

COMMUNITY RESOURCES 2018



MADISON COUNTY

FOR MORE COPIES OF THIS RESOURCE GUIDE,

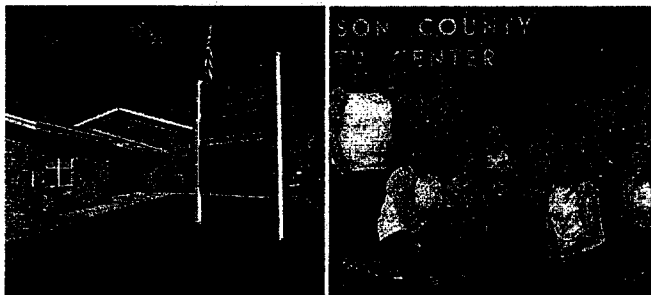
CALL (573) 783-2747

LOCAL RESOURCES FOR FAMILIES

This Resource Guide is Published by:
Madison County Health Department
 806 West College Ave.
 Fredericktown, MO 63645
 573-783-2747/573-783-8039 Fax
 www.madisoncountymohealth.com

Our Mission

Madison County is a historical community of people who strive to live, work and play in a safe, healthy, environment.



FIND HELP / GIVE HELP

A service now available in Madison County

Get Connected. Get Answers.
 Supported by Missouri Foundation for Health

Call 2-1-1 NOT for fire, police or emergency needs, but to connect with people for available community resources and volunteer opportunities. By simply dialing 2-1-1 you can now make one call to find or give help. No more wasted time trying to find the right resource. You will reach a trained, caring professional 7 days a week, 24 hours a day. Call for needs of food pantry; utility assistance; help for a child with a learning impairment; loss of power and needing temporary shelter; frightened spouse seeking safe haven; counseling information; day care information; senior adult wanting to volunteer; employment services; information on a way out of debt.



For More Info Call Toll-Free

Family Size	Maximum MONTHLY Family Income			
(Family size includes)	2	3	4	5
INCOME	\$2,098	\$2,638	\$3,178	\$3,718

COMMUNITY INFORMATION SERVICES

- City Hall:** Fredericktown(573)783-3683 Marquand (573)783-7780
- Madison County Burn Line** Call before you burn (573)783-4539
- Madison County Emergency Management** For Disaster Assistance 573-783-1131
- The Democrat News,** 131 S. Main St., Fredericktown (573)783-3366

COMMUNITY ORGANIZATIONS

- East Missouri Action Agency (EMAA)**
 Fredericktown (573) 783-5226
 209 West Main, Fredericktown,
 Park Hills (573) 431-0103, 431-5191
- Head Family Cancer Transportation Project:** Provides travel reimbursement for cancer treatment for patients from Madison County. Contact Madison County Health Department at (573) 783-2747.
- Madison County Caring Council:** Variety of Madison County businesses and organizations that work together on different projects for the betterment of the Madison County Communities, example Feeding the Families and United Organization of Madison County (Christmas Project). Contact Madison County Health Department at (573) 783-2747 for more information
- March of Dimes,** 505 N. Deer Trail, Fredericktown, MO 63645 (573) 651-6033
- Ministerial Fellowship:** Provides food and shelter for transient persons coming through the area. Contact Randy Sawyer at 573-783-5731.
- Salvation Army:** (573) 783-5596
- United Way of St. Francois County (573) 760-8929**
 739 E. Karsch Blvd., Farmington / anna@unitedwayofstfc.org

FOOD PANTRIES

Please bring ID and Proof of Residency

- Faith Family Worship Center,** 600 Sargent Drive, Fredericktown
 Thursday 8 am-12 PM (573) 783-6680
- Farmington Ministerial Alliance Food Pantry,** 4331 Showplace Dr., Holly Tree Plaza, on the West Outer Road on Hwy 67, between Solid Rock Family Church and Parkland Gymnastics. Mon, Wed, & Fri, 9 am - 12 Noon. (573) 756-1917
- Madison County Food Pantry,** 715 Star Lane, Fredericktown
 Tues & Thurs. 1 pm-3 pm.

THRIFT SHOPS

- Goodwill Store,** 696 Potosi St., Farmington (573) 760-9252
 Open Monday-Saturday 9 am - 8 pm; Sundays 10 am - 6 pm
- Madison County Thrift Store,** 700 Hwy 00, Fredericktown (573)783-2080
- The Senior Center Thrift Shop,** 123 W Main, Fredericktown (573)783-2553
- Trendy's** 205 W Main, 205 W Main, Fredericktown (573) 561-3112

DISABILITIES

Catholic Charities of Southern Missouri-937 Broadway Ste 304, Cape Girardeau, (573) 335-0134/(573) 335-0905 Programs & Services: Homelessness Prevention, Supportive Services for Veterans and their families, LifeHose Crisis Maternity Home, Services for the Developmentally disabled, Home Repair & Rebuilding for Disaster Survivors, Seniors and Low-Income Families, Disaster Response and Long-Term Recovery, Healthy Moms, Healthy Babies Program, Housing and Financial Counseling, Mental Health and Family Counseling, Housing Re-Entry Program, GoodFinds Resale Shop

Easter Seals Midwest Autism Services, 13545 Barrett Parkway Dr., Suite 300, Ballwin, MO 63021 (314) 432-6200. Training for professionals, parents and families with children on the autism spectrum; residential services, employment support, family support, recreational programs and respite care.

