



CAPITAL CITY CASA

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COLE COUNTY COMMUNITY RESOURCES FOR CHILDREN AND FAMILIES

Career and Employment

- **1st Choice Employment Agency**
514 E High St, Ste 30, JC MO 65101
573-635-9885
<http://www.facebook.com/1stChoiceEmployment/>
1st Choice Employment Agency is a non-profit organization providing employment services to individuals with vocation barriers.
- **C & S Business Services**
1731 Southridge Dr. Ste. A, JC MO
573-635-9295
www.cs-business.com
Temporary, direct hire, temp-to-hire. Light industrial, clerical, information technology, engineering, professional.
- **Job Corps**
800-733-JOBS (5627)
www.recruiting.jobcorps.gov
Helps income-eligible young people ages 16-24 train for a successful career and advance their education.
- **Job Finders**
1021 Southwest Blvd, JC MO
573-634-0051
www.jobfindersusa.com
Provides temporary staffing, career counseling and training.
- **Dreams to Reality**
512 Jefferson St, JC MO
573-681-9675

www.dreamstoreality-jc.org

Clothing for women for interviews and jobs. Criteria: (1) must live in area of MO where no other similar organization exists, (2) qualifies as low-income as defined by the referring agency, and (3) is actively seeking employment.

- **Job Point**

315 Ellis Boulevard Suite 301, JC MO

573-636-8166

<http://www.jobpointmo.com>

Preparing individuals to enter the workforce, while balancing the needs of community businesses. Not-for-profit organization. Must have a barrier to employment.

- **MERS Goodwill Industries**

1103 Southwest Blvd, Suite D, JC MO

573-355-8139

<https://mersgoodwill.org/>

Job readiness training, job search assistance, career exploration assessment, family development advocates, financial assistance for approved career and technical training programs, on the job training, supplies for job searching and job retention, clothes closet. Eligibility: Families on TANF

- **MO Job (Career?) Center**

1716 Four Season Drive Suite 101 JC MO

573-526-8115

<https://jobs.mo.gov>

Services: Job placement assistance, employer services, resume preparation, unemployment insurance filing information, Missouri reentry process, employment services for Veterans. Eligibility: At least 14 years of age and legally able to work in the United States.

- **Capitol Projects**

(573) 634-3660

2001 E. McCarty St., Jefferson City, MO

Provides meaningful employment in accommodating setting for the disabled in the Jefferson City area.

- **MO Division of Vocational Rehabilitation**

1500 A. South Ridge Drive, JC MO

573-751-2343

Voc Rehab specializes in employment and training services that can assist you in becoming employed. A VR counselor will determine your eligibility for services. To be eligible, you need to have a physical or mental impairment that causes problems with working and need VR services to be successfully employed. Once eligible, you will work with a counselor who will help you develop a plan for your rehabilitation.

- **MORE Group (Missouri Rehabilitation and Employment Group)**
 1401 Southwest Blvd, Suite 101, JC MO
 573-635-6621
<https://moregroup.org>
This agency promotes individualized, quality services, resulting in successful relationships between persons with disabilities and businesses. MORE Group, operating as a private community rehabilitation provider, shall provide 1) access and delivery of services to persons with disabilities and other employment barriers and 2) employment, compensation be it rate of pay or fringe benefits, job-related training, career advancement, demotion, transfer, and other conditions of employment to eligible or qualified individuals.
- **Skill Up Program**
 MO Dept of Social Services – Family Support Division
 1716 Four Seasons Dr., Ste. 104, Jefferson City, MO 65101
<https://mydss.mo.gov/food-assistance/food-stamp-program>
Offers Food Stamp recipients in MO the opportunity to gain skills, training or work experience. Skill UP is offered through Job Centers, the University of MO and some community colleges in the Springfield and Kansas City areas.
- **Unemployment Insurance Benefits**
 1-800-320-2519
- **Exceptional Staffing Network**
 398 Dix Rd. #204, Jefferson City, MO 65109
www.esnjobs.com
Temporary, direct hire, temp-to-hire. Clerical, light industrial.
- **Express Personnel Services**
 761-7977
- **IMKO Diversified Staffing**
 659-1238
 2210 MO Blvd. Ste. A, JC
www.imko.com
Full, temporary, on-site.
- **Kelly Services**
 635-6694
 744 W. Stadium, Ste F-1, Jefferson City, MO
kellyservices.com
Assigns professional and technical employees in the fields of finance and accounting, education, engineering, information technology, law, science, healthcare, home care, and other staff management solutions.
- **Manpower**
 893-6050

1002 Diamond Ridge Ste. 100, Jefferson City, MO

us.manpower.com

Permanent, temporary, and temp-to-perm. Administrative, contact center, industrial, and more.

- **Penmac-The Career Agents**

102 N Business 54, Eldon, MO 65026

(573) 392-8383

eldon@penmac.com

Temp agency that helps job seekers and businesses with employment needs and HR services.

- **American Red Cross, Heart of Missouri Chapter**

(573) 635-1132

Provides communication services for military personnel and their families, and disaster education and assistance to individuals and responders. Offers health and safety and aquatics training.

Children/Educational Services/After School Programs

- **Special Learning Center**

1115 Fairgrounds Rd, Jefferson City, MO 65109

(573) 634-3070

<http://www.speciallearningcenter.com/>

Provides educational programs for developmentally delayed and disabled children, sensory based curriculum, occupational, speech and physical therapy, individual and group education, language, motor skill, social, emotional evaluations and assessments of children aged 6 & younger, developmental assessments of children aged 6 & younger, and therapy evaluations of children aged 6 & younger

- **Southwest Early Childhood Center**

812 St. Mary's Blvd., Jefferson City, MO 65109

573-659-3026

www.jcschools.us

Offers Title 1 preschool, Individual and center based programs for developmentally delayed and disabled children, individual and group education, and language, motor skill, social, emotional evaluations, and assessment of children

- **ABLE Learning Center**

204 East Dunklin, Jefferson City, Mo

573-636-5558

<http://www.ablelearningcenter.com/>

Offers tutoring and classes to help adults ages 16 and older improve their reading ability. Also offers select 6th graders from Thomas Jefferson and Lewis and Clark Middle Schools one-on-one tutoring sessions on-site with ABLE volunteer tutors.

- **Missouri Parents Act (MPACT)**

1-800-743-7634

<http://www.missouriparentsact.org/>

A statewide advocacy, information, and resource organization serving children with disabilities, their families, and consumers.

- **Jefferson City Area YMCA**

603 Ellis Blvd., Jefferson City, MO

(573) 635-6665

Provides education and care for children ages birth to five. Assists children in four developmental areas: social, emotional, cognitive, and physical.

- **Little Explorers Discovery Center (Formerly Jefferson City Day Care Center)**

1002 Myrtle Ave., Jefferson City, MO

(573) 636-6461

Day care center licensed for 99 children ages birth to 10. Has sliding fee scale and accredited early childhood education program.

- **Parents as Teachers**

812 St. Mary's Blvd, Jefferson City, MO

573-659-3026

www.jcschools.us

Parent education and support program for families with children from birth to Kindergarten entry, as well as expectant parents.

- **4-H Youth Development**

(573) 882-9359

1110 South College Ave., Columbia, MO

An informal educational program through which parents, interested adults, and youth help young people develop confidence, social, skills, decision-making abilities, and physical skills necessary for richer, responsible lives.

- **Jefferson City YMCA**

525 Ellis Blvd or 424 Stadium Blvd or 3507 Amazonas, Jefferson City, MO

jcyymca.org

Variety of programs offered-aerobics, gymnastics, swim lessons, youth sports, after school programs, etc. Membership includes use of tennis courts, racquetball courts, indoor track, basketball courts, fitness center and pool.

- **Tri-County YMCA**

950 Airport Rd., Osage Beach, MO

(573) 348-9230

Offers programs for children, adults, and seniors that develop body, mind, and spirit. Programs include day camp, swimming lessons, and school age child care.

- **Big Brothers/Big Sisters**

Knowles YMCA, Annex Building, 424 Stadium Blvd, PO Box 104176, Jefferson City, MO 573-634-3290

<https://www.mvbbs.org>

Matches “Bigs” with “Littles” through extensive background and reference check: Mentoring is offered to children of one parent families.

- **Boys and Girls Club**

1105 Lafayette Street, Jefferson City MO

573-634-2582

<http://www.bgcjeffersoncity.org/>

Serves children after school and in the summer by providing a safe location to enable all young people ages 5-18 to realize their full potential as productive, responsible and caring citizens. All sites are open after school until 6 pm. The Frank & Billie Railton Center is open until 7 pm.

- **YCare**

Knowles Center, 424 Stadium Blvd, Jefferson City MO

573-761-9015

jcmca.org

Provides a wide variety of fun, educational activities. YCare before school session begins at 6:45 am. YCare after school session ends at 5:30 pm. Available at Belair, Cedar Hill, Lawson, Thorpe Gordon, West, North (PM only), Moreau Heights (PM only), Callaway Hills (YMCA transports from Callaway to North; YCare at the Y (YMCA transports from Pioneer Trail, East and South to Knowles YMCA-PM only).

