

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

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

ROC (Reentry Opportunity Center) 573-607-9372 Community Center with Resources for Individuals Involved in the Justice System

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, 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

United Community Builders 573-447-7351 Child Development Programs, Beacon of Light Community Center

VAC 573-874-2273 Basic Needs, Rent Assistance

Vocational Rehabilitation Center 573-751-3251 Employment Assistance for Individuals with Disabilities

Waypoint Shelter (formerly RATI) 573-825-6029 Overnight Shelter (1304 Bowling St)

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



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Information & Referral Guide

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 Cancer Society 800-227-2345 Resources, education, and support for cancer patients

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

Catholic Charities 573-635-7719 Counseling, Financial Education, Disaster Recovery, Spanish-Speaking Assistance, Nutritional Education, Refugee Assistance, Immigration Assistance

Centerstone 417-761-5000 Therapy and Psychiatric Care, Substance Use Treatment, Mental Health Crisis Services

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

Connections to Success 636-940-8027 Career Readiness Preparation, Professional Development

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

DeafLEAD 573-445-5005(voice) or 573-303-5604 (video) Crisis Intervention, Advocacy, Case Management

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



First/Last Mile Valet Service 573-415-0230 Basic needs transportation

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, Meal Site

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 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

KidSight 855-454-3744 Free vision screenings and glasses for children

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

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, STI Testing & Treating, Limited Ultrasounds, Education for Pregnancy, Adoption, Parenting.

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 Day (formerly Turning Point) 573-214-4077 Showers, Laundry, Internet and Phone Access, Socks, Temporary Storage

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

