

**Community Resources
and Services for
Divorcing Parents in
Boone County
and
Callaway County**

About This Directory

This is a partial listing of services. For more complete lists, please contact the Voluntary Action Center (573-874-2273) for Boone County, the Community Connection at ParentLink (1-800-552-8522) for both counties, or consult your Yellow Pages.

Included in this directory are hotlines and helplines, self-help and support groups, and descriptions of agencies in Boone and Callaway counties that may be helpful to some divorcing parents. The descriptions of all services are given in the words of the agency representatives. Not all of the services described in this packet pertain directly to divorce, but may be appropriate in some individual situations.

Although not all divorcing parents will have use for all of the resources described, these are agencies that we feel may be of use to many divorcing parents. The services in this packet are listed to allow easy access to them. We are not recommending or endorsing any services listed.

Hotlines and Helplines

Boone Hospital Center Healthline	1-800-872-9008
Child Abuse and Neglect	1-800-392-3738
Division of Family Services	1-800-392-1261
Information Hotline	1-800-392-1261
National Runaway Switchboard	1-800-621-4000
ParentLink	1-800-552-8522
Parent Stress Hotline (Crisis)	1-800-367-2543
Planned Parenthood	1-800-230-PLAN
Poison Control Center	(573) 882-1000 or 1-800-366-8888
Shelter for Abused Women	(573) 875-1370
Tel-Link	1-800-TEL-LINK 1-800-835-5465

Self Help and Support Groups

Co-Dependents Anonymous (CODA) and Narcotics Anonymous (NA).

Support group for persons involved in a co-dependant relationship with an alcoholic or substance abuser

Contact: Beverly (573) 446-2550 or Mary Ann (573) 474-6879

Parent Skills Workshop

A group program offering support and understanding for parents. The group is walk-in, no registration. Five one hour courses are offered on topics such as communication, getting kids to cooperate, alternatives to punishment, enhancing your child's independence, building your child's self esteem and other parent-child issues. The group meets every Monday 5 p.m. to 6 p.m.

Contact: (573) 449-2581

Parents as Teachers

Home based support and education for parents with children under 3 years of age

Contact: (573) 882-2221

Parents Without Partners

Support group for single parents, regular activities scheduled, many that include children. \$30 to join

Contact: (573) 443-7316 pr (573) 443-2974

Sexual Abuse Support Group

Support for victims, offenders, or adults molested as children, and parents of children molested

Contact: (573) 449-2511 ext. 400

Shelter Program Group

Support group for women who were and still are involved in abusive relationships

Contact: (573) 875-1369

Agency Descriptions for Services Offered in Boone County

B

Boys and Girls Club of America (573) 874-1697

1) 1002 Fay St.
Columbia, MO 65201
2) "Blind" Boone Center
301 North Providence
Columbia, MO 65201

(573) 874-1697

Hours: vary throughout week

Services: Provides cultural enrichment, citizenship, leadership, health, physical education, social recreation, personal adjustment, outdoor, and environmental education for children of all ages.

Fees: \$10 per year

Boone County Group Homes

1209 E. Walnut St.
Columbia, MO 65201

(573) 874-1995
(TTY) (573) 443-2841

Hours: 8:00 a.m.-5:00p.m. (M-F)

Services: Helps families access services and resources. Purchases and reimburses for therapies, respite care, transportation, and other early intervention services for children with special needs.

Fees: Sliding scale.

Boone County Department of Health

600 East Broadway
Columbia, MO 65201

(573) 874-7355

Hours: 8:00 a.m.- 5:00 p.m. (M-F)

Services: Immunizations, medical care for children without resources, well-baby checks, home nursing, etc.

Fees: Free

Boone Juvenile Office

115 North 8th Street
Columbia, MO 65201

(573) 886-4200

Hours: 8:00 a.m.- 5:00 p.m. (M-F)

Call 886-4450 after hours and weekends

Services: Provides care, treatment, and discipline for parents under age 17 who fall within the purview of the Juvenile Code; family counseling and individual counseling, and diagnostic testing.

Fees: Free

C

Camp Fire Boys and Girls, Inc.

800 North Providence, Suite 230
Columbia, MO 65201

(573) 449-6821

Hours: 8:00 a.m.- 4:30 p.m. (M-F)

Services: Self reliance program that focuses on skills children need in today's society; camp programs, in-residence camp, and day camp

Fees: \$10.00 a year membership

Caring Communities

601 Business 70 W, Suite 1056
Columbia, MO 65203

(573) 256-1880

Hours: 8:00 a.m.- 4:00 p.m. (M-F)

Services: A school-linked initiative that works to implement plans to support children and families at the neighborhood level.

