

# City of Jefferson and Cole County

## Resource Guide



### Disclaimer:

The information provided in this resource guide is designed to provide information on resources available within our community. These resources are provided for informational purposes only and do not constitute an advertisement for or endorsement of any agency, business, or program. This resource guide is not inclusive. Recipients should be aware that the programs listed in this guide may change and/or be discontinued at any time.

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## Government Agencies:

### Social Security Administration (SSA)

129 Scott Station Rd., Jefferson City, MO 65109

Phone: 800-772-1213

Website: <https://www.ssa.gov/>

#### **Programs offered:**

- Medicare
- Disability
- Survivor Benefits
- Retirement

#### **Services:**

Social Security Card Issuance

### Housing and Urban Development (HUD)

1040 Myrtle Ave., Jefferson City, MO 65109

Phone: (573) 635-6163

Website: <https://portal.hud.gov/hudportal/HUD?src=/states/missouri>

#### **Programs offered:**

- Public Housing/Housing Choice Voucher (Section 8)
- Shelter Plus Care Program
- Subsidized apartments

### U S Department of Veteran's Affairs (VA)

Department of Veteran's Affairs, 9700 Page Ave., Ste. 301, St. Louis, MO 63132

Phone: 800-827-1000

Website: <https://www.va.gov/>

#### **Programs offered:**

- Healthcare benefits
- Medical services
- Mental health services
- Disability compensation
- Survivor benefits
- Vocational rehabilitation
- Educational and training benefits
- Dependents educational benefits
- Home loans
- Burial benefits
- Nationwide gravesite locator

## **Household Assistance:**

### **Missouri Department of Social Services (DSS/DFS)**

1716 Four Seasons Dr., Ste. 104, Jefferson City, MO 65101

Phone: (573) 751-4688

Website: <http://www.dss.mo.gov/>

#### **Programs offered:**

- Food stamps
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Assistance for Needy Family's (TANIF)
- Child Care Assistance
- Healthcare programs
- Low Income Home Energy Assistance Program (LIHEAP)
- Energy Crisis Intervention Program (ECIP)
- Energy Assistance (EA)

### **Central Missouri Community Action Center (CMCA)**

Family Resource Center, 1109 Southwest Blvd., Jefferson City, MO 65109

Phone: (573) 635-4480

Website: <http://www.showmeaction.org/>

#### **Services offered:**

- Utility payment assistance
- Home weatherization
- Job readiness
- Women's business center (helps women obtain loans to buy/start businesses)
- B-17 loan program (assists in freeing consumers from pay day loan debts)
- Financial education programs
- Foster grandparent program

### **Salvation Army**

927 Jefferson St., MO 65101

Phone: (573) 635-1975

Website: [http://www.usc.salvationarmy.org/usc/www\\_usc\\_columbia.nsf](http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf)

#### **Services offered:**

- Utility payment assistance
- Bus passes

## **Common Ground Community**

1015 East Atchison St., Jefferson City, MO 65109

Phone: (573) 522-4314

Website: <http://www.fpcjcmo.org/get-involved/community-service/>

### **Services offered:**

- Utility assistance
- Rental assistance
- Gasoline vouchers
- Bus passes
- Prescription medication assistance
- Educational outreach programs

## **Samaritan Center**

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

### **Services offered:**

- Energy Assistance (as available)
- Gasoline vouchers
- Prescription medication program
- School supplies
- Holiday supplies – Easter baskets, Thanksgiving meals, Christmas gifts
- Car seats
- Infant supplies

## **Redeem Project**

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

Phone: (573) 353-4720

Website: <http://www.theredeemproject.org/>

### **Services offered:**

- Community resource support and education
- Family self-sufficiency (Section 8 voucher required)
- Christmas gift assistance

### **Classes offered:**

Budget/finance/money smart  
Healthy home/fire safety  
Anger management  
Nutrition/diet/health/wellness  
Basic computer skills  
Literacy program/HiSet Preparation  
Time management and organization

## **Local Law Enforcement:**

### **Jefferson City Police Department**

401 Monroe St., Jefferson City, MO 65101

Phone: (573) 634-6400

Website: <http://www.jeffersoncitymo.gov/government/police.php>

#### **Services offered:**

- Ensuring community safety throughout the City of Jefferson
- Emergency and non-emergency community responses throughout the City of Jefferson
- Community Action Team
- Community outreach/Crime prevention/Neighborhood watch
- School Resource Officers (SRO)
- DARE program

### **Cole County Sheriff Department**

350 East High St., Jefferson City, MO 65101

Phone: (573) 634-9160

Website: <http://www.colecounty.org/220/Sheriffs-Office>

#### **Services offered:**

- Ensuring community safety throughout Cole County
- Emergency and non-emergency community responses throughout Cole County
- Neighborhood watch
- Citizens Instructional Academy
- Rape Aggression Defense (RAD) classes
- School Resource Officers (SRO)
- DARE program

### **Missouri State Highway Patrol, Troop F**

2920 North Shamrock Rd., Jefferson City, MO 65101

Phone: (573) 751-1000

Website: <https://www.mshp.dps.missouri.gov/MSHPWeb/Root/index.html>

#### **Services offered:**

- Emergency and non-emergency community responses throughout the State of Missouri
- Public Information and education
- Motor and commercial vehicle inspection and enforcement
- Crime Laboratory
- Air and water safety, patrol, and assistance

## Legal Services:

### Mid-Missouri Legal Services

428 East Capitol Ave., Ste. 200, Jefferson City, MO 65101

Phone: (573) 634-4545

Website: <http://mmls.org/>

#### **Services offered:**

- NO assistance available/provided for criminal charges
- Provides free/reduced cost civil legal services to low income individuals for
  - Divorce
  - Orders of protection
  - Unemployment compensation
  - Bankruptcies
  - Landlord/tenant/utility disputes and/or termination
  - Power of attorney/will

### Samaritan Center

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

#### **Services offered:**

- NO assistance available/provided for criminal charges or traffic violations
- Provides guidance on pro se (do it yourself) legal matters
- Provides free/reduced cost civil legal services to low income individuals for
  - Divorce
  - Orders of protection
  - Unemployment compensation
  - Bankruptcies
  - Landlord/tenant/utility disputes and/or termination
  - Power of attorney/will
  - Mediation

