

FOOD PANTRIES

West Plains Food Pantries

First Baptist Food Pantry M&W 9am-11:30am 417-256-0308

Samaritan Outreach Food Pantry/ Clothing Tues Thurs Fri 417-257-7792

Endurance Church 417-256-9214

**3rd Tuesday of every month at 6pm *Back of church by Hirsh Feed and Farm supply. Contact Endurance Church for required documents needed.*

First Missionary Church of Pottersville 417-712-3228

10 am to 2 pm every Saturday. 10 miles down K highway

Thayer Food Pantry

Oregon Co. Food Pantry (Once a month on Thursday after the first Wednesday) 417-778-7450

Once a month on Thursday after the first Wednesday.

Alton Food Pantry

Oregon Co. Food Pantry (Once a month on Thursday after the first Wednesday) 417-778-7450

Once a month on Thursday after the first Wednesday

Texas County Food Pantry

102- A E. Hwy 17 Houston, MO. 417-967-4484

Commodities 2nd Thursday and Friday of the month at the food pantry.

Mtn. View Food Pantry

F.E.E.D. State Hwy Y, Mtn. View, MO. 65548 417-277-5521

POSSIBLE PLACES TO HELP

(For victims of domestic & sexual violence)

<u>Christos House</u>	<u>417-256-3408 & 417-469-1190</u>
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West Plains Only!!

<u>Salvation Army/ Ozark Action</u>	<u>417-256-6147</u>
<u>First Baptist Church</u>	<u>417-256-3128</u>

Oregon County Only

<u>Thayer Ministerial Alliance: Pastor Aaron Holman</u>	<u>417-255-6256</u>
<u>Thayer, Mammoth Spring, Kosh Salvation Army</u>	<u>817-706-1896</u>
<u>Alton, Couch, Myrtle, Kosh Salvation Army</u>	<u>417-270-0097</u>

Willow Springs Only

<u>MUNCH</u>	<u>417-469-3221</u>
<u>Ministerial Alliance/ First General Baptist (Scott Williams)</u>	<u>417-469-2709</u>
<u>First Baptist Church</u>	<u>417-469-3295</u>
<u>Willow Springs Salvation Army Travis Tooley</u>	<u>417-293-6909</u>

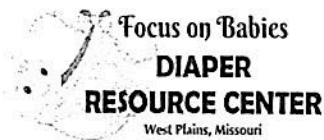
Mountain View Only

<u>Ministerial Alliance</u>	<u>Mon, Wed, Fri ONLY</u>	<u>417-934-6843</u>
<u>Mtn. View Salvation Army</u>		<u>417-934-2394</u>

Southern Missouri

<u>Catholic Charities of Southern Missouri (Does NOT help with utilities)</u>	<u>417-720-4213</u>
<u>Region 8 Coordinated Entry Housing Hotline</u>	<u>844-554-6635</u>

Continued on back of page.



FOCUS ON BABIES DIAPER RESOURCE CENTER – WEST PLAINS

DIAPER DRIVE INFORMATION

Our Mission: To furnish local nonprofit distributing agencies with diapers for at-risk, early childhood youth to enhance the families' resources and improve their well-being.

What is the Diaper Resource Center? It's an organization of volunteers which functions in the same manner as centralized food banks which obtain food and distribute it to food pantries which in turn serve the needs of individuals and families. We obtain diapers (a portion donated by Diaper Bank of the Ozarks) and give them to local nonprofit distributing agencies for their clients who have "diaper need." Also, we have a cloth diaper loan program.

What is Diaper Need? One in three families struggle to provide enough diapers each day to keep their babies clean and dry. Families are making choices between groceries and diapers. The situation has led to what has become known as "diaper need." There are no federal or state programs which assist with the purchase of diapers. Diapers have become a luxury rather than a necessity for many families. This leads to some babies in wet and soiled diapers for long periods of time, resulting in skin rashes and infections. The babies are uncomfortable, cry a lot and sleep poorly. Parents become stressed, depressed and feel increasingly inadequate in their ability to raise their child. Situations of abuse and neglect may result. There are those who question how families spend their money and wonder if they couldn't budget more effectively to provide diapers for their babies. There are many circumstances which can create diaper need, and whatever those circumstances are they don't erase the fact that babies need clean and dry bottoms to stay healthy and happy. Regardless of how the need is created, even if it's a result of the choices their parents make, we just focus on the babies.

