

**RESOURCES**

**FOR**

**RESIDENTS**

**IN**

**PERRY COUNTY**

**MISSOURI**

**2022/23**

**(Many programs are FREE.)**

To update, email: [lgremaud@pchmo.org](mailto:lgremaud@pchmo.org) or [jaklobe@yahoo.com](mailto:jaklobe@yahoo.com)  
Subject: Resources for Perry County

## Table of Contents

<b>Crisis Assistance/Hot Lines .....</b>	<b>Page 3</b>
<b>Early Learning/Enrichment .....</b>	<b>Page 4</b>
<b>Educational Services .....</b>	<b>Page 5 &amp; 6</b>
<b>Employment Assistance/Training (General).....</b>	<b>Page 7</b>
<b>Employment Assistance/Training (Special Needs).....</b>	<b>Page 8</b>
<b>Hardship Assistance .....</b>	<b>Page 9 &amp; 10</b>
<b>Health Services .....</b>	<b>Page 11</b>
<b>Housing: Landlord/Housing Information.....</b>	<b>Page 12-14</b>
<b>Housing for Homeless .....</b>	<b>Page 15</b>
<b>Mental Health/Behavioral Health .....</b>	<b>Page 16</b>
<b>Military/Ex-military Assistance .....</b>	<b>Page 17</b>
<b>Pregnancy /Parenting .....</b>	<b>Page 18</b>
<b>Senior Services .....</b>	<b>Page 19</b>
<b>Special Needs/Disabilities .....</b>	<b>Page 20 &amp; 21</b>
<b>Substance Use/Misuse/Prevention .....</b>	<b>Page 22</b>
<b>Transportation .....</b>	<b>Page 23</b>
<b>Youth Activities/Organizations .....</b>	<b>Page 24</b>

## Crisis Assistance / Hot Lines

<b>Emergency</b> – fire, accident, ambulance, etc.	Dial 911
<b>211 Information &amp; Referral Service</b> – provides information/referral help for housing, employment, healthcare, food, etc.	Dial 211
<b>Child Abuse/Neglect</b>	1.800.392.3738
<b>Elderly Abuse/Neglect</b>	1.800.392.0210
<b>First Call for Help</b> – provides information on a wide variety of topics	1.866.914.4357
<b>Legal Services of SE MO</b>	1.800.444.4863
<b>Mental Health Crisis Hotline</b>	1.800.356.5395 (local Dial 988 (national))
<b>Parent Link (Parenting Information)</b>	1.800.552.8522
<b>Poison Control Center</b>	1.800.366.8888
<b>Regional Family Crisis Center</b> – offers emergency shelter, support groups, structured children’s programs, court advocacy, substance abuse counseling, etc. for human/sexual trafficking, domestic & sexual violence victims	573.547.2480 (office) 573.517.0553 (crisis line)
<b>Suicide Hotline</b>	Dial 988 1.800.273.TALK 1.800.273 .8255

## Early Learning /Enrichment

### Daycares & Preschools

Caring Corner Preschool	573.517.0099
EMAA Perry County Head Start	573.454.2200
Heather Daycare	573.547.9160
ILS Little Lambs	573.547.6161
Imagination Kids	573.547.2168
Kelsey's Cuddle House	573.517.8259
Kindertree Enrichment Center	573.768.3800 (provides subsidized daycare)
Little Explorers Learning Center	573.547.5352
Little Miracles Learning Center	573.846.5028 (provides subsidized daycare)
Little Stepping Stones Daycare	573.846.5006
M&M Kid's Kampus	573.547.6645
Primrose Preschool	573.517.0713
Saint Vincent DePaul Preschool	573.547.4503
Sherri & Melinda's Rubber Duckies	573.547.3558 (provides subsidized daycare)
The Growing Tree Preschool/Daycare	573.547.2257
Wee Wonder Learning Center	573.547.3910

**Head Start** - a preschool program for children, ages 3-5, who meet certain qualifying income guidelines. (104 N. French Lane) 573.547.8496

**Moms of Pre-K** - a program for moms and children from pre-birth to K for fun, food, crafting, conversations; on 2<sup>nd</sup> Thurs. of month at 6:00 pm (Overcomers Church International, 125 Perry Plaza) 573. 547.2202

**Parents as Teachers** - an early-learning program offered by Perry County School District #32 for children from pre-birth to age 3. 573.547.7500 X 1210

## Educational Services

**CHAMPS Mentoring** - a mentoring service offered by the Perry County Community Task Force (21 S. Main St.) for K-12, that provides positive adult support and interaction.

