

LINCOLN
COUNTY
RESOURCE
GUIDE

2014

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45th Judicial Circuit Supervised Visitation

573-324-5655

Pike County: 818 W. Champ Clark St
Bowling Green, MO 63334

Lincoln County: 101 W College St.
Troy, MO 63379

*Supervised visitation in office M-F 9am-6pm with some Sat appointments available, supervised exchange Friday and Sunday evenings on a referral by referral basis

*Services are provided by Family Circle Therapeutic Services in Pike and Lincoln County

* \$15.00 co pay for domestic cases, cases through Children's Division is funded by a grant

<http://fcts.weebly.com/>

The Adoption Exchange

Local 314-291-3313

Toll free 1-800-554-2222

*Helps potential adoptive families connect with children in need of loving homes and provides ongoing support during and after the adoption process

*Offers a program to provide training and support to adoptive families who are interested in adopting children over the age of 11

<http://www.adoptex.org/site/PageServer>

Alcoholics Anonymous

314-647-3677

14 Sunnen Dr Ste 144

St. Louis, MO 63143

*Central Service office, collects and provides information on groups and meetings in the Greater St. Louis Metropolitan Area

<http://www.aa.org/>

<http://www.aastl.org/>

All You Need is Love Food Pantry

573-384-6302

59 Auburn Church Rd

Elsberry, MO 63343

*Open 3rd Saturday of each month from 9am-11:30pm and by appointment, call for eligibility

*Offer canned and packaged food, hygiene products, and occasional fresh produce

<http://www.northlincolnparish.com/Resources.html>

American Cancer Society Helpline

1-800-227-2345

*24/7 hotline to provide information about cancer screening, prevention, treatment, and more

*Can refer to local and national resources for cancer patients

<http://www.cancer.org/index>

Annie's Hope

314-965-5015

1333 W. Lockwood, Ste 104

St. Louis, MO 63122

*Provides grief and bereavement services to children, youth, and families after the loss of someone significant in their life.

*Offer a wide variety of programs to help support families, including support groups, community referrals, and camps for kids and teens.

<http://www.annieshope.org/>

The Armory-Food Pantry

573-898-5510

105 S. 3rd

Elsberry, MO 63343

*Open Mondays 5:30pm-6:30pm

*Serves Elsberry residents, call for eligibility requirements

Asbury United Methodist, Foley-Food Pantry

636-668-8855

2704 South Hwy W

Foley, MO 63347

*Open M-F 9am-1pm

*Serves Winfield School District (Winfield, Foley, & Old Monroe) call for eligibility requirements

Baptist Ministries Food Pantry

636-745-3154

408 Warren

Wright City, MO 63390

*Open 7 days a week 9am-5pm

*Serves anyone in need (no location restrictions), must complete application at pantry to determine eligibility

*Must present ID, call for other eligibility and document requirements

Behavioral Health Response

1-800-811-4760

*24/7 confidential, emergency hotline for mental health crisis

*Can send a team out for 1-1 assessment if needed

<http://www.bhrstl.org/>

Bhaiji Dental Arts

636-745-2424

109 Westwoods Rd

Wright City, MO 63390

*Accepts clients age 5-20 & no age limit for prenatals, accepts Home State Health Plan, Health Care USA, and other insurance (does not accept basic Medicaid)

*Open M-Th 9am-5pm, closed 2nd Wed of every month

Birthright of Wentzville

636-327-8170

10 E. Pitman Ave

Wentzville, MO 63385

*Provide free, confidential information and referrals, pregnancy testing, and pregnancy support

*Can help provide maternity and baby clothes

<http://www.birthright.org/>

BJC Physician Referral

1-800-392-0936 Adults

1-800-678-5437 Kids

* Help to find a physician or pediatrician to match individual requirements for medical specialty, insurance plan, location and office hours

*Information on support groups, community events, and special classes offered through BJC or St. Louis Children's Hospital

*Child line is staffed by pediatric nurses to answer any health questions about children, parenting, or developmental problems

<http://www.bjc.org/community>

Bread for Life Food Pantry

636-528-3646

820 Cap-Au-Gris

Troy, MO 63379

*Open Wed 10am-1pm, except last Wed of month 4pm-6:30pm

*No referral needed, serves all Lincoln County residents who fall at or below federal poverty guidelines, may receive food once per month

*Must bring a picture ID

Breastfeeding Support Group

St. Joseph Hospital West

100 Medical Plaza

Lake St. Louis, MO 63367

636-625-5335

*Every Wednesday at 10:00am

*Free for all new moms, lead by Certified Lactation Consultants, does not require registration

Bridgeway Behavioral Health

Outpatient 636-224-1500

1011 E Cherry St

Troy, MO 63379

24/7 Crisis Line 1-877-462-1758

*Offers services for addiction disorders/substance abuse, sexual assault, and domestic violence

*Inpatient services offered at St. Charles Center

*Crisis line for sexual assault response team and domestic violence help

*Two DV shelters, Robertson Center in Lincoln County and Women's Center in St. Charles County
www.bridgewaybh.com

Budget Boutique

636-528-0999

8 Opportunity Ct

Troy, MO 63379

*Affordable thrift store operated by and benefiting Earthwise Industries

<http://www.earthwiseindustriestroy.com/>

Calvary Chapel Food Pantry

636-528-5223

28 Snyder Rd (white building on lot)

Troy, MO 63379

*White building on parking lot

*Open Thurs 10am-1pm, call for eligibility

*Individuals can receive food weekly

*Must present driver's license

*Clothing also available

<http://www.caltroy.com/>

Catholic Family Services

636-528-5911

#140 Troy Professional Pkwy
Troy, MO 63379

*Provides counseling and psychiatry services to all ages (3+), as well as various group sessions such as anger management and love & logic

*Accept a variety of insurance and have a sliding fee scale for uninsured clients

<http://www.cfsstl.org/>

Catholic Legal Assistance Ministry

314-977-3993

321 N Spring
St. Louis, MO 63108

*Offers legal representation for families in the Greater St. Louis area who cannot afford an attorney. Primarily work with domestic situations.

