

# LINCOLN COUNTY RESOURCE GUIDE

Provided by:



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**The Adoption Exchange**

800-554-2222

e-mail: [kids@raisethefuture.org](mailto:kids@raisethefuture.org)

\*Helps potential adoptive families connects children with loving homes & provides ongoing support during and after the adoption process

\*Provides training and support to adoptive families interested in adopting children.

<http://www.raisethefuture.org>

**Affinia HealthCare**

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, Homeless Services, Audiology, Mammography Van, Radiology, Chiropractic Services, Urgent Care and WIC

\*Most insurances accepted, MO HealthNet, Gateway to Better Health, Bluecross/Blueshield, United Healthcare, Managed Care Plans, and some Market Place Health Insurance as well as sliding fee scale based on income for uninsured

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

**Alcoholics Anonymous**

314-647-3677

14 Sunnen Dr Ste 144, St. Louis, MO 63143

\*Central Service office provides info about AA meetings for Greater St. Louis Metropolitan Area.

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

**All You Need is Love Food Pantry**

573-485-3838 – Leave Voice Message

59 Auburn Church Rd, Elsberry, MO 63343

e-mail: [mpofnorthlincoln@yahoo.com](mailto:mpofnorthlincoln@yahoo.com)

\*3rd Sat 9:00-11:00 or by appt call for eligibility

\*Offer 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 info on cancer screenings, prevention, treatment, and more

\*Can refer to national resources

\*Reach for Recovery, Wigs, Road to Recovery, Pantene Beautiful Lengths.

<http://www.cancer.org>

**American Red Cross**

800-733-2767 Non-Emergency 314-516-2800

M – F 8:00 – 5:00

\*Assistance with CPR, First Aid, and Babysitting

\*Information on blood drives and volunteer opportunities

[www.redcross.org](http://www.redcross.org)

**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 death of someone significant in their life.

\*Offers a wide variety of free programs to help support families, including support groups, community referrals, and camps for kids and teen-retreats.

\*Provides anticipatory support for families before they lose someone.

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

**Asbury United Methodist, Foley-Food Pantry**

636-668-8855

2704 South Hwy W, Foley, MO 63347

\*Open Wed 10:00-12:00

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

\*Household items when available

\*Bring a form of ID with you

**Behavioral Health Response (BHR)**

800-811-4760 -Crisis Line

314.469.6644 - Local

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

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

\*Information/referrals even if not in a crisis yet

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

**Birthright of Wentzville**

636-327-8170

1-800-550-4900 24 hr hotline

10 E. Pitman Ave, Wentzville, MO 63385

\*Free confidential information and referrals, pregnancy testing, support, maternity/baby clothes

\*M 9:00-12:00, Tu 9-7, Wed 5pm-7pm, Th 9:00-7:00, & 2<sup>nd</sup> and 4<sup>th</sup> Fri 5pm-7pm, Sat 10-12:30

Valid drivers license needed

<http://www.birthright.org>

<http://birthrightofwentzville.org>

**BJC HealthCare Physician Referral and Information Service**

800-392-0936

Monday-Friday, 8:00-6:00

\*Open to General Public, Free Referral Service  
\*Provides one-stop access to BJC HealthCare physicians and services. A Referral Specialist can assist you in finding a physician that matches your specific needs and preferences including: some office hours, specialty, insurance participation and much more.

\*Will assist in scheduling an appointment with that physician, provide information regarding support groups and community education opportunities sponsored by any of the BJC HealthCare Hospitals.

<http://www.bjc.org>

**Bread for Life Food Pantry**

636-528-3646

820 Cap-Au-Gris

Troy, MO 63379

\*Wed 10:00-1:00, last Wed of month 4:00- 6:30  
\*No referral needed, serves all Lincoln County residents who fall at or below federal poverty guidelines, may receive food once per month  
\*Must bring a picture ID

**Breastfeeding Support Group**

St. Joseph Hospital West

100 Medical Plaza – Koenig Building

Lake St. Louis, MO 63367

636-625-5335

\*Every Wednesday at 12:30 to 2:30  
\*Free for all new moms no matter where you delivered, led by Certified Lactation Consultants, no registration required

**Budget Boutique**

636-528-0999

8 Opportunity Ct

Troy, MO 63379

\*Monday Thru Saturday 8:00-4:00 Sun closed  
\*Affordable thrift store operated by and benefitting Earthwise Industries

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

**Calvary Chapel Food Pantry**

636-528-5223 Church office T-F 9-3

28 Snyder Rd (white building on lot)

Troy, MO 63379

\*White building on parking lot  
\*Pantry Open Tue 10:00-12:30  
\*Receive food weekly, no location restrictions  
\*Must present driver's license

<http://www.caltroy.com>

**Calvary Chapel Food Pantry – Winfield**

636-566-6225

43 Eagle Avenue

Winfield, MO 63389

\*Open 1<sup>st</sup>& 3<sup>rd</sup> Tuesday 10:00-12:00  
\*Serves Foley, Winfield, and Old Monroe. All clients must live in the area and need assistance  
\*An application must be filled out with proof of income and address and a picture ID is required  
\*Office hours Tuesday 9:00-1:00

**Catholic Legal Assistance Ministry – St. Francis Community Service**

314-977-3993

100 N. Tucker Blvd. Suite 726

St. Louis, MO 63101

\*Offers legal representation for families in the Greater St. Louis area who cannot afford an attorney (below 150% poverty level) Primarily work with domestic situations but does cover Immigration, Veterans, Property, Housing, Family situations and guardianships  
\*Call M-F and leave a message. No walk in appointments.

<http://www.sfcstl.org>

email – [sfcs@ccstl.org](mailto:sfcs@ccstl.org)

**Center Pointe Hospital**

Main Hospital: 800-345-5407

4801 Weldon Spring Pkwy

St. Charles, MO 63304

\*Offers inpatient and outpatient treatment at the main hospital in St. Charles, with additional outpatient locations in St. Peters, South County, West County, and Columbia

\*Services include mental health and addiction treatment for adolescents (12+), adults, and senior adults

[www.CenterPointeHospital.com](http://www.CenterPointeHospital.com)

### **Child Abuse and Neglect Hotline**

800-392-3738

\*24/7 hotline to report suspected non-emergency abuse or neglect of children in Missouri.

\*Call anonymously if not a Mandated Reporter. If Mandated Reporter may report on line for non-emergencies

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

### **Childcare Aware**

866.892.3228

314.535.1458

955 Executive Parkway Dr, Ste 106

St. Louis, MO 63141

Referral service for child care

\*Mon-Fri 9-5

\*Provides parents info to find appropriate & quality childcare

<http://mo.childcareaware.org>

### **The Child Center, Inc.**

636-332-0899-Main Number

636-332-0545- Children Services Number

989 Heritage Pkwy

Wentzville, MO 63385

\*Responding to child abuse through a supportive team approach to reduce the trauma to children and their families.

