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Housing, Food, Clothing, & Shelter

<u>Name</u>	Phone	Address	Website	<u>Description</u>
American Red Cross (Central & Northern Missouri)	660-665-5686 (Kirksville office) 573-635-1132 (Columbia office)	315 S. Franklin St. Kirksville, MO 63501 1511 S. Providence Rd. Columbia, MO 65203	https://www.redcross.org/local/missouri/get-help.html	 Crisis intervention Housing referrals Food & shelter in emergency disaster situations Help with military family contact
Better Living Center		106 Vine St. Macon, MO		 Free clothing and home items that have been donated Mondays 10:00am-2:00pm 3rd Tuesday of each month (Commodity Pick Up Day) 10:00am - 2:00pm
Family Life Fellowship Dream Center	660-263-0488	1614 E Highway 24 Moberly, MO	https://www.flfministries.com/fl f-dream-center	 Food pantry, clothing ministry, and other community resources Open to the public on Wednesdays from 10:00am-12:00pm, 1:30-4:00pm, 5:00-7:00pm Closed every 5th Wednesday and on holidays In order to receive free food, you will need a driver's license and proof of address if the address on your driver's license is not current
Macon County Department of Social Services / Macon County Division of Family Services	660-385-3191	1716-B Prospect Dr. Macon, MO	www.dss.mo.gov/	 Assists with food stamps, temporary aid to needy families (financial), energy assistance, services to families in crisis, etc. Those inquiring about assistance should call 1-855-373-4636. The call-in center will assist with questions regarding coverage, concerns, or any questions.
Macon County Ministries	660-395-3663	305 Sunset Hills Dr. Macon, MO	Macon County Ministries Facebook page	Monthly Food Pantry

				 Income-basedmust bring proof of income Emergency Food Pantry: Open daily for 2 hours Monday, Wednesday, Friday - 10:00am to 12:00pm Tuesday, Thursday - 1:00pm to 3:00pm Must be Macon County resident / Not income-based Voucher required (provided by DFS or area churches) Food 4 Kids Lunch in two local parks for 6 weeks in the summer after Summer School Buddy Packs Weekend food during the school year for elementary students Stacy Quinn or Kelly Hodge - 660-385-2118
Macon Housing Authority	660-385-5781	1404 S. Missouri St. #218 Macon, MO		 Low-income housing Section 8 housing Youth Empowerment Enterprises for children in Section 8 housing
Macon Senior Center	660-385-6411	1404 S. Missouri St. #222 Macon, MO		 Provides meals to senior citizens / disabled individuals as well as recreational activities Contact person - Christina Viers
NECAC	660-385-4616	907 St. Highway PP Macon, MO	www.necac.org	 Section 8 housing Energy assistance Emergency assistance Weatherization Life Skills classes (Pre-employment, budgeting, energy conservation, building strong families) In-Home services Respite care for elderly
Safe Passage Shelter	660-269-8999	P.O. Box 456 Moberly, MO	http://www.safepassagemober ly.org/	Offers emergency shelter and services for individuals and families who have experienced domestic and/or

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	800-616-3754 (toll-free hotline)			sexual abuse All services are free and confidential Arrangements can be made for male victims through motels
True North (formerly The Shelter)	800-548-2480 573-875-1370 (toll-free hotlines)	P.O. Box 1367 Columbia, MO	http://truenorthofcolumbia.org/	 Emergency shelter, advocacy, and hotline services for victims of domestic violence and sexual assault (and their children) Also have some resources for men
Victims' Advocate (Jamie Padgett)	660-385-2175 660-651-0689	101 Washington Macon, MO	http://www.prosecutors.mo.go v/victims	 Assists victims in finding shelter, counseling, and assists with filing restraining orders Located in the Prosecutor's Office
wic	660-385-4711	Macon Co. Health Department 503 N. Missouri Macon, MO	http://health.mo.gov/living/fami lies/wic/index.php	 Supplemental nutrition program that provides services to pregnant women, new mothers, infants, and children until their fifth birthday Provides food vouchers and nutritional education

Counseling & Psychiatric Services (including Residential Care)

<u>Name</u>	<u>Phone</u>	Address	Website	<u>Description</u>
Access Crisis Interventions	800-356-5395 (toll free hotline)		https://dmh.mo.gov/behavioral -health/treatment-services/spe cialized-programs/behavioral- health-crisis-hotline	 Hotline staffed by mental health professionals who can respond to your crisis 24 hours/day and 7 days/week. They will talk about your crisis and determine what further help is needed (i.e. face-to face intervention, follow-up appointment with a mental health professional, etc). Strictly confidential
Bereavement	660-665-7712	300 E. Washington Kirksville, MO		