Fees: Generally free, depends on services

Child Care Connection

310 Tiger Lane
Columbia, MO

(573) 445-5627

1-800-243-9685

Hours: 9:00 a.m.- 5:00 p.m. (M-F)

Services: Home-based child care referral, childcare center referral, resources and information for parents, consumer education, advocacy for families, training for childcare providers and centers, and newsletter for providers.

Fees: Free

Columbia Big Brothers and Big Sisters

806 North Providence Suite 10
Columbia, MO 65203

(573) 874-3677

Hours: 8:30 a.m.- 5:00 p.m. (M-F)

Services: Children from single parent homes are matched in a one-to-one relationship with an adult role model.

Fees: Free

Columbia, City of Department of Health

PO Box N (573) 874-7345
600 East Broadway Administration
Columbia, MO 65201 (573) 874-7355
Nursing/Social

Hours: 8:00 a.m.- 12:00/1:00 - 5:00 p.m. (M-F)

Services: Medical care for qualified adults and children of Boone County; immunizations and child health conferences for children 5 years and younger including physical exams, hearing, and sight screening; and supplemental food and nutrition for women and infants.

Fees: Free

Columbia, City of Department of Parks and Recreation

1 South Seventh Street (573) 874-7460
PO Box N
Columbia, MO 65205

Hours: 8:00 a.m.- 5:00 p.m. (M-F)

Services: Provides instruction in a variety of sports for children and adults.

Fees: Fees vary with each activity

Columbia, City of Office of Community Services

13 North 8th Street (573) 874-7488
PO Box N
Columbia, MO 65205

Hours: 8:00 a.m.- 5:00 p.m. (M-F)

Services: Provides pamphlet entitled “Guide to Child Care Centers in Boone County”, a listing of day care centers and how to find one suitable to your needs.

Fees: Free

The Career Center

4203 South Providence Adult Education
Columbia, MO 65203 (573) 886-2289
(573) 886-2291

Hours: 8:00 a.m.- 4:30 p.m. (M-F). Class hours vary.

Services: Vocational education, adult occupational skill training, and career counseling.

Fees: Financial aid available.

Columbia Public Schools Adult Basic Education

310 North Providence (573) 886-2271
Columbia, MO 65203

Hours: 8:30 a.m.- 8:30 p.m. (M-Th), 8:30 a.m. – 3:00 p.m. (F)

Services: Includes literacy and basic skills education of reading, writing, math and problem solving; skills for completion of the GED; and job training and employment.

Fees: Sliding scale.

D

Daniel Boone Regional Library

101 Parke de Ville

(573) 443-3161

Columbia, MO 65205-1267

1-800-324-4806

Hours: 9:00 a.m. – 9:00 p.m. (M-Th)

9:00 a.m. – 6:00 p.m. (F)

9:00 a.m. – 5:00 p.m. (Sat.)

1:00 p.m. – 5:00 p.m. (Sun. from Sept.- May)

Services: Story times for children; dial a story for children at 443-0088; and reading and educational programs for children and adults

Division of Child Support Enforcement

403 Vandiver Drive

(573) 882-9950

Columbia, MO 65202

Hours: 7:00 a.m.- 5:00 p.m. (M-F)

Services: Enforcing child support, Parents Fair Share meetings, and establishing paternity.

Fees: Call for information regarding each service.

E

Early Child & Family Development Program of Mid-Mo. Mental Health

3 Hospital Drive

(573) 884-1300

Columbia, MO 65201

Hours: 8:00 a.m.- 4:30 p.m. (M-F)

Services: Evaluation and treatment for children (to age 7) with emotional, social, or behavioral concerns.

