

Agency	Contact Information	Description
MULTI-SERVICE AGENCIES		
United Way 2-1-1	211 (24 hours-7 days a week)	Provides resources in your community
Contact De Soto	636-586-7300	Crisis help: fuel, medical supplies, utilities
Jefferson County Rescue Mission	636-475-3030 (Pevely)	Clothes, food, household items, shelter
Jefferson/Franklin Comm. Action Corp.	636-797-2688 or 636-789-2686 jfcac.org	Intake, assessment, weatherization, housing
Ladies of Charity (in High Ridge)	636-677-1167	Free store, food, emergency & misc. assistance
	Heaven's General Store - call for hours	FREE food every Sat. 2 pm & 1st Sat free give-a-way
Salvation Army	636-464-0787 (Arnold)	Food, clothing, general referral services, shelter
St. Vincent DePaul Society	314-531-2183 <i>Helpline:</i> 314-531-7837	Food, shelter, utility assistance- <i>no more gas cards</i>
Univ. of MO Extension	636-797-5391	Resources, education, groups
BASIC NEEDS		
Feed My People	636-677-9885	Thrift store, food, school supplies, etc.
Goodwill	636-464-8989-Arnold 636-933-0103-Festus	Low-cost clothing, furniture, household items
Peace by Piece Clothes Closet	636-575-5441 Faith Comm. Church	Thrift store - everything is 25 cents per item
CHILD ASSISTANCE		
Annie's Hope-The Bereavement Center for Kids	314-965-5015 annieshope.org	Support to children & families who are grieving
Children's Advocacy Center	636-586-1806	For children who may have been a victim of abuse
Children's Division	636-797-9601	Foster care, adoption, child abuse/neglect services
Kids In The Middle	314-909-9922 kidsinthemiddle.org	Support for children/families coping w/ divorce
CHILD SAFETY		
Cardinal Glennon (<i>car seat fitting</i>)	314-776-3627	Car seat fittings & checks
MOCHIP-MO Child Identification Program	mochip.org	Child identification & protection tools
Safe Kids St. Louis	314-612-5770 Cathy Hogan	Info on child passenger safety
St. Anthony's Medical Center Helmet Checks	314-525-4002 or 1-800-554-9550 (appt only)	FREE bike helmet fittings & info
Jefferson County Health Department	636-797-3737	Purchase car seats for \$25
COUNSELING/SUPPORT GROUPS		
COMTREA (Counseling Services)	636-296-6206 (Arnold) comtrea.org 636-931-2700 (Festus)	Counseling, substance abuse treatment, medical services
Family Resource Center	636-464-9279 (Jefferson County)	Counseling, child abuse treatment
Moving Mountains Counseling, LLC	636-933-4104 movingmountainscounseling.com	Counseling services-discounted rates available
Provident Counseling	314-533-8200 (main #) 314-898-0102 (Arnold)	Counseling, crisis intervention, support programs
CRISIS HOTLINES		
ALIVE (Alternatives to Living in Violent Envir)	314-993-2777 alivestl.org	24-hour crisis line
Behavioral Health Response	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counselor line
Child Abuse/Neglect Hotline	1-800-392-3738	24-hour confidential service
Childhelp USA (Natl Child Abuse Hotline)	1-800-422-4453	24-hour counseling assistance
COMTREA (<i>Crisis Hotline</i>)	636-931-2700 or after hours 1-800-811-4760	24-hour counseling assistance
Crime Victims Advocacy Center	314-652-3623 539 North Grand, St. Louis	24-hour, free counseling & aid for victims of crime
Crisis Nursery	314-768-3201 crisisnurserykids.org	24-hour hotline-safe haven for kids ages birth-10
Grandparents Warm-Line	1-888-640-3113 extension.missouri.edu	For grandparents & caregivers in parenting role
Jefferson County Municipal Enforcement Group	1-866-931-6011	Meth hotline, confidential
Jefferson Regional Behavioral Health	636-933-1211 hotline or 636-933-1205 daytime	24-hour hotline for all ages
KUTO (Kids Under 21)	1-888-644-5886	Crisis hotline for teens - stress, suicidal thoughts, etc.
Missouri Regional Poison Center	1-800-222-1222	Answers for chemicals, overdose, bites
Parent Hotline	1-800-840-6537	Free-services for parents/families w/ struggling teen
Poison Control Hotline	1-800-222-1222	Hotline in case of overdoes, chemicals, etc.
Provident's Life Crisis Hotline	314-647-4357 or 1-800-273-8255	Crisis hotline - talk to someone immediately
Run Away Children National Switchboard	1-800-786-2929 For ages up to 20 years	Greyhound bus provides free trans. home
Suicide Hotline	1-800-273-8255	24-hour hotline
Women's Crisis Hotline	314-531-2003	24-hour crisis hotline for women in need
Youth in Need, Inc. (Y.I.N.)	636-946-3771 or 636-946-5600	Homeless outreach, counseling, support, education
DISABILITY SUPPORT		
Autism Speaks Family Services	1-888-288-4762 autismspeaks.org	Toolkits, resources, phone inquires
Disability Resource Association	636-931-7696	Independent living for residents w/ disabilities
Down Syndrome Parent Support Group	314-961-2504 dsagsl.org	Group meets monthly
Easter Seals Midwest (formerly Life Skills)	314-567-7705 eastersealsmidwest.org	Services & support for individuals with developmental disabilities, including Autism.

