

# 2016

**Ecumenical Poverty Action Team**  
***Community Resource Guide***  
For Jefferson City and Surrounding Areas



*“Never worry about numbers. Help one person at a time,  
and always start with the person nearest you.”*

*-Mother Teresa*

Founded in 2011 by concerned members of several Jefferson City congregations, the **Ecumenical Poverty Action Team**, led by Pastor John Bennett, seeks to identify challenges faced by those living in poverty in our community, and to work together to find common solutions. This resource guide is prepared and presented in hope that it will help individuals struggling with poverty, and aid those organizations that seek to serve them.

***For Changes to this Guide – Please contact River City Habitat for Humanity at 573/635-8439***

## Help/Hotline Information

**United Way Missouri 2-1-1 (Area Resource Directory) ..... 211**

### **AIDS**

National AIDS Hotlines: AIDS Action Council and Foundation.....1-202-986-1300  
 CDC National AIDS Hotline  
     English.....1-800-342-2437  
     Spanish.....1-800-344-7432

HIV/AIDS Treatment Information Service.....1-800-448-0440  
 HIV Counseling .....1-800-332-8336  
 Drug Abuse Hotline .....1-800-729-6686  
 Missouri HIV/Aids Hotline .....1-800-533-2437

### **Child Abuse**

Child Abuse Hotline.....1-800-392-3738  
 National Center for Missing and Exploited Children.....1-800-843-5678  
 Prevent Child Abuse of Mo (PCAM).....1-866-84-STOP (7867)

### **Crime**

Jefferson City Area Crime Stoppers.....1-573-659-TIPS  
 National Center for Missing and Exploited Children.....1-800-843-5678

### **Domestic Violence**

Rape and Abuse Crisis Center.....1-800-303-0013  
 Shelter for Battered Women and Their Children.....1-800-303-0013

### **Elderly Abuse**

Elderly Abuse or Neglect Hotline.....1-800-392-0210  
 Elderly Abuse or Neglect Info line.....1-800-235-5503

### **Gambling**

Gamblers Anonymous.....1-800-522-4700

### **Substance Abuse**

Substance Abuse Hotline .....1-800-444-9999  
 National Council on Alcohol and Drug Abuse.....1-800-262-2463  
 National Cocaine Hotline .....1-800-262-2463  
 Narcotics Anonymous.....1-800-945-4673  
 Poison Control Center.....1-800-366-8888  
 Sexually Transmitted Diseases Hotline.....1-800-227-8922

## **ABLE**

501 Madison Street - Room 124

Jefferson City, Missouri 65101

Phone: 573/636-5558

Additional Phone: 573/893-5560

Email Address: ABLElearningcenter@gmail.com

Hours of Operation: Open daily call for appointment.

Contact Person: Susie LeRoy, Director

Services offered to public: Free tutoring services to adults ages 17 and older who have difficulty reading. All materials are provided at no cost, and our services are confidential.

Volunteer opportunities available: ABLE is always looking for adults who like working one-on-one with another adult to help him/her improve reading skills. No teaching background is needed.

## **Adult Basic Education/GED/ English as a Second Language**

573-659-3122

501 Madison St, JC (Miller Performing Arts Center). Room 120

Individualized classes in basic academic subjects such as reading, math, and science to enable students to complete the high school equivalency diploma, enroll in higher education, or become employable. Classes are free; there is a fee for the test.

## **Agape House**

810 East High Street

Jefferson City, Missouri 65101

Phone: 573/636-5737

Web Address: <http://home.earthlink.net/~agapehousejc/>

Email Address: [agapehopusejc@earthlink.net](mailto:agapehopusejc@earthlink.net)

Hours of Operation: Wednesday 5:00pm – 10:00 pm. Thursday 6:00 am – 9:00 am, and 2:00 pm – 10:00 pm, Friday 6:00 am – 10:00 pm, Saturday 6:00 am – 10:00 pm, And Sunday 6:00 am – 9:00 am

Contact Person: Linda Lehenbauer

Service 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.

## **Alcoholics Anonymous**

Alcoholics Anonymous (AA):

District 11 (Jefferson City)

District 12 (Holts Summit)

636-3618 or 636-5499

590-3043

[www.aadistrict11.missouri.org](http://www.aadistrict11.missouri.org)[www.aa.org](http://www.aa.org)

## **American Cancer Society**

2413 Hyde Park Road  
 Jefferson City, Missouri 65109  
 Phone: 573/635-4821  
 Additional Phone: 1-800-635-9194  
 Fax: 573/635-7821  
 Web Address: [www.cancer.org](http://www.cancer.org)

Hours of Operation: Monday – Friday 8:30 am – 5:00 pm  
 Services offered to the public: Nutritional Supplement, Transportation Assistance, Cancer Survivors Network, Guestroom, Wigs, Information, Look Good...Feel Better, Reach to Recovery

## **Autism Center--University of Missouri Health Care, Children's Hospital**

573-884-1871  
 One Hospital Drive  
 Columbia, MO 65212  
[www.genetics.missouri.edu/Autismhome.htm](http://www.genetics.missouri.edu/Autismhome.htm)

Offers quality diagnostic evaluation services, medical therapy, psychometric, and nutritional support services to affected individuals and their families in conjunction with existing services. For autistic patients referred by the Missouri Autism Project, Touchpoint Services, other physicians, health-care agencies, parents, and schools. The center is funded in part by the Missouri Department of Mental Health.

## **BIRTHRIGHT OF MID-MISSOURI**

1006 E. High Street  
 Jefferson City, MO 65101  
 Phone: 573/635-8822  
 Hours of Operation: Monday 4:00 pm – 6:00 pm Tuesday, Wednesday, Thursday, Friday 12:00pm – 3:00 pm  
 Contact Person: Jean Wankum 635-3720, Barb Schmitz 395-4000  
 Services offered to the public: Free pregnancy test, maternity and baby clothes, layettes, diapers, community resources, information, friendship.  
 Directions: On the corner of Broadway and Atchison. About 3 blocks south of Dunklin

## **Boy Scouts of America, Great Rivers Council**

1203 Fay Street, Columbia  
 1-800-726-8852 or 573-449-2561  
[www.bsa-grc.org](http://www.bsa-grc.org)  
 Service agency for youth, instilling character and citizenship responsibilities, provides leadership training, and teaches life skills.

## **Boys and Girls Club of the Capital City**

634-2852  
727 E. Elm, JC  
www.bgcjeffersoncity.org

The Boys and Girls Club provides quality afterschool programming at East School Pioneer Trails and South School upon school dismissal until 5:30 PM. An afternoon snack is provided. Pioneer Trails offers morning care from 6:45 AM until 7:30 AM. Transportation is provided from Thorpe Gordon Cedar Hill and Moreau Heights to the Boys and Girls Club Elm Street location. State assistance is accepted. Financial assistance is available for those who qualify.

## Books

[www.book-club-offers.com/younger-kids/](http://www.book-club-offers.com/younger-kids/)

This website offers a comparison of several book-of-the-moth (mail) clubs for children 0-6 including: The Cat in the Hat's Learning Library, Children Book-of-the-Month Club, Baby Einstein Playful Discoveries club (board books), Dr. Seuss and His Friends, Royal Disney Princess, Disney Books, Disney Wonderful World of Reading, Baby's First Book Club, My 1<sup>st</sup> Steps to Learning, Nature's children; and links to clubs from Doubleday and the Literary Guild.

## Breastfeeding:

- Capital Region Medical Center  
632-5337  
1125 Madison, JC  
www.crmc.org  
Can call into the OB unit with questions.
- Cole County Health Department  
Melinda Ridenhour  
636-2181 ext. 3116  
Helpline: Anna 418-4645, Renee 694-3085  
1616 Industrial Dr. JC 65109  
www.colehealth.org  
Support groups held at the Missouri River Regional Library 2<sup>nd</sup> floor (story time room) the first Tuesday of the month from 6:30-8, food is provided. RSVP to Anna at 418-4645. Other services as funding allows, call for more information.
- La Leche League Hotline  
847-519-7730  
www.lalecheleague.org/web/JeffersonCityMO.html  
Local-Nancy 896-8573 and Michele 659-4796  
Provide information, telephone support, and meetings for women who want to breastfeed. Meetings at Missouri River Regional library 2<sup>nd</sup> floor (story time room), the third Tuesday of the month 6:30-8:30. RSVP to Nancy at 896-8573.

## Breastfeeding Cont.:

- Mary's Hospital  
Becky Schwaller

761-7000 x. 3330  
 100 St. Mary's Medical Plaza, JC  
 www.lethealingbegin.com  
 Support group held the fourth Wednesday of the month at 12 noon, food provided.  
 RSVP to Becky at 761-7000 ext. 3330.

- Whaley's Pharmacy  
 Stacy Welling  
 632-2021, ext. 102, cell 353-4519  
 Support group the second Wednesday of the month at Whaley's marketing office below  
 Whaley's Southwest Pharmacy at 1431 Southwest Blvd. Suite 6 at 12 noon, lunch  
 provided. RSVP to 632-2021.
- Whaley's West Side Pharmacy: Mommy & Me  
 659-0650  
 3526 Amazonas, JC  
 Soothies, Medela and Bailey's breast pumps and supplies, fenugreek, blessed thistle,  
 Mother's Milk tea, brewer's yeast. .

## **Callaway County: Coalition Against Rape and Domestic Violence (CARDV)**

Hotline 866-642-4422

Office 642-1418

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

## **Callaway Cty Resource Center Cole Cty Family Resource Center**

642-3316

610 Collier Lane, Fulton, MO 65251

150% of poverty level.

635-4480

1109 Southwest Blvd, JC

- Low Income Home Energy Assistance Program (LIHEAP): 135 percent of poverty level
- Energy Assistance: a one-time payment to assist in paying heating costs for low income elderly, families with children, and disabled (non-emergency winter heating program, November through March)
- Energy Crisis Intervention Program: assists qualified individuals and families by providing limited payments to have electricity and/or gas bills paid and services restored, up to \$800 in winter (October-May) and up to \$300 in summer. Must have disconnection notice or be shut off.
- Weatherization Assistance Program: eligible clients receive a comprehensive home assessment including repair or replacement of caulking, heating systems, insulation, primary doors and windows. Two programs-a class providing self-help ideas and a home weatherization kit, or two home improvements done by an outside contractor. Weatherization measures are completed at no cost to home owners; if renting landlord pays 5 percent of total, proof of income required (at our below 200 percent of poverty level).

## **Capital City Area Council for Special Services**

## **DBA: Special Learning Center**

Contact Name: Debbie Hamler

Mailing Address: 1115 Fairgrounds Rd., Jefferson City, MO 65109

Phone: 573-634-3070

Fax: 573-636-3247

Website: speciallearningcenter.com

Email Address: staff@speciallearningcenter.com

Hours of Operation: 7:30 AM - 5:30 PM

Services available: Services for children birth to age six with and without developmental delays. Physical Therapy, Occupational Therapy, Speech-Language Therapy and Special Instruction are provided in accordance with each child's individual education plan. Services are provided in the center as well as in children's home, school or natural environment. Crayon Kids childcare program is available in the Special Learning Center facility, ages birth through 6.

Volunteer Opportunities: Community volunteers help in classrooms and childcare center; with art work preparation; building and landscape maintenance.

## **Capital City Christian Church Child Care Center**

1512 Swifts Highway

Jefferson City, Missouri 65109

Phone: 573/635-3775

Additional Phone: 573/635-1322

Hours of Operation: Monday – Friday 7:00 am – 5:30 pm

Contact Person: Laura Ann Rader

Service offered to the public: 2 year olds (Potty Trained), Summer, K-3

## **Capital Projects, Inc. (formerly known as Sheltered Workshop)**

2001 East McCarty Street

Jefferson City, Missouri 65101

Phone: 573/634-3660

Fax: 573/634-4437

Email Address: cpi@socket.net

Hours of Operation: Monday – Friday 8:30 am – 4:30 pm

Contact Person: Ken Wagner, Director

Services offered to the public: Employment for the disabled.

Directions: Head East on Hwy50. Take Eastland exit, turn left. Follow Eastland to McCarty and turn right. We are on the left just after you turn. There is parking in front.

## **Capital Region Medical Center**

1128 Madison

PO Box 1128

Jefferson City, MO 65102-1128

Phone: 573/632-5337

Education Phone: 573/632-5338

Fax: 573/632-5912

Web Address: <http://www.crmc.org/>

Email Address: info@mail.crmc.org

Hours of Operation: 24 hours / day

Contact person: Carol Pettigrew, Manager Obstetrics/Pediatrics

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.

Directions: From Hwy 50W. Take 50 E. to Madison Street. Take a right onto Madison, go 5 blocks

From Hwy 50E, 63S. Same as above

From Hwy 54 West, take Madison St. exit

From Hwy 63N. Take Hwy 63S to Hwy 50. Take Hwy 50 E. to Madison. Take a right onto Madison and go 5 blocks

## **Catholic Charities of Central and Northern Missouri (CCCNM)**

2201 West Main

PO Box 104626

Jefferson City, MO 65110

Phone: 573/635-7719

Fax: 573/635-7721

Web Address: <http://www.crmc.org/>

Email Address: [bross@cccnmo.org](mailto:bross@cccnmo.org)

Contact person: Barbara Ross

CCCNM ministries include Poverty and Economic Justice Outreach, Prison Ministries, Rural Life, Refugee and Immigration Services, Counseling, Pregnancy and Adoption Resources.

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

Capital City Christian Church, 635-1322, 1512 Swifts Highway, JC

Concord Baptist Church, 893-2876, 3724 West Truman, JC, [www.concordjc.org](http://www.concordjc.org)

Solid Rock Family Church, 893-4609, 508 Hunters Run Rd, JC, [www.srfc.us](http://www.srfc.us)

The Redeem Project, 353-4720, 1436 Hough St. (enter lower level off of Lincoln St.)

[www.theredeemproject.org](http://www.theredeemproject.org), [facebook.com/theredeemproject](https://www.facebook.com/theredeemproject)

## **Car Seats:**

### **Missouri's Child Restraint Law (RSMo 307.182)**

- Children less than 4 years old or less than 40 pounds must be in an appropriate child safety seat.
- Children ages 4 through 7 who weigh at least 40 pounds must be in an appropriate child safety seat or booster seat unless they are 80 pounds or 4'9" tall.
- Children 8 and over or weighing at least 80 pounds or at least 4'9" tall are required to be secured by a safety belt or buckled into an appropriate booster seat.

[Safety/Installation Checks](#)



1-800-SEATCHECK

MO State Highway Safety Division (Pam Hoelscher)  
Call 1-800-800-2358  
2211 St. Mary's Blvd., JC

MO Police Chiefs  
636-5444  
1001 E. High St., JC

To give away: (as funding allows)  
MO Police Chiefs Charity Fund-Kids Safety Program  
636-5444  
1001 E. High St., JC

Samaritan Center  
634-7776  
1310 E. McCarty, JC

[www.midmosamaritan.org](http://www.midmosamaritan.org)

Monday-Thursday 9:30-11:30 am, Thursdays 4-6 pm. Car seat availability varies. Call to check.