- **First Steps**

205 Jefferson St, Jefferson City, MO 65101

573-751-5739

<https://dese.mo.gov/special-education/first-steps>

Provides coordinated services and assistance to children from birth-age 3 with special needs and educates parents/caregivers in understanding their child’s special needs

- **Capital Early Learning**

609 Marshall Street, Jefferson City, MO 65101

573-634-0040

www.showmeaction.org

Provides low cost child care for infants/toddlers and family services to the community.

- **Head Start (Cole East Head Start)**

605 Cherry Street, Jefferson City, MO

573-636-3577

www.showmeaction.org

Provides low cost child care for preschool aged children ages 3-5 and family services to the community.

- **Jefferson City Day Care Center**

1002 Myrtle Avenue, Jefferson City, MO
573-636-6461

<https://www.jcdcc.org/>

Offers child care for children birth-eight years of age, based on income and family size

- **Early Childhood Initiative**

573 1st Mary's Blvd., Jefferson City, MO
(573) 659-3190

- **Birthright of Mid-Missouri**

1006 East High Street, Ste. 2, Jefferson City, MO
(573) 635-8822

<http://birthright.org/en/landingpage/lp-jeffersoncity>

Offers free pregnancy testing, assistance in Medicaid for pregnant women registration, adoption counseling, prenatal development and care, parenting skills, financial, employment, legal, and social assistance and referrals, and maternal and baby clothing

- **Boy Scouts of America**

Great Rivers Council, 201 Monroe Street, Jefferson City, MO
573-635-6886

www.scouting.org/

For youth, instills character and citizenship responsibilities, provides leadership training, and teaches life skills to boys and young men and women.

- **Girl Scouts of the Missouri Heartland**

230 Metro Drive, Jefferson City, MO 65109
1-877-312-4764

www.girlscoutsmohearland.org

Offers youth services to the public; Girl Scouting builds girls of courage, confidence and character.

- **Child Care Aware of Missouri**

105 East Ash Street Suite 102, Columbia, MO
573-443-5437

<http://mo.childcareaware.org/>

Assists families by providing a list of child care providers in their area. Also provides training to child care providers in order for them to stay in compliance with state regulations.

- **City of Jefferson Department of Parks, Recreation, and Forestry**

1299 Lafayette Street, Jefferson City, MO
573-634-6482

jcparks@jeffcitymo.org

See Program and Facilities Guide, available at the Parks and Rec office, Washington Park Ice Arena, Oak Hills Golf Course, MO River Regional Library, City Hall and the Jefferson City Convention and Visitors Bureau.

- **JCPC (Jefferson City Playgroup Connection)**

Amanda Scruggs

573-635-6488

acm1178@aol.com

A group of stay-at-home moms with a variety of activities to offer including playgroups on Mondays, Wednesdays, Thursdays and Fridays; Kids Adventure (a field trip for kids and moms) once a month; and Mom's Night Out (once a month). Prospective members can check out an activity and receive three free newsletters before joining.

- **Rainbow House**

1611 Towne Drive, Columbia, MO 65202

(573)474-6600

<https://rainbowhousecolumbia.org/>

Offers Children's Advocacy Center, forensic interviews, emergency shelter for children aged birth to 18, transitional living program for homeless youth, and community outreach.

- **KIM Montessori**

1032 KIM School Circle

Jefferson City, MO

(573) 638-KIMS (5467)

Kimschool1@gmail.com

Programs include The Toddler Community which serves children approximately 15 to 30 months and the Primary environment for children age 2.5-3 years through 6 years of age. The areas of this environment include Practical Life, Sensorial, Mathematics and Language.

- **Thompson Center for Autism and Neurodevelopmental Disorders**

205 Portland St., Columbia, MO 65211

(573) 884-6052

<https://thompsoncenter.missouri.edu/>

Offers ADHD evaluations for individuals aged 5 to 21, cognitive learning evaluations for individuals aged 5 & up, autism evaluation and diagnostic services, autism medical clinic, autism neuropsychology clinic, psychological services, concussion neuropsychology clinic, and developmental pediatric services.

Clothing

- **Dreams to Reality**

512 Jefferson Street, Jefferson City, MO 65101

(573)-681-9675

www.dreamstoreality-jc.org

Clothing for women for interviews and jobs. Woman must live in an area of MO where no other similar organization exists, qualify as low-income as defined by the referring agency and be actively seeking employment.

- **Samaritan Center**

1310 E. McCarty St., Jefferson City, MO 65109

(573) 634-7776

www.midmosamaritan.org

Seasonal clothing, coats, blankets and household items once a month with a ticket from the intake window.

- **Goodwill Industries**

1806 Missouri Blvd. Jefferson City, MO 65109

(573) 635-6714 or (573) 635-6228

Hours of operation: 9 a.m. to 5 p.m. Monday-Saturday

Discounted donated clothing, household goods and furniture.

- **Dental, Eye and Shoe Program (The Sneaker Project)**

(573) 761-7204 or (573) 893-2256

phjudia@aol.com

Provides dental examinations and necessary dental work, complete eye examinations and treatment for infections and injuries, eyeglasses and repairs for low income children. Shoes are provided to low-income school children through vouchers for use at local stores. Referrals are made by school nurses and principals.

- **Sweet Repeats**

1926 Seven Hills Rd. Jefferson City, MO 65101

(573) 636-7686

Consignment shop.

- **Mid-Missouri Birthright**

1006 E. High St. Apt. 2 Jefferson City, MO 65101

(573) 635-8822

Maternity clothing and children's 0-2, diapers and wipes. Utility assistance for families with newborns (under 12 months). If moms they serve cannot afford or locate a crib elsewhere, can provide a voucher to purchase a pack-and-play. For moms experiencing unplanned pregnancy. Open Monday 4-6 p.m., Tuesday-Friday 12 p.m. to 3 p.m.

- **Salvation Army Thrift Store**

718 Michigan St. Jefferson City, MO 65109

(573) 635-1463/Pickup (573) 634-4534

Thrift stores like The Salvation Army Thrift Store allow shoppers to find products like clothing, home good items, antiques, novelty items, and even furniture at certain stores.

- **Capital City Christian Church**

1604 Swifts Hwy. Jefferson City, MO 65109 (annex building next to the church)

(573) 635-1322

- **The Redeem Project**

1406 Missouri Blvd. Ste. H, Jefferson City, MO 65101

(573) 353-4720

Community Resource support and education, family self-sufficiency (section 8 voucher required), Christmas gift assistance

- **The Clothes Cupboard**

501 Nichols Fulton, MO

(573) 642-7044

Free clothing with referral from SERVE (573-642-6388, 4901 County Rd. 304 Fulton, MO) Open M/W/F from 9 a.m. to noon, 2nd and 4th Tuesday from 5 p.m. to 7 p.m. If no referral, can shop and play for the clothing.

- **Just Between Friends**

600 E Stadium Blvd., Columbia, MO

Nichole (816) 309-8926

www.jbfsale.com

A sale consisting of gently used children's clothing newborn-18/20, shoes, maternity clothing, toys, baby supplies and items, furniture, books, costumes, and winter clothing.

- **Kids' Closet Connection**

2525 N. Stadium, Columbia, MO

(660) 229-0156

Clothing from infant to 18/20, maternity clothing, strollers, car seats, furniture, toys and books, shoes, swings/bouncers, etc.

Dental

- **Community Health Center of Central Missouri**

1511 Christy Dr., Jefferson City, MO 65109

(573) 632-2777

www.chccmo.org

Monday-Friday 8 a.m. to 5 p.m.

There is a sliding scale that is based off of the federal poverty scale. Women's health, family, health, primary care, dental services, and mental health services.

- **Missouri Elks Mobile Dental Program**

901 Ellis Blvd., Jefferson City, MO 65109

(573) 635-9533

The Mobile Unit treatment includes: Examination and Diagnosis, Prophylaxis and Topical Fluoride Applications, Removal of Infected or Painful Teeth, Restoration of Infected or Painful Teeth, Treatment of Gingivitis or Mouth Infections, Placement of Steel Crowns and Space Maintainers, Pit and Fissure Sealants, Preventative and Oral Hygiene Instructions to Patient and Family, X-Rays, Root Canals

- **Magical Smiles**
 408 Dix Rd. Jefferson City, MO 65109
 (573) 638-3897
www.magicalsmilesmo.com
Dental services and accepts Missouri Health Net plan.
- **Dental, Eye and Shoe Program**
 (573) 761-7204 or (573) 893-2256
phjudia@aol.com
Provides dental examinations and necessary dental work, complete eye examinations and treatment for infections and injuries, eyeglasses and repairs for low income children. Shoes are provided to low-income school children through vouchers for use at local stores. Referrals are made by school nurses and principals.
- **Samaritan Center/Ossman Free Clinic**
 1310 E. McCarty St., Jefferson City, MO
 (573) 634-7776
For people without Medicaid or other insurance: Free Medical Clinic Thursday evenings 4:00 pm – 5:30 pm. Dental Clinic by appointment only. Come during pantry hours for appointment. Prescription assistance (as funds are available). Adult disposable undergarments. Vouchers for special wound care, diabetic or nutritional needs.