Diaper Drive goals: Collect donated diapers and/or monetary contributions for the benefit of the Focus On Babies Diaper Resource Center- WP to sustain their supply. Officials with the Diaper Resource Center are seeking monetary donations to enable them to buy diapers in large quantities, which is the most cost-effective way to supply the demand. Contributions can be left at the participating diaper drive location, checks payable to Diaper Resource Center – WP, or mailed to P O Box 1773, West Plains MO 65775.

Distribution - Who are the distributing agencies? The diapers obtained by the Diaper Resource Center of West Plains are given to nonprofit distributing agencies - charitable organizations which submit applications to the resource center and meet the established requirements for receiving the diapers, including that agencies will provide monthly reports on how the diapers are distributed. Public distributing agencies include Christos House, Martha Vance Samaritan Outreach Center, and His Place House of Worship Diaper Ministry. 37th District Child Services, The Chaos Closet, and Howell County Health Department also participate to specific qualified individuals. Other agencies may apply by inquiring at 417-256-6147.

Location: Ozark Action Inc. (OAI), 710 E. Main St., West Plains, MO 65775, is providing the Diaper Resource Center with warehouse space for diapers. Diapers can be left at OAI, 8 a.m. to 4:30 p.m., Mondays through Thursdays, all year long.

Tax-Deductible: Fiscal management, allowing for financial contributions to be tax-deductible, is provided by Community Interagency Council, 109 Aid Avenue, West Plains, MO 65775.

Information: More information can be obtained via email to diaperresourcecenter@gmail.com; by mail to P O Box 1773, West Plains, MO 65775; by calling 417-256-6147; or through the Focus on Babies Diaper Resource Center Facebook page: <https://www.facebook.com/pages/Diaper-Resource-Center-West-Plains/>

General information on diaper need and activities in other areas can be found on the National Diaper Bank Network website <http://nationaldiaperbanknetwork.org/>



DIAPER RESOURCE CENTER – WEST PLAINS DISTRIBUTING AGENCY DETAILS

As of January 2020, these agencies are participating with the Diaper Resource Center to provide diapers to individuals. Details of their programs are listed below for your information.

Christos House, Inc.
P O Box 771
West Plains, MO 65775
417-256-3408

Serves Howell, Carter, Douglas, Ozark, Oregon, Texas, Shannon, and Wright counties.
Diapers are given to clients at the shelter, and through outreach offices.
Shelter residents receive 1 bag (36) of diapers per child per week.
Outreach clients may apply at our outreach offices, and if qualified, receive a package of 12 diapers per week per child.
Qualifying factor - income guidelines and need.
Outreach contacts:

Alton outreach - Ladon Blankenship - Counties served Oregon, Shannon, Texas and Carter –
phone # 417-778-7457
West Plains Outreach - Counties served Howell, Ozark, Douglas, Wright – phone # 417-256-3408

His Place Ministry (His Place House of Worship)
1849 CR 6460
West Plains, MO 65775
417-204-4816 (Wed. thru Fri.)

Serves families from Howell, Shannon, and Oregon counties who are in need.
Diapers are distributed to the public on the last Wednesday of each month, from 2-4 p.m. at the church.
Recipients are given 20-25 diapers each month, based on the size of the child.

Martha Vance Samaritan Outreach Center
715 Missouri Ave.
West Plains, MO 65775
417-257-7792

Participants must qualify by presenting ID and child's Birth Certificate
Serves Howell, Douglas, Ozark, Oregon, Texas, Shannon, and Wright counties
Diapers are given when requested, but no more than one time a month. Quantities vary by size of child.



Pregnancy Center Facts

Missouri has over 70 non-profit Pregnancy Help organizations. Here's how they help women, men and families:



Free Services

Pregnancy Resource Centers provide no-cost services like pregnancy testing, ultrasounds, mentoring and education.



Baby Items

Many pregnancy centers also provide access to free baby items such as diapers and wipes, cribs and carseats, baby clothing and much more.



