

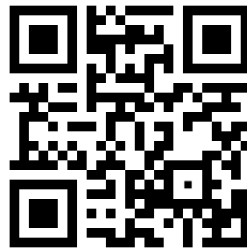
# Resource Guide

## Jefferson County, MO Area

Updated March 2026



*Connecting People to Services*



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## Before You Start:

Many of the organizations listed here receive grants and federal funds. They are mandated to provide services and assistance, so take your time going through the book, read the requirements, and make use of what they have to offer. This directory is for services based within Jefferson County Missouri only, however, there are other agencies surrounding Jefferson County that can provide services to residents of Jefferson County as well. They can be found within the PDF resource guide at [www.startherestl.org](http://www.startherestl.org).

## How To Use This Directory

1. Make a list of your needs and seek help for the ones that are most important. Prioritizing your needs will serve you best!
2. Locate providers who can provide services that fit your needs.
3. Try to provide ALL of the information that's being requested when you visit an agency or talk with a caseworker. Coming prepared with what is being asked of you will benefit you by meeting your needs faster.

| My Need | The Agency I Contacted/<br>Who I talked to | Outcome/ Follow-up |
|---------|--------------------------------------------|--------------------|
|         |                                            |                    |
|         |                                            |                    |
|         |                                            |                    |
|         |                                            |                    |

## How To Get Results When You Contact Agencies

1. Take notes. Have paper and pencil ready when you make a call.  
Be ready to give a brief but complete account of what you need.  
Eliminate unrelated information.
2. Be ready to provide your full name and contact information, such as how or where you can be reached or receive messages.
3. If your inquiry involves an agency that uses an identifying case or file number, have that available.
4. Be sure to record the names and titles of people you talk to and confirm their phone numbers in your notes.
5. Keep your notes together on all of your contacts to each agency so that you can supply information when you make follow-up calls.
6. Take the time to say thanks to those who assist you.

### Disclaimer:

Services provided in this directory can change at any time. If you are an agency and aware of any changes needing to be made, please contact Jillian Bissell at [jillian.bissell@jeffcohealth.org](mailto:jillian.bissell@jeffcohealth.org)

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## Counseling/Mental Health:

- ASPEN Network Inc. <https://aspennetworkinc.org>
  - Phone: 636-215-0011 Address: Hillsboro, MO 63050
  - Services Offered: Education and mental health screening tool.
- Atlas Youth Outreach <https://www.atlasyouthoutreach.org/>
  - Phone: 314-550-7846 Address: 1623 Jeffco Blvd Suite 202 Arnold, MO 63010
  - Services Offered: Mental Health Support Groups for Teenagers / Group Therapy. Hours of operation vary.
- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.
- Charlie Health [www.charliehealth.com](http://www.charliehealth.com)
  - Phone: 314-498-4537
  - Services Offered: Virtual IOP for youth and adults (8–64) who need structured support beyond weekly therapy. Their program includes individual, group, and family therapy, psychiatry, curated peer groups, and MAT for ages 16+, making it a strong fit when outpatient care isn't enough, but residential treatment isn't required.
- C.H.E.R.I.S.H- <https://cherish.org/>
  - Phone: 636-274-4100 Address: 6300 State Rte 30 Cedar Hill, MO 63016
  - Services Offered: Grief Recovery & support for families
- Chestnut Health Systems- <https://www.chestnut.org/>
  - Phone: 636-638-2618 Address: 102 Fourth Street, Hillsboro, MO 63050
  - Services Offered: Outpatient Mental Health and Substance use, Psychiatric & MAT Services- M-F 8am-5pm, Behavioral Health Walk in Clinic- Tuesdays Only 9am-12pm, Adult Outpatient (individual and group counseling)- by appointment only 636-638-2615, School Based Counseling Services (Contact your school district for availability- Currently in the Dunklin, Jefferson R7, Windsor, Fox, De Soto & Northwest School Districts (participation varies by school district)).
- Compass Health <https://compasshealthnetwork.org/behavioral-health/>
  - Phone: 844-853-8937 Address: Multiple Locations in Jefferson County
  - Services Offered: Open access assessments 5 days a week (Arnold, Hillsboro, High Ridge, & Festus Welcome Center). Open Access Locations:
  - Arnold: 21 Municipal Drive, Arnold, MO 63010 & (Richardson Crossing) 148 Richardson Crossing, Arnold, MO 63010
  - Festus-Truman: 1275 N. Truman Blvd., Festus, MO 63028

- Hillsboro: (Main) 351 Main Street, Hillsboro, MO 63050 & (Hickory) 4 Hickory Ridge Rd., Ste 600, Hillsboro, MO 63050
- High Ridge: (Gravois/NW) 1817 Gravois Rd., High Ridge, MO 63049 & (West) 5684 State Rd PP, High Ridge, MO 63049
- Mental Health & Substance Use Treatment for adults and children, Psychiatry for adults and children, and Primary care and dental services for adults and children.
- Behavioral Health Crisis Center; Phone: 833-356-2427; Address: 222 North Mill Street, Festus, MO 63028 (upper level); 24/7/365
- Counseling Connections- <https://www.artanhill.org/>
  - Phone: 636-931-0300 Address: 115 Brierton Ln, Festus, MO 63028
  - Services Offered: Counseling agency accepts most insurances and self-pay
- Counseling Solutions LLC- <http://www.counselingsolutionsllc.com/>
  - Phone: 636-933-9590 Address: 410 W Main St, Festus, MO 63028
  - Services Offered: Counseling agency, accepts most insurance, including Medicaid for Children and HealthLink.
- Family Solutions for Kids, Presbyterian Children's Homes and Services <http://www.pchas.org>
  - Phone: 314-461-0567 Address: Hillsboro, MO 63050
  - Services Offered: Intensive In-home 12-week therapy and light case management services. No cost to participants. Min. Requirement is one child in the family aged 4-19.
- From The Inside Out Counseling- <https://fromtheinsideoutcounseling.net/>
  - Phone: 636-249-9993 Address: 223 E. Main St., Ste B, Festus, MO 63028
  - Services Offered: Counseling (Individual, family, couples, children 5 & older, PTSD, Group, Shame & informed, DBT)
- Guided Solutions Counseling- <https://www.gscm.us/>
  - Phone: 636-322-2225 Address: 1170 E Gannon Dr suite a, Festus, MO 63028
  - Services Offered: Child and Individual, Marriage and Family, Group Counseling Services
- Jefferson Franklin Community Action Corp.-Behavioral Health <https://www.jfcac.org/behavioralhealth.html>
  - Phone: 636-789-2686 Option 7 Address: 2 Merchants Drive Hillsboro, MO 63050
  - Services Offered: Individual counseling for Adults & Children. Medicaid Accepted.
- Love Like Jackson- <https://lovelikejackson.wordpress.com/>
  - Phone: 563-299-5519 Address: Barnhart, MO.
  - Services Offered Therapy for children whose sibling has passed away
- Mercy Hospital- Jefferson
  - Phone- 636-933-1231 Address: 1420 US-61, Festus, MO 63028

- Services Offered: Intensive Outpatient Programs (IOP) for both adults and adolescents struggling with their mental health, coping responses to life stressors, and/or co-occurring substance use issues. IOP can be an alternative to inpatient psychiatric hospitalization or a step down from inpatient psychiatric hospitalization. Services are covered by most commercial insurance providers with an average length of stay of four to five weeks.
- Mercy Jefferson Intensive Outpatient Behavioral Health Program (IOP) [Mercy Intensive Outpatient Behavioral Health - Jefferson | Mercy](#)
  - Phone: 636-933-1231 Address: 1420 Highway 61 South, Festus, MO. 63028
  - Services Offered: Intensive Outpatient Program for Adults and Adolescents (ages 12-17) struggling with primary Mental Health and/or Co-occurring Disorders. Mon- Fri 8am-4pm.
- Moments Matter Counseling - <https://momentsmattercounseling.com/>
  - Phone: 636-206-4351 Address: 508 N. Truman Blvd. Crystal City, MO 63019
  - Services Offered: Counseling for children, teens, young adults, and parents; Parent Child Interaction Therapy (PCIT) for children 3-6 years old & their caregivers; accepts most insurances and self-pay.
- Saint Louis Counseling
  - Phone: 636-638-2203 Address: 1349 McNutt Street Herculaneum, MO 63048
  - Services Offered: Counseling, Psychiatry, School Partnership Program (SPP), College Coaching, Employee Assistance Program (EAP), and Parenting Classes
- Say Something Foundation <https://www.saysomethingfoundation.org/>
  - Phone: 314-520-7103 Address: 415 Saratoga Dr. DeSoto, MO 63020
  - Services Offered: Suicide Awareness, Signs of Suicide Training, Mental Health Resource Connections
- Southeast Behavioral Hospital [www.Southeastbehavioral.com](http://www.Southeastbehavioral.com)
  - Phone: 573-708-5000 Address: 639 South Silver Springs Rd, Cape Girardeau, MO 63703
  - Services Offered: Acute In-patient mental health services, Intensive Outpatient and Partial Hospitalization services. Open 24 hours a day, seven days a week.
- SSM Health- St. Clare Hospital
  - Phone: 636-496-4030 Address: 1345 Smizer Mill Rd, Fenton, MO 63026
  - Services Offered: Youth and Family Intensive Outpatient Program (IOP) is specifically for adolescents ages 11 to 18\* who are experiencing signs and symptoms of depression, anxiety, and/or bipolar disorders. Our Youth and Family IOP is intended to reduce symptoms of depression, anxiety, and bipolar disorder by promoting increased self-awareness, coping skills, and strengthening the whole family system.
  - \*Patients 18 years of age who have graduated from high school are considered adults and will be eligible for adult behavioral health services.

- Tender Hearts Child Therapy Center
  - Phone: 636-333-2641 Address: 16 Municipal Dr Suite D, Arnold, MO 63010
  - Child, Teen and Family counseling, accepts most major insurance plans, also offers sliding scale fees.
- True North Music, LLC <https://www.mytruenorthmusic.com/>
  - Phone: 636-725-2537 (o) 636-524-2502 (c) Address: 107 Ozark Dr. Crystal City MO
  - Services Offered: Music Therapy for individuals and groups of all ages. Mon-Sat 8am-7pm

## Crisis Center/Calls:

- 911 Emergency
  - Phone: 911
  - Services Offered: Immediate assistance or crisis support. Request a CIT trained officer.
- 988 Suicide & Crisis Lifeline
  - Phone: 988 call or text 24/7
  - Services Offered: Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Spanish, Veterans & Deaf specialty lines available when you call.
- Alive <https://alivestl.org/>
  - Phone: 314-993-2777 24/7
  - Services Offered: ALIVE offers the following services, free of charge, to all individuals experiencing or have experienced domestic violence: Individual Adult Counseling, Adult Support Groups, Children Counseling, Court Advocacy, Transportation and Emergency Sanctuary
- A Safe Place @ Compass
  - Phone: 636-232-2301 24/7
  - Services Offered: Emergency shelter for victims of DV, Advocacy, Education and therapy for women and children.
- Child, Abuse, and Neglect <https://dss.mo.gov/cd/keeping-kids-safe/can.htm>
  - Phone: 800-392-3738 24/7
  - Reports to children's division regarding abuse and neglect concerns
- Compass-Behavior Health Crisis Center <https://compasshealthnetwork.org/locations/festus-bhcc/>
  - Phone: 833-356-2427 Address: 222 North Mill Street, Festus, MO 63028 (Upper Level)

