

Family Support Division (Food stamps).....	855-373-4636
First Chance for Children (Free cribs, parent education, referrals, toy loan)	777-1815
Grade A Plus (Tutoring, summer camp, after-school programs)	268-4372
Habitat for Humanity (Homeownership program)	499-1202
Habitat ReStore (Sells new/used building materials, toys, household items & appliances, other various donations)	499-1202
Harbor House (Shelter for all – not gender specific)	442-1984
Health Department (Birth/death certificates, medical testing & screening, utility assistance, medication 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/Integrative Behavioral Health Clinic	882-9871
Job Finders (Temporary employment agency)	446-4250
Job Point (Job placement, skills training, career planning)	474-8560
Kelly Services (Temporary employment agency)	875-0605
Kilgore’s Medical Pharmacy (Works with the Health Department and VAC).....	442-0194
King’s Daughters and Sons (Dental program – kids only by CPS nurse referral)	
Lion’s Club (Vision screening – kids only & need referral from school nurse)	
Lois Bryant (Shelter for women).....	875-7874
Love INC (Life skills coaching: action plan/goal setting, life purpose, employment & housing search, budgeting/money management; case management & information on resources).....	256-7662
Love Seat (Affiliated with Love INC – furniture, housewares)	447-7328
Lutheran Family and Children’s Services (Counseling and adoptive services)....	815-9955
Manpower (Temporary employment agency).....	817-2552
Meals on Wheels Columbia (Meals delivered to seniors, disabled, and adults recovering from recent hospitalization)	886-7554
MedZou (Free primary care for uninsured patients in central MO)	356-2499
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).....	882-7070
My Life Clinic (Pregnancy help services, baby & maternity supplies)	874-3561
NAMI/National Alliance on Mental Illness (Mental health WARMLine).....	800-374-2138
National Runaway Safeline (Resource & crisis line for youth, locate Safe Place locations).....	800-786-2929
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 for elderly and disabled)	875-1107
OATS Transit (Transportation for rural general public to medical appointments, essential shopping & business, groceries)	449-3789
ParentLink (Parenting info, referrals)	882-7321
Parents as Teachers (Resources for parents, teen program, developmental screenings)	214-3955
PeopleReady (Temporary employment agency).....	874-8916
Phoenix Programs (Treatment for substance abuse).....	875-8880
Planned Parenthood (Family planning, birth control, screenings & treatment, exams).....	443-0427
St. Francis House (Shelter for men)	875-4913

Salvation Army Family Support Division (IDs & birth certificates, case management for families, household items for those in crisis, rent & utility assistance)	442-3229
SEED Success (college/vocational training savings account with incentives for children under 18)	864-5385
SER/Service, Employment, Redevelopment (Employment & training for adults 55 & over)	886-8988
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, furniture, household items, book, 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 physical and mentally disabled).....	441-6327
Wardrobe, The (Clothing, household items, toys, bed & bath items).....	442-3260
Welcome Home (For veterans: food, shelter, transportation, crisis intervention)	443-8001
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



SERVICES

BABY AND CHILD ASSISTANCE

Child Care Aware (Child care resources & referral network)	445-5437
Day Dreams Foundation (CPS students age 18 & under)	214-2600
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.....	874-3561
ParentLink	882-7321
Parents as Teachers.....	214-3955
SEED Success (savings account for children under 18).....	864-5385
TEL-LINK.....	800-835-5465
VAC.....	874-2273
WIC/Women, Infants and Children Program	874-7384

BASIC NEEDS

City of Refuge (for refugees only)	999-1686
CMCA/Central Missouri Community Action	443-8706
Salvation Army Family Support Division	442-3229
VAC.....	874-2273

CLOTHING

New Life Evangelistic Center Free Store	875-0603
Upscale Resale	445-4803
Wardrobe, The	442-3260

EDUCATION (Adult and children)

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

ELDERLY

Alzheimer’s Association	443-8665
Centralia Senior Center	682-5053
CMAAA/Central Missouri Area Agency on Aging.....	443-5823
Columbia Senior Center	874-2050
Department of Health and Senior Services.....	441-6222
MU Adult Day Connection	882-7070
North East Community Action Corporation.....	875-1107
SIL/Services for Independent Living	874-1646

EMPLOYMENT

Disabled

Alternative Community Training.....	474-9446
Vocational Rehabilitation Center	441-6327

Employment Education | Training

City of Refuge (for refugees only)	999-1686
Job Point	474-8560
Love INC.....	256-7662
Missouri Job Center.....	441-6361