\*Child advocacy center serving children who have experienced sexual or physical abuse, neglect or witnessed violence.

\*Intervention Services include child advocacy services, forensic interviews, and therapeutic counseling services to children and non-offending family members regardless of the ability to pay.

\*Prevention Education Services include school-based body safety and internet safety programs for children, mandated reporter training, and parent and adult prevention education programs.

<http://www.thechildcenter.com>

### **Children's Division**

Lincoln County Contact Information:

636-528-8521

384 N Lincoln Dr

PO Box 318

Troy, MO 63379

Nichi Orf, Circuit Manager, Ext 211

\*M-F 8:00am-5:00pm

### **Children's Division**

Pike County Contact Information:

573-324-2243

1610 Business Hwy 54W

Bowling Green MO 63334

Nichi Orf, Circuit Manager, Ext 211

\*Helping families build safety networks and develop their own plans for safe keeping of their children through Signs of Safety

\*Mission: To protect MO children from abuse& neglect; assuring their safety and wellbeing, partnering with families, communities and government in an ethically, culturally and socially responsible manner.

\*Investigation of child abuse and neglect

\*Partnering to achieve change. Partnering with families to provide concrete services to keep families together

\*Foster care program. Taking care of children and families when they are separated due to abuse/neglect

\*Licensing program for foster, and relative providers

\*Adoption Services. support adoptive children and their families before and after the adoption

\*Collaborating with community agencies to provide the best services possible for children and families

\*Helping families build safety networks and develop their own plans for safe keeping of their children through Signs of Safety

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

### **CHIPS Health And Wellness Center**

Tel. 314-652-9231

Fax. 314-533-5430

email: [ptalley@chipssh.org](mailto:ptalley@chipssh.org)

2431 N Grand Blvd

St. Louis, MO 63106

\*Full service free health clinic for uninsured and underinsured clients. Offer primary and preventive medical care (including well woman), psychiatry and counseling, allergy and asthma, chiropractic, dental, case management, men's clinic, medication assistance, lab work, Diabetes Support Group and Nutritional Counseling.

\*Variety of referrals to other resources.

\*Open Tuesday through Friday, 8:30 to 5:00. Must make an appointment. Call for eligibility requirements. Yearly Membership fee \$35

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

### **Christian Family Services, Inc.**

314-968-2216

7955 Big Bend Blvd

Webster Groves, MO 63119

ConnectCare Program:

\*Temporary Foster Care program provides temporary loving & safe care when a family is in crisis to children birth-5 years in a licensed home. Goal is for families to stabilize and reunite ASAP. Parents maintain full custody & stay in contact with children. Assigned a social worker to refer resources and resolve crisis.

Counseling Program:

\*Maternity counseling/Professionally trained therapists with credentials in their respective fields from a compassion, understanding, and Christian perspective through Family Life program. Focus on strengthening marriage and family relationships. Work with depression, grief, divorce and other issues.

\*Education and enrichment opportunities offered for maternity, parenting, marriage, and individual enhancement.

Adoption Home Study Program:

\*Social workers meet with families seeking adoption and complete a home studies and guardianship studies.

<http://www.stlcfs.org>

### **Community Opportunities**

636-462-7695

PO Box 420

Troy, MO 63379

\*Residential, community, social skills and employment services for individuals with developmental disabilities.

\*Day program and case management services

<http://www.commopps.org>

### **Consumer Protection Hotline**

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

\*e-mail: [consumer.help@ago.mo.gov](mailto:consumer.help@ago.mo.gov)

<http://ago.mo.gov/>

### **Cooling Centers**

\*Provide an air conditioned place for people to go during extremely hot weather.

\*Refer to the interactive map for *Cooling Center Sites in Missouri*, which is accessible to the public on the DHSS Website. The map includes: name of facility, street address, city, phone #, and hours of operation

<http://ogi.ia.mo.gov/dhss/coolingcenter/index.html>

### **Compass Health Network**

844.853.8937 Main number

Locations:

\* 91 Troy Square

Troy, MO 63379

\*1032 Crosswinds Ct

Wentzville, MO 63385

\*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, adult and youth services for psychiatric health and wellness, outpatient therapy and psychological assessments.

\*Accepts most insurance, Medicare, MO HealthNet, Managed Care Plans, and offers a sliding fee scale for uninsured clients based on income.

**Mental Health Crisis Hotline** – 888.237.4567

**Crisis Access Point (CAP)** – 833.237.4567 - Wentzville

Open 24/7/365 provides support for individuals in mental health or substance use crisis for up to 23 hours; ages 18 and over; provides a safe place to get immediate basic needs met.

### **Compass Health Network Express Care**

8075 Mexico Road

St. Peters, MO 63376

636.723.8477

844.853.8937

Monday through Friday 8 am to 5 pm

\*Same day, walk in access

\*All ages

<http://www.compasshealthnetwork.org>

**Crossroads Clinic Volunteers in  
Medicine - Lake St. Louis**

636-561-3133 636-625-3534-Fax  
10714 Veteran's Memorial Pkwy, Ste 100 Lake St. Louis  
Serves Lincoln, Warren, and Montgomery  
Open Tue and Thur 9am-1pm  
<http://www.vimlsl.org>

St. Charles location:  
636-724-4848 636-724-4875-Fax  
1039 S Duchesne Rd St. Charles, MO 63301  
Serves St. Charles  
Open Mon and Wed 8am – 3pm  
<http://www.vimstc.org/index.html>

\*Free primary care clinic for adults 18 to 64 years old  
who are uninsured and cannot afford care. Cannot be  
eligible for Medicare, MO Health Net or Managed Care  
Plan and must meet federal poverty guidelines

**Delta Center for Independent Living**

636-926-8761  
3837 McClay Road Suite T  
St. Peters MO 63376  
\*8:30 to 5:00 M – F

\*Partners with people with disabilities & their  
communities to remove barriers, and promote positive  
changes leading to greater independence for all. List  
of services: Consumer Directed Services (CDS),  
Advocacy, Information & Referral, Peer Support,  
Independent Living Skills Training, Home Safety  
Assessments, Transition, Assistive Devices and  
Equipment, Adaptive Telephones & Hearing Impaired  
Phones, Low-Vision Aids and Equipment, Spinal cord  
transition program and Veterans Directive Care  
program.  
<http://www.DCIL.org>

