in the gym, building 54 with fishing trips coming this spring/summer/fall. POC is Curt Baer, recreation therapist. His phone number is 314-652-4100 Ext 63229.

**Wheel N Warrior Cycling**: This is a cycling group designed to meet bi-weekly in

the community May through December (weather permitting) for organized rides on the various trails in the St. Louis, metro East area. Ride were anywhere from 5-20 miles long. Rides will begin at 0930 at the trail head.

**Super Trooper Hiking:** We will begin the hiking clinic in May and running through November. These hikes will take place on Mondays in the mornings starting at 0930. We will meet the trailhead. Please do not be late. Also please remember to bring water and a walking stick and appropriate footwear.

**Rock Climbing:** Bi monthly at Upper Limits in Maryland Heights on Fridays from 1000-1500. 1000-1200 we will have rock climbing 101 class. From 1200-1300 will be lunch. From 1300-1500 we will have open gym/open climbing sessions. These classes will be on certain Fridays January through April 2025.

**CrossFit/Adaptive Fitness**: We will meet at Bare Hands Cross Fit in Columbia, Illinois from 1500-1630. This will start in March and run through April 2025.

**Archery:** Starting in May of 2025 we will be meeting on the 1st and 3rd Wednesdays of the month and going to Jefferson Barracks Park archery range and working with the South County Archers to do a 3D archery shoot from 1300-1500.

**We also have the National Rehabilitation Events:**

**Attention** -You are responsible for your travel to and from the event and your hotel room.

**1. Summer Sports Clinic** (San Diego in August. Surfing, sailing, kayaking, CrossFit, and cycling along with mindfulness, and yoga) Contact coach John Schmeink, RT at 314-745-8628

**2. Winter Sports Clinic** (Snowmass, CO every March/April. Skiing, snowmobiling, scuba diving, cross country, snow shoeing, sled hockey, curling) Contact coaches Matt Luitjohan 314-652-4100 Ext 66602 or coach John Schmeink at 314-745-8628.

**3. Wheelchair Games (Different city each year).** Our wheelchair vets or vets missing limbs can compete in events specific to them. Contact coach Charley Wright, SCI RT at 314-652-4100 Ext 64590

**4. Creative Arts Festival (Different city each year).** A chance for creative, performing, or dramatic pieces to shine through.

**Current offerings through Community Sponsors that recreation therapy can refer out to:**

**Attention** -For all of these, Veteran will need to have their own transportation

**Jared Burke Foundation:** They do hunting and fishing trips. Vet will need to apply online with this group to be considered for activities. Jared Burke Foundation Home - Jared Burke Foundation

**Project Healing Waters:** They do fly fishing virtually and are starting to take trips in the community. Project Healing Waters Fly Fishing

**Woodworking:** Wounded Warrior Woodworking in Dittmer, MO offering weekend classes. Contact Joe Schicker at 314-583-3870.

**Soulcraft Woodworking:** This group in Ferguson Missouri is a woodworking group with a mission. https://www.soulcraftmakers.com/mission The woodworker must complete 4 projects. One to give, One to keep, One to sell, and One to help.

**Wounded Warrior Project:** A great resource for Veterans. WWP helps you to get connected in your community with activities, physical wellness, mental wellness, and offers career and VA Benefits Counseling. https://www.woundedwarriorproject.org/

**Scuba Diving:** LifeWaters offers courses on getting scuba certified and becoming a scuba buddy to help take Veterans with Spinal Cord Injuries scuba diving. Must complete 3-part application with one of them being a physical that your MD must agree to sign off on. LifeWaters - Home

**6 String Heroes:** Guitar class in South County and St. Charles designed to teach Vet how to play acoustic guitar. 8-week commitment to this class. St. Charles is on Wednesday evenings and South County is on Monday evenings. Must be OIF/OEF and have served in combat. Six String Heroes (facebook.com)

**Honoring Our Veterans:** A group in Jackson Hole, Wyoming that offers fly fishing, photography and wood working once a year in the fall. This is an application that needs to be completed with RT. Must be OIF/OEF and have served in combat. Honoring Our Veterans | Serving Combat Veterans with Therapeutic Activities (honorvets.org)