Fees: Sliding scale

Exercise Healthy Choices Team, Columbia Housing Authority

J.W. “Blind” Boone Community Center

(573) 874-5181

207 Park Avenue

Columbia, MO 65203

Hours: 8:00 a.m.- 5:00 p.m. (M-F)
Services: Section 8 and Public Housing.
Fees: Free

F

Family Counseling Center

117 North Garth (573) 449-2581
Columbia, MO 65203 (573) 443-2204

Hours: 8:00 a.m.- 12:00 p.m. & 1:00 p.m. – 5:00 p.m. (M-Th.), 8:00 a.m.- 12:00 p.m. & 1:00 p.m. – 4:00 p.m. (F)
Services: Offers counseling or education to parents needing help raising their children, and free parenting skills workshop on Mondays 5:00 p.m. – 6:00 p.m.
Fees: \$75.00 per session, or sliding scale

Family Health Center

1500 Vandiver (573) 214-2314
Columbia, MO 65202

Hours: 8:00 a.m.- 7:30 p.m. (M & Th.) and 8:00 a.m.- 5:00 p.m. (Tues., Wed., and Fri.)
Services: Medical services; prenatal, newborn, and child health care for low-income families with no health insurance or inadequate coverage.
Fees: Sliding scale

Family Resource Network

Columbia, MO (573) 449-8663

Hours: Leave message on answering machine.
Services: Helps parents locate resources and provides support for parents of children with disabilities.
Fees: Free

First Steps

C/O The Bureau of Special Health Care Needs (573) 882-9861
800 North Providence Suite 210
Columbia, MO 65203

Hours: 8:00 a.m. – 5:00 p.m. (M-F)
Services: Offers coordinated services and assistance for young children and families with special needs: children birth to age three who have delayed development or diagnosed conditions that are associated with developmental disabilities; to help families understand their children's special needs, get them the help they need, and provide the best conditions for their children to grow and develop.
Fees: Free

G

Great Rivers Council, Inc.

Boy Scouts of America

Fay Street

(573) 449-2561

Box 736

Columbia, MO 65205

Hours: 8:00 a.m. – 5:00 p.m. (M, W, F)

8:00 a.m. – 6:00 p.m. (T, Th)

9:00 a.m. – 1:00 p.m. (Sat.)

Services: Assist young boys in character development, ethical values, and physical and mental fitness preparation; young explorers for young women ages 14-21.

Fees: Vary with each program.

H

Head Start

C/O CMC Human Development

(573) 443-8706 ext. 224

Corporation

807-B North Providence

Columbia, MO 65203

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Federal program for preschool children from low income families; variety of educational activities offered; free medical and dental care for children; healthy meals and snacks; safe indoor and outdoor setting; and services for children with special needs or disabilities.

Fees: Free

Heart of Missouri Girl Scout Council

230 Metro Drive

(573) 445-2935

Box 104537

(573) 893-5505

Jefferson City, MO 65110-4537

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Informal educational program designed to help girls relate to others, develop values, and self-potential, and contribute to society.

Fees: Membership fee is \$7.00

Human Development Corporation

PO Box 1273

(573) 443-8731

807-A Providence

Columbia, MO 65203

Hours: 8:00 a.m. – 12:00/1:00 - 5:00 p.m. (M-F)

Services: Employment services include career interest assessment, job placement, pre-employment skills training, and monitoring program for persons 14-20 years of age.

Fees: Free

L

Lois Bryant House

913 Rangeline

(573) 875-7874

Columbia, MO 65201

Hours: 24 hours per day

Services: Temporary shelter for women and children.

Fees: Free

M

Mc Cambridge Center for Women

Family Counseling Center

201 North Garth

(573) 449-3953

Columbia, MO 65203

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Outpatient and residential services for women with drug/alcohol problems; daycare for children.

Fees: Sliding scale; Medicaid

Mediation Services

Mediation is a non-adversarial process where a trained professional mediator works with both people involved in a dispute to resolve conflicts and reach a mutually satisfying written agreement. Mediation is voluntary and allows you to retain control of decisions that affect your family. Mediation is private and confidential. The process of mediation is generally more cost-effective and less time consuming than obtaining a court ordered divorce agreement solely through litigation. Separate attorneys are still recommended for both spouses involved in divorce mediation. Information on local mediators is included in your Focus On Kids folder for your consideration.

Mid-Missouri Legal Services Corp.

205 East Forest Avenue

(573) 442-0116

Columbia, MO 65203

Hours: 8:30 a.m. – 5:00 p.m. (M-F)

Services: Free legal aid to income qualified individuals; divorces; food stamps; rental problems; public housing; and unemployment compensation, Medicaid, SSI, unfair debt

collection, orders for protection, custody hearings, visitation hearings, child support hearings, and paternity suits.

Fees: Free

Mid- Missouri Mental Health Center

3 Hospital Drive

(573) 884-1300

Columbia, MO 65201

Hours: 24 hours per day

Services: Psychiatric inpatient services for adults, adolescents, and children; marital or family counseling; incest treatment.