*Must call, no walk in appointments accepted

<http://www.ccstl.org/federation/catholic-charities-community-services/catholic-legal-assistance-ministry>

CenterPointe Hospital

Main Hospital: 800-345-5407

4801 Weldon Spring Pkwy
St. Charles, MO 63304

*Offers inpatient and outpatient treatment with outpatient locations in St. Peters, St. Louis, South County, West County, and Washington.

*Services include a variety of mental health and substance abuse treatments for children and adults (4+). Also offer a specialized program for adults who self-injure.

<http://centerpointehospital.com/>

Child Abuse and Neglect Hotline

1-800-392-3738

*24/7 hotline to report suspected abuse or neglect of children in Missouri. May call anonymously if not a mandated reporter.

<http://www.dss.mo.gov/cd/rptcan.htm>

Childcare Aware

1-800-200-9017

*Provides parents information to help find appropriate, quality childcare for their family

*Helps providers improve their programs

<http://mo.childcareaware.org/Home.aspx>

The Child Center

636-332-0899

989 Heritage Pkwy
Wentzville, MO 63385

*Child advocacy center serving children who have experienced sexual or physical abuse or who witnessed violence

*Provide free advocacy, forensic interviews, and counseling services

<http://www.thechildcenter.com/>

Children's Division

636-528-8521

384 N Lincoln Dr
PO Box 318

Troy, MO 63379

*Regulates and works with adoption, foster care, child welfare, child care assistance, licensing foster families and child care facilities

*Offers intensive in-home services as an alternative to out of home placement for some families. In this program, families receive counseling, education, and support to help keep the family intact and stable. Program is appropriate for any family at risk of having a child removed from the home.

<http://dss.mo.gov/cd/>

**Children's Foundation of Mid-America-
See(Presbyterian Children's Homes/Services)****CHIPS**

314-652-9231

2431 N Grand Blvd
St. Louis, MO 63106

*Full service health clinic for under or uninsured clients. Offer medical care (including well woman and well child exams), allergy and asthma, dermatology, chiropractic, vision, dental, immunizations, HIV testing, counseling, case management, crisis intervention, and a variety of referrals to other resources.

*Must make an appointment. **Call for eligibility requirements.**

<http://www.chipsstl.org/>

Community Opportunities

636-462-7695

Troy, MO 63379

*Residential, community, and employment services for individuals with developmental disabilities. Also offer personal assistance, day program, and case management services

http://www.macdds.org/Counties/Lincoln_County/indexcomop.html

ConnectCare

314-968-2216

7955 Big Bend Blvd

Webster Groves, MO 63119

106 Willis Drive

St. Peters MO 63376

8576 Veterans Memorial Parkway

O'Fallon MO 63366

*Temporary Foster Care program offered through Christian Family Services. Can connect families with children birth-5 years with Care Families to provide temporary safe care for children when the family is in crisis

*Parents maintain full custody of the children and can stay in contact with children as much as they want. Each parent is assigned a social worker to help them resolve their crisis while children are in care.

*Also offers short-term counseling and adoption services.

<http://www.stlcfs.org/connectcare/>

Consumer Protection Hotline

1-800-392-8222

*Hotline to call if an individual wishes to file a consumer complaint due to fraudulent or misrepresented business practices

*May also file a complaint online

<http://ago.mo.gov/divisions/consumerprotection.htm>

Crider Health Center

636-332-6000

1032 Crosswinds Ct

Wentzville, MO 63385

636-456-1500

19515 Brune Pkwy

Warrenton, MO 63383

*Full service health clinic serving individuals of all ages. Offer a variety of medical, dental, and mental health services including community and school based counseling for children and independent living services for adults with disabilities.

*Accepts most insurance, Medicare, Medicaid, and offers a sliding fee scale for uninsured clients based on income. **Not accepting new patients at this time- 6/2014**

<http://www.cridercenter.org>

Doctors Professional Clinic

636-528-7722

1165 E Cherry St

Troy, MO 63379

*Family medicine clinic for all ages. Provides primary care services including physicals and basic lab tests

*Same day appointments available

*Accepts most insurance, including Medicaid and Medicare

<http://www.lcmctroy.com/PatientInformation/Clinics/DoctorsProfessionalClinic.aspx>

Domestic Violence Hotline and Shelters

1-877-462-1758 (**Terry L. Robertson Center**, Troy)

1-877-946-6854 (**Women's Center**, St. Charles)

*24/7 toll-free crisis lines for women in domestic violence situations

*Provide emergency shelter for women and children who are victims of domestic violence and are in immediate danger with counseling, support, education, advocacy, and outreach services

*The Robertson Center also offers a domestic violence support group Mondays at 6:30pm

www.bridgewaybh.com/domestic-violence-services

Drug and Alcohol Information Line

1-800-788-2800

*National Clearinghouse for Drug and Alcohol Information, give information about substance abuse and treatment options

<http://www.samhsa.gov/>

Easter Seals Midwest

Central Region: 573-874-3777

918 Bernadette Dr
Columbia, MO 65203

*Offers parent education and training, professional and community training, individual and family support, and applied behavior analysis services to families of children with Autism in Lincoln, Warren, Pike, and other central/eastern MO counties

*Family services include respite care, crisis intervention, and support services

*Accepts most insurance, including MO Healthnet and Healthcare USA. Offers some financial assistance services on an individual basis