Missouri First Steps	1-866-583-2392 or 636-584-7279	Early intervention for children w/ develop. delays under 3
Healing with Horsepower	636-931-7696 x.116	Therapy riding for individuals w/ disabilities
Horse Helper's Counseling for Kids	636-586-5877 x. 2 DESOTO	Equine therapy / counseling
Jefferson Co. Devel. Disabilities Resource Board	636-282-4400 or 636-933-0244 Serv Coord	Services to individuals w/ developmental disabilities
Learning Disabilities Association (LDA)	314-966-3088 St. Louis affiliate	Support & education
MOFEAT-MO Families for Effective Autism Treatments	314-993-0806 1-877-275-8988 mo-feat.org	Advocacy, education, & support for families
MPACT-Missouri Parents Act	314-542-0096 1-800-995-3160 ptimpact.org	Training for parents of children w/ disabilities
Next Step For Life	nextstepforlife.org	Supports individuals w/ developmental disabilities
	636-282-1414 or 636-933-3764	Family supports/respite care/equip. loans program-all ages
	636-282-4400 or 636-933-0244	Adult day program, leisure & residential services
	636-282-4477 or 636-933-4900	Employment services assists adults w/ all disabilities
Pony Bird	636-931-5818 Residential/day program	for adults w/ mental & physical dev. disabilities
Ride On St. Louis	636-464-3408 KIMMSWICK [waiting list]	Equine therapy for children w/ disabilities
St. Louis Regional Office	636-931-5720 (Jefferson County office)	Serve people who are developmentally disabled
Stuttering Foundation of America	1-800-992-9392	Referrals, info, & resources
United 4 Children	1-800-467-2322 x. 60 or x. 17	Supports families in and maintaining quality child care for their children with special needs
	united4children.org	
EARLY CHILDHOOD PROGRAMS		
Bright Beginning Learning Center	636-937-8902	Child care & educational services
Creative Expressions Learning Center	636-938-3999 creativeexpressionslearningcenter.com	Child care & educational services
Head Start & Early Head Start Program	636-789-3563	Preschool for 3-5 year olds
		Serves infants, toddlers, & pregnant moms
Jefferson College Child Development Center	636-481-3299 jeffco.edu	Early childhood/school age care & education
<i>Parents as Teachers</i>	636-282-1476 Fox	
	636-671-3470 Northwest	<i>Parents as Teachers maximizes children's overall development during the first 3 years of life.</i>
	636-586-1008 DeSoto/Grandview/Sunrise/Hillsboro	
	636-933-0792 Festus/Crystal/Dunklin/R-7	<i>Provides free health & development screenings to all families.</i>
	636-464-4499 Windsor	
EDUCATION/CAREER ASSISTANCE		
Jefferson College	636-797-3000 x. 437 jeffco.edu	GED & adult education services, employment prep.
Missouri Career Center	636-287-8909 or 1-800-292-1314	Persons seeking work and unemployment benefits
NextStep	636-282-4477 or 636-933-4900 Employment Services	assists adults w/ disabilities obtain/maintain meaningful employ.
Vocational Rehabilitation Office	314-877-1900 dese.mo.gov/vr	Assist eligible persons w/ disabilities to obtain employment
EMERGENCY SERVICES		
American Red Cross	636-464-9150	Help for victims of disaster, emergency funds
FOOD ASSISTANCE		
Arnold Food Pantry & Thrift Store	636-287-3663	Store Hours M-F 8-3 & Sat 8-Noon
Cedar Hill Baptist Church Benevolence	636-274-8815	
DeSoto Food Pantry	636-586-7300 De Soto residents	Listen to recording for info
Eagle Point Community Assistance	636-333-3722	
Emmanuel Baptist Church Pantry	636-586-6300	Distributes every 4th Friday of the month.
Feed My People	636-677-9885 Serves northern Jeff Cnty	Tues-Fri 9 am-2:30 pm & Sat 9:30 am-Noon
First Christian Church	636-937-3415	
First United Methodist Church	636-937-6205	
High Ridge Food Pantry	636-677-4868	Serves High Ridge & House Springs Thurs. 3:30-5
Hillsboro Food Pantry	636-789-5920	Serves Grandview & Hillsboro Thurs 11:30-1
Jefferson County Rescue Mission	636-475-3030	Emergency Food
Ladies of Charity (in High Ridge)	636-677-1167	FREE food every Sat. 2 pm
Living Faith Church Food Pantry	636-937-0775	2nd Thursday of month 11 am-1 pm
Murphy Community Food Pantry	636-343-8552	Call to register, food available twice a month
Operation Food Search, Inc.	314-726-5355 operationfoodsearch.org	24-hour hotline for referrals to food pantries
		Operation BackPack program at participating schools
Ozark Food Pantry	636-933-9974 #1 Sunset Drive in Festus	Serves Festus, Crystal, Herky, Horine, Hematite, & Pevely
		Open Saturdays 8:30 - 11 am
Peace Pantry	636-285-0934 Cedar Hill, Dittmer, Morse Mill	Call for times, \$2 bag Saturdays-1st Sat. of month
		Other times available in an emergency
Radiant Life Food Pantry	636-937-0800	3rd Tuesday of the month 7-8 pm
Salvation Army	636-464-0787 3740 Telegraph Rd in Arnold	Emergency food - Monday-Friday 9 am - 4 pm
		Food pantry open Tuesdays 9-11:30 am
Sandy Baptist Church	636-479-5428	