Recall Info:

National Highway Traffic Safety Administration  
1-800-424-9393  
[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov)

## Central Missouri Area Agency on Aging

1012 Linden Way  
Jefferson City, Missouri 65109  
Phone: 573/634-8828  
Additional Phone: 573/634-8239  
Fax: 573/634-8239  
Web Address: [www.cmaaa.net](http://www.cmaaa.net)

Email Address: [colecc@cmaaa.net](mailto:colecc@cmaaa.net)

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm

Services offered to the public: Network of services for seniors and their family caregivers. Information and assistance. Care Coordination. Senior Centers with Noon meals. Home-delivered meals. Long-term Care Ombudsmen. Respite Care. Transportation. Legal Assistance. Senior employment. Advocacy of senior issues. Monthly newspaper.

## Central Missouri Community Action

1109 Southwest Blvd  
Jefferson City, Missouri 65109  
Phone: 573/635-4480

Fax: 573/635-9935

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm

Services offered to the public: Head Start, Section 8 Housing, Fuel Assistance, Weatherization, Workforce Development through the (WIA), Life Skill Classes.

## Child Support Enforcement Customer Service

Phone: 1-866-313-9960

Cole County 573-751-1468

Callaway county 573-882-9950

Services provided to the public: Establishing paternity, enforcement of child support judgments, and distribution of child support funds

## CHILDRENS'/FAMILY ENTERTAINMENT/ PROGRAMS/EVENTS

See also LIBRARIES/LITERACY INFORMATION

### Websites:

Jefferson City Chamber of Commerce: [www.jcchamber.org](http://www.jcchamber.org), click on calendar

Jefferson City Convention and Visitor's Bureau: [www.visitjeffersoncity.com](http://www.visitjeffersoncity.com)

[www.jeffcityfamilyfun.com](http://www.jeffcityfamilyfun.com) A listing of family-friendly events in Jefferson City

[www.midmissourifamily.blogspot.com](http://www.midmissourifamily.blogspot.com) A listing of family-friendly events in and around

Columbia, many are free. Note: PAT events listed are the Columbia PAT and the library events are at the Daniel Boone library in Columbia, but there are often Jefferson City events listed here too.

<http://www.jeffersoncity.macaronikid.com> Event calendar for area families

### City of Jefferson Department of Parks, Recreation, and Forestry

634-6482

Hotline 634-6485

Fax 634-6489

427 Monroe St., JC

[www.jeffcitymo.org/parks](http://www.jeffcitymo.org/parks)

Sponsors/co-sponsors special events including Storybook Trails, Multicultural Festival, Harvest Fest, Holiday events, Easter Egg Hunt, Kidsfest, and Renaissance Festival. See Program and Facilities guide (available at Parks and Rec. office, MRRL, sent in newspaper twice a year) for more information.

### JCPC (Jefferson City Playgroup Connection)

Amanda Scruggs

635-6488

[acm1178@aol.com](mailto: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 (like 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. Cost is \$10 a year to join (to cover postage of newsletters).

### Missouri Children's Museum

573-886-PLAY

8700 I-70 Drive SE, Columbia (exit 133 off I-70)

[www.missourichildrensmuseum.com](http://www.missourichildrensmuseum.com)

Offers group yearly memberships, group rates, birthday parties, summer camps. Open Tues-Weds 10 am-4 pm, Thurs.-Sat. 10-6PM, Sun. noon-6 pm. Charges admission for both children and adults.

### **MOPS (Mothers of Preschoolers)**

897-4096

A group who meets for fun and fellowship every other Tuesday from 9-11:30, September to May at Concord Baptist Church.

### **Runge Conservation Nature Center**

526-5544

PO Box 180, JCMO 65102

[www.mdc.mo.gov/regions/central/runge-nature-center](http://www.mdc.mo.gov/regions/central/runge-nature-center)

Nature Center with displays, fish tank and turtle tanks, hand-on children's area open Tuesday-Saturday 8 am -5 pm. Thursdays until 8 pm. Located .3 miles north of Highway 50 On Highway 179 (Commerce Drive).

Programs: Connecting with nature through exciting and age-appropriate opportunities.

Reservations required in advance. FREE

Babes in the Woods (Children 0-2 years plus a caregiver).

Little Acorns (Children 3-6 plus a caregiver).

Little Acorns PLUS (Families that have children to fit in both Babes in the Woods and Little Acorns).

## **Central Missouri Foster Care & Adoption Association (CMFCAA)**

1119 Jefferson St.

Jefferson City MO 65102

Phone: 573-298-0258 or 573-3530574

Contact person: DeAnna Alonso, Executive Director

E-mail Address: [Deanna\\_alonso@yahoo.com](mailto:Deanna_alonso@yahoo.com)

Website: [www.ccfosteradopt.com](http://www.ccfosteradopt.com)

Services available to the public: Non profit agency that provides programs and services to foster & adoptive children. Youth and families.

Service Area: Cole, Camden, Miller, Morgan, Laclede, Moniteau, Boone & Callaway Counties.

## **Child Care Aware of Missouri (formerly Missouri Childcare Resource and Referral Network)**

1-866-892-3228

[www.mo.childcareaware.org](http://www.mo.childcareaware.org)

Child care referrals, information on selecting quality care, services for children with special needs, library of child care resources, consultation and training on child care and parenting issues.

## **Cole County Extension Center**

2436 Tanner Bridge Road

Jefferson City, Missouri 65101

Phone: 573/634-2824

Web Address: <http://extension.missouri.edu/cole/>

Email Address: [coleco@missouri.edu](mailto:coleco@missouri.edu)

Hours of Operation: Monday – Friday 8:00 am – 4:30 pm

Contact Person: Jane Kempker or Diane Temmen

Services offered to the public: Master gardener course, youth development (4-H), create positive environments for culturally diverse youth and adults to reach their fullest potential as capable, competent, caring and contributing citizens; Family financial education; food and nutrition program; Help in starting a new business.

Directions: Corner of Lorenzo Greene drive and Tanner Bridge

## **Cole County Family Support Division / Children's Division**

1716 Four Seasons Drive

Suite 104

Jefferson City, Missouri 65101

Phone: 573/751-4688

Additional Phone: 573/751-9030

Fax: 573/526-4746

Web Address: Missouri State Homepage

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm

Contact Person: Family Support Division: Venice Wood, circuit manager

Children's Division: none provided

Services offered to the public: Family Support Division: Food stamps, Adult Medicaid, Medicaid for Families, Medicaid for Children, Child Care, Temporary Assistance

Children's Division: Assistance to abused/neglected children and their families. Investigate abuse/neglect of children, license foster, kinship and adoptive homes, services to families and children surrounding abuse/neglect.

Application for food stamps, Medicaid, and General Relief can be made at the Cole County Family Support Division (FSD) at: [www.dss.state.mo.us/dfs/fstamp.htm](http://www.dss.state.mo.us/dfs/fstamp.htm)

Directions: Hwy 54 West heading toward Lake of Ozark. Exit off Ellis Blvd Exit. Turn left at stop light. At 2<sup>nd</sup> stop light turn left onto Christy Lane. Turn right onto Flora Drive. Will see brick sign with offices located at address.

## **Cole County Health Department**

1616 Industrial Drive

Jefferson City, MO 65109

Phone: 573/636-2181

Additional Phone:

Fax: 573/636-3851

Hours of Operation: Monday – Friday 8:00 am – 4:30pm

We are closed from 12:00 – 1:00 pm on the first and second Wednesday of every month, and from 11:00 am – 1:00 pm on the third Wednesday every other month.

We are also closed on any state holidays.

Contact Person: Any receptionist/clerical support staff

Non-Discriminatory Services offered to the public:

**Community Protection:** Surveillance and follow-up of all communicable diseases

**Tuberculosis Program:** Offering TB skin testing, follow-up, and referral of individuals with positive tests

**Environmental Services:** Inspection of day care facilities, schools, restaurants, caterers, taverns, temporary food stands, grocery stores, truck wrecks, lodging facilities, and private water supplies. Investigate environmental complaints and violations of wastewater and sewage. Issue permits and perform inspections on new or updated onsite wastewater systems. Assist with communicable disease control involving food or water-borne illnesses. Provide education for food handlers and day care providers.

**Maternal Child Health (MCH):** Offers services to ensure the health and well being of Cole County citizens with special emphasis women of childbearing age, teens and children. Women of childbearing age are encouraged to enter prenatal care by their 13<sup>th</sup> week of pregnancy. Teens and adults are educated in the early recognition and prevention of teen suicide. Citizens of Cole County are educated in lead poisoning prevention and treatment.

**Childcare Health Consultation (CCHC):** Is a free service to provide health and safety education to promote optimal health and safety. Free clock hours for providers on topics related to the health and safety of the children they care for are available.

Health promotion classes, that are age appropriate, are provided to children in childcare settings. Health education to care providers and parents are also provided.

**Dental, Eye and Shoe Program:** Services available to school age children. Contact child's school nurse for further information, or Rachelle Collinge, RN, BSN

**Office Visits:** Available to the public Monday – Friday 8:00 am – 4:00 pm for Blood pressure screening, Pregnancy testing, Adolescent/Adult immunizations, TB skin testing.

**Vital Records:** Local registrar for Cole and Osage County birth and death certificates

**Adult Head Injury Program:** Special health care needs: For persons 21 years and older with a traumatic brain injury (TBI). Provides assistance to identify and access medical, rehabilitation, and social services.

**HIV/AIDS Case Management:** Provides assistance in locating, coordinating, and purchasing medical and psychosocial services for individuals with HIV or AIDS.

**Bio-Terrorism Regional Planner:** Develops and updates preparedness and response plans concerning public health emergencies for Cole, Camden, Morgan, Miller and Moniteau counties.

**Regional Epidemiology Specialist:** Provides technical support in the prevention of and response to communicable disease outbreaks encompassing the region of Cole, Osage-Gasconade, and Moniteau counties.

Clinics Available: By appointment only

### **Immunizations:**

#### **Prenatal**

Reproductive Health Care for Women (formerly known as Family Planning)

#### **Show Me Health Women**

#### **STD/HIV**

#### **WIC**

Directions: Dix Road exit (North), turn right onto Industrial Drive (going east). We are on the left side of the road across the street from US Rents It.

### **Clinic Services**

**Family Planning Clinic** Cole County Health Department

1616 Industrial Drive Jefferson City, MO

Phone: 573/636-2181

Fax: 573/636-3858

Hours of Operation: By appointment only

Contact Person: Sherry Hayes, RN

Services offered to the public: For uninsured women or women with Medicaid benefits, we offer well woman exams, a wide variety of contraception and education.

### **Immunizations Clinic**

Cole County Health Department

1616 Industrial Drive Jefferson City, MO 65109

Phone: 573/636-2181

Additional Phone:

Fax: 573/636-3858

Hours of Operation: By appointment only

For adolescent and adult immunizations:

Monday – Friday on a walk-in basis

Contact Person: Susan Long, RN

Services offered to the public: Adult, adolescent and childhood immunizations for vaccine preventable diseases.

Cost: A \$15.00 administrative fee. This can be billed to Medicaid for those clients with Medicaid benefits.

### **Office Nurse Services**

Cole County Health Department

1616 Industrial Drive

Jefferson City, Missouri 65109

Phone: 573/636-2181

Fax: 573/636-3858

Hours of Operation: Pregnancy Testing: Monday – Friday on a walk in basis from 8:00 am – 4:00 pm

Tuberculosis Skin Testing: Monday, Tuesday, Wednesday and Fridays on a walk-in basis from 8:00 am – 4:00 pm. On weeks that have a state observed holiday, please be aware that not all days of the week will be available for test placement since this test must be evaluated 48 – 72 hours after placement.

Adolescent and Adult Immunizations: Monday – Friday on a walk in basis from 8:00 am – 4:00 pm

Refugee Immunizations: By appointment only on Tuesdays and Thursdays

Medication Assistance (Emergency): Monday – Friday on a walk in basis from 8:00 am – 4:00 pm

Contact Person: Susan Long, RN, BSN

**Services offered to the public:** Pregnancy testing: For women who are at least two weeks late for their menses. There is a fee charged for this test. The fee can be billed to Medicaid for those clients with Medicaid benefits. For clients with positive results, and no insurance, Temporary Medicaid forms can be provided. The fee for the test will not be billed to temporary Medicaid.

Tuberculosis skin testing: For anyone able to return in 48 -72 hours to have this test evaluated. There is a fee charged for this test. For clients with Medicaid, this fess can be billed to Medicaid.

Blood Pressure Screening

Head Lice Screening

Adolescent and Adult Immunizations

Refugee Immunizations

Emergency medication assistance: Assistance is provided one time for residents of Cole County

### **Prenatal Clinic** Cole County Health Department

1616 Industrial Drive Jefferson City, MO 65109 Phone: 573/636-2181

**Additional Phone:**

**Fax: 573/636-3858**

Hours of Operation: By appointment only

Contact Person: Lib Shull, RN or Cindy Davidson, RN

Services Offered to the public: Prenatal care by a Family Nurse Practitioner, under a collaborative practice agreement with local Obstetricians in Jefferson City, to any pregnant woman with Temporary, Straight, or Missouri Care Medicaid, wishing to do all of their prenatal care at Cole County Health Department. Our collaborative practice agreement is with OB-GYN and Associates for delivery at Capital Region Medical Center (CRMC) only. All required and/or recommended laboratory testing will be done at CRMC. Ultrasounds that are medically necessary will be scheduled at CRMC. Delivery will be done at CRMC by the on-call Obstetrician in practice at OB-GYN & Associates.

**Eligibility guidelines:** The pregnant woman must qualify for Medicaid for pregnant women (MPW). Medicaid for pregnant women is a MC+ program for citizens who are pregnant. Non-citizens do not qualify for MC+, however, there is another program called Temporary Medicaid. Non-citizens must still meet the eligibility guidelines established by the Family Support Division (FSD) in the county in which they reside. All eligible women should make application for MPW at the FSD in the county in which they reside. There are three (3) MC+ plans available in central Missouri. They are the Missouri Care Health Plan (Mo Care), HealthCare USA (HCUSA), and Mercy Care Plus. CCHD can not see clients with any MC+ plan other than Mo Care. Missouri Care is contracted with the Obstetricians of OB-GYN & Associates in Jefferson City with delivery at Capital Region Medical Center (CRMC) in Jefferson City. Health Care USA is contracted with the Obstetricians of Women's Clinic in Jefferson City for delivery at St. Mary's Health Center (SMHC) in Jefferson City. There are no contracted Obstetricians in Jefferson City for Mercy Care Plus. Cole County Health Dept. does not accept private insurance that covers charges for prenatal care. Clients that are ineligible for Medicaid are directed to a private Obstetrician of their choice. Medicaid MUST be the PRIMARY payer of services for pregnant women to receive services here.

### **Show-Me-Healthy-Women (SMHW) Clinic (formerly known as the Missouri Breast and Cervical Cancer Control Project)**

Cole County Health Department

1616 Industrial Drive

Jefferson City, MO 65101

Phone: 573/636-2181

Fax: 573/636-3858

Hours of Operation: By appointment only. Call to discuss eligibility criteria and to make an appointment.

Contact Person: Mary Telthorst, RN, BSN, extension 118.

Services offered to the public: Services are provided by a nurse practitioner in collaborative practice with Women's Health Care, Jefferson City Medical Group, Dr. William Marshall. This program screens medically underserved women for breast and cervical cancer by providing a clinical breast exam, pelvic exam, Pap test and education on self breast-examinations. Also, lifestyle counseling, free cholesterol tests and blood pressure checks for eligible participants. Age requirements: 35 -64 years old. Income eligibility: Women must

have an income at or below 200% of the federal poverty income guidelines. Women with Medicaid, Medicare part B or HMO health coverage are not eligible for SMHW.