Domestic Violence/Sexual Assault

- **Rape and Abuse Crisis Center**
 626 Howerton Ct., Jefferson City, MO
 (573) 634-4911
Offers emergency shelter for women and children of domestic violence and sexual assault, domestic violence support group, individual and group counseling, victims advocacy, case management, community-based referrals and support.
- **Pathways (MO Dept of Mental Health)**
 227 Metro Drive, Jefferson City MO
 (573) 556-3300
<http://www.pathwaysonline.org>
Physicians & Surgeons, Psychiatry, Alcoholism Information & Treatment Centers, Drug Abuse & Addiction Centers, Marriage, Family, Child & Individual Counselors, Medical Clinics, Mental Health Clinics & Information, Mental Health Services, Physicians & Surgeons
- **Family Counseling Center of Missouri, Inc**
 227 Metro Dr., Jefferson City, MO
 (573) 634-4591
www.fccmo.org
- **Mid-Missouri Birthright**

1006 E. High St. Apt. 2 Jefferson City, MO 65101
(573) 635-8822

- **Mid-Missouri Mental Center**

3 Hospital Dr, Columbia, MO 65201
(573) 884-1300

- **Central MO Stop Human Trafficking Coalition**

601 Business Loop 70W, Columbia, MO
Call or text 866-590-5959

www.stophumantraffickingmo.com

The volunteer-run organization has no regular office hours, but inquiries for information and services can be made as needed by calling or texting the toll-free number or by email. Services: Direct services to victims of human trafficking include financial assistance for urgent or unmet needs, advocacy, and support to connect with resources throughout their journey toward wholeness. Services also include education and training on human trafficking, available to any professional or civic group.

- **Cole County Circuit Clerk**

301 E. High St., Jefferson City, MO
(573) 634-9150

www.colecounty.org

The Circuit Court has 4 divisions within it: Civil, Criminal, Juvenile and Probate.

- **DeafLEAD**

2502 W Ash, Columbia, MO
(573) 445-5005

www.deaflead.com

Provide education, advocacy, crisis intervention, counseling, and other direct services for deaf, hard of hearing, deaf/blind, and late-deafened individuals and families; Deafline Missouri Crisis Hotline; Crisis Video Phone, sign language classes for all ages; deaf culture training to agencies; Teen Institute (camp for deaf and hard of hearing youth) teaches alcohol and drug abuse prevention, HIV/AIDS awareness, and other issues facing youth; free counseling for hearing and deaf individuals and families who are victims of domestic violence, sexual assault, rape, incest, and child abuse.

- **Mid-MO Legal Services**

428 East Capital Ave, Ste. 200 Jefferson City, MO
(573) 634-4545

www.mmls.org

Legal services to income qualified persons: consumer problems, divorce involving abuse or custody, other divorces, bankruptcies, utility problems, Medicaid, MC+, TANF, food stamps, landlord/tenant problems, juvenile court proceedings, public housing and

Section 8, employment and unemployment compensation, education, SSI, elderly issues including powers of attorney and nursing home discharge.

- **MO Coalition Against Domestic and Sexual Violence**

217 Oscar Dr., Jefferson City, MO

(573) 634-4161

www.mocadsv.org

MCADSV serves as a public resource for information, including a directory of domestic and sexual violence service providers in the state. MCADSV is not a direct service provider.

- **St. Mary's Health Center (Sexual Assault Nurse Examiner)**

2505 Mission Dr., Jefferson City, MO

(573) 681-3000

One on one 24-hour care for sexual assault victims providing medical treatment, support, and assistance.

- **True North of Columbia**

1316 Parkade Blvd., Columbia, MO

(573) 875-0503

Services: Emergency shelter for women and children of domestic violence, individual and group counseling, domestic violence support group, case management, and children's programs.

- **Coalition Against Rape and Domestic Violence**

Callaway County area

Hotline: 866-642-4422

Office: (573) 642-1418

Shelter, domestic violence counseling, ex-parte assistance, support groups, for women and children.

Emergency Shelters/Lodging

- **American Red Cross Capital Area Chapter**

573 Emerald Ln., Jefferson City, MO

(573) 635-1132

- **Salvation Army Center of Hope Shelter**

927 Jefferson St., Jefferson City, MO

(573) 635-1975

www.usc.salvationarmy.org

Must have phone ID, no history of violent crimes, residents must help maintain the cleanliness of the facility.

- **River City Habitat for Humanity**

1420 Creek Trail Dr., Jefferson City, MO

(573) 635-6106

www.rivercityhabitat.org

Work with eligible low-income families to build quality low-cost houses which are sold to the families without profit and financed for them on a no-interest basis. Monthly payments made by the families then go into a fund which is used to build houses with other families. Funds and building materials are donated by individuals, churches, businesses and other organizations. Construction labor and support of the organization is provided by volunteers.

- **HALO**

3519 Bennett Ln., Jefferson City, MO
(573) 418-9912

www.haloworkdwide.org/jefferson-city-mo/

Shelter/residency for females provided for up to 2 years, educational assistance, employment assistance, social service case management, professional development skills, life skills programs, community outreach

- **New Life Evangelistic Center**

815 E. High St., Jefferson City, MO
(573) 635-1978

901 Wilkes Blvd., Columbia, MO
(573) 875-0603

www.newlifeevangelisticcenter.org

New Life Evangelistic Center provides emergency shelter for homeless men, women and children at NLEC centers throughout the state of Missouri. Thousands of men, women and children are given a place to sleep for at least one night, amounting to a total of over 60,000 “bed-nights” served each year.

- **Rape and Abuse Crisis Center**

626 Howerton Ct., Jefferson City, MO
(573) 634-4911

Offers emergency shelter for women and children of domestic violence and sexual assault, domestic violence support group, individual and group counseling, victims advocacy, case management, community-based referrals and support.

- **Rainbow House**

1611 Towne Dr., Columbia, MO
(573)474-6600

www.rainbowhousecolumbia.org

Children’s advocacy center (CAC), forensic interviews, emergency shelter for children aged birth to 18, transitional living program for homeless youth, community outreach

- **St. Raymond’s House**

308 E. High St. Ste. 207, Jefferson City, MO
(573) 893-2067

Transitional home for pregnant or new mothers, typical duration of stay is 6 months, mothers must be clean of all substances for no less than 6 months, mother can bring up to two other children, so long as both children are under the age of 5, rental assistance for mothers.

Family Planning

- **Birthright**

1006 E. High St. Apt. 2 Jefferson City, MO 65101
(573) 635-8822

Maternity clothing and children's 0-2, diapers and wipes. Utility assistance for families with newborns (under 12 months). If moms they serve cannot afford or locate a crib elsewhere, can provide a voucher to purchase a pack-and-play. For moms experiencing unplanned pregnancy. Open Monday 4-6 p.m., Tuesday-Friday 12 p.m. to 3 p.m.

- **Cole County Health Department**

3400 West Truman Blvd., Jefferson City, MO
(573) 636-2181

www.colecounty.org/186/health-department

Women, Infant and children (WIC), immunizations, women's health -PAP smear, pelvic exam, breast exams, environmental public health, health screening-TB testing, BP checks, lice checks, pregnancy testing, medication assistance.

- **Lutheran Family and Children's Services**

307 Locust St., Columbia, MO
(573) 815-9955

www.lfcsmo.org

Counseling for women experiencing an unplanned pregnancy, offers parent skills or placing a child in an adoptive home; advocate for birth mother's role in her decision; some funding available for medical costs' adoptive services include domestic and international adoptions, as well as home studies and post-placement supervision; Resources parents provides group support, mentors and individualized case management support for youth who are pregnant or parenting. Fee: Fee for adoptions and home studies, no fee for pregnancy counseling Eligibility: None for pregnancy counseling clients, call for criteria if wanting to adopt

- **My Life Clinic**

802 N. Providence Ste. 2 Columbia, MO
(573) 874-3561

www.mylifeclinic.org

My Life Clinic offers professional, confidential pregnancy medical services at no cost. Services include pregnancy confirmation, limited ultrasounds, pregnancy prevention and termination education, prenatal vitamins, limited STD testing and treatment, and adoption consultations.

- **Pregnancy Help Center of Central Missouri**

1760 Southridge Dr, Suite A, Jefferson City, MO 65109

(573) 644-6635

www.phcjeffersoncity.com

We offer the following services free of charge: Pregnancy Test, Ultrasound Scan, classes, one on one mentoring, counseling with professional licensed counselors, referrals, and a Baby Boutique.

- **Planned Parenthood/Columbia Health Center**

711 N. Providence Columbia, MO

(573) 443-0427

www.plannedparenthood.org

Services offered: Birth-control; emergency contraceptives; HIV testing; HPV and Hepatitis vaccines; men's health services; education; pregnancy testing, options and services; STD testing and treatment; women's health services.

- **United Way 2-1-1**

Whether you need help or want to provide help, 2-1-1 is the best way to locate hundreds of services in your community. When you dial 2-1-1, you will be connected to a trained professional, who can provide referrals to valuable health and human services in your area.

Basic human needs: food pantries, shelters, rent or utility assistance, Physical & mental health resources: Medicaid, Medicare, prenatal care, children's health insurance programs, crisis intervention, support groups, counseling, alcohol & drug rehabilitation.

Work initiatives: educational & vocational training programs, English as a second language classes, job training, General Educational Development (GED) preparation, financial & transportation assistance. Support for seniors & those with disabilities: Agencies on aging, centers for independent living, adult day care, meals at home, respite care, home health care, transportation & recreation. Support for children, youth & families: After-school programs, tutoring, mentorship programs, family resource centers, protective services, counseling, early childhood learning programs, child care referral centers, & recreation.