<http://esmw.org/>

Elder Abuse and Neglect Hotline

1-800-392-0210

*Hotline to report suspected abuse, neglect, or financial exploitation of vulnerable individuals over 60 and people with disabilities over age 18

<http://health.mo.gov/safety/abuse/>

Elsberry Family Health-

573-898-9100

106 Broadway St
Elsberry, MO 63343

*Family medicine clinic for all ages. Provides primary care services including physicals and basic lab tests

*Same day appointments available

*Accepts most insurance, including Medicaid and Medicare

<http://www.lcmctroy.com/PatientInformation/Clinics/ElsberryFamilyHealth.aspx>

Family Advocacy and Community Training

636-949-2425

800 Friedens Rd Ste 200
St. Charles, MO 63303

*Offer services as advocates and parent educators for children and young adults with developmental disabilities and serious emotional disorders in St. Charles, Lincoln, and Franklin Counties

*Provide educational advocacy, transition services, partnership with families, and people first programs

<http://factmo.org>

Family Care Health Services

Carondelet 314-353-5190

401 Holly Hills Ave
St. Louis, MO 63111

Forest Park 314-531-5444

4352 Manchester Rd
St. Louis, MO 63110

*Comprehensive health care facility offering a variety of services including primary care, OB/Gyn services, behavioral health, dental, vision, nutrition, and pediatrics

*Accept most insurance, including Medicaid and Medicare. Offer sliding fee scale for uninsured with co-pay as low as \$20

<http://www.fchcstl.org/>

Familyz & Kidz Counseling

636-668-6707

120 East Ave Ste 6
Winfield, MO 63389

*Counseling services for kids and families, parent education, couples counseling, play therapy, life skills/social skills training

*Accept most insurance, including Medicaid

<http://www.familyzandkidzcounseling.com>

Family Services Hotline

1-800-392-1261

*Food Stamp information

Family Support Division

Lincoln County 636-528-8521

Warren County 636-456-3307

St. Charles County 636-940-3170

*TANF, Food Stamps, Child Support, MO Healthnet, Childcare Assistance, Aged/Blind/Disabled Services, Children's Division

<http://dss.mo.gov/fsd/>

Finklang Eye Health Associates

636-528-6104

84 Professional Pkwy
Troy, MO 63379

*Primary and emergency eye care services for all ages.

*Accept most insurance, including Medicare and Medicaid

<http://www.visionsource-feha.com/>

First Baptist Church of Troy-Food Pantry

636-528-4407

1000 Elm Tree Rd

Troy, MO 63379

*Food pantry open Thursday 9:30am-12pm, will assist Lincoln County residents once per month, call for eligibility requirements

*May offer utility assistance as funds are available on a case by case basis- Troy residents only

GED Classes now called HSE**God's Kitchen- St. Paul United Church of Christ Food Pantry**

636-665-5329

903 Meier Rd

Old Monroe, MO 63369

*Offers food Tues and Thurs 11am-1pm, call for eligibility

*May also offer assistance with water and electric when funds are available

*Serves Old Monroe, Winfield, and Foley

Grace Hill Health Centers

Main Line 314-898-1700

Appointments 314-814-8700

Closest Location: 4414 N Florissant Ave

St. Louis, MO 63107

(Multiple locations in the St. Louis City area)

*Provides a wide range of services including primary medical care, family medicine, pediatrics, Ob/Gyn, dental, mental health, and pharmacy

*Most insurances accepted, Medicaid, Medicare, as well as sliding fee scale based on income for uninsured

<http://www.gracehill.org/>

Greater Troy Ministerial Alliance

636-528-3646 (UNAVAILABLE UNTIL SEPT)

820 Cap au Gris

Troy, MO 63379

*Has a benevolence fund for Lincoln County residents for emergency assistance, such as utilities or rent

*Must provide picture ID and disconnect/eviction notice, must have proof of residence if address is not on disconnect will only assist one time per year

*Available by walk in only Tuesdays from 10-noon (it is recommended that clients come early as there is typically a line and only so much funds)

<http://troymo.wix.com/gtma>

Grief Support Services

636-328-0878 (Kelly)

*Free support group offered by Baue for those who have lost a loved one

*Call for current times/days

<http://www.baue.com/grief-support/st-louis-area-grief-groups-and-counseling-services/>

Hawk Point Food Pantry

636-338-4377

220 W Lincoln Dr

Hawk Point, MO 63349

*Open 1st, 3rd, and 5th Saturday of the month from 10am-1pm, call for eligibility

*Assists Hawk Point, Silex, and Truxton residents only

Head Start/Youth in Need

*Troy Head Start 636-462-6061

19 Fairgrounds Rd

Troy, MO 63379

*Troy Early Head Start 636-462-2014

755 Old Moscow Mills Rd

Troy, MO 63379

*Lincoln Co Socialization Center 636-462-6604

640 Kuhne Heights

Troy, MO 63379

*Child Development Center 636-456-1761

1022 Steinhagen

Warrenton, MO 63383

*Warren Co Socialization Center 636-456-5990

210 E Boonslick Rd

Warrenton, MO 63383

*Family Counseling Center 636-946-0101

516 Jefferson

St. Charles, MO 63301

*Wentzville Center & Home Based

1200 Continenetal Dr

Wentzville Mo 63385

*Offers a wide variety of programs for children, teens, and families. Includes counseling for all ages, head start/early head start, street outreach, emergency shelter for teens and young adults, transitional living programs, foster care and adoption case management

*Counseling services are for St. Charles residents ONLY and are no cost

*Early head start is for expecting parents and infants up to age 3, head start is for children 3-5