Support Group				
Burrell Behavioral Health	573-777-8330 (Columbia Child & Adolescent Clinic) 573-777-7500 (Columbia Adult Clinic) 660-263-7651 (Moberly) 800-395-2132 (toll-free hotline)	3401 Berrywood Dr Suite 203 Columbia MO 1805 E Walnut Columbia, MO 210 N Williams Moberly MO	https://www.burrellcenter.com/	 Confidential mental health, substance abuse, and autism diagnosis and treatment services to children, adolescents, adults and families. Crisis, residential, home-based and outpatient services, including individual and group therapy Hours of operation in Moberly and Columbia are M-F 8am-5pm
Center Point Hospital	573-875-5900 (Columbia) 800-345-5407 (toll-free hotline)	601 W Nifong Blvd Columbia MO *Other locations in St. Louis area	https://www.centerpointehospi tal.com/	Private psychiatric hospital serving the behavioral needs of children, adolescents and adults
Compass Health Network- Moberly Health Department	660-269-7331	1319 US-24 Suite B Moberly MO	CompassHealthNetwork.org	 Mon-Fri 8am-5pm Medicaid and other insurances Ages 3 through Adult (Art Therapy, Sand Play Therapy, TF-CBT, Complex Trauma, Parent-Child Interaction Therapy, and others
Complete Family Medicine- Kirksville	660-665-7515	1611 S Baltimore Kirksville MO	https://cfmcares.com/	 Multiple individual and couples therapy Cash pay and private insurance, medicaid
GROW Counseling Inc	660-956-4278 or 660-988-9669	113 E Washington Suite 9	https://www.gcimo.net/	Individual therapy including EMDR, DBT, Reiki meditation and animal-assisted therapy

		Kirksville, MO		Crisis support 24 hoursSliding scale ranges and insurance
Health and Healing, LLC	660-395-0180	303 Weller St Macon MO		Dee Gatson, MSW, LCSWCorrie Willis, RNBC<ap li="" mhcns<=""></ap>
Heartland Behavioral Health Services	417-667-2666 (office) 800-654-9605 (toll-free hotline)	1500 W Ashland Nevada MO	https://heartlandbehavioral.com/	 Helps kids with emotional, behavioral, or mental health disorders by providing innovative and individualized programs of care. Program for the treatment of trauma-related symptoms and self-injury for adolescent females.
Lakeland Regional Hospital	877-783-3693 (toll-free hotline)	440 S. Market St. Springfield, MO	http://www.lakelandbehavio ralhealth.com	 Inpatient and residential psychiatric hospital and treatment center Treats children, adolescents, teens, and seniors
Lighthouse Counseling Center	660-269-9577	510 S. Morley Moberly, MO	www.thelighthouse123.com	 Provides counseling for children, teenagers and adults, in individual, couples, and family therapy Experienced therapist in helping individual with domestic violence, anger management, sexual abuse, trauma-based disorders, depression, ADHD, autism, fetal alcohol syndrome, adoption and foster care issues and attachment disorder. Trauma-Focused Therapies available, includingTF/CBT for children and Cognitive Processing Therapy for adults
Mark Twain Behavioral Health	660-665-4612 (Kirksville) 660-395-9114 (Macon) 573-221-2120	105 Pfeiffer Ave. Kirksville, MO 309 N. Missouri Macon, MO 154 Forrest Dr. Hannibal, MO	www.mtbh.org	 Individual and family counseling for all ages Psychiatric evaluations and medication management Targeted Case Management for adults and children Access Crisis Intervention - 24 hour crisis service

	(Hannibal) 800-356-5395 (Crisis line)			
New Journey Counseling, LLC	660-395-0090	1119 S. Missouri Macon, MO		 Cindy Ayers, LPC Provides mental health counseling to individuals and families
Northeast Missouri Health Council	(660) 627-3621	1410 Crown Drive Kirksville, MO 63501	https://www.nemohealthcounc il.com/northeast-behavioral-he alth	 Psychological evaluations and counseling Do not deny access to services due to an ability to pay and offer discounted fees to patients who qualify 8am-12pm & 1pm-5pm
Oak Hills Behavioral Health Solutions	(660)372-1313	1513 Union St Moberly, MO		 Individual and Family Therapy Psychiatric Services Take most insurances
Olive Tree Counseling	660-372-1663	222 N Williams St Moberly, MO	https://www.olivetreecounselin g.net/	Specializes in helping adults, couples and families with peace with life's conflicts through faith-based principles
Preferred Family Healthcare	660-665-1962 (Kirksville) 800-964-7118 (toll-free)	900 E. LaHarpe St. Kirksville, MO	www.pfh.org/cprc/	 Provide assessment, diagnosis, therapy, and medication management Substance abuse treatment services for adolescents and adults Employment services for individuals with disabilities Do not deny access to services due to an ability to pay and offer discounted fees to patients who qualify

