

# Cole County Resource Guide

*The information contained within this guide has been provided to the Cole County Health Department by each organization/company/agency listed. The Cole County Health Department assumes no responsibility for the validity of data or for errors or omissions in information. This guide has been designed to assist Cole county residents in accessing services which might help them in meeting their needs. It is intended as a guide to making first contact with the agencies and programs they provide.*

*Cole County is rich in the numerous available services offered to the public. Organizations that have chosen to participate in this guide are listed alphabetically. In this alphabetical listing, you will be able to read the detailed information that they have submitted. Please note that several organizations have numerous and various services they offer to the public.*

*The following is a general index of services offered. There may or may not be multiple organizations that offer similar services. This is not an exhaustive listing of all the services available in Cole County.*

Adoption Services:

[Lutheran Family and Children's Services of Missouri](#)

Applications for Medicaid, food stamps, and general relief:

[Cole County Family Support and Children's Division](#)

Application for Social Security Benefits:

[Social Security Administration](#)

Application for Section 8 / Public Housing:

[Jefferson City Housing Authority](#)

Birth Control Service

[The Resident Clinic](#) (Also known as Capital Region Resident's Clinic) – note, they did not submit any information

[Cole County Health Department](#)

[Community Health Center of Central Missouri](#)

[Planned Parenthood](#)

Breastfeeding:

[Capitol Region Medical Center](#)  
[Cole County Health Department \(WIC\)](#)  
[La Leche League](#)  
[St. Mary's Health Center](#)

Case Management  
[Cole County Residential Services, Inc \(CCRSI\)](#)

Child Abuse/Neglect  
[Cole County Children's Division](#)

Child Care  
[Cole County Children's Division](#)

Church:  
[First Baptist Church](#)

Clothing:  
[Birthright of Mid-Missouri](#)  
[Goodwill Superstore](#)  
[New Life Evangelistic Center](#)  
[Hospice Re-Sell It Shop](#)  
[Samaritan Center](#)  
[The Salvation Army](#)

Counseling Services:  
[American Cancer Society](#)  
[Central Missouri Counseling Center](#)  
[Family Counseling Center of Missouri](#) (A United Way Agency)  
[New Horizon Community Support Services, Inc.](#)  
[Pathways Community Behavioral Health](#) (A United Way Agency)

Day Care:  
[Capitol City Christian Church Child Care Center](#)  
[Jefferson City Day Care Center](#)

Dental Care:  
[Samaritan Center / Ossman Free Medical and Dental Clinic](#)

Developmental Disabilities Services  
[Cole County Residential Services, Inc \(CCRSI\)](#)

Disabilities Services  
[Independent Living Resource Center](#)

Disaster Relief:  
[The Salvation Army](#)

Domestic Violence:  
[Family Counseling Center of Missouri](#) (A United Way Agency)  
[Pathways Community Behavioral Health](#) (A United Way Agency)  
[Rape and Abuse Crisis Service \(RACS\)](#)

Education:  
[Adult Basic Literacy Education \(ABLE\)](#)  
[Capitol Projects, Inc](#) (Sheltered Workshop)  
\*Also see listing under Head Start

Emergency Prescription Service  
[Cole County Health Department](#)

[Jefferson City Free Medical Clinic](#)  
[Samaritan Center](#)

Employment:

[Capitol Projects, Inc](#) (formerly known as Sheltered Workshop)  
[Job Point](#) (formerly known as Advent Enterprises)  
[Missouri Career Center](#)  
[Missouri Division of Vocational Rehabilitation](#)

Environmental Services:

[Cole County Health Department](#)

Financial Counseling / Money Management:

[Central Missouri Community Action](#) (formerly known as Human Development

Corporation (HDC))

Food Pantries

[First United Methodist Church](#)  
[Samaritan Center](#)  
[The Salvation Army](#)

Food Stamps

[Cole County Family Support Division](#)  
[Food Stamps](#)

Head Start

[Central Missouri Community Action](#)

Health Insurance

[Cole County Family Support Division](#): Medicaid for families, adults, children and temporary assistance

HealthCare USA – Note, they did not submit any information

[Missouri Care Health Plan](#)  
[Medicaid](#)

Health Care Related Services

[Cole County Health Department](#)

- Adult Head Injury Program
- Communicable Disease / TB / Refugee Health
- Family Planning
- HIV case management
- Immunizations
- Office Nurse Services
- Prenatal
- Sexually Transmitted Disease / HIV
- Show-Me-Healthy-Women
- Wise Woman services

[Community Health Center of Central Missouri](#)

[Family Health Center](#)

[Hospice of Jefferson City & Mid-Missouri](#) (A United Way Agency)

[Planned Parenthood](#)

[Samaritan Center- Ossman Free Medical and Dental Clinic](#)

[Samaritan Center- Emergency Prescription Service](#)

[TEL-LINK](#)

[The Resident Clinic](#) (Also known as Capital Region Resident’s Clinic) – Note, they did not submit any information  
Help/Hotline Information

**AIDS**

- National AIDS Hotlines:
- AIDS Action Council and Foundation.....1-202-986-1300
- CDC National AIDS Hotline
  - English.....1-800-342-2437
  - Spanish.....1-800-344-7432
- HIV/AIDS Treatment Information Service.....1-800-448-0440
- HIV Counseling .....1-800-332-8336
- Drug Abuse Hotline .....1-800-729-6686
- Missouri HIV/Aids Hotline .....1-800-533-2437

**Child Abuse**

- Child Abuse Hotline.....1-800-392-3738
- National Center for Missing and Exploited Children.....1-800-843-5678
- Prevent Child Abuse of Mo (PCAM).....1-866-84-STOP (7867)

**Crime**

- Jefferson City Area Crime Stoppers.....1-573-659-TIPS
- National Center for Missing and Exploited Children.....1-800-843-5678

**Domestic Violence**

- Rape and Abuse Crisis Center.....1-800-303-0013
- Shelter for Battered Women and Their Children.....1-800-303-0013

**Elderly Abuse**

- Elderly Abuse or Neglect Hotline.....1-800-392-0210
- Elderly Abuse or Neglect Info line.....1-800-235-5503

**Gambling**

- Gamblers Anonymous.....1-800-522-4700

**Substance Abuse**

- Substance Abuse Hotline .....1-800-444-9999
- National Council on Alcohol and Drug Abuse.....1-800-262-2463
- National Cocaine Hotline .....1-800-262-2463
- Narcotics Anonymous.....1-800-945-4673

Poison Control Center.....1-800-366-8888  
Sexually Transmitted Diseases Hotline.....1-800-227-8922

Hospice

[Community Hospices of America](#)  
[Hospice of Jefferson City and Mid-Missouri](#) (A United Way Agency)

Housing Assistance / Lodging / Shelter:

[Agape House](#)  
[Central Missouri Community Action](#) – Section 8 / Public Housing  
[Friendship House](#) (affiliated with the Hospice of Jefferson City & Mid-Missouri)  
[Jefferson City Housing Authority](#) – Section 8 / Public Housing  
[LogistiCare Solutions, LLC](#) (formerly known as Medicaid Transportation

Service)

[New Horizons Community Support Services, Inc.](#)  
[New Life Evangelistic Center, Inc.](#)  
[Rape and Abuse Crisis Service \(RACS\)](#)  
[River City Habitat for Humanity](#)  
[Samaritan Center](#)- Housing assistance  
[The Salvation Army](#)

Immunizations

[Cole County Health Department](#)  
[Family Health Center](#)

Interpretation for Hearing Impaired

First Baptist Church

Language Translation:

[El Puente](#)  
[Family Health Center](#)

Legal Services

1-800-989-WILL –Note, they did not submit any information, however, they provide free advice about power of attorney,

living wills, and advanced directives

American Civil Liberties Union (ACLU) – Note, they did not submit any information

[Mid-Missouri Legal Services](#)  
[Missouri Department of Labor and Industrial Relations:](#) -Missouri

Commission on Human Rights

-Crime Victim's  
Compensation Program  
-Division of  
Employment Security

[Samaritan Center](#)

Life Skills

[Independent Living Resource Center](#)

Mental Health / Psychiatric Rehabilitation

[New Horizons Community Support Services, Inc.](#)  
[Pathways Community Behavioral Health](#)

Nutritional Services

[Cole County Senior Nutrition Center](#) (Formerly known as Meals-On-Wheels)

[LogistiCare Solutions, LLC](#) (Formerly known as Medicaid Transportation Service)

[WIC](#) (Women, Infants, and Children)

Parenting Classes

[Open Arms Pregnancy Resource Center](#)

Pregnancy Testing

[Birthright of Mid-Missouri](#)

[Cole County Health Department](#)

[Community Health Center of Central Missouri](#)