First Steps 102 S. McKinley Ave., Union, MO, 63084 (866) 583-2392 / (636) 584-7279. Missouri's early intervention program available to all eligible children ages birth - three with developmental concerns. (small fee may apply)

Greater Heights Adult Day Health Care for handicapped and mentally disabled. 719 Maple Street, Farmington, MO 63640 (573) 756-7554

L.I.F.E. Center for Independent Living, 135 South Main St, Fredericktown (573) 561-1285 or (888) 432-1143 V/TTY 1-800-596-7273 www.lifecilmo.org Services for any age person with disabilities. Information/Referral services, peer support, advocacy, independent living skills training, employment services, equipment loan, personal attendant services, ramp/home modifications, adaptive telephone program and social security benefits specialist. Meds assistance program. Transportation program.

Madison County Council for Developmentally Disabled 610 S. Chamber Dr., Fredericktown (573) 783-3770 Services are Individualized Supported Living, Service Coordination, Personal Assistance, Community Integration, Transportation, Respite, and Family Support & Resources <http://mccdd.org>

Madison County Workshop 425 Chamber Dr., Fredericktown (573) 783-4037 Provides dignified employment opportunities to disabled adults.

MERS/Goodwill-Fredericktown (573) 783-4215 FAX: (573) 783-2351

12 Court Square, Fredericktown Job Placement and Vocational Evaluation Services. Assisting individuals and families with barriers to employment. HSE/GED Classes available also.

Missouri Protection and Advocacy Services, 800-392-8667 or 866-777-7199, TDD 800-735-2966 925 S. Country Club Dr., Jefferson City, Mo. 65109

Locally advocates, protects rights, and provides legal services for the disabled.

OVCS 310 S. Shepherd St., Ironton (PO Box 156) 63650 (573) 546-2418

Supervised living, supported living, off-site day habilitation, and transportation services for people with developmental/physical disabilities.

Rehabilitation Service for the Blind 106 Arthur, Ste E, Sikeston, MO 63801 (573) 472-5240 Vocational rehabilitation for the blind and preschool services for blind children.

Social Security Administration 507 E Main, Park Hills, MO 1-877-622-9009

Retirement, survivors & disability insurance, Medicare, supplemental security income for the aged, blind, and persons with disabilities.

Special Health Care Needs, Madison County Health Department-Janell Rehkop 806 West College Ave., Fredericktown (573) 783-2747 Authorized in-home medical services for Missouri Medicaid clients.

Vocational Rehabilitation (573) 218-6100 (800) 640-7110, 901 Progress Dr., Suite 100, Farmington, MO 63640 - Provides employment/job training assistance for individuals with disabilities.

PARENTING CLASSES

BJC Behavioral Health 1085 Maple Street, Farmington, (573) 756-5353. Basic parenting class for parents with children of all ages. Classes are in a group setting for six weeks. New classes offered approximately every three months. Cost is \$5 per class and a certificate is given upon completion.

Parkland Pregnancy Resource Center 815 E. Main St., Park Hills, (573) 431-6001.

Earn While You Learn Parenting Classes: Topics include: prenatal care, nutrition, healthy relationships, safety, infant development, discipline. Also, gently used maternity and baby products available free of charge for parent class clients. 24/7

Dad Classes: Learn skills as you learn about yourself and important roles you have with your family. Free classes offered weekly.

Southeast Missouri Family Violence Council P.O. Box 465, Bonne Terre, (573) 358-3913. See info under Family Services/Housing above.

EDUCATION/JOB TRAINING

After School Programs: Contact your local school district for information.

ALEX (Alternative Learning Experiences) (800) 587-2539 www.aoinc.org/alex Provides educational and treatment services for high school students with substance use or abuse issues. Serving Missouri, Arkansas, and Oklahoma.

Early Childhood Special Education (Contact Your Local School District)

Services for children aged 3-5 years who demonstrate developmental delays.

EDUCARE 200 W First Street, Suite 182, Farmington, MO 63640 (573) 431-3173 / 760-0212 FAX: 760-0451 Professional development opportunities and training for childcare providers and early childhood teachers. Resource Center and lending library.

Family Assistance Center for Military Families located at **Missouri National Guard Armory, 2626 Independence St., Cape Girardeau, MO 63703 (573) 339-6206** Serving all of Southeast Missouri. Information and referral services to essential resources for all military families.

Head Start-For Information Call East Missouri Action Agency (573) 431-5191 A comprehensive program to meet the emotional, social, health, nutritional, and psychological needs of children ages 3 to kindergarten entry.

L.I.F.E. Employment Solutions, 725 E. Karsch Blvd., Farmington, Mo. (573)756-4314 Full Service employment network for beneficiaries of Social Security Disability providing assistance with resumes, interview skills, career exploration and specializing in accurate information about how employment income will affect federal/state benefits (SSDI, SSI, Medicare, Medicaid, etc.)

Manpower 1162B E Gannon Drive, Festus 63028 (636) 931-6333 Provides testing, job counseling, and temporary/permanent job placement.

