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45th Judicial Circuit Supervised Visitation
573-324-5655
Pike County: 818 W. Champ Clark St
Bowing 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
Elkberry, 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
Elkberry, MO 63343
*Open Mondays 5:30pm-6:30pm
*Serves Elkberry 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

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*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

Birthing 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

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
ww.bridgewaybh.com

Budget Boutique
636-528-0999
8 Opportunity Ct
Troy, MO 63379
*Affordable thrift store operated by and benefitting 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/

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
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

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.cvidercenter.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

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

**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

**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

**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](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

**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](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/](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
**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

**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  
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

**Grandview Community Counseling Services**  
636-364-6200  
5329 Main Line Rd  
Grace Hill Health Centers  
*Assists residents of Old Monroe, Winfield, and Foley

**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  

**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 Continentnal 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
lllstcharlesmo.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.isem.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
*Prenatal 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

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://showmeregionna.org/

Narcotics Enforcement Team Hotline
636-528-0478
rfloyd@lcsmo.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.ourladiesinn.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.cardinalglennon.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

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*24/7 free hotline for poison control, assistance for parents, and information for runaways.*

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*For questions or exposures in all ages, contact the Poison Control Hotline.*

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*For information on paternity, child support, and genetic testing, visit the Parent Link website.*

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*Temporary Foster Care program is offered through the Safe Families for Children program.*

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*For more details on the services provided by each organization, visit their respective websites.*
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.cridorcenter.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*

**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@aoa.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.optometristscharity.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