Salvation Army Family Support Division (IDS & birth certificates, case management for families, household items for those in crisis, rent & utility assistance) ................................................. 842-3229
SEED Success (college/vocational training savings account with incentives for children under 18) ........................................................................................................... 864-5385
SEV/Service, Employment, Redevelopment (Employment & training for adults 55 & over) ................................................................................................................. 886-8898
SIL/Services for Independent Living (Support groups, housing information, transportation, recreation, advocacy, limited in-home services) .................................................... 874-1646
Social Security Administration ........................................................................................................ 866-563-9108
Staff-Smart Medical Staffing (Temporary employment agency) .................................................. 777-3956
State of Missouri Family Support Division (Medicaid) ................................................................. 441-5929
Suicide Prevention Lifeline ........................................................................................................... 800-273-8255
TCP/The Center Project (LGBTQ+ community resources, PRISM teen group) ......................... 449-1188
TEL-LINK (info & referrals for maternal & child health services) .................................................. 800-835-5465
True North (Shelter & counseling for women in domestic violence situations) ......................... 875-1369
Turning Point (Assistance to homeless individuals, showers, laundry facilities, and referrals) ................................................................................................................. 214-4077
Upscale Resale (Clothing, household items, books, shoes) ............................................................ 445-4803
VAC (Financial assistance, in-kind services, and rental assistance – provided according to eligibility & funding) ............................................................................................... 874-2273
Veterans Crisis Line ................................................. 800-273-8255
Vocational Rehabilitation Center (Training/employment for the physically and mentally disabled) .............................................................................................................. 441-6327
Woodhaven Learning Center (Living & day services for adults with developmental disabilities) .................................................................................................................. 875-6181

NOTES

**SERVICES**

**BABY AND CHILD ASSISTANCE**

Child Care Aware (Child care resources & referral network) .................................................. 445-5437
Day Dreams Foundation (CPS students age 18 & under) ............................................................ 814-2609
Division of Child Support Enforcement ......................................................................................... 800-859-7999
First Chance for Children .............................................................................................................. 777-1815
Lutheran Family and Children’s Services ................................................................................... 815-9955
My Life Clinic .................................................................................................................................. 214-9090
ParentLink .................................................................................................................................. 882-7321
Parents as Teachers ...................................................................................................................... 214-3955
SEED Success (sewings account for children under 18) ............................................................. 864-5385
TEL-LINK .................................................................................................................................. 800-835-5465
VAC ............................................................................................................................................. 874-2273
WIC/Women, Infants and Children Program .............................................................................. 874-7384

**Elderly**

Alzheimer’s Association .................................................................................................................. 443-8665
Centria Senior Center ...................................................................................................................... 682-5003
CMAA/central Missouri Area Agency on Aging ............................................................................. 443-5823
Columbia Senior Center .............................................................................................................. 874-2050
Department of Health and Senior Services ................................................................................... 441-6222
Mi Adult Day Center ....................................................................................................................... 875-1369
North East Community Action Corporation .................................................................................. 875-1107
Silk/Services for Independent Living ........................................................................................... 874-1646

**EDUCATION (Adult and children)**

Centro Latino .................................................................................................................................. 449-9442
Daniel Boone Regional Library ...................................................................................................... 443-3161
Grade A Plus .................................................................................................................................. 268-4372

**Employment**

Alternative Community Training .................................................................................................. 447-9446
Vocational Rehabilitation Center .................................................................................................. 441-4327