**Domestic Violence Outreach/Shelter Services**

\*Sexual assault/domestic violence response team and  
24/7 Crisis Hotline 636-224-1800  
\*Robertson Center Outreach 636-224-1864 call for a list  
of support groups, to make a donation and other  
services. Clients of the Robertson Center receive  
vouchers to shop at the Budget Boutique.  
\*DV shelter for St. Charles County-Women's Center  
\*DV shelter for Lincoln County-Robertson Center  
Either location call Crisis Line 636-224-1800.  
Possible transportation support.  
[www.bridgewaybh.com/domestic-violence-services](http://www.bridgewaybh.com/domestic-violence-services)

**Drug and Alcohol Information Line**

800-662-4357 - 24/7 treatment line  
\*National Clearinghouse for Drug and Alcohol  
Information, give information about substance abuse  
and treatment options  
<http://www.samhsa.gov/>

**Easter Seals Midwest**

11933 Westline Industrial Dr.  
St. Louis, MO 63146  
314.394.7100  
\*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  
<http://esmw.org/>

**Elder Abuse and Neglect Hotline**

800-392-0210 7:00am-8:00 pm - 365 days a year  
1-866-835-3505 Referrals for home and community  
based services  
\*Hotline to report suspected abuse, neglect, or financial  
exploitation of vulnerable individuals over 60 and  
people with disabilities over age 18  
\*Local Contact: Danielle McCartney  
636-622-7055  
<http://health.mo.gov/safety/abuse/>

**Family Advocacy and Community Training**

636-949-2425 (F.A.C.T.)  
2240 Bluestone Dr.  
St. Charles, MO 63303  
\*Offers services as advocates and parent educators for  
children and young adults with developmental  
disabilities and serious emotional disorders.  
\*Provides educational advocacy, transition services,  
partnership with families, family support programs  
and people first programs.  
<http://factmo.org>

### **Family Care Health Centers**

\*Carondelet 314-353-5190

401 Holly Hills Ave  
St. Louis, MO 63111

\*M-F 8:00-4:30

\*Forest Park 314-531-5444

4352 Manchester Ave  
St. Louis, MO 63110

\*M-F 8:30 - 5:00

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

\*Accepts most insurance, including MOHealthNet, Managed Care Plans, and Medicare. Offer sliding fee scale for uninsured. <http://www.fhcstl.org/>

**Family Support Division Information System** (This is an automated system that clients can use without talking to someone.)

800-392-1261

\*Food Stamp, Child Care Benefits, MO Health Net  
866-313-9960

\*Child Support

\*For more info see Family Support Division below  
<http://mydss.mo.gov>

Family Support Division (This is our call center where all calls should be made as it is staffed with eligibility specialists who can answer questions and help resolve issues for our clients. It is not for Children's Division see p13.

Information Line: 855-373-4636

\*TANF, Food Stamps, MO Healthnet, Childcare Assistance, Aged/Blind/Disabled Services  
<http://mydss.mo.gov>

### **Finklang Eye Health Associates**

636-528-2020

84 Professional Pkwy  
Troy, MO 63379

\*Primary and emergency eye care services for all ages.

\*Accept most insurance, including Medicare and MO Health Net, and Managed Care Plans

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

### **First Baptist Church of Troy-Food Pantry**

636-528-4407

1000 Elm Tree Rd  
Troy, MO 63379

\*Food pantry open Thursday 9:30-11:00, will assist Lincoln County residents, call for eligibility requirements

### **First Step Back Home**

Paul Kruse 636-466-1365

\*Temporary homeless assistance

[www.firststepbackhome.net](http://www.firststepbackhome.net)

### **Good Shepherd**

314-469-0606

1170 Timber Run Drive

St. Louis MO 63146 (Creve Coeur)

Nancy Litzau, MBA President

\*For 50 years, we have worked with a wide variety of children with special needs including Down syndrome, spinal bifida, cerebral palsy, the autistic spectrum and other disorders.

\*No nurse on staff, cannot provide care for children with severe medical issues.

\*Does not provide one-on-one support, teaching ratio for children over age 2 is 1 teacher for every 6 children (below state regs) to make sure special needs children receive the care and education they need & deserve.

\*Have some equipment available for families to use on site, walkers, tumble seats, etc.

[www.goodss.org](http://www.goodss.org)

### **Grief Support Services**

636-328-0878 (Kristen Ernst)

e-mail: [KristenErnst@chhcounseling.com](mailto:KristenErnst@chhcounseling.com)

\*Free support group offered by Baue. Call for current times/days.

<http://www.baue.com>

### **Harvester Christian Church**

636-528-0566 ext 149

43 Front St

Troy MO 63379

Services 9am and 10:30 am on Sundays

Life Recovery Group Tuesdays at 7 pm

\*"Wrap-A-Bottom" Diapers, provides diapers to

local service agencies to distribute; local families in need of diapers can pick up diapers on Wednesdays from 10:00 to 12:00; bring ID

[www.harvester.cc](http://www.harvester.cc)

### **Hawk Point Food Pantry**

John and Sandy Emerson 636-338-4013 – call first

220 W Lincoln Dr

Hawk Point, MO 63349

\*Open 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month from 9:30 to 11:00, call for eligibility

\*Assists Hawk Point, Silex, Truxton, & Olney residents



### **Head Start/Youth in Need**

- \*Lincoln County Head Start and Early Head Start  
North Campus 636-462-6061  
19 Fairgrounds Rd, Troy Mo 63379
- \*Lincoln County Head Start and Early Head Start  
South Campus 636-462-2014  
755 Old Moscow Mills Rd, Troy MO 63379
- \*Marvin Marks Center 636-456-1761  
1022 Steinhagen, Warrenton, MO 63383
- \*Warrenton Central Office 636-456-5990  
119 West Booneslick, Warrenton, MO 63383
- \*Burkemper Counseling Center 636-946-0101  
516 Jefferson, St. Charles, MO 63301
- \*Wentzville Center & Home Based 636-332-0265  
1200 Continental Dr, Wentzville, MO 63385
- \*Programs for children, teens, and families. Free counseling for all ages for St. Charles residents only, street outreach, emergency shelter for teens and young adults, transitional living programs, foster care and adoption case management
- \*Early head start is for expecting parents & infants-3yrs of age, head start is for children 3-5
- \*24 hr help line/Emergency Shelter 636-946-3771
- \*Teen Parent Program 636-757-9413  
<http://www.youthinneed.org/>

### **Heartland Women's Healthcare (formerly Midwest OB/GYN)**

- 618-997-5266  
1000 Edge Water Point  
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, under Managed Care only United Health Care and Homestate
  - \*Uninsured must pay up front  
<https://www.usaobgyn.com>

### **Hope Ministries of St. Charles County-food pantry**

- 636.281.1069  
206 East Elm St  
O'Fallon, MO 63366
- \*Open Wednesday 8am-10am
  - \*Serves all counties
  - \*First visit will receive food and a list of info to bring at the next visit. The list of info you will need at the next visit includes social security card for every member of household, proof of income, show any assistance received and current bills and assistance they receive,

.....CONTINUED

### **Hope Ministries Continued.....**

- Bring in house/rent, medical, loans, any bills you pay  
Clothing available, additional benefits to those enrolled.  
Must re-enroll beginning of each year, you do not need to come each week to stay on the list.