### **STD (Sexually Transmitted Diseases) Clinic** Cole County Health

Department

1616 Industrial Drive Jefferson City, MO 65101

Phone: 573/636-2181

Fax: 573/636-3858

Hours of Operation: By appointment only

Contact Person: Sherry Hayes, RN or Stefanie Birk, RN, BSN

Services offered to the public: We offer sexually transmitted disease testing and treatment (if applicable) for gonorrhea, Chlamydia, syphilis and HIV.

### **WIC (Women, Infants, and Children) Program / Clinic**

Cole County Health Department

1616 Industrial Drive

Jefferson City, MO 65109

Phone: 573/636-2181

Fax: 573/636-3858

Email Address: [mridenhour@colecounty.org](mailto:mridenhour@colecounty.org)

Hours of Operation: Monday – Friday 7:30 am – 5:30 pm by appointment only

Contact Person: Melinda Ridenhour, RD, LD, IBCLC

Services offered to the public: Breastfeeding services free to WIC participants.

Nutrition Services free to WIC participants

### **Cole County Residential Services, Inc (CCRSI)**

1908 Boggs Creek Road

Jefferson City, Missouri 65101-5580

Phone: 573/634-4555

Fax: 573/634-4352

Web Address: [www.ccrsi.org](http://www.ccrsi.org)

Email Address: [ccrsi@ccrsi.org](mailto:ccrsi@ccrsi.org)

Hours of Operation: Monday – Friday 8:00 am – 4:30 pm

Contact Person: Tracy Hoover, Ass. Executive Director

Services offered to the public: 1) Case Management service for citizens of Cole County with Developmental Disabilities. Planning, advocacy, linking and referring to resources are provided to clients.

2) Respite Services provides temporary and short-term oversight of the safety, well being, and daily living care needs of a person with developmental disabilities who live at home. Services provided for age six and older.

3) Recreation activities for Cole County citizens with developmental disabilities including travel opportunities such as out of town trips to Cardinal baseball games, boat rides, train rides and much more. Works closely with Jefferson City Parks and Recreation to provide Friday Night Recreation. Also provides staff to assist with Special Olympics

Directions:

Take Hwy 50 East to Eastland Drive Exit. Left on Eastland Drive. Stay on Eastland Drive until you reach Boggs Creek Road. Turn Right and CCRSI is first building on the right.



## **Cole County Senior Nutrition Centers (Formerly known as Meals-on-Wheels) Hamilton Senior Center**

#12 Jackson Street

Jefferson City, Missouri

Phone: 573-634-2533

Fax: 573-556-6328

Web Address: [www.cmaaa.net](http://www.cmaaa.net)

Email Address: [colega@cmaaa.net](mailto:colega@cmaaa.net)

Hours of Operation: Monday – Friday 8:00 am – 4:00 pm

Meals served 11:00 am – 12:30 pm

Contact Person: Candy Smith, Administrator Mark Carlson, Kitchen Manager

Services offered to the public: Hot, nutritious meals for persons over 60 years of age. Social, educational and recreational programs. Home-delivered meals in Cole County (outside city limits)

Directions: From the state capital building, go 5 blocks east on E. Capitol Ave. Turn left on Jackson Street. Hamilton Towers is at the end of Jackson. Entrance to cafeteria is in the rear of building.

## **Common Ground Community Building**

1015 East Atchison

Jefferson City, Missouri 65101

Phone Number: (573) 522-4314

Web address: [cgcb.org](http://cgcb.org)

Contact Person: Kristen Hilty

Services: Common Ground Community Building is a partnership between First United Methodist Church and other local congregations. Our mission is to love and serve our neighbor. We provide 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. Our building is available for small meetings and events.

## **Community Health Center of Central Missouri (Main)**

3400 West Truman Blvd

Jefferson City, Missouri 65109

Phone Number 573-632-2777

Fax Number 573-632-2769

Web Address: [www.chccmo.org](http://www.chccmo.org)

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm.

Services offered to the public: Dental (18 and younger, referrals needed for adults/pregnant women by a CHD provider), Medical (primary care, family health, Pediatrics, Pain Management, Women's Health, physicals, etc.), Mental Health, prescription assistance program (based on income, a discount can be available for prescription written by a CHC provider, call for details).

Prescription assistance for uninsured. Exam and treatment for uninsured, under-insured, as well as Medicaid, Medicare and some insurance. Mental health counseling available. SMHW, wise woman provider. Some very limited referral for dental.

Directions:

At the corner of West Truman Blvd. and Constitution Dr.

## **Community Health Center of Central Missouri (OB)**

200 St. Mary's Medical Plaza, Ste. 101

Jefferson City, Missouri 65101

Phone: 573/634-2586

Fax: 573-6344697

Web Address: [www.chccmo.org](http://www.chccmo.org)

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm.

Services offered to the public: Basic prenatal care (All patients will be delivered at St. Mary's Hospital, unless other arrangements made with physician), non-insured patients are accepted and payment will be based on income, insurances accepted include Straight Medicaid/Temporary Medicaid, Molina, Healthcare USA and Medicaid for Pregnant Women.

## **Community Health Center of Central Missouri (Linn)**

1016 E. Main (next to Dollar General and underneath H & R Block)

Linn, MO 65051

(p) 573-897-4946

(f) 573-897-4941

Hours of Operation: Monday-Friday 8:00am-5:00pm

Services offered at Linn Clinic:

Medical (general primary care for newborns-adults, Women's health, physicals, etc.), prescription assistance program (based on income, a discount can be available for prescription written by a CHC provider, call for details)

At Community Health Center, "Our primary mission is to give access to health care for the uninsured and the under insured".

We accept many commercial insurances, all forms of Medicaid and Medicare, and uninsured patients (a federally based sliding scale will determine your copayment for each office visit). Please call for details.

## **Hospices Compassus**

600 Monroe Suite 100

Jefferson City, Missouri 65101

Phone: 573/556-3547

Fax: 573/556-6597

Services offered to the public: A licensed hospice service through Medicare/Medicaid/Insurance for terminally ill. Intermittent nursing visits, Social Services, Spiritual Care, and Home Health Aid. Physical, emotional, and spiritual concerns for families

Hours of Operation: Open 24/7

## **The Clothes Cupboard**

642-7044

501 Nichols, Fulton

Free clothing with referral from SERVE (642-6388, 4901 County Road 304 in Fulton MWF 9-noon, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 5-7). If no referral, can shop and pay for clothing.

Concord Baptist Church

3724 W. Truman Blvd., JC

893-2876

Once a year energy assistance for non-church members.

## **Crossroads Community Recovery Center**

515 B. East McCarty

Jefferson City, Missouri 65109

Phone: 573/634-8820

Additional Phone: 573/690-5667

Fax: 573/634-3742

Web Address: [www.recoverycenter.org](http://www.recoverycenter.org)

Contact Person: Angie Carter, Director

Hours of Operation: 7 days a week from 10:00 am – 8:00 pm

Services offered to the public: Recovery Support for individuals with drug and alcohol problems. Helping individuals overcome their addiction (drugs, alcohol, codependency) and provide support for the family members. Assist individuals in accessing treatment, treatment or corrections aftercare support, recovery discussion groups, educational groups, recovery coaches available, family support groups, anger management, life skills, resource information, presentations on addiction and recovery, social and recreational activities, youth group, volunteer opportunities, host a variety of 12-step groups.

## **Daycare Assistance (Dept. of Social Services, Children's Division)**

[www.dss.mo.gov/cd/](http://www.dss.mo.gov/cd/)

Callaway:

592-4138

108 North Hospital Drive, Fulton

Cole:

751-4688

1716 Four Seasons Drive, Suite 104, JC

## **Dental, Eye, Shoe Programs**

Phone: 573-893-2256

Private Program- Referral by school principals

## **Dreams To Reality**

512 Jefferson Ct.

Jefferson City Mo 65101  
 Mailing Address: P.O Box 104564  
 Jefferson City, MO 65110  
 Phone: 573-681-9675  
 Fax: 573-634-8188  
 Website: [www.dreamstoreality-jc.org](http://www.dreamstoreality-jc.org)  
 Services available to the public: Appropriate interview clothing for low income women  
 Hours of Operation: Tuesday and Thursday 10:00 AM- 2:00 PM

## **El Puente**

1106 Swifts Hwy  
 Jefferson City, Missouri 65109  
 Phone: 573/635-2540  
 Hours of Operation: Monday – Friday 9:00 am – 5:00 pm  
 Contact Person: Sister Peggy Bonnot , Sister Margaret Snyder  
 Services offered to the public: Interpretation and transportation for medical appointments for Hispanic community in Cole and Moniteau counties. Spanish masses and sacrament preparation. Other services as needed.  
 Directions: Hwy 50 – Jefferson – Swifts Hwy. Hwy 50 – Dix – Southwest – Swifts Hwy

## **EMPLOYMENT AGENCIES:**

- C & S Business Services  
 635-9295, Job hotline 635-6611  
 1731 Southridge Dr. Ste. A, JC  
[www.cs-business.com](http://www.cs-business.com)  
 Temporary, direct hire, temp-to-hire. Light industrial, clerical, information technology, engineering, professional.
- Exceptional Staffing Network  
 298-6329  
 398 Dix Rd. #204  
[www.esnjobs.com](http://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](http://www.imko.com)  
 Full time, temporary, on-site.
- Kelly Services  
 635-6694  
 744 W. Stadium Ste. F-1, JC  
 Manpower  
 893-6050

1002 Diamond Ridge Ste. 100, JC  
us.manpower.com

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

- Penmac-The Career Agents  
761-7403  
1103 Southwest Blvd., JC

## FAMILY DEVELOPMENT/PARENTING

- Capital Region Medical Center  
Contact Anna Finley at 632-5341  
[www.crmc.org](http://www.crmc.org)  
Offers classes including childbirth education, teens facing pregnancy, sibling class, breastfeeding class, infant massage, parenting, and infant CPR. Infant massage and sibling class are free, others have a small fee.
- Central Missouri Community Action  
1-800-706-1742  
[www.ShowMeAction.org](http://www.ShowMeAction.org)  
Callaway: Callaway County Resource Center  
642-3316  
610 Collier Lane, Fulton, MO 65251  
CMCA Family Development Services: intake, assessment, and referral. Classes on topics such as parenting, job readiness, communication, life-skills, stress management, money and credit matters, healthy lifestyles, and others.  
One-on-one case management and coaching is also available.
- Cole: Cole County Family Resource Center  
635-4480  
1109 Southwest Blvd., JC
- Connecting for Children  
If enrolled in Head Start, contact the Head Start center, if not, call 1-800-552-8522  
Weekend retreats and relationship workshops for single parents and couples for are income-eligible for Head Start.
- Parent Link Warmline 1-800-552-8522  
Spanish—1-888-460-0008  
M-F 8-5. Free information on any parenting questions, free loans of parenting materials, someone who will listen if you need to talk.
- Parents As Teachers  
659-3026  
812 St. Mary's Blvd, JC  
A parent education and family support program that provides free, practical help to families with children prenatal until kindergarten entry. Includes personal visits by certified parent educators trained in child development; group meetings; health, hearing, vision, and developmental screening; drop in and play center; resource and referral network.
- The Redeem Project  
353-4720

1436 Hough St. (enter lower level off Lincoln St.)

[www.theredeemproject.org](http://www.theredeemproject.org), [facebook.com/theredeemproject](https://www.facebook.com/theredeemproject)

Free workshops taught in conjunction with other agencies, by professionals certified in their fields. Includes but not limited to: anger management, attitudes and personalities, self-esteem, fire/home safety, identity theft/fraud. Consumer protection, budget/finance, maintaining your credit, healthy homes, parenting skills, strengthening families, budget grocery shopping, basic vehicle maintenance, home/apartment maintenance, weatherization. Center hours are Tuesday-Thursday, 8:30-4. Some workshops are during the day, some are in the evening. Childcare is available during workshops.

- Red Cross  
635-1132  
431 E. McCarty, JC  
[www.redcrosscapitalarea.org](http://www.redcrosscapitalarea.org)  
Offers disaster preparedness and health and safety classes including first aid, infant, child, and adult CPR (for certification), pet first aid, and babysitting.
- St. Mary's Health Center  
761-7000, ext. 3315  
Offers classes in prepared childbirth, breastfeeding, Rookie Dads 101, infant massage and super sibling. Infant massage and sibling classes are free, small fee for others.
- Text4Baby  
Free mobile information service to help new and expectant moms receive health information for themselves and their babies. To sign up, moms text BABY (or BEBE for Spanish) to 511411 or visit [text4baby.org](http://text4baby.org). Moms will receive three SMS text messages each week via cell phone with expert tips to help her through pregnancy and baby's first year, all timed to her due date or baby's age.

## **Family Counseling Center of Missouri (A United Way Agency)**

204 Metro Drive

Suite B

Jefferson City, MO 65109

Phone: 573/634-4591

Additional Phone: 573/449-2581

Fax: 573/634-4792

Web Address: [www.fccmo.org](http://www.fccmo.org)

Email Address: [dsmith@fccmo.org](mailto:dsmith@fccmo.org)

Hours of Operation: Monday – Thursday 8:00 am – 5:00 pm, Friday: 8:00 am – 12:00 pm

Evening hours available by appointment only

Contact person: Don Smith

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

Directions: Hwy 50 to Hwy 179 (North) to Industrial Blvd (turn right) to Metro Drive (turn right)

## Family Health Center

1001 West Worley

Columbia, Missouri 65203

Phone: 573/214-2314

Additional Phone:

Fax: 573/814-2835

Hours of Operation: Monday, Tuesday, Wednesday and Friday 8:00 am – 5:00 pm

Thursday 10:00 am – 7:00 pm

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, Dental Care and referrals for eye care, Mental Health care and referrals, Language Translation Services

Directions: On I-70 West, take exit 125 toward West Boulevard. At the bottom of the exit, take an immediate right. Take the next right onto the outer road, I-70 Drive Southwest.

Take the first left onto West Boulevard at the Phillips 66 Gas Station and carwash. Proceed along West boulevard until you come to the first stop light (Worley Street). Turn right and the building will be on your right.

## Family Care Safety Registry

1-866-422-6872

Provides background information on registered caregivers and licensure information.

## FAMILY PLANNING:

- Callaway County:  
Callaway County Health Department  
642-6881, fax 642-2098  
4950 County Road 304, Fulton 65251  
Pregnancy testing for those without insurance.
- Cole County:  
Cole County Health Department  
636-2181  
[www.colehealth.org](http://www.colehealth.org)  
1616 Industrial Dr. JC  
Provides pregnancy testing for a fee, and well women exams and contraceptives for uninsured women and women with Medicaid.
- Planned Parenthood of Kansas and Mid-Missouri  
Columbia, MO  
[www.ppkm.org](http://www.ppkm.org)  
Services include contraception, education, pregnancy testing, abortion and adoption counseling, women's health services.