Sister Christine's Helping Hands Food Pantry	636-464-7580	Thurs. 8-10 am	Serving Antonio, Barnhart, Kimmswick, & Pevely
St. David's Catholic Church Food Pantry	636-298-5485		
St. John's Catholic Church Food Pantry	636-287-9198		

HEALTH/WELLNESS

ALPHA Care, Inc. (Home Health Services)	1-888-758-4200	(24 hours-7 days a week)	Accepts Medicaid & Healthy Youth & Child
Asthma & Allergy Foundation of St. Louis	314-645-2422		FREE asthma medication assistance & bedding
Cardinal Glennon Ask-A-Nurse Line	314-645-4500		Questions regarding child's health
Clarkson Eyecare	1-888-393-2273	clarksoneyecare.com	Apply "Foundation Assistance", income based
COMTREA (Substance Abuse Assessment)	636-232-2347 or 636-321-0109		Medicaid, sliding fee, no appt. necessary
COMTREA (Medical & Dental services)	Brynes Mill Health Center	636-677-9977	General family practice medical/dental care
	Hickory Plaza Health Center	636-481-6040	Both Health Centers accept Medicaid/Medicare patients
COMTREA (Health Center at the Valley)	636-321-0150	(Northwest area)	Medical, dental, counseling, CSTAR, & med mgmt.
Dental Care for Kids (Lindell)	314-535-7701		Walk-ins only \$20
Healing Grace Clinic	636-777-2937	(call for hours & appt.)	611 N. Central Ave, Eureka 63025 (for uninsured)
Jefferson County Health Dept.	636-797-3737	Hillsboro or 636-282-1010 Arnold	Vaccinations, family planning, nutrition, women's health
Jefferson County P.R.I.D.E.	636-464-4423	pridenow.org	Drug education/prevention resources
Mercy Hospital-Jefferson (formerly JMH)	636-933-1000	mercy.net/crystalcity	Support groups, classes & education
Missouri Lions Club	314-645-3500	missourilions.com	Eye/hearing/eye glasses assistance
NeedyMeds	1-800-503-6897	needymeds.org	Medication assistance & programs
People's Health Center	314-781-9162	(7200 Manchester) phcenters.org	Open access clinic, insurance accepted or sliding scale
Rx Outreach	1-800-769-3880		Medication assistance
Show Me Healthy Women	1-573-522-2845	For women ages 35-65	Free mammograms & pap tests
Jefferson County Health Dept. Smiles To Go	636-633-6255		Dental for all children including Medicaid, uninsured, & most private insurance
St. Louis University	314-977-8365	Does not accept Medicaid	Low-cost orthodontics, endodontics, periodontics
STLCC Dental hygiene clinic	314-644-9331	(students in training provide cleanings)	Low-cost dental cleanings
Vision USA	1-800-766-4466		Free eye exams for eligible, low-income wrkg families optometrycharity.org/vision-usa