Renew Counseling	660-619-9319	312 W Washington Kirksville, MO	https://renewcounseling.us/	 General counseling, depression, anxiety, eating concerns, trauma, grief, life transitions, equine assisted therapy Sliding scale
Research Psychiatric Center	816-444-8161 816-235-8162 (Crisis Line)	2323 E. 63rd St. Kansas City, MO	http://researchpsychiatriccent er.com/	 Specializes in helping adolescents (ages 12-19) and their loved ones through difficult times, behavioral problems, depression, anxiety, substance abuse, or mood disorders Hospital-based services include short-term, acute care inpatient hospitalization as well as day treatment programs Provides comprehensive treatment for anxiety, depression, bipolar disorder, suicidal/homicidal thoughts, emotional distress, self-esteem issues, acute psychosis, and more
Royal Oaks	800-456-2634 Hospital (Referral) 660-647-2182 (Business)	Windsor, MO	http://compasshealthnetwork. org/about-us/royal-oaks-hospi tal/	 Full continuum of behavioral health care including children, adolescents, and adult psychiatric services and dual diagnosis treatment Also offers residential care
Shiloh Christian Children's Ranch	573-588-2191	P.O. Box 606 Shelbina, MO	www.shilohranch.org	 Provides residential care for abused, neglected, and at-risk children in a Christian home setting Locations in Clarence, MO & Kahoka, MO
SSM Health/St. Joseph Hospital	636-327-1100	500 Medical Drive Wentzville, MO	www.ssmhealth.com	 Psychiatric Hospitalization Transportation available Medicaid pays for placement
Still Specialty	660-665-0202	1001 E. Jefferson		Psychological evaluations of adults and children

Clinic		Kirksville, MO		 Specialist in ADHD and children with behavioral problems Counseling for children, adults, families, and marital counseling Monday through Friday 9:00a.m7:00p.m./ Some Saturdays Rebecca Still, Licensed Psychologist Laura Still, Licensed Clinical Social Worker
SunLight Counseling	573-823-0720	503 West Reed Moberly, MO	https://sunlightcounseling.com	Individual, family, couples and children therapy
Thompson Center for Autism and Neurodevelop -mental Disorders	573-844-6052	University of MO 205 Portland St. Columbia, MO	www.thompsoncenter.missour i.edu	 Offers a range of health, educational, and behavioral services in one location for individuals with autism and other developmental concerns Professionals from different disciplines strive to deliver family-centered care that is comprehensive and coordinated
Tish Tubbergen	660-665-7805	117 E Washington Kirksville MO		General counseling/psychotherapy, depression, anxiety and drug issues.

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Health Care & Assistance

Name	Phone	Address	<u>Website</u>	<u>Description</u>
Alzheimer's Association	573-443-8665 800-272-3900 (24/7 Helpline)	2609 E Broadway #119 Columbia, MO 65201	https://www.alz.org/greatermissouri	 The Alzheimer's Association 24/7 Helpline operates 24 hours a day, seven days a week, in more than 200 languages. Family support groups One-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions regarding services and treatments Provide access to informational material in our mission to assist you in understanding the services we provide and how you can best access them
American Cancer Society	573-221-4660 800-227-2345 (toll-free)	714 Broadway Suite 2 Hannibal, MO	www.cancer.org	 Educational programs and support groups Transportation / medical reimbursement programs
Chariton Valley Association	660-665-1111	1905 S. High Street Kirksville, MO	http://www.charitonvalley.org/	 Provides respite care for children with physical and mental disabilities Provides job discovery and preparation for individuals with physical and mental disabilities
Clarity Healthcare	573-603-1460	141 Communications Dr. P.O. Box 151 Hannibal, MO	www.clarity-healthcare.org	 Primary and preventative care, family medicine, dental care, behavioral health, women's health, dietary counseling, and more Accepts medicare and insurance Offers discounted fee structure based on federal poverty guidelines for individuals and families who qualify if they do not have medical or dental coverage
Community Medical	660-258-1050	Brookfield, MO		Offers a sliding scale fee schedule

Associates				 MonSat. 10:00a.m 8:00p.m. and Sun. 1:00-6:00p.m.
Complete Family Medicine Kirksville Urgent Care	660-665-7575	1611 S. Baltimore Kirksville, MO	https://cfmcares.com/	 Walk-in and Urgent Care Clinic Open 8:00a.m 8:00 p.m. (7 days/week, 365 days/year) Reserve a spot online at https://cfmcares.com/
Complete Family Medicine Macon Urgent Care	660-395-7575	1206 N. MIssouri Macon, MO	https://cfmcares.com/	 Walk-in and Urgent Care Clinic Open 8:00a.m 8:00 p.m. (7 days/week, 365 days/year) Reserve a spot online at https://cfmcares.com/
Complete Family Medicine Moberly Urgent Care	660-372-9595	1600 N. Morley Suite A120A Moberly, MO	https://cfmcares.com/	 Walk-in and Urgent Care Clinic Open 8:00a.m 8:00 p.m. (7 days/week, 365 days/year) Reserve a spot online at https://cfmcares.com/
Elks Mobile Dental Program	816-404-6904 (Home office) 573-690-6003 (for an appointment)	Truman Medical Center Lakewood 7900 Lees Summit Rd. Kansas City, MO	http://www.elksmobiledental.org/	 John Dane, DDS, Director Self-propelled "bus" equipped to provide a full range of dental services, such as x-rays, fillings, extractions, cleaning, and other treatments Services provided at no cost to eligible patients, including children and adults who have developmental or intellectual disabilities and individuals in extreme financial distress (must be referred by the local Elk's Lodge) Macon Elks Lodge #999: 212 N. Rollins St., Macon, MO
International Eye Care Center	660-665-6262	1702 N. Baltimore Kirksville, MO	http://www.iec2020.com/location s/kirksville-mo-international-eye care-center/	Offers routine eye exams and surgical procedures
LifeLine - Pregnancy Help Clinic	660-665-5688	1515 N. New St. Kirksville, MO	http://lifelinepregnancyhelp.org/	Offers pregnancy tests, ultrasounds, pregnancy counseling, etc.