## First Baptist Church

301 E. Capitol Avenue

Jefferson City, Missouri 65101

Phone: 573/634-3603

Fax: 573/893-6319

Web Address: [www.fbcjc.org](http://www.fbcjc.org)

Hours of Operation: Monday – Friday 8:00 am – 5:00 pm

Sunday 8:00 am – 12:00 and 7:00 pm

Contact Person: Rev. Jeanie McGowan

Services offered to the public: Children's Ministry, Youth Ministry, Singles Ministry, Music Ministry (all ages), Small group studies, Support groups, Divorce recovery, First Place Weight Loss Program, Hispanic Bible study and Worship, Interpretation for hearing impaired, Upward basketball and Cheerleading

Directions:

Corner of Capitol and Monroe – downtown

## First Presbyterian Church

324 Madison Street

Jefferson City, MO 65101

Phone: 573/636-2149

Web: [www.fpcjcmo.org](http://www.fpcjcmo.org)

Services: Contact Office Staff for Information

## First United Methodist Church

201 Monroe

Jefferson City, Missouri 65101

Phone: 573/635-6886

Web Address: [www.jcjumc.org](http://www.jcjumc.org)

Email Address: [kvessell@jcfumc.org](mailto:kvessell@jcfumc.org)

Hours of Operation: Tuesdays Noon – 4:00 pm

Contact Person: Keith Vessell, Associate Pastory

Services offered to the public: Food Pantry patrons eligible one time each quarter

Community Meal – Free – last Thursday of the month at 6 pm

Directions: At the corner of Monroe and Capitol – downtown. Next to the courthouse, across from News Tribune.

## Food Stamps

Apply for food stamps at the **Family Support Division (FSD) office in the county in which you reside**. The time for processing a food stamp application is 35 days. You will need to take the following information with you when applying: Social Security cards for each individual in the household. Second form of identification for the head of household. (I.e. Driver's license, birth certificate) Receipts for rent or mortgage. Bills for all utilities (gas, electric, water, phone, and sewer) for a one-month period.

Last four pay stubs for each individual in the home or a disability award letter if applicable.

Bank statement for most recent month.

Make, model and year of car(s).

Balance on car loan and value of car.

Name, address and phone number of two references, who will be able to verify YOUR address, number of people in your home and who in the home is working. Social Security cards for each individual in the household. Second form of identification for the head of



household. (I.e. Driver's license, birth certificate) Receipts for rent or mortgage. Bills for all utilities (gas, electric, water, phone, and sewer) for a one-month period.

Last four pay stubs for each individual in the home or a disability award letter if applicable.

Bank statement for most recent month.

Make, model and year of car(s).

Balance on car loan and value of car.

Name, address and phone number of two references, who will be able to verify YOUR address, number of people in your home and who in the home is working.

[www.dss.state.mo.us/dfs/fstamp.htm](http://www.dss.state.mo.us/dfs/fstamp.htm)

[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)

## FOOD and FORMULA:

See also NUTRITION

- Food Pantries

Holts Summit—SERVE Inc., at Shiloh United Methodist Church (2380 State Road AA, just south of Doolittle Trailers), 2<sup>nd</sup> Thursday of the month from 1-4 pm

Pre-register with SERVE, Inc. by the 2<sup>nd</sup> Tuesday of the month by 5 pm by:

Calling SERVE at 642-6388 x 1 and giving the front desk the information

Filling out the form at the SERVE office in Fulton

Emailing [serve2@socket.net](mailto:serve2@socket.net)

Info they will need: Full names and ages of ALL persons in the household

Address (physical address and mailing address if different)

Telephone number including area code

Gross monthly income

or Whether or not you receive food stamps, TANF, SSI, Public Housing, Section 8, Medicaid (eligible if you receive any public assistance)

If you were or are in the military or are a disabled veteran

If you miss the cutoff to get food from the pantry at Shiloh, you can visit the pantry at 4901 County Road 304 in Fulton during regular hours (MWF 9-noon, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 5-7 pm).

- First Christian Church

636-5157

327 E. Capitol, JC

- First Church of God

635-0963—call to make appt.

1614 Southwest Blvd, JC

- First Presbyterian Church

324 Madison Street

Jefferson City, MO 65101

636-2149

- First United Methodist Church

635-6886

201 Monroe, JC

[www.jcumc.org](http://www.jcumc.org)

Food pantry patrons eligible one time each quarter.

- The Redeem Project  
353-4720  
1436 Hough St. (enter lower level off of Lincoln St.)  
[www.theredeemproject.org](http://www.theredeemproject.org), [facebook.com/theredeemproject](https://www.facebook.com/theredeemproject)  
Non-perishable food items, when available. Center hours are Tuesday-Thursday, 8:30-4.
- Salvation Army  
635-1975  
927 Jefferson St., JC  
Monday-Thursday 9-11:30 am and 1-2 pm.
- Samaritan Center  
634-7776  
1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
Monday-Thursday 9:30-11:30 am, Thursdays 4-6 pm. USDA commodities and pantry items once a month. Additional pantry items available in event of an emergency. Formula, baby food, and diapers may be available; call to check (depends on donations). Holiday food (Easter ham and sides, Thanksgiving turkey and sides, Christmas ham or turkey and sides). Cooking classes 4 pm the second Thursday of each month to learn how to use the USDA commodities and prepare nutritious, good-tasting meals.
- Supplemental Nutrition Assistance Program (formerly Food Stamps)  
Department of Social Services, Family Support Division  
Need to apply in the county in which you reside.  
[www.dss.mo.gov/fsd/fstamp/](http://www.dss.mo.gov/fsd/fstamp/)  
Callaway: 592-4138  
108 North Hospital Drive, Fulton  
Cole: 751-4688  
1716 Four Seasons Drive, Suite 104, JC
- Formula  
Birthright  
635-8822  
1006 E. High St, JC  
Formula available as donations come in. Mon. 4-6 pm, Tues-Fri. 12-3
- Samaritan Center  
634-7776  
1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
Formula available as donations come in. Monday-Thursday 9:30-11:30 am, Thursdays 4-6 pm.
- Free Meals  
Holts Summit: Civic Center (S. Summit Dr, past the ball fields)  
Tuesdays and Thursdays from 5-6 pm
- Salvation Army  
635-1975

927 Jefferson St., JC  
 Breakfast served 6:30-7:30 a.m. Mon-Fri. and 7-8 a.m. Sat.-Sun. lunch served 12-1 pm  
 Mon.-Sat. and 12:30-1:30 p.m. Sun., supper served 5-6 pm all days.

## **Girl Scouts of the Missouri Heartland**

230 Metro Drive  
 Jefferson City, Missouri 65109  
 Additional Phone: 1-877-312-4764  
 Web Address: [www.girlscoutsmoheartland.org](http://www.girlscoutsmoheartland.org)  
 Hours of Operation: Monday – Friday 8:30 am – 4:30 pm and the first Saturday of the  
 month from 9:00 am – 1:00 pm (council shop)  
 Contact Person: Angela Peth  
 Services offered to the public: Youth Services. Girl scouting builds girls of courage,  
 confidence, and character who make the world a better place.  
 Directions: Hwy 50 to the 179/Jamestown Exit, turn north on 179, turn east on Merchants  
 Drive, turn north on Metro Drive, second building on your left.

## **Goodwill Superstore**

1806 Missouri Boulevard  
 Jefferson City, Missouri 65109  
 Phone: 573/635-6714  
 Additional Phone: 573/635-6228  
 Hours of Operation: Monday – Saturday 9:00 am – 8:00 pm  
 Sunday 10:00 am – 6:00 pm  
 Directions: Hwy 5 to Missouri Blvd. Make a left on Missouri Blvd. Come down three stop  
 lights, we are on the right, pull in parking lot.  
 Donations are accepted around back up to 15 min. before close.

## **HeadStart: Central Missouri Community Action Head Start Office**

443-8706, fax 875-2689  
 807B North Providence Rd., Columbia MO 65203  
[www.ShowMeAction.org](http://www.ShowMeAction.org)

Callaway County:  
 Fulton Headstart  
 642-3201  
 1600 Westminster, Fulton MO 65251

Cole County:

Capital Early Learning Center  
 Carmalee Hall - 573.634.0040

Cole East Head Start  
 Lisa Cumins - 573.636.3577

Free half day preschool program to families who are income-eligible, morning and afternoon

classes available. Cole has a full day program for working families, there is a fee but families can apply for daycare assistance also.

## **HEALTHCARE (Low/No Cost):**

- TEL-LINK  
1-800-TEL-LINK  
Missouri Department of Health and Senior Services confidential, toll-free telephone line for maternal and child health care. Callers are given referrals and transferred to the appropriate agency.
- Community Health Center of Central Missouri  
632-2777  
3400 W. Truman Blvd. JC  
www.chccmo.org  
Discount fee schedule for office visits and many diagnostics and lab services available to uninsured individuals/families who qualify. Also accepts MO HealthNet (Medicaid), Missouri Care, Healthcare USA, Molina Healthcare and most private insurance plans. Family medicine, pediatrics, obstetrics, dental, mental health, immunizations, prescription assistance.
- Callaway County Health Department  
642-6881, fax 642-2098  
4950 County Road 304, Fulton, MO 65251  
Immunizations by appointment, pregnancy testing for those without insurance or Medicaid, lead screenings.
- Capital Region Residents' Clinic  
632-5027  
1111 Madison St., JCMO 65101  
Monday-Friday 1-4:30 pm. Basic medical care for low-income, including well women and other exams. Limited pediatric services (no immunizations, can check for ear infections and sore throats). \$9 copay, more for x-rays and other services. Proof of income required.
- Cole County Health Department  
636-2181  
1616 Industrial Drive, JC  
www.colehealth.org  
Immunizations by appointment. Most vaccines are provided at no cost through federal programs, including all those required for school entry. Those not covered are provided at minimal cost. There is a \$15 administration fee for each immunization visit. Pregnancy testing (there is a fee for those w/o Medicaid), well women exams and contraceptives for uninsured women and women with Medicaid, prenatal services for those with Medicaid, Show-Me-Healthy-Women (screens medically underserved women for breast and cervical cancer with breast exam, pelvic exam, pap test, education on self-breast examinations. Must be age 35-64, income at or below 200 percent of poverty level, NOT for women with Medicaid, Medicare part B or HMO health coverage).
- Samaritan Center (Ossman Free medical and Dental Clinic)  
761-3473

1310 E. McCarty, JC  
www.midmosamaritan.org

For adults only. Walk in 4-6 pm Thursdays for medical, dental by appt. For medical, serves those without Medicaid or other insurance only. Includes adult disposable undergarments and vouchers for special wound care, diabetic supplies, or nutritional needs.

## HEALTH INSURANCE:

- Department of Social Services, Family Support Division  
Callaway: 592-4138  
108 North Hospital Drive, Fulton  
www.dss.mo.gov/mhk

Cole: 751-4688  
1716 Four Seasons Drive, JC

MO HealthNet for kids, for families, and for pregnant women. Eligibility based on income and family size. Some people must also have had no health coverage for the past six months. There are three MO HealthNet care providers in central Missouri: Healthcare USA, Missouri Care, and Molina Healthcare of Missouri.
- HealthCare USA  
1-800-625-7602  
1-888-275-5908 for information about qualifying.  
10 S. Broadway, Suite 1200, St. Louis, MO 63102  
www.hcusa.org
- Missouri Care Health Plan  
1-800-322-6027  
2402 Forum Blvd., Columbia MO 65203  
[www.missouricare.com](http://www.missouricare.com)
- Molina HealthCare of Missouri  
1-800-875-0679  
12400 Olive Blvd, Suite 100, St. Louis MO 63141  
www.molinahealthcare.com
- Premium Assistance  
Through Medicaid/Children's Health Insurance Program  
If you are eligible for health coverage from your employer but are unable to afford the premiums, funds from Medicaid or CHIP may pay the premiums for an employer-sponsored plan. If already on Medicaid or CHIP, contact 751-6944 or [www.dss.mo.gov/mhd/index.htm](http://www.dss.mo.gov/mhd/index.htm) for more information. If you are NOT currently enrolled, contact 1-877-KIDS-NOW, or [www.insurekidsnow.gov](http://www.insurekidsnow.gov) to find out how to apply.

## HealthCare USA

(No information has been provided by this organization)))  
2420 Hyde Park Rd.

Suite B

Jefferson City, Missouri 65109

Phone: 573/761-0544

Additional Phone: Customer Service 1-800-625-7602

Fax: 866/874-6399

Web Address: [www.hcusa.org](http://www.hcusa.org)

Customer service phone line open 24 hours per day, 7 days per week

Contact Person: Member Services

Services offered to the public: Health Insurance (Medicaid) provided by government.

Health Care USA is one of the MC+ managed care plans and Medicaid for pregnant women plans, families in central Missouri can choose. Is contracted with St. Mary's Health Center and their physicians.

## Help for the Home Front

1905 Stadium Blvd.

Jefferson City MO 65109

Phone: 573-634-3000

Services offered to the public: Help for Military Families

## Hero At Home

Phone: 1-888-728-JOBS

Website: [www.missouricareersource.com](http://www.missouricareersource.com)

Services provided to the public: Help with employment opportunities for military and veterans

## Homemaker Health Care

(573)635-3900

Email: [info@homemakerhealth.org](mailto:info@homemakerhealth.org)

This agency provides services including: In-Home support services, Home Health services, skilled nursing, home telemonitoring. They also have volunteers and staff to provide therapy devices, equipment, respite care, meal preparation, errands, etc. Some supplies available through outreach program – canes, walkers, commodes, wheelchairs, etc. They accept Medicaid and some private-pay insurances.

## HOMESCHOOLING:

- Jefferson City Home Educators (JCHE)  
 President: Kara Stephens 893-5101  
 Vice President: Sherri Russell 455-2757  
 Membership Secretary (to join): Nichole Behnke 635-2390  
 Home school Information Packet: Susan Palmeri 636-7504  
 JCHE is a group of families who have chosen to home educate their children. JCHE is a Christian group operating on Christian principles. Purpose is to provide support, encouragement, and fellowship to families who home educate in the JC area, provide activities for social and educational development, and offer home school information to prospective families. Membership is open to any family who home educates their children, \$25 annual dues. Membership privileges include participation in all JCHE



Section 8 and Public Housing. The Housing Authority operates 317 units of Public Housing in Jefferson City including 1, 2, 3, and 4 bedroom apartments and several rental houses. Rent is based on 30 percent of the tenant's income. Units on Buena Vista, Elizabeth, East Elm, Locust, and Linn streets.

- Rent Assistance (Emergency)  
Salvation Army  
635-1975  
927 Jefferson St., JC  
Monday-Thursday 9-11:30 am and 1-2 pm. Families who receive rent assistance must attend a class on budgeting and other related topics.
- Samaritan Center  
761-3473  
1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
Monday-Thursday 9:30-11:30 am, Thursdays 4-6 pm. Under special circumstances only.
- Shelters  
Salvation Army  
635-1975  
927 Jefferson St., JC  
Shelter for homeless, 3 meals a day. Limit 90 consecutive days, then a waiting time until the following year. Background screen at police department before being accepted.
- Rape and Abuse Crisis Service (RACS)– Jefferson City  
Emergency Shelter for Women and Children  
Hotline: 1-800-303-0013

## IMMUNIZATIONS:

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
[www.dhss.mo.gov/immunizations](http://www.dhss.mo.gov/immunizations)

## Independent Living Resource Center

1760 Southridge Dr.

PO Box 6787

Jefferson City, Missouri 65102-6787

Phone: 573/556-0400

Additional Phone: 877/627-0400

Fax: 573/556-0402

Web Address: [www.ilrcjcmo.org](http://www.ilrcjcmo.org)

Hours of Operation: Monday – Friday; 8:00 am – 5:00 pm

Contact Person: Melinda Cardone

Services offered to the public: For people with disabilities: Advocacy, Peer support, Information and referral, Personal Assistance services, Independent Living Skills Training. For Seniors 55 years of age and older as well as for people with disabilities.