Financial

- **Central MO Community Action**

1109 Southwest Blvd., Jefferson City, MO

(573) 443-8706

www.showmeaction.org

Services: Early Head Start, Head start, emergency energy services, family support services, employment and training services, computers available for developing resumes, foster grandparent services, budgeting, section 8 rental assistance, housing developments and weatherization.

- **Common Ground**
 1015 E. Atchison St., Jefferson City, MO
 (573) 522-4314
www.cgcb.org
Provides financial assistance through a small benevolence ministry, house a Fair-Trade Market, maintain a community garden and provide other educational and outreach services to community around us.
- **Salvation Army**
 927 Jefferson St., Jefferson City, MO
 (573) 635-1975
www.salvationarmuse.org
The Salvation Army provides assistance to low-income individuals and families in crisis. Operates homeless shelter and offers emergency food, clothing, rent and utility assistance, as well as character building programs for youth and adults, counseling and referrals. Also provides seasonal assistance.
- **Samaritan Center**
 1310 E. McCarty St., Jefferson City, MO
 (573) 634-7776
www.midmosamaritan.org
Services: Food, clothing, medical and dental care, legal care, Tax assistance, parent and children help, holiday food, utility assistance and book buddies.
- **Faith Maternity Care**
 207 St. Louis Ave., Fulton, MO
 (573) 642-7414
www.faithmaternity.com
Our desire is to provide the necessary life skills to empower young mothers to succeed and become self-sufficient as they choose to place their baby for adoption, or to parent their child, as we introduce them to a relationship with Christ.
- **Consumer Debt Counseling**
 1110 Missouri Blvd., Jefferson City, MO
 (573) 556-5578
www.ccsstl.org

Food/Nutrition

- **Capital West Christian Church (Mobile Food Pantry)**
 1315 Fairgrounds Rd., Jefferson City, MO
 (573) 474-1020
Food distribution: 3rd Saturday of the month from 9:00 a.m.-1:00 p.m.
- **First Christian Church (Mobile Food Pantry)**
 327 E. Capitol Ave., Jefferson City, MO

(573) 636-5157

www.firstchristianjcmo.org

Food distribution: Tuesdays from 12:00 p.m. to 4:00 p.m.

- **Jefferson City Day Care (Mobile Food Pantry)**

1002 Myrtle Ave., Jefferson City, MO

(573) 474-1020

Food distribution: 1st Saturday of the month from 10:00 a.m. to 12:00 p.m.

- **Jefferson City YMCA (Mobile Food Pantry)**

Firley Location 525 Ellis Blvd., Jefferson City, MO

(573) 474-1020

Food distribution: 2nd Thursday of the month 4:00 p.m. to 6:00 p.m.

- **Salvation Army Food Pantry**

927 Jefferson St. Jefferson City, MO

www.tsacentralmissouri.org

Food distribution: Tuesday and Friday 9:00 a.m. to 12:00 p.m. and 1:00 p.m.-2:00 p.m.

Thursday 10:00 a.m. to 12 p.m. Meals serviced Monday -Friday, Breakfast: 6:30 a.m. to 8:00 a.m., Lunch: 12:00 p.m. to 1:00 p.m. and Dinner: 5:00 p.m. to 6:00 p.m.

- **Samaritan Center Food Pantry**

1310 E. McCarty St., Jefferson City, Mo

(573) 634-7776

www.midmosamaritan.org

Distribution: Tuesday and Friday 9:00 a.m.-12:00 p.m. and 1:00 p.m. to 2:00 p.m. and

Thursday 10:00 a.m. to 12:00 p.m.

- **St. Martin's Catholic Church (Mobile Food Pantry)**

7148 St. Martins Ave., St. Martins, MO

(573) 474-1020

www.stmartinjc.org

Food distribution: 4th Wednesday of the moth from 4:00 p.m. to 6:00 p.m.

- **Russellville Trinity Lutheran Church (Mobile Food Pantry)**

13007 Route C Russellville, MO

(573) 474-1020

Food distribution: 2nd Tuesday of the month from 2:00 p.m.-5:00 p.m.

- **The Pantry**

3702 W. Truman Blvd. Jefferson City, MO

www.thepantryjc.org

Food distribution: The 4th Saturday of the month from 1:00 p.m. to 7:00 p.m.

- **WIC (Women, Infants and Children)**

1616 Industrial Dr., Jefferson City, MO

(573) 636-2181 ext. 2

www.colecounty.org/200/Women-Infants-Children-WIC

WIC is a free program that provides healthy foods and nutrition and health information to Missouri families who qualify.

- **Redeem Project (Mobile Food Pantry)**

1436 Hough St. Jefferson City (enter lower level facing Lincoln St.)

(573) 635-2083

www.theredeemproject.org

Emergency food pantry

- **The Food Bank for Central and Northeast Missouri**

2101 Vandiver Dr., Columbia, MO

(573) 474-1020

Coordinates a bulk food warehouse for the collection and distribution of food to area pantries, soup kitchens, and other charities. Food is received by corporate donation or purchased with donated funds.

- **Cole County Mobile Food Pantry**

Capital West Christian Church

1315 Fairgrounds Rd., Jefferson City, MO

3rd Saturday from 9:00 a.m. to 1:00 p.m.

- **Central Missouri Food Bank**

2101 Vandiver Dr., Columbia, MO

(573) 474-1020

www.centralmofoodbank.org

- **First Church of God (Mobile Food Pantry)**

1614 Southwest Blvd., Jefferson City, MO

Photo ID required-please call first. 1st and 3rd Tuesday 1:00 p.m.-2:00 p.m. (once per 6 months)

- **First United Methodist Church (Mobile Food Pantry)**

201 Monroe Jefferson City, Mo

(573) 635-6886

Photo ID required. Tuesday 12:00 p.m.-4:00 p.m. (once per 3 months)

- **Mid-Missouri Birthright, Inc**

1006 E. High St., Jefferson City, MO

(573) 635-8822

www.birthright.org

- **Holts Summit SERVE Inc. @ Shiloh Methodist Church (Mobile Food Pantry)**

2380 St. Rd. AA, Holts Summit, MO

(573) 642-6388 ext. 1

2nd Tuesday of the month by 5:00 p.m. (Shiloh Methodist Church)

If you miss the pantry at Shiloh, you can visit the pantry at 4901 County Rd. 304 in Fulton during regular hours (MWF 9:00 a.m. to noon, 2nd and 4th Tuesdays from 5:00 p.m. to 7:00 p.m.)

- **Jefferson City DayCare (Mobile Food Pantry)**
1002 Myrtle Jefferson City, MO
(573) 474-1020
Food Distribution: 2nd Thursday of the month 4:00 p.m.-6:00 p.m.

Healthcare

- **American Cancer Society**
2413 Hyde Park Rd., Jefferson City, MO
(573) 635-4821
www.cancer.org
Hours of operation: Monday-Friday 8:30 a.m.-5:00 p.m.
Services offered to the public: nutritional supplement, transportation assistance, cancer survivors' network, guestroom, wigs, information, Look Good...feel better, Reach to Recovery
- **Capital Region Medical Center**
1128 Madison St., Jefferson City, MO
(573) 632-5338
www.crmc.org
Services offered to the public: childbirth education, refresher class, fall class, sibling class, and full-service maternity care. Ante partum, intra partum (L&D), post-partum, newborn nursery, Level 2 nursery, pediatric, breastfeeding class, parenting class, teen parenting class.
- **Central MO Kidney Association**
P.O. Box 1915 Columbia, MO
(573) 445-1927
Services: Financial assistance to kidney failure patients for medical needs; also, items such as medication boxes, medic-alert jewelry, medications, blood pressure kits, glucose meters, etc.
Eligibility: Resident of MO must have end-stage renal disease, some pre-dialysis client's
Intake Procedures: Referral from social workers or physicians
Geographic Area Served: Missouri areas outside St. Louis and Kansas City
Fees: Free of charge
- **Cole County Health Department**
3400 W. Truman Blvd., Jefferson City, MO
(573) 636-2181
www.colecounty.org/186/Health-Department
Woman, Infants, Children (WIC), Immunizations, Women's health-PAP smear, pelvic exam, breast exam, environmental public health, health screening-TB testing, BP checks, lice checks, pregnancy testing, medication assistance. Services- birth certificate issuance, death certificate issuance