### Missouri Legal Services

3418 Knipp Dr., Jefferson City, MO 65109

Phone: (573) 751-1013

Website: <http://www.lsmo.org/>

#### **Services offered:**

- Information on legal aid programs available to low income residents of Missouri
- Access to legal information

## **Public School Districts:**

### **Jefferson City Public School District (JCPS)**

315 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 659-3000

Website: <https://www.jcschools.us/Domain/4>

### **Blair Oaks School District (Cole R- II)**

6209 State Highway B, Jefferson City, MO 65101

Phone: (573) 636-2020

Website: <http://www.blairoaks.k12.mo.us/>

### **Eugene School District (Cole R- V)**

14803 State Highway 17, Eugene, MO 65032

Phone: (573) 498-4001

Website: <http://coler-v-k12-ct.schoolloop.com/>

### **Russellville School District (Cole R- I)**

13600 State Highway C, Russellville, MO 65074

Phone: (573) 782-3534

Website: <http://cole-mo.schoolloop.com/>

## **Private School Information:**

### **Catholic Diocese Of Jefferson City, School Office**

2207 West Main St., Jefferson City, MO 65110

Phone: (573) 635-9127

Website: <https://diojeffcity.org/our-schools/school-office/>

### **Calvary Lutheran High School**

2525 State Highway B., Jefferson City, MO 65101

Phone: (573) 638-0228

Website: <http://www.calvarylhs.org/>



## **Special Educational Services:**

### **Special Learning Center**

1115 Fairgrounds Rd., Jefferson City, MO 65109

Phone: (573) 634-3070

Website: <https://www.speciallearningcenter.com/>

#### **Requirements:**

- Birth – age 3, ONLY JCPS residents
- Age 3 – 6, all children from Cole, Moniteau, Miller, Morgan, Maries, and Callaway Counties

#### **Programs offered:**

- Educational programs for developmentally delayed and disabled children
- Sensory based curriculum
- Occupational, speech, and physical therapy
- Individual and group education
- Language, motor skill, social, emotional evaluations and assessments of children aged 6 & younger
- Developmental assessments of children aged 6 & younger
- Therapy evaluations of children aged 6 & younger

### **Southwest Early Childhood Center**

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

Phone: (573) 659-3026

Website: <https://www.jcschools.us/Page/27>

#### **Requirements:**

- Age 3 – 5 years
- ONLY JCPS residents

#### **Programs offered:**

- Explore, Enrich, Research (EER) gifted program
- Title I preschool program
- Individual and center based programs for developmentally delayed and disabled children
- Individual and group education
- Language, motor skill, social, emotional evaluations, and assessment of children

## **Missouri Parents Act (MPACT)**

7421 Mexico Rd., Ste. 200, St. Peters, MO 63376

Phone: 800-743-7634

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

### **Services offered:**

- Understanding your child's special education rights
- Understanding what a learning disability is
- Parent resources on special education services
- Parent/school conflict resolution tools regarding special education
- Training
  - Positive behavior interventions
  - Understanding 504/IEP
  - Early intervention
  - Special Education laws

## **Educational Services:**

### **Parents as Teachers**

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

Phone: (573) 659-3026

Website: <https://www.jcschools.us/domain/168>

### **Requirements:**

- Birth – kindergarten, ONLY JCPS residents

### **Services offered:**

- Parent education and support program
- Home visits with a certified parent educator
- Provides parental support on engage parents in their children's learning and development

### **Adult Basic Literacy Education (ABLE)**

204 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 636-5558

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

### **Services offered:**

- Free literacy program for any mid-Missouri resident aged 16 and older
- Weekly tutoring provided

## **Jefferson City High School Equivalency (HSE) Learning Center**

204 East Dunklin St., Jefferson City, MO 65101

Phone: (573) 659-3122

Website: <https://www.jcschools.us/Page/14972>

### **Communities Served:**

- All of Cole County with locations in Fulton, Eldon, and Versailles for their county communities

### **Programs offered:**

- HiSet equivalency instruction/preparation/tutoring
- English as a Second Language (ESL) program
- Free to anyone aged 16 and older
  - Individual cannot be enrolled in any other educational program
- Career and college readiness

## **Scholarship Information:**

### **Missouri Department of Higher Education**

205 Jefferson St., Jefferson City, MO 65101

Phone: (573) 751-2361

Website: <http://dhe.mo.gov/contactus.php>

### **Information provided:**

- Grant and scholarship information for Missouri residents
- A+ scholarship information for Missouri residents

## **After School Programs:**

### **Capital City Boys and Girls Club (BGC)**

1105 Lafayette St., Jefferson City, MO 65101

Phone: (573) 634-2582

Website: <http://bgcjc.publishpath.com/home>

### **Services offered:**

- Elementary after school care provided until 7p at BGC facility (dinner provided)
- Middle school STEAM program lasts until 6p at both JCPS middle schools
- Free tutoring
- Learning and learning activities

## **Y-Care**

424 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 761-9015

Website: [http://www.jcymca.org/?page\\_id=395](http://www.jcymca.org/?page_id=395)

### **Services offered:**

- State licensed child care program that provides before/after school child care at local public schools
- Before school care begins at 6:45 a.m./after school care lasts until 5:30 p.m.

## **Child Care:**

### **Missouri Department of Health & Senior Services, Child Care Licensing**

323 Veterans Ln., Jefferson City, MO 65101

Phone: (573) 751-2450

Website: <http://health.mo.gov/safety/childcare/>

### **Information available:**

- Allows consumers to search for state licensed child care providers
- Allows consumers to find state licensed child care facilities
- Allows consumer to research child care provider/facility's history of compliance, complaints, and investigations by the State of Missouri
- Links to child care licensing and regulatory information

## **Head Start**

605 Cherry St., Jefferson City, MO 65101

Phone: (573) 636-3577

Website: <http://www.showmeaction.org/services/head-start>

## **Head Start West**

2010 Williams St., Jefferson City

Phone: (573) 635-7054

### **Services offered:**

- Federally funded child care program for low income families
- Safe & developmentally enriching care provided for each child
- Comprehensive child care program
- Facility operates Monday through Friday, from 7:30 a.m. – 5:30 p.m.

## **Jefferson City Day Care Center**

1002 Myrtle Ave., Jefferson City, MO 65101

Phone: (573) 636-6461

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

### **Services offered:**

- Quality child care from birth through age 8
- Facility operates Monday through Friday, from 7:00 a.m. – 5:30 p.m.