- Services Offered: Support for individuals 18 years and up in a crisis (needs will be assessed and linked to appropriate services), provides connection to long-term treatment and assistance for behavioral health areas of concern. 24/7/365
- Compass Crisis Line
  - Phone: 888-237-4567 or text line is 660-246-4086
- Compass Youth Behavioral Health Urgent Care
  - Phone: 833-356-2427 Address: 111 Mexico Court, St Peters, MO 63376
  - Services Offered: For youth ages 5 thru 17. Immediate assessment and crisis intervention for youth experiencing a behavioral health crisis, intense emotion states and/or substance use-related crisis (Guardian should be present with youth for complete service options); Risk management and safety planning; Crisis stabilization; Access to psychiatric provider; Connection to additional resources and services needed. Open 7 days a week from 9am-9pm.
- Disaster Distress Helpline
  - Phone: 1 (800) 985-5990 call or text
  - Services Offered: Immediate counseling help to deal with the aftermath of a traumatic incident.
- EPICC
  - Phone: 314-399-9794 (ages 14-18) or 314-348-0958 (for ages 18+)
  - Services Offered: Connects individuals living with opioid addiction to trained individuals with lived experience who are currently in recovery to help with resources, encouragement/support, access to treatment & overdose education/Narcan distribution.
- KUTO [Kids Under Twenty One](#)
  - Phone: 1-888-644-5886 Sun-Thurs 4pm-10pm and Fri/Sat 4pm-12am
  - Services Offered: Teen crisis intervention and suicide prevention hotline. Hotline is staffed 24/7 but if you want to speak with another teen directly, call 1-888-644-5886 every day after 4pm.
- NAMI St. Louis <https://www.namistl.org/>
  - Phone: 314-962-4670 Mon - Fri, 9:00am-5:00pm
  - Services Offered: Speak with a crisis intervention specialist for referrals or support.
- Prevent+Ed [www.PreventEd.org](http://www.PreventEd.org)
  - Phone: 314-246-9788 (Peer Support Services) or [tfriedmann@prevented.org](mailto:tfriedmann@prevented.org) Address: 9355 Olive Blvd, St Louis, MO
  - Services Offered: Prevent+Ed's Peer Support Specialists are people who have been successful in the recovery process and who help others experiencing similar situations. Our Peers help clients engage with appropriate services for their needs and situation,

including engaging with local community resources, connecting with treatment providers, and help enrolling in Medication-Assisted Treatment programs. Prevent+Ed also provides Overdose Education and Naloxone (Narcan) distribution training, medication disposal bags, and Narcan available for community members.

- **Provident Crisis Line**
  - Phone: 314-647-4357    24/7
  - Services Offered: Mental Health Crisis Intervention, Suicide Prevention
- **Safe Connections**
  - Phone: 314-531-2003    24/7
  - Services Offered: Assist with safety planning, provide emergency transport and give referrals for medical care, shelter, legal aid and counseling to victims of rape, DV, sex trafficking and or childhood sexual abuse
- **St Louis Crisis Nursery**
  - Phone: 314-768-2301    24/7
  - Services Offered: Provides immediate access to trauma-informed crisis intervention and targeted resource referrals for families in crisis.
- **Veterans Crisis Line**
  - Phone: 988 x1    24/7
  - Services Offered: Veteran Specific crisis intervention services
- **Women's Safe House**
  - Phone: 314-772-4535    24/7
  - Services Offered: 24 HR Hotline, shelter for battered women and dependent

## **Developmental Disabilities:**

- **Developmental Disability Advocates (DDA)** <https://ddadvocates.org/>
  - Phone: 636-282-5500 Address: 901 Jeffco Executive Drive, Imperial, MO 63052
  - Services Offered: Serving individuals from birth with intellectual and developmental disabilities in Jefferson County.
- **F.A.C.T. Family Advocacy & Community Training** [www.factmo.org](http://www.factmo.org)
  - Phone: (636) 949-2425 Address: 2240 Bluestone Dr., St. Charles, MO 63303
  - Services Offered: Offers a Family Support Program; someone in the home must have a diagnosis or suspected diagnosis of a Developmental Disability. The Family Support program helps families manage life challenges, and there is no age limit. A Family Support Partner will meet with the family at their home, or at a public place, and provide emotional and practical support. They ensure the family knows what help is available to them, and what the family needs to apply for certain programs or services,

and how to fill out the necessary forms/applications. Educational support is available, as navigating the educational system can be difficult and frustrating; They support the family through the IEP process. Mon-Fri 8:00am-4:00pm (closed for all major holidays)

- Great Circle <https://www.greatcircle.org/>
  - Phone: 314-968-2060
  - Services Offered: Free parenting classes, toddler, school age and autism spectrum
- Missouri Family to Family [Resource Guide for Missouri Families of Children from Birth to Age 12](#)
  - Phone: 1-800-444-0821 [mofamilytofamily@umkc.edu](mailto:mofamilytofamily@umkc.edu)
  - Services Offered: Resource guide for Missouri families of children from birth to age 12; A free statewide resource center staffed by experts with lived experience that provide tools, resources, training, and peer support to people with disabilities, their families and supporters.
- Missouri Family Partnership <https://health.mo.gov/seniors/shcn/familypartnership/>
  - Phone: 1-800-735-2966
  - Services Offered: Partnership provides resource information and peer support to families of children and youth with special health care needs. Families are also given the opportunity to network with each other through various settings, including regional and statewide meetings.
- Missouri First Steps <https://www.mofirststeps.com/>
  - Phone: 866-583-2392
  - Services Offered: Coordinated services and assistance to children birth to age 3 with delayed development or diagnosed conditions associated with developmental disabilities.
- True North Music, LLC <https://www.mytruenorthmusic.com/>
  - Phone: 636-725-2537 (o) 636-524-2502 (c) Address: 107 Ozark Dr. Crystal City MO
  - Services Offered: Music Therapy for individuals and groups of all ages. Mon-Sat 8am-7pm

## Domestic Violence:

- Alive <https://alivestl.org/>
  - Phone: 314-993-2777 24/7
  - Services Offered: ALIVE offers the following services, free of charge, to all individuals experiencing or have experienced domestic violence: Individual Adult Counseling, Adult Support Groups, Children Counseling, Court Advocacy, Transportation and Emergency Sanctuary

- A Safe Place: Compass Health Domestic Violence Hotline
  - Phone: 636-232-2301 24/7
  - Services Offered: Emergency shelter for victims of DV, Advocacy, Education and therapy for women and children.
- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.
- Kathy J Weinman Domestic Violence Shelter
  - Phone: 314-423-1117
  - Services Offered: Confidential, Temporary shelter, food, clothing, support groups, crisis counseling and advocacy program to abused women and their children.
- Mary Daniels Foundation <https://marydanielsfoundation.org/>
  - Phone: 314-531-2003 (Crisis Line) or 636-253-3398 (Administrative)
  - Services Offered: Advocacy, community referrals, shelter counseling & Education.
- Safe Connections
  - Phone: 314-531-2003 24/7
  - Services Offered: Assist with safety planning, provide emergency transport and give referrals for medical care, shelter, legal aid and counseling to victims of rape, DV, sex trafficking and or childhood sexual abuse.
- Saint Martha's Drop-In Center & Shelter for Domestic Violence  
<https://saintmarthas.org/services/drop-in-center/> or <https://saintmarthas.org/services/shelter/>
  - Phone: 314-487-2062 (Drop-in Center) or 314-533-1313
  - Services Offered: Drop-In Center: Safety Planning, Orders of Protection, Help & Support for anyone impacted by domestic violence from an intimate partner. Shelter: Individual bedrooms, basic needs, counseling, support for children, individual/group support and no residency requirements.
- Women's Safe House
  - Phone: 314-772-4535 24/7
  - Services Offered: 24 HR Hotline, shelter for battered women and dependents

## Food Pantries and Basic Necessities:

- 25:35 Ministries <https://2535ministries.com/>
  - Phone: 314-898-0550
  - Services Offered: Immediate needs for the unhoused (Food, clothing, toiletries). On Thursday evenings they visit encampments in the community and provide food and essential items to the unhoused. Hours: Mon-Fri, 8:00am-8:00pm.
- Advocates for Animals Food Pantry <https://www.a4apetpantry.org/contact-us.php>
  - Phone: 636-209-5019 Address: 1316 Commercial Blvd, Herculaneum, MO 63048
  - Services Offered: Monthly distribution of pet food and supplies. Hours: Wed-Sat, 10:00am-2:00pm
- The Collective, powered by PreventEd <https://prevented.org/resources/the-collective/>
  - Phone: 314-912-9043 (Main Number), 314-475-0406 (Mandy), 636-377-6578 (Jenna) or [jgateson@prevented.org](mailto:jgateson@prevented.org), [mjanke@prevented.org](mailto:mjanke@prevented.org), or [jsinger@prevented.org](mailto:jsinger@prevented.org) Address: 924 Jeffco Executive Dr., Imperial, MO 63052
  - Services Offered: Free meal offered to the community every Saturday from 11am-1pm. No sign-ups. No judgement. All are welcome.
- Connect Church [Connect Church STL | Fenton, MO](#)
  - Phone: 636-492-1605 Address: 1779 Springdale Blvd., Fenton, MO 63026
  - Services Offered: Mobile Food Market offered on the 3<sup>rd</sup> Thursday of every month from 4pm-6pm.
- Cornerstone Mission [Cornerstone Mission \(jotform.com\)](#)
  - Phone: 636-633-8517 Address: PO Box 13, Imperial, MO 63052
  - Services Offered: Immediate needs(food/supplies/laundry), document assistance, emergency hotel (under 32°), spiritual encouragement, connection to local resources, connection to local church body. Phones are open 24/7-Calls returned ASAP
- Desoto Food Pantry <https://www.facebook.com/DeSotoFoodPantry/>
  - Phone: 636-586-7300 Address: 705 E Stone St, De Soto, MO 63020
  - Services Offered: Providing food for Desoto, MO families, shut-ins and individuals who are struggling with daily groceries. Distributes on 4th Saturdays 8am-11am
- Emmanuel Baptist Church & Food Pantry <https://www.emmanuelbaptistchurchdesoto.org/>
  - Phone: 636-586-6300 Address: 13270 State Rd CC, De Soto, MO 63020
  - Services Offered: Food Pantry, clothing assistance, housewares, Christmas assistance for both children & adult gifts. Mon - Fri, 9:00am-1:00pm, Every 3rd Thursday 11:00am-5:00pm
- Family of Christ Lutheran Church <https://www.focelca.com/>