MERS/Goodwill-Fredericktown (573) 783-4215 FAX: (573) 783-2351

12 Court Square, Fredericktown Job Placement and Vocational Evaluation Services. Assisting individuals and families with barriers to employment. HSE/GED Classes available also.

Military Recruitment Offices:

Air Force: 400 N Washington, Farmington (573) 760-0199

Army: 694 Walton Drive, Farmington (573) 756-6426

Army Reserves Center: Hwy 67S & Hwy W, Farmington (573) 756-3129

Marine Corps: 698 Walton Drive, Farmington (573) 756-6763

National Guard: 1210 Morris, Farmington (573) 756-7530

Navy: 696 Walton Drive, Farmington (573) 756-5156

Mineral Area College 5270 Flat River Road, Leadington (PO Box 1000)

Dean of Vocational Education (573) 518-2157 Offers Arts & Science degrees as well as numerous Career and Tech/Prep degrees and certificates. Student aid programs available.

Mingo Job Corps Center (573) 222-3537 4253 Hwy T, Puxico, MO 63960

Provides residential training and educational help in a variety of trades.

Missouri Career Center 403 Parkway Drive, Suite A, Park Hills (573) 518-2431

Employment training, skills assessment, One Stop Missouri Career Center. Services for dislocated workers, outreach to veterans, migrant/seasonal farm workers and low-income individuals.

Parents As Teachers (573)783-8677 Assists parents role as their child's first teacher.

UniTec Career Center Students call (573) 358-2271. For Adult Education call (573) 358-3011 GED preparation. Call for services available in your community.

ParentLink (800) 552-8522

You can ask us anything!



St. Louis Job Corps Center (314) 679-0300 4333 Goodfellow Blvd., St. Louis, MO 63120 Offers academic & vocational training w/ residential & non-residential living.

Talentforce 835 Progress Drive, Farmington, MO 63640 (573) 756-6700 Provides testing, job counseling, and temporary/permanent job placement.
Unitec Career Center 7163 Raider Road, Bonne Terre, MO 63628 (573) 358-2271 Free GED and ESL classes to persons 16 years of age and older. Tuition classes include adult evening tech prep/vocational classes.

University of Missouri Extension Office 137 W. Main St., Fredericktown (573) 783-3303/3304 Educational services and activities for youth & family development, nutrition & health, parenting, and life skills.

Upward Bound Mineral Area College PO Box 1000, Park Hills, MO (573) 518-2156 FAX: 518-2168 Provides educational opportunities and support for students from 10 area high schools preparing them for a successful college experience. Students must meet federal guidelines.

Veterans Benefits (800) 827-1000

Vocational Rehabilitation (573) 218-6100 901 Progress Drive, Farmington, MO Provides assessment and employment/job training assistance.

FREE MEALS

Compassion Café, Once a Month, Fredericktown Elementary School, 419 Newberry, (573) 783-1400 watch for advertising on dates and times.

MUM's, Memorial United Methodist Church 425 North Street, Farmington, MO (573) 756-4565. Free meals every Thursday 5:00 to 6:00 p.m. Everyone welcome!

Our Father's Table, St. Joseph Catholic Church 3 S. Carlton, Farmington, MO, in the gym. (573) 756-4250. Free meals last Sunday every month 4:00 to 6:00 p.m. Everyone welcome!

HOME HEALTH SERVICES

Covenant Care Service, L.L.C., 1610 W. Hwy 72, Fredericktown, (573) 783-6256
L.I.F.E. Center for Independent Living, 135 South Main St., Fredericktown, (573) 561-1285/(888-432-1143)

Madison Medical Center, 611 W. Main, Fredericktown, (573) 783-7443
Pyramid Home Health Services, 100 Kingsburg Blvd., Fredericktown, (573) 783-7231

Veterans Home Care, LLC, 11861 Westline Industrial Dr, Suite 750, St. Louis, (314) 514-2444/(877) 390-6377

HOSPICE SERVICES

AmHeart Hospice 821 Valley Creek Drive, Farmington, MO, (573) 756-0554

BJC Hospice 757 Weber Road, Farmington, MO (573) 760-8550

Preferred Hospice 810 Progress Dr., Farmington, MO (573) 756-9800 or 1-888-756-9802.

Presbyterian Hospice of Mid America, 412 Cayce Ave., Farmington, MO (573) 756-7066

Safe Harbor Hospice 101 Kingsbury, Fredericktown, MO (573) 783-7625 or (877) 404-7478

Serenity HospiceCare P.O. Box 1000, Park Hills, MO 63601 (573) 431-0162 or (800) 876-0162, www.serenityhc.org

Celtic Health Care Hospice 500 W. Pine St., Farmington, MO (573) 701-9249.

HOSPITALS

For a complete listing of services please visit the listed web site.