				All services confidential and free of charge
Macon County Health Department	660-385-4711	Macon, MO	www.maconmohealth.org	 Women and Children health checks, contraception, STD testing WIC program - serves pregnant women and children (5 years and younger); provides food vouchers and nutritional education
Medicare Information	800-390-3330 (toll-free)		https://www.medicare.gov/	
Mid-Missouri Eye Center	660-263-0404	630 N. Morley St. Suite 101 Moberly, MO	https://www.midmissourieye.co m/	 Optometrists who accept Medicaid - A. Rashed Nizam, MD Specializing in eye surgeries M-Th 8:00a.m5:00p.m.
MO HealthNet (Medicaid)	888-275-5908		https://mydss.mo.gov/healthcare	 Income guidelines: No cost or low-cost health insurance for families Benefits include doctor's visits, hospital stays, prescriptions, and other medical issues. Contact local Family Support Division office or call 888-275-5908
Eye Care Optical	660-263-3142	715 N. Morley St. Moberly, MO		Optometrists who accept Medicaid - Norris Preston, OD
Moberly Regional Medical Center	660-263-8400	1515 Union Ave. Moberly, MO	http://www.moberlyregionalmedicalcenter.com/	Provides essential healthcare and hospital services
Moberly Rural Health Clinic	660-263-9095	1501 Union Ave. Suites A & B Moberly, MO	https://www.moberlyphysicians.c om/our-locations/moberly-rural-h ealth-clinic-2636	 Monday, Thursday, Friday: 7:30 a.m 5 p.m. Tuesday, Wednesday: 7:30 a.m 7 p.m.
NECAC	660-385-4616	907 Highway PP Suite A Macon, MO	www.necac.org	Provides in-home nursing and respite care

Northeast Missouri Health Council	660-665-5757	1416 Crown Dr. Kirksville, MO	www.nmhcinc.org	 Comprehensive, not-for-profit health center Services include: Family health Pediatrics Behavioral health Dental Diabetes and nutrition OB/GYN
Northeast Missouri Pediatrics	660-627-2229	402 W. Jefferson Kirksville, MO	https://www.nemohealthcouncil.com/northeast-pediatrics	 Try to work patients in on the same day as contacted Offers a sliding scale fee schedule M-F 8:00a.m 12:00p.m. and 1:00p.m 5:00p.m.
The People's Clinic	660-699-2240	101 N. Center St. Clarence, MO	https://peoplesfamilyclinic.com/	 Nurse Practitioner clinic Take Medicare & Medicaid and most healthcare plans
Randolph County Health Department	660-263-6643	423 E. Logan St. PO Box 488 Moberly, MO	http://randolphcountyhealth.org/	Dentists who accept Medicaid
Samaritan Hospital	660-385-8700	1205 N. Missouri Macon, MO	www.samaritanhospital.net	
Total Family Health Care	660-385-8900	1201 N. Rutherford Macon, MO	http://www.smhmo.org/total_fam ily_health_care.aspx	 Comprehensive primary care services, including adult and pediatric care, preventative care, evaluation and treatment of acute and chronic illnesses, wellness checks, men's and women's health care, on-site lab services, immunizations, school sports physicals and DOT physicals M,W,Th,F 7:30a.m 5:00p.m. T 7:30a.m 6:30p.m. Walk-in clinic available M-F 8:30a.m 4:00p.m.

