

Subversive Self-Care Resource List



Artistic Outlets

1.) **Artist and Craftsman Supply**

Where: 229 Southwest Blvd Kansas City, Missouri 64108

What: Offers free intro art classes on various subjects. Check their Facebook page for information.

Cost: Free

2.) **The Nelson-Atkins Museum**

Where: 4525 Oak St, Kansas City, MO 64111

What: Art Museum with various special events

Cost: Free (minus special exhibitions/events)

3.) **Nerman Museum**

Where: 12345 College Blvd, Overland Park, KS 66210 (Johnson County Community College)

What: Art Museum

Cost: Free

4.) **Mattie Rhodes Center**

Where: 915 W 17 St, Kansas City, MO 64108

What: Local Art Gallery, sometimes offering classes

Cost: Free

5.) **Charlotte Street Foundation**

Where: Charlottestreet.org: Visit their website for a list of all events + Various Locations around town

What: Performances (theatre, music, performance art), galleries, workshops, art talks

Cost: Free

6.) **KC Library**

Where: Check kclibrary.org for your location.

What: Check out books for free, attend lectures, rent movies/cds

Cost: Free- No late fees

7.) **Scraps KC**

Where: 3269 Roanoke Rd, Kansas City, MO 64111

What: Thrift store for arts supplies

Cost: Varies

8.) **Imagine That!**

Where: 2010 McGee St, Kansas City, MO 64108

What: Local art gallery and studio featuring work adults with developmental disabilities

Cost: Free to attend the gallery

Therapy / Counseling

1.) **MOCSA- Metropolitan Organization to Counter Sexual Assault**

Where: MOCSA Crisis Line: (816) 531-0233 or (913) 642-0233 OR chat online
(www.mocsa.org)

What: Offers counseling, Crisis-Line and Advocacy, and Educational Resources

Cost: Free to all survivors of sexual violence and their families and significant others.

2.) **Mattie Rhodes Center**

Where: 148 N Topping Ave, Kansas City, MO 64123

What: Counseling services and bi-lingual services (primarily serving Spanish-speaking individuals)

Cost: Free for youth and adults

3.) **UMKC Community Counseling and Assessment Services**

Where:

education.umkc.edu/outreach-research/community-counseling-and-assessment-services/

(or Google the title for a direct link); on UMKC's campus

What: Affordable therapy and counseling services and various other assessments

Cost: Cost varies; sliding scale

4.) **Keeler's Women's Center**

Where: 759 Vermont Ave Suite 100-B, Kansas City, KS 66101;
www.mountosb.org/ministries/keeler-womens-center/

What: Our mission is to empower women in the urban core through education, advocacy personal and spiritual development. Offers counseling services.

Cost: Varies, contact them online

5.) **Openpathcollective.org**

Where: Online

What: Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.

Cost: Varies

Fitness

1. **YMCA**

Where: Various locations- use their website to find yours (kansascityymca.org)

Cost: Cost varies. Can be pricey for single adults without children, but offers competitive rates for those with dependents.

2. **Karma Tribe Yoga**

Where: 3545 Broadway Blvd, Kansas City, MO 64111

Cost: Donation Based Yoga Studio for those on a limited budget (\$5-\$14 sliding scale per class)

3. Sarah Dunne Pickrell Yoga

Where: Drawing Room at Monarch Coffee

3550 Broadway Blvd, Kansas City, MO 64111

When: Every Thursday, 5:30-6:30pm

Cost: Suggested Donation \$10

4. Victoria Litardo Yoga

Where: Drawing Room at Monarch Coffee

3550 Broadway Blvd, Kansas City, MO 64111

When: Every 2nd and 4th Sunday, 10 AM

Cost: Suggested Donation \$10

5. KC Queer Empowered

Where: AGY - Performance Training

14120 W 107th St, Lenexa KS 66215

What: JD Andrews (they/them) is a personal trainer working to make working out accessible and safe for the queer community.