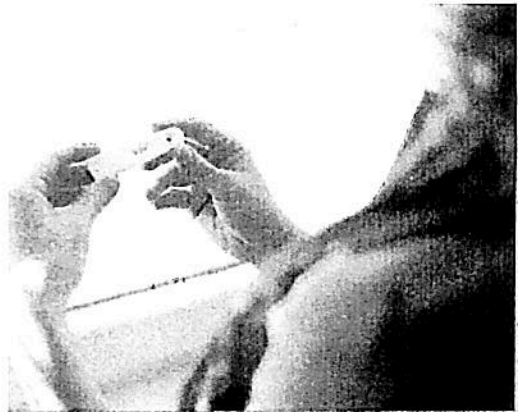
Community Referrals

Pregnancy Center staff will help identify your needs and seek to connect you with valuable support. This could include help with prenatal care, adoption referrals, housing assistance, food assistance, job training and shelters that provide a safe place for women and children.



Going Above and Beyond

Besides meeting basic needs, Pregnancy Centers offer judgement-free mentoring and ongoing peer counseling, as well as spiritual support.



Your local Centers

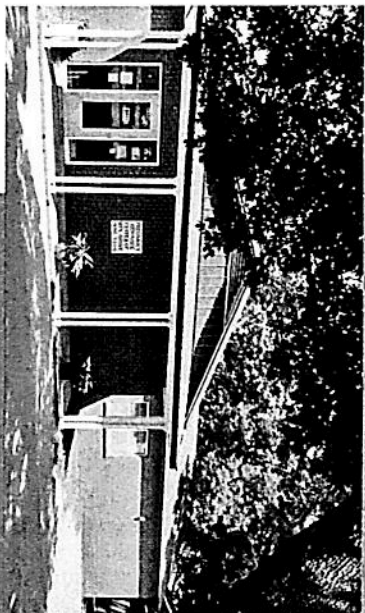
- **Pregnancy Resource Center of Mountain Grove:**

Call 417-926-3310 or text 417-319-6010. Located in the Cedar Center Park at 600 E. State Street in the brick building with the blue door.

- **Open Door Pregnancy Resource Center of West Plains:** Coming soon! (Contact PRC of Mountain Grove for updates.)

About Us

The Pregnancy Resource Center is a non-profit 501(c)3 organization founded in 2009. Since then, we have helped hundreds of women find answers and support for their pregnancy and parenting needs.



Pregnancy Resource Center of Mountain Grove
600 E. State Street
P.O. Box 189
Mountain Grove, MO 65711

Located in the Cedar Center Park

(417) 926-3310

Website: www.prcofmg.net

Email: prcofmg@hotmail.com

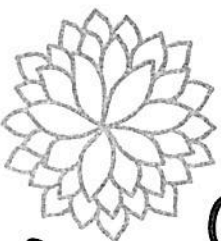
Text: 417-319-6010



Education. Resources. Support. Empowerment.

pregnancy

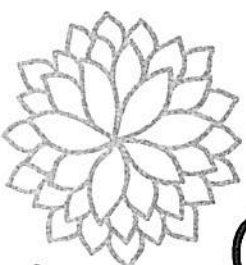
resource
center



of Mountain Grove

pregnancy

resource
center



of Mountain Grove

Think you might be pregnant? We're here to help.

When pregnancy wasn't in the plan...

When life seems to be overwhelming...

When you feel you have nowhere to turn...

Whether you're facing an unplanned pregnancy and want to know your options or simply need assistance in providing basic needs for your baby, we can help. Our goal is to be a source of support and encouragement as you take the next steps toward your goals and a healthy future.

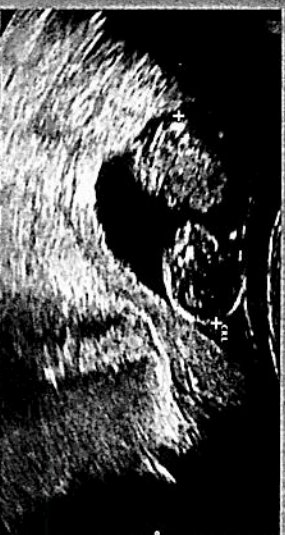
Our trained, compassionate staff members and volunteers are available to listen to your concerns. No judgment. No pressure. Visit our office. We're ready to hear your story...and watch as you write a new chapter, full of hope.



Our Services

All of our services are Free and Confidential.

