



# COMMUNITY SERVICES

The following services are available in  
Cape Girardeau County & Scott City

General Information  
When You Don't Know Who to Call

**FIRST CALL  
FOR HELP**

334-HELP (4357) or (866) 914-4357  
www.firstcallforhelpsemo.org

## Assistance for Parents with Young Children

Birthright .....	335-0750
Building Blocks .....	335-1033
Cape County Public Health Center .....	335-7846
Lutheran Family & Children's Services .....	334-5866
Parents as Teachers .....	Cape 651-3703, Jackson 243-9540, Scott City 264-4196
PEP Program-Edcuare (Cape Girardeau & Scott Counties) .....	651-9171
WIC-Women, Infants & Children .....	335-4330

## Car Seat Installation & Inspection

Jackson Fire Department .....	243-1010
Safe Communities (Cape Police Department) .....	335-7908

## Child Care Information & Assistance

Child Care Aware of Missouri .....	(800) 200-9017
MO Family Support Division .....	(855) 373-4636

## Clothing

Birthright (Maternity/Infant Clothes) .....	335-0750
Maxine's Shareable Wearables - St. Vincent de Paul .....	335-7667
Red Star Baptist Church .....	335-3381

## Developmental Testing for Children

Autism Center for Diagnosis & Treatment .....	986-4985
First Steps .....	243-3222, (866) 583-2392
Parents as Teachers .....	Cape 651-3703, Jackson 243-9540, Scott City 264-4196
Sikeston Regional Center for Developmental Disabilities .....	(800) 497-4647

## Education & Employment (Job Training, Life Skills & Mentoring)

Adult Basic Education .....	334-3669
Alternative Opportunities .....	334-9344
Big Brothers Big Sisters .....	339-0184
Cape Career and Technology Center .....	334-0826
Cape College Center .....	332-0516
Lutheran Family & Children's Services .....	334-5866
MERS Goodwill .....	339-0071
Metro Business College .....	334-9181, (888) 43-METRO
Missouri Career Center .....	290-5766
Missouri Division of Vocational Rehabilitation .....	290-5788, (877) 702-9883
Missouri Mentoring Partnership .....	332-0066
Southeast Missouri State University .....	651-2000
Successful Parenting Calendar .....	651-3747 ext. 118

## Emergency Information & Assistance (Or Dial 911)

Police Department .....	Cape 335-6621, Jackson 243-3151, Scott City 264-2121
Safe House for Women (Domestic Violence) .....	651-1614 or (800) 341-1830
Text Line .....	(573) 340-2060
Sheriff's Department .....	Cape County 243-3551, Scott County (573) 545-3525
The Salvation Army .....	335-7000

## Family Activities

Cape Girardeau Conservation Nature Center .....	290-5218
Cape Girardeau Convention and Visitors Bureau .....	335-1631
Family Fun & Learning Activities Calendar .....	651-3747 ext. 115
Parks and Recreation .....	Cape 339-6340, Jackson 204-8848, Scott City 264-2322
Public Library .....	Cape 334-5279, Jackson 243-8141, Scott City 264-2413

## Food Banks

Catholic Social Ministries	335-9347
FISH Christian Volunteers	334-0207
House of Hope	335-4858
Jackson Ministerial Alliance Food Pantry	243-8415
Red Star Baptist Church	335-3381
Scott City Ministerial Alliance Food Pantry	(573) 887-2297
The Salvation Army	335-7000
Food Stamps (SNAP) or Medicaid	(855) 373-4636
...or Walk-In @ 3102 Blattner Drive, Cape Girardeau	

## Health Information

Cape County Public Health Center	335-7846
Cross Trails Medical Center	332-0808 or (800) 552-8522
Saint Francis Healthcare System - Wellness	331-5877
SoutheastHEALTH Wellness Services/Class Enrollment	(800) 800-5123

## Housing, Rent & Utility Information

Catholic Charities of Southern MO (Home Repair)	335-0134
Community Caring Council	651-3747 ext. 100
East Missouri Action Agency (HUD)	334-5533
Habitat for Humanity	334-9728
The Salvation Army	335-7000
USDA Rural Development	(573) 649-9947 ext. 4
...(Home Repair/Purchase Assistance only outside of city of Cape Girardeau)	

## Mental Health/Substance Abuse Information & Assistance

Bereaved Parents Support Group	275-3744
Catholic Charities of Southern MO	335-0134
Community Counseling Center	334-1100
Crisis Line for Southeast Missouri (24-hour Hotline)	(800) 356-5395
EPIC Coalition (Youth Substance Abuse Prevention)	587-1921
Family Counseling Center	651-4177
Gibson Recovery Center	334-5513
National Help Line Network (Suicide Prevention)	(800) 784-2433
New Vision Counseling	334-3486
Safe House for Women (Domestic Violence)	651-1614 or (800) 341-1830
SEMO NASV (Child Advocacy and Rape Crisis Center)	332-1900
Sexual Assault and Rape Crisis Center	(877) 820-6278
Southeast Prevention Resource Center	651-5153

## Parent, Grandparent & Caregiver Support/Classes

Aging Matters/Kinship Care Network of SEMO	335-3331 or (800) 392-8771
APPLE Paperwork Services (for Seniors)	651-5467
Community Caring Council	651-3747 ext. 104
Hoover Eldercare Center	290-5944
Lutheran Family & Children's Services	334-5866
MO Children's Division	Cape County 290-5800, Scott County 472-5826
ParentLink	(800) 800-5123
St Francis Medical Center Family Birthplace	331-5111, option 1
Southeast HEALTH Women's & Children's Services	331-6190

## Pregnancy & Paternity Tests

Birthright	335-0750
Cape County Public Health Center (for Temporary Medicaid)	335-7846
DNA Diagnostics Center	(800) 359-9465
EMAA Women's Wellness Services	334-2516
MO Child Support Enforcement	290-5720, (866) 313-9960
ODACS INC Corporate Medical Services	332-7711
Options for Women	339-2032

## Prenatal Home Visits

Building Blocks	335-1033
Educare	651-9171
Lutheran Family and Children's Services	334-5866
Parents as Teachers... Cape County 651-3703, Jackson 243-9540, Scott City 264-4196	

## Transportation

County Transit Authority	Cape County 335-5533, Scott City 887-6577
Medicaid Transportation - LogistiCare	(866) 269-5942
SEMO Alliance for Disability Independence	651-6464



For online resources, visit [www.communitycaringcouncil/resources](http://www.communitycaringcouncil/resources).