



COMMUNITY RESOURCES

**call
211**
find help give help

Find help.

2-1-1 is a fast, free and confidential way to get help, 24 hours a day, 7 days a week. When you call, you'll talk to a trained referral specialist.



Many of us face difficult times in our lives. Sometimes we are able to endure through the lean times. Sometimes we find ourselves in need of help. But where do we go? Whom do we call?

This is a resource for you or for someone you know who is asking these questions. It isn't a complete list. But it is a beginning, a start, a first step.

If you are aware of other community resources or discover some along your journey, please share them with us so we can share them with others. During these especially difficult times, we need each other.

Brochure compiled by



24 Hour Prayer Line:
(573) 634-7906

where to go for
assistance in the
Jefferson City
community

CONTACT INFORMATION:

FIRST BAPTIST CHURCH
301 E. CAPITOL AVE.
JEFFERSON CITY, MO 65101
(573) 634-3603

www.fbcjc.org

Where Can I Go For Help ...

... when I need free food or discounted groceries	Angel Food Ministries (discounted groceries)	(573) 634-8335
	Samaritan Center	(573) 634-7776
	First Christian Church	(573) 636-5157
	First United Methodist Church	(573) 635-6886
... when I can't afford my prescription medicine.....	Samaritan Center Free Meds Program	(573) 634-7776
	Schnucks Pharmacy (free generic oral antibiotics).....	(573) 635-8910
... when I can't make a rent or utility payment.....	Salvation Army	(573) 635-0117
	Samaritan Center	(573) 634-7776
	Cole County Community Action	(573) 635-4480
... when I need to find a job.....	C&S Business Services, Inc.	(573) 635-9295
	JC Career Center	(573) 522-9497
... when drugs or alcohol are a problem.....	Hotline.....	1-800-562-1240
	Alcoholics Anonymous	(573) 636-3618
...when I can't afford daycare for my preschooler	Cole County Head Start	(573) 636-3577
	Jefferson City Day Care Center	(573) 636-6461
... when I need professional clothes for a new job or interview.....	Dreams to Reality (for women)	(573) 681-9675
	Goodwill Store	(573) 635-6228
	Salvation Army Thrift Store	(573) 635-1463
... when I or someone I know is suffering from abuse.....	Child Abuse Hotline.....	1-800-833-3915
	Elderly and Disabled Abuse	1-800-392-0210
	Rape-Abuse Crisis Service	(573) 634-4911
	Mental Health Crisis.....	1-800-833-3915
... when I need counseling services for myself or family members	Family Counseling Center of MO	(573) 634-4591
	Pathways Community Behavioral Health	(573) 634-3000
... when I need maternity and baby clothing	Birthright of Mid MO	(573) 635-8822
... when I need to improve my reading and writing skills	Adult Basic Literacy Education.....	(573) 636-5558
... when I need things for the house or the family and I can't afford it	Jefferson City Freecycle	



First Baptist Church is here to help you as well. Contact Lori Hodges at 573-634-3603.