



# COMMUNITY SERVICES

*The following services are available in  
Cape Girardeau County & Scott City*

**General Information  
When You Don't Know Who to Call**

**FIRST CALL  
FOR HELP™**

334-HELP (4357) or (866) 914-4357  
[www.firstcallforhelpsemo.org](http://www.firstcallforhelpsemo.org)

## Assistance for Young Parents

Birthright +	335-0750
Building Blocks +	335-1033
Cape County Public Health Center +	335-7846
Lutheran Family & Children's Services	334-5866
Missouri Mentoring Partnership +	332-0066
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	
PEP Club-Educare	651-9171
WIC-Women, Infants & Children	335-4330

## Car Seat Installation & Inspection

Jackson Fire Department	243-1010
Safe Communities (Cape Police Department)	335-7908
Safe Kids Coalition (Southeast MO Hospital/Wellness Connection)	332-1587

## Child Care Information & Assistance

Child Care Resource and Referral	290-5571 or (800) 811-1127
MO Family Support Division +	Cape 290-5800, Scott 472-5222

## Developmental Testing for Children

Educare	651-9171
First Steps	290-5129 or (866) 583-2392
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	
Sikeston Regional Office	(800) 497-4647

## Education & Employment (Job Training, Life Skills & Mentoring)

Adult Basic Education (GED)	334-3669
AO Lakes Country Resource Center	334-9344
Career and Technology Center	334-0826

Lutheran Family & Children's Services	334-5866
MERS Goodwill	339-0071
Metro Business College	334-9181
Missouri Career Center	290-5766
Missouri Mentoring Partnership (Young Parents) +	332-0066
Missouri Reentry Program (Ex-Offender Resources)+	651-3747 ext. 117
Project Hope	651-0551
Southeast Missouri State University +	651-2000
Successful Parenting Calendar* +	332-0066 ext. 114
University of MO Extension Service	243-3581

## Emergency Information & Assistance (Or Dial 911)

Love INC	334-5055
Police Department Cape 335-6621, Jackson 243-3151, Scott City 264-2121	
Revival Center (Emergency Housing)	204-8004
Salvation Army	335-7000
Safe House for Women (Domestic Violence)	651-1614 or (800) 341-1830

## Family Activities

Big Brothers Big Sisters	339-0184
Cape Area Family Resource Center	334-8170
Cape Girardeau Convention and Visitors Bureau	335-1631
Family Fun & Learning Activities Calendar** +	651-3747 ext. 108
Parks and Recreation Cape 334-5421, Jackson 204-8848, Scott City 264-3411	
Public Library	Cape 334-5279, Jackson 243-8141, Scott City 264-2413
Success By 6 (Born Learning)	334-9634 ext. 13

## **Food Banks**

FISH Christian Volunteers . . . . .	334-0207
House of Hope. . . . .	335-4858
Jackson Ministerial Alliance Food Pantry . . . . .	243-8487
Red Star Baptist Church . . . . .	335-3381
Salvation Army . . . . .	335-7000
Scott City Ministerial Alliance Food Pantry . . . . .	264-2347
St. Mary's/Old St. Vincent's . . . . .	339-1272

## **Food Stamps or Medicaid**

MO Family Support Division + . . . . .	Cape 290-5800, Scott 472-5222
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## **Health Information**

Cape County Public Health Center + . . . . .	335-7846
Cross Trails Medical Center + . . . . .	(800) 552-8522 or 332-0808
Southeast MO Hospital/Wellness Connection + . . . . .	332-1587
St. Francis Medical Center–Education Center + . . . . .	331-5107

## **Housing, Rent & Utility Information**

4-Sight Counseling, Inc (Foreclosure Prevention) . . . . .	334-7995
Community Caring Council + . . . . .	651-3747 ext. 105
East Missouri Action Agency + . . . . .	334-5533
Habitat for Humanity . . . . .	334-9728
Salvation Army . . . . .	335-7000
USDA Rural Development (Home Repair/Purchase Assistance) + . . . . .	243-1467

## **Mental Health/Substance Abuse Information & Assistance**

Community Counseling Center + . . . . .	334-1100
Crisis Line for Southeast Missouri (24-hour Hotline) + . . . . .	(800) 356-5395
Family Counseling Center + . . . . .	651-3729
Gibson Recovery Center + . . . . .	334-5513
Mending Hearts (Post-Treatment Services for Women) . . . . .	332-7900
National Help Line Network (24-hour Hotline) + . . . . .	(800) 784-2433
New Vision Counseling . . . . .	334-3486
Safe House for Women + . . . . .	(800) 341-1830 or 651-1614
SEMO Network Against Sexual Violence + . . . . .	332-1900
SE Regional Support Center + . . . . .	651-5153
Vision House (Post-Treatment Services for Women) . . . . .	651-0115

## **Parent, Grandparent & Caregiver Support**

APPLE Paperwork Services (for Seniors) . . . . .	651-5467
Area Agency on Aging/Kinship Care Network of SEMO . . . . .	335-3331
Lutheran Family & Children's Services . . . . .	334-5866
Maxine's Shareable Wearables - St. Vincent de Paul . . . . .	335-7667
MO Children's Division + . . . . .	Cape 290-5800, Scott 472-5222
ParentLink . . . . .	(800) 552-8522
Southeast MO Hospital/Wellness Connection. . . . .	332-1587
University of Missouri Extension/Grandparent Support Group . . . . .	243-3581

## **Pregnancy & Paternity Tests**

Birthright + . . . . .	335-0750
Cape County Public Health Center + . . . . .	335-7846
Crisis Pregnancy Center–Abortion Alternatives . . . . .	335-8495
DNA Diagnostics Center + . . . . .	(800) 330-5299
EMAA Family Planning Clinic . . . . .	334-2516
MO Child Support Enforcement . . . . .	Cape 290-5720, Scott (866) 313-9960
ODACS INC Corporate Medical Services. . . . .	332-7711

## **Prenatal Home Visits**

Building Blocks +. . . . .	335-1033
Lutheran Family and Children's Services. . . . .	334-5866
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	

## **Transportation**

County Transit Authority . . . . .	Cape 335-5533, Scott 887-6577
SEMO Alliance for Disability Independence . . . . .	651-6464
Workforce Investment Board . . . . .	331-0990



For the latest services visit [www.communitycaringcouncil.org/resources.html](http://www.communitycaringcouncil.org/resources.html)

\* [www.communitycaringcouncil.org/calendars/parenting.htm](http://www.communitycaringcouncil.org/calendars/parenting.htm)

\*\* [www.calendar.communitycaringcouncil.org](http://www.calendar.communitycaringcouncil.org)

+ Someone on hand to translate Spanish