[Family Health Center](#)

[Open Arms Pregnancy Resource Center](#)

Recreational Services

[Cole County Residential Services, Inc \(CCRSI\)](#)

[Jefferson City Area YMCA](#)

Senior Citizen Services

[Hamilton Senior Center](#) (A part of the Cole County Senior Nutrition Center)

Sexual Assault

[St. Mary's Health Center](#)

Social Security

[Social Security Administration](#)

Soil Sample Testing

[University of Missouri Extension, Cole County](#)

Spiritual Support

[El Puente](#)

First Baptist Church

Substance Abuse

[Crossroads Community Recovery Center](#)

[Family Counseling Center of Missouri, Inc.](#)

[Pathways Community Behavioral HealthCare](#)

[Preferred Family Healthcare](#)

Tax Credit Assistance

[Samaritan Center](#)

Transportation

[El Puente](#)

[Independent Living Resource Center](#)

[Jefftran](#)

[LogistiCare Solutions, LLC](#)

Utility Assistance

[Central Missouri Community Action](#) (formerly known as Human Development

Corporation – HDC)

[The Salvation Army](#)

[Samaritan Center](#)

Youth Programs

[Cole County Extension Center](#)

[Girl Scouts – Heart of Missouri Council](#) (A United Way Agency)  
[Missouri Valley Big Brothers/Big Sisters](#) (A United Way Agency)

## **ABLE**

501 Madison Street  
Room 310  
Jefferson City, Missouri 65101

Phone: 573/636-5558  
Additional Phone: 573/893-5560  
Fax:

Web Address:  
Email Address: [ABLE@midamerica.net](mailto:ABLE@midamerica.net)

Hours of Operation:  
Daily 8:00 am – 12:00  
Monday and Tuesday 6:00 – 9:00 pm

Contact Person:  
Ben Smith

Services offered to public:  
Teach adults over 16 and out of school to read or improve their reading.

Directions:

## **Agape House**

810 East High Street  
Jefferson City, Missouri 65101

Phone: 573/636-5737  
Additional Phone:  
Fax:

Web Address: <http://home.earthlink.net/~agapehousejc/>  
Email Address: [agapehopusejc@earthlink.net](mailto:agapehopusejc@earthlink.net)

Hours of Operation:  
Wednesday 5:00pm – 10:00 pm  
Thursday 6:00 am – 9:00 am, and 2:00 pm – 10:00 pm  
Friday 6:00 am – 10:00 pm  
Saturday 6:00 am – 10:00 pm  
Sunday 6:00 am – 9:00 am

Contact Person:  
Linda Lehenbauer

Service offered to the public:  
Overnight lodging for families of inmates in the central Missouri correctional facilities.  
Christian environment. A place of peace, support and fellowship. Safe and affordable.

Directions:

## **AMERICAN CANCER SOCIETY**

2413 Hyde Park Road  
Jefferson City, Missouri 65109

Phone: 573/635-4821  
Additional Phone: 1-800-635-9194  
Fax: 573/635-7821

Web Address: [www.cancer.org](http://www.cancer.org)  
Email Address:

Hours of Operation:  
Monday – Friday 8:30 am – 5:00 pm

Contact Person:

Services offered to the public:  
Nutritional Supplement, Transportation Assistance, Cancer Survivors Network,  
Guestroom, Wigs, Information, Look Good...Feel Better, Reach to Recovery

Directions

## **BIRTHRIGHT OF MID-MISSOURI**

1006 E. High Street  
Jefferson City, MO 65101

Phone: 573/635-8822  
Additional Phone:  
Fax:

Web Address:  
Email Address:

Hours of Operation:  
Monday 4:00 pm – 6:00 pm

Tuesday, Wednesday, Thursday, Friday 12:00pm – 3:00 pm

Contact Person:

Jean Wankum 635-3720

Barb Schmitz 395-4000

Services offered to the public:

Free pregnancy test, maternity and baby clothes, layettes, diapers, community resources, information, friendship.

Directions:

On the corner of Broadway and Atchison. About 3 blocks south of Dunklin

## **Capital City Christian Church Child Care Center**

1512 Swifts Highway

Jefferson City, Missouri 65109

Phone: 573/635-3775

Additional Phone: 573/635-1322

Fax:

Web Address:

Email Address: [childcarelaura@earthlink.net](mailto:childcarelaura@earthlink.net)

Hours of Operation:

Monday – Friday 7:00 am – 5:30 pm

Contact Person:

Laura Ann Rader

Service offered to the public:

2 year olds (Potty Trained), 5 yr, and an after Kindergarten program (enrichment)

Directions:

## **Capitol Projects, Inc. (formerly known as Sheltered Workshop)**

2001 East McCarty Street

Jefferson City, Missouri 65101

Phone: 573/634-3660

Additional Phone:

Fax: 573/634-4437

Web Address:

Email Address: [cpi@socket.net](mailto:cpi@socket.net)

Hours of Operation:

Monday – Friday 8:30 am – 4:30 pm

Contact Person:

Ken Wagner, Director

Services offered to the public:

Employment for the disabled.

Directions:

Head East on Hwy50. Take Eastland exit, turn left. Follow Eastland to McCarty and turn right. We are on the left just after you turn. There is parking in front.

## **Capital Region Medical Center**

1128 Madison

PO Box 1128

Jefferson City, MO 65102-1128

Phone: 573/632-5337

Education Phone: 573/632-5338

Fax: 573/632-5912

Web Address: <http://www.crmc.org/>

Email Address: [info@mail.crmc.org](mailto:info@mail.crmc.org)

Hours of Operation:

24 hours / day

Contact person:

Carol Pettigrew, Manager Obstetrics/Pediatrics

Services offered to the public:

Childbirth Education, refresher class, fall class, sibling class, full service maternity care. Ante partum, intra partum (L&D), post partum, newborn nursery, Level 2 nursery, pediatric, breastfeeding class, Infant CPR class

Directions:

From Hwy 50W. Take 50 E. to Madison Street. Take a right onto Madison, go 5 blocks

From Hwy 50E, 63S. Same as above

From Hwy 54 West, take Madison St. exit

From Hwy 63N. take Hwy 63S to Hwy 50. Take Hwy 50 E. to Madison. Take a right onto Madison and go 5 blocks

## **Central Missouri Area Agency on Aging**

1012 Linden Way  
Jefferson City, Missouri 65109

Phone: 573/634-8828  
Additional Phone: 573/634-8239  
Fax: 573/634-8239

Web Address: [www.cmaaa.net](http://www.cmaaa.net)  
Email Address: [colecc@cmaaa.net](mailto:colecc@cmaaa.net)

Hours of Operation:  
Monday – Friday 8:00 am – 5:00 pm

Contact Person:  
Terri Binkley

Services offered to the public:  
Network of services for seniors and their family caregivers. Information and assistance. Care Coordination. Senior Centers with Noon meals. Home-delivered meals. Long-term Care Ombudsmen. Respite Care. Transportation. Legal Assistance. Senior employment. Advocacy of senior issues. Monthly newspaper.

Directions:

## **Central Missouri Community Action (formerly known as Central Missouri Counties Human Development Corp – HDC)**

2010 William Street  
Jefferson City, Missouri 65109

Phone: 573/635-4480  
Additional Phone: 573/443-8706  
Fax: 573/635-9935

Web Address:  
Email Address:

Hours of Operation:  
Monday – Friday 8:00 am – 5:00 pm

Contact Person:  
Lupe Buckingham, Community Service Coordinator

Services offered to the public:

Head Start, Section 8 Housing, Fuel Assistance, Weatherization, Free tax service, Workforce Development through the (WIA), Life Skill Classes. For application for Section 8 housing: [www.hud.gov/fedrent.html](http://www.hud.gov/fedrent.html)

Directions:

Off of Dix Road, up the street from Walgreen's

## **Central Missouri Counseling Center**

913 Leslie Blvd

Suite E

Jefferson City, MO 65101

Phone: 573/636-6727

Additional Phone: 573/642-1775

Fax: 573/761-5819

Web Address: [www.centralmocounseling.com](http://www.centralmocounseling.com)

Email Address: [cmcc2@earthlink.net](mailto:cmcc2@earthlink.net)

Hours of Operation:

By appointment only

Contact person:

Ralph B. Schroer LPC

Services offered to the public:

Behavioral health care inclusive of individual, family, and marital counseling.

Directions:

From Cole County Health Department, take Industrial to McCarty. Turn right on McCarty to Lafayette Street. Turn Right on Lafayette to Chestnut. Left on Chestnut and sharp right into Leslie Plaza lower level.