- » Pregnancy Tests
- » Confirmation of Positive Pregnancy Test (letter for insurance purposes)
- » Limited Ultrasounds
- » Pregnancy, childbirth and parenting classes
- » Adoption information and referrals
- » Accurate information about abortion procedures and risks
- » Post-abortion support
- » Material resources (baby necessities, maternity clothes and more)
- » Community Referrals (for prenatal care, STD testing, etc.)
- » Individual Peer counseling and mentoring



in accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign language, etc.), should contact the Agency (State or local) where they applied for benefits.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: https://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

Submit your completed form or letter to USDA by:

- 1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for
Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- 2) fax: (202) 690-7442; or
- 3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Contact Missouri WIC

Howell County Health Dept.
180 Kentucky St.
Webb Plains, MO 65778
(417) 203-7078

800-835-5465
800-TEL-LINK

wicinfo@health.mo.gov

wic.mo.gov

Missouri Department of
Health and Senior Services

WIC and Nutrition Services



An EO/AA employer: Services provided on a nondiscriminatory basis. Hearing- and speech-impaired citizens can dial 711.

Feed Your Family's Future



What is WIC?

WIC is a program for women, infants, and children that offers nutrition education, breastfeeding promotion and support, supplemental food, and health care referrals.

Services offered by WIC

WIC offers these services and benefits:

- Breastfeeding counseling and support
- Personalized nutrition counseling
- Supplemental, nutritious food
- Referrals to child care
- Medical and dental care referrals
- Health and social service referrals
- Immunization screenings

Who is eligible?

To be eligible, you must meet the following guidelines:

- Pregnant women
- Women breastfeeding an infant up to the infant's 1st birthday
- Postpartum women up to 6 months after delivery or end of pregnancy
- Infants up to their 1st birthday
- Children from age 1 until their 5th birthday

Fathers, grandparents, guardians, and foster parents may also apply for benefits for the children living in their household.

WIC at the local agency

For your first certification appointment, you will be required to provide the following information to determine eligibility.

- Proof of identification
- Proof of income
- Proof of residency

The local agency is there to assist you with any questions, concerns, or problems during your time on WIC.

Weekly Gross Income

*Effective April 2019
(Income guidelines are updated annually)*

Family Size	
1	\$445
2	\$602
3	\$759
4	\$917

A pregnant woman may count as two family members.
All participants must be certified in person to qualify for WIC.

How can WIC help my family?

WIC helps feed your family's future by providing nutritious food to help you save on groceries, lower health care costs, and improve your family's health during critical periods of growth and development.

WIC at the store

WIC helps save money. The average monthly savings at the grocery store per child is \$60. Some of the nutritional food provided through WIC includes:

- Milk
- Cereal
- Cheese
- Peanut butter
- Eggs
- Juice
- Dried or canned beans
- Yogurt
- Fresh and frozen fruits and vegetables
- Whole grains including bread, pasta, tortilla, and brown rice
- Infant formula*
- Infant cereal
- Infant fruits and vegetables

* WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.

Benefits for breastfeeding moms

Breastfeeding makes mothers and babies healthier. In addition to the health benefits, breastfeeding mothers receive these program benefits:

- WIC mothers who choose to breastfeed are provided information and support through counseling and educational resources.
- Breastfeeding mothers can receive breast pumps and breastfeeding accessories to help support the initiation and continuation of breastfeeding.
- Mothers who fully breastfeed their infants receive an enhanced food package and can stay on the program up to 1 year.

ENVIRONMENTAL SERVICES

- ❖ Environmental Public Health Services & Education
- ❖ Hotel/Motel Inspections
- ❖ On-site Waste Water Permitting & Complaint Follow-up
- ❖ Childcare Inspections
- ❖ Restaurant/Food Service Inspections
- ❖ Temporary Food Service Permits
- ❖ Food Handlers Training & Permits
- ❖ Private Well Testing & Self-Test Kits
- ❖ Food Safety Inspections After Emergencies
- ❖ Rabies Control Investigations

ENVIRONMENT

HEALTH

SAFETY

PUBLIC HEALTH

PREVENTION CLEANLINESS WASHING DRUG PUBLIC HEALTHCARE DISEASE HEALTHCARE SYSTEM

INSURANCE PHARMA THERAPY PRACTICE VACCINATE CLEARNESS

OFFICE HOURS

ADMINISTRATIVE OFFICE

Monday - Friday
8:00 AM to 5:00 PM

WIC/CLINICAL OFFICE

Monday - Friday
7:30 AM to 12 Noon
1:00 PM to 5:00 PM



HOWELL COUNTY HEALTH DEPARTMENT

AN EQUAL OPPORTUNITY & AFFIRMATIVE ACTION EMPLOYER

Services provided on a nondiscriminatory basis

HOWELL COUNTY HEALTH DEPARTMENT



Public Health
Prevent. Promote. Protect.

