#### About AAAAChange, LLC

AAAAChange (pronounced 4-A-Change) is a consulting firm in Columbia, Missouri focused on facilitating positive change. We are social entrepreneurs who provide expert advice and facilitated change services based on the universal change process of the four "A"s: Awareness, Assessment, Action, and Accountability. We prize replicable solutions focused on self-help and the empowerment of the individual.

We have contracted with the Downtown Community Improvement District and the City of Columbia to do outreach to homeless and struggling individuals in the downtown Columbia area.

Our strategy is "solution focused", we do not dwell on the events that led the individual to this point, but place our focus and energies into where the individual wishes to go and how we can help them move along that path. Our method is to reach out and introduce ourselves, after making an assessment we offer coaching and referral services that help individuals to help themselves.

## **Useful Numbers**

United Way 211 211 24 hour referral service

Suicide and Crisis hotline 800-395-2132

24 Hour Rape and Abuse Hotline 800-548-2480 (True North)

Teen Line Hotline 310-855-4673 text TEEN to 839863

Veterans Crisis Hotline 800-273-8255



#### **Contact Us**

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Visit us on the web: www.aaaachange.com

### **Community Resources**

## AAAACHANGE, LLC

# **Community Resources**

Burrell Behavioral Health	3401 Berrywood Dr, Suite 101	573-777-8455 24 hour hotline: 800-395-2132	Uninsured individuals Housing assistance Services linkage
New Horizons	1408 Hathman Place	573-443-0405	Uninsured mental health care Homeless services
Phoenix Health Programs	90 E Leslie Lane	573-875-8880	Emergency assistance Detox Substance abuse treatment
VA	800 Hospital Drive	Walk in Green Team Clinic (2nd Floor)	Emergency, transitional and permanent housing programs for veterans Peer support programs Referral
Turning Point	702 Wilkes Blvd	573-214-4077	Mailing address Internet access Telephone access Temporary storage Showers and laundry Employment and housing information Dinner
Harbor House Shelter	602 N. Ann St	573-442-1984	Emergency shelter Lunch
Love Columbia	1209 E. Walnut	573-256-7662	Coaching for job search, housing search, and budgeting.
Voluntary Action Center	403 Vandiver Dr, Ste A	573-874-2273	Emergency needs financial assistance
Missouri Health Connections		573-817-8300	VI-SPDAT via telephone