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University of Missouri Health Care	573-882-4141	1 Hospital Dr. Columbia, MO	http://www.muhealth.org/	Health Connect: After hours (answered by nurses) 573-844-2401
Wal-Mart Vision Center	660-627-9119	2206 N. Baltimore Kirksville, MO	http://www.walmart.com/cp/1078	 Optometrists who accept Medicaid Accepts MO-CARE for hardware, but not visits
Wal-Mart Vision Center	660-263-5885	1301 E. Highway 24 #G Moberly, MO	http://www.walmart.com/cp/1078 944	 Optometrists who accept Medicaid Accepts MO-CARE for hardware, but not visits
Wilbert E. Stock, OD	660-665-3564	864 College Park Pl. Kirksville, MO		Optometrists who accept Medicaid Accepts MO Healthnet and MO-CARE

Alcohol & Drug Treatment

<u>Name</u>	<u>Phone</u>	<u>Address</u>	Website	<u>Description</u>
Al-Anon/Al-Ateen	660-263-4735		http://www.al-anon.org/	Organizations for people who have been affected by someone else's drinking
Alcoholics Anonymous	660-665-1150	(various meeting locations)	www.aa.org	
ESCAPE	660-263-7552 573-441-0120	Moberly, MO Columbia, MO	www.satop.net	 Outpatient certified treatment (at highest certified level for 25 years) Provides SATOP in Moberly and Columbia
Narcotics Anonymous	800-945-HOPE (4673)			Organization for those struggling with an addiction to narcotics
Preferred Family Health Care, Inc.	660-665-1962	900 E. LaHarpe P.O. Box 767 Kirksville, MO	www.pfh.org	 Offers inpatient and outpatient substance abuse treatment for adults and adolescents, at SATOP Numerous other sites / locations

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	660-263-1113	1715 A. S. Morley Moberly, MO		
Turning Point Recovery Center	573-248-1196	146 Communications Dr. Hannibal, MO 63401	www.turningpointrc.org	 Detox program open 24 hours a day, 7 days a week; clients may come for treatment at any time Outpatient and residential treatment programs

Physical & Developmental Disabilities

Name	<u>Phone</u>	Address	Website	Description
Bridges Community Support Services	3660-827-751 7	1807 W. Broadway Sedalia, MO	www.bridgescss.com	 Provides support to people with disabilities in managing the tasks of daily living Tasks of dialing living, Traumatic Brain Injuries Locations in St. Louis, Springfield, Sedalia, and Maplewood
County Connections	660-385-6336	204 Crescent Macon, MO	http://www.mccddc.com/cou nty-connections.html	 Targeted case management for individuals with developmental disabilities Assist clients in accessing comprehensive medical, social, educational, and other specialized services May be able to help with independent living skills development, personal assistance, community employment, respite, environmental adaptations, and specialized medical equipment Clients are usually referred through the Regional Center but they are also willing to help with the referral process
Judevine Center for Autism	660-202-1155	705C E. LaHarpe Kirksville, MO	http://judevine.org/	Assessment/diagnosis, behavior therapy, in-home training, social groups, respite care, and speech language therapy

Kirksville Satellite Regional Office	660-785-2500 800-621-6082 (toll-free)	1702 E. LaHarpe Kirksville, MO	https://dmh.mo.gov/dev-disa bilities/regional-offices/centr al	 Offers crisis intervention, case management, advocacy, home and community-based waivers, Missouri Family Directed Support Program, MOAIDD Provides services for individuals with autism Helps with funding for families so those with developmental disabilities can live at home
Learning Opportunities Quality Work	660-385-6325	204 Crescent Dr. Macon, MO	www.loqw.com	 Employment services and community Helps with daily living skills, respite care, personal attendants, socialization, and community skills development group
Macon Diversified Industries / Sheltered Workshop	660-385-3111	1103 Enterprise Rd. Macon, MO	http://macondiversified.com/	 Works with local businesses to employ handicapped individuals Facility including a recycling business and a second-hand store
Macon County Commission for Developmentally Disabled Citizens (County Connections)	660-385-6336 or 660-349-9534	204 Crescent Drive Macon, MO	http://www.mccddc.com/county-connections.html	Targeted case management agency that provides case management services to individuals with developmental and intellectual disabilities.
MPACT (Missouri Parents Act)	800-743-7634	7421 Mexico Rd. Suite 200 St. Peters, MO	http://missouriparentsact.or g/	 Statewide parent training and information center that services parents of children with all disabilities Primary goal is to assist parents in their advocacy efforts for their child's educational rights and services
Special Olympics Missouri (Central)	573-256-6367	305 Special Olympics Dr, Jefferson City, MO 65101	http://somo.org	 Provides sports training and competition for sporting events Available for people with disabilities ages 8 or older
Vocational	660-785-2550	1612 N. Osteopathy,	https://dese.mo.gov/adult-le	Provides help obtaining and maintaining

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877-222-8962 Kirksville, MO <u>s/vocational-rehabilitation</u> • Part of the De	or people with disabilities partment of Elementary and ucation and is supported by federal s
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Employment & Job Training