### **Housing Discrimination Hotline**

- 800-669-9777  
\*HUD Office of Fair Housing and Equal Opportunity  
hotline to file a housing discrimination complaint  
<http://nationalfairhousing.org>

### **HSE CLASSES (Formerly GED)**

- 636-922-8411  
e-mail: [smugler@stchas.edu](mailto:smugler@stchas.edu)  
\*Offered through St. Charles Community College  
\*Morning and evening classes offered face to face on the SCC campus at 4601 Mid Rivers Mall Dr, Cottleville, MO. Limited virtual classes offered in the morning and evening. All classes meet 9 am to noon or 6 pm to 9 pm  
\*FREE on-site high school equivalency (HiSET®) prep classes. Call or go online for registration dates and class schedule. New students accepted monthly, August-March, at scheduled enrollment sessions. Must attend two 4-hour face to face enrollment sessions to be enrolled in the class.  
<http://www.stchas.edu/ael>

### **Human Trafficking National Resource Line**

- Call 1-888-373-7888 Text "Help" or "Info" to BeFree (233733) 3:00-11:00pm (EST)  
\*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  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

### **Hunger Hotline – Operation Food Search**

- 314.726.5355 x 1 or text your zip code to 785.503.3310  
\*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**

- 636-665-5307  
110 Mary Knoll Rd  
Old Monroe, MO 63369  
\*Offers food Saturdays from 8:30-10:30

**Infant Loss Resources (formally known as SIDS Resources)**

800-421-3511

1120 S Sixth St, Ste 500

St. Louis, MO 63104

\*Offers free support to families who have lost an infant to SIDS or other sudden death or sleep related loss with counseling, peer connections, home visits, and support groups. Offers professional and community education and awareness programs. Have e-mail and facebook support groups. Can help Grandparents and siblings.

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

**Kids Under Twenty One Hotline (KUTO)**

Main # 314-963-7571 office

After Hours 888-644-5886 crisis line toll free

314.644.5886 local

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

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

**Love Serving God Ministries (LSG)**

207 S. Lincoln Dr

Troy, MO 314.766.2199

636.358.4226

- \*housing assistance (when finances are available)
- \*volunteer transportation for appointments, shopping,
- \*assistance with medical copays
- \*clothes closet, household items and furniture
- \*food/survival boxes
- \*government cell phone assistance
- \*helping hands for senior citizens
- \*works with people to become self sufficient

[lsgministries@outlook.com](mailto:lsgministries@outlook.com)

**La Leche League St. Charles County**

Barb 636-946-4404

\*Meetings are virtual

\*you can find the Zoom information on Facebook accounts: St Charles LLL (open meeting); LeLeche League O'Fallon (open meeting) or request to join St Charles County LLL (private meeting)

\*LaLeche provides support, encouragement, education, and information to women who want to breastfeed

[www.lllstl.org](http://www.lllstl.org)

**Legal Services of Eastern MO**

800-444-0514

314-534-4200

\*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.

\*Call or visit website to apply for services.

<http://www.lsem.org>

**Life Crisis Hotline**

1-800-273-talk (8255)

English 314-647-help (4357)

Spanish 314-647-5959

\*24/7 crisis intervention and suicide prevention hotline

\*Provide referrals for Survivors of Suicide, support groups for those who have lost a loved one to suicide.

<http://www.suicidepreventionlifeline.org>

**LINC**

660.415.0901 or 800.654.6287

\*Call M – F from 7am to 2pm for same day and next day reservations; all other reservations between 7am and 2pm – requires two day notice locally, longer for out of county

\*Public transportation for all residents of Lincoln County, \$2 per stop

\*Operates M-F 6:00am-6:00pm with reservations in Lincoln County

\*Wednesdays and Fridays – transportation to Pike, Montgomery, Warren, St. Charles and St. Louis Counties and St. Louis City for medical appointments only - \$10 round trip.

[www.oatstransit.org](http://www.oatstransit.org)

**Lincoln County Council on Aging**

\*Troy 636-528-7000 1380 Boone St, Troy MO 63379

\*Serves and deliver meals for seniors, provides activities at their centers, encourages socialization and recreation

\*Transportation to and from the Troy center only, limited mileage, call for more info.

[lccoonline.org](http://lccoonline.org)

**Lincoln County Health Department**

636-528-6117 636-528-8629-Fax

5 Health Dept Dr

Troy, MO 63379

M-F 8:00 – 4:30

- \*WIC (option 5)- supplemental nutrition program for eligible pregnant women, infants, and children up to 5
- \*Dental (option 3) - serves children 6-18 and adults with MO Healthnet and to the uninsured we offer very reasonable fees. Must be a Lincoln County resident. Clinic dates/times vary, call for apt
- \*Immunizations (option 1) - offer all required vaccines to qualifying children, some vaccines for adults. Some children and adult vaccines are at cost, we can accept some insurance please call for info, call for apt.
- \*Now offering travel vaccines.
- \*Passport application site, photos travel.state.gov – call for an appointment
- \*Application Assistant for Safe at Home
- \*For other available programs go to the website.

<http://www.lchdmo.org>**Lincoln County Resource Board (LCRB)**

636-528-2490-Office

636-262-8313-Cell

Cheri Winchester, Executive Director

[director@lincolncountykids.org](mailto:director@lincolncountykids.org)

101 West College Street, Suite 5

Troy, MO 63379

- \*Funds Community-based mental health and substance-abuse specialists, connecting Lincoln County youth and their families to counseling, prevention, and intervention programs. The following providers are part of the LCRB and listed in this guide.
- \*St. Louis Counseling
- \*Compass Health (formerly Crider Health Center)
- \*Crisis Nursery Wentzville
- \*Family Advocacy & Community Training (FACT)
- \*Nurses for Newborns
- \*Presbyterian Children's Homes/Services
- \*Prevent+Ed
- \*Sts. Joachim & Ann Care Services
- \*The Child Center
- \*ThriVe St. Louis
- \*Youth In Need

[www.lincolncountykids.org](http://www.lincolncountykids.org)

