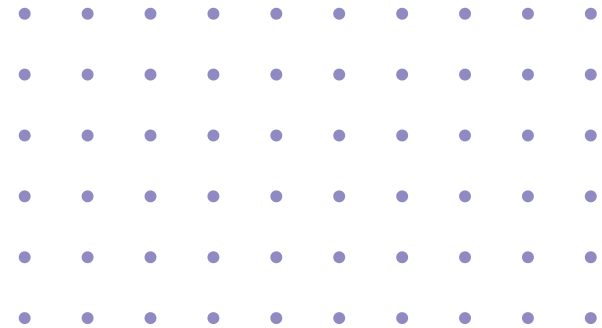


**PeopleReady 573-874-8916** Temporary Employment Agency  
**Planned Parenthood 573-443-0427** Reproductive Healthcare, Sex Education, STD Testing and Treatment  
**Powerhouse 573-723-6030** Food, Parenting Programs, Substance Use Recovery Resources, Events for Families, Therapy for Those Re-Entering Society After Incarceration  
**Rainbow House 573-474-6600** Children's Emergency Shelter, Respite Care  
**ROC (Reentry Opportunity Center) 573-607-9372** Community Center with Resources for Individuals Involved in the Justice System  
**Room at the Inn (RATI) 573-825-6029** Overnight Shelter (1509 Ashley St.)  
**Safe Families for Children 573-217-0377** Temporary Respite Care for Parents with Children  
**Salvation Army 573-442-3229** IDs, Birth Certificates, Case Management, Household Items, Food, Rent, Utilities, Baby Supplies  
**SEED Success 573-353-3884 /573-864-5385** Financial Education, College Savings Program  
**SER National 573-250-2128** Employment Assistance for Individuals Aged 55+  
**Services for Independent Living (SIL) 573-874-1646** Medical Equipment, Senior Assistance, In-Home Services, Transportation, Education and Skills Training  
**Social Security Administration 866-563-9108** Social Security Cards, Social Security Payments  
**Spectrum Healthcare 573-514-7312** STD Testing, Birth Control, Plan B, Medicaid Help  
**St. Francis House 573-875-4913** Emergency Shelter, Free Breakfast and Dinner  
**St. Raymond's Society 573-777-1498** Shelter, Case Management, and Emergency Financial Assistance for Pregnant Individuals and Parents with Young Children  
**St. Vincent de Paul 573-424-1022** Financial Assistance  
**Staff-Smart Medical Staffing 573-819-1091** Temporary Employment Agency for Medical Workers  
**Tel-Link 800-835-5465** Maternal and child health service referrals and information  
**The Center Project 573-449-1188** LGBTQIA+ Programs and Education, Emergency Funds  
**The Excel Center 573-499-1220** Free High School for Adults  
**The Food Bank Market 573-874-7848** Food, SNAP Assistance  
**The Wardrobe 573-442-3260** Clothing (MUST have a voucher issued by VAC or another social service agency to receive the clothing for free)  
**True North 573-875-0503** Education, Counseling, Advocacy, and Shelter for Domestic Violence Victims  
**Turning Point 573-214-4077** Showers, Laundry, Internet and Phone Access, Socks, Temporary Storage  
**VAC 573-874-2273** Basic Needs, Rent Assistance  
**Vocational Rehabilitation Center 573-751-3251** Employment Assistance for Individuals with Disabilities  
**Welcome Home 573-443-8001** Temporary Shelter and Housing for Veterans  
**WIC 573-874-7384** Food and nutrition information for pregnant, breastfeeding, and postpartum individuals and children up to age 5  
**Woodhaven Learning Center 573-875-6181** Day Program, Aging Support, Medical Support, Employment Resources, and Educational Resources for Disabled Individuals