ADMINISTRATIVE

HEALTH EDUCATION

VITAL RECORDS

ENVIRONMENTAL SERVICES

WIC/CLINICAL SERVICES

180 Kentucky Avenue | West Plains, MO 65775

Phone (417) 256-7078

Admin Fax (417) 256-1179 | Clinical Fax (417) 256-2899

www.howellcountyhealth.com

CLINICS

Please call for appointment

FAMILY PLANNING

- Exams by physician or nurse practitioner
- STD/STI testing
- Pregnancy testing
- Depo Provera, birth control pills & condoms available

SHOW ME HEALTHY WOMEN (SMHW) WOMEN'S HEALTH

- Pap test (pap smear)
- Pelvic exams
- Breast exams
- Income & eligibility requirements apply

ADDITIONAL SERVICES

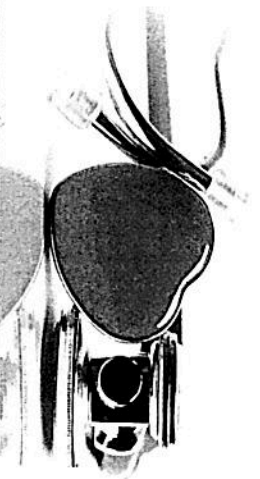
- **CHILD CARE CONSULTATION & TRAINING**
Available for licensed & unlicensed centers
- **TEMPORARY MEDICAID**
Available for eligible pregnant women
- **CHILD SAFETY/CAR SEAT INSPECTION STATION**
- **SATELLITE CLINICS**
Available in Willow Springs & Mountain View for immunizations & WIC

IMMUNIZATIONS

- Infant & child vaccinations
- School vaccinations
- Adult vaccinations
- Influenza (Flu)
- Travel vaccinations
- Available at satellite clinics
- For a full list of immunizations offered see our website

WIC-WOMEN, INFANTS & CHILDREN NUTRITION PROGRAM

- Supplemental nutritious foods
- Healthy nutrition counseling
- Breastfeeding education & support
- Available to pregnant women, infants & children up to 5 years of age



TESTING

- Cholesterol screening
- Blood Sugar screening
- HIV testing & referral
- Lab services with order from physician
- Sexually transmitted infection testing (STD/STI)

PROGRAMS

Health Education & Promotion

COMMUNITY HEALTH EDUCATION

- Public health and wellness promotion
- Education available upon request

CHRONIC DISEASE PRIMARY PREVENTION

- Smoking cessation resources
- Other chronic disease information & resources

COMMUNICABLE/INFECTIOUS DISEASE CONTROL

- Investigations, follow-up & control of communicable diseases

VITAL RECORDS

- Birth certificates for MO \$15.00
- Death certificates for MO \$13.00
Additional copies \$10.00 each
 - Certified copies
 - Must have photo ID to obtain vital records
- Out-of-state applications available for birth & death certificates

- Tuberculosis testing, monitoring & treatment medications
- Lead screening
- Well water testing
- Rabies testing

Poverty Simulation

The Poverty Simulation is a unique, enlightening experience that helps individuals begin to understand what life is like with a shortage of money and an abundance of stress. It moves people to think about the harsh realities of poverty and to talk about how communities can address the problem collectively. Most importantly, it encourages people to make a difference.

The activity last approximately three hours and includes an introduction and briefing by a facilitator, the simulation exercise itself, and a debriefing in which participants share what they have learned about living in poverty.

REALL Simulation

The REALL Simulation (Reality Enrichment And Life Lessons) is designed to address decision making in the youth population. During the simulation, youth will be presented with the opportunity to live two adult lives. The first section of the simulation experience, youth will be presented with the opportunity to live the life of someone who has made reactive decisions and must now face potential consequences of such decisions. The second section of the simulation experience, youth will be presented with the opportunity to live the life of someone who has completed their high school education and made proactive decisions.

The final part of the simulation will allow youth to process and reflect on the contrast between the experiences of both sections of the simulation.

The REALL simulation is designed to serve youth participants between the ages of 13-18, programs, or any other entity that serves youth on a regular basis.