## **Developmentally Disabled Services:**

### **Independent Living Resource Center (ILRC)**

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 556-0400

Website: <http://ilrcjcmo.org/>

#### **Services offered:**

- Individual and systems advocacy
- Business resources- disability etiquette and training, & information on job accommodations
- Independent living skills and training
  - Budgeting, cooking, reading, employment
- Peer support
- Consumer Directed Services
- Social service case management
- Assist institutionalized individuals with transitioning into community living

### **Day Solutions**

2725 Merchants Drive, Suite B, Jefferson City, MO 65109

Phone: (573) 659-0624/ (573) 680-4913

Website: [www.daysolutions.net](http://www.daysolutions.net)

#### **Services offered:**

- Community integration for adults with developmentally disabled adults
- Job training
- Life Skills
- Preventive health

### **Thrive Autism Solutions**

2620 Forum Blvd., Suite E, Columbia, MO 65203

Phone: (573) 514-8735

Website: <https://www.thriveasd.org/services/>

#### **Services offered:**

- Applied Behavior Analysis (ABA) treatment
- Treatment goal based
- In depth parent training
- Communication, family, and community interaction assistance
- Independent & daily living skills

## **Easter Seals Midwest**

918 Bernadette Dr., Columbia, MO 65203

Phone: (573) 874-3777

Website: <http://www.eastersealsmidwest.org/>

### **Services offered:**

- Assist developmentally disabled individuals in learning to live and work within their community
- Autism services
  - Assessments
  - Parent training and support groups
  - Sibling support groups
  - Family navigation
  - Professional and community training
  - Individual support
  - Case management
- Community living
  - Independent living for autistic and developmentally disabled individuals
  - Increasing independence through life skills and community support
  - Enhancing communication while decreasing challenging behaviors

## **Missouri Assistive Technology (MAT)**

1501 NW Jefferson St., Blue Springs, MO 64015

Phone: (816) 655-6700

Website: <http://at.mo.gov/>

### **Services offered:**

- Provides funding for assistive technology, vehicle access, and home modification
- Examples: wheel chair ramps, door widening, bathroom accessibility, hand rails

## **First Steps**

205 Jefferson St., Jefferson City, MO 65101

Phone: (573) 751-5739/866-583-2392

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

### **Requirements:**

- Birth – age 3

### **Services offered:**

- Coordinated services & assistance to young children with special needs
- Educate parent/caregiver in understanding their child's special needs

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

1908 Boggs Creek Rd., Jefferson City, MO 65101

Phone: (573) 634-4555

Website: <http://www.ccrsi.org/>

### **Requirement:**

- Service recipient must be developmentally disabled

### **Services offered:**

- Group homes for developmentally disabled individuals
- Social service case management
- Advocacy
- Social activities
- Goal oriented person centered planning
- Consumer Directed Services
- Independent living skills education
- Social service case management

## **Missouri Department of Mental Health, Division of Developmental Disabilities**

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4054

Website: <https://dmh.mo.gov/dd/>

### **Information available:**

- Information for developmentally disabled individuals and their family's
- Information for service/care providers of developmentally disabled individuals
- Provider training
- Support for the family of developmentally disabled
- Autism programs

## **Brain Injury Association of Missouri**

2265 Schuetz Rd., St. Louis, MO 63146

Phone: (314) 426-4024

Website: <http://www.biamo.org/>

### **Information available:**

- Advocacy for individuals with brain injuries as well as their family's
- Employment resources
- Educational resources
- Parent and peer support

## **Choices for People Center**

2414 Hyde Park Rd., Ste. A, Jefferson City, MO 65101

Phone: (573) 635-5414

Website: <http://www.choicesforpeoplecenter.org/index.asp>

### **Services available:**

- Employment services
- Adult day services
- Community living program
- Individual supported living programs

## **Autism Speaks**

Website: <https://www.autismspeaks.org/family-services/resource-library/family-grant-opportunities>

Information available:

- Grant information for autistic family's
- Community outreach
- Safety resources
- Professional development resources

## **Medical Care, Treatment, Services:**

### **SSM Health, St. Mary's**

2505 Mission Dr., Jefferson City, MO 65109

Phone: (573) 681-3000

Website: <http://www.ssmhealthmidmo.com/locations/st-marys-jefferson-city>

### **Services offered:**

- Emergency Medical Care
- Pediatric, woman, family health care
- Surgical and medical treatment
- Radiological services
- Hospitalization
- Medical/health care social service case management
- Physical, occupational, and speech therapies
- Nutrition programs
- Mental health evaluations and treatment



## **Capital Region Medical Center**

1125 Madison St., Jefferson City, MO 65101

Phone: (573) 632-5000

Website: <https://www.crmc.org/>

### **Services offered:**

- Emergency Medical Care
- Pediatric, woman, family health care
- Surgical and medical treatment
- Radiological services
- Hospitalization
- Medical/health care social service case management
- Physical, occupational, and speech therapies
- Nutrition programs

## **Cole County Health Department (CCHD)**

1616 Industrial Drive, Jefferson City, MO 65109

Phone: (573) 636-2181

Website: <http://www.colecounty.org/186/Health-Department>

### **Programs offered:**

- Woman, Infants, Children (WIC)
- Immunizations
- Women's Health – PAP smear, pelvic exam, breast exams
- Environmental Public Health
- Health Screening – TB testing, BP checks, Lice checks, pregnancy testing, medication assistance

### **Services:**

- Birth Certificate Issuance
- Death Certificate Issuance

## **Community Health Center of Central Missouri**

3400 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 632-2777

Website: <http://chccmo.org/>

### **Services offered:**

- Medical treatment – family, women, and pediatric
- Behavioral Health
- Prescription assistance
- Dental and oral health
- Immunizations
- Pain management
- School and work physicals

### **Emergency Medical Services (EMS)**

1736 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 634-2616

Website: <http://www.colecounty.org/345/Emergency-Medical-Services-EMS>

#### **Services offered:**

- Emergency/ambulatory transport
- CPR instruction

### **Dental Care:**

#### **Samaritan Center Dental Clinic**

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

#### **Services offered:**

- Emergency dental services
- Fillings
- 4-6 month wait for appointment

#### **Community Health Center of Central Missouri**

3400 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 632-2777

Website: <http://chccmo.org/>

#### **Services offered:**

- Emergency dental services
- Preventative dental services
- Dental exams and cleaning
- Restorative dental care