HOUSING

Homeownership Preservation Foundation	1-888-995-HOPE	995HOPE.org	Helps homeowners avoid foreclosures
Jefferson-Franklin Community Action	636-789-2686	jfcac.org	HUD - housing assistance, electric when available

LEGAL SERVICES

Catholic Legal Assistance Ministry (CLAM)	314-977-3993	ccstl.org	Representation for impoverished families
Legal Advocates For Abused Women	1-800-527-1460	laanstl.org	Free legal rep. For low-income individuals
Legal Services of Eastern Missouri Inc.	1-800-444-0514		Legal assistance for low income residents

LIBRARIES

Crystal City 636-937-7166	DeSoto 636-586-3858	Preschool & summer reading programs
Festus 636-937-2017	Northwest 636-677-8186	Call your local library for card information
Fox 636-296-2204	Jefferson College 636-942-3000	
Windsor 636-461-1914		

MISC. SERVICES

ClearPointe Credit Counseling Solutions	1-877-412-2227	Financial education - budgeting, financial choices
Consumer Complaint	1-800-392-8222	Missouri Attorney General
Consumer Fraud Hotline	314-340-6816	moago.org
Grandparents Raising Grandchildren	636-797-5391	Complaint intake & investigates consumer fraud
Information / support group		
Jefferson County Pet Food Pantry	314-723-6127	jeffcopetfoodpantry.org
Pet food assistance for low income, Seniors, etc.		
YMCA (Festus)	636-931-9622	Parents Night Out Program
Scholarships available for membership		

PARENTING CLASSES - Court Ordered

Building Strong Families Parenting Classes	Jeri Teixeira at 573-854-4131	Classes meet for 2 consecutive Saturdays
Parenting Classes	636-285-4116	House Springs
Receive points to redeem at Baby Boutique		

PARENTING RESOURCES

AMEND for Parents	314-487-7582	amendgroup.com	For parents who experienced the death of a child
Bereaved Parents of the USA	636-586-8559	Ginny	Support group - meets in DeSoto
Child Support Enforcement	636-797-9840		Establish child/medical support from parent
Divorce Care for Kids	636-671-4190		Support group for kids 5-12
Family Enrichment Resource Program	314-603-5767	familyresourceprogram.com	Parents Night Out, education & family meetings
Family Support Division	636-797-9601	Hillsboro 636-287-1364 Arnold	Medicaid, food stamps, TANF, income programs
Forever Our Angels	foreverourangels.tripod.com		Support/resources for early pregnancy/child loss
Heaven Born	heavenborn.com	on-line support	Comforting moms who suffered an early pregnancy loss
Mercy Heartprints for Parents	314-251-6878		Parents who experience the neonatal death of child