Contact the central office at 417-256-6147 for more information or to schedule a simulation.

Investing In Families

Trained Community Services Representatives work with families throughout Douglas, Howell, Oregon, Ozark, Texas, and Wright Counties in South Central Missouri.

Outreach Offices

Alton	(417) 778-7470
Alton Courthouse	
Ava	(417) 683-5018
Ava Courthouse	
Gainesville	(417) 679-4559
728 Harlin Dr. Suite 4	
Hartville (Wed & Fri)	(417) 926-5570
102 S. Main St.	
Houston	(417) 967-2036
6785 Hwy 63 Suite 5	
Mountain Grove	(417) 926-5570
807 N. Main #1	
Mountain View (Mon)	(417) 256-6147
Mtn. View Community Center	
Thayer (Mon)	(417) 778-7470
Oregon Co Health Dept.	
Willow Springs (Wed)	(417) 256-6147
Ferguson Building	

This project/program is funded 100% at \$ 791,833 with federal funds received from the U.S. Department of Health and Human Services (HHS) provided by the Missouri Department of Social Services, Family Support Division.



Ozark Action, Inc.

Helping people. Changing lives.

A Community Action Partnership

The Mission of Ozark Action, Inc. is to coordinate & provide services for people with needs so that they can improve their quality of life.

CSBG
Community Services

Central Office
710 East Main,
West Plains, Missouri
Phone: (417) 256-6147
Fax: (417) 256-0333
Missouri Relay : 711

Visit us on the Web:
oaiwp.org
facebook.com/OzarkAction

"An Equal Opportunity Employer"

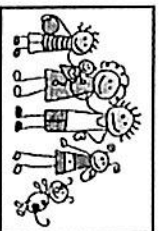
- **C.L.A.I.M.-** Assists Medicare recipients with enrollment in Part D / Advantage Plans, screenings for Medicare cost savings assistance programs, and can assist with questions and appeals.



- **Low Income Tax Assistance-** tax filing for families or individuals with earned adjusted gross income of \$15,570-\$55,952 for the 2019 tax year.



- **Family Support Program-** supports low income families with their educational and employment goals. One on one budgeting is also available.



- **Volunteer Program-** this program offers people the opportunity to increase their employment skills while giving back to their community.



- **Property Tax/ Rent Rebate Assistance-** assist families or individuals that are 100% disabled or elderly that pay property tax or rent in completing forms to receive rebate.



- **Vehicle Loan Repair Program-** a loan program to assist low income families with repairs to a vehicle to support employment or educational goals.



HOMELESS

Ozark Action Homeless Connect serves Region 8 of the Balance of State Continuum of Care. This includes the counties of Dent, Douglas, Howell, Laclede, Oregon, Ozark, Shannon, Texas & Wright. If you or someone you know is homeless call 844-554-6635.

Applications for rental assistance through the HUD Section 8 program and Weatherization of homes may be completed, as well as initiation of job training services and referral to Head Start.



- **Utility Assistance-** The Missouri Low Income Home Energy Assistance Program (LHEAP) has two components: Energy Assistance/ Regular Heating (EA) and Energy Crisis Intervention Program (ECIP). EA is designed to provide financial assistance to help pay heating bills for Missourians during the months of November, December, January, February, and March. Eligibility requirements for EA are based on income, household size, available resources and responsibility for payment of home heating costs. Eligibility for EA may also qualify individuals for additional financial assistance through ECIP.



Department Objective

The primary objective of CSBG staff is to obtain the information needed during an initial intake visit to provide a comprehensive assessment that will connect families with resources to provide stability and to reduce barriers to their household stability.

Resources are referrals explained and discussed with the family member to help them make informed decisions regarding services, and to explain what they would need to do to apply for any of the services discussed.

Overview

Ozark Action, Inc., (OAI) was incorporated as a community action agency in 1965. OAI serves Douglas, Howell, Oregon, Ozark, Texas, and Wright Counties in the South Central Ozarks. This region is highly rural area bordering the Missouri/Arkansas state line. West Plains, a community of about 10,900, is the largest city in a 100-mile radius. West Plains and many other small communities of less than 2,000, make-up the remaining rural communities that OAI serves.

The lack of public transportation and hilly terrain of the region almost mandates localization of services and economic opportunities.