# ***Information & Referrals Guide***

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



**Aging Best 800-369-5211** Varying assistance for aging adults  
**Alzheimer's Association 573-443-8665** 24/7 Helpline and Support Groups Relating to Alzheimer's  
**American Red Cross 573-449-2656** Disaster assistance (including food, shelter, clothing, etc.)  
**Boone County Family Resources (BCFR) 573-874-1995** Resources for People with Developmental Disabilities, including Employment (Finding and Retaining), Supported Living, Assistive Technology, Health Case Management  
**Big Brothers Big Sisters 573-874-3677** Mentor Programs for Children  
**Boys and Girls Club 573-874-1697** After-School and Summer Programs  
**Burrell Behavioral Health 417-761-5000** Therapy and Psychiatric Care, Substance Use Treatment, Mental Health Crisis Services  
**Catholic Charities 573-635-7719** Counseling, Financial Education, Disaster Recovery, Spanish-Speaking Assistance, Nutritional Education, Refugee Assistance, Immigration Assistance  
**Central Missouri Subcontracting Enterprises (CMSE) 573-442-6935** Resources for People with Developmental Disabilities, including Employment (Finding and Retaining), Day Program  
**Centro Latino 573-268-9533 or email latino.centro@gmail.com** Spanish Speaking Assistance, Document Translation, After-School Program, English Classes  
**Columbia Housing Authority (CHA) 573-443-2556** Affordable Housing, Resident Programs, Parent Education  
**Child Care Aware (866) 892-3228** Locating Childcare, Employment (Training and Certification for Childcare Providers)  
**Child Support Enforcement 866-313-9960** Child Support Assistance  
**City of Columbia ParaTransit 573-874-7290** Free transportation for qualified disabled individuals (application required)  
**City of Refuge 573-454-1552** Basic Needs, Educational Resources, and Professional Development for Refugees  
**Central Missouri Community Action (CMCA) 573-443-8706** Utility Assistance, Housing, Winterization, Financial Literacy, Head Start Program, Employment Skills  
**CoMo Mobile Aid Text 573-340-9020 or Email comomobileaid@gmail.com** Basic Needs Assistance for Homeless Individuals (Food, Water, Medical, Camping, etc.)  
**Compass Health 573-214-2314** Health and Dental Care on a Sliding Scale, Substance Use Treatment Crisis LineCall or Text 988 A safe place to talk when you are in crisis  
**D&H Drugstore 573-777-7333** Children's Vitamins  
**Daniel Boone Regional Library 573-443-3161** Educational Resources, Computer Access, Tax Assistance, High School Diploma Program, Help with Filling out Documents/Forms  
**Day Dreams Foundation 573-214-2600 or email kids@daydreamsfoundation.org** Financial assistance for extracurriculars and equipment assistance for CPS students  
**DEAFline Missouri 800-380-3323** Mental Health Crisis Line for Deaf and Blind  
**Express Employment Professionals 573-443-1800** Temporary Employment Agency  
**FACE of Boone County 573-771-3223** Children's Counseling Resources, Family Case Management  
**Family Impact Center 573-882-2428** Medical Clinic, Mental Health Clinic, Educational Children's Programs, Tax Assistance, Fitness Classes, Nutritional Coaching, English Classes  
**Family Support Division 855-373-4636** SNAP, TANF, Medicaid & Medicare, Subsidized Childcare  
**First Chance for Children 573-777-1815** Diapers and Wipes, Cribs, Parenting Resources, Toy Lending Program, Children's Events  
**Flourish 573-615-6135** Shelter for Homeless Youth (16-24, application required), Basic Needs Items, College Savings Program  
**Fun City Youth Academy 573-256-1436** Free After-School and Summer Programs



**Grade A Plus 573-213-6095** Academic Support and Enrichment, Mentoring Program  
**Habitat for Humanity 573-499-1202** Homeownership Program  
**Harbor House 573-442-1984** Emergency Shelter  
**Health Department 573-874-7355** Birth and Death Certificates, Utility Assistance, Prescription Assistance, STD Screening and Treatment, Reproductive Healthcare, Pregnancy Support  
**Humane Society 573-443-7387** Pet Food Assistance  
**Impact Support Services (previously ACT) 573-474-9446** Resources for people with disabilities, including employment (Finding and Retaining), Day Program, Community Living Respite Care, After-School Program, In-Home Assistance  
**In2Action 573-818-4432** Transitional Housing Program for Re-Entering Society After Incarceration  
**Job Point 573-474-8560** Employment Preparation and Skills Classes for Youth and Adults, Finding and Retaining Employment  
**JobFinders 573-446-4520** Temporary Employment Agency  
**Kelly Services 573-814-2025** Temporary Employment Agency  
**Love Columbia 573-256-7662** Career, Life, and Financial Coaching, Housing Assistance, Transportation (Obtaining Vehicle/Bicycle, Repairs)  
**Love Seat 573-447-7328** Furniture, Household Items, Clothing  
**Lutheran Family and Children's Services 573-815-9955** Pregnancy and Parenting Support, Respite Care, Mental Health Services  
**Manpower 573-817-2552** Temporary Employment Agency  
**Moving Ahead Program (MAP) 573-443-2556** After-School and Summer Programs  
**Meals on Wheels 573-886-7554** Meals delivered to homebound seniors  
**MedZou 573-356-2499** Free Healthcare Clinic  
**Mid-Missouri Dental Center 573-814-1694** Medicaid-Approved Dentist  
**Mid-MO Legal Services 573-442-0116** Free legal services  
**Midwest Special Needs Trust 573-256-5055** Financial Assistance for Individuals with Disabilities  
**Missouri Job Center 573-441-6361** Career Coaching, Finding and Retaining Employment, Financial Education, Financial Assistance with Job Training and Certifications, Help Applying for Unemployment, Computer and Printer Usage for Employment Reasons  
**MO Connections for Health 573-817-8300** Health Insurance Education and Assistance (including help with Medicaid and Medicare)  
**My Life Clinic 573-874-3561** Pregnancy Testing and Limited Ultrasounds, Education for Pregnancy, Adoption, Parenting, and Abortion  
**National Alliance on Mental Illness Helpline (NAMI) 1-800-950-6264 or text "HelpLine" to 62640** Mental Health Information (does NOT deal with crises - call 988 if you are in crisis)  
**National Runaway Safeline Call or text 1-800-786-2929** Resource and Crisis Line for Youth  
**New Horizons 573-443-0405** Homelessness Resources, Psychiatric Care, Residential Services  
**Non-Emergency Medical Transportation 1-866-269-5927** Free rides to non-emergency health appointments for Medicaid patients  
**North East Community Action Corporation 573-875-1107** In-home assistance for elderly or disabled individuals  
**OATS Transit 573-449-3789** Low-Cost or Free Transportation Services  
**ParentLink 573-882-7323** Parenting Resources, Education, and Support  
**Parents as Teachers 573-214-3955** Education and Resources for Expecting Parents and Parents with pre-K children.