Logisticare Transportation – See ModivCare

**Lucky Paws Pet Food Pantry**[luckypawspetpantry@yahoo.com](mailto:luckypawspetpantry@yahoo.com)

Troy Wesleyan Church

2150 Hwy 47

Troy, MO 63379

- \*Pet food pantry open 1st Sat. of month 1:00-3:00
- \*Application available online or on location, must be present at distribution to receive food, will need to fill out forms at first visit and present valid picture ID

[www.luckypawspetfoodpantry.org](http://www.luckypawspetfoodpantry.org)**Lutheran Family and Children's Services**

1-866-326-5327 314.787.5100

636-949-5522 or 314-258-6169 24/hr hotline

100 Piper Hill Drive

St. Peters, MO 63376

- \*Offers pregnancy counseling/assistance, adoption, Respite Care ages 0-5, counseling and mentoring on a sliding fee scale based on ability to pay
- \*Hotline is for Pregnancy Services

<http://lfcsmo.org>**Mary Martha's**

636-327-7848

9 W. Koenig St

Wentzville, MO 63385

- \*Non-profit, low cost thrift shop open Tuesday and Thursday 9:00am-4:00pm and Sat 9:00am-1:00 pm
- \*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**

636-579-7083

827 W Terra Ln

O'Fallon, MO 63366

- \*AS AVAILABLE, free diapers, wipes, formula, baby toiletry items, baby/children's clothing, maternity clothing, baby equipment, bottles, toys, shoes to expectant mothers & mothers of children up to age 2
- \*Prenatals at 8 months can be put on a waiting list for baby items. Go every 30 days until youngest child turns 2. Clothing up to size 7/8 for older children (Clothing four times a year)
- \*Call for referral. Hours are Tue & Thur 10:00-2:00, Wed 3:00-6:00, Fri & Sat 9:00-12:00. Call to verify open
- \*Picture ID, Proof of birth (birth certificate/Medicaid card)

**Mercy Center for Women's Ministry**

636.528.4427

661 Boone St

Troy, MO 63379

\*Call and leave a message, an intake coordinator will return your call

\*Free one-on-one trained peer Christian counseling

\*you will be paired with a counselor who has been through similar circumstances

\*Marriage counseling by trained couples

\*Women's Bible Studies, Griefshare; Recovering from losses of life; Boundaries; and Making peace with your past support groups

\*Our motto is "We've been where you are"

<https://cwmhope.org/locations/troy-mo-mercy-cwm/>

**Mercy Clinic General Surgery**

636-528-8686

1175 E. Cherry St

Troy MO 63379

\*Provides a wide range of surgical and diagnostic procedures with the convenience of hometown caring and compassion. We help many patients on an outpatient basis using the latest minimally invasive technologies.

\*To see a list of procedures visit the website

\*Mon-Fri 9:00-5:00

[www.mercy.net/practice/mercy-clinic-general-surgery](http://www.mercy.net/practice/mercy-clinic-general-surgery)

**Mercy Family Medicine**

636-528-8585

636-528-8430-Fax #

800-716-0921-Office Exchange

**900 E Cherry St** Troy, MO 63379

\* Mon-Fri 8:30-4:30 Family medical clinic for all ages.

\*Provides primary care services including physicals and basic lab tests

\*Mercy Clinic Psychiatry provides medical management and therapeutic services to patients with depression, mood disorders, schizophrenia and other mental illness in both the hospital and clinic settings.

\*Accepts most insurance, including MO Health Net, Managed Care Plan, and Medicare

\*\*\*\* Continued

**Mercy Family Medicine Continued .....****1003 E Cherry St**

636-528-6755

636-528-6965-Fax #

Troy, MO 63379

\*M-F 9:00-5:00 Family medical clinic for all ages.

Provides primary care services including physicals and basic lab tests. Accepts most insurance, MO Health Net, Managed Care Plan, and Medicare

[www.mercy.net/practice/mercy-family-medicine-1003-east-cherry](http://www.mercy.net/practice/mercy-family-medicine-1003-east-cherry)

**1165 E Cherry St**

636-528-1919

636-528-1916-fax #

800-716-0921 Medical Exchange

Troy, MO 63379

\*Mon-Fri 8:00-5:00

serve

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

\*Accepts most insurance, including MO HealthNet and Managed Care Plans, & Medicare

[www.mercy.net/practice/mercy-clinic-primary-care-1165-east-cherry](http://www.mercy.net/practice/mercy-clinic-primary-care-1165-east-cherry)

**Mercy Family Medicine-Elsberry**

573-898-9100

844-521-7606-Office Exchange

106 Broadway St

Elsberry, MO 63343

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

\*Accepts most insurance, including MO Health Net, Managed Care Plan, and Medicare

\*Monday-Friday 8:30-5:00

[www.mercy.net/practice/mercy-hospital-lincoln](http://www.mercy.net/practice/mercy-hospital-lincoln)

**Mercy Family Medicine-Winfield**

636-668-6824

844-521-7606-Office Exchange

35 Winfield Plaza

Winfield MO 63389

\*Mon-Fri 8:30-5:00

\*Primary Care Physician to Patients from Children-Adults

<http://www.mercy.net/practice/mercy-hospital-lincoln>

**Mercy Home Health and Hospice-Lincoln**

636-528-3470

1005 E. Cherry St

Troy MO 63379

\*Mon-Fri 8:00-5:00 a skilled nurse is on call daily 24 hrs

\*Mercy Home Health provides compassionate care to help you live independently at home. We work as a team with your physician and hospital when you have special medical needs in life.

\*Staff consists of experienced professionals who focus on patient centered care

utilizing Mercy values. We help you manage your acute, chronic or life-limiting condition through a variety of skilled, physician ordered services.

\*People 18 & up may qualify

[www.mercy.net/practice/mercy-home-health-lincoln](http://www.mercy.net/practice/mercy-home-health-lincoln)

**Mercy JFK Clinic**

314-251-6382

615 S. New Ballas Rd

St. Louis, MO 63141

Mon-Fri 8:00-4:00

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

\*Internal medicine, OB/Gyn, pediatrics, general surgery, outpatient services/tests, and specialized care with physician referrals

\*Must apply for services, call and speak with eligibility department to determine or go on line.

<http://www.mercyhospital@jfkclinic.com>

**Mercy Urgent Care-Lincoln**

636-528-3495

1000 E. Cherry Street

Troy MO 63379

\*Open daily 8:00-8:00

[www.mercy.net/practice/mercy-urgent-care-lincoln](http://www.mercy.net/practice/mercy-urgent-care-lincoln)

**Midwest Counseling and Consulting**

314-504-3828 636-458-6101-fax

\*Monday-Thursday 9:00 to 1:00

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

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

\*Accept most insurance plans, including MO Health Net and Managed Care Plan. Offer reduced fee services on a limited basis.