Mercy Hospital Jefferson 1400 Hwy 61 South, Festus, MO 63028 (636) 933-1000, www.mercy.net/practice/mercy-hospital-jefferson

Madison Medical Center 611 W. Main, Fredericktown, MO 63645 (573) 783-3341 www.madisonmedicalcenter.net

Parkland Health Center 1101 West Liberty, Farmington, MO 63640 (573) 756-6451 or in Bonne Terre: 7245 Raider Road, Bonne Terre, MO (573) 358-1400 www.parklandhealthcenter.org Physician Finder: (573) 431-3338

Perryville Memorial Hospital, 434 N West St., Perryville, MO 63775 (573) 547-2536 http://www.pchmo.org/index.aspx

Ste. Genevieve County Memorial Hospital 800 Ste. Genevieve Drive, Ste. Genevieve, MO 63670 (573) 883-2751.

www.stegenevievecountymemorialhospital.org

MENTAL HEALTH / COUNSELING SERVICES

Access Alcohol Drug Abuse Services 400 N. Washington, Suite 101, Farmington, MO 63640 (573) 756-2200 Assessments, counseling and educational services, and substance abuse traffic offenders program.

BJC Behavioral Health Crisis Hotline Number (800) 356-5395, 1085 Maple Street, Farmington, MO (573) 756-5353 Individual, group and family therapy, psychiatric services, medication monitoring. Psychosocial rehab, intensive in-home services for adults and children, treatment in family homes for children, school-based services, clinical case management, employee assistance program, respite services for adults and children, family assistance services for children.

Bridge of Hope, 400 N. Washington St., Ste. 228, Farmington, MO (573) 701-9861
Center for Creative Change, Inc., 400 N. Washington St., Ste. 116, Farmington, MO (573) 756-3330 Counseling for all issues including marriage, ADD/ADHD, anger management. Most insurance, Mo HealthNet accepted.

Carter's Clubhouse, P.O. Box 1000, Park Hills, MO (573) 701-2504 A place where grieving children, ages 4-18, can share their experiences with other children with similar stories. Meetings held first Monday of each month at Serenity HospiceCare from 6:30 to 8:00 p.m. at no cost, but prior enrollment is requested.

Catholic Charities of Southern Missouri-937 Broadway Ste 304, Cape Girardeau, (573) 335-0134/(573) 335-0905 Programs & Services: Homelessness Prevention, Supportive Services for Veterans and their families, LifeHose Crisis Maternity Home, Services for the Developmentally disabled, Home Repair & Rebuilding for Disaster Survivors, Seniors and Low-Income Families, Disaster Response and Long-Term Recovery, Healthy Moms, Healthy Babies Program, Housing and Financial Counseling, Mental Health and Family Counseling, Housing Re-Entry Program, GoodFinds Resale Shop

Celebrate Recovery Calvary Church, 1725 W Hwy 72, Fredericktown (573) 783-5731 Fridays at 7:00 PM

Children's Advocacy Center of East Central Missouri, (573) 756-4148 Farmington office / (636) 586-1806 DeSoto office / (636) 584-0222 Union office. Sexual abuse forensic interviews and exams, victim advocacy, mental health referrals, education regarding serious child abuse, collaboration among agencies. Children are referred by law enforcement agencies or Children's Division.

Children's Haven 400 N. Washington, Suite 130, Liberty Hall, Farmington, MO (573) 756-2108 Out-patient counseling for children and adults/adolescents, ages 5-17. Provides evaluation, counseling, and referrals for problems including physical, emotional or sexual abuse, anger, depression, ADHD, behavioral problems and adjustment disorders that can be due to divorce, loss of family member, adoption, and other major changes or traumas. Most insurances and Mo HealthNet.

Community Counseling Center 820 Park Drive, Ste. Genevieve, MO 63670 (573) 883-7407; 406 N. Spring St., Ste. 2, Perryville, MO 63775 (573) 547-8305; 402 S. Silver Springs Road, Cape Girardeau, MO 63703 (573) 334-1100; 208 Broadway, P.O. Box 245, Marble Hills, MO 63764 (573) 238-1027; 309 Garrett St., Fredericktown, MO 63645 (573) 783-4104. Crisis Hotline: (800) 356-5395.

24-hour on call intensive counseling services for families where one or more children are at imminent risk of placement outside the home out-patient counseling; psychiatry; case management for adults and children; family reunification of foster children; psychosocial rehabilitation; bullying prevention; forensic division; community based solutions; peer pone support; Talk, Listen, Care (warm-line 1-877-626-0638); psychoeducation; Youth Suicide Prevention in schools and community; 24 hour crisis intervention walk-in or call-in. www.ccctr.com

Counseling Connections (636) 931-0300, 115 Brierton Lane, Festus, MO 63028 Counseling for individuals of all ages, couples, parents & their children, teens, and families. Parenting groups. Provides assistance and peer groups for anger management, substance abuse, domestic violence, co-dependency, female/male empowerment, trauma, depression, personality disorders, and some psychological testing. Accepts private-pay insurance and Mo HealthNet.

Family Self-Sufficiency Program through EMAX - (573) 431-5191

Family Support Crisis Line - (800) 811-4760

Family Services 413 Burris St. - (573) 783-5596

Geriatric Psychiatry, 1101 W. Liberty St., Farmington, Mo, (573) 760-8342. Fax: 760-8345 Provides in-patient acute psychiatric services for ages 55 years and older. Treatment includes individual meetings with psychiatrists and group therapy to assist with emotional, mental, physical and medication needs. Nurses, psychiatrists, trained counselors and social workers can help with all aspects of a person's life.