<u>Name</u>	Phone	<u>Address</u>	<u>Website</u>	<u>Description</u>
GAMM, Inc.	660-385-6570	Lakeview Towers 1404 S. Missouri Suite 221 Macon, MO	www.gamminc.org	 Works with low-income clients who also have another limiting factor in life (i.e. teen pregnancy, disability, etc.) Helps find employment and provides job-training Contact: Barbara Peavler (cell 660-342-7389)
Macon Area Career Center (Adult Education Classes)	660-385-2158	702 N. Missouri Macon, MO	http://www.macon.k12.mo.us/sc hools/adult_education	 Broad range of opportunities including computers, crafts, child development, CNA, CDA, and other special interest classes Contact: Lydia McClellan (660-385-2158 x367)
Missouri Adult Education and Literacy	660-395-8060	408 Blees Industrial Dr., Macon, MO	https://www.maconael.com/	 Provides free services such as GED classes, K-12 tutoring, ESL classes, college preparation classes, counseling to enroll in local college classes, basic literacy skills, and job readiness training GED classes are held in Macon, Shelbina, Brookfield, and Monroe City Contact: flc@cvalley.net

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Senior Community Service Employment Program	573-886-8988	3610 Buttonwood Dr. Columbia, MO	www.ser-national.org	 Assists people 55+ who are unemployed and meet income guidelines Paid training program funded by the Dept. of Labor to help learn new skills and hopefully gain employment
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Eating Disorders

Name	<u>Phone</u>	<u>Address</u>	<u>Website</u>	Description
Aneesh Tosh, M.D.	573-882-6921	MU Women's & Children's Hospital 404 N. Keene St. Columbia, MO	http://www.muhealth.org/provid ers/profile/aneesh-tosh/	Specializes in child health and adolescent medicine
Castlewood Treatment Center	877-628-1193 (Intake) 314-807-3065 (after-hours)	800 Holland Rd. St. Louis, MO 1260 St. Paul Rd. Ballwin, MO	http://www.castlewoodtc.com/	Offers inpatient / residential and intensive outpatient treatment options
McCallum Place	800-828-8158 (toll-free) 844-311-9144 (after-hours)	3215 Wingate Ct. Suite 100 Columbia, MO 12140 Nall Ave. Suite 315 Overland Park, KS 231 W. Lockwood	https://www.mccallumplace.co m/	Offers residential / inpatient and outpatient treatment options

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	Ave., Suite 201 St. Louis, MO	

Pregnancy & Parenting Resources

Name	Phone	<u>Address</u>	<u>Website</u>	<u>Description</u>
Child Care Aware (Central Missouri)	866-892-3228 (toll-free)	1000 Executive Parkway Drive, Suite 103 St. Louis, MO 63141	http://mo.childcareaware.org/	 Free service that helps parents find childcare Helps child care providers with licensing issues and education Can work with parents individually to identify services for special needs
Life Line (Pregnancy Help Clinic)	660-665-5688	1515 N. New St. Kirksville, MO	http://lifelinepregnancyhelp.org/	 Offers pregnancy tests, ultrasounds, pregnancy counseling, etc. All services confidential and free of charge
Ray of Hope (Pregnancy Resource Center)	660-395-8099	309 N. Missouri, Suite B Macon, MO		 A faith-based, nonprofit ministry that offers an "Earn as You Learn" curriculum for expectant mothers Items available include clothing, cribs, diapers, supplies, etc.
ParentLink	800-552-8522 (toll-free) 585-FAMILY1 (Text)	4800 Santana Cir. Columbia, MO	http://parentlink.missouri.edu/	 Facebook: ParentLink WarmLine Visit with professionals who can assist you in thinking through solutions to your parenting concerns. WarmLine professionals have Masters' Degrees in human service fields such as Human Development and Family Studies, Social Work, and Education and Counseling Psychology. Can answer calls from families and providers who speak any language.

				 Provides sound parenting information (ParentLink's loan service has over 1,000 different titles of parenting materials such as books, curricula, audiotapes, and videotapes.) Obtain community service and other resource information
Parents as Teachers	660-385-7601	702 N. Missouri	Facebook page: https://www.facebook.com/PAT maconmo/	 Parent Educator: Jordan Simons An early childhood parent education and family support program designed to help all parents give their children the best possible start in life.
Parent Management Training	573-777-8300	3401 Berrywood Road, Ste 300 Columbia MO		 Parent management training programs train parents to manage their child's behavioral problems at home and school Treatment sessions include instruction in social learning principles and techniques.
Online Parenting Resources				Empowering Parents https://www.empoweringparents.com/ Positive Parenting Tips https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html Managing Parental Stress https://bcschoolsmh.org/Media/pdf/ManagingParentalStress%5bcpsk12.org%5d.pdf Resources of children who have a parent who is incarcerated https://mokidscount.org/stories/missouri-programs-children-incarcerated-parents/ •

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Childcare and Preschool Programs