Working to alleviate poverty, OAI acts as a multipurpose umbrella agency through a range of federal, state and local funded programs including Community Services, Head Start, Housing, Weatherization, and Workforce.



Outreach Offices

Alton

(417) 778-7470

Ava

(417) 683-5018

Gainesville

(417) 679-4559

Hartville

(417) 926-5570

Houston

(417) 967-2036

Mtn. Grove

(417) 926-5570

Thayer

(417) 778-7470

Mtn. View and Willow Springs

(417) 256-6147

The Mission of Ozark

Action, Inc. is to coordinate & provide services for people with needs so that they can improve their quality of life.



Helping People. Changing Lives.

A Community Action Partnership



710 East Main,

West Plains, Missouri

Phone: (417) 256-6147

Fax: (417) 256-0333

Missouri Relay: 711

Visit us on the Web:

www.oaiwp.org

www.facebook.com/OzarkAction

www.twitter.com/OzarkActionInc

"An Equal Opportunity Employer"



Head Start

The Head Start program provides a pre-school learning experience for three and four-year old children from low-income families or with special needs. Head Start has a holistic approach to meeting the health, nutrition, social and developmental needs of children and their families. Full parent involvement and participation is encouraged.

Ninety percent of the children

supported by Head Start must come from low-income families. The income guidelines are determined by the federal government and are revised annually. 10% of the children enrolled in our Head Start program must have some type of disability or special need.

Programs operate four days per week, four hours per day during September through May. Full day, year-round day care is also offered to supplement.

Contact your local Head Start Center for more information or to apply:

Alton Head Start	(417) 778-7579
Ava Head Start	(417) 683-5217
Cabool Head Start	(417) 962-4086
Gainesville Head Start	(417) 679-4340
Grovespring Head Start	(417) 462-3333
Houston Head Start	(417) 967-4111
Licking Head Start	(573) 674-2100
Mansfield Head Start	(417) 924-8421
Mtn. Grove Head Start	(417) 926-5170
Mtn. View Head Start	(417) 934-6918
Thayer Head Start	(417) 264-2089
West Plains Head Start	(417) 256-8823
Willow Springs Head Start	(417) 469-2893

Housing



Ozark Properties, Inc.

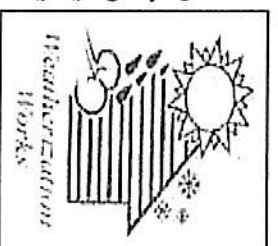
Ozark Properties, Inc. provides affordable and quality housing for eligible persons. Housing is available for those approved in the following areas: Seminole Apartments, West Plain's, Fox Trot Apartments, Ava's, Deer Lick Apartments, Licking, Augusta Oaks Apartments, Thayer; Mountain View and Hartville have single-family three bedroom homes.

HUD - Subsidized Housing

The HUD program assists very-low income families, the elderly and the disabled to afford decent, safe, sanitary and affordable rental housing. Rental Assistance provided on behalf of the family, allowing the family to select their own home.

Families may choose any housing that meets the requirements of the program. Generally, the family pays 30% of their adjusted income toward housing cost (rent + utilities) with the balance in the form of rental assistance. A waiting list applies to all assistance.

Weatherization



Weatherization (WX) Program is a service for homeowners or renters who qualify. WX crews insulate and repair home to make them more energy efficient. Weatherizing can make a home warmer and cooler during the summer, in return saving heating an cooling dollars. All applicants must meet income guidelines. Renters must have owner approval and owner participation to receive services.

Community Services

The Community Services Department sees families in need and sets them up with services both inside and outside of the agency. We are also engaged in local communities as advocates for low-income families and involved in local efforts to support our families with new projects and programs. Our staff strives to be resource specialists for their local community and assist in providing the following services and community programs:

- C.I.A.I.M.-Medicare Assistance
- Low Income Tax Filing Assistance
- Emergency Services
- Property Tax / Rent Rebate Filing Assistance
- Winter & Summer Utility Assistance
- Vehicle Loan Repair Program
- Affordable Health Care Assistance

Workforce Investment Opportunity Act



The goal of the Workforce Development Center is to assist customers in meeting their educational or occupational goals. We work closely with area business and industry to ensure that the interest and skills developed will meet current and future labor market needs. WIOA services provide work experience to those individuals who are new or have been out of the workforce for a number of years and assists with job search activities. Training activities provide Basic Education, Occupational Classroom Training and On-the-Job Training. Adult services provided through Missouri Career Center and youth services through OAL.