## **Cole County Extension Center**

2436 Tanner Bridge Road

Jefferson City, Missouri 65101

Phone: 573/634-2824

Additional Phone:

Fax:

Web Address: <http://extension.missouri.edu/cole/>

Email Address: [coleco@missouri.edu](mailto:coleco@missouri.edu)

Hours of Operation:

Monday – Friday 8:00 am – 4:30 pm

Contact Person:

Jane Kempker – Master Gardener

Brocke A. Laws – 4-H

Services offered to the public:

Master gardener course, youth development (4-H), create positive environments for culturally diverse youth and adults to reach their fullest potential as capable, competent, caring and contributing citizens

Directions:

Corner of Lorenzo Greene and Tanner Bridge

## **Cole County Family Support Division / Children's Division**

1716 Four Seasons Drive

Suite 104

Jefferson City, Missouri 65101

Phone: 573/751-4688

Additional Phone: 573/751-9030

Fax: 573/526-4746

Web Address: Missouri State Homepage

Email Address:

Hours of Operation:

Monday – Friday 8:00 am – 5:00 pm

Contact Person:

Family Support Division: Patrick Caldwell, Grant Chapman, Nancy Zumzefil

Children's Division: none provided

Services offered to the public:

Family Support Division: Food stamps, Adult Medicaid, Medicaid for Families, Medicaid for Children, Child Care, Temporary Assistance

Children's Division: Assistance to abused/neglected children and their families.

Investigate abuse/neglect of children, license foster, kinship and adoptive homes, services to families and children surrounding abuse/neglect.

Application for food stamps, Medicaid, and General Relief can be made at the Cole County Family Support Division (FSD) at: [www.dss.state.mo.us/dfs/fstamp.htm](http://www.dss.state.mo.us/dfs/fstamp.htm)

Directions:

Hwy 54 West heading toward Lake of Ozark. Exit off Ellis Blvd Exit. Turn left at stop light. At 2<sup>nd</sup> stop light turn left onto Christy Lane. Turn right onto Flora Drive. Will see brick sign with offices located at address.

## **Cole County Health Department**

1616 Industrial Drive  
Jefferson City, MO 65109

Phone: 573/636-2181

Additional Phone:

Fax: 573/636-3851

Web Address:

Email Address:

Hours of Operation:

Monday – Friday 8:00 am – 4:30pm

We are closed from 12:00 – 1:00 pm on the first and second Wednesday of every month, and from 11:00 am – 1:00 pm on the third Wednesday every other month.

We are also closed on any state holidays.

Contact Person:

Any receptionist/clerical support staff

Non-Discriminatory Services offered to the public:

**Community Protection:** Surveillance and follow-up of all communicable diseases

**Tuberculosis Program:** Offering TB skin testing, follow-up, and referral of individuals with positive tests

**Environmental Services:** Inspection of day care facilities, schools, restaurants, caterers, taverns, temporary food stands, grocery stores, truck wrecks, lodging facilities, and private water supplies. Investigate environmental complaints and violations of wastewater and sewage. Issue permits and perform inspections on new or updated onsite wastewater systems. Assist with communicable disease control involving food or water-borne illnesses. Provide education for food handlers and day care providers.

**Maternal Child Health (MCH):** Offers services to ensure the health and well being of Cole County citizens with special emphasis women of childbearing age, teens and children. Women of childbearing age are encouraged to enter prenatal care by their 13<sup>th</sup> week of pregnancy. Teens and adults are educated in the early recognition and prevention of teen suicide. Citizens of Cole County are educated in lead poisoning prevention and treatment.

**Childcare Health Consultation (CCHC):** Is a free service to provide health and safety education to promote optimal health and safety. Free clock hours for providers on topics related to the health and safety of the children they care for are available. Health

promotion classes, that are age appropriate, are provided to children in childcare settings. Health education to care providers and parents are also provided.

**Dental, Eye and Shoe Program:** Services available to school age children. Contact child's school nurse for further information, or Rachelle Collinge, RN, BSN

**Office Visits:** Available to the public Monday – Friday 8:00 am – 4:00 pm for Blood pressure screening, Pregnancy testing, Adolescent/Adult immunizations, TB skin testing.

**Vital Records:** Local registrar for Cole and Osage County birth and death certificates

**Adult Head Injury Program:** Special health care needs: For persons 21 years and older with a traumatic brain injury (TBI). Provides assistance to identify and access medical, rehabilitation, and social services.

**HIV/AIDS Case Management:** Provides assistance in locating, coordinating, and purchasing medical and psychosocial services for individuals with HIV or AIDS.

**Bio-Terrorism Regional Planner:** Develops and updates preparedness and response plans concerning public health emergencies for Cole, Camden, Morgan, Miller and Moniteau counties.

**Regional Epidemiology Specialist:** Provides technical support in the prevention of and response to communicable disease outbreaks encompassing the region of Cole, Osage-Gasconade, and Moniteau counties.

Clinics Available: By appointment only

**Immunizations:**

**Prenatal**

**Reproductive Health Care for Women** (formerly known as Family Planning)

**Show Me Health Women**

**STD/HIV**

**WIC**

Directions:

Dix Road exit (North), turn right onto Industrial Drive (going east). We are on the left side of the road across the street from US Rents It.

## **Clinic Services**

**Family Planning Clinic**

Cole County Health Department

1616 Industrial Drive

Jefferson City, MO

Phone: 573/636-2181

Additional Phone:

Fax: 573/636-3851

Web Address:

Email Address:

Hours of Operation

By appointment only

Contact Person:  
Sherry Hayes, RN

Services offered to the public:  
For uninsured women or women with Medicaid benefits, we offer well woman exams, a wide variety of contraception and education.

**Immunizations Clinic**

Cole County Health Department  
1616 Industrial Drive  
Jefferson City, MO 65109

Phone: 573/636-2181  
Additional Phone:  
Fax: 573/636-3851

Web Address:  
Email Address:

Hours of Operation:  
For children's immunizations:  
By appointment only

For adolescent and adult immunizations:  
Monday – Friday on a walk-in basis

Contact Person:  
Susan Long, RN

Services offered to the public:  
Adult, adolescent and childhood immunizations for vaccine preventable diseases.

Cost:  
A \$15.00 administrative fee. This can be billed to Medicaid for those clients with Medicaid benefits.

**Office Nurse Services**

Cole County Health Department

1616 Industrial Drive  
Jefferson City, Missouri 65109

Phone: 573/636-2181  
Additional Phone:  
Fax: 573/636-3851

Web Address:  
Email Address:

**Hours of Operation:**

Pregnancy Testing: Monday – Friday on a walk in basis from 8:00 am – 4:00 pm  
Tuberculosis Skin Testing: Monday, Tuesday, Wednesday and Fridays on a walk-in basis from 8:00 am – 4:00 pm. On weeks that have a state observed holiday, please be aware that not all days of the week will be available for test placement since this test must be evaluated 48 – 72 hours after placement.

Adolescent and Adult Immunizations: Monday – Friday on a walk in basis from 8:00 am – 4:00 pm

Refugee Immunizations: By appointment only on Tuesdays and Thursdays

Medication Assistance (Emergency): Monday – Friday on a walk in basis from 8:00 am – 4:00 pm

Contact Person:  
Susan Long, RN, BSN

**Services offered to the public:**

Pregnancy testing: For women who are at least two weeks late for their menses. There is a fee charged for this test. The fee can be billed to Medicaid for those clients with Medicaid benefits. For clients with positive results, and no insurance, Temporary Medicaid forms can be provided. The fee for the test will not be billed to temporary Medicaid.

Tuberculosis skin testing: For anyone able to return in 48 -72 hours to have this test evaluated. There is a fee charged for this test. For clients with Medicaid, this fess can be billed to Medicaid.

Blood Pressure Screening

Head Lice Screening

Adolescent and Adult Immunizations

Refugee Immunizations

Emergency medication assistance: Assistance is provided one time for residents of Cole County

**Prenatal Clinic**

Cole County Health Department  
1616 Industrial Drive  
Jefferson City, MO 65109

Phone: 573/636-2181  
Additional Phone:  
Fax: 573/636-3851

Web Address:  
Email Address:

Hours of Operation:  
By appointment only

Contact Person:  
Lib Shull, RN or  
Cindy Davidson, RN

**Services Offered to the public:**

Prenatal care by a Family Nurse Practitioner, under a collaborative practice agreement with local Obstetricians in Jefferson City, to any pregnant woman with Temporary, Straight, or Missouri Care Medicaid, wishing to do all of their prenatal care at Cole County Health Department. Our collaborative practice agreement is with OB-GYN and Associates for delivery at Capital Region Medical Center (CRMC) only. All required and/or recommended laboratory testing will be done at CRMC. Ultrasounds that are medically necessary will be scheduled at CRMC. Delivery will be done at CRMC by the on-call Obstetrician in practice at OB-GYN & Associates.