Hope PO Box 2, Fredericktown, MO 1-844-2TRYHOPE HOPE works with communities throughout the nation to raise awareness of the staggering statistics of sexual trauma, to connect people with resources to encourage healing, and to bring a greater understanding that prevention is essential. www.2tryhope.com
Hope Crossing Christian Counseling, 7 S. Jefferson St., Farmington (314) 983-9300 Trauma, anxiety, EMDR, depression, sexual abuse, individual counseling, child, adolescent and adult, marriage and family.

MCCDD, 610 S. Chamber Dr., Fredericktown, (573) 783-3770
McGraw, MSW, LCSW, Dr. Richard, 2722 Jaques, Bonne Terre, MO 63628 (573) 358-8984 Private Therapy Services. Individual & family therapy, marital counseling. In-home service available. Mo HealthNet and other private insurances accepted.

Mineral Area Community Psychiatric Rehabilitation Center (CPRC), 560 W. Pine St., P.O. Box 510 Farmington, MO (573) 756-2899 Adult only. Out-patient psychiatric services for clients with varying degrees of mental illness with the goal of re-integrating into the community. Services include intake/assessment, medication service/administration, community support workers, psychosocial rehabilitation, crisis intervention and resolution.

NAMI (National Alliance on Mental Illness) (573) 330-1104 www.nami.org. Provides education, support and advocacy programs and services that benefit individuals and families affected by mental illness in the community.

New Beginnings Community Services, Inc., P.O. Box 132, Park Hills, MO 63601, (573) 760-3609, Kathy Grogan. Grief & loss support, Living With Chronic Illness support. Also loans out medical equipment.

Occupational Drug & Alcohol Collection Solutions, 1122 E. Main St., Park Hills, (573) 431-6298

Parkland Health Center, 1101 W. Liberty St., Farmington, Mo, (573) 756-6451. Inpatient facilities for 10 geriatric mental health patients.

Southeast Missouri Mental Health Center 1010 W. Columbia, Farmington, MO 63640 (573) 218-6792 Long-term psychiatric services. All admissions pre-arranged upon referral. Call for more information.


Southeast Missouri Behavioral Health, 512 E. Main St, Park Hills, MO 63601 (573) 431-0554; 5536 Hwy. 32, Farmington, MO 63640 (573) 756-5749 Family counseling program, alcohol/drug treatment centers—Farmington (Aquinas) Poplar Bluff and Salem; Employees Assistance Programs (EAP); Community Psychiatric rehabilitation program; professional and community services; Children First; Out-patient comprehensive substance abuse treatment and rehab program (CSTAR); Healthy Children and Youth (HCY); Substance abuse treatment offenders programs (SATOP; Managed care programs—substance abuse and mental health out-patient services).

Southeast Prevention Resource Center-SEMO One University Plaza, MS 7650, Cape Girardeau, (573) 651-5081 Helping communities prevent substance misuse

Thurman, Carol, LPC, LLC, Counselor 400 N. Washington St., Suite 210, Farmington (573) 760-3758 / Fax (573) 747-1387. Providing individual, couples, family, and group counseling for children, adolescents, and adults. Accepts private pay, most private insurances, WellCare, and Cenpatico. Healthcare USA not accepted.

Womack Counseling Services James Womack MSW, LCSW 1105 W. Liberty St., Suite 4010, Farmington, MO (573) 756-4010. Marital counseling, counseling for children and adults (ages 3 and up), elder issues.

Children's Trust Fund It's Your License and Your Opportunity To Care! (888) 826-KIDS or www.ctf4kids.org. P.O. Box 1641, Jefferson City, MO 65102-1641. Make a credit card donation or have license plate changed on your vehicle to the official Children's Trust Fund license plate. Make an annual contribution of \$25 or if you qualify for a two-year license registration, a \$50 minimum donation must be made to CTF. Upon receipt, CTF will send you a logo use authorization statement (donation receipt) and application for personalized license plates for any new plate request. Then Department of Revenue (DOR) will notify you by mail when your plates are available for pick-up at your local license contract office. You may order CTF plates at any time regardless of your current license plate expiration date. DOR will either exchange the new CTF plates for your surrendered plates or pro-rate your fees. In St. Francois County, donations go to St. Francois County Community Partnership to help fund programs such as Mentoring, Youth Suicide Prevention, and Project Sunlight. All questions about processing your application should be directed to DOR. Fredericktown License Office, 135 West Main St, Fredericktown, MO 63645 (573) 783-7772




SMTS

Offering door-to-door transportation to everyone in 20 Missouri counties, SMTS, Inc. is one of Missouri's largest non-profit transportation providers.

Southeast Missouri Transportation Service, Inc.
 700 E. Highway 72 - P.O. Box 679
 Fredericktown, MO 63645
 Phone: (573)783-5505
 Fax: (573)783-7011
 E-mail: contactus@ridesmts.org
 Visit our website-<http://ridesmts.org/index.html>



M NATURAL PUBLIC TRANSPORTATION BECAUSE LIFE IS A MOVING EXPERIENCE

HEALTH

Alzheimer's Association (800) 272-3900 24/7 Helpline to speak to trained staff and volunteers qualified to answer questions about all aspects of dementia, care consultation, support groups, MedicAlert Safe Return, early stage programs, family education, respite care assistance, community education, family support, advocacy, Memory Walk.