## Jefferson City Area YMCA



525 Ellis Blvd. or 424 Stadium Blvd. or 3507 Amazonas  
Jefferson City, Missouri 65101 Jefferson City, Missouri 65101

Phone: 573/761-9000

Additional Phone: 573/761-9015

Fax: 573/635-0215

Web Address: [www.jcymca.org](http://www.jcymca.org)

Hours of Operation: Monday – Friday; 4:30 am – 10:00 pm

Saturday & Sunday; 6:30 am – 6:00 pm

Closed Easter, Thanksgiving and Christmas

Services offered to the public: Membership includes use of tennis courts, racquet ball courts, indoor track, basketball courts, fitness center and pool. Variety of programs offered – aerobics, gymnastics, swim lessons, youth sports, etc.

Directions:

## **Jefferson City Day Care Center**

1002 Myrtle Avenue

Jefferson City, Missouri 65109

Phone: 573/636-646`

Additional Phone: 573/636-7615

Fax: 573/636-7932

Web Address: [jcdcc@jcdcc.org](mailto:jcdcc@jcdcc.org)

Email Address: [dscheidt90@aol.com](mailto:dscheidt90@aol.com)

Hours of Operation: Monday – Friday; 7:00 am – 5:30 pm

Contact Person: Donna Scheidt

Services offered to the public: Childcare for children birth – eight years of age, based on income and family size.

Directions: We are on the corner of Myrtle Avenue and Edmonds Street.

## **Jefferson City Housing Authority**

1040 Myrtle Avenue

PO Box 1029

Jefferson City, Missouri 65102

Phone: 573/635-6163 extension 200

Fax: 573/635-9680

Email Address: [jcha\\_information@ebarqumail.com](mailto:jcha_information@ebarqumail.com)

Hours of Operation: Monday – Friday; 8:00 am – 4:30 pm

Contact Person: Receptionist

Services offered to the public: Section 8 and Public Housing, Family handicap and elderly housing.

## **Jeff Tran (formerly known as Jefferson City Transit)**

820 E. Miller

Jefferson City, Missouri 65101

Phone: 573/634-6477

Fax: 573/636-3632

Hours of Operation: Monday – Friday; 6:45 am – 5:30 pm  
 Services offered to the public: Public Transportation; Para transit services

## **Job Point (formerly known as Advent Enterprises)**

2116 Nelwood Drive, Suite 200

Columbia, MO 65202-3645

Contact persons:

Jim Loveless

[jiml@jobpointmo.org](mailto:jiml@jobpointmo.org)

Mark Eye

[marke@jobpointmo.org](mailto:marke@jobpointmo.org)

Additional Phone: 573/474-8560 – Columbia office

Fax: 573/636-8187

Web Address: [www.jobpointmo.org](http://www.jobpointmo.org)

Services offered to the public: Employment Services for adults with a disability, illness, injury, or other barrier to employment.

## **Judevine Center for Autism**

107 Waugh Street

Columbia Mo 65201

Phone: 573-874-3777

Website: [www.judevine.org](http://www.judevine.org)

Services Offered to the public: Autism Education and Services

Contact Person: Staci Bowlen, Manager

## **Just Between Friends**

[www.jbfsale.com](http://www.jbfsale.com) and choose a location (locally in Columbia, Jefferson City, and Lake of the Ozarks)

A sale consisting of gently used children's clothing newborn-18/20, shoes, maternity clothing, toys, baby supplies and items, furniture, books, costumes, winter clothing, etc. (Basically anything pertaining to children.) Costs \$2 to get in the first day, free the second day with many items half price the second day. If you go online and register to be a shopper, they usually e-mail a free admittance pass. Parents can also sign up to consign (sell) items and receive 65-70 percent of what the item sells for back. If you sell items and/or volunteer at the sale, you get to shop before the sale opens to the public. Currently held once a year in Jefferson City and twice a year in Columbia.

## **Kid's Closet Connection**

[www.kidscloset.biz](http://www.kidscloset.biz)

[jeffersoncity.mo@kidscloset.biz](mailto:jeffersoncity.mo@kidscloset.biz)

Semi-annual sale of all things children (infant to 18/20 clothing, maternity clothing, strollers, car seats, furniture, toys and books, shoes, swings/bouncers/etc.). Parents can also sign up to consign (sell) items and receive 70 percent of what the item sells for back. If you sell items and/or volunteer at the sale, you get to shop before the sale opens to the public. Held in Jefferson City in the spring and fall with season-appropriate clothing.

## **La Leche League of Jefferson City**

Phone: 573/896-8573

Additional Phone: 573/659-4796

Web Address: [www.lalecheleague.org](http://www.lalecheleague.org)

Hours of Operation: All Hours

Contact Person: -- Nancy – 896-8573, Michele – 659-4796

Services offered to the public: We provide information, telephone support, and monthly meetings for women who want to breastfeed.

Directions: Call for meeting information.

## **MTM Medical Transportation**

Phone: 1-866-269-5927

Fax: 816/242-3199

Web Address: [www.logisticare.com](http://www.logisticare.com)

Hours of Operation: 7 days a week.

For non-emergency medical transportation: 8:00 am – 5:00 pm

Will take hospital discharges and urgent trips before 8:00 am and after 5:00 pm

Services offered to the public: Provides non emergency medical transportation (NEMT) to State of Missouri Medicaid members. We also provide ancillary meals and lodging to adult caretakers (i.e. parent/guardian) of Medicaid members under the age of 21 who are receiving Medicaid billable services.

## **LAW ENFORCEMENT (Non emergency numbers)**

Callaway County Sheriff: 642-7291

Cole County Sheriff: 634-9160

Crime Stoppers: 659-TIPS

Federal Bureau of Investigation (FBI) 636-8814

Highway Patrol, Troop F: 751-1000

Holts Summit Police Department: 896-4911

Jefferson City Police Department: 634-6400

## **LEGAL SERVICES:**

- Callaway: Mid-Missouri Legal Services (Columbia office)  
1-800-568-4931  
205 E. Forest, Columbia  
[www.lsmo.org](http://www.lsmo.org)  
Free legal services for qualifying individuals in civil disputes.
- Cole: Mid Missouri Legal Services  
634-4545  
308 E. High Suite 104, JC  
[www.lsmo.org](http://www.lsmo.org)  
Free legal services for qualifying individuals in civil disputes.
- Samaritan Center

761-3473  
 1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)

Information and assistance on legal matters for low-income persons. (I.e., custody issues).

- Lawyer Referral Service (Missouri Bar)  
 636-3635  
[www.mobar.org](http://www.mobar.org)

## **LIBRARIES/LITERACY INFORMATION:**

- Missouri River Regional Library (Jefferson City)  
 634-2464, Dial-a-story: 632-BOOK  
 214 Adams St., JC  
[www.mrrl.org](http://www.mrrl.org)  
 Children's programs including story times and family events. For more information, contact 634-6064 ext. 229 or 230, or sign up for an e-mail of upcoming events by sending an email to [kidsfun@mrrl.org](mailto:kidsfun@mrrl.org). Also has a Bookmobile.
- Daniel Boone Regional Library (Fulton Branch)  
 642-7261 or 1-8000-324-4806  
 710 Court St., Fulton MO 65251  
[www.dbrl.org](http://www.dbrl.org)  
 Bookmobile serves Holts Summit.
- Barnes and Noble  
 634-2691  
 3535 Missouri Blvd., JC  
 Preschool story times.

## **Lutheran Family and Children's Services of Missouri**

401 West Blvd North and Trinity Lutheran

Suite B 803 Swifts Hwy

Columbia, Missouri 65203 Jefferson City, Missouri 65101

Phone: 573/815-9955

Additional Phone: 573/636-6750 (JC office)

Fax: 573/489-4640

Web Address: [www.lfcsmo.org](http://www.lfcsmo.org)

Email Address: [Christinec@LFCS.org](mailto:Christinec@LFCS.org)

Hours of Operation: Monday – Friday; 8:00 am – 5:00 pm

Contact Person: Christine Corcoran , Eileen Long

Services offered to the public: Birth Parent Counseling and Case Management. Work with families who parent or make an adoption plan. Foster care. Adoption Services.

## March of Dimes

[www.marchofdimes.com](http://www.marchofdimes.com)

**Contact: 573/635-5350**

The mission of March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality. We carry this out through research, community programs, education, and advocacy. March of Dimes has awarded more than \$3 million in Missouri for research and programs to help moms have full-term pregnancies and healthy babies. It is the leading nonprofit organization for pregnancy and baby health.

## MENTAL HEALTH:

- Information available from Department of Mental Health  
751-4122 or 1-800-364-9687  
[www.dmh.mo.gov](http://www.dmh.mo.gov)
- National Alliance for the Mentally Ill (NAMI)  
1-800-374-2138, local 634-7727  
Email: [monami@aol.com](mailto:monami@aol.com)  
Family organization for children and adults with serious brain disorders/mental illness. Provides family support groups, educational programs, information, and a variety of other services free of charge.

### Adult Counseling

- Capital Region Dept. of Psych. and Counseling  
632-5560  
1432 Southwest Blvd, JC  
[www.crmc.org](http://www.crmc.org)
- Family Counseling Center of Missouri  
634-4591  
204 Metro Drive Suite B, JCMO 65109  
[www.fccmo.org](http://www.fccmo.org)  
Substance abuse treatment, mental health services, family therapy, couples or individual counseling, gambling counseling, domestic violence group, parenting group.  
Sliding fee scale.
- Pathways Community Behavioral Health  
634-3000  
After hours crisis line 1-800-833-3915  
1905 Stadium, JC  
[www.pathwayonline.org](http://www.pathwayonline.org)  
Adult 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. Sliding fee scale.
- SpringGrove Counseling  
635-8299  
211 Oscar Dr, Suite A, JC

[www.springgrovecounseling.com](http://www.springgrovecounseling.com)

- St. Mary's Outpatient Mental Health  
634-5303  
3702 W. Truman Blvd., JC  
[www.lethealingbegin.com](http://www.lethealingbegin.com)

## **Children's Counseling**

- Family Counseling Center of Missouri  
634-4591  
204 Metro Drive Suite B, JCMO 65109  
[www.fccmo.org](http://www.fccmo.org)  
Children services include play therapy and family therapy.  
Sliding fee scale.
- Pathways Community Behavioral Health  
634-3000  
After hours crisis line 1-800-833-3915  
1905 Stadium, JCMO 65110  
[www.pathwaysonline.org](http://www.pathwaysonline.org)  
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. Sliding fee scale.
- SpringGrove Counseling  
635-8299  
211 Oscar Dr, Suite A, JC  
[www.springgrovecounseling.com](http://www.springgrovecounseling.com)

## **MILITARY FAMILIES:**

- Help for the Homefront  
Pathways Community Behavioral Healthcare  
634-3000  
1905 Stadium Drive, JCMO 65110  
For families of National Guard, Reserve Components, and discharged active duty veterans.  
Therapy sessions with licensed mental health professionals who are trained to understand the impact of deployment on families (for kids, couples, spouses, individuals, parents), including PTSD, loss of loved one, substance abuse, suicidal thoughts or attempts, marital family distress associated with deployment or return, childhood adjustment challenges evident in home or school, role stress due to changes in family responsibilities.  
Paid through Tricare while service member is deployed, and by a DMH grant once Tricare expires.
- Hero at Home Program  
Contact local National Guard  
or 1-888-728-JOBS or

[www.MissouriCareerSource.com](http://www.MissouriCareerSource.com)

For families of National Guard or reserve members who is deployed for more than 4 months, whose income as primary wage-earner is not available or whose job has been eliminated during deployment, and who is experiencing significant hardship due to financial burdens. Spouse eligible during deployment and 1 year after, member eligible for 1 year following deployment. Includes financial assistance for overdue bills, vocational training, subsidized employment to train on the job/paid internships, job search assistance, assistance with daycare and transportation costs to pursue training and employment.

- Missouri Military Family Relief Fund

638-9827

JFMO-J1/DPP-F 2302 Militia Drive, JCMO 65101

[www.moguard.com](http://www.moguard.com) or [www.mmfrf.mo.gov](http://www.mmfrf.mo.gov)

Provides emergency financial assistance to qualified military members and their families during periods of financial hardship. Eligibility—Missouri National Guard or Missouri resident Reserve Component member rank no higher than O-3 or W-2. On Title 10 or Title 32 orders as a result of 9/11 for more than 30 consecutive days, and been off the orders for 24 months or less. Review Panel may give up to a \$3000 grant.

## Mid Missouri Legal Services

428 E. Capital AVE

Suite 200

Jefferson City, Missouri 65101

Phone: 573/634-4545

Additional Phone: 1-800-568-4931 (Columbia office)

Additional Phone: 573/442-0116 (Columbia Office)

Additional Phone: 1-88-476-4545 (Jefferson City Office)

Fax: 573/634-2973

Hours of Operation: Monday – Friday; 8:00 am – 5:00 pm

Screening Hours: 9 Am- 3 PM

Services offered to the public: Provide free legal services to those who qualify

Directions: Missouri Chamber of Commerce Building.

## Missouri Career Center:

526-8115

1716 Four Seasons Drive. Suite 101, JC

Contact Person: Judy Widner

\*Career Assistance Program: Assists TANF recipients to become job ready by overcoming barriers preventing them from employment.

\*Workforce Investment Program: Provides employment and training programs designed to prepare low-income adults and youth facing serious barriers to employment for entry or re-entry into the labor force. Divided into 3 categories- Dislocated workers (who lost employment due to layoff of business closure, with no income limitations), Younger (14-18 and Older (19-21) Youth (who receive food stamps, cash public assistance, or are income eligible), and Adults (receiving food stamps, cash public assistance, or are income eligible).

## Missouri Healthcare Plan

2404 Forum Blvd.

Columbia, Missouri 65203

Phone: 1-800-322-6027

Additional Phone: 573/441-2100

Fax: 573/441-2197

Web Address: [www.missouricare.com](http://www.missouricare.com)

Customer service phone line open 24 hours per day, 7 days per week Services offered to the public:

Health Insurance (Medicaid) provided by government.

Missouri Care is one of the MC+ managed care plans and Medicaid for pregnant women plans, families in central Missouri can choose. Is contracted with Capital Region Medical Center and their physicians.

## Missouri Department of Labor and Industrial Relations

**Commission on Human Rights:** 3315 West Truman Boulevard, Room 212

PO Box 599

Jefferson City, Missouri 65102-0599

**Crime Victims' Compensation Program:** PO Box 59

Jefferson City, Missouri 65104-0059

**Division of Employment Security:** PO Box 59

Jefferson City, Missouri 65104-0059

Phone: Commission on Human Rights: 573/751-3325

Crime Victims' Compensation Program: 1-800-320-2519

Division of Employment Security: 1-800-320-2519

Additional Phone: Crime Victims' Compensation Program: 573/751-9040

Division of Employment Security: 573/751-9040

Fax: Commission on Human Rights: 573/751-2905

Crime Victim's Compensation Program: 573/751-4945

Division of Employment Security: 573/751-2009

Web Address: Commission: [www.dolir.mo.gov/hr](http://www.dolir.mo.gov/hr)

Crime Victims <https://www.ui.dolir.mo.gov/som/>

Division: <https://www.ui.dolir.mo.gov/>

Email Address: Commission: [mchr@dolir.mo.gov](mailto:mchr@dolir.mo.gov)

Crime Victims [esuicliams@dolir.mo.gov](mailto:esuicliams@dolir.mo.gov)

Division: [esuicliams@dolir.mo.gov](mailto:esuicliams@dolir.mo.gov)

Hours of Operation:

Monday – Friday, 8:00 am – 5:00 pm

Commission: Donna Cavitte, Executive Director

Crime Victims' Janice Belt, Unemployment Insurance Program Manager

Division; Janice Belt, Unemployment Insurance Program Manager

Services offered to the public: **Commission on Human Rights:** Investigate allegations of discrimination in the workplace, housing and public accommodations based on race, color, religion, national origin, ancestry, sex, physical/mental disability, age and familial status

**Crime Victim's Compensation Program:** Compensates victims of violent crimes who have suffered physical or psychological injury. Benefits per claimant are limited to a total



award amount of \$25,000 payable for medical cost, counseling, lost wages and loss of support.