**Team River Runner Kayaking:** Offering a kayaking clinics at JB pool on Tuesdays from 0930-1130. Team River Runner – River to Recovery

**Gateway Disabled Ski Program:** This group of volunteers coordinates and instructs skiing and/or snowboarding lessons at Hidden Valley Ski Resort in January and February. For 2023 it will be the 2nd and 4th Mondays of the month at 3 PM. You must call and pre-register with Lyle Seemer at 314-443-3972. Gateway Disabled Ski Program (gdspstl.org)

**Team Red White and Blue:** This group is community based and enjoys doing fun and active things such as walks, hikes, bike rides, and yoga at the arch. Sign up on-line and join in their community: https://about.teamrwb.org/

**Veterans Curation Program:** This program is designed to be a short-term employment option with the intention of helping you get a career. They offer employment up to 5 months with help in writing resumes, job skills, interviews, and allow you to make it to your VA appointments. https://veteranscurationprogram.org/

**Drive On Motor Sports:** Virtual and in person racing offered monthly or bi-monthly. This uses I-Racing, Grid Life, Discord, and Twitch to broadcast races. The idea is to grow this to a national program and host virtual racing therapy. https://www.driveonracing.com/

**Re-Emerge Fitness:** This is a community group in St. Charles, MO which offers an adaptive training/fitness program that lasts 9 weeks, 100% free, Veteran only program. Re-Emerge the mind, body, and soul to create a stronger, more confident person. Veterans Program | Re-Emerge Fitness | Wentzville

If you are interested in any of these programs it will require an RT Leisure Education Consult from your primary care provider.