Fees: Sliding scale

Missouri Medicaid Healthy Children and Youth

PO Box 6500

1-800-392-2161

Jefferson City, MO 65102

University Hospital & Clinics

One Hospital Drive 882-4141

Hours: Call for various hours.

Services: Provides various health care services for children under 21, eligible for Missouri Medicaid, with a medical need.

Fees: Free

Missouri, State of Division of Family Services Boone County

1500 Vandiver Drive Suite 103

(573) 882-9180

Columbia, MO 65201

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Temporary aid for needy families, foster care, adoption, children's hotlines, food stamps, and various Medicaid programs.

Fees: Free

O

Oats, Inc. – Columbia

100 East Texas

(573) 449-3789

Columbia, MO 65202

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Transportation for ages 60 and over, and 18-59 with a permanent disability for medical appointments, grocery shopping, and meal outings.

Fees: Donations only.

P

Parent Help Family Counseling Center

117 N. Garth (573) 449-2581
Columbia, MO 65203

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: A program offering support and understanding for parents.

Fees: \$75.00 or sliding scale

Parents as Teachers

555 Vandiver (573) 882-2221
Columbia, MO 65202

Hours: 8:00 a.m. – 4:30 p.m. (M-F)

Services: Support and education for parents with children under 3 years of age; monthly visits in home; parents meetings; newsletter; resource center; parenting support; and a teen program.

Fees: Free

Parents Without Partners

1314 Rangeline Road (573) 443-7316
Columbia, MO 65201

Hours: Call for different meeting times

Services: Groups concerned with the interests of single parents.

Fees: \$30.00

Phoenix House of Columbia

607 South 5th (573) 875-8880
Columbia, MO 65201

Hours: Office 8:00 a.m. – 5:00 p.m. (M-F)

Services: Outpatient substance abuse program for men and women; individual and group counseling; co-dependent counseling; and family counseling.

Fees: Sliding scale

Planned Parenthood of Central Missouri

711 North Providence (573) 449-2475
Columbia, MO 65203 (573) 443-0427

Hours: 8:30 a.m. – 7:00 p.m. (M)

8:30 a.m. – 8:00 p.m. (Th.)

8:30 a.m. – 4:30 p.m. (T, W, F, Sat.)

Services: Confidential family planning services; routine physical assessments and referral

Fees: Sliding scale

R

Rainbow House Child Abuse and Neglect Shelter, Inc.

2302 Oakland Gravel Road (573) 474-3558
Columbia, MO 65202

Hours: 9:00 a.m. – 5:00 p.m. (M-F), shelter open 24 hours/day

Services: 24-hour emergency shelter for abused and/or neglected children. Offers temporary crisis care.

Fees: Free

S

Salvation Army

1108 West Ash (573) 442-3229
Columbia, MO 65203 24 Hour Emergency
(573) 442-1984

Hours: 8:00 a.m. – 4:30 p.m. (M-F)

Services: Provides emergency food, clothing, and shelter; two thrift stores; day care; youth activities for ages 6-18 years; summer camp for low-income children 3-12 years old; Christmas assistance.

Fees: Free

The Shelter

Hours: 24 hours a day 1-800-548-2480

Services: 24-hour hotline for battered women and victims of sexual assault. (573) 875-1370

Fees: Free

Speech Pathology Services

33 East Broadway, Suite 125 (573) 449-5484
Columbia, MO 65203

Hours: 8:00 a.m. – 5:00 p.m. (M-F), summer hours shortened

Services: Offers speech and voice therapy, occupational therapy, and physical therapy for children and adults

Fees: Limited evaluation- \$80.00, Comprehensive evaluation-\$100.00, Regular therapy-\$35.00 per half hour, and \$70.00 per hour.

T

Tel-Link

Missouri Department of Health 1-800-835-5465
Division of maternal, Child, and Family Health
P.O. Box 570
Jefferson City, MO 65102

Hours: 8:00 a.m. – 5:00 p.m. (M-F) with off-hours message center. Messages returned next morning.

Services: Provides information and referral services regarding a wide variety of health and social services to residents of Missouri.

Fees: Free, including long distance phone transfers from Tel Link to the referral agency.

U

University of Missouri Hospital & Clinics

One Hospital Drive (573) 882-4141
Columbia, MO 65201

Hours: varied schedule

Services: Beginning childbirth classes, refresher childbirth classes, “For Big Kids Only”, and tours of Obstetrics Ward.