Name	Phone	<u>Address</u>	<u>Website</u>	<u>Description</u>
Child Care Aware (Central Missouri)	573-445-5437 800-243-9685 (toll-free)	105 E. Ash St. Columbia, MO	http://mo.childcareaware.org/ http://mo.childcareaware.org/ce ntral-region/	 Free service that helps parents find childcare Helps child care providers with licensing issues and education Can work with parents individually to identify services for special needs
Community Child Development Center	660-395-0134	815 St. Highway PP Macon, MO	http://www.maconccdc.org/	 The center is licensed to serve children birth to age six. Open year-round (except for designated holidays) from 6:00a.m 6:00p.m. Monday through Friday
First Steps (Northeast System Point of Entry)	660-665-8860	2416 S. Franklin, Suite C Kirksville, MO	https://www.mofirststeps.com/ https://dese.mo.gov/special-ed ucation/first-steps	Special education early intervention system for children birth to age three
Lil' Tykes Preschool	660-395-0141	55 S. Rubey St. Macon, MO	Facebook page: https://www.facebook.com/LilTy kesDaycareLlc/	 Serves children 6 weeks to 12 years old Open 6:00a.m 6:00p.m. \$85/week (under 2 years old), \$75/week (over 2 years old)
Macon County Head Start (Douglas Community Services)	660-385-5318	1307 Maffry Ave. Macon, MO	http://www.douglassonline.org/ headstart/index.html	 Promotes school readiness for children birth to 5 years old Preschool for low-income families with children ages 3-5 years old
MACTEC Preschool	660-385-2158	702 N. Missouri Macon, MO		 Serves children ages 3-5 MACTEC Early Childhood students serve as student teachers, keeping the teacher/student ratio very low Open Tuesday through Thursday, 8:15a.m

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				11:00 a.m. and 11:30a.m 2:15p.m., or all day • \$100/semester (half-day), \$200/semester (full-day) • Transportation is available for \$75/semester
Tiger Cubs (Early Childhood Special Education Preschool)	660-385-3864	702 N. Missouri Macon, MO		 Teacher: Selena Teter Preschool program for students with a disability aged 3-5 years old New referrals accepted or transition from First Steps Offer ½ day or itinerant services
Tri-County Christian Preschool	660-385-7188	604 HBC Rd. Macon, MO	https://www.tricountychristiansc hool.org/daycare	 Daycare and preschool Aftercare daycare for students preschool through elementary until 5:30p.m.

Transportation

<u>Name</u>	Phone	Address	Website	Description
ModivCare	866-269-5927	Missouri	https://modivcare.com/	 Non-emergency transport (a division of Missouri HealthNet) Must be Medicaid-eligible Must call at least 5 days before the appointment date Has vehicles that are both wheelchair and stretcher-equipped (no medical assistance while en route) Reservation hours: Monday - Friday 8:00a.m 5:00p.m.
OATS Public Transportation	660-415-0901	3006 Jims Rd. Macon, MO	https://www.oatstransit.org/mac on	Provides free transportation to Medicaid-eligible persons

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800-654-6287 (toll-free) • Non-Medicaid persons can ride for a sma • Wheelchair-equipped
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Activities, Organizations, Camps, Education & Miscellaneous

<u>Name</u>	<u>Phone</u>	<u>Address</u>	<u>Website</u>	<u>Description</u>
Boy Scouts of America (Great Rivers Council)	573-449-2561	1203 Fay Street Columbia, MO	https://grcbsa.org/	 Available to young men and women ages 6-20 Provides youth character development, citizenship training, self-reliance and personal growth in physical, mental and spiritual fitness through participation in a wide range of outdoor activities, educational programs, and, at older age levels, career-oriented programs in partnership with community organizations
Camp Barnabas	417-476-2565	901 Texas Trail Purdy, MO 1380 Eternity Lane Shell Knob, MO	www.campbarnabas.org	Christian camp for kids and teens ages 7-17 with life-threatening illnesses and disabilities
Girl Scouts of Eastern Missouri	314-592-2300 800-727-4475 (toll-free)	2300 Ball Dr. St. Louis, MO	www.girlscoutsem.org	 Available to all girls ages 5-18 Assistance fund available to remove financial barriers
Legal Aid Services of Eastern Missouri	314-534-4200 800-444-0514 (toll-free)	801 Broadway Hannibal, MO	https://lsem.org/hannibal-branc h-office/ www.lsem.org	 Considers cases involved in divorce and custody, landlord / tenant disputes, social security denials, Medicaid / food stamp denials, orders of protection Consider consumer collection / debt issues

Long Branch YMCA	660-385-1818	1304 S. Missouri Macon, MO	www.ymcamacon.org	 Various child and adult physical activities and programs Indoor walking track, gymnasium, fitness center with cardio and strength training equipment
Macon County Dept. of Health Care and Senior Services	660-385-5763	1716 Prospect Dr. #C Macon, MO	www.dss.mo.gov/ http://health.mo.gov/	 In-home services for elderly and disabled individuals including personal care and housekeeping, abuse / neglect investigation, or exploitation of elderly or disabled individuals
Macon County Division of Social Services (Family Support Division)	660-385-3191	1716 Prospect Dr. #B Macon, MO	www.dss.mo.gov/ http://dss.mo.gov/fsd/	Can help with food stamps, health care, child care, child support, and other needs
Northeast Missouri Area Agency on Aging	660-665-4682 800-664-6338 (toll-free)	815 N. Osteopathy Kirksville, MO	http://www.nemoaaa.com/	 Provides information on senior transportation, long-term care facilities, etc.
University of MO Extension Center	660-385-2173	404 N. Missouri Suites AB Macon, MO	https://extension.missouri.edu/c ounties/macon	 Offers services for agriculture, business and workforce, children and teens, 4-H, community development, environmental quality, family life, home and garden, nutrition and health, and public policy Workshops available on: family strengths, communications, managing stress, child self-care, positive discipline, balancing responsibility, parenting, and self-esteem
Wonderland Camp	573-392-1000	18591 Miller Circle Rocky Mount, MO	http://www.wonderlandcamp.or g/	 Provides a fun, educational and safe summer camp experience for campers with disabilities ages 6 and up Provides a respite from daily caregiving