- Phone: 636-223-0358 & 314-612-0144 Address: 5810 US-61 /67, Imperial, MO 63052
- Services Offered: Utility assistance and basic necessities.
- Feed My People- High Ridge <https://www.feed-my-people.org/>
  - Phone: 636-677-9885 Address: 3295 Ottomeyer Rd, High Ridge, MO 63049
  - Services Offered: Food, thrift store and limited utility help. Tues - Fri, 10:00am-2:00pm  
Saturday 10:00am-2:00pm
- First Baptist Church of Festus/Crystal City <https://fbcfcc.org>
  - Phone: 636-937-3668 Address: 107 N. Truman Blvd., Crystal City, MO 63019
  - Services Offered: Food, utility bill assistance, rent/mortgage assistance, medical bill assistance, gas for car, motel stay, and other help with life necessities **(as funds allow on a limited basis).**
- First Christian Church Disciples of Christ
  - Phone: 636-937-3416 Address: 415 N Mill St., Festus, MO 63028
  - Services Offered: Emergency Food Pantry. Mon-Fri 9:00am–11:30am
- First United Methodist Church Festus / Crystal City <https://www.festusumc.org/>
  - Phone: 636-937-6205 Address: 113 Grand Ave., Festus, MO 63028
  - Services Offered: Food and Personal Care items. Tuesdays 8:30am–11:30am
- Gateway Food Pantry (formerly Arnold Food Pantry) [www.gatewayfoodpantry.org](http://www.gatewayfoodpantry.org)
  - Phone: 636-287-3663 Address: 2024 Key West Dr, Arnold, MO 63010
  - Services Offered: Food, household necessities, toiletries and pet food when available.
  - Drive-through food pickup on a bi-weekly basis.
  - \* Must reside within Fox School District, Windsor School District, a veteran, or reside within 63127, 63128 or 63026.
- Gracelife Chapel <https://www.gracelifechapel.co>
  - Phone 636-475-3000 Address: 1 Victory Drive, Pevely, MO 63070
  - Phone: 636-475-3000 Address: 1000 North Main Street, De Soto, MO 63020
  - Services Offered: Free monthly diapers to those in need & free, fresh groceries and pantry items to individuals and families. Food distribution: 3<sup>rd</sup> Thursday at 5pm in Pevely & 1<sup>st</sup> Tuesday at 5pm in De Soto.
- High Ridge Food Pantry
  - Phone: 636-677-4868 Address: 3009 High Ridge Blvd, High Ridge, Mo. 63049
  - Services Offered: Food and Personal Care items. Thursdays 3:30pm-5pm
- Hillsboro Food Pantry <https://hillsborofoodpantry.com>
  - Phone: 636-789-5920 Address: 10399 MO-21 Bus, Hillsboro, MO 63050

- Services Offered: Food Distribution to those living in Hillsboro, Grandview, De Soto, Sunrise & Richwoods school districts. Distribution: Thursdays 8am-10:30am (or later if later appointments are scheduled)
- Holy Family Parish St. Vincent de Paul [Holy Family Parish, Arnold, MO](#)
  - Phone: (636) 321-0002 Address: 2300 Church Road, Arnold, MO 63010
  - Services Offered: Food pantry is in the lower parking lot at the end of the parish center, facing the concession stand. No registration is required. The pantry is available for food items on Sunday evenings, opening at 5pm.
- James II Project (located at the Salvation Army)
  - Phone: 314-675-0375 Address: 3740 Telegraph Rd., Arnold, MO 63010
  - Services Offered: Free hot meal offered to the community every Monday at First United Methodist Church in Festus from 11:30am-12:30pm, every Tuesday & Thursday at the Salvation Army in Arnold from 11:30am-12:30pm, Showers available at nearby New Hope Cares (located in the lower level of New Hope Methodist) every Tuesday & Thursday from 9:30am-11:30am before meal. Laundry on site at the Salvation Army in Arnold.
- Jefferson County Foster Closet <https://www.facebook.com/Jeffcofostercloset/>
  - Phone: 636-375-9342 Address: Hillsboro, Mo.
  - Services Offered: Providing foster children with clothing and personal hygiene items. Mon-Sun, (including holidays) 7:00am-7:00pm (can fill request after hours)
- Jefferson County Health Department <https://www.jeffcohealth.org/>
  - Phone 636-797-3737 Address: 1515 Peach Tree Plaza Court, Hillsboro, MO 63050
  - Phone: 636-797-3737 Address: 1818 Lonedell Road, Arnold, MO 63010
  - Services Offered: Birth and death certificates, mobile health center, mobile dental van, and free nutrition counseling. Mon-Thurs 8:00am-5:30pm & Fridays 8:00am-5:30pm (Hillsboro office only)
- Jefferson County Pet Food Pantry <http://www.jeffcopetfoodpantry.org/>
  - Phone: 314-723-6127 Address: 4150 Old State Rd M, House Springs, MO 63051
  - Services Offered: Once monthly pet food distro to low-income families, seniors, disabled and homeless.
- Jefferson County Rescue Mission <https://www.facebook.com/p/Jefferson-County-Rescue-Mission-Inc-100064687987077/>
  - Phone: 636-475-3030 Address: 8943 Commercial Blvd, Pevely, Mo. 63070
  - Services Offered: Food Pantry and basic needs. Mon-Fri 9am-2:30pm and Sat-Sun 10am-6pm
- Living Faith Food Pantry <https://www.livingfaithministries.net/living-faith-food-pantry>
  - Phone: 636-937-4990 Address: 2170 Buck Creek Rd. Festus, MO 63028

- Services Offered: Food Pantry and basic needs 2nd Thursday of the month from 8am-11am
- Metro Vision Ministries
  - Phone: 636-671-0026 Address: 4694 Gravois Rd House Springs, MO. 63051
  - Services Offered: Emergency short term help- by phone appointment only.
- Missouri Department of Social Services <https://mydss.mo.gov/>
  - Phone: 855-373-4636
  - Services Offered: Food Stamp Applications, Medicaid, and Temporary Assistance. Hours: 6am-6pm.
- MU Extension Urban East- Jefferson County Office
  - Phone: 636-797-5391 x 6327 Address: 301 Third Street, Hillsboro, MO 63050
  - Services Offered: Provides assistance to individuals and families completing SNAP applications, how to prepare healthy meals, budgeting, etc.
- Mount Olive Methodist Church <https://www.facebook.com/MtOliveChurchDesotoMo/>
  - Phone: 636-586-0338 Address: 13675 Mt Olive Rd, De Soto, MO 63020
  - Services Offered: Emergency food & Clothes for people in distress i.e., Fires etc.
- New Hope Cares (located on the right (north) side lower level of New Hope Methodist)
  - Phone: 636-264-2318 or [nhcaresarnold@gmail.com](mailto:nhcaresarnold@gmail.com) Address: 3921 Jeffco Blvd., Arnold, MO 63010
  - Services Offered: A safe place to find respite from the streets. We offer hot meals, food to go, showers, laundry, clothing, toiletries, and home supplies. Hours: Mondays 1-3, Tuesdays and Thursdays 9:30-11:30, the 2nd and 4th Fridays of the month 5-7 PM
- Operation Food Search <https://www.operationfoodsearch.org/>
  - Phone: 314-726-5355
  - Services Offered: 24 Hour Hotline to direct you to food pantries closest to you
- Ozark Food Pantry <https://www.ozarkfoodpantry.org/>
  - Phone: 636-933-9974 Address: 1 Sunset Pk, Festus, MO 63028
  - Services Offered: Food pantry, basic needs, and utility assistance Sat 8:30am-11am
- Peace by Piece, an Outreach Ministry of Faith Community Church [clothescloset.co](http://clothescloset.co)
  - Phone: 636-575-5441 Address: 4830 Scottsdale Plz, House Springs MO 63051
  - Services Offered: Personal Care Supplies (monthly) School Supplies (seasonal) Christmas Toys (seasonal). Serving Northwest, Hillsboro, and Grandview School Districts. Wed, Fri & Sat 9am-1pm
- Peace Pantry <https://www.peacepantry.org/>
  - Phone: 636-285-0934 Address: 8100 S Industrial Dr, Cedar Hill, MO 63016

- Services Offered: Food, clothing, and spiritual support Mon - Sat, 9:00am-1:00pm
- Radiant Life Church Food Pantry <https://radiantlifechurch.me/ministries/masters-meal-food-pantry>
  - Phone: 636-937-8421 Address: 11533 Gamel Cemetery Rd, Festus, MO 63028
  - Services Offered: Food, household cleaners & personal care items- 3rd Tuesday of the month, must call pantry phone number for confirmation #
- Redemption Church [www.redemptionchurchstl.com](http://www.redemptionchurchstl.com)
  - Phone: 636-223-0657 Address: 7301 Metropolitan Blvd., Barnhart, MO 63012
  - Services Offered: Food pantry available to the community every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday from 4pm-6pm.
- Salvation Army Food Pantry <https://centralusa.salvationarmy.org/midland/arnold/events/food-pantry/>
  - Phone: 636-464-0787 Address: 3740 Telegraph Rd, Arnold, MO 63010
  - Services Offered: Food Pantry every Wednesday from 9:30am-11:30am. For Jeffco residents only. Please bring picture ID and SSN of everyone in household and proof of residency. May access 1x per month.
  - Other Services Offered: Clothing help, utility assistance, emergency food assistance, rent assistance (when funds are available). Regular hours: Mon-Thurs 9am-3pm. For utility or rent assistance, please call for an appointment.
- Sandy Baptist Church <http://sandybaptistsbc.org/>
  - Phone: 636-479-5428 and 314-620-5636 Address: 9331 Sandy Church Rd, Hillsboro, MO 63050
  - Services Offered: Food services and religious support for residents of Hillsboro, Pevelly, Barnhart, and Herculaneum
- Second Hand Heros <https://www.facebook.com/secondhandheros/>
  - Phone: 636-209-7372 Address: 113 Mississippi Ave., Crystal City, MO 63019
  - Services Offered: Help with clothing, shoes, baby items and household goods.
- Sister Christine's Food Pantry at St. Joseph Catholic Church
  - Phone: 636-464-7580 Address: 6020 Old Antonia Road, Imperial Missouri 63052
  - Services Offered: Food Pantry Thursdays 8am-9:30am.
- Society of Vincent De Paul - Crystal City
  - Phone: 1 (877) 238-3228 Ext 3324 Address: 555 Bailey Rd, Crystal City, MO 63019
  - Services Offered: Utilities, Rent, Car Repair, Beds, and Referrals
- St Francis Xavier Outreach Program
  - Phone: 314-266-9557 by appointment only
  - Services Offered: Birth Certificates and State IDs

- St. Louis Area Foodbank [www.stlfoodbank.org](http://www.stlfoodbank.org)
  - Phone: 314-292-6262 Address: 70 Corporate Woods Dr., Bridgeton, MO 63044
  - Services Offered: We have hundreds of food pantries throughout 14 counties in Missouri where people can receive food. We also assist people over the phone with applications for SNAP (food stamps), Medicaid (healthcare), and LIHEAP (utility assistance). Mon-Fri 8am-5pm
  
- St Vincent De Paul Council [www.SVDPstl.org](http://www.SVDPstl.org)
  - Phone: 314-881-6000 (Council Office in St Louis)- Other locations listed below
  - Services Offered: Rent, mortgage & utility assistance, car repairs and occasionally car purchases (strict guidelines), food vouchers and/or food provided from our pantries. Coupons to our thrift stores for clothing and household items/ furniture, occasionally help with taxes.
  - **Arnold Area**
    - Holy Family Parish (located at the Immaculate Conception campus); Phone: 636-321-0002 Ext 6
  - **Imperial Area**
    - St John the Beloved Apostle (314) 289-6101 Ext 3332
    - St Joseph (636) 274-6520
  - **Festus/Crystal City Area**
    - Sacred Heart (877)- 238-3228 Ext 3324
    - Our Ladys (636) 937-5513 Ext 6
  - **Hillsboro Area**
    - Good Shepherd (636) 789-3868
  - **De Soto Area**
    - St Rose of Lima (636) 586- 2047
  - **House Springs Area**
    - Our Lady Queen of Peace (636) 671- 3062 Ext 6
  - **High Ridge Area**
    - St Anthony (877) 238- 3228 Ext 3329
  
- Twin Rivers Church <https://twinrivers.church/>
  - Phone: 314-775-5367 Address: 949 Windsor Harbor Rd Imperial, MO
  - Services Offered: Food Pantry & Financial Assistance
  
- The United Way 211 [www.211helps.org](http://www.211helps.org) or [www.211counts.org](http://www.211counts.org)
  - Phone: 800-427-4626 or 211
  - Services Offered: [www.211helps.org](http://www.211helps.org) / [www.211counts.org](http://www.211counts.org) these websites contain 26,000 programs & services. 211 is answered by navigators 24 hours a day.
  