#### **Missouri Elks Mobile Dental Program**

Phone: (816) 404-6904

Website: <http://lakewoodhospitalkc.org/services/dental>

#### **Services offered:**

- Dental exams and cleaning
- Restorative dental care
- Extractions and root canals

## Eye Care:

### **Capital Lions, Jefferson City Chapter**

P O Box 6613, Jefferson City, MO 65102

Website: <http://www.jeffcitylions.com/eyeglass.php>

#### **Programs offered:**

- Recycle prescription eyeglasses for distribution to individuals in need
- Provides free vision screening to children aged 6 months to 6 years
  - Free vision screening can be scheduled by calling 800-753-2265, ext. 8518
- Recycle hearing aids for distribution to individuals in need
  - Hearing aids are provided to students at the School for the Deaf in Fulton, MO

### **Missouri Department of Social Services, Rehabilitation Services for the Blind**

P O Box 6613, Jefferson City, MO 65102

Website: <http://dss.mo.gov/fsd/rsb/>

#### **Information provided:**

- Provides program information for blind and visually impaired persons
- Vocational rehabilitation information
- Independent living services
- Children's services
- Blindness education, screening, and treatment

## **Medical & Prescription Medication Assistance:**

### **Human Arc**

1001 East 101<sup>st</sup> Terrace, Ste. 210, Kansas City, MO 64131

Phone: 816-363-8989

Website: <http://www.humanarc.com/hospital-solutions/>

#### **Programs offered:**

- Healthcare coverage assistance
- Medical bill payment assistance
- Prescription Savings Card

**FamilyWize** (United Way sponsored agency)

1720 Spillman Dr., Ste. 100, Bethlehem, PA 18015

Phone: 866-810-3784

Website: <https://familywize.org/>

**Programs offered:**

- Free/discount prescription drug program

**U.S. Center for Medicare & Medicaid Services**

7500 Security Blvd., Baltimore, MD 21244

Phone: 800-392-2161

Website: <https://www.medicare.gov/pharmaceutical-assistance-program/>

**Programs offered:**

- Free/discount prescription drug program

**Rx Outreach**

3171 Riverport Tech Center Dr., Maryland Heights, MO 63043

Phone: 800-875-6591

Website: <http://rxoutreach.org/>

**Programs offered:**

- Free/discount prescription drug program

**Mental Health Hospitals:**

**Missouri Psychiatric Center (MUPC)**

3 Hospital Dr., Columbia, MO 65212

Phone: (573) 884-1300

Website: <http://www.muhealth.org/locations/missouri-psychiatric-center/>

**Services offered:**

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 5 & up
- Hospitalization is typically 3 to 5 days in duration
- 13 beds allotted for youth aged 5 – 17
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 5 & up
- Medication evaluation & management
- Social service case management

## **Royal Oaks Hospital**

307 North Main St., Windsor, MO 65360

Phone: (660) 647-2182/800-456-2634

Website: <http://compasshealthnetwork.org/about-us/royal-oaks-hospital/>

### **Requirements:**

- Medically stable
- Must be an acute/immediate need for treatment

### **Services offered:**

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 3 & up
- Hospitalization is typically 5 to 10 days in duration
- 12 pre-adolescent beds allotted for children aged 3 – 12
- 18 adolescent beds allotted for juveniles aged 13 – 17
- 8 beds allotted for adults aged 18 and older
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 3 & up
- Medication evaluation & management
- Social service case management
- Community service coordination

## **SSM Health, St. Mary's**

2505 Mission Dr., Jefferson City, MO 65109

Phone: (573) 681-3000/800-426-2083

Website: <http://www.ssmhealth.com/behavioralhealth>

### **Requirements:**

- Must be aged 18 or older
- Admitted through the Emergency Room

### **Services offered:**

- Inpatient psychiatric hospitalization for evaluation and stabilization of individuals aged 18- 55
- Hospitalization is typically 3 to 7 days in duration
- 20 beds allotted for youth aged 18- 55
- Outpatient psychiatric evaluation, assessment, and care of individuals aged 18- 55
- Medication management
- Social service case management
- Community service coordination

## **Mental and Behavioral Health Services:**

### **National Alliance on Mental Illness (NAMI)**

3405 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 634-7727

Website: <https://namimissouri.org/>

#### **Services offered:**

- Community support and education
- Advocacy for individuals with mental health diagnoses and their family's
- NAMI WARMLine; an educational and supportive hotline for individuals with mental illness
  - 800-374-2138 (M-F, 9a – 5p/Sat & Sun 3 – 9p)
- Recovery education and programs
- Criminal justice resources and information

#### **Programs offered:**

- Mental health first aid
- Peer to peer recovery education
- NAMI-CARE (Consumers Advocating Recovery through Empowerment)
- Hearts and minds (learning about healthy and affordable lifestyle changes that reduce cardiac risks)
- Provider education courses
- NAMI support group, meets monthly
- NAMI Basics – an educational program for parents and caregivers of children & adolescents living with mental illness
- In Our Own Voice (IOOV) – a public education program designed to help those who have struggled with mental illness gain confidence and share their experiences

### **Pathways/Compass Health Network**

227 Metro Dr.,  
Jefferson City, MO 65109  
(573) 634-3000

1905 Stadium Blvd.,  
Jefferson City, MO 65109  
(573) 556-3330

3400 West Truman Blvd.,  
Jefferson City, MO 65109  
(573) 635-6878

Website: <http://compasshealthnetwork.org/location/jefferson-city/>

#### **Services offered:**

- Crisis Services and interventions
- Outpatient behavioral health- counseling, psychological evaluations, psychiatric appointments
- Integrated Health Services (IHS) case management
- Medication education and administration
- Psychiatric transitional services
- Substance abuse and treatment/Relapse prevention
- Co-occurring Counseling (substance abuse and mental health)
- Troubled sexual youth
- Dialectal Behavior Therapy (DBT)
- Men's trauma/Women's trauma

## **Missouri Department of Mental Health**

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4122

Website: <https://dmh.mo.gov/>

### **Information available:**

- Services for deaf individuals
- Crisis intervention services
- Community based service information
- Day treatment
- Residential care
- Community placement
- Respite care
- Treatment homes
- Community psychiatric rehabilitation
- Autism services
- Targeted case management
- Community outreach
- Community employment for the developmentally disabled
- Housing wavers
- Trauma informed care