**John Schmeink**

Recreation Therapist, Jefferson Barracks VA

Cell: 314-745-8628

Email: John Schmeink@Va.Gov

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| Catholic Charities Legal Assistance Ministry /  St. Francis Community Services 314-977-3993 <https://sfcsstl.org/services/legal-aid/> Legal assistance in civil matters to impoverished people who cannot afford to hire an attorney. Family, Guardianship, immigration, housing | Legal Services of Eastern Missouri314-534-4200 [www.lsem.org/get-help-now/](http://www.lsem.org/get-help-now/)Civil legal services to low income: Housing, public benefits, Family-domestic violence only, consumer, and Vet owned small businesses and non-profits. Tenant- Toolkit available; Free Legal Clinic 3rdThurs 9-12 at Central Library-assist with certain noncriminal cases only. |
| The Missouri Bar [www.mobar.org](http://www.mobar.org) Lawyer Search Service tool: [www.missourilawyershelp.org](http://www.missourilawyershelp.org)  \*\**Register online to receive free, basic legal advice about non-criminal issues.* [*www.missouri.freelegalanswers.org*](http://www.missouri.freelegalanswers.org)  Discounted & Pro Bro Services: <http://missourilawyershelp.org/find-lawyer/discounted-pro-bono-services/> ------------------------------------------------------- Missouri State Public Defender System 573-777-9977 <https://publicdefender.mo.gov/>  The Bar Association of Metro STL  [St. Louis Lawyer Search (bamsl.org)](https://www.bamsl.org/?pg=clientReferrals) www.bamslo.org | **Kaufman Veterans Legal Referral Program**: 314-632-6462  (Services residents in 90 miles radius of STL Arch)  [www.thekaufmanfund.org/veteran](http://www.thekaufmanfund.org/veteran) *Free or Low Cost Legal Assistance for Veterans Program* strives to fill the gap in legal services available to Vets. We provide assistance to those who do not qualify for aid from other agencies through referrals to volunteer attorneys in private practice. *Divorce, Legal Separation, Modification, Paternity, Contempt, including Child Custody, Support & Maintenance, Guardianship, Adoption; Criminal, including Felonies, Misdemeanor’s, Traffic, in State, County and Municipal Court; Landlord/Tenant, Rent & Possession, Evictions, Creditor/Debtor Rights & Bankruptcy; Employ/Labor Law; Wills, Trusts, Probate, other* |
| AMERICAN CIVIL LIBERTIES UNION (ACLU) 4557 Laclede Ave. 63108314-652-3111 or 652-3114 <https://www.aclu-mo.org>Defends civil liberties and the principles of equality and justice in MO litigation, legislative & public education programs | Metropolitan STL Equal Housing and Opportunity Council 1-800-965-EHOC Tenant Advocate: 314-534-5800 <http://ehocstl.org/> EHOL Seeks to ensure equal access to housing and places of public accommodation for all people. |
| **Land of Lincoln Legal Assistance Foundation** <http://lollaf.org/>  **Legal advice & referral center: 877-342-7891**  Provides eligible low income and senior residents of central and southern IL civil legal services in order to obtain and maintain their basic needs.  Illinois: ONLY CIVIL (Housing, Family, Consumer/debt, public benefits/health, Services for Seniors/Disabled, sealing/expungement  Income: under 125%poverty level some expectations for applicants under 200% | **Arch City Defenders** 440 N 4th. St, Suite 390 STL, MO 63102 P: 855-724-2489; email: [intake@archcitydefenders.org](mailto:intake@archcitydefenders.org)  <http://www.archcitydefenders.org/>  Nonprofit civil rights law firm providing holistic legal advocacy. ACD can provide legal services to criminal defendants who do not qualify for the services of other legal aid organizations and otherwise cannot afford private criminal defense representation. ACD will also provide civil legal services to clients facing state prosecution. Our staff can assist clients with matters such as landlord/tenant disputes, consumer protection cases, custody and visitation rights, employment discrimination claims, fair housing practice, elder law, and first amendment and due process claims. |
| **Illinois State Bar Association** <https://www.isba.org/public>Toll-free: 800-252-8908\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **IllinoisLawyerFinder.com** online referral service is designed to serve everyone who can afford the services of a lawyer. Telephone referrals: 1-800-922-8757. We charge no referral fee, and our operators can put you in touch with a lawyer in your area who has agreed to provide an initial consultation for no *more* than $25 for the first half-hour.\_\_\_\_\_\_\_\_\_\_\_\_\_  [IL-AFLAN: **Free Legal Aid for Illinois Armed Forces** (ilaflan.org)](https://ilaflan.org/) 855-452- 3526 Statewide hotline that works as the hub of the network. Discharge upgrades, benefits appeals, civil legal problems like family, housing, and consumer issues.  [**Eviction** Help Illinois – Legal Solutions for Your Housing Issues.](https://evictionhelpillinois.org/) Evictionhelpillinois.org | [www.IllinoisLegalAidOnline.org](http://www.illinoislegalaid.org/) Information about your legal rights and responsibilities and instructions how to handle common legal problems, court forms etc. Legal Topic Guides **St. Clair County Legal Self-Help Center** Courthouse Law Library, 10 Public Square Belleville, IL 62220 618-825-2634 The St. Clair County Legal Self-Help Center provides legal information to St. Clair County residents about their legal rights and responsibilities, instructions on how to handle common legal problems, assistance with some legal documents and forms, and **referrals to free and low-cost legal services.** The Legal Self-Help Center does not provide legal advice.\_\_\_\_\_ IL Supreme Court Commission on Access [Home - ATJ (atjil.org)](https://atjil.org/)resources and programs that help self-represented litigants. [Illinois Court Help (ilcourthelp.gov)](https://www.ilcourthelp.gov/hc/en-us) connection to inform you need to go to court. Call/text/forms/appeal case etc. [Illinois (freelegalanswers.org)](https://il.freelegalanswers.org/) - legal advice for IL civil issues. |

STL Area Online Resource Directory -Legal Services - [LEGAL SERVICES - START HERE (startherestl.org)](https://www.startherestl.org/legal-services.html)

[ABA Federal (freelegalanswers.org)](https://abafederal.freelegalanswers.org/)- By using this website, you are asking a lawyer to give you legal help on your specific legal questions about immigration or veterans federal issues (VA benefits and discharge upgrades).