573.547.1292

**Options for Women** – offers free educational classes in prenatal, infant, toddler, parenting, life skills, boundaries, sexual healing, anger management, etc. (1019 N. Kingshighway)

Mon. – Thurs. 10am – 4pm & Fri. 4:00 pm – 8pm

573.547.3800

Text 573.880.5185

**Riverside Regional Library** - offers books, videos, Kid Kits, Dog Assisted Reading Therapy, Summer Programs, etc. for children and their families, located in the Perry Park Center and in Altenburg

573.547.6508

**Perryville Adult Education & Literacy (formerly known as GED classes)** – offers FREE Adult Education & Literacy classes for ages 17+ and English as a Second Language classes at Perryville Higher Education Center 2<sup>nd</sup> floor; work with certified teacher in state approved AEL/GED program to attain High School Equivalency certificate.

573.334.3669

### **Schools:**

**Catholic Schools:** St. Vincent (PreK – High school) 573.547.4591

**Lutheran Schools:** Immanuel Lutheran (PreK – 8) 573.547.6161

United in Christ Lutheran (PreK – 8) 573.824.5218

Saxony Lutheran High School 573.204.7500

**Public Schools:** District 32 (PreK – 12) 573.547.7500

District 48 (PreK - 8) 573.824.5857

**Perry County Career & Technology Center** 573.547.7500

**Perryville Higher Education Center** 573.547.4143

**Rankin Technical College** 314.286.3382

**Trendline Consulting Academic Tutoring** – Offers one-on-one tutoring in basic skills such as math, reading, time, and money for individuals who have special needs. Can also include tutoring in college-level courses. Visit: [TrendlineConsulting.org](http://TrendlineConsulting.org)

573.605.1600

**University of MO Extension Office** – offers leadership, asset building, youth programs, etc.  
(321 N. Main St.) 573.547.4504

**Webb Law Firm** – offers financial counseling services (20 N. Jackson St.)  
573.547.1800

**WIOA (Workforce Innovation & Opportunity Young Adult Program** – offers in-school and out-of-school educational and job readiness assistance and supportive services for ages 14-24. Located at the Perryville Higher Education Center, Rm. 219. (Appointment required.)  
573.979.8915

**WIOA Adult Program** – look under Employment Assistance / Training

## Employment Assistance/Training – General

**Effex** (TG facility only)

573.547.1041

**P.A.V.E. (Preparing Area Veterans for Employment)** Assists homeless / at risk of homelessness veterans overcome barriers to employment. Community Partnership of Southeast Missouri

573.651.3747 ext. 129

**SkillUP** - provides skills training and employment assistance for persons aged 16–59, who are a SNAP recipient. MO Dept. of Social Services

573.366.0564

**Talent Force** - employment agency (1418 W St. Joseph St. #110) Mon.-Fri. 8:00 – 5:00

573.547.6400

**Workforce Development of SEMO** - WIOA Adult Program, for ages 18+ low-income, dislocated worker, food- stamp recipient, or exhausted unemployment benefits, etc. Offers free programs that provide supportive services & some incentives for advancement in education, including staying in school, getting AEL/GED certificate, college or trade school &/or employment (including building pre-employment skills, gain soft skills, build resume, practice interview, job referrals, paid work experience, on-the-job training, etc.) Located at Perryville Higher Education Center, Rm. 219. (Appointment required.)