**Family Support Division** (Food stamps) .................................................................................. 855-373-4636
First Chance for Children (Free cribs, parent education, referrals & toy loan) ......................... 777-1815
Grades Plus (Tutoring, summer camp, after-school programs) ..................................................... 268-4372
Habitat for Humanity (Homeownership program) ........................................................................ 449-1202
Habitat Restore (Sells new/used building materials, toys, household items & appliances, other various donations) ................................................................. 449-1202
Horace Bower (Shelter for all – not gender specific) .................................................................. 442-1974
Health Department (Birth/death certificates, medical testing & screening, utility assistance, nutrition assistance; non-controlled substances) ......................................... 874-7355
High Road School of Boone County (Educational services for children with disabilities) .......... 442-2418
HireLevel (Temporary employment agency) ................................................................................. 442-2648
IBHC/Inclusive Behavioral Health Clinic ....................................................................................... 892-9871
Job Finders (Temporary employment agency) .............................................................................. 446-2450
Job Point (Job placement, skills training, career planning) ......................................................... 474-8560
Kelly Services (Temporary employment agency) .......................................................................... 875-0605
Kilgro's Medical Pharmacy (Health Services with the Department and VAC) .............................. 442-0149
King's Daughters and Sons (Dental program – kids only by CPS nurse referral) ...................... 875-7874
Lil's Book (Shelter for women) ....................................................................................................... 875-7874
Love INC (Life skills coaching; action plan/goal setting, life purpose, employment & housing search, budgeting/money management; care management & information on resources) .......................................................... 256-7662
Love Seat (Affiliated with Love INC – furniture, housewares) ...................................................... 447-7728
Lutheran Family and Children's Services (Counseling and adoptive services) ..................... 815-9595
Mannpower (Temporary employment agency) .............................................................................. 817-2552
Meals on Wheels Columbia (Meals delivered to seniors, disabled, and adults recovering from recent hospitalization) .............................................................. 866-7544
Medicaid (Free primary care for uninsured patients in central MO) .......................................... 841-1942
Mid-Missouri Dental Center (Family & general dentistry, children's sedation) ......................... 814-1694
Mid-MO Legal Services (Free legal services to income-qualified persons) ............................... 442-0116
Missouri Crisis Line (Safe, confidential place to share) ............................................................... 445-5035
Missouri Job Center (Vocational training and support) ................................................................. 441-6361
MU Adult Day Connection (Daytime health care for adults 18 & over, exercise & therapeutic activities) ............................................................................................................. 862-7070
My Wish Pregnancy Help Services, Baby & Maternity Supplies ................................................ 874-3561
NAMI/Alliance on Mental Illness (Mental health WARmline) ..................................................... 800-374-2138
National Runaway Safeline (Resource & crisis line for youth, locate Safe Place locations) ...... 900-786-2929
NEMT/Non-Emergency Medical Transportation (Transportation assistance to health care appointments for Medicaid recipients only) ................................................. 866-269-5927
New Horizons (Psychiatric rehab services, substance abuse, homeless assistance) ................ 443-0405
New Life Evangelistic Center (Shelter for men, Free Store: clothing for anyone) ..................... 875-0603
North East Community Action Corporation (Personal care & homemaker services, elderly & other at home services) .............................................................. 875-1107
OATS Transit (Transportation for rural general public to medical appointments, essential shopping & business, groceries) ................................................................. 449-3789
ParentLink (Parenting info, referrals) ............................................................................................ 882-7321
Parent-Link Teachers (Resources for parents, teacher resources, developmental screenings) ......................................................................................................................... 214-3955
PeopleReady (Temporary employment agency) ......................................................................... 874-8916
Phone Programs (Treatment for substance abuse) ..................................................................... 875-8980
Planned Parenthood (Family planning, birth control, screenings & treatment, exams) .......... 443-0427
St. Francis House (Shelter for men) .............................................................................................. 875-4913

**Transportation**

Disabled (Transportation for rural general public to medical appointments, essential shopping & business, groceries) ................................................................. 449-3789

**Vocational Rehabilitation Center** (Training/employment for the physically and mentally disabled) ................................................................................................. 441-6327

**WIC/Women, Infants and Children Program** (Health care referral, food checks, education and support) ....................................................................................... 874-7384
Woodhaven Learning Center (Living & day services for adults with developmental disabilities) .................................................................................................................. 875-6181
**NOTES**

For more information, contact: Volunteer Action Center (VAC)

4035 Yavapai Drive / Columbia, MO 65202

573.874.2273  855.357.5640

Visit us at www.vacmo.org 

**UPDATED 7/28/2020**

---

**MEDICAL**

Medicaid | Medicare | Health Services | Dental | Alcohol | Drug Addiction Treatment | Compass Health | 442.1984

**MEDICAID | MEDICARE | MEDICAL SERVICES | DENTAL | ALCOHOL | ADDICTION TREATMENT | COMPASS HEALTH | 442.1984**

**HEALTH**

Dental

Family Dental Center .............................................. 777-8997

Health Department .................................................. 874-7355

King's Daughters and Sons (Kids only & need referral from CPS school nurse) ......... 814-1694

Health Services

American Red Cross (Disaster relief) .................................. 449-2665

Family Health Center .................................................. 214-2314

Health Department ..................................................... 874-7355

MedZou ......................................................................... 356-2499

Planned Parenthood ........................................................ 443-0427

Medication | Medical Equipment Assistance

D&D Drugstore (Kids’ vitamins ages 4-12). ................................................. 777-7333

Family Health Center (For current patients only) ............................. 214-2314

Health Department (Non-controlled substances at Kilgore’s pharmacy only) .... 819-6430

Kilgore’s Medical Pharmacy .................................................. 442-0194

Lion’s Club (Kids only & need referral from school nurse) ......................... 874-2273

Vac (Controlled and non-controlled substances, select pharmacies only) ........ 874-2273

Mental Health Services | Assistance with the Developmentally Delayed

BCFR/Boone County Family Resources ........................................ 847-1995

Burrel Behavioral Health .................................................................. 777-7500

