

Food

Food Bank Central Pantry (573) 874-7848
1007 Big Bear Blvd., Columbia

WIC (573) 874-7384
1005 W Worley St., Columbia

Shelter

Rainbow House (573) 474-6600
Children's emergency shelter & homeless youth program

Salvation Army Harbor House (573) 442-1984

Columbia Housing Authority (573) 443-2556

True North (573) 875-1370 or (800) 548-2480
Emergency shelter for victims of domestic violence

Z. Lois Bryant House (573) 875-7874
Emergency shelter for women & families

Healthcare

MU Physician Referral Service (573) 882-7000

Boone County Dept. of Public Health & Human Services
(573) 874-7356 *Free Health Services*

Family Health Center (573) 214-2314

MedZou Community Health Clinic (573) 214-2314
Free healthcare for uninsured adults

MU Pediatrics (573) 882-4730

Child Safety

Columbia Fire Department (573) 574-7556
Free car seat installation assistance

First Chance Safe Cribs Program (573) 777-1815
Free crib and baby bag

Vision & Dental

Saving Sight - Kidsight
Free children's vision screenings
(816) 255-1316 or request screening online

Family Dental Center (573) 777-8997

Hearing

MU ENT Hearing & Balance Center (573) 882-7903
Follow-up newborn hearing screening

MU Speech and Hearing Clinic (573) 884-2940

Boone Hospital Audiology* (573) 815-3502

Speech, Physical, & Occupational Therapy

MU Speech and Hearing Clinic (573) 884-2940

Thompson Center Speech and Language Clinic
(573) 884-6052

MU Occupational Therapy Pediatric Clinic (573) 882-3988
Free student-led occupational therapy clinic

PhysZou* (573) 882-4012
Free student-led physical therapy clinic

Children's Hospital Therapy Center (573) 882-7350
Outpatient PT, OT, and Speech

Developmental & Social-Emotional Screenings

Parents as Teachers
See "Parenting Programs" for contact information

Behavioral & Mental Health Assessments

FACE (573) 771-FACE (3223)
105 E Ash St #100, Columbia
1023 Missouri Hwy 22, Centralia

Thompson Center * (573) 884-6052
1205 Portland St, Columbia

Mental Health

Burrell Behavioral Health (2.5+yrs.) (573) 777-8300
Psychiatry, Parent-Child Interaction Therapy & Brain Train Program

Lutheran Family and Children's Services (573) 815-9955
Nurturing Network Program: Therapy for children, therapy for postpartum depression/anxiety

SOAR Child Parent Psychotherapy (573) 815-9955
Trauma therapy for children (0-5) and a parent

MU Psychological Services (573) 882-4677
Center for Evidence-Based Youth Mental Health

Family Counseling Center/Compass Health
(888) 403-1071

Family Facets (573) 886-7422
Trauma-Focused Cognitive-Behavioral Therapy

MU Bridge Program
School-based psychiatry (573) 268-5129 or 268-4921

MUPC Child & Adolescent Clinic
(573) 884-1130 or 884-1236

Integrated Behavioral Health Clinic (573) 882-2428
Free talk therapy for adults

Social Opportunities

Lend & Learn (573) 777-1815
Play room & toy/resource check-out
1010 Fay St., Columbia

Daniel Boone Regional Library - Story Time & Events
www.dbrl.org/kids
Columbia: (573) 443-3161
Southern Boone: (573) 657-7378

Little Gymmers - ARC (573) 874-7494
Reserved gym for activity and play (\$1 per person)

Little Swimmers - ARC (573) 874-7700
Reserved pool for activity and play (\$1 per person)

Music at the Bluffs (573) 442-6060
Free music class

Moving Ahead (573) 443-2556
After-school program

Boys and Girls Club (573) 874-1697
After school program

Fun City Youth Academy (573) 256-1436
Saturdays and summer youth program

Other Support

Central MO Community Action 855-612-2259
Assistance with housing, employment, energy bills, etc.
Healthy relationships & family development classes

Voluntary Action Center (573) 874-2273
Financial assistance with basic needs

Development

First Steps (0-3 years)
Central Missouri Region: 1-866-583-2392
www.mofirststeps.com

Title 1 Preschool (3-5 years)
Columbia: (573) 214-3585
Hallsville: (573) 696-5512, ext. 622
Sturgeon: (573) 687-3519

Early Childhood Special Education (3-5 yrs.)
Ashland/Southern Boone: (573) 657-2148
Centralia: (573) 682-2014
Columbia: (573) 214-3600
Hallsville: (573) 696-5512, ext. 622
Harrisburg: (573) 875-0290
Sturgeon: (573) 687-3519

Jumpstart (573) 882-2428
Kindergarten readiness program

**Requires Professional Referral*

Parenting Support/Home Visiting Programs

Parents as Teachers (0-5 yrs)

Ashland/Southern Boone: (573) 657-2148

Centralia: (573) 682-2014

Columbia: (573) 214-3955

Hallsville: (573) 696-5512, ext. 631

Harrisburg: (573) 875-0290

Sturgeon: (573) 687-3519 (leave message)

Healthy Families America (573) 874-7488

First Chance for Children (573) 777-1815

PAT+

Head Start (573) 443-8707, ext. 237

Healthy Steps (573) 882-4730

Parent Education & Support

SOAR Early Childhood Networking Nights

Education & Support for Parents

Registration for events: (573) 443-3161

ParentLink (800) 552-8522

Family Impact Center (573) 882-2428

Building Strong Families parenting class

Child Care Aware (573) 445-5437

Help with finding daycare services

Crisis Intervention/Hotlines

Mid-MO Crisis Line

445-5035 or 1-888-761-4357

Child Abuse and Neglect Hotline

1-800-392-3738

24 Hour Rape and Domestic Abuse Hotline (True North)

1-800-548-2480

National Suicide Line 1-800-273-TALK (8255)

Burrell Crisis Line 1-800-395-2132



THIS LIST UPDATED FALL 2017.
SUPPORT AND FUNDING PROVIDED BY
BOONE COUNTY CHILDREN'S SERVICES BOARD.



For Resilience in Early Childhood

SOAR (System Offering
Actions for Resilience in
Early Childhood) is committed
to building community
awareness and developing
programs to promote the
social-emotional wellness
of children age 0-6
and their families in
Boone County.

Find developmental milestones,
information on current SOAR programs,
parenting resources and more at

helpingyoungchildrensoar.org



Follow us on Facebook for
SOAR events & research-based
parenting information!

SOAR · Woodrail Medical Plaza - Bldg 2, Suite 140
1000 W Nifong Blvd · Columbia, MO 65203
(573) 884-6324

Boone County Resources for Children and Families

FALL 2017



Together,
we can
help
children
soar.