Fees: Vary

University of Missouri Hospital and Clinics Health Information Center

In Columbia Mall, J.C. Penney Wing (573) 882-6565
2300 Bernadette Drive
Columbia, MO 65203

Hours: 10:00 a.m. – 6:00 p.m. (M-Sat.)

Services: Provides baby weights checks, information, and a nurse to answer questions. Also provides an area for mothers to nurse babies.

Fees: Free

University of Missouri- Columbia Counseling Center

119 Parker Hall (573) 882-6601
Columbia, MO 65211

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Personal counseling; employment assistance program; group counseling; stress management lab; and educational programs.

Fees: Free for MU students and employees; minimal cost for others.

**University of Missouri- Columbia
Outreach and Extension Center**

1012 North Highway UU
Columbia, MO 65203

(573) 445-9792

Hours: 8:00 a.m. – 4:30 p.m. (M-F) office, programs at various times through the week
Services: 4-H clubs, wide range of course available in family nutrition and family education, some home based programs, health and nutritionist available for phone consultation, and human development specialist provides programs and consultation for parenting and family concerns

Fees:

**University of Missouri- Columbia
Psychological Clinic**

211 S. 8th Street
Columbia, MO 65211

(573) 882-4677

(573) 882-4583 FAX

Hours: 8:30 a.m. – 5:00 p.m. (M, F)
8:30 a.m. – 9:00 p.m. (T, W, Th.)

Services: Individual psychotherapy for adults, children and adolescents; marital and couples therapy; family therapy; child and adult assessment.

Fees: \$111.00 for first session; \$89.00 for subsequent sessions; if no insurance, will use sliding scale.

**University of Missouri- Columbia
Women's Center**

229 Brady Commons
Columbia, MO 65211

(573) 882-6621

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Resource center, outreach programs, counseling for students, workshops, rape education, and gay and lesbian bi-sexual resource center.

Fees: Free

**University of Missouri- Columbia
YMCA/YWCA**

AO48 Brady Commons
Columbia, MO 65211

(573) 882-1550

Hours: 9:00 a.m. – 5:00 p.m. (M-F)

Services: Children's summer day camp; youth in government; at risk tutoring programs; and alternative spring break programs.

Fees: Program based with varied fees

W

WIC Program

600 East Broadway, Room 104
Columbia, MO 65203

(573) 874-7384

Hours: 8:00 a.m. – 5:00 p.m. (M, W, Th., F), Tuesday evening clinic until 7:30 p.m.

Services: Free classes about healthy eating, and provides healthy foods.

Fees: Free.

Agency Descriptions for Services Offered in Callaway County

A

Adult Basic Education

Dept. Of Secondary Education
Jefferson City, MO 65102

1-800-521-READ
(573) 642-6388

Hours: 7:00 a.m. – 4:00 p.m. (M-F)
Services: GED preparation, life skills.
Fees: Free

Arthur Center

713 E. Jackson
Mexico, MO 65265

(573) 581-1785

Hours: 24 hours per day inpatient; 24 hours per day crisis; Outpatient services, on-call services for outpatients.
Services: Psychiatric counseling; day treatment, assessment, evaluation, alcohol, drug, depression, trauma, and ADD
Fees: First visit \$100.50; thereafter, each one hour session \$98.50
First doctor's visit \$185.25, \$72.50 thereafter.

C

Callaway Community Hospital

10 South Hospital Drive
Fulton, MO 65251

1-800-235-5119
(573) 642-3376

Hours: 24 hours per day, 7 days a week
Services: Family practice, inpatient and outpatient care, flu shots, and summer volunteer program for adolescents ages 12-20years.
Fees: Vary with specific services.

Callaway County Health Department

4950 County Road
Fulton, MO 65251

(573) 642-6881

Hours: 8:00 a.m. – 4:30 p.m. (M-F); Saturday clinic open on occasion
Services: Head Start physicals, children and adult shots, free flu shots, pregnancy tests, clinic for children up to 5 years of age, WIC clinic, and complete assessment of children entering school for the first time.
Fees: Donations only.