Missouri Childcare Resource & Referral	1-800-200-9017	Help locate quality child care & education materials
ParentLink	1-800-552-8522	Answer ANY parenting questions
Parents Anonymous	314-539-4052	Child abuse/neglect support group
Parents without Partners	716-684-0123	Support group for single parents
Safe Families for Children	314-452-6547 safe-families.org	Support & care for parents/children during crisis
PREGNANCY & NEW MOM SERVICES		
Birthright	636-789-3518 Hillsboro birthright.org	Free pregnancy test, counseling, clothing, referrals
Good Shepherd Children & Family Services	314-854-5774 goodshepherdstl.org	Pregnancy & new mom services: parenting education, counseling, assistance in connecting with prenatal care
Hand 'n Hand Pregnancy Help Center	636-464-8400 Barnhart	Pregnancy services, support, incentives
Jefferson County Pregnancy Care Center	636-285-4116 House Springs mylifemrc.com	Free, confidential, counseling, ultrasound & STD testing jcpc.com OR Text: 636-575-6581
Kangaroo Kids	314-835-9200 kangarookidsonline.com	Children & maternity resale & breastfeeding support
La Leche League Fenton/High Ridge	636-677-6626 (Dawn)	Breastfeeding support & education
Mother to Mother	314-644-7001 or 1-877-644-7001	Pregnancy/post partum depression support
Nurses For Newborns	1-800-45-BIRTH or 314-544-3433 nfnf.org	Serve pregnant women & infants
Safe Babies	636-464-5144 x20	Safe sleep education, cribs
text4baby	Text BABY to 511411 text4baby.org	Free text messages related to pregnancy & baby's first year
The Parenting Network	636-465-0983 x. 107 or x. 108 jccp.org	First time, stay-at-home parents- income guidelines
WIC (Women, Infants, Children)	636-789-2686	Health & nutrition program for women & children
SHELTERS		
A Safe Place (COMTREA)	1-877-266-8732	Undisclosed shelter for abused women & their children
St. Martha's Hall	314-533-1313 saintmarthas.org	Shelter care program for abused women & their children
Women's Safe House	314-772-4535 twsh.org	24-hour hotline, shelter for women & children
Youth in Need, Inc. (Y.I.N.)	636-946-3771 <i>collect calls accepted</i>	Emergency shelter for youth ages 10-18
THERAPY SERVICES		
Center for Hearing and Speech	314-968-4710 hearing-speechstlouis.org	Speech/language eval. therapy
P.S. Kids, LLC	314-845-7751 ps-kids.com	Therapeutic services & developmental programs
The Walker Scottish Rite Clinic	314-533-7415 or 1-800-358-5656	Childhood language disorders
Therapeutic Playtime	636-464-5439 kids@therapyplay.com	Physical, speech, occupational, & developmental services
Westbrook Academy Childcare & Learning Cntr.	314-221-8479 westbrookacademy.net	Inclusion program, screenings, therapies, & tutoring
TRANSPORTATION		
JC Transit	636-937-6454 or 1-888-793-9333	Transportation for developmentally disabled
Jeffco Express	6636-933-9380 jeffcoexpress.org	Transportation for anyone, routes are limited
UTILITY ASSISTANCE		
Energy Crisis Intervention Program	636-789-2686	Utility Asst. for low-income families
Joyce Meyer Ministries	1-800-727-9673 joycemeyer.org	Utility Assistance
National Energy Assistance Referral (NEAR)	1-866-674-6327	Info. on where to apply for LIHEAP-utility asst.

go to: jeffersoncountyonline.com for a complete resource list

For other toll free numbers not listed: call 1-800-555-1212