<http://www.youthinneed.org/>

Hope Ministries of St. Charles County

Food Pantry

636-272-3080

206 East Elm St

O'Fallon, MO 63366

*Open Wednesday 8am-10am, must follow application process, call for details

*Serves Lincoln, Warren, and St. Charles counties

*Must provide social security card for every member of household, proof of income, and current bills. Call for eligibility requirements

*Clothing available

Housing Discrimination Hotline

1-800-669-9777

*HUD Office of Fair Housing and Equal Opportunity hotline to file a housing discrimination complaint

<http://nationalfairhousing.org>

HSE CLASSES (GED)

636-922-8411

*Offered through St. Charles Community College

Class Locations:

* Lincoln County Probation and Parole

311 Travis Blvd

Troy, MO 63379

*Winfield High School

3920 E Hwy 47, Rm 317

Winfield, MO 63347

*Pike-Lincoln Technical Center

342 VoTech Road

Eolia, MO 63344

*Missouri University Extension Center

107 W. Walton (behind the court house)

Warrenton, MO 63383

*FREE on-site, online, and hybrid GED prep classes. Call or go online for registration dates and class schedule.

Walk-in registration required, first come-first serve.

Must attend at least one month of classes.

<http://www.stchas.edu/ael>

Human Trafficking National Resource Line

Call 1-888-373-7888

Text "Help" or "Info" to BeFree (233733)

*24/7 confidential hotline to call/text to report a human trafficking tip, find resources in the area, connect with local anti-trafficking services, or to request training, technical assistance, or general information about trafficking

Hunger Hotline

314-726-5355 x 3

*24/7 emergency hotline run by Operation Food Search to assist persons in need of referrals in their area, will provide agency name and phone number

Immaculate Conception Food Pantry

636-661-5002

110 Mary Knoll Rd

Old Monroe, MO 63369

*Offers food Saturdays from 10am-2pm. Call for eligibility

Kids Under Twenty One Hotline

1-888-644-5886

*24hr crisis line for kids, adolescents, or young adults who are in crisis or need help. Staffed by trained youth M-Th 4:00pm-10:00pm, Fri/Sat 4:00pm-12:00pm

<http://www.kuto.org/>

LaLeche League St. Charles County

O'Fallon- Amy 636-456-2501

First Free Will Baptist Church

816 S Woodlawn

O'Fallon, MO 63366

*Meet 3rd Thursday at 10am

St. Charles- Barb 636-946-4404

Hope Lutheran Church

1975 Old Hwy 94

St. Charles, MO 63303

*Meets 2nd Saturday at 10am

*LaLeche provides support, encouragement, education, and information to women who want to breastfeed Illstcharlesmo.org

Legal Services of Eastern MO

Toll Free 1-800-444-0514

Local 314-534-4200

*In Troy, MO every 3rd Wednesday from 10am-12pm

*Free civil legal assistance for elderly and low-income in Lincoln, Warren, Pike, and other Missouri counties.

May help with a wide variety of civil legal problems.

<http://www.lsem.org>

Life Crisis Hotline

1-800-273-8255

English 314-647-4357

Spanish 314-647-5959

*24/7 crisis intervention and suicide prevention hotline

*Offer free Survivors of Suicide support groups for

those who have lost a loved one to suicide at 608

Jefferson, St. Charles, MO 63301 on the 1st and 3rd

Monday 6:30pm-8pm

<http://www.providentstl.org/Services/LifeCrisis.aspx>**Life Skills- TouchPoint Autism Services- see
Easter Seals Midwest****LINC**

Local 636-528-2831

Toll Free 866-261-5462

*Public transportation for all residents of Lincoln county

*Operates M-F 6:00am-5:00pm. Reservations M-F 9:00-

11:30, 12:30-3:00 must call at least one day in advance

*Out of county medical transport is available

Wednesday and Friday with one week's notice required

for a \$10 round trip fee

<http://www.lcmo.us/LINC.html>**Lincoln County Council on Aging**

*Troy 636-528-7000

1380 Boone St

Troy, MO 63379

*Winfield 636-668-8448

225 Second St

Winfield, MO 63389

*Silex 573-384-5561

115 Main St

Silex, MO 63377

*Elsberry 573-898-2296

206 N 3rd St

Elsberry, MO 63343

*Serve and deliver meals for seniors, provide activities
at their centers, encourage socialization and recreation

*Can provide transportation to and from the center

<http://lincolncountycoa.com/>**Lincoln County Cupboard**

573-898-3380

456 N Main St, Rear

Elsberry, MO 63343

*Open every Thursday from 10am-12:30pm, clients can
use once per month, call for eligibility**Lincoln County Health Department**

636-528-6117

5 Health Dept Dr

Troy, MO 63379

*WIC and nutrition services (ext 5)- supplemental
nutrition program for pregnant women, women who
are breastfeeding, and children birth-5 who meet the
income guidelines*Breastfeeding Peer Counselor (Renee Headrick, ext
505)- offers advice and help with breastfeeding for new
and expecting mothers*Dental (ext 4)- serves children 6-18 who are uninsured
or on MO Healthnet and are residents of Lincoln
County. Clinic dates/times vary, call for appointments*Immunizations (ext 1)- offer all required vaccines to
qualifying children, as well as some vaccines to adults
over 18. Adult vaccines are at full cost, so those with
insurance should see their primary care physicians<http://www.lchdmo.org>**Lucky Paws Pet Food Pantry**luckypawspetpantry@yahoo.com

161 Raceway Park Dr

Moscow Mills, MO 63362

*Pet food pantry open one Saturday per month from
1pm-4pm*Must fill out application online and be present at
distribution to receive food, will need to fill out forms at
first visit