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

205 Portland St., Columbia, MO 65211

Phone: (573) 884-6052

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

### **Services offered:**

- ADHD evaluations for individuals aged 5 to 21
- Cognitive Learning Evaluations for individuals aged 5 & up
- Autism evaluation and diagnostic services
- Autism Medical Clinic
- Autism Neuropsychology Clinic
- Psychological services
- Concussion Neuropsychology Clinic
- Developmental Pediatric Services

## **New Horizons**

2013 Williams St., Jefferson City, MO 65109

Phone: (573) 636-8108

Website: <https://www.mo-newhorizons.com/>

### **Services offered:**

- Adult psychiatric services
- Medication management
- Transitional homeless services
- Residential services at the Melody House and Harambee House
  - Melody/Harambee houses are both 15 bed residential facilities
- Individual therapy

## **Lifesong for Growth and Wellness**

3401 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 644-7909

Website: <http://www.findyourlifesong.com/>

### **Services offered:**

- Psychological testing and evaluations
- Child and adolescent therapy
- Individual therapy
- Group therapy
- Marriage counseling
- Rapid Resolution Therapy (RRT)

## **Veteran's Affairs (VA) Counseling Services**

4040 Rangeline St., Ste. 105, Columbia, MO 65202

Phone: (573) 814-6206/ 877-927-8387

Website: <https://www.va.gov/directory/GUIDE/facility.asp?ID=5990&dnum=All>

### **Services offered:**

- Individual counseling
- Family counseling
- Marriage counseling
- Post-Traumatic Stress Disorder (PTSD) Counseling
- Vietnam Survivors Group
- Multi-Systematic Therapy (MST) counseling



## **Substance Abuse Treatment and Counseling:**

### **Preferred Family Healthcare**

Adolescent Treatment Site  
101 Adams St.,  
Jefferson City, MO 65101  
Phone: (573) 556-6589  
Website: <http://www.pfh.org/>

Adult Treatment Site  
210 Hoover Rd.,  
Jefferson City, MO 65101  
(573) 632-4321

#### **Services offered:**

- Inpatient treatment for substance abuse disorders and chemical dependency
- Treatment is typically 30 to 45 days in duration
- Adolescent inpatient facility has 18 beds for juveniles aged 12 – 17
- Adult inpatient facility has 16 beds for adults aged 18 and above
- Outpatient treatment for substance abuse disorders and chemical dependency
- Individual counseling
- Family counseling
- Co-occurring counseling
- Group therapy
- Relapse prevention
- Social service case management
- Community agency referrals

### **McCambridge Center**

201 North Garth Ave., Columbia, MO 65203  
Phone: (573) 449-3953  
Website: <http://compasshealthnetwork.org/location/columbia-3/>

#### **Requirement**

- Females only
- Must be 18 or older

#### **Services offered:**

- Inpatient treatment for substance abuse disorders and chemical dependency
- Treatment is typically 30 to 45 days in duration
- Inpatient facility has 16 beds for women aged 18 and above
- Outpatient treatment for substance abuse disorders and chemical dependency
- Individual, family, and group counseling
- Co-occurring counseling
- Trauma counseling
- Relapse prevention

## **Missouri Department of Mental Health, Alcohol & Drug Abuse**

1706 East Elm St., Jefferson City, MO 65101

Phone: (573) 751-4942

Website: <https://dmh.mo.gov/ada/>

### **Information available:**

- Provides information on treatment, prevention, and recovery services for chemical dependency, substance abuse, and gambling
- Assures substance abuse prevention, treatment, and recovery services are available to the public
- Prevention initiatives
- Crisis intervention services
- Information on juvenile programs designed for individuals aged 12 – 17 years of age
- Information on women only programs
- Opioid dependence information
- Information on civil involuntary detention (involuntary treatment)
- SATOP program information
- Compulsive gambling treatment service information
- Alcohol, drug, tobacco fact sheets

## **Drug & Paternity Testing:**

### **Boyce & Bynum Pathology Laboratory**

1704 Christy Dr., Ste. 400, Jefferson City, MO 65101

Phone: (573) 644-6610

Website: <https://www.bbpllab.com/BBPLWeb/cms/site/Index.html>

### **Services offered:**

- Paternity testing
- Drug testing

### **Mid America Labs**

2712 Plaza Dr., Jefferson City, MO 65109

Phone: (573) 893-4118

Website: <http://midamericalabs.weebly.com/>

### **Services offered:**

- Forensic drug testing
  - Blood and urine testing available
- DUI/DWI testing
- Serology & paternity testing

## **Domestic Violence Counseling and Services:**

### **Rape Abuse Crisis Services (RACS)**

P O Box 413, Jefferson City, MO 65102

Phone: (573) 634-8346/HOTLINE: (573) 634-4911

Website: <http://www.racsjc.org/>

#### **Services offered:**

- Emergency shelter for women and children of domestic violence and sexual assault
- Domestic violence support group
- Individual and group counseling
- Victims advocacy
- Case management
- Community based referrals and support

### **True North of Columbia**

1316 Parkade Blvd., Columbia, MO 65203

Phone: (573) 875-0503

Website: <http://truenorthofcolumbia.org/>

#### **Services offered:**

- Emergency shelter for women and children of domestic violence
- Individual and group counseling
- Domestic violence support group
- Case management
- Children's programs

## **Pregnancy Assistance:**

### **First Chance for Children**

1010 Fay St., Columbia, MO 65201

Phone: (573) 777-1815

Website: <http://www.firstchanceforchildren.org/>

#### **Services offered:**

- Free cribs provided to qualified family's
- Free baby bags, which includes a health kit, baby safety kit, bath water thermometer, books, local resource guides, and a sleeper

## **Planned Parenthood**

711 North Providence Rd., Columbia, MO 65203

Phone: (573) 443-0427

Website: <https://www.plannedparenthood.org/health-center/missouri/columbia/65203/columbia-health-center-2760-90740>

### **Services offered:**

- Birth control
- Sexual health testing and treatment (HIV/STD/STI)
- Pregnancy testing
- Abortion referrals
- Emergency contraception
- Women's health

## **Birthright of Mid Missouri**

1006 East High St., Ste. 2, Jefferson City, MO 65109

Phone: (573) 635-8822

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

### **Services offered:**

- Free pregnancy testing
- Assistance in Medicaid for pregnant women registration
- Adoption counseling
- Prenatal development and care
- Parenting skills
- Financial, employment, legal, and social assistance and referrals
- Maternity and baby clothing