**Eligibility guidelines:**

The pregnant woman must qualify for Medicaid for pregnant women (MPW). Medicaid for pregnant women is a MC+ program for citizens who are pregnant. Non-citizens do not qualify for MC+, however, there is another program called Temporary Medicaid. Non-citizens must still meet the eligibility guidelines established by the Family Support Division (FSD) in the county in which they reside. All eligible women should make application for MPW at the FSD in the county in which they reside. There are three (3) MC+ plans available in central Missouri. They are the Missouri Care Health Plan (Mo Care), HealthCare USA (HCUSA), and Mercy Care Plus. CCHD can not see clients with any MC+ plan other than Mo Care. Missouri Care is contracted with the Obstetricians of OB-GYN & Associates in Jefferson City with delivery at Capital Region Medical Center (CRMC) in Jefferson City. Health Care USA is contracted with the Obstetricians of Women's Clinic in Jefferson City for delivery at St. Mary's Health Center (SMHC) in Jefferson City. There are no contracted Obstetricians in Jefferson City for Mercy Care Plus. Cole County Health Dept. does not accept private insurance that covers charges for prenatal care. Clients that are ineligible for Medicaid are directed to a private Obstetrician of their choice. Medicaid MUST be the PRIMARY payer of services for pregnant women to receive services here.

**Show-Me-Healthy-Women (SMHW) Clinic (formerly known as the Missouri Breast and Cervical Cancer Control Project)**

Cole County Health Department

1616 Industrial Drive  
Jefferson City, MO 65101

Phone: 573/636-2181  
Additional Phone:  
Fax: 573/636-3851

Web Address:  
Email Address:

Hours of Operation:  
By appointment only. Call to discuss eligibility criteria and to make an appointment.

Contact Person:  
Mary Telthorst, RN, BSN, extension 118.

Services offered to the public:

Services are provided by a nurse practitioner in collaborative practice with Women's Health Care, Jefferson City Medical Group, Dr. William Marshall. This program screens medically underserved women for breast and cervical cancer by providing a clinical breast exam, pelvic exam, pap test and education on self breast-examinations. Also, lifestyle counseling, free cholesterol tests and blood pressure checks for eligible participants. Age requirements: 35 -64 years old. Income eligibility: Women must have an income at or below 200% of the federal poverty income guidelines. Women with Medicaid, Medicare part B or HMO health coverage are not eligible for SMHW.

**STD (Sexually Transmitted Diseases) Clinic**

Cole County Health Department  
1616 Industrial Drive  
Jefferson City, MO 65101

Phone: 573/636-2181  
Additional Phone:  
Fax: 573/636-3851

Web Address:  
Email Address:

Hours of Operation:  
By appointment only

Contact Person:  
Sherry Hayes, RN or

Stefanie Birk, RN, BSN

Services offered to the public:

We offer sexually transmitted disease testing and treatment (if applicable) for gonorrhea, Chlamydia, syphilis and HIV.

**WIC (Women, Infants, and Children) Program / Clinic**

Cole County Health Department  
1616 Industrial Drive  
Jefferson City, MO 65109

Phone: 573/636-2181

Additional Phone:

Fax: 573/636-3851

Web Address:

Email Address: [mridenhour@colecounty.org](mailto:mridenhour@colecounty.org)

Hours of Operation:

Monday – Friday 7:30 am – 5:30 pm by appointment only

Contact Person:

Melinda Ridenhour, RD, LD, IBCLC

Services offered to the public:

Breastfeeding services free to WIC participants. A fee will be charged to non-WIC participants

Nutrition Services free to WIC participants

**Cole County Residential Services, Inc (CCRSI)**

1908 Bogs Creek Road  
Jefferson City, Missouri 65101-5580

Phone: 573/634-4555

Additional Phone:

Fax: 573/634-4352

Web Address: [www.ccrsi.org](http://www.ccrsi.org)

Email Address: [tracyhoover@ccrsi.org](mailto:tracyhoover@ccrsi.org)

[judystacey@ccrsi.org](mailto:judystacey@ccrsi.org)

[sandydonelin@ccrsi.org](mailto:sandydonelin@ccrsi.org)

Hours of Operation:  
Monday – Friday 8:00 am – 4:30 pm

Contact Person:  
Case Management: Tracy Hoover  
Respite Services: Judy Stacey  
Recreations: Sandra Donelin

Services offered to the public:

- 1) Case Management service for citizens of Cole County with Developmental Disabilities. Planning, advocacy, linking and referring to resources are provided to clients.
- 2) Respite Services provides temporary and short-term oversight of the safety, well being, and daily living care needs of a person with developmental disabilities who live at home. Services provided for age six and older.
- 3) Recreation activities for Cole County citizens with developmental disabilities including travel opportunities such as out of town trips to Cardinal baseball games, boat rides, train rides and much more. Works closely with Jefferson City Parks and Recreation to provide Friday Night Recreation. Also provides staff to assist with Special Olympics

Directions:

Take Hwy 50 East to Eastland Drive Exit. Left on Eastland Drive. Stay on Eastland Drive until you reach Bogs Creek Road. Turn Right and CCRSI is first building on the right.

## **Cole County Senior Nutrition Centers (Formerly known as Meals-on-Wheels)**

### **Hamilton Senior Center**

#12 Jackson Street  
Jefferson City, Missouri

Phone: 573-634-2533  
Additional Phone:  
Fax: 573-556-6328

Web Address: [www.cmaaa.net](http://www.cmaaa.net)  
Email Address: [coleca@cmaaa.net](mailto:coleca@cmaaa.net)

Hours of Operation:  
Monday – Friday 8:00 am – 4:00 pm  
Meals served 11:00 am – 12:30 pm

Contact Person:  
Candy Smith, Administrator

Mark Carlson, Kitchen Manager

Services offered to the public:

Hot, nutritious meals for persons over 60 years of age. Social, educational and recreational programs. Home-delivered meals in Cole County (outside city limits)

Directions:

From the state capital building, go 5 blocks east on E. Capitol Ave. Turn left on Jackson Street. Hamilton Towers is at the end of Jackson. Entrance to cafeteria is in the rear of building.

## **Community Health Center of Central Missouri**

1811 Hwy 50 East  
PO Box 20  
Linn, Missouri 65051

And

Opening 10-5-06 at previous location of the Jefferson City Free Medical and Dental Clinic:

901 Missouri Boulevard  
Jefferson City, Missouri 65109

Phone: 573/897-4946

Additional Phone:

Fax: 573/897-4941

Web Address: [www.chccmo.org](http://www.chccmo.org)

Email Address: [Shelby.branson@chccmo.org](mailto:Shelby.branson@chccmo.org)

Hours of Operation:

Monday – Friday 9:00 am – 5:00 pm. Late hours by appointment only

Contact Person:

Shelby Branson

Services offered to the public:

Prescription assistance for uninsured. Exam and treatment for uninsured, under-insured, as well as Medicaid, Medicare and some insurance. Mental health counseling available. SMHW, wise woman provider. Some very limited referral for dental.

Directions:

On 50 Highway – East of town of Linn – On campus Linn Tech State School

## **Community Health Center of Central Missouri**

408 Dix Road  
901 Missouri Boulevard  
Jefferson City, Missouri 65109

Phone: 573/632-2777  
Additional Phone:  
Fax: 573/632-2769

Web Address: [www.chccmo.org](http://www.chccmo.org)  
Email Address:

Hours of Operation:  
Opening 10-5-06

For the first month: Thursdays 11:00 am – 7:00 pm plus walk-ins. As the staff grows, so will the hours, which eventually could include some evening and weekend hours.

Contact Person:  
Linda Claycomb, executive director

Services offered to the public:

“Our primary mission is to give access to health care for the uninsured and the under insured”. The clinic does accept some insurance and both Medicaid and Medicare. For the uninsured patients, there is a sliding scale that is based off of the federal poverty scale. The small in-house pharmacy will offer frequently prescribed medications at a discount according to the sliding scale.