<http://www.midwest-counseling.com>  
[midwestcounseling@gmail.com](mailto:midwestcounseling@gmail.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 Job Center of Warrenton**

636-456-9467 866.506.0251

M – F 7:00 am to 5:00 pm

Workforce Development Director: Janet Hickey

[jhickey@boonslick.org](mailto:jhickey@boonslick.org)

111 Steinhagen Rd Warrenton, MO 63383

\*Serves Lincoln, Montgomery and Warren Counties

\*Job seekers can receive job search assistance, career guidance, access to free workshops and information on unemployment.

\*Resource room is available with computers, printer, phones, copier and self-tutorial programs for typing and Microsoft Office.

\*Youth, Dislocated Workers, and adult programs are available for qualifying individuals

\*Services, including tuition assistance and training, may be available through these programs.

\*The Job Center also serves businesses and can help employers meet their hiring needs with free posting of job openings and by hosting hiring events and job fairs.

<http://jobs.mo.gov>

**Missouri First Steps**

866-583-2392

660-665-8860 Lincoln County

\*Coordinated services/assistance to children birth-3<sup>rd</sup> birthday with delayed development or diagnosed conditions associated with developmental disabilities and their families, must be a MO resident

\*Physical, Occupational, & Speech Therapy and nutritional services. May have technology devices such as wheelchairs

<https://www.mofirststeps.com>

**Missouri School Violence Hotline**

Call 1-866-748-7047

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

\*Can also report online at

[www.courage2reportmo.com](http://www.courage2reportmo.com)

**MO RIDES**

844-836-7533

\*Help connect you with transportation providers across Missouri.

\*The referral service is free. You pay the company of your choice for your ride.

<http://morides.org>

**ModivCare ( formerly Logistic Care Transportation )**

866-269-5927

\*Transportation to non-emergency medical appointments for clients with MO HealthNet. Not all MO HealthNet plans cover NEMT, call to verify.

\*Cost is \$2 per ride (round trip or one way) unless cannot pay the \$2, pregnant, blind, in nursing home, taking public transport, using a bus token, or using gas assistance. 17 & under must have an adult with you.

\*Must schedule ride AT LEAST 3 DAYS before the medical appointment. Reservation hours M-F 8:00-5:00. Provide own car seat

[www.member.logisticare.com](http://www.member.logisticare.com)

**The MOMS Line**

314-768-MOMS (6667)

\*A support line for new moms struggling with anxiety or depression.

\*Help line staffed by trained volunteers who have recovered from their own personal experiences with postpartum sadness, irritability, anxiety or depression.

**Mortgage Foreclosure Counseling**

888-995-HOPE (4673)

Mon-Thurs 8am to 10pm and Fri 8am to 8pm EST

\*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/>

[www.hud.gov](http://www.hud.gov) or 202-708-1112

**Moscow Mills Community Food Pantry**

636-356-4266

703 Main St

Moscow Mills, MO 63362

Pastor: Mark Spence

\*Open Thursday from 9:00-11:30 (closed 5<sup>th</sup> Thur. and holidays)

\*Can receive food once per month, call for eligibility

**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://stlna.org>

**Narcotics Enforcement Team Hotline**

636-528-8546 x 5

\*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/narcotics-enforcement>

**National Alliance on Mental Illness (NAMI)**

NAMI St. Charles Office 314-962-4670

1810 Craig Rd Ste 124

St. Louis 63146

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

\*Open 7 days a week 9:00-5:00 for general information on mental illness, questions on medication

<http://www.namistl.org>

**National Center for Missing and Exploited Children Hotline**

800-THE-LOST (843-5678)

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

<http://www.missingkids.org>

<http://www.cybertipline.org/> to report sexual exploitation of children

**National Council on Alcohol and Drug Abuse (NCADA)-**

St. Louis Area

314-962-3456

9355 Olive Blvd

St. Louis, MO 63132

\*Offers 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**

800-799-SAFE (7233)

\*24/7 free, confidential, anonymous hotline that provides crisis intervention, safety planning, emotional support, information and referrals to victims of domestic violence, perpetrators, friends, and family

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

[www.loveisrespect.org](http://www.loveisrespect.org)

**National Problem Gambling Hotline**

800-522-4700

\*24/7 confidential hotline offering information and referrals for problem gambling

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

1-888-238-7633- In MO but outside of (636)

**NECAC**

\*Lincoln County 636-528-7604

11 Woodcrest Dr, Troy, MO 63379

\*Warren County 636-456-8191

120 E Main St, Warrenton, MO 6333

\*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 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. Not all services are available at all

location-call for more details

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

**New Salem Baptist Church- Product Pantry**

Church: 636-668-8108

Product Pantry: 1383 Hwy EE, Winfield, MO 63389

\*Product pantry provides paper products, shampoo, toothpaste, diapers/wipes on a limited bases, and other basic items

\*1st Tuesday of the month 9:00-11:30

\*Serves residents of Winfield, Foley, Old Monroe, and Elsberry

\* driver's license, or photo ID and proof of state aid required

\*Rummage Sale in Spring/Fall to help pay for Back to School Supplies given out for free in Aug, usually during the tax free weekend

\*Takes donations all year long, call to schedule drop off  
[www.nsbwinfield.com](http://www.nsbwinfield.com)

**Nurses for Newborns**

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

800-45BIRTH (800.452-4784)

3 Sunnen Drive,

St. Louis, MO 63143

\*Office hours: Mon-Fri 8:30-5:00

\*Prenatal services: assessment of the mother's general health, nutrition, number of weeks gestation, reproductive history, family resources, home environment, education and personal safety.

\*Postpartum services: visits with you and your baby in the home up through age 2. The nurse will perform exams, weight checks, answer any questions about you and your baby. Information and education on safety, feeding, signs of infant illness, safe sleep and parenting.

\*Self referral or agency referral. Referral form online.