If you have a different legal problem, such as a question about family law or your housing situation, please visit the main [ABA Free Legal Answers](https://abafreelegalanswers.org/) website and choose your state. [Missouri (freelegalanswers.org)](https://missouri.freelegalanswers.org/) [Illinois (freelegalanswers.org)](https://il.freelegalanswers.org/)

Legal resource websites (resources, find help, self-help): [www.statesidelegal.org](http://www.statesidelegal.org) [www.americanbar.org](http://www.americanbar.org)

IL Chestnut Credit Counseling Services non-profit service. Objective is to provide consumer education confidential budget counseling and/or debt management programs, regardless of income or amount of debt through personal contact. 1-800-615-3022

*SLU (Law Clinic):* [Legal Clinics : SLU](https://www.slu.edu/law/experiential-learning/legal-clinics/index.php) 314-977-2778 Children’s Permanency Clinic, Civil Advocacy, Criminal Defense,

Entrepreneurship & Community development, Human Rights at Home Litigation

*Washington University – Low Income Taxpayer Clinic* 314-935-7238 <https://law.wustl.edu/academics/clinical-education-program/low-income-taxpayer-clinic/>

*Washington University* - [Veterans Law Clinic - WashULaw](https://law.washu.edu/academics/clinical-education-program/veterans-law-clinic/veterans-law-clinic/) The Veterans Law Clinic is dedicated to helping St. Louis area veterans request discharge upgrades and correction of military records.  (314) 935-7238 or email cormacs@wustl.edu to request help.

*University of Missouri Veterans Clinic* [Veterans Clinic (missouri.edu)](https://veteransclinic.missouri.edu/#:~:text=We%20represent%20veterans%20-%20free%20of%20charge%20-) helps veterans with discharge upgrades and VA disability compensation claims. *The Show Me Home Program* at MU School of Law Veterans Clinic will focus on Discharge upgrades, Character of Service reviews/upgrades, Service Connection claims/appeals and access to VHA for Veterans who are homeless or at-risk of homelessness. 573-882-7630 or [mulawvetclinic@missouri.edu](mailto:mulawvetclinic@missouri.edu) .

STL Civil Rights Enforcement Agency: STL 314-622-3301 MO contacts: [Missouri (usccr.gov)](https://www.usccr.gov/files/pubs/crd/stateloc/mo.htm)

MO Dept of Labor: 573-751-1129 or compliant hotline 877-781-4236 <https://labor.mo.gov/mohumanrights/File_Complaint>

Fathers & Families Support Center: 314-333-4170 <https://fatherssupportcenter.org/legal-clinic/>

Affordable legal assistance in family law (child support modifications, legal visitation, child custody, etc.) offered to FSC clients.

Crime Victim Advocacy Center: 800-527-1460 or STL 314-652-3623 <https://www.supportvictims.org/>

MO Prob and Parole: 314-340-3801 ; STL City Municipal Court: 314-622-3231 ; STL County Municipal Court: 314-615-8760

Legal Advocates for Abused Women (LAAW) [LAAW Overview (supportvictims.org)](https://www.supportvictims.org/legal-advocates-for-abused-women) legal helpline (314) 664-6699

The Veterans Consortium – (202) 733-3324 or [upgrades@vetsprobono.org](mailto:upgrades@vetsprobono.org) <https://www.vetsprobono.org/>

Free representation for Veterans with OTH discharges related to PTSD, TBI, or similar MH conditions.

VA- How to apply for discharge upgrade. --- <https://www.va.gov/discharge-upgrade-instructions>

The Bar Association of Metropolitan St. Louis: Pro Se Assistance Program: 1-844-758-4059 <https://www.bamsl.org/index.cfm?pg=BankruptcyAssistanceProject> designed to help individuals without an attorney to ***answer legal questions about bankruptcy***, including how bankruptcy may be used to help prevent foreclosure. The PSAP provides self-represented (a.k.a, pro se) debtors with an opportunity to meet with a volunteer private attorney for a free 30-minute consultation.

MO Prosecutors Victim Rights: 573-751-0619 [MAPA (mo.gov)](https://www.prosecutors.mo.gov/victims) MO Attorney General [Programs/Services (mo.gov)](https://ago.mo.gov/programs-services)

IL Helping Crime Victims Assistance Line: 1-800-228-3368 [Illinois Attorney General - About Us](https://illinoisattorneygeneral.gov/about/index.html) Defending Rights, , advocating for women, children, older citizens, communities, protecting consumers, helping crime victims, etc.