Why call 2-1-1?

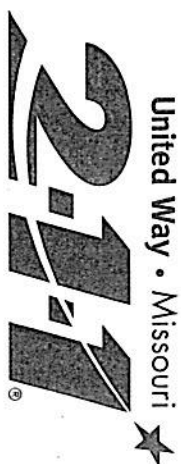
- A family is in need of a food pantry and utility assistance
 - A parent wants help for a child with a learning impairment
 - A family loses power during a heat wave and needs temporary shelter
 - A frightened spouse seeks a safe haven
 - A family is looking for counseling for their teenager
 - New parents seek area day care information
 - A senior adult wants to volunteer or seek services
 - A family searches for employment or a way out of debt
- Which agency?
What location is closest?
Which page in the phone book?
The answer is at your fingertips



Why doesn't 2-1-1 work for me?

If 2-1-1 is not yet active with your phone provider, you can reach the 2-1-1 call center by dialing (800) 427-4626. In the St. Louis area you can also dial (314) 421-4636 (INFO).

Get more information at www.211missouri.org.



Get Connected. Get Answers.

Supported by Missouri Foundation for Health

**find help
give help**

call



- *one easy, free call*
- *get the answers you need*
- *get on the right track*



Get Connected. Get Answers.

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What is 2-1-1?

2-1-1, unlike 911, is NOT the number you call for fire, police or emergency needs. Instead, United Way 2-1-1 IS a toll-free phone number connecting people with available community resources and volunteer opportunities.

By simply dialing 2-1-1, you can now make one call to find or give help. No more wasted time trying to find the right resource. You will reach a trained, caring professional 7 days a week, 24 hours a day.

United Way 2-1-1 is always available, any time you need it. It's efficient, fast, and easy to use.

All calls are confidential.



What does 2-1-1 provide?

Dial 2-1-1 For Community Services

Whether you need help or want to provide help, 2-1-1 is the best way to locate hundreds of services in your community.

When you dial 2-1-1, you will be connected to a trained professional, who can provide referrals to valuable health and human services in your area.

community services

- **Basic human needs** – food pantries, shelters, rent or utility assistance.
- **Physical and mental health resources** – Medicaid, Medicare, prenatal care, children's health insurance programs, crisis intervention, support groups, counseling, alcohol and drug rehabilitation.
- **Work initiatives** – educational and vocational training programs, English as a second language classes, job training, General Educational Development (GED) preparation, financial and transportation assistance.

- **Support for seniors and those with disabilities**
Agencies on aging, centers for independent living, adult day care, meals at home, respite care, home health care, transportation and recreation.



- **Support for children, youth and families**
After-school programs, tutoring, mentorship programs, family resource centers, protective services, counseling, early childhood learning programs, child care referral centers, and recreation.

- **Much, much more** – Just give us a call and see what we can do for you.

volunteer opportunities

- **Volunteering in your community** – Volunteer centers, mentorship opportunities, locations to donate food, clothing, furniture, computers and other items.



- **Volunteering to fit your needs**
One-time, long-term, permanent, part-time or group volunteering opportunities.



1 800 552-8522

FROM COLUMBIA:

573 882-7321

CALLERS WHO ARE DEAF OR HARD OF HEARING USE RELAY MISSOURI:

1 800 735-2966

Your questions are as unique
as your children!

Parentlink.

<http://educationmissouri.edu/parentlink>

212 WHITTEN HALL UNIVERSITY OF MISSOURI-COLUMBIA COLUMBIA, MO 65211

All calls are confidential within the limits of the law.

**At Parentlink,
we answer all kinds of questions**

"My three year old is having temper tantrums.
What should I do?"

"Are there any support groups near me for parents
of children with Down syndrome?"

"Our 13 year old has been acting abnormally lately,
and I worry that he may be on drugs. What can I do?"

"I think my child may be gifted. How can I find out?"

"How can we get our children to be more helpful
around the house?"

"How can I become my child's legal father?"



YOU CAN ASK US ANYTHING —

YOUR QUESTIONS ARE AS UNIQUE AS YOUR CHILDREN!

Parentlink is administered through 4-H Youth Development Programs,
University of Missouri-Columbia, an equal opportunity/ADA institution.



This flyer was funded by the Missouri Division of Child Support Enforcement.