- **Community Health Center of Central Missouri**
 1511 Christy Dr., Jefferson City, MO
 (573) 632-2777
www.chccmo.org
Services offered: medical treatment-family, women and pediatric, behavioral health, prescription assistance, dental and oral health, immunizations, pain management, school and work physicals
- **FamilyWize Prescription Drug Program**
 205 Almeda Jefferson City, MO (United Way office)
 (573) 636-4100
FamilyWize is a discount prescription drug program available to families without prescription drug coverage or those that are under-insured. All area pharmacies accept the FamilyWize card. There are no age restrictions, no income restrictions, no limit on how many times you can use it, no waiting to get a card, and the cards are free. The average savings is about 45% off the retail price. The United Way of Central Missouri has cards available. With the FamilyWize Program, we can track the use of the cards in our area and see what families are saving on prescription drugs. Please see savings counter below. Individuals with internet access can go to www.FamilyWize.org to print a card, look up drug prices, and get a list of participating pharmacies or click on the image below to print a card.
- **Homemaker Health Care**
 1760 Southridge Dr., Jefferson City, Mo
 (573) 635-6603
Outreach services include volunteer respite, volunteer transportation, and medical equipment for temporary use.
- **Jefferson City Medical Group**
 1241 W Stadium Blvd, Jefferson City, MO 65109
 (573) 635-5248
Anesthesia, Chiropractor, Dermatology, Endocrinology, ENT and Sinus Surgery, Family Medicine, Gastroenterology, Hearing and Balance Center, Imaging, Internal Medicine, Nephrology, OB/GYN, Oncology and Hematology, Ophthalmology, Orthopedic and Sport Medicine, Outpatient Surgery Center, Pain Management, Pediatrics, Physical Medicine and Rehabilitation, Plastic and Reconstructive Surgery, Podiatry, Professional Therapy, Pulmonology, Regenerative Medicine, Rheumatology, Sleep Medicine, Surgery, Urology, The Vein Institute, Weight Treatment Center
- **Missouri Care-A Wellcare Company**
 2404 Forum Blvd., Columbia, MO
 800-322-6027
www.wellcare.com

Services: Provider of MO HealthNet Managed Care health care coverage for low-income families and children without access to affordable health insurance; necessary primary, acute and preventive medical care; transportation to medical and dental appointments for some eligible groups; the only MO Health Net Managed Care plan that includes University of Missouri health services

Fee: Based on income – no cost, co-pay, and/or monthly premiums maybe requirement

Eligibility: MO HealthNet Managed Care eligible, (State-wide coverage) 115 counties, must have been uninsured for 6 months prior to application and have no access to affordable insurance

- **Missouri Shot Database**

(573) 751-6124

Services: Immunization (Record) given in the state of Missouri

- **Missouri State Dept. of Health and Senior Services**

P.O. Box 570, Jefferson City, MO

(573) 751-6246

www.health.mo.gov

Services: Provides in-home support for persons over 60 years of age, or physically or mentally disabled adults; immediate assistance for eligible persons who are victims of abuse, neglect, or exploitation; respite care assistance; adult day care; homemaker care; limited nurse visits, personal care services; information and referral

- **Bureau of Special Health Needs**

1500 Vandiver Dr, Columbia, MO 65202

(573) 882-9399

Services: Special Healthcare Needs: early identification and health services from birth-age 21, Adult head injury services, coordinates services for adults who may have sustained a traumatic brain injury; Healthy Children and Youth; provides screening, diagnosis, and treatment under Medicaid for those under age 21.

- **SSM Health St. Mary's Hospital**

2505 Mission Dr., Jefferson City, MO

(573) 681-3000

www.ssmhealthmidmo.com

- **Samaritan Center**

1310 E. McCarty St., Jefferson City, MO

(573) 634-7776

www.midmosamaritan.org

Ossman Free medical and dental clinic

- **University of MO Health Center**

One Hospital Dr., Columbia, MO

(573) 882-4141

www.muhealth.org

- **University of MO Women’s and Children’s Hospital**
 404 N Keene St, Columbia, MO 65201
 (573) 875-9000
www.muhealth.org/locations/womens-and-childrens
- **Family Health Center (Columbia)**
 1001 West Worley Columbia, Mo
 (573) 214-2314
Services offered to the public: Annual physical exams and follow-up care, immunizations, family planning and prenatal care, newborn and pediatric care, medication/prescription assistance
- **Thompson Center for Autism and Neurodevelopmental Disorders**
 205 Portland St. Columbia, MO
 (573) 882-6081
www.thompsoncenter.missouri.edu
Services provided to the public: Diagnosis and treatment of autism, autism spectrum disorders and neurodevelopmental disorders

Home Ownership and Home Maintenance

- **Central MO Community Action (Cole County Family Resource Office)**
 1109 Southwest Blvd., Jefferson City, MO
 (573) 635-4480
Services: Utility payment assistance, home weatherization, job readiness, women’s business center (helps women obtain loans to buy/start businesses), B-17 loan program (assists in freeing consumers from pay day loan debts), financial education programs, foster grandparent program
- **City of Jefferson Redevelopment and Grants Division**
 320 E. McCarty St., Jefferson City, MO
 (573) 634-6410
www.jeffersoncitymo.gov
The Redevelopment and Grants Division contributes to quality of life by promoting sustainability, creating decent housing and quality neighborhoods, and expanding economic opportunities, through federal, stated and local grant programs. The Division administers the City’s Community Development Block Grant program, Neighborhood Reinvestment/Incentive programs, and provides staff support for the Façade Committee. The Division provides administrative support for the City’s recycling and sustainability initiatives, such as Household Hazardous Waste, glass, paper and plastic recycling.
- **City of Jefferson CDBG Down Payment Assistance Program**
 320 E. McCarty St. Jefferson City, MO
 (573) 634-6410
www.jeffersoncitymo.gov

The City of Jefferson has a grant program to assist low-to-moderate income households with a down payment towards purchasing a home. The program is made possible by the Department of Housing and Urban Development (HUD) Community Development Block Grant Program.

- **Jefferson City Housing Authority**

1040 Myrtle Ave., Jefferson City, MO
(573) 635-6163 ext. 200

www.ichamo.org

Services: Section 8 and Public Housing

- **MO Attorney General's Office (Landlord Tenant Law)**

Supreme Court Building
2017 W. High St., Jefferson City, MO
(573) 751-3321

- **Missouri Home Maintenance and Handicap Remodeling**

www.caremissouri.org

- **River City Habitat for Humanity**

1420 Creek Trail Dr., Jefferson City, MO
(573)635-8439

www.rivercityhabitat.org

Services: River City Habitat for Humanity is the local affiliate of Habitat for Humanity International, a nonprofit Christian ministry working in partnership with low income families to improve their living conditions with decent, affordable housing.

- **Single Family Housing Repair Loans & Grants in Missouri**

The Missouri State Office
601 Business Loop 70 West Parkade Center Ste. 235 Columbia, MO
(573) 876-0976

Also known as the Section 504 Home Repair Program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

- **Multi-Family Housing Direct Loans in Missouri**

The Missouri State Office:
601 Business Loop 70 West Parkade Center, Ste. 235 Columbia, MO
This program provides competitive financing for affordable multi-family rental housing for low-income, elderly, or disabled individuals and families in eligible rural areas.

- **USDA Single Family Housing Direct Home Loans and Guaranteed Loans**

101 Industrial Park Roadway, Eldon, MO
(573) 392-5667

USDA Rural Development's Section 502 Direct Loan Program provides a path to homeownership for low- and very-low-income families living in rural areas, and families who truly have no other way to make affordable homeownership a reality. This program

assists low and very-low-income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability. Payment assistance is a type of subsidy that reduces the mortgage payment for a short time. The amount of assistance is determined by the adjusted family income.

- **Section 8**

1040 Myrtle Avenue Jefferson City, Missouri
(573) 635-6163

The Authority administers the Section 8 Housing Choice Voucher Program for Jefferson City.

Housing and Rental Assistance

- **Agape House**

810 E. High St., Jefferson City, MO
(573) 636-5737

www.home.earthlink.net/~agapehousejc/

Services offered to the public: Overnight lodging for families of inmates in the central Missouri correctional facilities. A Christian environment. A place of peace, support and fellowship. We are safe and affordable.

- **Callaway Villa**

211 W. Simon Blvd. Holts Summit, MO
(573) 896-8631

Services: Affordable housing community that provides low to moderate income households with reduced rent through LIHTC.

- **Cedar Ridge Apartments**

4904 Charm Ridge Dr. Jefferson City, MO
(573) 635-4557

Services: Affordable housing community that provides low to moderate income households with reduced rent through LIHTC.

- **Chapel Hill Commons**

3521 Chapel Hill Rd. Jefferson City, MO
(573) 636-3301

Services: Affordable housing community that provides low to moderate income households with reduced rent through LIHTC.

- **Central Missouri Community Action (Cole County Family Resource Office)**

1109 Southwest Blvd., Jefferson City, MO
(573) 635-4480

www.showmeaction.org

Services: Early Head Start, Head start, emergency energy services, family support services, employment and training services, computers available for developing resumes,

foster grandparent services, Section 8 rental assistance, housing developments and weatherization.

- **Fresh Start Sober Living/Columbia**

(573) 489-4640

www.freshstartcomo.com

Sober living is a type of group housing. All tenants are involved in substance abuse recovery programs. Tenants are provided an alcohol, drug and violence free environment to aid in their path to restoration. All properties are located on the bus routes and with-in walking/bike distance from downtown district, treatment centers, business districts, 12-step meetings, employment placement agencies, and social service centers. Bedrooms included bed, dresser, WiFi, TV with cable, desk and chair, nightstand, bed linens, bath towels and a box fan. Fresh start can also accommodate Home Plans for those being released by the Department of Corrections.

- **HALO (Transitional Living Program)**

3519 Bennett Lane Jefferson City, MO

(573) 418-9912

www.haloworldwide.org

Provides housing for single, pregnant, and parents girls ages 16-21 who are in homeless situations.

- **Jefferson City Housing Authority**

1040 Myrtle Ave. Jefferson City, MO

(573) 635-6163 ext. 200

www.ichamo.org

Services: Section 8 and Public Housing. Eligibility: low income, elderly or disabled.