*Must present valid picture ID

www.luckypawspetfoodpantry.org**Lutheran Family and Children's Services**

1-866-326-5327

3660 West Clay St

St. Charles, MO 63301

*Offers pregnancy counseling/assistance, adoption,
temporary foster care, counseling, child care,
mentoring, and education on a sliding fee scale based
on ability to pay*Multimodal Emotion-focused Treatment (MET) is
available for children 5-19 who are experiencing distress
and live in St. Charles County for a small co-pay based
on family size/income. Provides treatment for
depression, anxiety, behavior problems, and trauma<http://lfcsmo.org>

Mary Marthas

636-327-7848

9 W. Koenig St

Wentzville, MO 63385

*Non-profit, low cost thrift shop open Tuesday and Thursday 9:00am-4pm and Saturday 9am-noon

*Can get referrals from approved agencies if already an existing client and will receive one free bag of items per family member

Mary Queen of Angels

636-379-5070

827 W Terra Ln

O'Fallon, MO 63366

*AS AVAILABLE, offers free diapers, wipes, formula, baby toiletry items, baby/childrens clothing, maternity clothing, baby equipment, bottles, toys, shoes, etc. to expectant mothers and mothers with children up to age 2

*Prenatals once 8 months then can start getting baby items.

*Families can go every 30 days until youngest child turns 2. May help with clothing up to size 7/8 for older children in family. Call for referral.

*Hours are M/W 4:00pm-7:00pm, Tue/Thur 10:00am-2:00pm, Fri/Sat 9:00-12:00

*Picture ID, Proof of birth either birth certificate or Medicaid card

Medicaid Transportation (NEMT)

1-866-269-5927

*Transportation to non-emergency medical appointments for clients who have MO HealthNet or MO HealthNet managed care plans

*Cost is \$2 per ride (round trip or one way) unless cannot pay the \$2, under 19yo, pregnant, blind, in nursing home, taking public transport, using a bus token, or using gas assistance

*Not all MO HealthNet plans cover NEMT, call to verify eligibility

*Must schedule ride AT LEAST 5 DAYS before the medical appointment. Reservation hours M-F 8:00-5:00

<http://dss.mo.gov/mhd/participants/pages/medtrans.htm>

Mercy JFK Clinic

314-251-6382

615 S. New Ballas Rd

St. Louis, MO 63141

*Provides comprehensive medical care, OB/Gyn services, and low cost prescriptions to eligible uninsured or underinsured

*Services include internal medicine, OB/Gyn, pediatrics, general surgery, dental, outpatient services/tests, and specialized care with physician referrals

*Open M-F 8am-4:30pm

*Must apply for services, call and speak with eligibility department to determine

<http://www.mercy.net/practice/mercy-jfk-clinic>

Midwest Behavioral Health

636-528-1996

395 Travis Blvd

Troy, MO 63379

*Individual and family counseling for adults and children (4+). 2 psychologists, 2 LPCs, and 1 PLPC on staff that can handle a wide range of issues

*Accept most insurance (depending on provider seen), including Medicaid. If uninsured can see the PLPC provider on a sliding fee schedule.

Midwest Counseling and Consulting

314-504-3828

midwestcounseling@gmail.com

*Offer in-home counseling services for all ages, onsite trainings.

*Serve multiple counties including Lincoln, Warren, and St. Charles (not Pike)

*Accept many insurance plans, including Medicaid.

Offer reduced fee services on a limited basis.

<http://www.midwest-counseling.com/>

Midwest OB/GYN Lake St. Louis

636-561-8088

300 Medical Plaza

Suite 200

Lake St. Louis, MO 63367

*Offers full Ob/Gyn services including pre-natal care, well women exams, and STD/HIV screening

*Accept most insurance, only Health Care USA

*Uninsured must pay up front

<http://www.midwestobgyn.com/>

Missouri Arson Hotline

1-800-392-7766

*Hotline to call with information concerning an incident of suspected arson

*M-F 8:00-5:00

<http://www.dfs.dps.mo.gov/programs/investigations/>

Missouri Career Center

636-456-9467

11 Steinhagen Rd

Warrenton, MO 63383

*Offers assistance with job searches and hiring needs. May be able to help with needed education or trainings. Offer trainings on how to write a resume, how to interview, and specific job skills with some grants available to help pay for the trainings. M-F 8:00-5:00

<http://jobs.mo.gov/jobseeker/find-a-career-center?search=63379#map>

Missouri First Steps

1-866-583-2392

*Coordinated services and assistance to children birth to 3 years old with delayed development or diagnosed conditions associated with developmental disabilities and their families

*Can refer online at <https://www.mofirststeps.com/>

*Must be a Missouri resident

<http://dese.mo.gov/se/fs/ParentInfo.html>

Missouri School Violence Hotline

Call 1-866-748-7047

Text 847411 "reportit" (include school and city)

Email school.violence@dss.mo.gov

*Anonymous hotline to report school violence including bullying, threats, weapons, or school safety concerns

*Can also report online or via the Mo Reportit App

<http://www.schoolviolencehotline.com/>

Mortgage Foreclosure Counseling

1-888-995-HOPE (4673)

*24/7 hotline to connect with the Making Home Affordable (MHA) organization

*Free housing counseling services and foreclosure assistance

*Call to get help with mortgage and determine eligibility for MHA program

<http://www.makinghomeaffordable.gov/>

Moscow Mills Community Food Pantry

636-356-4266

703 Main St

Moscow Mills, MO 63362

*Open Thursday from 9am-11:30am (except 5th Th of the month)

*Can receive food once per month, call for eligibility

*Serves Lincoln County residents only

Narcotics Anonymous

Local HelpLine:636-697-8406

*Support group, call local helpline or go online for more information and to find a meeting