- Wesley UMC – Festus <https://www.facebook.com/WesleyUMCFestus/>
  - Phone: 636-937-5854 Address: 3551 US-61, Festus, MO 63028
  - Services Offered: School Supplies, Food Boxes available 24/7, Celebrate Recovery

## Housing Shelters and Housing Assistance:

- 211
  - Phone: 2-1-1
  - Services Offered: [www.211helps.org](http://www.211helps.org) / [www.211counts.org](http://www.211counts.org) these websites contain 26,000 programs & services
- Almost Home <https://almosthomestl.org/>
  - Phone: 314-771-4663
  - Services Offered: Transitional residence for teenage mothers with up to two children.
- Compass Health Housing <https://www.comtrea.org/87-locations/779-housing-contact>
  - Phone: 636-232-2345 or 646-931-2700x 1023
  - Services Offered: Housing Resources
- Cornerstone Mission [Cornerstone Mission \(jotform.com\)](http://CornerstoneMission.jotform.com)
  - Phone: 636-633-8517 Address: PO Box 13, Imperial, MO 63052
  - Services Offered: Immediate needs(food/supplies/laundry), document assistance, emergency hotel (under 32°), spiritual encouragement, connection to local resources, connection to local church body. Phones are open 24/7-Calls returned ASAP
- Epworth <https://www.epworth.org/>
  - Phone: 314-727-6294 24/7 by appointment only
  - Services Offered: Youth Emergency Shelter, ages 11-20
- Festus Gardens Apartments
  - Phone: 314-825-6031 Address: 506 Briar Ridge, Festus, MO 63028
  - Services Offered: Low Income Housing
- Good Shepherd Children and Family Services [www.goodshepherdstl.org](http://www.goodshepherdstl.org)
  - Phone: 314-560-6703 Address: 705 3<sup>rd</sup> Street, Hillsboro, MO 63050
  - Services Offered: Housing for homeless youth between the ages of 12-21 if they are pregnant and/or parenting (if parenting, they accept 2 children under 5); Free pregnancy testing at the Hillsboro office (appointment required by calling number listed)
- Jefferson County Community Organizations Active in Disasters
  - Phone: 636-797-5381
  - Services Offered: Disaster Relief and Recovery
- Jefferson County Community Partnership [www.jccp.org](http://www.jccp.org)
  - Phone: 636-465-0983 Address: 3875 Plass Road, Bldg. A, Festus, MO 63028

- Services Offered: Hammers of Hope program provides health and safety related home/mobile home repairs, such as installing grab bars, accessibility ramps, etc. Must own and live in your Jefferson County home for at least 3 years and meet program financial requirements. Mon-Fri 8:00am-4:00pm
- Jefferson County Rescue Mission <https://jeffersonrescuemission.com/>
  - Phone: 636-475-3030 Address: 8943 Commercial Blvd, Pevely, MO 63070
  - Services Offered: Emergency housing assistance
- Jefferson Franklin Community Action Corp. – <https://www.jfcac.org>
  - Phone: 636-789-2686 (direct line for WIC is option 5) Address: 2 Merchants Drive, Hillsboro, MO 63050
  - Services Offered: Housing, Disaster/Crisis Assistance, Early Childhood Education (Head Start/Early Head Start also offers a prenatal program and Home Visiting Services to families), WIC (Women, Infant and Children Nutrition Services), Transportation, Medicaid and Medicare enrollment assistance, Utility Assistance, Weatherization Services and Employment Training Services
- Joyce Meyer Ministries <https://joycemeyer.org/>
  - Phone: 636-349-0303 Ext 1055 Address: 700 Grace Pkwy, Fenton, MO 63026
  - Services Offered: Utility Assistance
- Salvation Army
  - Phone: 636-464-0787 Address: 3740 Telegraph Rd, Arnold, MO 63010
  - Services Offered: Emergency housing assistance. Rent & mortgage assistance (as funds allow)
- St Vincent De Paul Council [www.SVDPstl.org](http://www.SVDPstl.org) .
  - Phone: 314-881-6000 (Council Office in St Louis)- Other locations listed below
  - Services Offered: Rent, mortgage & utility assistance, car repairs and occasionally car purchases (strict guidelines), food vouchers and/or food provided from our pantries. Coupons to our thrift stores for clothing and household items/ furniture, occasionally help with taxes.
  - **Arnold Area**
    - Holy Family Parish (located at the Immaculate Conception campus); Phone: 636-321-0002 Ext 6 or David 636-296-5485 Ext 2
  - **Imperial Area**
    - St John the Beloved Apostle (314) 289-6101 Ext 3332
    - St Joseph (636) 274-6520
  - **Festus/Crystal City Area**
    - Sacred Heart (877)- 238-3228 Ext 3324
    - Our Ladys (636) 937-5513 Ext 6
  - **Hillsboro Area**
    - Good Shepherd (636) 789-3868

- **De Soto Area**
  - St Rose of Lima (636) 586- 2047
- **House Springs Area**
  - Our Lady Queen of Peace (636) 671- 3062 Ext 6
- **High Ridge Area**
  - St Anthony (877) 238- 3228 Ext 3329
- St Vincent Home for Children <https://www.facebook.com/StVincentHome/>
  - Phone: 314-261-6011 or 314-791-1460 after 5pm
  - Services Offered: Street Outreach Program for homeless youth.
- Warming Centers: [warming shelter - 31 results](#)

## Medical

- Affton Medicine Shoppe [Affton Medicine Shoppe - Affton Medicine Shoppe](#)
  - Phone: 314-638-3535 Address: 7922 Mackenzie Rd., Affton, MO 63123
  - Services Offered: “Talking prescription labels” for those that have vision impairment; Free medical transportation for Bosnian speaking patients; Bosnian and Pashto speaking staff; Bosnian Community Health Workers on staff; Mon-Fri 9am-6pm and Sat 9am-1pm
- Compass Health <https://compasshealthnetwork.org/>
  - Phone: 844-853-8937 Address: Multiple Locations in Jefferson County
  - Services Offered: Primary care, Dental, Pharmacy, Optical (at the current time children only) and Behavioral Health- some with sliding scale fees.
- Jefferson County Health Department [www.jeffcohealth.org](http://www.jeffcohealth.org)
  - Phone 636-797-3737 Address: 1515 Peach Tree Plaza Court, Hillsboro, MO 63050
  - Phone: 636-797-3737 Address: 1818 Lonedell Road, Arnold, MO 63010
  - Services Offered: Project Lifesaver, Family Planning, Lead Education, Health Education, Naloxone Distribution, Dental Van, Vaccinations, Mobile Health Center and more. Hours: Mon-Thurs 8:00am-5:30pm & Fridays 8:00am-5:30pm (Hillsboro office only)
- Missouri Department of Social Services <https://mydss.mo.gov/>
  - Phone: 855-373-4636
  - Services Offered: Food Stamp Applications, Medicaid, and Temporary Assistance. Hours: 6am-6pm.
- Missouri Poison Center [www.missouripoisoncenter.org](http://www.missouripoisoncenter.org)
  - Phone: 1-800-222-1222 Address: 7980 Clayton Road, Suite 200, St. Louis, MO 63117
  - Services Offered: Toll-free Poison Help line for Missouri. Staffed by nurses and pharmacists. 24/7/365

- Pevely Medicine Shoppe <https://pevely.medicineshoppe.com/>
  - Phone: 636-479-6100 Address: 8640 Commercial Blvd Pevely, MO 63070
  - Services offered: Free medication delivery; Community Health Workers on staff that can help guide you to other resources; home of the Pevely Lions Club for assistance with eyeglasses, eye appointments, diabetes resources, and more; licensed insurance agent on staff to help you with Medicare and/or Medicaid; assistance with access to immunizations; access to Bosnian, Arabic, and Pashto speaking staff; medication packaging services, custom compounded medications made on site (for humans and animals); over-the-counter medications available. Mon-Fri 9am - 6pm, Sat 9am - 1pm, Sun Closed
- Pharmax Pharmacy <https://www.pharmax-rx.com/>
  - Phone: 636-464-1100 Address: 1117 Imperial Main, Imperial, MO 63052
  - Phone: 636-937-7997 Address: 116 Walnut St., Festus, MO 63028
  - Services Offered: Pharmacy Services, medication packaging, wound care supplies, over-the-counter meds, immunizations. Hours: Mon-Fri 9am-6pm, Sat 9am-1pm, Sun Closed
- Rural Parish Clinic Medical Services [www.rpcstl.org](http://www.rpcstl.org)
  - Phone: 888-870-9610 (medical) or 314-225-4034 (dental) Address: Mobile Van can be found at Peace Pantry in Cedar Hill, MO. (8100 S Industrial Dr., Cedar Hill, MO 63016)
  - Services Offered: Mobile medical and dental services to uninsured residents in rural areas, specifically targeting individuals aged 19-64 who meet income guidelines of less than 200% of the federal poverty level.
  - Medical: medical clinic doctors, nurses, and staff offer an array of services on-site including physicals, acute and preventative care, chronic disease management, EKGs, ultrasounds and specialist referrals as necessary.
  - Dental: Individualized treatment plans provide comprehensive care including fillings, extractions, cleaning, and even free dentures.
- Smiles of Hope, Dental Clinic <https://www.connectchurchstl.com/dental>
  - Phone: 636-212-2967 Address: 1779 Springdale Blvd., Fenton, MO 63026
  - Services Offered: Licensed dentists volunteer their time to provide low-cost tooth extractions. Hours: 4<sup>th</sup> Saturday of each month.
- Upward Smiles <https://www.facebook.com/upwardsmilesfestus/>
  - Phone: 855-944-5437 Address: Mobile Dental Van- locations vary and change
  - Services Offered: Dental Services for children under age 20 and pregnant women of any age.
- Winkelmann Drug [HOME - winkelmanndrug.com](http://HOME-winkelmanndrug.com)
  - Phone: 314-353-3300 Address: 3300 Meramec St., St Louis, MO 63118
  - Services Offered: Owner/pharmacist is experienced in substance use disorders and is bilingual in Russian; Board Certified Geriatric Pharmacist on staff that is experienced in

long term care services as well; Community Health Worker on Staff Mon-Fri 9am-5pm and Sat 9am-12pm

## Senior Services

- Aging Ahead
  - Main: 1- 800-243-6060 Address: 14535 Manchester Rd., St Louis, MO 63011
    - Provides recreational activities, socialization, education and congregate meals at Senior Centers and CHOICE sites as well as Home Delivered Meals. Virtual programming also available via website [www.agingahead.org](http://www.agingahead.org)
      - Arnold CHOICE Site
        - Phone: 314-413-1240
        - Address: Jefferson College Arnold – 1687 Missouri State Road, Arnold, MO, 63010
        - Monday and Wednesdays 12:30-2pm
      - High Ridge CHOICE Sites
        - Phone: 636-677-4578
        - St. Martins UCC – 3229 High Ridge Blvd, High Ridge, 63049 - Monday and Wednesdays 11:00-2pm
        - Jefferson County Library – Northwest Branch 5680 Missouri PP, High Ridge, 63049 – Tuesday and Thursdays 12:30-2pm
      - Quad Cities Senior Center
        - Phone: 636-937-8333
        - Address: 1511 Park Drive, Crystal City, MO 63019
        - Days/Hours of Operation: M-F, 9am - 1pm
    - Community Options and Services
      - Jefferson County: 636-253-0558 Address: 6475 Notre Dame Ln, House Springs MO 63051
      - Supports older adults and individuals with disabilities, their families and caregivers including Options Consulting, Connection to Community Resources, Medicare assistance, Screening and applications for public benefits, Family Caregiver Support Services and more.
  - Alzheimer's Association <https://www.alz.org/greatermissouri>
    - Phone: 316-200-0684 Address: multiple locations and mobile units please call
    - Services Offered: Caregiver Support, Research & Education
  - Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
    - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
    - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.