573.979.8915

## Employment Assistance/Training – Special Needs

**COMPOSURE** – Community Partners for Successful Reentry –provides community resource connections to justice involved individuals to establish: health and wellness, transportation, education, employment, social and family support, residency, etc. Follow on Facebook: @Composure Cape or Email: [contact.composure@gmail.com](mailto:contact.composure@gmail.com)

**County Disability Resources** – Employment service coordination for individuals with developmental disabilities. Located at 1404 Corporation Lane, Suite 10 (Mon.-Fri. 8:30-4:30)  
573.768.0848

**Life Enrichment Center** – provides employment assistance and support for individuals with special needs. (113 E. Ste. Marie St.) Mon.-Fri. 8:30-4:00 573.605.1180

**Missouri Vocational Rehabilitation** – offers assistance with education and employment for residents with special needs. 573.218.6100 1.800.640.7110

**Preferred Employment Services** –offers employment services for people with disabilities  
573.334.9344

**Trendline Consulting Employment / Training** –Offers employment interests and skills evaluation for individuals with special needs as well as training, job-search assistance, and job-coaching. Visit TrendlineConsulting.org or call 573.605.1600

**United Enterprises (Former Sheltered Workshop)** – Employment opportunities for residents with developmental disabilities. (618 Industrial Drive) Mon.-Fri. 7:00 – 5:00  
573.547-1047



## Hardship Assistance

**Backpack Bonanza** – provides school readiness supplies and services to youth who have qualified through East Missouri Action Agency, conducted yearly by Immanuel Lutheran Church and School (453 N. West St.) 573.547.8317

**Backpacks for Fridays** – provides weekend food for Perry County Dist. 32 students who need assistance. Contact school counselors for information 573.547.7500

**East Missouri Action Agency (EMAA)** – provides energy assistance, budgeting /financial planning, etc. to those meeting income guidelines (25 S. Jackson St.) Tues. & Thurs. from 8:00-5:00 573.547.2014

**Family Support Division** (Family Services Division of the Department of Social Services) – provides food, medical assistance, childcare, etc. based on income. (12 E. Wichern Road) Mon.- Fri. 8:00 – 5:00 1.855.373.4636

### FOOD PANTRIES:

**First Baptist Church Food Pantry** – (416 N. Main St.) Mon. 11:00 – 1:00  
573.547.4644

**Immanuel Lutheran Food Pantry** – (453 N. West St.) Fri. from 10:00 -12:00  
573.547.8317

**St. Vincent Ladies of Charity Food Pantry** – (1001 Rosati Court)  
Mon. 9:00-11:00 & Thurs. 4:30-6:00 573.934.1174

**Options for Women** – provides free pregnancy test, free limited ultrasounds, free maternity services, & free baby / material needs. (1019 N. Kingshighway)  
Mon. – Thurs. 10:00 am – 4:00 pm & Fri. 4:00pm – 8:00 pm. 573.547.3800  
Text 573.880.5185

### RESALE SHOPS:

**Crisis Center Support Shop** – sells clothing, etc. Located at Perry Plaza on Tues-Fri. from 9:00 – 4:00 & Sat. from 9:00 – 2:00 573.513.6712

**Perry County Treasures** – (917 N. Kingshighway) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> complete Fri. & Sat. of the month 8:00 – 2:00 573.517.3693

**St. Vincent De Paul Thrift Store** – (123 W North St.) Mon, Fri., Sat. from 9:00 – 1:00 & Tues., Thurs. from 9:00 – 7:00 573- 547-3975

**St. Vincent DePaul Society Distribution Center** – provides emergency utilities & housing assistance, etc. (95 Grand Ave.) Mon. & Thurs. 9:00 -11:00 573.547.1797

**St. Vincent DePaul Society Drug Assistance** –may provide some specific prescription drugs through the St. Louis St. Vincent DePaul Society assistance program. 573.547.1116

**University of MO Extension** – offers help with food stamp/SNAP applications (321 N. Main Suite #1, Perryville, MO) 573.547.4504

## Health Services

**Cross Trails Medical Center** – provides physical/dental care on an income-based sliding fee scale (1314 Brenda Ave.) Mon. – Fri. from 8:00 – 5:00 573.517.0405

**Midwest Total Urgent Care** – provides medical care (8 N. French Lane) Mon. – Fri. 8:00 – 7:00, Sat. & Sun. 8:00 – 4:00 573.768.6986