<http://www.na.org/>

<http://showmeregianna.org/>

Narcotics Enforcement Team Hotline

636-528-0478

rfloyd@lcsdmo.com

*Criminal investigation team dedicated to identifying, apprehending, and prosecuting persons who commit drug violations

*Call the hotline or email in tips regarding suspicious behavior or witnessed drug use, sales, or manufacturing

<http://www.lcsomo.com/>

National Alliance on Mental Illness (NAMI)

NAMI St. Charles Office 636-940-7440

Toll Free 1-877-724-2977

200 S Kingshighway Ste 101

St. Charles, MO 63301

*Help with local resources and referrals, support, and NAMI programs such as NAMI Basics and Family-to-Family

*Open M-F 10am-5pm for general information on mental illness, questions on medication

<http://www.nami.org>

<http://www.namistl.org>

National Center for Missing and Exploited Children Hotline

1-800-THE-LOST (843-5678)

*24/7 hotline to call with information about missing children or child exploitation

<http://www.missingkids.com>

National Council on Alcohol and Drug Abuse- St. Louis Area

314-962-3456

8790 Manchester Rd
Brentwood, MO 63144

- *Offer crisis counseling, prevention and education services, and assessment
 - *Helpline available M-F 9am-5pm to get help with any questions regarding drug or alcohol abuse
- <http://www.ncada-stl.org/>

National Domestic Violence Hotline

1-800-799-7233

- *24/7 free, confidential, anonymous hotline that provides crisis intervention, safety planning, information, and referrals to victims of domestic violence, perpetrators, friends, and family
- <http://www.thehotline.org/>

National Problem Gambling Hotline

1-800-522-4700

- *24/7 confidential hotline offering information and referrals for problem gambling
- <http://www.ncpgambling.org/>

National Suicide Prevention Lifeline

1-800-273-8255

- *24/7 free, confidential helpline to get help for yourself or someone you know. Offers emotional support to people in suicidal crisis or emotional distress
- <http://www.suicidepreventionlifeline.org/>

NECAC

*Lincoln County 636-528-7604

11 Woodcrest Dr
Troy, MO 63379

*Warren County 636-456-8191

120 E Main St
Warrenton, MO 63383

*St. Charles County 636-272-3477

3400 Meadow Pointe Dr
O'Fallon, MO 63366

*Pike County 573-324-2207

805 Bus. Hwy 61 N
Bowling Green, MO 63334

- *NECAC offers a wide range of services to clients in the area including family development, life skills classes (budgeting, home ownership, healthy lifestyle), energy assistance, rental assistance, weatherization, foreclosure counseling, home health aides, WIC, and Family Planning. <http://www.necac.org/>

New Life Food Pantry- Calvary Chapel

636-566-6225

120 East Avenue Ste 1
Winfield, MO 63379

- *Open first and third Tuesday 10am-12pm, self-referral or walk in
- *Can receive food twice per month
- *Serves Foley, Winfield, and Old Monroe. All clients must live in the area and need assistance
- *Must present driver's license and proof of address

New Salem Baptist Church- Product Pantry

636-668-8108

1383 Hwy EE
Winfield, MO 63389

- *Product pantry providing paper products, shampoo, toothpaste, and other basic items
- *Open first Tuesday of each month from 9am-11:30am
- *Serves residents of Eastern Lincoln county, including Winfield, Foley, Old Monroe, and Elsberry
- *Must present driver's license or other photo ID and proof of state aid

Nurses for Newborns

314-544-3433 (for new referrals dial ext 315)

Toll Free 1-800-452-4784

7259 Lansdowne Ave
St. Louis, MO 63119

- *Offer in-home programs to provide education, support, healthcare, and positive parenting skills. Have a community donation bank to assist clients with clothes, toys, diapers, blankets, and other baby essentials
- *Serve families who are low-income, have "medically fragile" babies, have primary caregivers with mental or physical disabilities, and teen mothers

<http://www.nfnf.org/>

OATS

660-395-3041 (Northeast Region Main Office)

636-528-2831 Local #

- *Transportation for seniors, persons with disabilities, and those living in rural areas
 - *To schedule a ride, check online for local contact information and bus schedule
 - *Open to General Public, pay out of pocket
- <http://www.oatstransit.org/>

Our Lady's Inn

636-398-5375

3607 Highway D

Defiance, MO 63341

*Emergency maternity shelter for homeless women and children. Women over age 18 can stay with their children throughout pregnancy and up to one year post partum** (Verify). Offer on site case management, nursing, and counseling services to all clients.

*Also offer up to two years of after care services once women leave the shelter and transitional housing for up to one year for women who need extra support

<http://www.ourladysinn.org>

Parents as Teachers

*Troy 636-462-3020

*Silex 573-384-5227 or smudd@silex.k12.mo.us

*Elsberry 573-898-5554

*Winfield 636-668-8300

*Help to support parents from conception to kindergarten to develop curriculum to promote healthy child development and school readiness

*Some eligibility requirements

<http://www.parentsasteachers.org/>

Parent Link

English 1-800-552-8522

Spanish 1-888-460-0008

*Available M-F 8am-5pm for all Missouri residents

*Helps parents, friends, families, and professionals work through parenting concerns, access sound parenting information, and obtain resource information in order to strengthen families

<http://education.missouri.edu/orgs/parentlink>

Paternity Information

1-855-454-8037

*Call for information on paternity, child support, and genetic testing

<http://www.dss.mo.gov/cse/father0705.htm>

Poison Control Hotline

Toll Free 1-800-222-1222

Local 314-772-5200

*24/7 free hotline staffed by nurses, pharmacists, and physicians to assist with questions or exposures in all ages

<http://www.cardinalglenon.com/Pages/missouri-poison-center.aspx>

Preferred Family Healthcare

636-528-7226

101 W College St. Ste 1

Troy, MO 63379

*Offer adolescent intensive outpatient groups and adult outpatient substance abuse programs, as well as some counseling and behavioral health services

*Adolescent residential treatment is offered at the St. Charles location

<http://www.pfh.org/>

Presbyterian Children's Homes/Services

314-785-0180

Therapeutic Mentoring Services

Runaways Safeline

1-800-786-2929

*24/7 free, confidential, and anonymous hotline for youth and teens who are thinking about running away, have already run away and want to go home, have a friend who needs help, or who are homeless and need help. Also for teachers or other adults who want information to pass along to youth they know.