Women’s health, family health, primary care, some dental services and mental health services

Directions:

Missouri Blvd to Dix road, located next to Dix Road Cleaners. Across from DeLong Steel

## **Community Hospices of America**

1005 Northeast Drive  
Jefferson City, Missouri 65109

Phone: 573/556-3547  
Additional Phone:  
Fax: 573/55606597

Web Address:  
Email Address:

Hours of Operation:

Contact Person:

Services offered to the public:

A licensed hospice service through Medicare/Medicaid/Insurance for terminally ill. Intermittent nursing visits, Social Services, Spiritual Care, and Home Health Aid. Physical, emotional, and spiritual concerns for families

Directions:

## **Crossroads Community Recovery Center**

515 B. East McCarty  
Jefferson City, Missouri 65109

Phone: 573/634-8820

Additional Phone: 573/690-5667

Fax: 573/634-3742

Web Address: [www.recoverycenter.org](http://www.recoverycenter.org)

Email Address: [ccrc@mchsi.com](mailto:ccrc@mchsi.com)

Hours of Operation:

7 days a week from 10:00 am – 8:00 pm

Contact Person:

Services offered to the public:

Recovery Support for individuals with drug and alcohol problems. Helping individuals overcome their addiction (drugs, alcohol, codependency) and provide support for the family members. Assist individuals in accessing treatment, treatment or corrections aftercare support, recovery discussion groups, educational groups, recovery coaches available, family support groups, anger management, life skills, resource information, presentations on addiction and recovery, social and recreational activities, youth group, volunteer opportunities, host a variety of 12-step groups.

Directions:

## **El Puente**

1106 Swifts Hwy  
Jefferson City, Missouri 65109

Phone: 573/635-2540

Additional Phone:

Fax:

Web Address:

Email Address:

Hours of Operation:

Monday – Friday 9:00 am – 5:00 pm

Contact Person:

Sister Peggy Bonnot

Sister Margaret Snyder

Services offered to the public:

Interpretation and transportation for medical appointments for Hispanic community in Cole and Moniteau counties. Spanish masses and sacrament preparation. Other services as needed.

Directions:

Hwy 50 – Jefferson – Swifts Hwy. Hwy 50 – Dix – Southwest – Swifts Hwy

## **Family Counseling Center of Missouri (*A United Way Agency*)**

204 Metro Drive

Suite B

Jefferson City, MO 65109

Phone: 573/634-4591

Additional Phone: 573/449-2581

Fax: 573/634-4792

Web Address: [www.fccmo.org](http://www.fccmo.org)

Email Address: [dsmith@fccmo.org](mailto:dsmith@fccmo.org)

Hours of Operation:

Monday – Thursday 8:00 am – 5:00 pm

Friday: 8:00 am – 12:00 pm

Evening hours available by appointment only

Contact person:

Don Smith

Services offered to the public:

Substance Abuse Treatment, Mental health services, Children's service – Play therapy, Family, couples or individual counseling, Gambling counseling, SATOP Services, Domestic Violence Group, Parenting Group

Directions:

Hwy 50 to Hwy 179 (North) to Industrial Blvd (turn right) to Metro Drive (turn right)

## **Family Health Center**

1001 West Worley  
Columbia, Missouri 65203

Phone: 573/214-2314

Additional Phone:

Fax: 573/814-2835

Web Address:

Email Address:

Hours of Operation:

Monday, Tuesday, Wednesday and Friday 8:00 am – 5:00 pm

Thursday 10:00 am – 7:00 pm

Contact Person:

Services offered to the public:

Annual physical exams and follow-up care, Immunizations, Family Planning and Prenatal Care, Newborn and Pediatric Care, Medication/Prescription Assistance, Dental Care and referrals for eye care, Mental Health care and referrals, Language Translation Services

Directions:

On I-70 West, take exit 125 toward west boulevard. At the bottom of the exit, take an immediate right. Take the next right onto the outer road, I-70 Drive Southwest. Take the first left onto west boulevard at the Phillips 66 Gas Station and carwash. Proceed along West boulevard until you come to the first stop light (Worley Street). Turn right and the building will be on your right.

## **First Baptist Church**

301 E. Capitol Avenue  
Jefferson City, Missouri 65101

Phone: 573/634-3603

Additional Phone:

Fax: 573/893-6319

Web Address: [www.fbcjc.org](http://www.fbcjc.org)

Email Address:

Hours of Operation:

Monday – Friday 8:00 am – 5:00 pm

Sunday 8:00 am – 12:00 and 7:00 pm

Contact Person:  
Rev. Jeanie McGowan

Services offered to the public:

Children's Ministry, Youth Ministry, Singles Ministry, Music Ministry (all ages), Small group studies, Support groups, Divorce recovery, First Place Weight Loss Program, Hispanic Bible study and Worship, Interpretation for hearing impaired, Upward basketball and Cheerleading

Directions:  
Corner of Capitol and Monroe – downtown

## **First United Methodist Church**

201 Monroe  
Jefferson City, Missouri 65101

Phone: 573/635-6886  
Additional Phone:  
Fax:

Web Address: [www.jcjumc.org](http://www.jcjumc.org)  
Email Address: [cdumas@jcfumc.org](mailto:cdumas@jcfumc.org)

Hours of Operation:  
Tuesdays Noon – 4:00 pm

Contact Person:  
Chris Dumas

Services offered to the public:  
Food Pantry patrons eligible one time each quarter

Directions:  
At the corner of Monroe and Capitol – downtown. Next to the courthouse, across from News Tribune.

## **Food Stamps**

Apply for food stamps at the **Family Support Division (FSD) office in the county in which you reside.**

The time for processing a food stamp application is 35 days.

You will need to take the following information with you when applying:

1. Social Security cards for each individual in the household.
2. A second form of identification for the head of household. (I.e. Driver's license, birth certificate)
3. Receipts for rent or mortgage.

4. Bills for all utilities (gas, electric, water, phone, and sewer) for a one-month period.
5. Last four pay stubs for each individual in the home or a disability award letter if applicable.
6. Bank statement for most recent month.
7. Make, model and year of car(s).
8. Balance on car loan and value of car.
9. Name, address and phone number of two references, who will be able to verify YOUR address, number of people in your home and who in the home is working.

[www.dss.state.mo.us/dfs/fstamp.htm](http://www.dss.state.mo.us/dfs/fstamp.htm)

[www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)

## **Friendship House affiliated with the Hospice of Jefferson city & Mid-Missouri**

601 E. High Street  
Jefferson City, MO 65101

Phone: 573/635-8641

Additional Phone: 573/636-2088

Fax: 573/636-8726

Web Address:

Email Address:

Hours of Operation:

7 days a week, 24 hours a day

Contact Person:

Mary Jensen

MyVera Westbrooks

Services offered to the public:

Provide a safe and comfortable home-like environment for persons diagnosed with a life-threatening illness whose needs are unable to be met in their current situation. The living situation is a single group residence. There are rooms for single occupancy. It has the potential of serving 7 people maximum. All residents share the kitchen, living room, shower and laundry facilities

Directions:

At the corner of East High and Marshall streets, approximately 1 mile east of the Capitol Building. Enter at rear of building on Marshall Street.

## **Girl Scouts – Heart of Missouri Council**

230 Metro Drive

Jefferson City, Missouri 65109

Phone: 573/893-5505

Additional Phone: 1-800-707-1917

Fax: 573/893-6801

Web Address: [www.gshomc.org](http://www.gshomc.org)

Email Address: [girlscouts@gshomc.org](mailto:girlscouts@gshomc.org)

Hours of Operation:

Monday – Friday 9:00 am – 5:00 pm and the first Saturday of the month from 9:30 am – 12:30 pm

Contact Person:

Membership/Marketing Manager: Angie Robinson

Services offered to the public:

Youth Services. Girl scouting builds girls of courage, confidence, and character who make the world a better place.

Directions:

Hwy 50 to the 179/Jamestown Exit, turn north on 179, turn east on Merchants Drive, turn north on Metro Drive, second building on your left.

## **Goodwill Superstore**

1806 Missouri Boulevard

Jefferson City, Missouri 65109

Phone: 573/635-6714

Additional Phone: 573/635-6228

Fax:

Web Address:

Email Address:

Hours of Operation:

Monday – Saturday 10:00 am – 7:00 pm

Sunday 10:00 am – 6:00 pm

Contact Person:

Services offered to the public:

Directions:

Hwy 5 to Missouri Blvd. Make a left on Missouri Blvd. Come down three stop lights, we are on the right, pull in parking lot.

## **HealthCare USA**

(( ( No information has been provided by this organization )))

2420 Hyde Park Rd.  
Suite B  
Jefferson City, Missouri 65109

Phone: 573/761-0544  
Additional Phone: Customer Service 1-800-882-9666  
Fax: 866/874-6399

Web Address: [www.hcusa.org](http://www.hcusa.org)  
Email Address:

Hours of Operation:  
Customer service phone line open 24 hours per day, 7 days per week

Contact Person:  
Member Services

Services offered to the public:  
Health Insurance (Medicaid) provided by government.  
Health Care USA is one of the MC+ managed care plans and Medicaid for pregnant women plans, families in central Missouri can choose. Is contracted with St. Mary's Health Center and their physicians.