[intake@nursesfornewborns.org](mailto:intake@nursesfornewborns.org)

[www.nursesfornewborns.org](http://www.nursesfornewborns.org)

**Oasis Resource Center**

Cell (636) 706-6858 Office (636) 775-2711

605 Hwy H, Troy, MO 63379

(mailing address: PO Box 142, Troy, MO 63379)

Email: [oasisresourcecenter@gmail.com](mailto:oasisresourcecenter@gmail.com)

\*Free, confidential services in a welcoming, non-judgmental environment to those experiencing a crisis/unplanned pregnancy

\*Pregnancy testing, ultrasounds, and truthful private conversations exploring the options available to her and/or her partner. Clients can also take advantage of a variety of free educational resources either onsite or online. [www.oasisresourcecenter.org](http://www.oasisresourcecenter.org)

**OATS**

660.415.0901 or 800.654.6287

\*Call M – F from 7am to 1pm for same day and next day reservations; all other reservations - 7am and 2pm

\*Public transportation for all residents of Lincoln County, \$2 per stop in town \$3 per stop for county service

\*Operates M-F 6:00am-6:00pm with reservations in Lincoln County

\*Wednesdays and Fridays – transportation to Pike, Montgomery, Warren, St. Charles and St. Louis Counties and St. Louis City for medical appointments only - \$10 round trip. (see THE LINC)

[www.oatstransit.org](http://www.oatstransit.org)

**Our Lady's Inn**

636-398-5375

3607 Highway D, Defiance, MO 63341

\*Maternity shelter for homeless pregnant women and children. Women 18+ can stay with their children throughout pregnancy and up to 1yr from when they come in. Offer onsite case management, nursing, & counseling services

\*Offer up to 2yrs of after care services once women leave the shelter. Transitional housing for up to 1yr for women who need extra support

\*For seasonal donations drop off Mon-Fri 9:00-5:00

<http://www.ourladysinn.org>

**Parents as Teachers**

\*Troy 636-462-3020 [www.troy.k12.mo.us](http://www.troy.k12.mo.us) select Early Childhood Center as the school and click on Parents as Teachers tab

\*Silex Please call the Troy office

\*Elsberry 573-898-5554 ext:257

\*Winfield 636-668-8300 ext:406

\*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**

800-552-8522 Text: 585-326-4591 (585family1)

\*Available M-F 8am-10pm and weekends 12:00-5:00 for all Missouri residents (closed on holidays)

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

<http://www.parentlink.missouri.edu>

**Paternity Information**

855-454-8037

888-837-8323

573-442-9948

\*Call for information on paternity and genetic testing

\*Discount for those on WIC or any government assistance

<http://dss.mo.gov/child-support/establish-paternity.htm>

**Poison Control Hotline at SSM Cardinal Glennon Medical Center**

800-222-1222

314-772-5200

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

[www.missouripoisoncenter.org](http://www.missouripoisoncenter.org)

**Preferred Family Healthcare**

Substance Use Disorder/Addiction Services

Outpatient 636-224-1500

1011 E Cherry St

Troy, MO 63379

M-Th 8:00-8:00

\*Offers services for addiction disorders/substance abuse, OP-SATOP (Substance abuse traffic offender program)-sexual assault, and domestic violence

\*Inpatient services offered at St. Charles Center 636-224-1100

[www.pfh.org/bridgeway](http://www.pfh.org/bridgeway)

**Presbyterian Children's Homes/Services**

314-989.9727 or 800.888.1904

1220 N. Lindbergh

St. Louis MO 63132

Mentor Coordinator: Mark Grzeskowiak

\*Therapeutic Mentoring Services

\*In home mentoring, Lincoln County Resident

<http://pchas.org>

Email – info@pchas.org

**Promises of Hope Ranch**

636.391.8560 – Mission Gate Ministries

\*Mission Gates Promises of Hope Ranch is a Christian faith-based continued recovery home for women in Lincoln County

\*voluntary 9-month program, with a 96% success rate for those who graduate the program

[info@missiongateministry.org](mailto:info@missiongateministry.org)



**Rising Phoenix Counseling**

636.622.0345

690 South Lincoln Dr., Ste A

Troy, MO 63379

\*Counseling for individuals, families, outpatient substance abuse, trauma informed therapy including EMDR and more.

\*Advocacy services for those affected by domestic violence and sexual assault, including community support groups, court advocacy, Safe at Home applications, hospital advocacy and hotline calls.

[www.risingphoenixtherapy.com](http://www.risingphoenixtherapy.com)

**Robertson Center – see Domestic Violence Outreach/  
Shelter Services**

**Runaways Safeline**

800-RUNAWAY (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**

636-528-0647

110 Thompson Dr

Troy, MO 63379

\*Open Saturday 8:30-10:00

\*Serves Lincoln County and surrounding area, can receive food up to once per month

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

**St. Paul United Church of Christ Food Pantry**

636-665-5329

903 Meier Rd

Old Monroe, MO 63369

\*Wednesdays 12:30 to 1:30 pm and 4:00 to 6:00 pm

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

Assists Old Monroe, Winfield and Foley residents

\*Church office hours Tue, Wed, Fri 9:00-3:00

**Saint Louis Counseling- (formally Catholic Family Services)**

636-528-5911

#140 Troy Professional Pkwy Troy, MO 63379

\*Counseling services to all ages (3+) and Love & Logic classes

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

\*Free counseling for children under 18 in Lincoln County

<http://www.saintlouis counseling.org>

**Saint Louis Crisis Nursery- Wentzville**

636-887-3070

700 Medical Dr.

Wentzville, MO 63385

\*Provides free short term emergency care for children birth-12 when families are facing difficult life experiences. While children are in respite care, they can receive developmental assessments, physicals with a nurse practitioner, and therapeutic activities. As available, Crisis Nursery provides free clothes, diapers, wipes, formula, food, hygiene items, and basic necessities upon request.

[www.crisisnurserykids.org](http://www.crisisnurserykids.org)

**Salvation Army Lincoln County**

636-358-0435

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

Troy, Mo 63379

\*Tuesday from 9:30-11:00 – call for an appointment

\*Provide assistance to Lincoln County residents only, one time per year with picture ID, disconnect notice (except with Budget Billing or prepay accounts), and social security cards for each member of the household

\*Some medical assistance as needed. No help with rent or deposits.

\*See also the Salvation Army Shelter

**Salvation Army Shelter**

636-240-4969

Shelter press 3

1 William Booth Dr

O'Fallon, MO 63366

\*Emergency 32 bed shelter. Men can only stay with children, women stay in single area, men and women may stay together if married. No single men without children. <http://stlsalvationarmy.org/programs-that-help/homeless-services/>

**SHARE Pregnancy and Infant Loss Support**

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.lcsomo.com/>

**Shielded by Faith Recovery Center**

C Denise Knox, Director

636.205.4959

\*The Shielded by Faith Recovery Center for Women is a Christian faith-based 12-14 month recovery program.

\*It is free to the residents and they do not have to be detoxed to come to the program.

\*Beauty for Ashes is the operating ministry.

\*An application can be found at [bfa-ministry.org](http://bfa-ministry.org) or [Shieldedbyfaithrecovery.com](http://Shieldedbyfaithrecovery.com)

**The Sparrow's Nest Maternity Home**

636-336-2534

Alyssa Hilburn- Case Manager

Kim McKnight- Volunteer Coordinator

\*Any young lady, under the age of 20, at any stage of pregnancy or already parenting a child under the age of 5, and in need of housing, is eligible. The program is voluntary and free of charge to residents and their families.