**Division of Employment Security:** Provide partial protection for workers against loss of wages during periods of involuntary unemployment. Eligible individuals may qualify for up to 26 weeks of unemployment compensation.

Directions: Highway 50 west, Right on Route 179. Left on Truman Blvd.  
3315 West Truman Boulevard

## Missouri Department of Mental Health, Office of Autism Services

[dmh.mo.gov/dd/autism/](http://dmh.mo.gov/dd/autism/)

### Central Missouri Regional Office

1500 Vandiver Drive, Suite 100

Columbia, MO 65202

Phone: (573) 882-9835

Toll Free: (888) 671-1041

Fax: 573-884-4294

Website includes information on initiatives and Missouri autism services, education and training, resources, etc.

### Jefferson City Office (satellite office)

1706 East Elm Street

Jefferson City, MO 65101

Phone: 573-751-4054

Fax: 573-751-9207

## Missouri Division of Vocational Rehabilitation

1500 A. Southridge Drive

Jefferson City, Missouri 65109

Phone: 573/751-2343

Additional Phone: 1-866-661-9106

Fax: 573/526-4474

Web Address: [www.vrdese.mo.gov](http://www.vrdese.mo.gov)

Hours of Operation: Monday – Friday; 8:00 am – 4:30 pm

Contact Person: DeeAnn Fuller

Services offered to the public: Employment and employment retention services for people who have physical or mental disabilities.

Directions: We are located behind Truman Hotel off 54 Hwy.

Missouri Families for Effective Autism Treatment (MO-FEAT)

[www.mo-feat.org](http://www.mo-feat.org)

Website has a lot of helpful information for parents including a searchable resource book including information about support groups and many other categories.

## Missouri Valley Big Brothers Big Sisters

Knowles YMCA, Annex Building

424 Stadium Blvd.

PO Box 104176

Jefferson City, Missouri 65110

Phone: 573/634-3290

Fax: 573/761-3552

Hours of Operation: Monday – Friday; 8:00 am – 5:00 pm

Contact Person: Lee A. Knernschild, Program Director

Services offered to the public: We match Bigs with Littles through extensive background and reference check: Mentoring is offered to children of one parent families.

Directions: 424 Stadium Blvd – Across the street from high school football stadium.

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

2013 William Street

Jefferson City, MO 65109

Phone: 573/636-8108

Fax: 573/635-9892

Hours of Operation:

Monday – Friday 8:00 am – 4:30 pm

Services offered to the public:

Mental health community psychiatric rehabilitation services, supported housing and mental health residential care facility for individuals with severe and persistent mental illness

Directions:

West side of Dix Road between US 50W and Missouri Blvd

## **NUTRITION:**

- Gerber Start Healthy Stay Healthy Resource Center  
1-800-508-1717 24 hours a day

[www.Gerber.com](http://www.Gerber.com)

Includes information on prenatal, infant, toddler, and preschool nutrition, breastfeeding, and

menu planning. Team of experts includes Registered Dietitians.

- [www.mypyramid.gov](http://www.mypyramid.gov)

Gives information on the Food Guide Pyramid, healthy foods and daily servings, there is also an interactive section where you can type in child's age and other information, and get a sample personalized daily menu.

- WIC (Women, Infants, and Children)

[www.dhss.mo.gov/WIC](http://www.dhss.mo.gov/WIC)

Callaway County:

Callaway County Health Department

642-6881, fax 642-2098

4950 County Road 304, Fulton 65251

Cole County:

Cole County Health Department

636-2181

1616 Industrial Dr. JCMO 65109

[www.colehealth.org](http://www.colehealth.org)

WIC is a program for Women who are pregnant, in postpartum (pregnancy ended less than 6 months ago), or breastfeeding, infants under 12 months, and children under 5 year old. Eligibility includes meeting income guidelines and nutrition risk. Includes nutrition education and guidance, breastfeeding education and support, nutritious food to supplement diet (milk, cheese, formula, iron-fortified cereal, eggs, juice, etc.), referrals.

- **Facilities with Licensed Dietitians:**

Provide personalized nutrition counseling for children and adults.

Capital Region Medical Center

632-5192

1125 Madison St., JC  
www.crmc.org

Cole County Health Department  
636-2181  
1616 Industrial Drive, JC  
[www.colehealth.org](http://www.colehealth.org)

Jefferson City Medical Group  
556-5774  
1241 West Stadium Blvd., JC  
[www.jcmg.org](http://www.jcmg.org)

St. Mary's Health Center  
761-7000 ext. 1456  
100 St. Mary's Medical Plaza, JC  
[www.lethealingbegin.com](http://www.lethealingbegin.com)

YMCA  
761-9178  
525 Ellis Blvd., JC

## **Opportunity Gardens Program at Columbia Center for Urban Agriculture:**

1207 Smith St.,  
Columbia, MO 65201

573-514-4174

[www.columbiaurbanag.org/columbiaurbanag/opportunity-gardens/](http://www.columbiaurbanag.org/columbiaurbanag/opportunity-gardens/)

Contact: Trish Woolbright

[og@columbiaurbanag.org](mailto:og@columbiaurbanag.org)

The opportunity Gardens Program empowers people to grow, prepare, and preserve food at their own homes by providing supplies and one-on-one mentoring services for up to three years. Opportunity Gardens serves families living with low-income and currently operates only within the Columbia city limits. If you or someone you know needs some assistance in supplies and knowledge to have access to the healthy food that comes from a garden, please apply now! To apply please either visit our office, call and request an application by mail, or visit our website.

## **PATERNITY TESTING**

### State cases:

Division of Child Support Enforcement

1-800-859-7999 or 751-4224

Testing site depends on county catchment area.

### Private cases:

DNA Diagnostic (Columbia)

1-800-362-2368

Paternity Testing Corporation  
1-888-837-8323 or 442-9948  
300 Portland, Columbia

## **Pathways Community Behavioral Health**

1905 Stadium

PO Box 104146

Jefferson City, MO 65110

Phone: 573/634-3000

Additional Phone: 1-800-833-3915 (after hours crisis)

Web Address: [www.pathwaysonline.org](http://www.pathwaysonline.org)

Hours of Operation: Monday – Friday 8:00 am – 6:00 pm

Services offered to the public: Adult community mental health services; psychiatry, therapy and case management.

Children's community mental health services; psychiatry, therapy and case management services.

Adolescent substance abuse treatment

## **Preferred Family Healthcare**

101 Adam Street (Adolescent) or 210 Hoover Road (adult)

Jefferson City, Missouri 65101

Phone: 573/556-6589 or 573-632-4321

Fax: 573/556-6294 or 573-632-4324

Web Address: [www.pfh.org](http://www.pfh.org)

Hours of Operation: Monday – Friday; 8:30 am – 5:00 pm

Contact Person: Una Bennett, Clinical Supervisor

Services offered to the public: Adolescent residential substance abuse treatment and adolescent outpatient substance abuse treatment.

## **Prenger Family Center**

400 Stadium Blvd, Jefferson City, MO

636-5177

Short-term care facility where court personnel can observe youths adjudicated as delinquent by the Juvenile Court. After evaluation period, youth is either returned home or placed in a more suitable setting.

## **PREGNANCY :**

- Birthright of Mid-Missouri  
635-8822, 24 Hotline 1-800-550-4900  
[www.birthright.org](http://www.birthright.org)  
1006 E. High St, JC  
Free pregnancy test, maternity and baby clothes, layettes, diapers, community resources, information, friendship. Mon 4-6, Tues-Fri. 12-3pm

- Callaway County Health Department  
642-6881, fax 642-2098  
4950 County Road 304, Fulton 65251  
Pregnancy testing for those without insurance.
- Cole County Health Department  
636-2181  
1616 Industrial Dr. JC  
[www.colehealth.org](http://www.colehealth.org)  
Provides prenatal care for patients with Medicaid, and well women exams and contraceptives for uninsured women and women with Medicaid.
- Lutheran Family and Children's Services of Missouri  
815-9955, 1-866-326-5327  
401 West Boulevard North, Suite B, Columbia  
Provides counseling on unplanned pregnancy, works with families who choose to parent or to make an adoption plan, and provides adoption services.
- My Life Clinic (formerly Open Arms)  
874-3561  
802 N. Providence Suite 2, Columbia  
Pregnancy test, ultrasounds, medical consultations, referrals, pregnancy education, prenatal vitamin vouchers for first pregnancies. Limited services for additional pregnancies.
- Planned Parenthood of Kansas and Mid-Missouri  
635-2882  
1400 Southwest Blvd, Ste. B, JCMO  
[www.ppkm.org](http://www.ppkm.org)  
Services include contraception, education, pregnancy testing, abortion and adoption counseling, women's health services. Tuesdays 10-6 and Thursdays 9-5.
- Pregnancy Help Center of Central Missouri  
635-6440  
1760 Suite A. Southridge Dr.,  
Jefferson City, MO 65109  
[www.pregnancyhelpcenterofcmo.org](http://www.pregnancyhelpcenterofcmo.org)  
Offering love and support, counseling to women experiencing unplanned pregnancies, medical and scientific information about abortion, pregnancy, fetal development, pregnancy termination, post-abortion syndrome, and support groups. Pregnancy testing/confirmation of pregnancy for Medicaid, ultrasound services, parenting classes and material assistance for mother and baby through Redeem Project, mentoring, and community referrals. Also planning to offer follow up care (home) through St. Raymond's Society.
- Text4Baby  
Free mobile information service to help new and expectant moms receive health information for themselves and their babies. To sign up, moms text BABY (or BEBE for Spanish) to 511411 or visit [text4baby.org](http://text4baby.org). Moms will receive three SMS text messages each week via cell phone with expert tips to help her through pregnancy and baby's first year, all timed to her due date or baby's age.

### **Doulas and Midwives**

- Doulas of North America (DONA)  
[www.dona.org](http://www.dona.org)  
Provides information about doulas, and a list of certified doulas nationwide.
- New Village Midwives  
447-0280  
3406 N. Moreau Rd, Columbia  
[www.newvillagemidwives.com](http://www.newvillagemidwives.com)  
A group of midwives, specializing in at-home births.  
Mid-Missouri Doula Resource Group (Columbia)  
442-2001, [www.midmodoularesourcegroup.webs.com/doulas/htm](http://www.midmodoularesourcegroup.webs.com/doulas/htm)  
Provides information about doula services and a list of local doulas.
- [www.BirthStrong.com](http://www.BirthStrong.com)

## **PRESCRIPTION ASSISTANCE:**

- Community Health Center  
632-2777  
3400 W. Truman Blvd. JC  
[www.chccmo.org](http://www.chccmo.org)  
PARx program(Patient Assistance Rx). For those who qualify, the PARx program can get many name brand drugs free of charge directly from the pharmaceutical company. There is a small charge to use the PARx program and not all prescriptions are covered. Please ask to speak with the PARx representative for more details.
- FamilyWize  
[www.FamilyWize.org](http://www.FamilyWize.org)  
A discount prescription drug program available to families without prescription drug coverage or who are under insured. All area pharmacies accept the FamilyWize card. The cards are free and there are no age restrictions, no income restrictions, no limit on how many times you can use it, and not waiting to get a card.
- Samaritan Center  
761-3473  
1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
For adults, as funding allows. Usually for items such as diabetic and hypertension prescriptions, not items such as painkillers.

## **Prevention of Blindness Program**

**573-751-3428 for an application**

**Services provided:** free eye care through a network of ophthalmologists and optometrists in order to prevent or reverse vision loss. We may be able to provide eye exams, glasses, eye surgeries and other eye care needs to those who are eligible.

Services are provided to individuals who meet the residential, financial and visual eligibility guidelines.

## **Rainbow House**

**474-6600, Fax 474-5992**

**1611 Towne Dr., Columbia MO 65203**

[www.rainbowhousecolumbia.org](http://www.rainbowhousecolumbia.org)

\*Children's emergency shelter-- for children in protective custody through the Children's Division, or parents can send their child for 30 days while they work through a crisis without Children's Division involvement unless abuse is suspected

\*Regional child advocacy center-provides SAFE (Sexual Assault Forensic Examinations) for children involved with Children's Division due to suspected sexual abuse, and CARE (Child Abuse Resource and Education) for serious physical abuse. Also includes services to family from family advocate and 24 hour emergency sexual assault advocacy for children under 18.

\*Transitional Living-program for homeless youth

\*Therapy services

\*Support groups-includes Safety First Play Therapy Group for children ages 4-6 whose parents are concerned about their child's sexual behaviors. Focuses on feelings, safe and unsafe touch, secrets, safety, empathy. Parents meet separately from children at the same time.

\*Parenting classes-Including 7 workshop "Strengthening Families" program, and 8 week court-mandated parenting skills class using "Parenting Piece by Piece" curriculum

\*Community education-provides training and a resources library to professionals and parents

## **Rape and Abuse Crisis Service (RACS)**

Address: Confidential PO BOX 416

Jefferson City, MO 65102

Phone: 573/634-8346

Additional Phone: Hotline: 1-800-303-0013

Additional Phone: Hotline 573/634-4911

Fax: 573/659-8505

Email Address: [racs@racsjc.org](mailto:racs@racsjc.org)

Hours of Operation: 24 hours per day, 7 days per week

Contact Person: Services offered to the public:

Shelter for abused women and children; counseling outreach

Directions: Confidential, please call to receive directions

## **River City Habitat for Humanity**

1420 Creek Trail Drive

Phone: 573/635-8439

Additional Phone: Re-Store 573/635-6106

Fax: 573/635-2106

Web Address: [www.rivercityhabitat.org](http://www.rivercityhabitat.org)

Email Address: [info@rivercityhabitat.org](mailto:info@rivercityhabitat.org)

Hours of Operation: Monday – Friday; 9:00 am – 4:00 pm

Restore: Thursday 9:00 am – 12:00; Friday 12:30pm – 5:00 pm; Saturday 9:00 am – 12:00

Contact Person: Kelly Smith

Services offered to the public: We build homes with the working poor.

Habitat Re-Store: Open 3 half days a week to accept donations and for the general public to shop.

Aluminum Can Recycling: Over 15 can cottages placed around Jefferson City and Cole/Callaway County

A Brush with Kindness: Critical exterior home repairs for low income, owner-occupied houses in Jefferson City. Applications available in the Habitat office.

Directions: One block west of JCMG. Turn off of W. Edgewood onto Creek Trail Drive by The Old Brick House Deli.