Directions:

## **Hospice of Jefferson City & Mid-Missouri (A United Way Agency)**

601 E. High Street  
Jefferson City, MO 65101

Phone: 573/636-2088  
Additional Phone: 573/636-8641  
Fax: 573/636-7687

Web Address:  
Email Address: [hojcjoan@earthlink.net](mailto:hojcjoan@earthlink.net)

Hours of Operation:  
Monday – Friday, excluding holidays from 7:30 am – 4:00 pm

Contact Person:  
Mary Jensen  
Deewayne Hord  
Joan VanderFeltz

Services offered to the public:

A wide variety of supportive services for individuals who are facing a life-threatening illness, and their significant others. Service include coordination of medical and nursing care, consultation regarding pain and symptom control, availability 24 hours a day, 7 days a week, transportation, personal care, and general practical support, equipment loans, emotional support during the grieving/mourning process

Directions:

At the corner of East High and Marshall streets, approximately 1 mile east of the Capitol Building. Enter off of Marshall Street.

## **Hospice ReSell-It Shop affiliated with the Hospice of Jefferson City & Mid-Missouri**

601 E. High Street  
Jefferson City, MO 65101

Phone: 573/635-1034  
Additional Phone: 573/636-2088  
Fax: 573/636-7687

Web Address:

Email Address: [hojcjoan@earthlink.net](mailto:hojcjoan@earthlink.net)

Hours of Operation:

Monday – Friday 9:00 am – 4:00 pm  
Saturday 10:00 am – 2:00 pm

Contact Person:

Services offered to the public:

Sells clothing for all ages, household, and seasonal items, craft items and other merchandise at reasonable prices. Proceeds from the shop are utilized to care for the residents of the Friendship House.

Directions:

At the corner of E. High and Marshall streets, approximately 1 mile east of the Capitol Building. Enter on lower level off High Street.

## **Independent Living Resource Center**

3620 W. Truman Blvd.  
PO Box 6787  
Jefferson City, Missouri 65102-6787

Phone: 573/556-0400  
Additional Phone: 877/627-0400  
Fax: 573/556-0402

Web Address: [www.ilrcjcmo.org](http://www.ilrcjcmo.org)  
Email Address: [ilrcjcmo@earthlink.net](mailto:ilrcjcmo@earthlink.net)

Hours of Operation:  
Monday – Friday; 8:00 am – 5:00 pm

Contact Person:  
Sheila Rainey

Services offered to the public:  
For people with disabilities: Advocacy, Peer support, Information and referral, Personal Assistance services, Independent Living Skills Training. For Seniors 55 years of age and older as well as for people with disabilities: evening transportation.

Directions:

## **Jefferson City Area YMCA**

525 Ellis Blvd. or 424 Stadium Blvd.  
Jefferson City, Missouri 65101 Jefferson City, Missouri 65101

Phone: 573/761-9000  
Additional Phone: 573/761-9015  
Fax: 573/635-0215

Web Address: [www.jcymca.org](http://www.jcymca.org)  
Email Address:

Hours of Operation:  
Monday – Friday; 4:30 am – 10:00 pm  
Saturday & Sunday; 6:30 am – 5:00 pm  
Closed Easter, Thanksgiving and Christmas

Contact Person:

Services offered to the public:  
Membership includes use of tennis courts, racquet ball courts, indoor track, basketball courts, fitness center and pool. Variety of programs offered – aerobics, gymnastics, swim lessons, youth sports, etc.

Directions:

## **Jefferson City Day Care Center**

1002 Myrtle Avenue  
Jefferson City, Missouri 65109

Phone: 573/636-646`  
Additional Phone: 573/636-7615  
Fax: 573/636-7932

Web Address: [jcdcc@jcdcc.org](mailto:jcdcc@jcdcc.org)  
Email Address: [dscheidt90@aol.com](mailto:dscheidt90@aol.com)

Hours of Operation:  
Monday – Friday; 7:00 am – 5:30 pm

Contact Person:  
Donna Scheidt

Services offered to the public:  
Childcare for children birth – ten years of age, based on income and family size.

Directions:  
We are on the corner of Myrtle Avenue and Edmonds Street.

## **Jefferson City Housing Authority**

1040 Myrtle Avenue  
PO Box 1029  
Jefferson City, Missouri 65102

Phone: 573/635-6163 extension 200  
Additional Phone:  
Fax: 573/635-9680

Web Address:  
Email Address: [JFCYHA001@Earthlink.net](mailto:JFCYHA001@Earthlink.net)

Hours of Operation:  
Monday – Friday; 8:00 am – 4:30 pm

Contact Person:  
Receptionist

Services offered to the public:

Section 8 and Public Housing

Directions:

**Jefftran (formerly known as Jefferson City Transit)**

820 E. Miller  
Jefferson City, Missouri 65101

Phone: 573/634-6477

Additional Phone:

Fax: 573/636-3632

Web Address:

Email Address:

Hours of Operation:

Monday – Friday; 6:45 am – 5:30 pm

Contact Person:

Maurice Burnley

Services offered to the public:

Public Transportation

Directions:

**Job Point (formerly known as Advent Enterprises)**

315 Ellis Blvd.  
Suite 301  
Jefferson City, Missouri

Phone: 573/636-8186

Additional Phone: 573/474-8560 – Columbia office

Fax: 573/636-8187

Web Address: [www.jobpointmo.org](http://www.jobpointmo.org)

Email Address:

Hours of Operation:

Monday – Friday; 8:00 am – 4:30 pm

Contact Person:

Services offered to the public:

Employment Services

Directions:

## **La Leche League of Jefferson City**

Address: (((None provided)))

Phone: 573/896-8573

Additional Phone: 573/659-4796

Fax:

Web Address: [www.lalecheleague.org](http://www.lalecheleague.org)

Email Address: --

Hours of Operation: All Hours

Contact Person: --

Nancy – 896-8573

Michele – 659-4796

Services offered to the public:

We provide information, telephone support, and monthly meetings for women who want to breastfeed.

Directions:

Call for meeting information.

## **LogistiCare Solutions, LLC (formerly known as Medicaid Transportation Service)**

6700 N. Corporate Drive

Suite 130

Kansas City, Missouri 64120

Phone: 1-866-269-5927

Additional Phone: 816/242-3100

Fax: 816/242-3199

Web Address: [www.logisticare.com](http://www.logisticare.com)

Email Address: [Gwendolynb@logiticare.com](mailto:Gwendolynb@logiticare.com)

Hours of Operation:

7 days a week.

For non-emergency medical transportation: 8:00 am – 5:00 pm

Will take hospital discharges and urgent trips before 8:00 am and after 5:00 pm

Contact Person:

Gwendolyn J. Bailey, LMSW, Health and Social Service Manager

Services offered to the public:

Provides non emergency medical transportation (NEMT) to State of Missouri Medicaid members. We also provide ancillary meals and lodging to adult caretakers (i.e. parent/guardian) of Medicaid members under the age of 21 who are receiving Medicaid billable services.

Directions:

I-435 exit at Front Street. Travel west on Front to Universal. Turn north. Universal to Corporate Drive. Turn east to address.

## **Lutheran Family and Children's Services of Missouri**

401 West Blvd North  
Suite B  
Columbia, Missouri 65203

and

Trinity Lutheran  
803 Swifts Hwy  
Jefferson City, Missouri 65101

Phone: 573/815-9955

Additional Phone: 573/636-6750 (JC office)

Fax: 573/489-4640

Web Address: [www.lfcsmo.org](http://www.lfcsmo.org)

Email Address: [Christinew@LFCS.org](mailto:Christinew@LFCS.org)

Hours of Operation:

Monday – Friday; 8:00 am – 5:00 pm

Contact Person:

Christine White

Eileen Long

Services offered to the public:

Birth Parent Counseling and Case Management. Work with families who parent or make an adoption plan. Foster care. Adoption Services.

Directions:

## **Medicaid**

Apply for Medicaid at the **Family Support Division (FSD) office in the county in which you reside.**

You will need to take the following information with you:

1. Your Social Security card
2. Proof of date of birth (i.e. birth certificate, driver's license)
3. Verification of income (i.e. check stub from place of employment, tax return)
4. Last bank statement.

5. A copy of your insurance policy and/or policy numbers if you carry private insurance.
6. A copy of a deed of property or a buyer's statement if applicable.

[www.dss.state.mo.us/dms/pages/description.htm#religibl](http://www.dss.state.mo.us/dms/pages/description.htm#religibl)

## **Mid Missouri Legal Services**

308 E. High Street  
Suite 104  
Jefferson City, Missouri 65101

Phone: 573/634-4545  
Additional Phone: 1-800-568-4931  
Additional Phone: 573/442-0116  
Fax: 573/634-2973

Web Address:  
Email Address:

Hours of Operation:  
Monday – Friday; 8:00 am – 5:00 pm

Contact Person:

Services offered to the public:  
Provide free legal services to those who qualify

Directions:  
Across from courthouse on High Street

## **Missouri Care Health Plan**

2404 Forum Blvd.  
Columbia, Missouri 65203

Phone: 1-800-322-6027  
Additional Phone: 573/441-2100  
Fax: 573/441-2197

Web Address: [www.missouricare.com](http://www.missouricare.com)  
Email Address:

Hours of Operation:  
Customer service phone line open 24 hours per day, 7 days per week

Contact Person:  
Member Services

Services offered to the public:

Health Insurance (Medicaid) provided by government.