- Disability Resource Association <https://dra4help.org/>
  - Phone: 636-931-7696 Address: 130 Brandon Wallace Way, Festus, MO 63028
  - Services Offered: Independent Living
- Elder Abuse and Neglect Hotline
  - Phone: 800-392-0210 24/7
  - Services Offered: Hotline to report abuse or exploitation of senior or vulnerable population.
- Elderlink
  - Phone: 314-812-9300
  - Services Offered: Telephone based assessment and referral service for clients age 60+ who need assistance with transport to medical appointments, food delivery, utility assistance, minor home repairs, home health, counseling and psychoeducation.
- Jefferson County Community Partnership <https://www.iccp.org/>
  - Phone: 636-465-0983 x 103 Address: 3875 Plass Rd., Building A, Festus, MO 63028
  - Services Offered: Hammers of Hope program provides health and safety related home/mobile home repairs, such as installing grab bars, accessibility ramps, etc. Must own and live in your Jefferson County home for at least 3 years and meet program financial requirements. Mon-Fri 8:00am-4:00pm
- Jefferson Franklin Community Action Corp. – <https://www.jfcac.org>
  - Phone: 636-789-2686 Address: 2 Merchants Drive, Hillsboro, MO 63050
  - Services Offered: Community Service Department- Offers Medicare services and can assist with: enrolling in Medicare; Finding out if you qualify for Medicare; See if you qualify for programs to help you save money on Medicare-related expenses; Sign up for Part D Drug plan, and check your plan for changes during the Medicare Open Enrollment Period every year; Understand and organize your healthcare bills and statements so you can manage your healthcare-related paperwork; Submit claims for Medicare, Medicare Advantage, and Medigap or supplemental insurance.
  - Other Services Offered: Older Adult Home Modifications Grant Program, Weatherization, and Healthy Homes.
- Lutheran Senior Services
  - Phone: 314-446-2475
  - Services Offered: In-Home and Community Based services for seniors.
- Saint Elizabeth Adult Day Care Center [www.seadcc.org](http://www.seadcc.org)
  - Phone: 636-321-8103 Address: 308 Plaza Way, Arnold, MO 63010
  - Services Offered: For adults 18 years and older. Specializing in supporting individuals with Alzheimer's disease, dementia, developmental disabilities, autism, Parkinson's and stroke recovery. Hours: Mon-Fri 6:00am-6:00pm

- True North Music, LLC <https://www.mytruenorthmusic.com/>
  - Phone: 636-725-2537 (o) 636-524-2502 (c) Address: 107 Ozark Dr. Crystal City MO
  - Services Offered: Music Therapy for individuals and groups of all ages. Mon-Sat 8am-7pm
- VOYCE [VOYCE | Speaking Up for Quality Long-Term Care](#)
  - Phone: 314-918-8222 (o) [info@voycestl.org](mailto:info@voycestl.org) or 314-919-2403 (HELPLINE) [VOYCEconnect Helpline - VOYCE](#)
  - Services Offered: VOYCE provides advocacy, education, and support to empower individuals and families navigating long-term care options.  
Ombudsman Services: Advocating for residents in long-term care facilities to ensure their rights, dignity, and quality of care are upheld.  
VOYCE also offers resources and workshops for caregivers, families, and professionals about elder care and related topics.
- Winkelmann Drug [HOME - winkelmanndrug.com](http://HOME-winkelmanndrug.com)
  - Phone: 314-353-3300 Address: 3300 Meramec St., St Louis, MO 63118
  - Services Offered: Owner/pharmacist is experienced in substance use disorders and is bilingual in Russian; Community Health Worker on Staff Mon-Fri 9am-5pm and Sat 9am-12pm

## Substance Use and Chemical Dependency Treatment

- ACPD <https://www.austinsarmy97.org/>
  - Phone: 314-578-3640 24/7
  - Services Offered: Connection to treatment for those with a substance use disorder and sober living.
- Adult & Teen Challenge <https://atcstl.org>
  - Phone: 636-677-1776 (men) or 636-484-4219 (women) Address: 2650 Appletree Acres Ln., High Ridge, MO 63049
  - Services Offered: 12-month residential program based on Christian principles for men and women, age 18 years +.
- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.
- Cedar Oak Sober Living [www.cedaroak.org](http://www.cedaroak.org)
  - Phone: 314-227-9227 Address: 5920 Antire Rd., High Ridge, MO 63049

- Services Offered: Recovery/Supportive Living (Men), Spiritual & Life Skills Education, Counseling & Support, Spiritual Enrichment and Recovery Mentoring.
- Charlie Health [www.charliehealth.com](http://www.charliehealth.com)
  - Phone: 314-498-4537
  - Services Offered: Virtual IOP for youth and adults (8–64) who need structured support beyond weekly therapy. Their program includes individual, group, and family therapy, psychiatry, curated peer groups, and MAT for ages 16+, making it a strong fit when outpatient care isn't enough, but residential treatment isn't required.
- Chestnut Health Systems- <https://www.chestnut.org/>
  - Phone: 800-446-0972 or [mohelp@chestnut.org](mailto:mohelp@chestnut.org) for Central Access
  - 2 Locations:
    - Phone: 636-638-2618 Address: 102 Fourth Street, Hillsboro, MO 63050
    - Services Offered: Outpatient Mental Health and Substance use, Psychiatric & MAT Services- M-F 8am-5pm, Behavioral Health Walk in Clinic- Tuesdays Only 9am-12pm, Adult Outpatient (individual and group counseling)- by appointment only 636-638-2618.
    - Phone: 636-487-2242 (Ryan Hill) or 636-551-8515 (Miranda Hyde) Address: 400 Boyd Street, De Soto, MO 63020 (De Soto Community Center)
    - Services Offered: Peer Support, Recovery Support Groups, Psychiatric Services. Hours: Drop-in hours are Wednesdays & Thursdays from 8am-5pm & Fridays from 9am-12pm. Mondays and Tuesdays: By appointment only. All Recovery Meetings= Wednesdays & Thursdays from 11am-12pm; Moving with Intention (Peer Support with Fitness Instruction) = Wednesdays from 7:30am-8:30am; Sober Soldiers = Thursdays from 2pm-3pm; Creativity Hour= Thursdays from 4pm-5pm. Medication Management and Psychiatric Evaluations (call 1-800-446-0972 for an appointment w/ Michele Cooley, PMHNP); Connection to Resources through our Community Health Navigator (contact Tara Lang, 636-484-3420 or [trlang@chestnut.org](mailto:trlang@chestnut.org))
- The Collective, powered by PreventEd <https://prevented.org/resources/the-collective/>
  - Phone: 314-912-9043 (Main Number), 314-475-0406 (Mandy), 636-377-6578 (Jenna) or [jgateson@prevented.org](mailto:jgateson@prevented.org), [mjanke@prevented.org](mailto:mjanke@prevented.org), or [jsinger@prevented.org](mailto:jsinger@prevented.org) Address: 924 Jeffco Executive Dr., Imperial, MO 63052
  - Services Offered: Skill-building workshops, support groups, and a welcoming space to connect, grow, and heal. Designed to feel like a “living room” for recovery, The Collective reflects the heart of our local community—where people feel supported, connected, and empowered. The Collective is a peer-led Recovery Community Center supporting individuals and families in Jefferson County. Hours: Monday-Friday 10am-6pm & Saturday 11am-7pm. Free meals offered to the community every Saturday from 11am-2pm. No sign-ups. No judgement. All are welcome.
- Compass Health <https://compasshealthnetwork.org/substance-use-disorder/>

- Phone: 844-853-8937 Address: Multiple Locations in Jefferson County
- Services Offered: Adolescent and Adult Outpatient Treatment Services, Adolescent Substance Use Disorder/Alcohol and Drug Treatment, Early Intervention for Adults, Opioid Treatment, Residential Services for Adults, Substance Awareness Traffic Program (SATOP). Treatment levels range from early intervention to residential services but might be intensive outpatient programming or day treatment programming based on a personal assessment.
- EPICC
  - Phone: 314-399-9794 (ages 14-18) or 314-348-0958 (for ages 18+)
  - Services Offered: Connects individuals living with opioid addiction to trained individuals with lived experience who are currently in recovery to help with resources, encouragement/support, access to treatment & overdose education/Narcan distribution.
- Jefferson County Treatment Courts [trish.hutson@courts.mo.gov](mailto:trish.hutson@courts.mo.gov)
  - Phone: 636-797-6332 Address: PO BOX 100, Hillsboro, MO 63050
  - Services Offered: Court supervised treatment programs for justice involved individuals and/or those with findings of child abuse or neglect as a result of addiction or co-occurring diagnosis. Mon-Fri 8am-5pm
- L.I.V. Recovery Sober Living [www.livsoberliving.com](http://www.livsoberliving.com)
  - Phone: 314-667-5255 Address: 428 Vreeland Road, Hillsboro, MO 63050
  - Services Offered: Recovery/Supportive Living Homes (Women), Out-patient Services, Case Management, and Peer Support Services.
- Mercy StepOne Service <https://steponeservice.com/mercy-hospital-stepone/>
  - Phone: 314-282-5234 Address: 10010 Kennerly Rd., St Louis, MO 63128 (Mercy Hospital South)
  - Phone: 636-224-8494 Address: 1400 US-61, Festus, MO 63028 (Mercy Hospital Jefferson)
  - Services Offered: Inpatient withdrawal management, comprehensive discharge plans for patients in the hospital, six months of follow-up. Most insurance is accepted (commercial, marketplace, Medicaid, Medicare). Mercy Financial Assistance may be available to you if you do not have insurance. Mon-Fri 8:30am-4:30pm (Mercy Hospital Jefferson) & Sun-Sat 8:30am-4:30pm (Mercy Hospital South)
- Prevent+Ed [www.PreventEd.org](http://www.PreventEd.org)
  - Phone: 314-962-3456 Address: 9355 Olive Blvd, St Louis, MO
  - Services Offered: Prevent+Ed offers low or no cost adult substance use assessment and referrals to treatment. You can be connected to a Peer Support Specialist for one-on-one support navigating resources and the recovery process. For adolescents, Prevent+Ed provides free, comprehensive substance use assessments and referrals to treatment, as well as educational workshops and counseling for young people up to age

19 and their families (GuidEd program). Prevent+Ed also has free medication disposal bags, Narcan, and resources about substance use for the community. Mon-Fri 9am-5pm

- Sana Lake Recovery <https://sanalake.com/>
  - Phone: 314-897-4409 Address: 8350 State Rte 30, Dittmer, MO 63023
  - Services Offered: Detox - Residential - Outpatient - Counseling - Med Management – Housing. 24/7
- Support Groups
  - **AI-Anon** (support group for family and friends affected by someone's drinking)
    - First United Methodist Church of Festus (walk to the right side of building to enter)
      - Address: 113 Grand Ave., Festus, MO 63028
      - Meeting Time: Tuesdays at 7:00pm (Alateen meeting at the same time)
    - New Hope United Methodist (entrance of church front)
      - Address: 3921 Jeffco Blvd., Arnold, MO 63010
      - Meeting Time: Wednesdays at 7:00pm
    - Queen of Peace Catholic Church
      - Address: 4696 Notre Dame Ln., House Springs, MO 63051
      - Meeting Time: Wednesdays at 6:30pm
    - St Joseph's Catholic Church (main entrance and take to the right of the nursery)
      - Address: 6020 Old Antonia Rd., Imperial, MO 63052
      - Meeting Time: 2<sup>nd</sup> and 4<sup>th</sup> Sundays at 6:00pm
  - **Alcoholics Anonymous**
    - Online Meetings: [Browse the Directory of Online Meetings – Online Intergroup of Alcoholics Anonymous \(aa-intergroup.org\)](#)
    - The Collective
      - Address: 924 Jeffco Executive Dr., Imperial, MO 63052
      - Meeting time: Saturdays at 7pm
    - Saint Martin's United Church of Christ
      - Address: 7890 Dittmer Ridge Rd., Dittmer, MO 63023
      - Meeting Time: Every Saturday at 5pm.
  - **Celebrate Recovery**
    - Connect Church
      - Phone: 314-835-7755 Address: 1779 Springdale Blvd., Fenton, MO 63026
      - Meeting Time: Tuesdays from 6:00pm-8:00pm (free childcare provided)
    - Faith Community Church
      - Phone: 573-979-7422 Address: 4824 Scottsdale Rd., House Springs, MO 63051
      - Meeting Time: Thursdays at 6:00pm
    - First Baptist Church of Arnold
      - Phone: 314-607-8165 Address: 2021 Missouri State Rd., Arnold, MO 63010