\* Take a virtual tour of our house here

<https://www.youtube.com/watch?v=yefJSP6clJs>

\* In person meetings quarterly (check website for dates). This is a great time to meet our Director and some of our staff, as well as take a tour of our house! REGISTRATION IS REQUIRED.

<http://thesparrowsneststl.org/>

**SSM Glennon Care Pediatric**

636-462-5437

636-462-3001-Fax #

Mon-Fri 9:00-4:30 Wed 9:00-6:30 closed for lunch 12-1

After Hours 855-804-0457 (4:30pm-9am)

132 Professional Pkwy, Troy MO 63379

\*Pediatric care for children of all ages. Primary care medical services.

\*Accepts most insurance, including MO Health Net, Managed Care Plan, and can make payment plan through a third party service if needed.

<http://www.cardinalglennon.com>

**St. Patrick's Center**

314-315-5802

Mobile Outreach Worker: Art 314-795-7011

\*Provides rapid, permanent housing for homeless Veterans and their families

[www.stpatrickcenter.org](http://www.stpatrickcenter.org)

**Sts Joachim and Ann Care Services**

\*877-893-9602

\*636-441-1302

4116 McClay Rd

St. Charles, MO 63304

\*Provides housing assistance, career services, food pantry, case management, adopt-a-family, and child/family development program to ensure the basic needs of families

\*Can also provide emergency assistance as funds are available

<http://jacares.org/>

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

800-662-HELP (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 provides free publications and other print information that can be sent to callers

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

**Suicide Prevention Hotline**

800.273.8255 (800.273.TALK)

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

800.273.8255 – Veterans, press #1

Crisis Text Line – Text MOSAFE to 741741

Veterans Crisis Text Line – text 838255

**Tel-Link**

800-835-5465

Mon-Fri 8:00-5:00

\*Information and referral line for maternal and child health care.

\*Connects families with a variety of resources

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

**Thrive-St. Louis**

314.991.7990 – hotline

636.278.1212 – St. Charles Clinic

305A Mid Rivers Mall Drive

St. Peters MO 63376

\*Pregnancy and STD-testing, parenting classes, & Ultrasound

[www.stcharlescounty@thrivestlouis.org](http://www.stcharlescounty@thrivestlouis.org)

**Transportation Resource Catalog**

\*Department of Health and Senior Services (DHSS) and numerous public health system partners have created a catalog of transportation services that can help locate free or low cost resources to assist Missourians with transport to medical appointments.

\*Transportation resource is now available on the department's website. Will maintain this resource and update it as information becomes available. Please link to the department's webpage instead of posting it to your site so that we can ensure everyone gets the latest information.

<http://www.health.mo.gov/atoz/pdf/transportationservices.pdf>

**Tree House of Greater St. Louis**

636-332-4940

332 Stable Ln

Wentzville, MO 63385

\*M-F 8:30-4:30 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 \$125/hr, partial scholarships may be available

**Troy Dream Center**

366 S. Lincoln Drive Troy, MO 63379

636.775.1674

\*faith based residential program for men who are overcoming life-controlling issues, drugs and alcohol addictions, depression and abuse. \*food, housing, education and counseling are all provided free of charge

\*new sessions begin every 8 weeks

\*applications available on website or at their office

[info@troydreamcenter.com](mailto:info@troydreamcenter.com)

[www.troydreamcenter.com](http://www.troydreamcenter.com)

**Turning Point**

888-873-7233

Warrenton, MO 63383

\* Call 24/7, free, confidential hotline to get info or to talk about options.

\*Domestic/sexual violence shelter for women & children. Support with court advocacy, support groups, referrals, counseling, domestic and sexual violence, and adult human sex trafficking.

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

**United Way Referral Service**

211 or 800-427-4626

Local: 314-421-4636

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

Basic Needs food, housing, material goods, transportation and utilities with low/fixed incomes  
Consumer Services education and protection of individuals who buy products/services personal use.  
Criminal Justice and Legal Services Enforcing laws that protect life, residents live in safe environment  
Education Programs that provide opportunities to acquire the knowledge, skills, desirable qualities of behavior, character, wisdom, & general competence  
Environment and Public Health/Safety Protect and conserve natural resources, prevent or reduce environmental pollution, promote environmental and public health  
Health Care Individuals and families achieve and maintain physical well-being through the study, prevention, screening, evaluation and treatment

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### **United Way Referral Service Continued \*\*\*\*\***

Income Support and Employment Programs meet the economic needs of the community by helping residents prepare for, find and sustain gainful employment; providing public assistance/support  
Individual and Family Life Promote the personal, social and spiritual development of people in the community by offering services that replace or supplement the care and support

Mental Health and Substance Use Disorder Services  
Provide preventive, diagnostic and treatment services in a variety of community and hospital-based settings  
Organizational/Community/International Services  
Provide a broad spectrum of services that benefit entire communities or which offer services that are statewide, regional, national or international  
<http://www.211helps.org/>

### **211 – Coordinated Entry - St. Charles, Lincoln and Warren Counties**

Dial 211  
Press 5 then enter your zip code  
Press 3 for homelessness or imminent risk of homelessness – leave a message and someone will call you back

### **Victim's Advocate**

Lincoln County: 636-528-8571  
M-F 8:00-4:30  
Domestic – Melanie Ackerman  
Child Abuse – Mandy Shepherd  
Warren County: 636-456-7024 (Toni Truetken)  
Pike County: 573-324-2201 (Mandy Shepherd)  
St. Charles County: 636-949-7370 (Joan Koechig)  
\*Information, education, emotional support, and resources for victims of crime [www.ago.mo.gov](http://www.ago.mo.gov) click Programs/Services menu tab, click on Advocates for Crime Victims for the listing by county

### **Walker Scottish Rite Clinic**

314-529-9200  
5 Health Department Drive  
Troy, MO 63379  
\*Provide FREE speech and language screenings, evaluations, and therapy for children two through six years of age  
\*Fully integrated program of Maryville University  
[www.srclinic.org](http://www.srclinic.org)

### **Warming Centers**

\*Overnight: Emergency Weather Response is a hotline number for Lincoln, St. Charles, and Warren counties can call when the overnight temp is predicted to be below 20 degrees F. The number is 636-395-0492 after 3 pm between mid November through mid March.

### **Youth Connection Helpline**

Text "SAFE, your current address, city and state" to 44357  
\*24/7 free, confidential hotline for children/youth 18 yr and younger, 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 Franklin, St. Charles and St. Louis Counties and St. Louis City 800-811-4760  
\*For all other counties, including Lincoln and Warren County call for ANY age 314.819.8802  
[www.nationalsafeplace.org](http://www.nationalsafeplace.org)