Missouri Care is one of the MC+ managed care plans and Medicaid for pregnant women plans, families in central Missouri can choose. Is contracted with Capital Region Medical Center and their physicians.

Directions:

## **Missouri Career Center**

1716 Four Season Drive

Suite 101

Jefferson City, Missouri 65101 – 1815

Phone: 573/526-8115

Additional Phone: 1-888-728-JOBS (5627)

Fax: 573/526-3494

Web Address: [www.GreatHires.org](http://www.GreatHires.org)

Email Address:

Hours of Operation:

Contact Person:

Services offered to the public:

Applicants and employers locating each other through searching the internet. The electronic job matching website offers comprehensive resume and job posting service at no cost.

Directions:

## **Missouri Department of Labor and Industrial Relations**

**Commission on Human Rights:** 3315 West Truman Boulevard, Room 212  
PO Box 1129  
Jefferson City, Missouri 65102-1129

**Crime Victims' Compensation Program:** PO Box 59  
Jefferson City, Missouri 65104-0059

**Division of Employment Security:** PO Box 59  
Jefferson City, Missouri 65104-0059

Phone: Commission on Human Rights: 573/751-3325  
Crime Victims' Compensation Program: 1-800-320-2519  
Division of Employment Security: 1-800-320-2519

Additional Phone: Crime Victims' Compensation Program: 573/751-9040  
Division of Employment Security: 573/751-9040

Fax: Commission on Human Rights: 573/751-2905  
Crime Victim's Compensation Program: 573/751-4945  
Division of Employment Security: 573/751-2009

Web Address: Commission: [www.dolir.mo.gov/hr](http://www.dolir.mo.gov/hr)  
Crime Victims <https://www.ui.dolir.mo.gov/som/>  
Division: <https://www.ui.dolir.mo.gov/>

Email Address: Commission: [mchr@dolir.mo.gov](mailto:mchr@dolir.mo.gov)  
Crime Victims [esuicliams@dolir.mo.gov](mailto:esuicliams@dolir.mo.gov)  
Division: [esuicliams@dolir.mo.gov](mailto:esuicliams@dolir.mo.gov)

Hours of Operation:  
Monday – Friday, 8:00 am – 5:00 pm

Contact Person:  
Commission: Donna Cavitte, Executive Director  
Crime Victims' Janice Belt, Unemployment Insurance Program Manager  
Division; Janice Belt, Unemployment Insurance Program Manager

Services offered to the public:

**Commission on Human Rights:** Investigate allegations of discrimination in the workplace, housing and public accommodations based on race, color, religion, national origin, ancestry, sex, physical/mental disability, age and familial status

**Crime Victim's Compensation Program:** Compensates victims of violent crimes who have suffered physical or psychological injury. Benefits per claimant are limited to a total award amount of \$25,000 payable for medical cost, counseling, lost wages and loss of support.

**Division of Employment Security:** Provide partial protection for workers against loss of wages during periods of involuntary unemployment. Eligible individuals may qualify for up to 26 weeks of unemployment compensation.

Directions:  
Highway 50 west, Right on Route 179. Left on Truman Blvd.  
3315 West Truman Boulevard

## **Missouri Division of Vocational Rehabilitation**

1500 A. Southridge Drive  
Jefferson City, Missouri 65109

Phone: 573/751-2343  
Additional Phone: 1-866-661-9106  
Fax: %73/526-4474

Web Address: [www.vrdese.mo.gov](http://www.vrdese.mo.gov)  
Email Address: [neil.harms@vr.dese.mo.gov](mailto:neil.harms@vr.dese.mo.gov)

Hours of Operation:  
Monday – Friday; 8:00 am – 4:30 pm

Contact Person:  
Neil Harms

Services offered to the public:  
Employment and employment retention services

Directions:  
We are located behind Ramada Inn off 54 Hwy.

## **Missouri Valley Big Brothers Big Sisters**

Knowles YMCA, Annex Building  
434 Stadium Blvd.  
PO Box 104176  
Jefferson City, Missouri 65110

Phone: 573/634-3290  
Additional Phone:  
Fax: 573/761-3552

Web Address:  
Email Address: [lknerschild@jcymco.org](mailto:lknerschild@jcymco.org)

Hours of Operation:  
Monday – Friday; 8:00 am – 5:00 pm

Contact Person:  
Lee A. Knernschild, Program Director

Services offered to the public:  
We match Bigs with Littles through extensive background and reference check:  
Mentoring is offered to children of one parent families.

Directions:  
424 Stadium Blvd – Across the street from high school football stadium.

## **New Horizons Community Support Services, Inc.**

2013 William Street  
Jefferson City, MO 65109

Phone: 573/636-8108  
Additional Phone:

Fax: 573/635-9892

Web Address:

Email Address:

Hours of Operation:

Monday – Friday 8:00 am – 4:30 pm

Contact person:

Services offered to the public:

Mental health community psychiatric rehabilitation services, supported housing and mental health residential care facility for individuals with severe and persistent mental illness

Directions:

West side of Dix Road between US 50W and Missouri Blvd

## **New Life Evangelistic Center, Inc.**

815 E. High Street

Jefferson City, MO 65101

Phone: 573/635-1978

Additional Phone:

Fax:

Web Address: [www.newlifeevangelisticcenter.org](http://www.newlifeevangelisticcenter.org)

Email Address:

Hours of Operation:

Monday – Sunday

Free Store: 10:00 am – 4:00 pm

Shelter: 5:00 pm – 8:00 am

Contact person:

Penny Rice

Services offered to the public:

Up to two weeks of overnight shelter for women and children (no boys over age of 14).

Free clothing and household items.

Directions:

Eight blocks east of the Capitol

## **Open Arms Pregnancy Resource Center**

1109 Southwest Blvd.  
Suite G

Phone: 573/636-9125  
Additional Phone:  
Fax: 573/636-9126

Web Address: [www.openarmscpc.org](http://www.openarmscpc.org)  
Email Address: [jeffcity@openarmscpc.org](mailto:jeffcity@openarmscpc.org)

Hours of Operation:  
Monday – Thursday; 10:00 am – 4:30 pm  
Friday; 10:00 am – 2:00 pm

Contact Person:  
Victoria Childs

Services offered to the public:  
Abortion Recovery Support, Parenting program, pregnancy confirmation, pregnancy resources, medical referrals, first trimester ultrasounds, legal referrals, adoption information and referrals, social service referrals

Directions:  
Take Dix Road to Southwest Blvd. make a right onto Southwest Blvd by Mike Kehoe Ford, pass DeVille Apts and some office buildings going south on Southwest Blvd. We are next door to the Diet Center. It is a brick building with blue awning on it.

## **Pathways Community Behavioral Health (*A United Way Agency*)**

1905 Stadium  
PO Box 104146  
Jefferson City, MO 65110

Phone: 573/634-3000  
Additional Phone: 1-800-833-3915 (after hours crisis)  
Fax:

Web Address: [www.pathwaysonline.org](http://www.pathwaysonline.org)  
Email Address: [miller@pbhc.org](mailto:miller@pbhc.org)

Hours of Operation:  
Monday – Friday 8:00 am – 6:00 pm

Contact Person:

Russ Miller cell: 338-2434

Services offered to the public:

Adult community mental health services inc. psychiatry, therapy and case management.

Children's community mental health services inc. psychiatry, therapy and case management services.

Adolescent substance abuse treatment

Directions:

Stadium Blvd block west following stadium and southwest

## **Planned Parenthood**

1400 Southwest Blvd

Suite B

Jefferson City, Missouri 65109

Phone: 573/635-2882

Additional Phone:

Fax: 573/635-0845

Web Address: [www.plannedparenthood.org](http://www.plannedparenthood.org)

Email Address: [Stephanie.irwin@ppkm.org](mailto:Stephanie.irwin@ppkm.org)

Hours of Operation:

Monday and Friday; 9:00 – 5:00 pm

Tuesday and Thursday; 10:00 am – 6:00 pm

Contact Person:

Stephanie Irwin

Services offered to the public:

Well woman exams, sexually transmitted disease exams for males and females, contraception, pregnancy referrals, mid-life services, colposcopy.