Temporary Employment Agencies

Express Employment Professionals.....	443-1800
HireLevel	442-2648
Job Finders	446-4250
Kelly Services	875-0605
Manpower.....	817-2552
PeopleReady.....	874-8916
Staff-Smart Medical Staffing.....	777-3956

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

HEALTH

Alcohol | Drug Addiction Treatment

Compass Health	442-1690
Phoenix Programs	875-8880

Dental

Family Dental Center.....	777-8997
Health Department	874-7355
King’s Daughters and Sons (Kids only & need referral from CPS school nurse)	
Mid-Missouri Dental Center (Children only)	814-1694

Health Services

American Red Cross (Disaster relief)	449-2656
Family Health Center.....	214-2314
Health Department	874-7355
MedZou.....	356-2499
Planned Parenthood	443-0427

Medication | Medical Equipment Assistance

D&H Drugstore (Kids’ vitamins age 4-12).....	777-7333
Family Health Center (For current patients only).....	214-2314
Health Department (Non-controlled substances at Kilgore’s pharmacy only)	817-6430
Kilgore’s Medical Pharmacy	442-0194
Lion’s Club (Kids only & need referral from school nurse)	
VAC (Controlled and non-controlled substances, select pharmacies only).....	874-2273

Mental Health Services | Assistance with the Developmentally Delayed

BCFR/Boone County Family Resources	874-1995
Burrell Behavioral Health.....	777-7500
Central Missouri Subcontracting Enterprises	442-6935
City of Refuge (for refugees only)	999-1686
Delmar Cobble State School.....	442-6482
Deafline Missouri (resource & crisis line for Deaf, Hard of Hearing, 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
True North (counseling for women in domestic violence situations).....	875-1369
Woodhaven Learning Center	875-6181

Medicaid | Medicare | Marketplace

Family Support Division (Medicaid).....	855-373-4636
Cover Missouri (Marketplace).....	800-466-3213
Missouri CLAIM (Medicare).....	800-390-3330
Social Security Administration (Medicare/Medicaid).....	866-563-9108

HOUSING

Furniture | Household

Habitat ReStore.....	499-1202
Love Seat.....	447-7328

Homeless Shelters and Services

Harbor House (ALL)	442-1984
Lois Bryant (WOMEN)	875-7874
New Life Evangelistic Center (MEN)	875-0603
St. Francis (MEN).....	875-4913
True North (WOMEN – domestic violence situations).....	875-1369
Turning Point (SERVICES).....	214-4077
Welcome Home (VETERANS)	443-8001

Columbia Housing Authority

Public House, Section 8, Shelter Plus Care, Oak Towers, Paquin Towers	443-2556
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Rent Assistance (Based on Availability)

Compass Health	449-3953
Salvation Army Family Support Division	442-3229
VAC.....	874-2273

Utility Assistance

CMCA/Central Missouri Community Action	443-1100
Health Department (Social Services)	817-6430
Salvation Army Family Support Division	442-3229

LEGAL SERVICES

Mid-MO Legal Services.....	442-0116
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TRANSPORTATION

City of Columbia ParaTransit	874-7290
CMAAA/Central Missouri Agency on Aging (age 60+).....	443-5823
NEMT/Non-Emergency Medical Transportation (Medicaid recipients).....	866-269-5927
OATS Transit	449-3789
SIL/Services for Independent Living	874-1646
VAC.....	874-2273

NOTES

For more information, contact:
Voluntary Action Center (VAC)
 403A Vandiver Drive | Columbia, MO 65202
 573-874-2273 | vac@vacmo.org
 Visit us at www.vacmo.org
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Information & Referral Source

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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).....	449-2656
BCFR/Boone County Family Resources (Disability services and support living residential programs)	874-1995
Burrell 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 Subcontracting Enterprises (Disability services: employment, day program).....	442-6935
Centralia Senior Center (Elderly services)	682-5053
Centro Latino (English & Spanish classes, health education)	449-9442
CHA/Columbia Housing Authority (Public housing, Section 8, Shelter Plus Care, Oak Towers, Paquin Towers)	443-2556
Child Care Aware (Assist families with finding child care).....	445-5437
City of Columbia ParaTransit (Transportation for ADA-eligible citizens)	874-7290
City of Refuge (Case management: for refugees only).....	999-1686
CMAAA/Central Missouri Area Agency on Aging (Senior center meals, 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).....	874-2050
Compass Health (Substance abuse, mental health services)	449-3953
D&H 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 age 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).....	777-8997
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