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Macon Community Numbers

<u>Name</u>	<u>Phone</u>	Address
Emergency	911	1205 N. Missouri Macon, MO
Macon Area Chamber of Commerce	660-385-2811	119 N. Rollins St. Macon, MO
Macon City Offices	660-385-6421	106 W. Bourke St. Macon, MO
Macon County Assessor Office	660-385-2416	101 E. Washington St. #3 Macon, MO
Macon County Associate Circuit Clerk	660-385-3713	101 E. Washington #2 Macon, MO
Macon County Clerk	660-385-2913	101 E. Washington St. #1 Macon, MO
Macon County Juvenile Office	660-385-2715	101 E. Washington St. #F Macon, MO
Macon County Probation & Parole	660-385-5731	1718 Prospect Dr. Macon, MO
Macon County Public Water Supply	660-385-6457	28890 US Highway 63 Macon, MO
Macon County Sheriff's Office	660-385-2062	101 W. Sheridan St. Macon, MO

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Macon County Social Services	660-385-3191	1716 Prospect Dr. #B Macon, MO
Macon Economic Development Office	660-385-5627	902 N. Missouri Macon, MO
Macon Electric Cooperative	660-385-3157	31571 US Highway Business 36 Macon, MO
Macon Fire Department	660-385-6436	201 Jackson St. Macon, MO
Macon Fower Memorial Airport	660-385-6208	1001 Patton St. Macon, MO
Macon License Bureau	660-385-3416	210 N. Rubey St. Macon, MO
Macon Municipal Utilities	660-385-3173 660-385-2722 (Emergency)	404 Vine St. Macon, MO
Macon Police Department	660-385-2195	301 E. Bourke St. Macon, MO
Macon Post Office	660-385-2816	105 Duff St. Macon, MO
Macon Public Library	660-385-3314	210 N. Rutherford Macon, MO
Missouri State Highway Patrol: Troop B	660-385-2132	308 Pine Crest Dr. Macon, MO

For more information on available community resources, call 211 (or 1-800-427-4626). This service is available 24 hours/day through United Way. www.211missouri.org

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Hotline Numbers

<u>Name</u>	<u>Phone</u>
AIDS Hotline	800-342-AIDS
Al-Anon for families of Alcoholics	800-344-2666
Alcohol and Drug Helpline	800-662-4357
American Suicide Foundation	800-273-TALK
Anorexia and Bulimia Crisis	800-227-4785
Ask a Nurse	800-TRI-CARE
Be Sober Hotline	800-BESOBER
Bereavement & Grief Recovery Hotline	800-445-4808
Center for Missing & Exploited Children	800-843-5678
Child Abuse and Neglect Hotline	800-392-3738 (Missouri) 800-4-A-CHILD (National)
Children's Wish Foundation	880-323-9474
Crisis Line for the Handicapped	888-288-4762
Elderly Abuse & Neglect Hotline	800-392-0210
LGBT National Hotline	888-843-4564
Missouri One-Call / DIG-RITE	800-344-7483

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National Alliance on Mental Health (NAMI) HelpLine	1-800-950-NAMI (6264)
National Alliance on Mental Health (NAMI) Text Line	Text NAMI to 741-741
Missouri School Violence Hotline	866-748-7047
National Domestic Violence Hotline	800-799-SAFE
National Parent Helpline	855-427-2736
National Runaway Hotline	800-RUNAWAY
National Sexual Assault Hotline	800-656-HOPE
National Sexually Transmitted Disease Hotline	800-227-8922
National Substance Abuse Hotline	800-662-HELP
National Suicide Prevention Lifeline	800-273-TALK (8255) Talk and text 988
Planned Parenthood Hotline	800-230-PLAN
Poison Control	800-222-1222

Miscellaneous Information

Name	Website
Missouri Case Net	https://www.courts.mo.gov/casenet/base/welcome.do

Missouri Sex Offender Registry	http://www.mshp.dps.mo.gov/MSHPWeb/PatrolDivisions/CRID/SOR/SOR/SORPage.html
National Sex Offender Registry	https://www.nsopw.gov/Home
Teen Health & Wellness Hotlines (comprehensive list of hotlines & resources)	http://www.teenhealthandwellness.com/static/hotlines