<http://www.1800runaway.org/>

Sacred Heart Church- SVDP Food Pantry

636-528-8219

110 Thompson Dr

Troy, MO 63379

*Open Saturday 8:30am-10am

*Serves Lincoln County and surrounding area, can receive food up to once per month, call for eligibility requirements

*May also be able to provide emergency monetary assistance, once per year, as funds are available

Safe Families for Children

314-781-6363

7520 Big Bend Blvd

St. Louis, MO 63119

* Temporary Foster Care program offered through Bethany Christian Services. Can connect families with children birth-18 years with safe families to provide temporary safe care for children when the family is in crisis

*Parents maintain full custody of the children and can stay in contact with children as much as they want. Each parent works with staff to determine what steps are needed to resolve their crisis while children are in care. <http://www.safe-families.org/home.aspx/stlouis>

Saints Joachim and Ann Care Services

Toll Free (Troy) 1-877-893-9602

Local (Troy) 636-528-2937

450 South Main St

Troy, MO 63379

Local 636-441-1302 (St. Charles)

4116 McClay Rd

St. Charles, MO 63304

*Provide housing assistance, career services, food pantry, adopt-a-family, and a child/family development program to ensure the basic needs of families in the area

*Can also provide emergency assistance as funds are available

<http://jacares.org/>

Saint Louis Crisis Nursery- Wentzville

636-887-3070

700 Medical Dr

Wentzville, MO 63385

*Provide free short term emergency care for children birth-12 in times of crisis. Can provide some items, such as clothing, diapers, wipes, or formula for free to families in need up to twice per month.

*Family Empowerment Program offers in home visitation for long term goal setting and finding resources in the area, offers additional support for parents

**Cannot have children with seizure disorders in care

<http://www.crisisnurserykids.org>

Salvation Army Lincoln County

636-528-7901

820 Cap-au-Gris (Bread of Life Food Pantry)

Troy, Mo 63379

*Tuesday from 9:30am-noon

*Provide assistance to Lincoln County residents only, one time per year with picture ID, disconnect notice, and social security cards for each member of the household

*Some medical assistance as needed

Salvation Army Shelter

636-240-4969 ext 238

1 William Booth Dr

O'Fallon, MO 63366

*Emergency 32 bed shelter for single women and families. Men and women must be married to stay together, otherwise men can stay with children and women stay in single area. No single men without children.

*Food pantry offers fresh produce and is open Mon, Tues, Thurs, and Fri 10am-noon

<http://stlsalvationarmy.org/programs-that-help/homeless-services/>

Sexual Assault Hotline

St. Charles: 1-877-946-6854

Lincoln County: 1-877-462-1758

*24/7 hotline to connect with Sexual Assault Response Team in Lincoln County

*Access Bridgeway's Sexual Assault Center for individual or group counseling free of charge for men and women 14+ who are victims of sexual violence or childhood sexual abuse

www.bridgewaybh.com/sexual-assault

SHARE Pregnancy and Infant Loss Support

Toll Free 1-800-821-6819

Local 636-947-6164

402 Jackson St

St. Charles, MO 63301

*Provides grief support to families who have experienced pregnancy loss, still birth, or death of an infant child

*Provides information and education to friends, family, and community members on how to support those in bereavement

<http://www.nationalshare.org>

Sheriff's Department- Lincoln County

Administrative Office 636-528-8546

Dispatch Office 636-528-6100

65 Business Park Dr

Troy, MO 63379

<http://www.lcsdmo.com>

SIDS

1-800-421-3511

1120 S Sixth St, Ste 100

St. Louis, MO 63104

*Offer free support to families who have lost an infant to SIDS or other sudden death with counseling, peer connections, home visits, and support groups. Offer professional and community education and awareness programs

<http://www.sidsresources.org/>

SSM Glennon Care Pediatric

636-462-5437

After Hours 855-804-0457 (5pm-9am)

164 Professional Pkwy

Troy, MO 63379

*Pediatric care for children of all ages. Provide primary care medical services.

*Accept most insurance, including Medicaid. Can make payment plan through a third party service if needed.

<http://www.cardinalglennon.com/Pages/pediatrics-troy.aspx#top>

Substance Abuse and Mental Health (SAMSHA)**Helpline**

1-800-662-4357

*24/7 free, confidential helpline for those with substance abuse and mental health concerns. Provides referrals to treatment facilities, support groups, and community organizations

*Also provide free publications and other print information that can be sent to callers

<http://findtreatment.samhsa.gov/>

Suicide Prevention Hotline

Hope Line 1-800-784-2433

*24/7 crisis intervention and suicide prevention line that connects callers with the nearest local crisis center

Sunshine Counseling

636-295-0228

102 Mound St

Troy, MO 63379

*Counseling for children and adults (3-65) for a wide variety of disorders. Will generally refer out for severe autism spectrum disorders

*Accepts most insurance including Medicaid for children up to 21 and Health Care USA.