- **MO Attorney General's Office (Landlord Tenant Law)**

207 W. High St. Jefferson City, MO

(573) 751-3321

- **New Horizons Community Support Services, Inc.**

2013 William Street, Jefferson City, MO

(573) 636-8108

www.mo-newhorizons.com

New Horizons owns and operates the following Residential Facilities in Cole County: Melody House Residential Care Facility: an 8-bed facility licensed by DMH and the DHHS, Richard Walz Apartments-a 9-bedroom facility and Warren Scott Apartments-a 14 apartment facility where residents lease their own apartments and have staff supervision on site daily and Community Psychiatric Rehabilitation Program services. Staff assists the residents to become more functionally independent, teaching daily living skills, shaping more appropriate behaviors, improving interpersonal relationships, stabilizing psychiatric symptoms and utilizing community resources. They assist

residents in moving to a new environment, once they are able to live more independently.

- **Osage County Community Living**

1006 E. Jefferson St., Linn, MO
(573) 897-2991

Provides disabled persons in Osage County with housing and services specially designed to meet their physical, social, and psychological needs. Services include transportation, social activities, and personal assistance.

- **Pathways Apartments (Russell B. Holt Apartments)**

3415 N. Ten Mile Dr., Jefferson City, Mo
(573) 634-3000

The complex, Russell B. Holt apartments, is an 8-unit, affordable, supportive housing complex for low income people who are homeless, with an emphasis on those affected by a disability.

- **River City Habitat for Humanity**

1420 Creek Trail Dr., Jefferson City, MO
(573) 635-8439

www.rivercityhabitat.org

Services: River City Habitat for Humanity is the local affiliate of Habitat for Humanity International, a nonprofit Christian ministry working in partnership with low income families to improve their living conditions with decent, affordable housing.

- **St. Raymond's House**

308 E. High St. Ste. 207, Jefferson City, MO
(573) 893-2067

www.srshelp.org

Staff and monthly reviews monitor progress, provide additional motivation and support goal setting. With an average stay of 4 months, this home-like setting allows mothers to focus on their families' future and make lasting, positive changes. Houses in Jefferson City, Columbia and Rolla.

- **The Healing House**

1418 W. Main St., Jefferson City, MO
(417) 559-7068

The Healing House is a non-profit Christian ministry designed to help women recover from a hopeless state of mind and body.

- **Weathered Rock Apartments**

833 Weathered Rock Rd., Jefferson City, MO
(573) 659-7368

Services: 40-unit affordable housing community that provides low to moderate income households with reduced rent through LIHTC.

- **Salvation Army**

927 Jefferson St., Jefferson City, MO
(573) 635-1975

- **Samaritan Center**

1310 E. McCarty St., Jefferson City, MO
(573) 634-7776

Provides utility and rent assistance (under special circumstances).

- **Common Ground**

1015 E. Atchison St., Jefferson City, MO
(573) 522-4314

www.cgcb.org

Provides emergency utility assistance, emergency lodging, and gas vouchers/bus passes for critical transportation needs.

Mental Health

- **DeafLEAD (Columbia)**

2502 W. Ash, Columbia, MO
(573) 445-5005

www.deaflead.com

Services: Provide education, advocacy, crisis intervention, counseling, and other direct services for deaf, hard of hearing, deaf/blind, and late-deafened individuals and families; Deafline Missouri Crisis Hotline; Crisis Video Phone, sign language classes for all ages; deaf culture training to agencies; Teen Institute (camp for deaf and hard of hearing youth) teaches alcohol and drug abuse prevention, HIV/AIDS awareness, and other issues facing youth; free counseling for hearing and deaf individuals and their families who are victims of domestic violence, sexual assault, rape, incest and child abuse.

- **New Horizons Community Support Services**

2013 William St., Jefferson City, MO
(573) 636-8108

www.mo-newhorizons.com

New Horizons assists adults with disabling mental illnesses as well as adults with co-occurring substance use disorders. Services: Community Psychiatric Rehabilitation Program which includes Community support, healthcare home, medication services, crisis intervention and resolution, counseling services, psychosocial rehabilitation (day program), and residential services.

- **Burrell Behavioral Health (Columbia)**

1805 E. Walnut St., Columbia, MO
(573) 777-7500 (adult clinic)
3401 Berrywood Dr. Ste. 300, Columbia, MO
(573) 777-8330 (child and adolescent clinic)

www.burrellcenter.com

Offers mental health services and counseling

- **Berrywood Outpatient Clinic (Columbia)**

3401 Berrywood Dr. Ste. 300, Columbia, MO

(573) 777-8300

www.burrellcenter.com

Hours: Monday, Wednesday, Friday 8:00 a.m. to 5:00p.m. and Tuesday, Thursday from 8:00 a.m. to 7:00 p.m.

Burrell is a private, not for profit organization that provides a wide range of mental health services for individuals and families, business and industry, and educational programs for community and professional groups. Burrell provides comprehensive, integrated and trauma-informed mental health, addictions, developmental and health services.

- **Capital Region Center for Mental Wellness**

1432 Southwest Blvd., Jefferson City, MO

(573) 635-5560

www.crmc.org

Hours: Monday-Thursday 8:00 a.m. to 5:00 p.m. and Friday 8:00 to 4:30 p.m. Services: Offers confidential counseling and psychiatry services to people of all ages, from children (age 4 and older) to adults to the elderly.

- **Jefferson City Outpatient Clinic**

204 Metro Dr., Ste. B, Jefferson City, MO

(573) 634-4591

Adult substance abuse, adult mental health, children and adolescent mental health, SATOP, REACT

- **Grace Counseling**

718 W. McCarty St., Jefferson City, MO

(573) 644-6128

www.gracecounselingllc.com

Providing individual, couples, and family counseling for children-adults ages 2-99+. Treatment specialization includes: therapy for depression and anxiety, couples therapy, Gottman Method couples therapy, family counseling, play therapy, Aut-Play for children diagnosed with Autism-Spectrum disorders, parenting support and co-parenting counseling, school issues, grief counseling, eating disorders, work and career counseling, stress management, addiction and recovery, conflict resolution, PTSD, Military services, Christian counseling, DBT groups and individual counseling, mindfulness groups and psychological assessments.

- **Integrative Behavioral Health Clinic (Columbia)**

105 E. Ash St., 2nd floor, Columbia, MO

(573) 882-2428

www.ibhccomo.org

Services: Comprehensive assessments to determine need. Individual and couples counseling; case management-assessment of need, referral to resources-the clinic does not have any monetary services (e.g. bus passes or housing assistance), job coaching, parenting support; support groups-psychoeducation and process.

- **Jefferson City Center for Women’s Ministries**

3405 Knipp Dr., Jefferson City, MO
(573) 659-8278

www.centerforwomenministries.org

Crisis intervention with spiritual emphasis. A non-profit, non-denominational ministry for women, promoting emotional and spiritual healing.

- **Lifesong for Growth and Wellness**

3401 West Truman Blvd., Jefferson City, MO
(573) 644-7909

www.findyourlifesong.com

Services: Individual, family and couples counseling, psychological assessment and coaching.

- **MO Dept of Mental Health**

1706 East Elm St., Jefferson City, Mo
(573) 751-4122

www.dmh.mo.gov

The department of mental health is responsible for making sure prevention, evaluation, treatment and rehabilitation services are available for individuals and families that need public mental health services throughout the State of Missouri.

- **Preferred Family Health Care**

210 Hoover Rd., Jefferson City, MO
(573) 632-4321

www.pfh.org

Substance abuse treatment center for adults, community psychiatric rehabilitation, integrated dual disorder treatment (IDDT), outpatient mental health, assisted living and intensive in-home services.

- **The Children’s Center**

1905 Stadium Blvd., Jefferson City, MO
(573) 556-3330

Services Provided: Autism screening, Trauma-focused therapy, Parent-Child interaction therapy, youth community support, family support provider services and Groups for parents.

- **Compass Health Network**

227 Metro Dr., Jefferson City, MO
(573) 634-3000

www.compasshealthnetwork.org

Provides mental health and substance use disorder treatment services for children and adults. Services include outpatient therapy, outpatient adult substance use disorder treatment, Drug Court assessment, SATOP, OEP (Offender Education Program).

- **SSM Health Behavioral Health**

2701 W. Edgewood Dr., Ste. 101, Jefferson City, MO
(573) 634-5303

SSM Health Behavioral Health offers a comprehensive array of services to support the emotional and mental well-being of patients and their families. They offer a full continuum of outpatient and inpatient psychiatric care.

- **Missouri Psychiatric Center (Columbia)**

3 Hospital Dr., Columbia, MO
(573) 884-1300

www.muhealth.org

Services offered: inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 5 and up, hospitalization is typically 3-5 days, 13 beds allotted for youth aged 5-17, outpatient psychiatric evaluation, assessment, and care of individuals aged 5 and up, medication evaluation and management, social service case management

- **Community Health Center**

1511 Christy Dr., Jefferson City, MO
(573) 632-2777

www.chccmo.org

Hours: Monday-Friday 8:00 a.m.- 5:00 p.m. Services: There is a sliding scale that is based off of the federal poverty scale. Women's health, family, health, primary care, some dental services and mental health services.