## **My Life Clinic**

802 North Providence Rd., Columbia, MO 65203

Phone: (573) 874-3561

Website: <http://www.mylifeclinic.org/>

### **Services offered:**

- Free pregnancy test/ultrasound
- Free pregnancy medical services
- Assistance in Medicaid for pregnant women registration
- Adoption counseling
- Adoption referrals
- Free STD/STI testing
- Abortion counseling and recovery

## **Pregnancy Help Center**

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 644-6635

Website: <http://www.phcjeffersoncity.com/>

### **Services offered:**

- Free pregnancy test/ultrasound
- Assistance in Medicaid for pregnant women registration
- Adoption counseling
- Maternity home placement
- Free HiSet preparation and tutoring

## **Parenting Services:**

## **Prenger Family Center**

400 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 636-5177

Website: <http://www.colecounty.org/328/Juvenile-Division-Prenger-Center>

### **Services offered:**

- Parenting classes offered quarterly
- Supervised visits
- Supervised custodial exchange program

## **Pregnancy Help Center**

1760 Southridge Dr., Jefferson City, MO 65109

Phone: (573) 644-6635

Website: <http://www.phcjeffersoncity.com/>

### **Services offered:**

- Free parenting classes for parents of children under the age of 5
- Each parenting class is held quarterly
- Infant parenting class information
  - Wednesdays, 3:30 – 4:30 p
  - Six week session
- Toddler parenting class information
  - Wednesdays, 10 – 11:30 a
  - Eight week session

## **Rainbow House**

1611 Towne Dr., Columbia, MO 65202

Phone: (573) 474-6600

Website: <https://rainbowhousecolumbia.org/>

### **Services offered:**

- Making Parenting a Pleasure, parenting class
  - Offered monthly
  - 16 hour parenting class (8 hours on Saturday & 8 hours on Sunday)
  - Class is geared towards parenting children of all ages
  - Registration maximum is 15

## **Lodging and Shelter Assistance:**

## **HALO**

3519 Bennett Ln., Jefferson City, MO 65101

Phone: (573) 418-9912

Website: <https://haloworldwide.org/jefferson-city-mo/>

### **Requirements:**

- Females only
- Must attend school
- Must be between the ages of 16 – 21 years of age
- Must obtain part time employment if attending school
- Must obtain full time employment upon diploma completion

### **Services offered:**

- Shelter/residency for females provided for up to 2 years
- Educational assistance
- Employment assistance
- Social service case management
- Professional development skills
- Life skills programs
- Community outreach

## **Salvation Army**

Center of Hope  
927 Jefferson St.,  
Jefferson City, MO 65101

Website: [http://www.usc.salvationarmy.org/usc/www\\_usc\\_columbia.nsf](http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf)

Harbor House  
602 North Ann St.,  
Columbia, MO 65201

### **Requirements:**

- Must have a photo ID
- No history of violent crimes
- Residents must help maintain the cleanliness of the facility

### **Services offered:**

- 40 bed shelter for men, women, and family's
  - Shelter bed availability fluctuates daily
  - Shelter stays are typically limited to a period of no more than 90 days
- Spiritual counseling

## **St. Raymond's House**

308 East High St., Ste. 207, Jefferson City, MO 65101

Phone: (573) 893-2067

Website: <http://www.srshelp.org/>

### **Services offered:**

- Transitional home for pregnant or new mothers
  - Typical duration of stay is 6 months
  - Mothers MUST be clean of all substances for no less than 6 months
  - Mother can bring up to two other children, so long as both children are under age 5
- Rental assistance for mothers

## **Rainbow House**

1611 Towne Dr., Columbia, MO 65202

Phone: (573) 474-6600

Website: <https://rainbowhousecolumbia.org/>

### **Services offered:**

- Children's Advocacy Center (CAC)
- Forensic interviews
- Emergency shelter for children aged birth to 18
- Transitional living program for homeless youth
- Community outreach

## **Transportation:**

### **City of Jefferson Transit (JEFFTRAN)**

820 East Miller St., Jefferson City, MO 65101

Phone: (573) 634-6477

Website: <http://www.jeffersoncitymo.gov/government/transit/>

#### **Services offered:**

- Public transportation via a fixed route bus system; all routes run throughout Jefferson City
- \$1 per ride (each way), children under 6 are free

### **Checker Cab**

1000 St. Mary's Blvd., Jefferson City, MO 65109

Phone: (573) 636-7101

Website: <http://checkerjc.com/>

#### **Services offered:**

- Fair based transportation

### **OATS Public Transportation**

2501 Maguire Blvd., Suite 101, Columbia, MO 65201

Phone: (573) 449-3789 / 800-26-6287

Website: <http://www.oatstransit.org/jefferson-city>

#### **Services offered:**

- Public transportation
- \$5 round trip transportation throughout Jefferson City
- \$7 round trip transportation throughout Cole County
- \$9 round trip transportation to adjacent counties

### **Handi-wheels**

820 East Miller St., Jefferson City, MO 65101

Phone: (573) 634-6477

Website: <http://www.jeffersoncitymo.gov/government/transit/>

#### **Services offered:**

- Provides transportation within City limits to clients who qualify under the Americans with Disabilities Act (ADA)
- All busses are wheel chair equipped



## **JC Winter Outreach**

409 Ellis Blvd., Jefferson City, MO 65109

Phone: (573) 636-5157

Website: [https://m.facebook.com/page/about.php?id=388325838174851&expand\\_all=1](https://m.facebook.com/page/about.php?id=388325838174851&expand_all=1)

### **Services offered:**

- Provides transportation for the homeless to local shelters when temps are less than 20 degrees

## **Non- Emergency Medical Transportation (NEMT)**

Phone: 866-269-5927

Website: <http://dss.mo.gov/mhd/participants/pages/medtrans.htm>

### **Services offered:**

- Transportation to/from non-emergency medical appointments
- MUST be covered by Mo HealthNet/MoHealthNet Managed Care program
- \$2 per Medical trip
- Trips must be scheduled 5 days in advance

## **Working Wheels for Working Families**

P O Box 105116, Jefferson City, MO 65110

Phone: (573) 691-3653

Website: <http://www.ww4wf.com/>

### **Services offered:**

- Accepts and reconditions donated vehicles from the community
- Provides qualified, low income families with a reliable vehicle
- Some of the requisites are: gain/maintain employment, no prior DWI/DUI, drug free, have at least one dependent, and no felony convictions within the past five (5) years
- Recipient family is responsible for covering the licensing, tax, registration, and insurance fees