Birthright of Cape Girardeau-2633 Hopper Rd, Cape Girardeau (573)355-0750

Breast Health Care Center at Missouri Baptist Medical Center

3023 North Ballas Road, Building D, Suite 630, St. Louis, MO (314) 996-7550

Provides a full range of breast health services, from screening and diagnostic mammography to treatment, all in a pleasant, well-equipped facility.

Catholic Charities of Southern Missouri-937 Broadway Ste 304, Cape Girardeau, (573) 335-0134/(573) 335-0905 Programs & Services: Homelessness Prevention, Supportive Services for Veterans and their families, LifeHose Crisis Maternity Home, Services for the Developmentally disabled, Home Repair & Rebuilding for Disaster Survivors, Seniors and Low-Income Families, Disaster Response and Long-Term Recovery, Healthy Moms, Healthy Babies Program, Housing and Financial Counseling, Mental Health and Family Counseling, Housing Re-Entry Program, GoodFinds Resale Shop

Gateway To Hope 845 N. New Ballas Court, Suite 380, St. Louis, MO. 63141

(314) 569-1113, info@gthstl.org, www.gthstl.org. Arranges comprehensive treatment for uninsured and underinsured low income individuals diagnosed with breast cancer, as well as those genetically at high risk for the disease, who are not eligible for state or federally funded care.

Great Mines Health Center #1 Southtowne Dr., Potosi, MO 63664 (573) 438-9355, gmhc@gmhcenter.org Family practice clinic, sliding fee scale.

Lifeline (BJC Home Health Care) (866) 674-9900, ext. 4405 Fee-based personal response and support services.

Madison County Health Department, 806 West College Ave. Fredericktown (573) 783-2747 Services include **Business Services: Health Fairs; Birth/Death Certificates; Children's Health Care; Children with Special Health Care Needs;**

Chronic Disease Prevention: Diabetes Services, Cancer road to Recovery, Blood Pressure Screenings, Laboratory Blood Draw, Injectable Meds, Chronic Disease Self Management Classes; Community Services: ENT Clinic, Visual Impaired Program, Emergency Preparedness, Ready n Three, CPR & 1st Aid Training, Communicable Diseases: Tuberculosis Program, STD/HIV Prevention, Head Lice Prevention; Environmental Services: Food Service Establishment Inspections, Temporary Food Service, Lodging Establishments, Well Water Testing, On-Site Sewage Service, Complaints; Lead Poisoning Prevention: Childhood Lead Poisoning Testing & Prevention, Voluntary Institutional Control Planning, Lead Soil Prevention & Control Measures; Immunizations: Childhood Vaccines, Influenza Vaccines, Pneumonia Vaccine, Zostavax; Women's Health: Family Planning, Prenatal Case Management, Show-Me Health Women, Breast & Cervical Cancer Prevention, Pregnancy Testing, Baby & Me Tobacco Free; Women, Infant, & Children(WIC): Community Breastfeeding Support & Supplies (Breast pumps, etc.).

Parkland Pregnancy Resource Center 815 E. Main St., Park Hills (573) 431-6001 Pregnant women care, support, resources. Free pregnancy testing, free first trimester ultrasound, classes on parenting, sexual integrity, and fatherhood. Maternity and baby items. **24 hour pregnancy crisis hotline: (800) 395-HELP.**

Sheets-Young, Inc. Medical Equipment, 128 S. Mine La Motte, Fredericktown, (573) 783-4623, (573) 783-9167. Medical equipment for those in need. Provides medical equipment to those who need but are unable to acquire specific items. Contact if you or someone you know needs medical equipment or if you have equipment that is not being used.

Partnership for Prescription Assistance - (888) 477-2669 www.pparx.org Assistance in finding a prescription medication program. Income guidelines may apply. Call for more information.

PS Card - (888) 516-2535 www.pscard.com Free prescription savings card for individuals and families without prescription coverage. Everyone qualifies.

St. Francois County Ambulance District (573) 756-6764 Fee-based medical transportation services. CPR/First Aid training. Free Child Safety seats and Child Safety Seat inspections.

Women's Wellness Center /Family Planning: East Missouri Action Agency - Services provided at Madison County Health Department 806 West College Ave., Fredericktown every 3rd Tuesday on the month. Call (573) 454-2201 or (800) 392-8663 Ext 1121. **Family Planning Services:** Reproductive healthcare services and education. Exams, screenings & contraceptive services. Pregnancy, HIV and STD testing.

DENTAL SERVICES

Upward Smiles, Inc. 2820 Anchor Drive, Farmington, MO 63640 and 660 N.

Creek Dr., Festus, MO 63028 For more information, call toll free **(855) 944-KIDS (5437)** or **(573) 327-8010** Dental screenings, preventative seals and restorative care for Medicaid children ages 2-20 and pregnant women. Offering deep sedation and nitrous oxide if required.

Crosstrails Dental Clinic 109 Hwy 51 N, Marble Hill, MO 63764

(573) 238-1110 Dental screenings, preventative seals, fillings. Accepts Medicaid/Missouri Health Net and sliding fee payment scales. www.crosstrails.us

Elks Dental Care Program (573) 760-1955 Dental care for Missouri Crippled Children's services, mentally retarded/developmentally disabled adults/children.