## **SCHOOLS – Jefferson City Area**

### **Public Elementary** [www.jcschools.us](http://www.jcschools.us)

Belair Elementary, 701 Belair Dr. JC, 659-3155

Callaway Hills Elementary, 2715 State Road AA, Holts Summit, 896-5051

Cedar Hill Elementary, 1510 Vieth Dr, JC, 659-3160

East Elementary, 1229 E. McCarty, JC, 659-3165

Lawson Elementary, 1105 Fairgrounds Rd. JC, 659-3175

Moreau Heights Elementary, 1410 Hough Park JC, 659-3180

North Elementary, 285 S. Summit Drive, Holts Summit, 896-8304

Pioneer Trail Elementary, 301 Pioneer Trail Dr. JC, 632-3400

South Elementary, 707 Linden Dr. JC, 659-3185

Thorpe Gordon Elementary, 1101 Jackson St. JC, 659-3170

West Elementary, 100 Dix Rd. JC, 659-3195

### **Montessori**

Kids in Montessori (KIM), 1022 Tara JC, 638-5467, [kimschool.org](http://kimschool.org)

Elementary program for ages 6-9, charges tuition.

Moreau Montessori, 900 Moreau Dr, JC, 893-7227, [www.moreaumontessorischool.com](http://www.moreaumontessorischool.com)

Elementary program for ages 5-12, charges tuition.

### **Parochial Elementary**

Concord Christian School, 3212 Emerald Lane JC, 634-3983, [www.ccsjc.org](http://www.ccsjc.org)

Immaculate Conception Elementary School, 1208 E. McCarty JC, 636-7680,

[www.icangels.com/icshoolweb](http://www.icangels.com/icshoolweb)

Immanuel Lutheran Honey Creek Learning Center, 8231 Tanner Bridge Rd, JC, 496-3580

[immanuelhoneycreek.org](http://immanuelhoneycreek.org)

St. Joseph Elementary School, 2303 W. Main St. JC, 635-5024, [www.Cathedralschooljc.com](http://www.Cathedralschooljc.com)

St. Martins Elementary School, 7206 St. Martins Ave, 893-3519

St. Peter's Elementary School, 314 W. High St. JC, 636-8922, [www.stpeterjc.com](http://www.stpeterjc.com)

Trinity Lutheran Elementary School, 812 Stadium Blvd. JC, 636-7807, [www.TrinityJC.org](http://www.TrinityJC.org)

### **Public Middle** [www.jcschools.us](http://www.jcschools.us)

Lewis and Clark Middle School, 235 Lewis & Clark Dr, JC, 659-3200

Thomas Jefferson Middle School, 1201 Fairgrounds Rd. JC, 659, 3250

### **Parochial Middle**

Lighthouse Preparatory Academy, 3314 Emerald Lane Suite 109 JC, 645-5253, [www.lpajc.org](http://www.lpajc.org) A parent-cooperative school for grades 6-12 where children attend the school part time and work at home part time. Charges tuition.

### **Public High School** [www.jcschools.us](http://www.jcschools.us)

Jefferson City Academic Center, 501 Madison St. JC, 659-2510



Jefferson City High School, 609 Union St. JC, Main office 659-3050, Attendance 659-3060  
 Nichols Career Center, 605 Union St. JC, 659-3125  
 Simonsen 9<sup>th</sup> Grade Center, 501 E. Miller St. JC, Main office 659-3125, Attendance 659-3248

### **Parochial High Schools**

Calvary Lutheran High School, 900 Leslie Blvd. JC, 681-5491, 291-6488, [www.calvarylhs.org](http://www.calvarylhs.org)  
 Helias Catholic High School, 1305 Swifts Highway JC, 635-6139, [www.heliashighschool.com](http://www.heliashighschool.com)  
 Lighthouse Preparatory Academy, 3314 Emerald Lane Suite 109 JC, 645-5253, [www.lpajc.org](http://www.lpajc.org) A parent-cooperative school for grades 6-12 where children attend the school part time and work at home part time.

## **SMOKING (QUITTING):**

- Capital Region Medical Center  
 632-5000  
 1125 Madison, JC  
[www.crmc.org](http://www.crmc.org)  
 Smoking cessation program, hypnotherapy. For more information on hypnotherapy, call Tiffany Rutledge at 632-5591.
- Cole County Health Department  
 636-2181 x. 3107  
 1616 Industrial Dr. JC  
[www.colehealth.org](http://www.colehealth.org)  
 Free smoking cessation courses, free nicotine patches for those who qualify.
- Web-based support groups and self-study programs:  
[www.ffsonline.org](http://www.ffsonline.org)  
[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)  
[www.trytostop.org](http://www.trytostop.org)  
[www.quitnet.com](http://www.quitnet.com)  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)  
[www.smokeclinic.com](http://www.smokeclinic.com)  
[www.whyquit.com](http://www.whyquit.com)

Missouri Quitline 1-800-784-8669

#### National toll-free quitlines

1-877-YES-QUIT (1-877-937-7848)  
 1-800-4-CANCER (1-800-422-6237)  
 1-866-66START (1-866-667-8278) Pregnant women only  
 1-866-PITCH-EM (1-866-748-2436)  
 1-800-227-2345

## **SOCIAL SECURITY**

Social Security Administration

893-8155, 877-405-9803

129 Scott Station Rd., JC

[www.socialsecurity.gov](http://www.socialsecurity.gov), ssa.gov

Pays monthly benefits for those who meet eligibility guidelines, including retirement, survivor, and disability benefits.

## SPANISH SPEAKERS

El Puente

635-2540

1102 E. McCarty, JC

[elpuentemo.org](http://elpuentemo.org)

Provides interpretation, transportation, medical and dental assistance, home health nurse, legal assistance, and immigration issues assistance for the Hispanic community in Cole county. Also has a program that matches mentors with Spanish-speaking preschool children to help them learn English and get ready for Kindergarten, and a mentoring program to help Elementary school students with homework and learning English.

## SPECIAL NEEDS:

- Information on developmental disabilities from the Department of Mental Health  
721-3443 or 1-800-364-9687  
[www.dmh.mo.gov](http://www.dmh.mo.gov)
- Capable Kids and Families  
368-2849  
1101 Hauck Dr, Rolla MO 65401 (coming soon to JC)  
A program designed to support families who have a child with special needs. Program components include: weekly networking/playgroup meetings, an accessible playroom, and an extensive therapy equipment loan program as well as a resource library for families and professionals. Serves children ages zero to twelve years.
- Capital Region Medical Center Pediatric Therapy Services  
632-5633  
Capital Region Southwest Campus (1432 SW Blvd.)  
[www.crmc.org](http://www.crmc.org)  
Outpatient pediatric therapies including occupational, physical, speech and language. May take place at the clinic, in the home of daycare (for First Steps services), or in schools. Funded through Medicaid, first steps, health insurance plans (many cover therapy if pre-authorized and pre-certified). Focuses on the developmental requirements of children with a variety of diagnoses and treatment needs including ambulation deficits, autism, brain injury, cerebral palsy, muscular dystrophy and other neuromuscular diseases, developmental delays, juvenile rheumatoid arthritis, learning disabilities, oral motor/feeding problems, orthopedic conditions, phonological awareness (articulations), pre-speech communication skills, self care and daily living activities, sensory integration and processing, speech disorders (voice, fluency, and articulation), stuttering, torticollis, upper extremity splinting, use of assistive devices, visual perceptual training.
- Cole County Residential Services, Inc.  
634-4555  
1908 Bogg's Creek Rd, JC  
[www.ccrsi.org](http://www.ccrsi.org)  
Serves individuals in Cole county ages 3 and up with a developmental disability (Eligibility determination is completed by the Department of Mental Health, Division of MR/DD). Services include: Assessment of strengths and needs, Planning for services

and supports, Advocacy (IEP process, guardianships, etc.)’ Seek and develop natural supports within the community, Referrals to other agencies and services, Family Support and Respite for those who qualify. Referrals to Cole County Special Services for children ages 3 or older and adults may be made by the individual, school district officials, state agency representatives, physicians, or other interested parties. All programs operated on a cost-for-service basis. A combination of third-party payment, direct payments, or donated funds is available depending on the individual served and the services needed.

- Early Childhood Special Education (Jefferson City Public Schools)  
 632-3435  
 812 St. Mary’s Blvd., JC  
[www.jcschools.us](http://www.jcschools.us), under “Programs” choose “Early Childhood Special Education”  
 Send written referrals to:  
 Director of Special Services  
 315 Dunklin St.  
 Jefferson City, MO 65101  
 659-3016  
 Fax: 659-3044  
 For children ages 3-5 who meet state and federal guidelines for developmental delays in one or more areas including health/motor skills, speech, language, cognitive and adaptive skills, and social, emotional, and behavioral levels.  
 Screening, evaluation, and Individualized Education Program (IEP). Services include self-contained and integrated classrooms, “outpatient” services individually or in small groups at the center or in homes, daycares, or preschools, speech and language therapy, physical therapy, and occupational therapy.
- First Steps  
 1-866-583-2392 for referrals or eligibility information  
[www.mofirststeps.com](http://www.mofirststeps.com)  
 Missouri’s early intervention system for infants and toddlers (birth-36 months) with special needs. Assessment and evaluation, and Individualized Family Service Plan (IFSP). Services provided for children who have been determined as having: a diagnosed physical or mental condition associated with developmental disabilities or has a high probability of resulting a developmental delay or disability (such as very low birth weight plus other conditions, diagnosed genetic or other conditions known to be associated with mental retardation or developmental disabilities), or a developmental delay where a child is functioning at half the developmental level that would be expected for a child considered to be developing within normal limits and of equal age (in the areas of cognitive development, communication development, adaptive development, physical development including vision and hearing, and social or emotional development).
- Independent Living Resource Center  
 877-627-0400, 556-0400,  
 PO Box 6787, JCMO  
[www.ilrcjcmo.org](http://www.ilrcjcmo.org)  
 Healthy Children and Youth Program, provides service coordination and authorization for medically necessary services for MO HealthNet recipients with special healthcare needs from birth to 21. Personal care attendant assists families to identify and access medically necessary services and monitors services. ILRC also loans/provides assistance for equipment, home modifications, transportation for medical trips in Callaway and Cole (outside city limits).

- Missouri Department of Health and Senior Services,  
 Bureau of Special Healthcare Needs,  
 Children with Special Health Care Needs (CSHCN) Program  
 751-6237 or 1-800-451-0669  
 930 Wildwood Dr, PO Box 570, JCMO 65102  
 Callaway County: Region 7 Service Coordinator, Tara Brewer  
 (660) 886-9091, Saline County Health Department  
 Cole County: Region 8 Service Coordinator, Julie Enboden  
 378-0234, Morgan County Health Center  
[www.dhss.mo.gov/SHCN](http://www.dhss.mo.gov/SHCN)

Missouri residents who have a special health care need, including those who have of are at increased risk for a disease, birth defect, or medical condition that may hinder normal physical growth and development, and who require health and related services that go beyond those required by children in general.

\*Children with Special Health Care Needs Program: provides assistance for children and youth birth to 21 with special health care needs. Focuses on early identification and service coordination for children and youth who meet medical eligibility guidelines. Payer of last report—providing limited funding for medically necessary diagnostic and treatment services for families who also meet financial eligibility guidelines.

\*Family Partnership Initiative: provides information and support to children and youth with special healthcare needs and their families, as well as opportunities for families to network.

\*Healthy Children and Youth Program: provides service coordination and authorization for medically necessary services for MO HealthNet recipients with special healthcare needs from birth to 21. Service coordination includes assessment through home visits and links to services and resources that enable participants to remain safely in their home with their families. Authorized services may include in-home personal care, in-home nursing care, and skilled-nursing visits.

- Special Learning Center (Capital City Area Council for Special Services)  
 634-3070  
 1115 Fairgrounds Rd, JC  
[www.speciallearningcenter.com](http://www.speciallearningcenter.com)  
 Preschool for children birth to 6 for children with (and without) developmental disabilities. Speech, occupational, and physical therapies.

## SPORTS:

- City of Jefferson Department of Parks, Recreation, and Forestry  
 634-6482, Hotline 634-6485,  
 Fax 634-6489  
 427 Monroe St., JC  
[www.jeffcitymo.org/parks](http://www.jeffcitymo.org/parks)  
 Offers a variety of youth sports programs beginning at age 3, including: start smart football (age 4-6) in fall, start smart basketball in winter, start smart soccer in the spring, start smart golf (ages 5-7) in late spring, start smart baseball in summer, and tee ball (children entering kindergarten) in the summer. Offers swimming lessons for ages 6 months and up at Memorial and Ellis-Porter pools in summer, and ice skating lessons for ages 3-5 at Washington Park Ice Arena in the winter. Low-income can apply for recreation sponsorships by completing a Recreation Sponsorship Application Form

available through the Parks and Rec. office. Parents must pay 10 percent of the registration fee. (Questions on sponsorship call Phil Stiles at 634-6482).

### **YMCA**

Firley Center  
761-9000  
525 Ellis Blvd., JC  
[www.jcymca.org](http://www.jcymca.org)

Knowles Center  
761-9015  
424 Stadium Blvd., JC

West Y  
761-9500  
3507 Amazonas, JC

Offers swimming lessons for ages 6 months and up, soccer for Pre-K and T-ball for children entering kindergarten, Families in Training program for children ages 3 and up and their families, child care for children 3 months to 5 years while parents exercise.

Low-income can apply for scholarships through Outreach Program (need proof of income).

## **St. Mary's Health Center**

100 St. Mary's Medical Plaza  
Jefferson City, MO 65101-1602

Phone: 573/761-7000

Additional Phone: SANE: 761-7011

Fax: 573/636-4819

Hours of Operation: 24 hours per day, 7 days per week

Contact Person: Tammy Moon, RN, Sexual Assault Nurse Examiner (SANE)

Services offered to the public: One on one 24 hour care for sexual assault victims providing medical treatment, support, and assistance. Childbirth and breastfeeding classes.

Directions: St. Mary's Emergency Room

## **Samaritan Center**

1310 East McCarty

PO Box 1687

Jefferson City, MO 65102-1687

Phone: 573/634-7776

Additional Phone: (Ossman Free Medical and Dental Clinic) 573/761-3413

Fax: 573/761-5948

Web Address: [www.midmosamaritan.org](http://www.midmosamaritan.org)

Email Address: [Samaritan@midmosamaritan.org](mailto:Samaritan@midmosamaritan.org)

Hours of Operation: Monday – Thursday 9:30 am – 11:30 am

Thursday 4:00 pm – 6:00 pm

Contact Person: Marylyn DeFeo, Volunteer Executive Director

Services offered to the public: Food Pantry, Ossman Free Medical and Dental Clinic, Housing Assistance, Emergency Prescription Service, Utility Assistance, Clothing, Tax Credit Assistance, Legal Care Program, and Family and Senior Christmas Adoption Program

Directions: Hwy 50 East to Clark Avenue; turn right (east) on East McCarty at stop light; drive approximately 1.5 blocks to 1310 East McCarty, which will be on the right (south) side of the road.

## **Salvation Army Thrift Store**

635-1463

718 Michigan St., JC

Thrift store; can get vouchers for clothing from Salvation Army. Open Mon.-Sat 8-4.

Salvation Army Energy Assistance Program

635-1975 or 634-8357

927 Jefferson St., JC

Utility assistance. Monday-Thursday 9-11:30 am and 1-2 pm. Need to take a class before receiving assistance.

## **SERVE, INC. (Callaway Action Network)**

642-6388

4901 County Road 304, Fulton

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.

## **Social Security Administration**

129 Scott Station RD

Jefferson City, Missouri 65109

Phone: 1-877-405-9803 or 1-800-772-1213 or 1-800-325-0778

Fax: 573/893-3288

Web Address: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Hours of Operation: Monday – Friday except national holidays; 9:00 am – 3:30 pm

Services offered to the public: We pay monthly benefits to individuals who meet the eligibility guidelines

Applications for Social Security retirement, survivor, and disability benefits can be taken and processed by phone. You will need the following information when making application:

- Name
- Social Security Number
- Date of Birth
- Address
- Which benefit your are making application for (retirement, survivors, disability, Medicare or burial)
- Home and work phone numbers.