- Meeting Time: Mondays at 6:00pm
- First Baptist Church of DeSoto [www.fbcdesoto.com/recovery](http://www.fbcdesoto.com/recovery)
  - Phone: 636-586-2500 Address: 2000 Grace Way, DeSoto, MO 63020
  - Meeting Time: Monday at 6:30pm
- Gracelife Chapel
  - Phone: 314-440-5878 Address: 1 Victory Dr., Pevely, MO 63070
  - Meeting Time: Fridays at 7:00pm
- Hillsboro Christian Church
  - Phone: 636-208-8561 Address: 4865 Highway B, Hillsboro, MO 63050
  - Meeting Time: Thursdays at 7:00pm
- Peace Tabernacle
  - Phone: 636-789-3668 Address: 11096 MO-21, Hillsboro, MO 63050
  - Meeting Time: Tuesdays at 7pm, free meal provided at 6pm.
- SpiritWord Church
  - Phone: 636-282-8104 Address: 4400 Kennerly Park Rd., Byrnes Mill, MO 63070
  - Meeting Time: Tuesdays at 7:00pm
- Wesley United Methodist Church
  - Phone: 636-937-5854 Address: 3551 US Hwy 61, Festus, MO 63028
  - Meeting Time: Thursdays at 6:00pm
- **Chestnut Health Systems**
  - Family Support Group- for individuals whose loved ones are struggling with addiction.
    - Phone: 636-875-8049 or [ljepley@chestnut.org](mailto:ljepley@chestnut.org) Address: 102 4<sup>th</sup> Street, Hillsboro, MO 63050
    - Meeting Time: Wednesdays, 5:30pm-7pm
  - `Recovery Meetings- Open to all active clients and community members seeking support for addiction/recovery. Groups are led by Peer Recovery Specialists.
    - Phone: 636-487-2242 (Ryan Hill) or 636-551-8515 (Miranda Hyde)  
Address: 400 Boyd Street, De Soto, MO 63020 (De Soto Community Center)
    - All Recovery Meetings= Wednesdays & Thursdays from 11am-12pm; Moving with Intention (Peer Support with Fitness Instruction) = Wednesdays from 7:30am-8:30am; Sober Soldiers = Thursdays from 2pm-3pm; Creativity Hour= Thursdays from 4pm-5pm.
- **Crystal Meth Anonymous**
  - Online Meetings: [12 Steps To Freedom - Crystal Meth Anonymous](#)
  - Meeting Time: Sundays at 5:30pm
- **Narcotics Anonymous** <https://namemo.org>
  - Phone: 636-875-1001 Address: Mid Eastern Missouri
  - Services Offered: 12 Step Recovery program for Drugs & Alcohol. 24 hour hotline with information to find 12 step meeting.
- The Collective

- Address: 924 Jeffco Executive Dr., Imperial, MO 63052
  - Meeting time: Wednesdays & Thursdays at 7pm
- Festus Church of Nazarene (basement)
  - Address: 2717 State Road P, Festus, MO 63028
  - Meeting Time: Saturdays at 5:30pm
- New Hope United Methodist Church (front door)
  - Address: 3921 Jeffco Blvd., Arnold, MO 63010
  - Meeting Time: Sundays at 7:00pm
- Private Probation Service (upstairs)
  - Address: 310 Locust Street, Hillsboro, MO 63050
  - Meeting Time: Tuesdays at 7:00pm
- Saint Marks United Church of Christ
  - Address: 1861 Missouri State Rd., Arnold, MO 63010
  - Meeting Time: Mondays at 7:00pm
- Trinity Episcopal Church
  - Address: 202 West Miller St., De Soto, MO 63020
  - Meeting Time: Sundays at 5:30pm
- Transformation United Methodist Church
  - Address: 4869 Scottsdale Creek Blvd., House Springs, MO 63051
  - Meeting Time: Wednesdays at 7:00pm
- Twin City Church of Christ (rear door)
  - Address: 11780 County Road CC, Festus, MO 63028
  - Meeting Time: Wednesdays at 7:30pm
- United Methodist Church (use rear entry)
  - Address: 113 Grand Ave, Festus, MO 63028
  - Meeting Time: Mondays & Fridays at 7:00pm
- Windsor Baptist Church
  - Address: 6701 Highway 61-67, Barnhart, MO 63052
  - Meeting Time: Tuesdays at 7:30pm
- **SMART Recovery** (program serving those with an addictive behavior, including both substance use and activity/process addictions)
  - Chestnut Health Systems
    - Address: 102 4<sup>th</sup> Street, Hillsboro, MO 63050
    - Meeting Time: Sundays at 9:00am

## Transportation

- Affton Medicine Shoppe [Affton Medicine Shoppe - Affton Medicine Shoppe](#)
  - Phone: 314-638-3535 Address: 7922 Mackenzie Rd., Affton, MO 63123
  - Services Offered: “Talking prescription labels” for those that have vision impairment; Free medical transportation for Bosnian speaking patients; Bosnian and Pashto speaking staff; Bosnian Community Health Workers on staff; Mon-Fri 9am-6pm and Sat 9am-1pm

- Jeffco Express
  - Phone: To schedule a ride in Jefferson County, call 636-933-9380 or 888-793-9333.
  - Services Offered: See below for schedule.
  - **City of DeSoto:**
    - **DeSoto to St. Louis for Medicals:**
      - 3rd Tuesday each month
    - **Desoto Local for Medicals/Shopping:**
      - Monday-Friday
      - Medical: 10:00 a.m. - 1:00 p.m.
  - **City of Festus:**
    - **Festus, Crystal City, Herculaneum or Pevely to Quad City Senior Center:**
      - Tuesday and Thursday
    - **Festus Local Medicals:**
      - Monday-Friday
    - **Festus Shopping:**
      - 2nd Thursday of each month
    - **Festus to St. Louis for Medicals:**
      - 3rd Tuesday each month
      - Medical: 10:00 a.m. - 1:00 p.m.
  - **Service in High Ridge, Cedar Hill, House Springs, and Fenton:**
    - **Fenton Shopping:**
      - 3rd Monday each month
    - **High Ridge Local for Medicals/Shopping:**
      - 1st and 3rd Wednesday each month
    - **High Ridge to St. Louis for Medicals:**
      - 3rd Tuesday each month
    - **Fenton to Arnold for Medicals:**
      - Monday-Friday
      - Medical: 10:00 a.m. - 1:00 p.m.
  - **Fares (One-Way):**
    - Bus Fare: \$2.00\*
    - Deviated Fixed Route: \$4.00\*
    - Seniors aged 60+ and individuals with disabilities riding under the AAA contract do not have a set fare but are asked to contribute a minimum amount for their rides.
- JC Transit
  - Phone: 636-282-4470
  - Services Offered: Services: Available to any individual with a disability as defined by the Americans with Disabilities Act (ADA), but this service is specifically intended for persons with developmental disabilities. Must call 48 hours in advance to request a ride. Rides may be scheduled for medical trips, shopping, employment, nutrition sites and leisure. Hours of Operation: 6:00am-10:00pm daily (excluding major holidays). Fees: \$3 each

way for persons with developmental disabilities; \$15 each way for persons with other (non-developmental) disabilities.

- Jefferson Franklin Community Action Corp. (EZMO Transportation) <https://www.jfcac.org/ezmo.html>
  - Phone: 877-743-3966 Address: 2 Merchants Drive, Hillsboro, MO 63050
  - Services Offered: Free transportation (to individuals that qualify due to low income, intake is required) in Jefferson and Franklin Counties for Grocery Store Visits, Non-Emergency Medical Visits, Employment, Legal Services, Childcare or Community Resource Visits. Must call to schedule 48 hours in advance. Rides are given 7 days a week, upon driver availability.

## **Transportation For Medicaid Patients**

- Jefferson Franklin Community Action Corp. (EZMO Transportation) <https://www.jfcac.org/ezmo.html>
  - Phone: 877-743-3966 Address: 2 Merchants Drive, Hillsboro, MO 63050
  - Services Offered: Free transportation (to individuals that qualify due to low income) in Jefferson and Franklin Counties for Grocery Store Visits, Non-Emergency Medical Visits, Employment or Community Resource Visits. Must call to schedule 48 hours in advance. Rides are given Monday through Saturday, if a driver is available.
- LogistiCare <https://www.modivcare.com/>
  - Phone: 866-269-5927 (To make a reservation or ask questions) 573-751-2896 (Call to see if eligible for services)
  - Services Offered: Non-emergency medical transport; must schedule a ride at least 5 days in advance. Fees: Free for Medicaid patients
- Medical Transportation Management (MTM) <https://www.mtm-inc.net/#NEMT>
  - Phone: 636-561-5686
  - Services Offered: Free Non-emergency medical transport for the state of Missouri. Call at least 3 days in advance to schedule a ride.

## **Veteran's Services**

- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.

- Heroes Care <https://heroescare.org/>
  - Phone: 636-600-0096 Address: 330 Sun Valley Cir, Fenton, MO 63026
  - Services Offered: The Mission Depot offers expanded basic, daily material needs by a free store which will include, clothing (new suits and professional attire for those seeking employment opportunities), non-perishable food items, household items, personal hygiene items, baby items, kitchen items, cleaning supplies, school supplies, gifts for family members for special occasions (holidays/birthdays), etc. Service members and their spouses apply for grants, not loans. We provide funding to prevent evictions, repossessions, and foreclosures, for home, auto, and major appliance repairs, and to restore or maintain utility services. Heroes Hair Care.
- Jefferson County Family YMCA Veterans Program <https://gwrymca.org/military-veteran-outreach>
  - Phone: 314-550-7698 Address: 1303 YMCA Dr, Festus, MO 63028
  - Services Offered: Financial Assistance for Veterans in need, exclusive memberships to the YMCA, Operation Kid Comfort- support for children of military families, who have a parent that is deployed. OKC will provide military children with a quilt or pillow that is made out of pictures of both the child and his/her deployed parent and United Through Reading- Children are able to stay connected to their deployed parents through videotapes of the parent reading their child's favorite books.
- Jefferson County Library Branches [Jefferson County Library](#)
  - Phone: 636-296-2204 Address: 1701 Missouri State Rd., Arnold, MO 63010
  - Phone: 636-551-1020 Address: 6780 Mall Drive, Cedar Hill, MO 63016
  - Phone: 636-677-8186 Address: 5680 Missouri PP, High Ridge, MO 63049
  - Phone: 636-461-1914 Address: 7479 Metropolitan Blvd., Barnhart, MO 63012
  - Services Offered: Each location offers access to a free website called "Brainfuse VetNow". "Brainfuse VetNow supports veterans and their families with navigating the VA bureaucracy, providing academic tutoring, and employment transition assistance. With carefully scrutinized resources and rigorously screened navigator, Brainfuse ensures veterans get the help they need, when they need it. VetNow is accessible by any computer or mobile device with a web browser: [Jefferson County Library VetNow HelpNow - Online Tutoring](#)
- Jefferson County Veterans Treatment Court [trish.hutson@courts.mo.gov](mailto:trish.hutson@courts.mo.gov)
  - Phone: 636-797-6332 Address: PO BOX 100 Hillsboro, MO 63050
  - Services Offered: Court supervised program for justice involved Veterans. Mon-Fri 8am-5pm
- St. Patrick Center: Supportive Services for Veteran Families [www.stpatrickcenter.org](http://www.stpatrickcenter.org)
  - Phone: 636-931-7696 x 145 (DRA) or 618-484-7447 (Rural Counties Coordinator)  
Address: 130 Brandon Wallace Way, Festus, MO 63028
  - Services Offered: Assists Veterans and their families with Case Management, homelessness prevention, rapid transitions to housing, healthcare navigation, food, rent/utility assistance and limited vehicle repair. Funded by the US VA covers the

following counties: St Louis City, St. Louis, St. Charles, Lincoln, Warren, Jefferson, Franklin, Crawford, Washington, St Francois, and St. Genevieve. Mon-Fri 8am-4:30pm