- **National Alliance for the Mentally Ill (NAMI)**

3405 W. Truman Blvd., Jefferson City, MO
(573) 634-7727

www.namimissouri.org

Services offered: community support and education, advocacy for individuals with mental health diagnoses and their families, NAMI Warmline; an educational and supportive hotline for individuals with mental health (800-374-2138 M-F 9 a.m.-5 p.m./Sat-Sun 3p.m.-9p.m.), recovery education and programs, criminal justice resources and information Programs offered: mental health first aid, peer to peer recovery education, NAMI-CARE (Consumers Advocating Recovery through Empowerment), hearts and minds (learning about health and affordable lifestyle changes that reduce cardiac risks), provider education courses, NAMI support group, meets monthly, NAMI Basics-an education program designed to help those who have struggled with mental illness gain confidence and share their experiences.

- **Capital Region Dept of Psych and Counseling**

1432 Southwest Blvd., Jefferson City, MO

(573) 635-5560

www.crmc.org

- **Family Counseling Center of MO**

204 Metro Dr. Ste. B, Jefferson City, MO

(573) 634-4591

www.fccmo.org

Services offered to the public: substance abuse treatment, mental health services, Children's service-play therapy, family, couples or individual counseling, gambling counseling, SATOP services, domestic violence group, parenting group.

- **Spring Grove Counseling**

211 Oscar Dr., Ste. A, Jefferson City, MO

(573) 635-8299

www.springgrovecounseling.com

- **Capital City Counseling**

1110 Missouri Blvd, Jefferson City, MO

(573) 635-4355

Capital City Counseling provides a supportive environment in which to talk openly and confidentially about personal issues and to work toward change in one's thoughts, behavior, relationships, and/or life goals. We offer a variety of outpatient behavioral health services including individual, couple, family and group counseling to children, adolescents, and adults.

- **MO Alliance for Children and Families**

1018 Thompson Blvd, Sedalia, MO 65301

(660) 826-5335

Provides services to children in the care and custody of the Children's Division who have mental health needs, developmental disabilities and other trauma-related challenges.

- **Thompson Center (Columbia)**

204 Portland St., Columbia, Mo

(573) 884-6052

www.thompsoncenter.missouri.edu/

Services offered: ADHD evaluations for individuals aged 5-21, Cognitive learning evaluations for individuals aged 5 and up, Autism evaluation and diagnostic services, Autism medical clinic, Autism Neuropsychology clinic, Psychological services, Concussion Neuropsychology clinic, Developmental pediatric services.

Parenting Classes, Resources and Support

- **Parents as Teachers**

812 St. Mary's Blvd., Jefferson City, MO

(573) 659-3026

www.jcschools.us

Requirements: birth-kindergarten, ONLY JCPS students, Services offered: Parent education and support program, home visits with a certified parent educator, provides parental support on engage parents in their children's learning and development

- **Child Care Aware of Central Missouri**

105 E. Ash St. Ste. 102, Columbia, MO
(573) 443-5437

www.mo.childcareaware.org

Services: assist families by providing a list of child care providers in their area. We also provide training to child care providers in order for them to stay in compliance with the state regulations. Fee: None for families/parents seeking child care, nominal fee for providers for child care trainings. Eligibility: None Area: Child Care Aware serves as a community resource on child care for 46 counties in Central to Northeast Missouri.

- **Focus on Kids for Cole County**

Callaway County Extension Office
5803 County Rd. 302, Fulton, Mo
(573) 897-3648, ext. 3

www.dothagem@missouri.edu

More than half of all marriages end in divorce, and the majority of these involve children. Conflict between parents, both before and after a divorce, is associated with many negative outcomes in children. The purpose of this workshop is to help parents learn how to nurture and support their children during and after their divorce. Focus on Kids satisfies the Missouri law that requires parents who are divorcing to attend and educational program. It is conducted in cooperation with Missouri's circuit courts.

- **MPACT (Missouri Parents Act)**

800-743-7634

www.ptimpact.org

A statewide advocacy, information, and resource organization serving children with disabilities, their families, and consumers.

- **ParentLink-University of MO**

4800 Santana Circle, Columbia, MO
(573) 882-7323

Services: Provides research-based parenting information, referrals, and supportive conversation to parents and professionals working with parents and children; also available to students.

- **SAFE KIDS Coalition**

930 Wildwood Dr., Jefferson City, MO
(573) 751-6340

www.safekids.org

Services: Education for parents, pedestrian safety, and National standardized child passenger safety training.

- **Central Missouri Foster Care & Adoption Association**
 (573) 298-0258
 809 Swifts Hwy., Jefferson City, MO
Multifaceted organization that educates, provides crisis response, supports and advocates for foster and adoptive children, youth and families in central Missouri.
- **Capital City CASA (Court Appointed Special Advocates)**
 308 E. High St., Ste. 112, Jefferson City, MO
 (573) 893-2272
Advocates for the "best interests" of abused and neglected children within the 19th Judicial Circuit of Cole County based on the firm belief that children are entitled to a safe and permanent home environment. This is accomplished through trained and dedicated volunteers who are assigned to specific cases and, in cooperation with the Juvenile Court, key agencies, legal counsel and community resources.
- **University of MO Extension**
 2436 Tanner Bridge Rd., Jefferson City, Mo
 (573) 634-2824
www.extension.missouri.edu
Services: Free or low-cost information and programs on many topics. Parenting, health, nutrition, divorce, money matters, housing and more. 4-H youth development programs, and job skills.
- **Parent Link Warmline**
 1-800-552-8522/Spanish 1-888-460-0008
 M-F 8:00 a.m.-5:00 p.m.
Free information on any parenting questions, free loans of parenting materials, someone who will listen if you need to talk.
- **Prenger Center Parenting Classes**
 400 Stadium Blvd., Jefferson City, MO
 (573) 636-5177
www.colecounty.org
Services offered: parenting classes offered quarterly, supervised visits, supervised custodial exchange program
- **Rainbow House Parenting Classes**
 1611 Towne Dr., Columbia, MO
 (573) 474-6600
www.rainbowhousecolumbia.org
Services offered: making parenting a pleasure, parenting class, offered monthly, 16-hour parenting class (8 hours on Saturday and 8 hours on Sunday), class is geared towards parenting children of all ages, registration maximum is 15
- **Pregnancy Help Center Parenting Classes**
 1760 Southridge Dr., Ste. A, Jefferson City, MO

(573) 644-6635

Contact the office to schedule an appointment.

Substance Use Disorder Treatment

- **Regional Partnership Grant (Regional Partnership Grant)**
210 Hoover Rd. Jefferson City, MO
(573) 632-4321
Substance Abuse (adult)
- **New Horizons**
2013 Williams St., Jefferson City, MO
(573) 636-8108
www.mo-newhorizons.com
Services offered: Adult psychiatric services, medication management, transitional homeless services, residential services at the Melody House and Harambee House (both 15 bed residential facilities), individual therapy
- **Preferred Family Health Care**
101 Adams St., Jefferson City, MO (adolescent treatment site)
(573) 556-6589
210 Hoover Rd., Jefferson City, MO (adult treatment site)
(573) 632-4321
www.pfh.org
Services offered: inpatient treatment for substance abuse disorders and chemical dependency, treatment is typically 30 to 45 days in duration, adolescent inpatient facility has 18 beds for juvenile aged 12-17, adult inpatient facility has 16 beds for adults aged 18 and above, outpatient treatment for substance abuse disorders and chemical dependency, individual counseling, co-occurring counseling, group therapy, relapse prevention, social service case management, community agency referrals
- **Compass Health**
1905 Stadium Blvd., Jefferson City, Mo
(573) 634-3000
www.compasshealthnetwork.org
Adult and children's community mental health services including psychiatry, therapy, and case management. Provides mental health services for those who cannot afford treatment and who do not qualify for state or federal assistance.
- **National Drug and Alcohol Treatment and Referral Service (1-800-364-9687)**
State 1-800-575-7480
Provides referrals to local and regional centers.
- **Alcoholics Anonymous**
District 11 (Jefferson City)
(573) 636-3618 or (573) 636-5499

www.aadstrict11.missouri.org

District 12 (Holts Summit)

(573) 590-3043

www.aa.org

- **Council for Drug Free Youth**

306 Jefferson St., Jefferson City, MO

(573)636-2411

Educates and informs the community about the problem of underage drug use. Works to bring together parents, schools, law enforcement, businesses, churches, and teens to find ways to encourage teen-agers to be drug and alcohol-free.

- **Al-Anon**

Answering service (573) 659-6670

Group counseling, therapy, and literature for families living with the problem of alcoholism.

- **Celebrate Recovery (faith based 12-step program)**

Capital City Christian Church

1512 Swifts Hwy., Jefferson City, MO

Concord Baptist Church

3724 W. Truman Blvd., Jefferson City, MO

(573) 893-2876

www.concordjc.org

Solid Rock Family Church

508 Hunters Run Rd., Jefferson City, Mo

(573) 893-4609

www.srfc.us

- **The Redeem Project**

1436 Hough St., Jefferson City, Mo (enter lower level off of Lincoln St.)

www.theredeemproject.org

facebook.com/theredeemproject

- **Narcotics Anonymous**

Local: (573) 634-5123

1-800-945-4673

- **Capital Region Medical Center**

1125 Madison St., Jefferson City, MO (Southwest Campus)

(573) 632-5560

Introduction to AA, counseling, literature, outpatient treatment.