Directions: Hwy 50 West to Truman Blvd. Left on Scott Station Rd. Office is 3<sup>rd</sup> building on the left behind River Region Credit Union

## **SWIMMING POOLS/LESSONS:**

- Ellis Porter/Riverside Pool  
634-6585  
320 Ellis Porter Dr., JC  
Open swim M-F noon-5 pm, Sat. and Sun noon-6pm.  
Swimming lessons available in summer through Parks and Rec. for infants ant up (see info above under SPORTS for contact information).
- Memorial Park Family Aquatic Center  
634-6588  
120 Binder Drive, JC  
Open swim noon-7 daily.

Swimming lessons available in summer through Parks and Rec. for infants and up (see info above under SPORTS for contact information).

\*\*Little Splashers' Playtime Monday-Friday 10:30-11:30 am, \$1 per person, geared for youth six and under with an adult guardian (15 or older) at play structure area

YMCA Indoor Pool

761-3542

Knowles Center: 424 Stadium Blvd., JC

Swimming lessons. Call 761-9000 or -9015 to enroll.

- YMCA Outdoor Pool  
761-9005  
Firley Center: 525 Ellis Blvd., JC

## TAX PREPARATION ASSISTANCE

- Samaritan Center  
761-3473  
1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
*Professional assistance with filing taxes and obtaining refunds.*

## TELEPHONE

### Lifeline and Link Up

[www.lifeline.gov](http://www.lifeline.gov)

[www.lifelinesupport.org](http://www.lifelinesupport.org)

According to website, local participating service providers include AT&T, US Cellular, and Century Link (1-800-201-4099). Check with other telephone providers about participation in the program.

Lifeline is a government program that offers low income households a monthly discount on their primary home phone line, even if it's a cell phone. Discount amount varies.

Link Up pays for some of the cost of connecting local telephone service to the home or activating wireless phone service (half of fee, up to \$30). Only for activating a primary phone line or moving an existing service to a new address; costs for wiring in the home and telephone jacks are not covered.

Lifeline and Link Up cannot be applied to outstanding balance, do not protect from being disconnected for failure to pay the bill, and can be applied to ONE wireless or wire line telephone per household. Eligibility: income below 135 percent of federal poverty guidelines or participate in one of the following: federal public housing assistance/Section 8, food stamps, LIHEAP, Medicaid, free school lunch, SSI, TANF.

## TEL-LINK

Missouri Department of Health and Senior Services

Division of Community and Public Health

TEL-LINK Program

PO Box 570, Jefferson City, Missouri 65102

Phone: 573-751-6266 or 1-800-877-6246

Fax: 573-751-6185

Web Address: [www.dhss.mo.gov](http://www.dhss.mo.gov), Click Topics A-Z, Go to T and click TEL-LINK

Hours of Operation: Monday – Friday; 8:00 am – 5:00 pm

Contact Person: Peggy Henderson

**Services offered to the public:** TEL-LINK is the Missouri Department of Health and Senior Services' confidential, toll-free telephone line for maternal and child health care. Callers are given referrals and then are transferred immediately to the appropriate agency.

## **The Redeem Project**

1436 Hough St., Jefferson City MO

Phone: 573-353-4720

Web Address: [theredeemproject.org](http://theredeemproject.org)

Hours of operation: Tues-Thurs 8:30am-4:00pm

Services offered to the public: GED Classes, Testing

Mailing Address: P.O box 105276, Jefferson City, MO 54110

**Services Offered to the public:** Men's Interview & Work Clothing, Diapers & Other Baby Needs, Life Skills Workshops, Job Readiness-Job Placement, GED & Literacy Tutoring, Emergency Food Pantry, Emergency Gas Cards, and Computer Classes. We also offer First Aid & CPR - EVERYTHING WE OFFER IS FREE TO ANYONE.

## **The Resident Clinic (also known as Capital Region Resident's Clinic)**

1111 Madison St. , Jefferson City, Missouri 65101

Phone: 573/632-5027

Hours of Operation: Monday – Thursday 1:00 pm – 4:30 pm (clinic)

(Office hours) 7:30 AM -4:30 PM

**Services offered to the public:** Provide quality healthcare for patients of all ages. Is staffed by Capital Region Medical Center's Family Practice Residents with on-site supervision by Board Certified Physicians. Fees are based on the patient's financial status. Medicaid, Medicare and some types of insurance are accepted.

## **Thompson Center For Autism and Neurodevelopmental Disorders**

205 Portland Street, Columbia Mo 65211

Phone: 573-882-6081(info) or 573-884-6052(appointment)

Website: [www.thompsoncenter.missouri.edu](http://www.thompsoncenter.missouri.edu)

**Services provided to the public:** Diagnosis and treatment of autism, autism spectrum disorders and neurodevelopmental disorders

## **Touchpoint Autism Services (formerly Judevine)**

Central Missouri Office:

800.675.4241 or 573.874.3777

107 Waugh St, Columbia, MO 65201

Fax: 573.874.3880

[www.touchpointautism.org](http://www.touchpointautism.org)

**Services include:** ADOS Assessment (they do not diagnose), Parent Education and Training, Community Inclusion, Family Support Services, Specialized Groups,



Family Connections, School trainings and in-services, Early Childhood Services (First Steps), Consultations, Family Navigation.

**Referrals for services** must come from a Service Coordinator through the [Missouri Department of Mental Health \(see below\)](#). Accepts payment through the following insurances: Healthcare USA, HealthLink, Anthem Blue Cross Blue Shield, Mercy, Tricare, United Behavioral Health.

Internet Resources

[www.autismspeaks.org](http://www.autismspeaks.org)

[www.firstsigns.org](http://www.firstsigns.org)

[www.autism-society.org](http://www.autism-society.org)

## The Salvation Army

For Disaster Relief, Food Pantry, Rental Assistance, and Homeless Shelter:

927 Jefferson St - PO Box 55, Jefferson City, Missouri 65101

And

### The Salvation Army Thrift Store

718 Michigan Avenue

Jefferson City, Missouri

Phone: Disaster Relief: 573/635-1975

Additional Phone: Food Pantry/Rental Assistance/Energy Assistance: 635-0117

Additional Phone: National and world wide: 314/646-3000

Additional Phone: Homeless Shelter: 634-8357

Additional Phone: Thrift Store: 573/635-1463

Fax: 573/636-4062

Fax: Food Pantry/Rental Assistance: 573/761-5670

Fax: Thrift Store: 573/634-4534 Web Address:

Hours of Operation: Disaster Relief: Monday – Thursday; 9:00 am – 4:00 pm

Food Pantry/Rental Assistance/Energy Assistance: Monday – Thursday; 9:00 am – 11:45 am and 1:00 pm – 2:45 pm

**Homeless Shelter:** 24 hours per day, 7 days per week

**Thrift Store:** Monday – Saturday; 8:00 am – 4:00 pm

**Food Pantry/Rental Assistance/Energy Assistance:** Ruth Adkins

**Homeless Shelter:** Jamie Pitzan and Roger Wilson

**Thrift Store:** Jeanne Brant

Services offered to the public: Disaster Relief: For local disasters (fire, flood, etc): Food, clothing, furniture, and household goods

For national or worldwide: Financial assistance for housing and food and medical; clothing and medicine

**Provides:** Offers Food Pantry, Rental Assistance, Homeless Shelter, Energy Assistance

**Thrift Store:** Used goods at low price. Free good with voucher from the Salvation Army Social Service Department

**Directions:** From Hwy 50, turn South on Jefferson Street. Go 3.5 blocks to top of hill. We are on the left. Turn left into driveway; go to the back building and in the front door.

## TRANSPORTATION:

- **Jefftran and Handi-Wheels**  
573-634-6477. Runs Mon-Fri 6:45-5:30

- **Checker Cab of Jefferson City**  
573-636-7101
- **Medical Transportation**—see number on back of insurance card for transportation or mileage reimbursement
- **Homemaker Health Care** – 635-3900 or [www.Homemakerhealth.org](http://www.Homemakerhealth.org)  
Volunteers assist with shopping, errands and doctor's visits
- **Postmatology Transportation Service (Larry Shelter)**  
Call Sentoria McMillan Sectary at 314-456-0807 to schedule.  
A 24-hour service, by donation only.

## The United Way of Central Missouri

205 Alameda Drive, Jefferson City, MO 65109

Hours: M-F, 8 am – 5 pm

Phone: 573-636-4100 Fax: 573-636-8077

Email: [info@unitedwaycemo.org](mailto:info@unitedwaycemo.org) Website: [www.unitedwaycemo.org](http://www.unitedwaycemo.org)

The United Way of Central Missouri is a local, volunteer-driven organization that improves lives by mobilizing the caring power of our community. They bring partners and resources together to address priority needs and provide solutions that strengthen our community. A comprehensive list of partner agencies can be found by visiting

<http://www.unitedwaycemo.org/agency-partners>.

You may also dial 211 for the United Way directory.

## University of Missouri Extension, Cole County

2436 Tanner Bridge Road, Jefferson City, Missouri 65101

Phone: 573/634-2824

Web Address: <http://extension.missouri.edu/cole/>

Email Address: [coleco@missouri.edu](mailto:coleco@missouri.edu)

Hours of Operation: Monday – Friday; 8:00 am – 4:30 pm

Services offered to the public: We offer classes on the Master Gardener program and business classes as well as help identify weed/insects/plant problems, send soil samples off. 4-H is located out of our office

Directions: Corner of Lorenzo Greene Drive (Old Rt. B) and Tanner Bridge Road

## URGENT CARE CLINICS

### Capital Region Urgent Care Clinic

573-893-7848

3308 W. Edgewood, JC

[www.crmc.org](http://www.crmc.org)

Monday-Friday 7:30 am-6 pm, Saturday 8-5, Sunday 9-5

### St. Mary's Urgent Care Clinic

761-2121

2511 W. Edgewood Dr., JCMO 65101

[www.lethealingbegin.com](http://www.lethealingbegin.com)

Monday-Saturday 9 am -7 pm, Sundays 9 am -5 pm

## **Jefferson City YMCA- Y Care**

Knowles Center

573-761-9015

424 Stadium Blvd., JC

[www.jcymca.org](http://www.jcymca.org)

Y-Care offers a wide variety of fun, educational activities. Afternoon snack is provided. Y-Care before school session begins at 6:45 a.m. Y-Care after school session ends at 5:30 p.m. Available at Belair, Cedar Hill, Lawson, Thorpe Gordon, West, North (PM only), Moreau Heights (PM only), Callaway Hills (YMCA transports from Callaway to North. Y-Care at the Y (YMCA transports from Pioneer Trails, East and South to Knowles YMCA – PM only)

## VISION:

- **InfantSee Program**  
[www.infantsee.org](http://www.infantsee.org)  
 Locally at Central Missouri Eye Care Associates  
 659-5560  
 1705 Christy Dr. Suite 208, JC.  
 Free one-time eye exam for children 6-12 months (no income guidelines)
- **Dental, Eye, and Shoe Program**  
 573-893-2256  
 \***Referral** by principal/school nurse. Includes eye exam, treatment for eye infections and injuries, eye glasses, and repairs for non-Medicaid covered, low income children.
- **Lions Club**  
 For help paying for glasses in Jefferson City, contact Cari Thompson at 751-4688. She will determine if family is eligible for help based on income, and will then refer family to Lions Club.

## VOLUNTEERING AND DONATIONS:

- **Birthright**  
 635-8822  
 1006 E. High St, JC  
**Accepts donations** of maternity clothing and children's 0-2, diapers and wipes, and formula to give to the mothers it serves. Open Mon. 4-6 pm, Tues-Fri. 12-3.
- **Cole County Chapter of the Midwest Foster Care and Adoption Association**  
 298-9258, Mindy Siro-Scott 230-5206 (volunteers)  
 1119 Jefferson St., JC  
 (Mailing address PO Box 1505, JCMO 65102)  
[www.ccfosteradopt.com](http://www.ccfosteradopt.com)  
**Accepts donations** of children's clothing, monetary donations, and call for more. Volunteers can help with: maintenance of our building, clothing closet organization, moving furniture for Transitions students, and help with respite events for families just to name a few. Also taking applications for mentors for our graduating seniors who are part of the Transitions program and looking for women's groups, Sunday school groups, businesses, whole church groups, men's clubs, Rotaries, Lions or any civic or community group that will adopt our support group once a month, supply a meal for 50-60 people and pay our childcare person \$80-\$120 so our foster families can keep their licenses.
- **Dreams to Reality**  
 512 Jefferson St., JC  
 681-9675  
[www.dreamstoreality-jc.org](http://www.dreamstoreality-jc.org)  
**Accepts donations of** :women's appropriate interview and business apparel. Accepts volunteers for fund raising, personal image consultant, makeup consultant, grant writer, cleaning/maintenance, phone help, clerical, hair styling, alterations, web

design/maintenance, sort clothing, pressing and mending, picking up supplies and clothing.

- **River City Habitat for Humanity Re-Store**  
 635-6106  
 1420 Creek Trail Dr., JC  
[www.rivercityhabitat.org](http://www.rivercityhabitat.org)  
**Accepts donations of:** doors, windows, trim, appliances, cabinets, electrical, plumbing, carpet, lighting, furniture, and more. **Volunteers needed:** to drive the box truck to pick up donations, cashier, stock, and customer service. Open Thursday and Saturday 9 am-noon and Fridays 12:30 pm-5 pm. **Available to:** the general public for shopping and donations.
- **Rape and Abuse Crisis Center (RACS)**  
 Office 634-8346  
 PO Box 416, JCMO,  
[www.racsjc.org](http://www.racsjc.org)  
**Accepts donations of :** women’s and children’s clothing and household items.
- **The Redeem Project**  
 353-4720  
 1436 Hough St.  
[www.theredeemproject.org](http://www.theredeemproject.org), [facebook.com/theredeemproject](https://facebook.com/theredeemproject)  
 Accepts donations of toys to be used when providing childcare during workshops, office and school supplies for GED students, diapers, wipes, baby powder, hygiene supplies (such as shampoo, deodorants, tampons/pads, razors, body wash, soap combs/brushes, toothpaste/toothbrushes), laundry soap, dish soap, coupons, men’s work clothes/suits, textbooks, computers/printers, bus passes, non-perishable food items. Volunteers can help with providing childcare during workshops, tutoring, and mentoring. Professionals needed to provide free workshops on a variety of topics.
- **Salvation Army**  
 635-1975  
 927 Jefferson St., JC  
 Accepts donations of food for food pantry, also volunteers to prepare and serve meals as well as other duties.
- **Salvation Army Thrift Store**  
 635-1463  
 718 Michigan St., JC  
 Accepts clothing, toys, books, household items, furniture, etc to sell in its thrift store.
- **Samaritan Center**  
 634-7776  
 1310 E. McCarty, JC  
[www.midmosamaritan.org](http://www.midmosamaritan.org)  
 Accepts donations of food, diapers, wipes, cribs, car seats, formula, baby food, sheets and blankets, coats and clothing year round. Also accepts donations of school supplies, Easter baskets, Halloween costumes, new toys for Christmas seasonally. Looking for individuals and families to “adopt a family” and purchase 2 gifts per child and one per adult, plus food at Christmas time. Volunteers help stock food pantry and fill orders during pantry hours.