- St Louis VA, Hope Recovery Center
  - Phone: 314-745-2144
  - Services Offered: Same day housing assessments over the phone, or the outreach worker can go to the Veteran. A housing assessment can then guide the referrals for emergency shelter, RRH, Transitional Housing or PSH.
- Tri County Veterans in need Team <https://www.mymoinfo.com/organizers-with-tri-county-veterans-in-need-hosting-suits-for-military-event/>
  - Phone: 988, Option 1
  - Services Offered: Veteran Specific crisis intervention services

## Women, Children, and Family:

- All for Family <https://www.allforfamily.net/copy-of-contact>
  - Phone: 636-345-5222
  - Services Offered: Supervised Family Visits, Foster Parent support & Training.
- Birthright of Hillsboro [birthrightofhillsboro.org](http://birthrightofhillsboro.org)
  - Phone: 636-789-3518 Address: 407 3rd Street, Hillsboro MO
  - Services: Diapers, formula, clothing/shoes/coats for children under 3, limited financial assistance.
- Care Connections
  - Phone: 636-464-0096 Address: 3581 Jeffco Blvd., Arnold, MO 63010
  - Services Offered: Counseling, emergency assistance, hygiene and weekly food deliveries to anyone living in Jeffco, support groups (Divorce Care, GriefShare, Parenting a Second Time Around) & foster family support.
- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.
- Chestnut Health Systems- <https://www.chestnut.org/>
  - Phone: 636-638-2618 Address: 102 Fourth Street, Hillsboro, MO 63050
  - Services Offered: Support Groups
    - Anger Management Group:
      - Phone: 636-751-9681 or [kdwilson@chestnut.org](mailto:kdwilson@chestnut.org) Address: 102 Fourth Street, Hillsboro, MO 63050

- Meeting Time: Wednesdays, 4pm-5:30pm
  - Family Support Group
    - Phone: 636-875-8049 or [ljepley@chestnut.org](mailto:ljepley@chestnut.org) Address: 102 Fourth Street, Hillsboro, MO 63050
    - Meeting Time: Wednesdays, 4pm-5:30pm
  - Parenting Education Group
    - Phone: 636-751-9681 or [kdwilson@chestnut.org](mailto:kdwilson@chestnut.org) Address: 102 Fourth Street, Hillsboro, MO 63050
    - Meeting Time: Mondays, 4pm-6pm
- Children's Advocacy Center
  - Phone: 314-516-6798 Address: 106 N Mill St, Festus, MO 63028
  - Services Offered: Mental Health Services, Advocacy, Forensic Interviews for children.
- Children's Division
  - Phone: 636-797-9602 & 636-797-9725 Address: 10325 MO-21 Bus, Hillsboro, MO 63050
  - Services Offered: Child Protection, preventative services, truancy help, intensive in-home services.
  - Prevention Services: Contact TDM (Team Decision Making) Facilitator, Jennifer Shepard: 636-797-9640, [Jennifer.L.Shepard@dss.mo.gov](mailto:Jennifer.L.Shepard@dss.mo.gov)
- Compass Youth Behavioral Health Urgent Care
  - Phone: 833-356-2427 Address: 111 Mexico Court, St Peters, MO 63376
  - Services Offered: For youth ages 5 thru 17. Immediate assessment and crisis intervention for youth experiencing a behavioral health crisis, intense emotion states and/or substance use-related crisis (Guardian should be present with youth for complete service options); Risk management and safety planning; Crisis stabilization; Access to psychiatric provider; Connection to additional resources and services needed. Open 7 days a week from 9am-9pm.
- Family Forward <https://familyforwardmo.org/contact-us/>
  - Phone: 314-534-9350 Address: 4626 Yeager Rd, Hillsboro, MO 63050
  - Services Offered: Therapeutic Preschool, Developmental Trauma Treatment, Redevelopment Opportunities for Women, Parenting Support
- Good Shepherd Children & Family Services
  - Phone: 314-560-6703 (Pregnancy & Parenting Support), 314-724-8417 (Adoption Services call or text 24/7) or 314-560-6703 (Maternity Shelter). Address: 705 3<sup>rd</sup> Street Hillsboro, MO 63050 (also campuses in University City and Farmington)
  - Services Offered: Free pregnancy testing at the Hillsboro office (appointment required by calling 314-560-6703); Pregnancy and Parenting Support Program: in-home services to assist with pregnancy support, parenting skills, help with basic needs, and connection to resources. Eligible: pregnant and/or parenting a child under the age of 3; Adoption Services for birth parents. They provide education and support around adoption,

- connect to free legal adoption services, view family profiles, select the adoptive family, and ongoing support from your adoption specialist.
  - Maternity Shelter for women ages 13-21 who are pregnant and/or parenting young children.
- Hand 'n Hand Women's Center <https://pregnancybarnhart.com>
  - Phone: 636-464-8400 or text 314-313-1794 Address: 7024 Highway 61-67, Barnhart, MO 63012
  - Services Offered: Non-Judgmental Confidential Care, Free Pregnancy Testing, Limited Obstetrical Ultrasound Services, Free STD testing and treatment, Options Counseling, Support Services and material assistance.
- Jefferson County Community Partnership [www.jccp.org](http://www.jccp.org)
  - Phone: 636-465-0983 Address: 3875 Plass Road, Bldg. A, Festus, MO 63028
  - Services Offered: The Parenting Network: Home visiting program, teaches nurturing parenting skills, resources, incentives, books, monthly newsletter with events, for income eligible Jefferson County residents with child(ren) ages birth to 8 years old; Diaper Bank: Emergency diapers for children ages birth through age 3 years old; Period Supplies: Monthly period supplies-tampons, pads, mixed kit; Safe Babies: For the pregnant mother who is in her third trimester or has a child up to age 1 year old completes a Safe Sleep Ambassador training. If the parent has no safe sleep area (crib) a Pack and Play crib, with sheets, and other items are provided to the parent for the child. Mon-Fri 8am-4pm
- Jefferson Franklin Community Action Corp. – <https://www.jfcac.org>
  - Phone: 636-789-2686 Address: 2 Merchants Drive, Hillsboro, MO 63050
  - Services Offered: WIC (Women, Infant and Children Nutrition Services) – Services provided are breastfeeding education and support, healthy foods and nutrition education and counseling for infants, children under 5, breastfeeding women, postpartum women, and pregnant women. Satellite clinic located at 1818 Lonedell Rd., Arnold, MO 63010 (phone number to make appointments is 636-789-2686 option 5).
  - Head Start/Early Head Start – early childhood education and family support services for children from birth through age 5. Services include early child education using evidence-based curriculum, child assessments and developmental screenings, exploration through play, strong teacher-child-family interactions, nutritional meals, and physical exercise. We also offer a prenatal program and a Home Visiting program to support families to be their child's first teachers.
  - Community Service Department- Offers Medicare services and can assist with: enrolling in Medicare; Finding out if you qualify for Medicare; See if you qualify for programs to help you save money on Medicare-related expenses; Sign up for Part D Drug plan, and check your plan for changes during the Medicare Open Enrollment Period every year; Understand and organize your healthcare bills and statements so you can manage your healthcare-related paperwork; Submit claims for Medicare, Medicare Advantage, and Medigap or supplemental insurance.

- Other Services Offered: Housing, Disaster/Crisis Assistance, Transportation, Health Coverage Assistance, Utility Assistance, Weatherization Services, and Employment Training Services.
- Kathy J Weinman Child Advocacy Centre [www.stlouiscac.org/index.html](http://www.stlouiscac.org/index.html)
  - Phone: 314-516-6798
  - Services Offered: Confidential, Temporary shelter, food, clothing, support groups, crisis counseling and advocacy program to abused women and their children.
- Lutheran and Family Services
  - Phone: 314-787-5100 – by appointment only
  - Services Offered: Free services for pregnant women or those parenting children under age 5
- Missouri Baptist Children's Home
  - Phone: 314-739-6811
  - Services Offered: Long term residential care for children ages 6-18, 30 Day emergency care for children ages 6-14, pregnancy counseling and supportive services program, TLP ages 16-21, family counseling and foster/adoptive placements.
- Missouri Department of Elementary & Secondary Education- Child Care Subsidy <https://childcare.mo.gov/s/>
  - Phone: 573-415-8605
  - Representatives are available Mon-Thurs 8am-8pm, Fri 8am-5pm, Sat 8am-noon
- Missouri Family Partnership <https://health.mo.gov/seniors/shcn/familypartnership/>
  - Phone: 1-800-735-2966
  - Services Offered: Partnership provides resource information and peer support to families of children and youth with special health care needs. Families are also given the opportunity to network with each other through various settings, including regional and statewide meetings.
- Missouri Family Resources <https://mofamilyresources.findhelp.com>
  - Services Offered: Connect to resources, community programs, and childhood services for families with children under the age of 5.
- Missouri Family to Family [Resource Guide for Missouri Families of Children from Birth to Age 12](https://mofamilytofamily@umkc.edu)
  - Phone: 1-800-444-0821 [mofamilytofamily@umkc.edu](mailto:mofamilytofamily@umkc.edu)
  - Services Offered: Resource guide for Missouri families of children from birth to age 12; A free statewide resource center staffed by experts with lived experience that provide tools, resources, training, and peer support to people with disabilities, their families and supporters.
- Moments Matter Counseling - <https://momentsmattercounseling.com/>

- Phone: 636-206-4351 Address: 508 N. Truman Blvd. Crystal City, MO 63019
  - Services Offered: Counseling for children, teens, young adults, and parents; Parent Child Interaction Therapy (PCIT) for children 3-6 years old & their caregivers; accepts most insurances and self-pay.
- My Life Medical and Resource Center
  - Phone: 636-495-6566 Address: 2608 Gravois Rd, High Ridge, MO 63049
  - Services Offered: Pregnancy Tests, ultrasounds, STD Testing, Prenatal services, parenting classes, post abortive peer counseling.
- Nurses for Newborns [www.nursesfornewborns.org](http://www.nursesfornewborns.org)
  - Phone: 314-544-3433 Address: 3 Sunnen Drive, St. Louis, MO 63143
  - Services: Nurses for Newborns provides **free & voluntary**, in-home nursing visits to expecting mothers and families with infants who are medically fragile, born prematurely, or living in vulnerable conditions. Services include health assessments, safety education, parent coaching, breastfeeding and infant care support, connections to community resources, and emotional support — all designed to promote safe, healthy outcomes for babies and their caregivers.
- Parents As Teachers
  - Services Offered: Parents as Teachers (PAT) is a free, voluntary parent education and family support program. It is a home visiting program that can begin during pregnancy and continues until the child enters kindergarten
  - Desoto, Grandview, and Sunrise School Districts: 636-586-1008 [Parents As Teachers - De Soto Early Childhood Center \(sharpschool.com\)](http://www.sharpschool.com)
  - Festus, Crystal City, Dunklin & Jefferson R-7- Phone: 636-933-0792 <https://www.facebook.com/p/Parents-as-Teachers-serving-Festus-Crystal-City-Dunklin-and-Jefferson-R-7-100057684420790/>
  - Fox School District: 636-282-1476 <https://www.foxc6.org/domain/81>
  - Hillsboro School District: 636-789-0050 [Parents As Teachers | Hillsboro Primary](http://www.hillsboroschools.net)
  - Northwest R-1 School District: 636-671-3382 [Parents As Teachers / Parents As Teachers \(northwestschools.net\)](http://www.northwestschools.net)
  - Windsor School District: 636-464-4499 <https://www.facebook.com/WindsorFreerPAT/>
- SHCN MO Family Partnership <https://health.mo.gov/living/families/shcn/familypartnership/>
  - Phone number: 314-409-7915 Address: PO Box 570, Jefferson City, MO 65102-0570
  - Services Offered: Support and Resources to Families of Children with Complex Medical Needs.
- St Louis Crisis Nursery Jefferson County
  - Phone: 314-374-1700
  - Services Offered: Family Empowerment Program. Strength-based counseling, coordinated case management, and parenting support available to families in their home. Basic need supplies for families.