## **Amtrak**

101 Jefferson St., Jefferson City, MO 65101

Phone: 800-872-7245

Website: <https://www.amtrak.com>

### **Services offered:**

- Rail transportation through Missouri and the continental United States
- River Runner rail route runs daily between Kansas City and St. Louis with stops in Jefferson City and surrounding communities

## **Employment Assistance:**

### **Missouri Career Center**

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: <https://jobs.mo.gov/jobseeker>

#### **Services offered:**

- Provides educational assistance and services for anyone aged 16 and older
- Help with diploma completion, HiSet testing, and college acceptance
- Job search assistance
- On the Job Training (OJT)
- Employment workshops
- Job fairs
- Resume building assistance
- Assistance with completing and submitting online applications

### **Youth 180**

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: [http://cwib.us/?page\\_id=481](http://cwib.us/?page_id=481)

#### **Services offered:**

- Assist youth aged 14 – 21 to obtain employment through work experience
- Improve academic skills
- Staff assisted job search
- National Career Readiness Certification
- Training/assessments/workshops

### **Job Point**

315 Ellis Blvd., Jefferson City, MO 65101

Phone: (573) 636-8186

Website: <http://www.jobpointmo.com/>

#### **Services offered:**

- Preparing individuals within the community for employment
- Application completion and resume assistance
- Assistance in internet job searches
- Employment opportunities for disabled individuals
- Credentialed certificate training in various fields

## **1<sup>st</sup> Choice Employment**

514 East High St., Ste. 30, Jefferson City, MO 65101

Phone: (573) 635-9885

### **Services offered:**

- Provides employment services to individuals with vocational barriers

## **Missouri Department of Elementary and Secondary Education, Vocational Rehabilitation**

1500 Southridge Drive, Suite A, Jefferson City, MO 65109

(573) 751-2343

Website: <https://dese.mo.gov/adult-learning-rehabilitation-services/vocational-rehabilitation>

### **Services offered:**

- Employment guidance and counseling for physically and/or mentally disabled individuals
- Job seeking skills
- Job placement
- Vocational training
- Transition services
- Rehabilitation technology
- Ticket to work program

## **Veterans Education, Missouri Career Center**

1716 Four Seasons Dr., Suite 101, Jefferson City, MO 65101

(573) 526-8115

Website: <https://dese.mo.gov/adult-learning-rehabilitation-services/veterans-education/job-training-apprenticeship>

### **Services offered:**

- Monthly educational benefits for veterans and eligible dependents of veterans
- On the Job Training (OJT) & apprenticeships

## **M U Hook Center**

2 London Hall, Columbia, MO 65211

(573) 884-1850

Website: <https://education.missouri.edu/hook-center/programs/>

### **Services offered:**

- Monthly educational benefits for veterans and eligible dependents of veterans
- On the Job Training (OJT)
- Apprenticeships

## **Food Pantry:**

### **Samaritan Center**

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

#### **Requirements:**

- Photo id

#### **Information:**

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Monday – Thursday, 9:30 – 11:30a; Thursdays evenings 4 – 6p

### **Salvation Army**

927 Jefferson St., Jefferson City, MO 65101

Phone: (573) 635-1975

Website: [http://www.usc.salvationarmy.org/usc/www\\_usc\\_columbia.nsf](http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf)

#### **Information:**

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Tuesdays 12 – 4p

### **The Pantry**

409 Ellis Blvd., Jefferson City, MO 65109

Phone: (573) 636-5157

Website: <http://www.firstchristianjcmo.org/food-pantry.html>

#### **Information:**

- Pantry is open 1 – 7p, the fourth Friday of each month

### **First United Methodist Church**

201 Monroe St., Jefferson City, MO 65101

Phone: (573) 635-6886

Website: <http://www.jcfumc.org/>

#### **Information:**

- Commodity and pantry visits are allowed once per calendar month
- Pantry is open Tuesdays & Fridays, 9a – 12p and 1 – 2p; Thursdays, 10a-12p

## **First Church of God**

1614 Southwest Blvd., Jefferson City, MO 65109

Phone: (573) 635-0963

Website: <http://www.firstchristianjcmo.org/food-pantry.html>

### **Requirements:**

- Photo id

### **Information:**

- Commodity and pantry visits are allowed twice per year
- Pantry is open from 1 – 2p on the first and third Tuesday of each month

## **Mobile Food Pantry**

Capital West Christian Church  
1315 Fairgrounds Rd.,  
Jefferson City, MO 65109

Firley YMCA  
525 Ellis Blvd.,  
Jefferson City, MO 65101

Russellville  
13007 Route C  
Russellville, MO 65074

### **Information:**

- Capital West Christian Church, third Saturday of the month, 9a to 1p
- Firley YMCA, second Thursday of the month, 4 – 6p
- Russellville, second Tuesday of the month, 2 to 5p

## **Nutritional Services:**

## **Health, Wellness, & Nutrition Center (The Center)**

606 Dix Rd., Jefferson City, MO 65109

Phone: (573) 893-9999

Website: <http://www.drhwnc.com/>

### **Services offered:**

- Wellness counseling
- Nutritional counseling
- Cooking seminars
- Cholesterol, blood glucose, HDL, A1C, triglyceride testing

## **HyVee**

3721 West Truman Blvd., Jefferson City, MO 65109

Phone: (573) 893-2505

Website: <https://www.hy-vee.com/stores/dietitian/default.aspx?s=75>

### **Services offered:**

- Wellness counseling
- Nutritional counseling
- Specialized diet planning
- Kids cooking classes
- Personal shopping assistance
- Community and business dietary presentations

## **University of Missouri, Extension**

Cole County Extension Center, 2436 Tanner Bridge Rd., Jefferson City, MO 65101

Phone: (573) 634-2824

Website: <http://extension.missouri.edu/main/DisplayCategory.aspx?C=5>

### **Services offered:**

- Wellness information
- Nutritional classes and information
- Informative grocery shopping
- Eating disorder education

## **Academy of Nutrition and Dietetics**

Website: <http://www.eatright.org/>

### **Information available:**

- Health and wellness information for children, women, men, and family's
- Healthy aging
- Fitness management
- Kids nutrition