Callaway County Public Library

710 Court Street
Fulton, MO 65251

1-800-324-4806
(573) 642-7261

Hours: 9:00 a.m. – 9:00 p.m. (M-Th.)
9:00 a.m. – 5:00 p.m. (F-Sat.)
Closed Sunday

Services: Story times and programs that promote interaction between parent and child.
Fees: Free

Callaway County Special Services

911 Business 54 South
Fulton, MO 65251

(573) 642-1792

Hours: 8:30 a.m. – 4:30 p.m. (M-F)

Services: Individual, parent, and family support programs.
Fees: Free

Child Support Enforcement

227 Metro Drive
Jefferson City, MO 65101

(573) 751-4301

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: State of Missouri child support offices.
Fees: Free

F

Fulton Housing Authority

350 Sycamore
Fulton, MO 65251

(573) 642-7611

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Housing, rental assistance program, employment and training programs, Head Start program, family resource programs.
Fees: Free to income-eligible persons.

H

Human Development Corporation- Callaway

603A Nichols
Fulton, MO 65251

(573) 443-8706
(573) 642-3316

Hours: 8:00 a.m. – 12:00 p.m./ 1:00 p.m. – 5:00 p.m. (M-F)

Services: Housing, rental assistance program, employment and training program, Head Start program, family resource programs.

Fees: Free to income-eligible persons.

M

Mid-Missouri Legal Services

214 Marshall (573) 634-4545
Jefferson City, MO 65102 1-800-568-4931

Hours: 9:00 a.m. – 12:00 p.m. (M-F)

Services: Legal services for low-income individuals.

Fees: Free for income eligible persons.

Missouri Division of Social Services

108 North Hospital Drive (573) 592-4085
Fulton, MO 65251

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Contacts and referrals to other agencies, medial assistance, and medicine for children.

Fees: Free

N

NAACP

309 West Ninth (573) 642-0010
Fulton, MO 65251

Hours: 9:00 a.m. – 11:30 p.m. (M-F) and every Saturday 8:00 a.m. – 1:00 p.m. (M-F); all hours on volunteer basis through community members.

Services: Provides high school juniors and seniors with mentors and tutors; scholarships; hands on training for 5th graders who like to work on appliances, motors, engine, etc.

Fees: Free

North Callaway Parents as Teachers

North Callaway R-1 School District (573) 386-2217
Kingdom City, MO 65262-0033 (573) 386-2214

Hours: Call for appointments

Services: Provides information on child development and parenting skills through group meetings.

Frees: Free

O

Oats, Inc.- Fulton

Court House

(573) 642-0750

Fulton, MO 65251

Hours: 8:00 a.m. – 11:00 a.m. (M-F)

Services: Transportation into Columbia, Jefferson City, and Mexico.

Fees: Donations only.

P

Planned Parenthood of Central Missouri

201 East 5th Street

(573) 642-7688

Fulton, MO 65251

Hours: 8:30 a.m. – 7:00 p.m. (M) and 1:00 p.m. – 5:30 p.m. (F)

Services: Family planning services; routine physical assessments

Fees: Sliding scale.

T

Tel-Link

PO Box 570

1-800-835-5465

Jefferson City, MO 65102

Hours: 8:00 a.m. – 5:00 p.m. (M-F)

Services: Information and referrals to maternal and child health services.

Fees: Free

U

University of Missouri-Columbia

Outreach and Extension Center

2436 Tanner Bridge Road

(573) 634-2824

Jefferson City, MO 65101

Hours: 8:00 a.m. – 4:30 p.m. (M-F)

Services: 4-H clubs, courses offered to the public in family nutrition, family economics, and other family-oriented topics.

Fees: Free

Y

YMCA of Callaway County

103 West 5th Street
Fulton, MO 65251

(573) 642-1065

Hours: 8:30 a.m. – 8:30 p.m. (M-F)
8:30 a.m. – 11:30 p.m. (Sat.)

Services: Full year memberships to facilities, aerobics, basketball, Judo, Tae Kwon Do, gymnastics, volleyball, swimming lessons, summer cay camp, flag football, and many other sport activities.

Fees: Vary with program services

Local Mediators

(Alphabetical order)

Accord Mediation Services, Inc. (573) 442-8904
Jane Rippetto, Mediator
601 West Nifong Blvd. Suite 609
Columbia, MO 65203

Center for Rational Living and Behavior (573) 817-1502
Post Office Box 30062
Columbia, MO 65205

Kakie Love Mediator (573) 443-7717
5413 Dalcross Drive
Columbia, MO 65203

Lynn Malley Mediator and Attorney (573) 499-0748
200 North 9th Street, Suite A
Columbia, MO 65203