- True North Music, LLC <https://www.mytruenorthmusic.com/>
  - Phone: 636-725-2537 (o) 636-524-2502 (c) Address: 107 Ozark Dr. Crystal City MO
  - Services Offered: Music Therapy for individuals and groups of all ages. Mon-Sat 8am-7pm

## Other Services:

- ASPEN Network Inc. <https://aspennetworkinc.org>
  - Phone: 636-215-0011 Address: Hillsboro, MO 63050
  - Services Offered: Resource Directory.
- Catholic Charities Archdiocese of Saint Louis [CCSTL.ORG](http://CCSTL.ORG)
  - Phone: 314-367-5500 Address: 4445 Lindell Blvd. St. Louis, Mo. 63108
  - Services Offered: Workforce Development, Senior Care, Housing, Natural Disaster Relief, Family & Children Support Services, Addiction Recovery, Mental Health & Wellness, Legal Aid, Services for Immigrants. Mon- Fri 8:30am- 4:30pm.
- County Council
  - County Council District 4 (Charles Groeteke) [www.jeffcomo.org](http://www.jeffcomo.org)
    - Phone: 636-535-3352 Address: Maple St. Hillsboro, MO 63050
    - Services Offered: County Government Legislation. Mon-Fri 9am-5pm
- Federal
  - Congressman Blaine Luetkemeyer (3<sup>rd</sup> Congressional District)
    - Phone: 573-635-7232
    - Services Offered: Help with matters involving federal agencies such as Social Security, Internal Revenue Service, Immigration, Medicare & Veterans Benefits.
  - Congressman Jason Smith (8<sup>th</sup> Congressional District)
    - Phone: 573-756-9755
    - Services Offered: Help with matters involving federal agencies such as Social Security, Internal Revenue Service, Immigration, Medicare & Veterans Benefits.
- Homeless Youth Initiative to <https://hyi4teens.org>
  - Phone: 636-931-7696 Ext. 158 Address: 130 Brandon Wallace Way Festus, MO 63028
  - Services Offered: College scholarships, educational supplies and school activities, basic and emergency needs, and vehicle expenses.
- Jefferson County Libraries
  - **De Soto Public Library** [Welcome to De Soto Public Library — De Soto Public Library](#)
    - Phone: 636-586-3858 Address: 712 S. Main Street, De Soto, MO 63020
    - Services Offered: WiFi, faxing, copies, notary, genealogy, microfilm and DVDs.

- **Festus Public Library** [Festus Public Library | Festus, MO](#)
  - Phone: 636-937-2017 Address: 400 W. Main Street, Festus, MO 63028
  - Services Offered: Free wi-fi. Offer books, CDs, DVDs, magazines, eBooks and audiobooks. Internet computers for public use along with a fax and copy machine for a fee. It is a passport acceptance agency. Offer programs for all ages throughout the year.
- **Jefferson County Library- Arnold Branch** [Jefferson County Library](#)
  - Phone: 636-296-2204 Address: 1701 Missouri State Rd., Arnold, MO 63010
  - Services Offered: Computer/Internet access, Wi-Fi hotspots, computer skills classes, free access to “Brainfuse VetNow” (supports veterans and their families), resume and cover letter builder, legal forms, free notary public, passport acceptance, and many other resources for civic, health, financial, and basic literacy.
- **Jefferson County Library- Cedar Hill Satellite** [Jefferson County Library](#)
  - Phone: 636-551-1020 Address: 6780 Mall Drive, Cedar Hill, MO 63016
  - Services Offered: Computer/Internet access, Wi-Fi hotspots, computer skills classes, free access to “Brainfuse VetNow” (supports veterans and their families), resume and cover letter builder, legal forms, free notary public, passport acceptance, and many other resources for civic, health, financial, and basic literacy.
- **Jefferson County Library- Northwest Branch** [Jefferson County Library](#)
  - Phone: 636-677-8186 Address: 5680 Missouri PP, High Ridge, MO 63049
  - Services Offered: Computer/Internet access, Wi-Fi hotspots, computer skills classes, free access to “Brainfuse VetNow” (supports veterans and their families), resume and cover letter builder, legal forms, free notary public, passport acceptance, and many other resources for civic, health, financial, and basic literacy. Community Health Navigator on site to provide resource navigation, ID assistance, Medicaid & SNAP enrollment assistance, parenting support, and other assistance from 9am-11am on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month. Contact Tara Lang at 636-484-3420 or [trlang@chestnut.org](mailto:trlang@chestnut.org) with questions.
- **Jefferson County Library- Windsor Branch** [Jefferson County Library](#)
  - Phone: 636-461-1914 Address: 7479 Metropolitan Blvd., Barnhart, MO 63012
  - Services Offered: Computer/Internet access, Wi-Fi hotspots, computer skills classes, free access to “Brainfuse VetNow” (supports veterans and their families), resume and cover letter builder, legal forms, free notary public, passport acceptance, and many other resources for civic, health, financial, and basic literacy.

- Jefferson County Public Administrator
  - Phone: 636-796-5385 Address: 725 Maple Street, Suite 201, P.O. Box 100, Hillsboro, MO 63050
  - Services Offered: Court Order Guardianship for adults, Minor trust administrator, Estate/Probate administrator. Mon-Fri 8am-5pm
  
- **Medication Disposal Locations** (safely dispose of your unused or expired OTC/Rx medications- Please no needles or liquids and place medication in clear Ziplock bags)
  - Arnold Police Department
    - Phone: 636-296-3204 Address: 2101 Jeffco Blvd., Arnold, MO 63010
    - Hours: 24/7
  - Big River Ambulance (Station #1)
    - Phone: 636-274-3964 Address: 6321 Lorens Lane, Cedar Hill, MO 63016
    - Hours: Mon-Fri 8am-5pm
  - Crystal City Police Department
    - Phone: 636-937-4614 Address: 130 Mississippi Ave., Crystal City, MO 63019
    - Hours: Mon-Fri 8am-4:30pm
  - De Soto Police Department
    - Phone: 636-586-8891 Address: 17 Boyd Street, De Soto, MO 63020
    - Hours: 24/7
  - Festus Police Department
    - Phone: 636-937-3646 Address: 100 Park Ave., Festus, MO 63028
    - Hours: Mon-Fri 8am-5pm
  - Hillsboro Police Department
    - Phone: 636-797-3334 x 2 Address: 101 Main Street, Hillsboro, MO 63050
    - Hours: Mon-Fri 8am-4pm (AFTER HOURS CALL DISPATCH)
  - Jefferson College Police Department
    - Phone: 636-481-3500 Address: 800 Mel Carnahan Dr., Apt 214, Hillsboro, MO 63050
    - Hours: 24/7
  - North Zone Sheriff's Office (in Dillon Plaza)
    - Phone: 636-797-6210 Address: 26 Dillon Plaza Dr., High Ridge, MO 63049
    - Hours: Mon-Fri 9am-6pm
  - Pevely Police Department
    - Phone: 636-475-4498 Address: 401 Main Street, Pevely, MO 63070
    - Hours: 24/7
  - Seckman Substation (located in Sheriff's Office side of building)
    - Phone: 636-797-6066 Address: 3055 Lions Den Road, Imperial, MO 63052
    - Hours: Mon-Fri 9am-5pm
  
- Missouri Baptist Disaster Relief <https://modr.org>
  - Phone: 314.581.7634, [toby3273@aol.com](mailto:toby3273@aol.com) (Toby Tucker, Regional Coordinator)
  - Services Offered: Mass Feeding, Flood Recovery (Muck Out), Mobile Showers, Mobile Laundry, Tree Clean up (Chainsaw), Chaplin's, Incident Command & Assessment. 24/7/365
  
- Missouri Department of Social Services- Employment & Training

- <https://mydss.mo.gov/employment-training-programs>
- Services Offered: Missouri Work Assistance, SkillUP- Missouri's employment & training program for those receiving Food Stamps, Hiring Events & Job Fairs across the state.
- Missouri Family Resources <https://mofamilyresources.findhelp.com>
  - Services Offered: Connect to resources, community programs, and childhood services for families with children under the age of 5.
- Missouri Family to Family [Resource Guide for Missouri Families of Children from Birth to Age 12](https://mofamilytofamily@umkc.edu)
  - Phone: 1-800-444-0821 [mofamilytofamily@umkc.edu](mailto:mofamilytofamily@umkc.edu)
  - Services Offered: Resource guide for Missouri families of children from birth to age 12; A free statewide resource center staffed by experts with lived experience that provide tools, resources, training, and peer support to people with disabilities, their families and supporters.
- Salvation Army Emergency Disaster Services
  - Phone: 636-464-0787 Address: 3740 Telegraph Rd., Arnold, MO 63010
  - Services Offered: Includes food and drink provision to victims and first responders, as well as emotional counseling and spiritual support.
- **Sharps Disposal Locations** (must be placed in a medical grade sharps disposal container & filled to capacity before disposal)
  - Jefferson County Health Department in Arnold
    - Phone: 636-797-3737 Address: 1818 Lonedell Rd., Arnold, MO 63010
    - Hours: Mon-Thurs 8am-5:30pm
  - Jefferson County Health Department in Hillsboro
    - Phone: 636-797-3737 Address: 1515 Peach Tree Plaza Court, Hillsboro, MO 63050
    - Hours: Mon-Fri 8am-5:30pm
  - North Jefferson County Ambulance District in High Ridge
    - Phone: 636-677-3399 Address: 3131 Rock Creek Rd., High Ridge, MO 63049
    - Hours: Mon-Fri 8am-4pm
  - The Medicine Shoppe in Pevely
    - Phone: 636-479-6100 Address: 8640 Commercial Blvd., Pevely, MO 63070
    - Hours: Mon-Fri 9am-6pm; Sat 9am-1pm
- University of Missouri Ext Jefferson County <https://extension.missouri.edu/counties/jefferson>
  - Phone: 636-797-5391 Address: 301 3rd St, Hillsboro, MO 63050
  - Services Offered: Nutrition, Health, Youth, Family, Workforce Development