## **Clothing:**

### **Samaritan Center**

1310 East McCarty St., Jefferson City, MO 65101

Phone: (573) 634-7776

Website: <http://www.midmosamaritan.org/>

#### **Services offered:**

- Clothing closet, open to the public
- Men, women, children, and infant clothing
- Some household items

### **Dreams to Reality**

500 Jefferson St., Jefferson City, MO 65101

Phone: (573) 681-9675

Website: <http://www.dreamstoreality-jc.org/>

#### **Services offered:**

- Provides women with professional clothing for interviews and employment
- Hours are Tuesdays and Thursdays from 10a – 2p & the first Saturday of each month, 9 – 11a
- Must be referred from a community agency

### **Goodwill Industries**

1806 Missouri Blvd., Jefferson City, MO 65101

Phone: (573) 635-6228

Website: <https://mersgoodwill.org/>

#### **Services offered:**

- Provides repurposed clothing & household items to the community at a discounted rate
- Clothing vouchers available to struggling family's through community agencies

### **Salvation Army Thrift Store**

718 Michigan St., Jefferson City, MO 65101

Phone: (573) 635-1463

Website: [http://www.usc.salvationarmy.org/usc/www\\_usc\\_columbia.nsf](http://www.usc.salvationarmy.org/usc/www_usc_columbia.nsf)

#### **Services offered:**

- Provides repurposed clothing & household items to the community at a discounted rate

## **Disaster Relief & Preparedness**

### **American Red Cross**

431 East McCarty St., Jefferson City, MO 65109

Phone: (573) 635-1132

Website: <http://www.redcross.org/>

#### **Services offered:**

- Disaster relief - flood, earthquake, storm, tornado, fire
- Emergency shelter assistance
- Training & Certification – first aid, CPR, AED, babysitting, CNA, BLS
- Military – deployment communication and support, family and community support
- International relief: assistance, education, vaccination, and communication

### **Missouri Department of Health and Senior Services, Disaster and Emergency Planning**

912 Wildwood Dr., Jefferson City, MO 65109

Phone: (573) 751-6400

Website: <http://health.mo.gov/emergencies/index.php>

#### **Information available:**

- Emergency preparation
- Information on natural disasters and weather emergencies
- Information on biological and chemical terrorism
- Emergency response information
- Information on traumatic injuries
- Pediatric disaster resources
- Public health messages

### **Federal Emergency Management Agency (FEMA)**

Phone: 800-621-3362

Website: <https://www.disasterassistance.gov/>

#### **Services offered:**

- Disaster relief - flood, earthquake, storm, tornado, fire
- Individual and household assistance
- Disaster assistance and emergency relief program for individuals and businesses
- Disaster unemployment assistance
- Housing repair loans and grants



## Other Community Agencies & Resources

### **Missouri Veterans Commission**

Jefferson Building, 205 Jefferson St., 12<sup>th</sup> floor, Jefferson City, MO 65110

Phone: (573) 751-3779

Website: <http://mvc.dps.mo.gov/>

#### **Services provided:**

- Assist veterans with their disability applications
- Educational assistance and programs
- Veteran's home loans
- Oversee the State Veteran's cemeteries
- Assist veteran's with burial benefits
- Manage the Veteran's homes located throughout Missouri

### **Missouri Department of Health & Senior Services, Family Care Safety Registry (FCSR)**

912 Wildwood Dr., Jefferson City, MO 65109

Phone: (573) 751-6400

Website: <http://health.mo.gov/safety/fcsr/>

#### **Information available:**

- State registry designed to protect children, seniors, and disabled individuals by ensuring service providers are safe
- Registry is designed to assist employers and the service recipient's family make informed decisions
- Information on good cause waivers

### **Big Brothers Big Sisters**

424 Stadium Blvd., Jefferson City, MO 65101

Phone: (573) 634-3290

Website: <https://www.mvbbbs.org/>

#### **Services provided:**

- Mentoring program for children under the age of 17

### **Missouri Mental Health Foundation**

221 Metro Dr., Ste. C, Jefferson City, MO 65109

Website: [http://www.missourimhf.org/?page\\_id=50](http://www.missourimhf.org/?page_id=50)

#### **Information available:**

- Broad based public education and awareness of mental health
- Provides mental health resource materials and assistance to the public

## **Catholic Charities of Central & Northern Missouri**

2201 West Main St., Jefferson City, MO 65109

Phone: (573) 635-7719

Website: <https://catholiccharitiesusa.org/members/catholic-charities-of-central-northern-missouri>

### **Services provided:**

- Disaster preparedness and response
- Refugee and immigration services
- Prison ministry
- Community based volunteering

## **Central Missouri Foster Care & Adoption Association**

509 Swifts Hwy., Jefferson City, MO 65109

Website: <http://ccfosteradopt.com/>

### **Services offered:**

- Educates, supports, and advocates for foster and adoptive children and family's
- Provides foster parent training
- Respite care for foster children/family's
- Transitional youth program
- Food vouchers
- Free haircut program

## **Families for Families**

3705 State Highway C, Jefferson City, MO 65109

Phone: (573) 619-1322

Website: <http://chccmo.org/>

### **Information available:**

- Meetings are held the first Thursday of each month
- Community based program designed to empower and educate parents and caretakers
- Families leading families

## **Missouri Department of Health & Senior Services**

P O Box 570, Jefferson City, MO 65102

Phone: (573) 751-6266

Website: <http://health.mo.gov/living/families/genetics/newbornscreening/>

### **Information available:**

- Information Newborn Screenings
  - Newborn Hearing Screening
  - Blood Spot Screening
  - Phenylketonuria (PKU)

## **Jefferson City Chamber of Commerce**

213 Adams St., Jefferson City, MO 65101

Website: <http://www.jcchamber.org/>

### **Information available:**

- Welcome to the City of Jefferson packet
- Community programs
- Business directory
- City and County map

## **Care Portal**

3161 Wyandotte St., Kansas City, MO 64111

Phone: (816) 536-8333

Website: <https://careportal.org/>

### **Information available:**

- Connecting churches, child welfare agencies, and families in need

## **United Way**

205 Alameda Dr., Jefferson City, MO 65109

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

<http://www.unitedwaycemo.org/2-1-1>

### **Information available:**

- Details community programs available to assist individuals and families in need
- Connects the community with available resources and volunteer opportunities within our community
- 211 is a 24/7 resource connection for most of Missouri