Great Mines Health Center Dental Services Two convenient locations: **508 W. Pine St., Farmington, MO 63640 (573) 664-1100** or **#1 Southtowne Dr., Potosi, MO 63664 (573) 438-8401** Providing Medicaid dental services to those who qualify. Accepting most insurance plans.

FAMILY SERVICES / HOUSING

Catholic Charities of Southern Missouri-937 Broadway Ste 304, Cape Girardeau, (573) 335-0134/(573) 335-0905 Programs & Services: Homelessness Prevention, Supportive Services for Veterans and their families, LifeHose Crisis Maternity Home, Services for the Developmentally disabled, Home Repair & Rebuilding for Disaster Survivors, Seniors and Low-Income Families, Disaster Response and Long-Term Recovery, Healthy Moms, Healthy Babies Program, Housing and Financial Counseling, Mental Health and Family Counseling, Housing Re-Entry Program, GoodFinds Resale Shop

Children's Advocacy Center of East Central Missouri, (573) 756-4148

Farmington office / (636) 586-1806 DeSoto office / (636) 584-0222 Union office.

Sexual abuse forensic interviews and exams, victim advocacy, mental health referrals, education regarding serious child abuse, collaboration among agencies.

Children are referred by law enforcement agencies or Children's Division.

Children's Division 140 Staples, Park Hills, (573) 431-6592 Investigation of Child Abuse, Foster Care, Family Centered Services, Family Preservation Services, Adoptions. Child Abuse Hotline: (800) 392-3738

Cordial Caravan of Fredericktown Brenda Freeland (573) 783-0152

Information for new arrivals to the City of Fredericktown

East Missouri Action Agency Housing Department 107 Industrial Drive Park Hills (800) 392-8663 / (573) 431-5191 Ext. 1179 Fredericktown Office 209 W.

Main, Fredericktown (573) 783-5226 www.eastmoaa.org • Head Start • Weatherization • Section 8 HUD rental assistance • Family Planning • Energy Assistance.

Family Support Division 140 Staples, Park Hills (573) 431-6592/(855)373-4636 Medical Financial Assistance, Temporary Financial Aid, Food Stamps, Day Care Financial Assistance

Habitat for Humanity 403 W. Columbia St., Farmington, MO 63640 (573) 760-1702 Assisting low-income families of reaching their dream of owning a home. Providing volunteer service for people wanting to make a difference in people's lives or complete community service hours.

Parent Link (800) 552-8522 Information service answering questions about parenting, child development, etc.

Safe at Home: Address Confidentiality Program 1-866-509-1409

SEMO Family Violence Council — A Friend's Place (Domestic Violence Shelter) (573) 358-3913 24 Hour Crisis Hotline (800) 663-9929. Domestic violence crisis intervention, support groups, information and referrals, child advocacy, court advocacy, outreach support groups, parenting classes, sexual assault advocate.

Shared Blessings— Homeless shelter (573) 358-2998.

USDA Rural Development 812 Progress Drive, Farmington, MO 63640 (573) 756-6413 ext. 4 Housing loans for low - moderate income, housing repair grants/loans for very low income, housing/rental assistance program information.

SUPPORT GROUPS

- A Friend's Place** (Domestic Violence) (800) 663-9929
ADHD /ADD For Adults and Children (573) 915-6316
Al Anon Family Group (573) 756-1313, 1-888-425-2666
(Help for those whose lives have been affected by someone who drinks.)
Alcoholics Anonymous (573) 358-0101
American Cancer Society (314) 286-8100
Bereaved Parents of USA (573) 438-4559
Breast Cancer Support Groups (573) 756-9139, (573) 756-4581,
 (573) 431-4661, (636) 933-5757— Women's Wellness Center
Cancer (800) 4 **CANCER**
Carter's Clubhouse - Children's Grief Program (573) 701-2504
Celebrate Recovery— Calvary Church (573) 783-5731 Pastor Cody Royer
(Meets every Friday at 7:00 pm, meal at 6:00PM)
Diabetes Support Group (573) 783-6000
Family Support Crisis Line (800) 811-4760
Family Violence Survivors (573) 358-3913
Lap Band Support Group (573) 701-7356
Medicare Assistance (800) 390-3330
Missouri Protection and Advocacy Services for those with Disabilities
 1-800-392-8667/1-800-975-6076/TDD 1-800-735-2966
NAMI (National Alliance for the Mentally Ill) of Southeast Missouri (573) 330-1104
(Meets 2nd Thursday of the month at 7:00 p.m. - for family and consumer)
New Beginnings Grief and Loss (573) 760-3609
New Beginnings Living With Chronic Illness (573) 760-3609
Overeaters Anonymous (314) 638-6070
Pregnancy Crisis Hotline, 24 hour (800)395-HELP
Sexual Assault Victims (573) 358-3913
SEMO Behavioral Health (573) 756-5749
SEMO Family Violence Council (573) 358-3913/1-800-663-9929
Veterans With Hope, Inc. (573) 756-4272
Visions of Hope (Autism) (573) 664-1711
Weight Watchers (800) 651-6000