- **Crossroads Community Recovery Center**

515(B) E. McCarty St., Jefferson City, MO

(573) 634-8820

Recovery support for individuals with drug and alcohol problems, including treatment, recovery discussion groups, educational groups, recovery coaches, aftercare support, family support groups, anger management, life skills, resource information.

- **Family Counseling Center of MO**

204 Metro Dr., Ste. B, Jefferson City, MO

(573) 634-4591

www.fccmo.org

Outpatient and residential alcohol and drug treatment. Individual, family, and group counseling. Fees are based on a sliding scale fee.

- **McCambridge**

201 North Garth Ave., Columbia, MO

(573) 449-3953

www.compasshealthnetwork.org/location/columbia-3/

Requirement: females only, must be 18 years or older

Services offered: inpatient treatment for substance abuse disorders and chemical dependency, treatment is typically 30-45 days in duration, inpatient facility has 16 beds for women ages 18 and older, outpatient treatment for substance abuse disorders and chemical dependency, individual, family, and group counseling, co-occurring counseling, trauma counseling, relapse prevention

- **Cedar Ridge**

1091 Midway Drive, Linn Creek, MO

(573) 346-6758

Behavioral health: adults only, psychology services

Substance use disorder: Substance awareness traffic offender program (SATOP), adult outpatient treatment services, residential services for adults

- **MO Dept of Mental Health, Alcohol & Drug Abuse**

1706 East Elm St., Jefferson City, MO

(573) 751-4942

www.dmh.mo.gov/ada/

Provides information on treatment, prevention, and recovery services for chemical dependency, substance abuse and gambling. Assures substance abuse prevention, treatment and recovery services available to the public. Prevention initiatives, crisis intervention services, information on juvenile programs designed for individuals ages 12-17 years of age, information on women only programs, opioid dependence information, information on civil involuntary detention (involuntary treatment), SATOP program information, compulsive gambling treatment service information, alcohol, drug, tobacco fact sheets

Transportation

- **El Puente**
1106 Swifts Hwy., Jefferson City, MO
(573) 635-2540
Hours M-F 9a.m.-5 p.m. Services: Interpretation and transportation for medical appointment for the Hispanic community in Cole and Moniteau counties.
- **Jefferson City Transit (JEFFTRAN) and Handi Wheels**
820 E. Miller St., Jefferson City, MO
(573) 634-6477
Hours: M-F 6:40 a.m.-5:45 p.m. Services: Public transportation
- **License Bureau**
1617 Southridge Dr., Jefferson City, MO
(573) 632-0006
Hours: Call for testing time Service: Permit testing. Medical transport Phone: 1-866-269-5927. Services: for medical appointments only check back of insurance card for more details.
- **Logisticare**
1807 Park 270 Dr., Ste. 518, St. Louis, Mo
*Reservation hours: Monday-Friday 8:00 a.m.-5:00 p.m.
Hospital discharges and urgent trips are handled 24/7. All other appointments require 5 days' notice. If you are a MO HealthNet Participant or a representative for a participant and need to schedule transportation to a medical appointment.*
- **Non Emergency Medical Transportation Services (NEMT)**
866-269-5927
www.dss.mo.gov/mhd/participants/pages/medtrans.htm
*Transportation services
NEMT can be used when you do not have a way to get to your healthcare appointment without charge. We may use public transportation or bus tokens, vans, taxi, or even an ambulance, if necessary, to get you to your healthcare appointment. Home State will give you a ride that meets your needs. You do not get to choose what kind of car or van or the company that will give you the ride. You may be able to get help with gas costs if you have a friend or a neighbor who can take you. This must be approved before your appointment.
Who can get NEMT? You must be on MO HealthNet or MO HealthNet Managed Care on the day of your appointment. People in a MO HealthNet Managed Care Health Plan get their NEMT services from the health plan. Some people on MO HealthNet or MO*

HealthNet Managed Care do not get NEMT services as part of their benefits. The NEMT program will let you know if your benefits do not cover NEMT.

Children who are under age 17 must have an adult ride with them. We only pay for one child and one parent/guardian and/or an attendant if your child is under age 21 and needs to be away from home overnight or needs someone to be with him/her. We will not pay for other children or adults.

Call 1-866-269-5927. You must call at least 5 calendar days before the day of the appointment or you may not get NEMT. You may call this number Monday through Friday 8:00 a.m. to 5:00 p.m. for regular scheduled appointments.

- **Oats Bus**

2501 Maguire Blvd., Ste. 101 Columbia, MO
(573) 449-3789 and 1-800-269-6287

Services: OATS transportation is available to anyone regardless of age, income, disability, race, gender, religion, or national origin. Transportation provided to medication appointments, shopping, work and other places. Fee: \$3.00 in town, \$7.00 between towns.

- **Show-Me Medical Transportation, LLC**

P.O. Box 1585, Laurie, MO
(573) 372-5544

info@smtt-llc.com

Show-Me Medical Transportation began with a vision of providing quality non-emergency medical transportation to residents of Central Missouri. We have since expanded to provide additional transportation services to meet the needs of our customers. Competitive rates, but no sliding fee scale.

- **Working Wheels for Working Families**

P.O. Box 105116, Jefferson City, Mo
(573) 691-3653

Families are first identified and screened through a comprehensive review process to ensure they meet all eligibility requirements. Next the eligible family's vehicle's needs are determined. The recipient family then must successfully complete an individualized training in financial management/budgeting, vehicle maintenance and job skills training. An appropriate donated vehicle is then matched with the family at a price considerably below its fair market value. The family may also be matched with a lend organization for a low-interest loan providing the opportunity to build credit. The family is then offered on-going support and financial counseling.

- **Medicaid Transportation Service**

1-866-269-5927

Must be Medicaid active and must call 5 days in advance.

- **Checker Cab**

1000 St. Mary's Blvd., Jefferson City, MO

(573) 636-7101

Utility Assistance

- **Catholic Charities of Central and Northern Missouri**
2201 W. Main St., Jefferson City, MO
(573) 635-7719
Hours: 8:00 a.m. to 4:30 p.m.
www.ccnmo.org
Services: Immigration services, Refugee Resettlement, Emergency Assistance (Basic Needs), Disaster Response
- **Central MO Community Action**
1109 Southwest Blvd., Jefferson City, MO
(573) 635-4480
www.showmeaction.org
Services: Early Head Start, Head Start, emergency energy services, family support services, employment & training services, computers available for developing resumes, foster grandparent services, section 8 rental assistance, housing development and weatherization.
- **Common Ground**
1015 E. Atchison St., Jefferson City, MO
(573) 522-4314
www.cgcb.org
Provides financial assistance through a small benevolence ministry, house a Fair-Trade Market, maintain a community garden and provide other educational and outreach services to the community around us.
- **Salvation Army**
927 Jefferson St., Jefferson City, MO
(573) 635-1975
Daily Services: Provides assistance to low-income individuals and families in crisis. Operates homeless shelter and offers emergency food, clothing, rent and utility assistance, as well as character building programs for youth and adults, counseling and referrals. Also provides seasonal assistance.
- **St. Vincent de Paul Society**
2207 W. Main St., Jefferson City, MO
(573) 632-2634
Services: Various types of assistance depending on specific need, including utility disconnection. Fee: No Fee

- **Birthright**
1006 E. High St., #2 Jefferson City, MO
(573) 635-8822
Open Monday 4:00 p.m.-6:00 p.m. and Tuesday to Friday 12:00 p.m. – 3:00 p.m.
Once a year for families with infants (under 6 months). Maximum of \$100, partial payment of bill.
- **Community Action Agency of St. Louis County**
2709 Woodson Rd., St. Louis, MO
(314) 446-4443
Water bill assistance for Missouri-American water customers only
- **Samaritan Center**
1310 E. McCarty St. Jefferson City, MO
(573) 634-7776
Food pantry, free health clinic, prescription assistance, utility assistance, clothing pantry, legal assistance
- **Concord Baptist Church**
3724 W. Truman Blvd. C, Jefferson City, Mo
(573) 893-2876
Once a year for non-church members.
- **SERVE, INC.**
4901 County Rd. 304, Fulton Mo
(573) 642-6388
Utility, rent, and other financial assistance for basic needs to Callaway county residents. Must have documented other services received and have already pursued utility assistance through CMCA.

Vision

- **Dental, Eye and Shoe Program**
(573) 893-2256
Private Program-Referral by school principals
- **InfantSee Program**
Locally at Central Missouri Eye Care Associates
(573) 659-5560
1705 Christy Dr. Ste. 208, Jefferson City, MO
Free one-time eye exam for children 6-12 months (no income guidelines)
- **Lions Club**
For help paying for glasses in Jefferson City, contact Cari Thompson (573) 751-4688. She will determine if the family is eligible for help based on income and will then refer the family to the Lions Club.
- **Eyes on Missouri**

323 Monroe St., Jefferson City

(573) 635-1313

Accepts Missouri Medicaid

Hours: Monday-Friday 8:00 a.m. to 5:00 p.m.

- **MO Dept of Social Services, Rehabilitation Services for the Blind**

PO Box 6613, Jefferson City, MO

www.dss.mo.gov/fsd/rsb

Information provided: provides program information for blind and visually impaired persons, vocational rehabilitation information, independent living services, Children's services, blindness education, screening and treatment