Central Missouri Subcontracting Enterprises .................................... 442-6905

City of Refuge (for refugees only) .................................................. 999-1686

Delmar Cobble State School ...................................................... 442-6482

Deafline Missouri (resource & crisis line for Deaf, Hard of Hearing) ......... 800-380-3323

Deaf/blind individuals: .......................................................... 800-380-3323

FACE of Boone County (Kids 0-19 and families) ................................ 771-3223

Family Counseling Center (Compass Health) ................................... 449-2581

IBHC/Integrative Behavioral Health Clinic ...................................... 882-9871

Missouri Crisis Line (Safe, confidential place to share) ....................... 445-5035

NAMI/National Alliance on Mental Illness (Missouri WarmLine) .... 800-374-2138

National Suicide Prevention Lifeline ............................................. 800-273-8255

New Horizons ........................................................................... 443-0405

SIL/Services for Independent Living ............................................ 874-1646

The Woodland Clinic (counseling for women in domestic violence situations) .... 875-1369

Woodhavens Learning Center .................................................. 875-6181

Medicaid | Medicare | Marketplace

Medicaid Support Division (Medicaid) ............................................. 855.373.4636

Cover Missouri ................................................................. 800.466.3213

Missouri CLAIM (Medicare) ...................................................... 800.390.3330

Social Security Administration (Medicare/Medicaid) ......................... 866.503-9108

**FOOD**

Central Missouri Food Pantry .................................................. 874.7848

Food Stamps (Family Support Division) ......................................... 855.373.4636

Meals on Wheels of Columbia .................................................. 886.7554

Vac ................................................................. 874.2273

**COLUMBIA | BOONE COUNTY**

**INFORMATION & REFERRAL SERVICE**

Published by:

[VAC]

the heart of service in Boone County

Services provided according to eligibility and funding availability or restrictions

**INDEX**

Alternative Community Training (Employment for disabled, after school & in-home services, community living programs, day programs) ............... 474.9446

Alzheimer’s Association (24/7 Helpline, care consultation, support groups) ........ 443.8665

American Red Cross (Emergency assistance during disasters) ................ 449.2565

BCFR/Boone County Family Resources (Disability services and support living residential programs) ........................................... 874.1995

Burrel Behavioral Health (Psychiatric rehabilitation for adult and youth, therapy, medication services, screening & crisis services, adolescent substance abuse treatment) ........................................ 777.7500

Central Missouri Food Pantry (Emergency food assistance) ................. 874.7848

Central Missouri Mental Health (Emergency services; emergency day program) .......................................................... 442.6935

Centrallia Senior Center (Elderly services) ...................................... 682.5053

Centro Latino (Educational services for students with severe disabilities) .............................. 443.0857

CH/Missouri Housing Authority (Public housing, Section 8, Shelter Plus Care, Oak Towers, Paquin Towers) ........................................... 443.2556

Child Care Aware (Assist families with finding child care) ..................... 444.2556

City of Columbia ParaTransit (Transportation for ADA eligible citizens) .... 874.7290

City of Columbia (Families, Kids, Children, Children in need) .............. 999.1686

CMAA/Central Missouri Area Agency on Aging (Senior center services, home-delivered meals, transportation) ........................................ 443.5823

CMCA/Central Missouri Community Action (Utility assistance, Head Start, housing/Section 8, weatherization programs) .......................... 443.8706

Columbia Senior Center (Elderly services) ....................................... 874.7850

Compass Health (Substance abuse, mental health services) .................. 449.3953

D&D Drugstore (Kids’ vitamins ages 4-12) ........................................ 777.7333

Daniel Boone Regional Library (Education, tech classes, annual tax help) 443.3161

Day Dreams Foundation (Financial assistance: extracurricular activities, uniforms & equipment for CPS students ages 18 & under; call for short-notice only, otherwise e-mail: joe@daydreamsfoundation.org) 214.2600

Deafline Missouri (24/7 resource & crisis line for Deaf, Hard of Hearing and Deaf/blind individuals) ........................................... 800.380-3323

Delmar Cobble State School (Educational services for students with severe disabilities) .......................................................... 442.6482

Department of Health and Senior Services (Programs for families & seniors, independent living, long-term care) ............................ 441.6222

Division of Child Support Enforcement ........................................... 800.859.7999

Express Employment Professionals (Temporary employment agency) ........ 443.1800

FACE of Boone County (Youth and family resources) ......................... 771.3223

Family Counseling Center (Residential treatment, outpatient services) .... 449.2581

Family Dental Center (Dental care, oral surgery, emergency services) .... 777.6997

Family Health Center (Primary health care for all, mental health services, medication assistance, dental care, limited transportation) ................. 214.2314

Family Impact Center (Education, quality of life programs, mental health) 882-2428