SENIOR CITIZEN SERVICES

Department of Health & Senior Services (573) 783-2747 806 W College Ave.,
 Fredericktown (573)783-2747

Madison County Senior Citizens Center, 107 Spruce St., Fredericktown (573) 783-5357
 Meals 11:00 am-12:30 pm Monday-Friday (Donation \$4.00 age 60 and over , \$6.50 ages 60 and under), Music every Friday, Church service on Wednesday, craft classes, free blood pressure screenings. For more information or questions call (573) 783-5357.
SEMO Area Agency on Aging — Aging Matters (800) 392-8771
 Provides a variety of services to enhance the quality of life for seniors. Senior community service employment program, housing, in-home services, retired senior volunteer program, tax preparation, advocate program, family caregiver program, transportation services, legal services, counseling, adult day care, long-term care Ombudsman.
SMTS (573) 783-5505 / (800) 273-0646—Transportation Services
Social Security Administration (877) 622-9009
VA Clinic - 1580 West Columbia, Farmington (573) 760-1365

SENIOR RENTAL ASSISTED APARTMENTS/NURSING HOMES

ClaRu DeVille 105 Spruce St., Fredericktown (573)783-3393
Farm Villa 739 Hillsboro Rd. Farmington (573) 760-1492
Oak Terrace Apartments 111 Spruce St., Fredericktown (573)783-5333 for more information.
Ozark Manor II, 1013 State Hwy Z, Fredericktown, (573)783-8338
Senior Citizens Housing of Fredericktown 200 Spruce St. Fredericktown (573) 783-2143
(For additional areas call East Mo. Action Agency at (573) 431-5191
Stockholm Nursing Home, 611 W. Main St., Fredericktown, (573)783-5039

YOUTH OPPORTUNITIES

Boy Scouts 1-800-335-3346 District Office
Girl Scouts (314) 592-2300 District Office
Community Sports: Contact local Parks & Rec. Department (573) 783-7370
Farmington Civic Center (573) 756-0900
4-H Clubs / Youth Circles (573) 783-783-3303 UM Extension & Outreach



American Red Cross

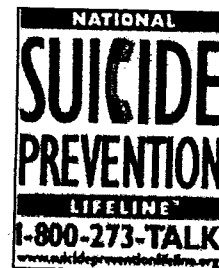
American Red Cross

Provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies.
 10195 Corporate Square, St. Louis, MO 63132
 (314) 516-2800 or (314) 516-2700

PREVENTING SUICIDE

What to look for:

- Previous suicide attempt; risk taking behavior: or acts of self harm
 - Low self-esteem or social isolation
 - Feeling hopeless/helpless
 - Changes in usual behavior/activities
 - Withdrawal from usual friends
 - Increased or sudden use of alcohol or drug abuse
 - Recent suicide or death of a friend or family member or other traumatic loss or event
 - Any talk of death or self-harm
- Help is available:**
- BJC Behavioral Health Crisis Hotline: (800) 811-4760
 - MoCAR (Missouri Crisis Access Response) 24/7 Crisis Line (800) 356-5395.
 - KUTO (Kids Under Twenty-One) Crisis Helpline (888) 644-5886. Youth staffed everyday after 4 p.m.
 - Online: www.suicidology.org; www.spanusa.org;



IMPORTANT NUMBERS

Abuse, Elderly	(800) 392-0210
BJC Behavioral Health Crisis Hotline	(314) 469-6644
Cancer Information	(800) 422-6237
CDC (Disease) Information	(800) 232-4636
CHADD/ADHD/ADD	(800) 233-4050
Child Support Enforce	(800) 859-7999
Child Abuse Hotline	(800)392-3738
Center for Stuttering	(800) 221-2483
Community Counseling Center Crisis Hotline	(800) 356-5395
Crisis Pregnancy Intervention 24 hour Hotline	(800) 395-HELP
Domestic/Family Violence Shelter	(800) 663-9929
Drug Abuse & Referral	(800) 662-4357
Epilepsy Found. of USA	(800) 332-1000
Family Support Crisis Line	(800) 811-4760
Federal Tax Info/IRS	(800) 829-1040
Food Stamps/Medicaid/S.S. for the Blind	(800) 392-1261
Hearing Information	(800) 622-3277
Free 1 minute hearing test over the phone	(800) 222-3277
Hotline Info. Listing #'s	(800) 555-1212
Legal Aid Services	(800) 748-7456
Literacy	(800) 521-7323
Mental Health Crisis Line	(800) 356-5395
Missouri Tobacco Quitline	(800) 784 -8669
Missing/Exploited Child	(800) 843-5678
Mothers Against Drunk Driving (MADD)	(800) 438-6233
Parent Link Resources	(800) 552-8522
Poison Control	(800) 392-9111
Rape/Domestic Sexual Assault Crisis	(800) 548-2480
National Runaway Safe Line. — Home Free Trips to Parent Guardian (Referral for teens in crisis.)	(800) RUNAWAY
Schoolviolencehotline.com	(866) 748-7047
Sudden Infant Death Syndrome	(800) 421-3511
Teen Suicide Prevention (Staffed by youth after 4 p.m.(888) 644-5886 (Staffed by adults 24 hrs.)	
Women Infant Children (WIC)	(800) 392-8209