*Can potentially offer sliding fee or financing depending on the individual circumstance

Tel-Link

1-800-835-5465

*Toll-free information and referral line for maternal and child health care answered M-F 8am-5pm

*Can connect families with:

- Alcohol and drug abuse treatment centers
- Area offices for children with special health care needs
- Baby Your Baby program
- Child care resource and referral agencies
- Child support enforcement agencies
- Community health centers
- Domestic violence shelters
- Local public health agencies
- Mental health centers
- Non-emergency medical transportation services (Medicaid-eligible only)
- Pediatric and delivering hospitals
- Prenatal care referrals
- Regional centers
- Sexual assault centers
- Social service agencies
- Women, infants & children (WIC) agencies
- Other health care agencies

<http://health.mo.gov/living/families/tellink/>

Therapeutic Horsemanship

636-332-4940

332 Stable Ln

Wentzville, MO 63385

*Offers therapeutic equestrian programs for individuals with disabilities ages 24months and up. A variety of programs are offered based on need and experience.

*Can cost up to \$85/hr, partial scholarships may be available

<http://www.thstl.org>

Treasure Shop

636-528-6622

185 E Cherry St

Troy, MO 63379

*Resale shop run by Crider Center offering household items, toys, books, furniture, and clothing for all ages and sizes, including maternity clothing, at a discounted price. Inventory is entirely based on donations.

*M-F 8:00-4:00 Sat 9:00-4:00

<http://www.cridercenter.org/treasure-shop>

Troy Family Practice

636-528-6755

1003 E Cherry St

Troy, MO 63379

*Family medicine clinic for all ages. Provides primary care services including physicals and basic lab tests

*Same day appointments available

*Accepts most insurance, including Medicaid and Medicare

<http://www.lcmctroy.com/PatientInformation/Clinics/TroyFamilyPractice.aspx>

Troy Medical Group

636-528-8585

900 E Cherry St

Troy, MO 63379

*Family medicine clinic for all ages. Provides primary care services including physicals and basic lab tests

*Same day appointments available

*Accepts most insurance, including Medicaid and Medicare

<http://www.lcmctroy.com/PatientInformation/Clinics/TroyMedicalGroup.aspx>

Trout Lodge (YMCA)

314-241-9622

Toll Free 888-386-9622

Fax 573-438-3913

13528 State Hwy AA

Potosi, MO 63664

*Vacation lodge in the Lake of the Ozarks with a wide variety of activities to participate in. Meals available on site, as well as various boats and other outdoor activities for families

*Financial aid is available to families who qualify based on individual need. The amount of aid offered depends on the amount of funding available and the needs of the individual family.

<http://www.ymcaoftheozarks.org/camplakewood/FinancialAid>

Turning Point

Local: 636-456-1186

Toll Free hotline: 888-873-7233

Warrenton, MO 63383

*Domestic violence shelter for women and children.

Families can stay in shelter for up to 30 days. Staff also offers support with court advocacy, support groups, counseling, and community referrals to help families recover.

*Can also call the 24/7, free, confidential hotline to get information or to talk about options

<http://www.turningpointdvs.com/>

United Way Referral Service

211

1-800-427-4626

Local: 314-421-4636

*24/7 free, confidential referral service to local agencies and services

*Can provide referrals for a number of needs, including:

Basic Human Needs: food banks, clothing, shelters, rent assistance, utility assistance.

Physical and Mental Health: medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health, children's health insurance programs.

Employment Support: unemployment benefits, financial assistance, job training, transportation assistance, education programs.

Support for Older Americans and Persons with Disabilities: home health care, adult day care, congregate meals, Meals on Wheels, respite care, transportation, and homemaker services.

Support for Children, Youth and Families: Quality childcare, Success by 6, after school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.

Volunteer opportunities and donations.

<http://www.211helps.org/>

Vision USA

1-800-766-4466

Email VISIONUSA@aaa.org

*Provide free basic eye exam services to persons who meet the eligibility requirements. Eye glasses may be provided at no cost or for a small fee in some locations. No contacts.

*To be eligible the individual must have NO insurance (including Medicaid and Medicare), have income below the guidelines listed online, have not had an eye exam in the past 24 months, be a US citizen or legal resident, and have not received a doctor referral through the Vision USA program in the last two years

*Applicants must work with a charitable organization, social worker, case worker, or community health agency. **All applications must be submitted online by a referral agency.**

*Will serve a maximum of four members per household per year

<http://www.optometryscharity.org/vision-usa/>

Victim's Advocate

Lincoln County: 636-528-8571 (Cindy Stricklin)

Warren County: 636-456-9625 (Toni Truetken)

Pike County: 573-324-2201 (Prosecutor's Office)

St. Charles County: 636-949-7370 (Joan Koechig)

*Offer information, education, emotional support, and help finding resources for victims of crime

Volunteers in Medicine

Lake St. Louis 636-561-3133

10714 Veteran's Memorial Pkwy, Ste 100

Lake St. Louis, MO 63367

Serves St. Charles, Lincoln, Warren, and Montgomery Counties

Open Tuesday and Thursday 9am-1pm

<http://www.vimlsl.org>

St. Charles 636-724-4848

1039 S Duchesne Rd

St. Charles, MO 63301

Serves St. Charles and Lincoln Counties

Open Monday and Wednesday 9am-noon

<http://www.vimstc.org/index.html>

*Free primary care clinic for adults who are uninsured and cannot afford care. Cannot be eligible for Medicare or Medicaid and must meet federal poverty guidelines

Youth Connection Helpline

636-642-0642

1-855-642-0642

Text BSAFE to 31658

*24/7 free, confidential hotline for children, youth, and families experiencing a mental health crisis

*Sponsored through BHR and Youth in Need, provides over the phone crisis intervention, face to face assessments, and community resource linkage. Can also provide directions to the nearest safe place location for youth needing immediate help.

*Only for St. Charles and St. Louis Counties