Cost: JD has offered discounted classes if directly referred from this resource. DM them on @kc.queer.empowered

6. Inner Space

Where: 26th and troost

What: asana, meditation, tai chi classes

Cost: some free community classes

Outdoors

1. Cafe Equinox

Where: 7036 Nieman Rd, Shawnee, KS 66203

What: Come hang out in the greenhouse in winter. No need to spend money for the store if you just need some warmth and green things in the dark winter

Cost: Free to visit

2. Parks

a. Shawnee Mission Park

Where: 7900 Renner Road, Shawnee, KS 66219

What: Lake, hiking trails, and more

Cost: Free

b. JC Nichols Park

Where: 47th J C Nichols Pkwy, Kansas City, MO 64111

What: Free workout equipment at the park.

Cost: Free

c. Swope Park

Where: 3999 Swope Pkwy & E Meyer Blvd, Kansas City, MO 64132

What: Hiking + biking trails; swimming pool; various sporting fields
Cost: Trails are free; pool is \$5- in summer; sports fields vary

d. Lenexa Lake

Where: 9095 Monticello Rd, Lenexa, KS 66227

What: lake, hiking trails

Cost: Free

e. Anita B Gorman Discovery Center

Where: 4750 Troost Ave, Kansas City, MO 64110

What: Native Gardens

Cost: Free nature programs for schools by reservation and free programs on Saturdays

f. Minor Park

Where: 11103 Holmes Rd, Kansas City, MO 64131

What: Parks and nature area

Cost: Free

g. Parkville Nature Sanctuary

Where: 100-198 E 12 St, Parkville, MO 64152

What: Hiking + Camping

Cost: Free

Parental Outlets

1.) Mattie Rhodes Center

Where: 148 N Topping Ave, Kansas City, MO 64123 + 915 W 17 St, Kansas City, MO 64108

What: Bi-lingual services; Offer parenting classes and other parental resources; after school programming for youth 5-18 years of age.

Cost: Free or Sliding Scale

2.) Uzazi Village

Where: 4232 Troost Ave, Kansas City, MO 64110; www.uzazivillage.org

What: Centering black and brown families in maternal infant health: breastfeeding clinic, clothing, childbirth classes

Cost: Many services are free; others sliding scale and scholarships

3.) Operation Breakthrough

Where: 3039 Troost Ave, Kansas City, MO 64109; operationbreakthrough.org

What: Offers health, education for youth, and parental classes

Cost: Varies, see website for programs

4.) KC Library

Where: Check kclibrary.org for your location.

What: Offer reading hours and other youth activities of all ages.

Cost: Free

5.) YMCA

Where: Various locations- use their website to find yours (kansascityymca.org) - North KC YMCA
has

great childcare resources in particular

What: Childcare and other parent resources

Cost: Cost varies. Can be pricey for single adults without children, but offers competitive rates for those with dependents.

Health

1.) Uzazi Village

Where: 4232 Troost Ave, Kansas City, MO 64110; www.uzazivillage.org/

What: Centering black and brown families in maternal infant health; breastfeeding clinic; childbirth Classes; Sister Doulas

Cost: Many services are free; others sliding scales and scholarships

2.) Planned Parenthood

Where: www.plannedparenthood.org to find your location

What: Various health needs + Education

Cost: Varies

3.) KC Care Clinic

Where: various locations: kccare.org

What: Primary care doctor among other health resources

Cost: Income based- no need for insurance

4.) Allison Rozga Massage

Where: Contact her to book your appointment! 989-330-8505

What: Massage and cupping services

Cost: Income based-offers sliding scale

5.) Thelma's Kitchen

Where: 31st and Troost

What: Donation based lunch from 11-2pm daily (check website for full accuracy)

Cost: 30mins of time for a meal, or meals from \$7 on up

6.) Harvest Moon Botanica

Where: 41st and Troost

What: Women of Color collective for small business start-ups in holistic health. Crystals, salves, smudges, oils, hair-care, jewelry, bath-bombs, tea, etc.

Cost: Competitive rates with all products in KC market.

Podcast+Resources

1.) Healing Masculine

Where: @HealingMasculine on Facebook and Instagram

2.) On Being Project

Where: onbeing.org