Directions

Across from Metro Business College on southwest

## **Preferred Family Healthcare**

1448 Aaron court

Jefferson City, Missouri 65101

Phone: 573/556-6589

Additional Phone:

Fax: 573/556-6294

Web Address: [www.pfh.org](http://www.pfh.org)

Email Address:

Hours of Operation:

Monday – Friday; 8:30 am – 5:00 pm

Contact Person:

Una Bennett, Clinical Supervisor

Services offered to the public:

Adolescent residential substance abuse treatment and adolescent outpatient substance abuse treatment.

Directions:

## **Rape and Abuse Crisis Service (RACS)**

Address: Confidential

Phone: 573/634-8346

Additional Phone: Hotline: 1-800-303-0013

Additional Phone: Hotline 573/634-4911

Fax: 573/659-8505

Web Address:

Email Address: [r.a.c.s@earthlink.net](mailto:r.a.c.s@earthlink.net)

Hours of Operation:

24 hours per day, 7 days per week

Contact Person:

Services offered to the public:

Shelter for abused women and children

Directions:

Confidential, please call to receive directions

## **River City Habitat for Humanity**

1420 Creek Trail Drive

Phone: 573/635-8439

Additional Phone: Re-Store 573/635-6101

Fax: 573/635-2106

Web Address: [www.rivercityhabitat.org](http://www.rivercityhabitat.org)

Email Address: [RCHFH@earthlink.net](mailto:RCHFH@earthlink.net)

Hours of Operation:

Monday – Friday; 9:00 am – 4:00 pm

Restore: Thursday 9:00 am – 12:00; Friday 12:30pm – 5:00 pm; Saturday 9:00 am – 12:00

Contact Person:

Connie Rademan

Services offered to the public:

We build homes for the working poor

Directions:

One block west of JCMG

## **St. Mary's Health Center**

100 St. Mary's Medical Plaza

Jefferson City, MO 65101-1602

Phone: 573/761-7000

Additional Phone: SANE: 761-7011

Fax: 573/636-4819

Web Address: --

Email Address: [tam@kis.net](mailto:tam@kis.net)

Hours of Operation: --

24 hours per day, 7 days per week

Contact Person: --

Tammy Moon, RN, Sexual Assault Nurse Examiner (SANE)

Services offered to the public:

One on one 24 hour care for sexual assault victims providing medical treatment, support, and assistance

((No information has been provided from any other department manager, however it is known that SMHC offers childbirth education classes that include but are not limited to breastfeeding and childbirth)))

Directions:

St. Mary's Emergency Room

## **Samaritan Center**

1310 East McCarty  
PO Box 1687  
Jefferson City, MO 65102-1687

Phone: 573/634-7776  
Additional Phone: (Ossman Free Medical and Dental Clinic) 573/761-3413  
Fax: 573/761-5948

Web Address: [www.midmosamaritan.org](http://www.midmosamaritan.org)  
Email Address: [Samaritan@midmosamaritan.org](mailto:Samaritan@midmosamaritan.org)

Hours of Operation:  
Monday – Thursday 9:30 am – 11:30 am  
Thursday 4:00 pm – 6:00 pm

Contact Person:  
Marylyn DeFeo, Volunteer Executive Director

Services offered to the public:  
Food Pantry, Ossman Free Medical and Dental Clinic, Housing Assistance, Emergency Prescription Service, Utility Assistance, Clothing, Tax Credit Assistance, Legal Care Program, and Family and Senior Christmas Adoption Program

Directions:  
Hwy 50 East to Clark Avenue; turn right (east) on East McCarty at stop light; drive approximately 1.5 blocks to 1310 East McCarty, which will be on the right (south) side of the road.

## **Social Security Administration**

3523 Amazonas Drive  
Jefferson City, Missouri 65109

Phone: 573/893-8155  
Additional Phone:  
Fax: 573/893-3288

Web Address: [www.socialsecurity.gov](http://www.socialsecurity.gov)  
Email Address:

Hours of Operation:  
Monday – Friday except national holidays; 8:30 am – 3:30 pm

Contact Person:  
Mary Jane Shipley, District Manager

Services offered to the public:

We pay monthly benefits to individuals who meet the eligibility guidelines

Applications for Social Security retirement, survivor, and disability benefits can be taken and processed by phone.

You will need the following information when making application:

1. Name
2. Social Security Number
3. Date of Birth
4. Address
5. Which benefit your are making application for (retirement, survivors, disability, Medicare or burial)
6. Home and work phone numbers.

Directions:

Hwy 50 West to Truman Blvd. Right on Truman and then right on Amazonas.

## **TEL-LINK**

Missouri Department of Health and Senior Services  
Division of Community and Public Health  
TEL-LINK Program  
PO Box 570  
Jefferson City, Missouri 65102

Phone: 1-800-TEL-LINK (835-5465)

Additional Phone:

Fax:

Web Address: [www.dhss.mo.gov](http://www.dhss.mo.gov) , Click Topics A-Z, Go to T and click TEL-LINK

Email Address:

Hours of Operation:

Monday – Friday; 8:00 am – 5:00 pm

Contact Person:

Peggy Henderson

Services offered to the public:

TEL-LINK is the Missouri Department of Health and Senior Services' confidential, toll-free telephone line for maternal and child health care. Callers are given referrals and then are transferred immediately to the appropriate agency.

Directions:

**The Resident Clinic (also known as Capital Region  
Resident's Clinic)**

(( ( No information provided by this organization )) )  
1111 Madison St.  
Jefferson City, Missouri 65101

Phone: 573/632-5027  
Additional Phone:  
Fax:

Web Address:  
Email Address:

Hours of Operation:  
Monday – Thursday 1:00 pm – 4:30 pm  
Tuesday 8:30 am – 11:30 am

Contact Person:

Services offered to the public:  
Provide quality healthcare for patients of all ages. Is staffed by Capital Region Medical Center's Family Practice Residents with on-site supervision by Board Certified Physicians. Fees are based on the patient's financial status. Medicaid, Medicare and some types of insurance are accepted.

Directions:

## **The Salvation Army**

For Disaster Relief, Food Pantry, Rental Assistance, and Homeless Shelter:  
927 Jefferson St  
PO Box 55  
Jefferson City, Missouri 65101

And

The Salvation Army Thrift Store  
718 Michigan Avenue  
Jefferson City, Missouri

Phone: Disaster Relief: 573/635-1975  
Additional Phone: Food Pantry/Rental Assistance/Energy Assistance: 635-0117  
Additional Phone: National and world wide: 314/646-3000  
Additional Phone: Homeless Shelter: 634-8357  
Additional Phone: Thrift Store: 573/635-1463  
Fax: 573/636-4062  
Fax: Food Pantry/Rental Assistance: 573/761-5670  
Fax: Thrift Store: 573/634-4534

Web Address:  
Email Address:

Hours of Operation:

Disaster Relief: Monday – Thursday; 9:00 am – 4:00 pm  
Food Pantry/Rental Assistance/Energy Assistance: Monday – Thursday; 9:00 am – 11:45 am and 1:00 pm – 2:45 pm  
Homeless Shelter: 24 hours per day, 7 days per week  
Thrift Store: Monday – Saturday; 8:00 am – 4:00 pm

Contact Person:

Disaster Relief: Majors Ben or Beth Stillwell  
Food Pantry/Rental Assistance/Energy Assistance: Ruth Adkins  
Homeless Shelter: Jamie Pitzan and Roger Wilson  
Thrift Store: Jeanne Brant

Services offered to the public:

Disaster Relief: For local disasters (fire, flood, etc): Food, clothing, furniture, and household goods  
For national or world wide: Financial assistance for housing and food and medical; clothing and medicine  
Food Pantry: Food  
Rental Assistance: Rental assistance  
Homeless Shelter: Shelter  
Energy Assistance: Energy assistance  
Thrift Store: Used goods at low price. Free good with voucher from the Salvation Army Social Service Department

Directions:

From Hwy 50, turn South on Jefferson Street. Go 3.5 blocks to top of hill. We are on the left. Turn left into driveway, go to the back building and in the front door.

## **University of Missouri Extension, Cole County**

2436 Tanner Bridge Road  
Jefferson City, Missouri 65101

Phone: 573/634-2824

Additional Phone:

Fax:

Web Address: <http://extension.missouri.edu/cole/>

Email Address: [colecto@missouri.edu](mailto:colecto@missouri.edu)

**Hours of Operation:**

Monday – Friday; 8:00 am – 4:30 pm

**Contact Person:**

**Services offered to the public:**

We offer classes on the Master Gardener program and business classes as well as help identify weed/insects/plant problems, send soil samples off. 4-H is located out of our office

**Directions:**

Corner of Lorenzo Greene Drive (Old Rt. B) and Tanner Bridge Road