**Nurses for Newborns** – is a home visitation program for pregnant women or parents with infants who face medical, social, or environmental risks. Services may be provided for up to two years post birth. 314.544.3433  
573.768.1838

**Options for Women** – provides free pregnancy test, free limited ultrasounds (1019 N. Kingshighway) Mon-Thurs 10:00-4:00 Fri 4:00-8:00 573.547.3800  
Text – 573.880.5185

**Perry County Health Department** - provides immunizations, birth & death certificates, health information / services; WIC (a nutrition education program that provides supplemental foods to assist women, infants & children under age 5, who meet income & nutritional risk guidelines). 406 N. Spring, Suite 1 Mon. - Fri. from 8:00 – 4:30, Late Immunization Clinic 1<sup>st</sup> Monday and 3<sup>rd</sup> Thursday of each month until 6 pm. 573.547.6564

**Perry County Memorial Hospital Charity Care** – may provide financial health-care assistance (434 N. West St.) 573.768.3393

**Perryville Family Care Clinic** – provides medical care (212 Hospital Lane) Mon. – Fri. 7:30 – 5:00 573.547.7888

**Perryville Family Care Clinic West** – provides medical care (1508 Edgemont) Mon. – Fri. 8:00 – 7:00, Sat. 9:00 – 2:00 573.768.3220

**Perryville Lions Club** – provides vision-care assistance 573.513.1190

**Prescriptions** – ask about \$0.99 prescriptions and free vitamins at your local prescription shops 573.547.4960

**Shriners Hospital** – offers pediatric orthopedic care regardless of the families' ability to pay (4400 Clayton Ave, St. Louis, MO) 314.432.360

**Southeast Primary Care** – (624 Old St. Mary's Road) Mon.- Fri. 7:30-4:00 573.547.3232

## Housing: Landlord/Housing Information

Vincent & Susan Adelman		547-4195
American Homes Realty	Beth Yamnitz	547-1214/768-1541
Andy's Rental		547-5252
Tanya Bachmann		517-9072
Joan Behrle		547-8059
Anna Berkbuegler		517-8928
Breezeway Estates	Becky Bond	243-1463
Gary & Lynne Brewer		517-2234
Brown Family Enterprises, LLC	Matt Brown	352-0058
Dalton Brown		605-2686 OR 513-5007
Burger Developments	Chris Burger/Chantell Lawrence	517-2906/517-1840
Butler County Landlords	Bev Roach	429-6477
Cap Co Investments		579-0058
Bruce & Joanna Chappius		587-2877
Brian & Rachel Cooper		768-1489/768-0041
Creekwood Apartments	Amanda Seabaugh	547-7083/636-692-3767
D Properties/Destiny Real Estate	Jason & Lola Dauster	768-0384
DK Perryville, LLC	Kadasha Ritter	517-8545
Scott Dobbelare	Margie Kramer	513-0425/517-1786
Emil Dosenbach		788-2716
Doug Duvall		314-803-1111
Eric End		
Keane & Sherry Franklin		
GC Properties, LLC	Lori Wibbenmeyer	768-1735
Donald Giesler		547-7241
Roy A. Glass, Jr.		
Connie Gotto	Brenda Hoehn	547-2232/225-8972
Grandview Apartments	Sheila Schilling	
Tracey Hagan		768-5676
Mark & Amy Hager		513-0075
Wayne Hahn		547-1960/846-6194
Hillcrest II	Lynn Sauer	547-4481
Roger & Dana Hoff		768-6281
Jane & Ken Huett		513-0683
Mary Hutchison		
David Johnson		517-1944
Donna King	Cyndi Flentge	768-0072
Jay Kirn	Dawn Kirn	513-1517/314-920-6410

Ralph Kranawetter		517-2851
Kenneth & Brenda Krieger		768-2995/768-2997
Don Layton	Mark Roy	768-0333
Rick Miesner		768-5904
Wilbert Moll		543-2609/768-1640
Allen & Pam Muench		547-9231/587-2813
Paul & Karen Munier		768-0671/768-4305
Van & Julie Naeger		513-6979/513-0127
Ochs Development	Chelsea Ochs	605-9437
Parkwood Village	Patrick Naeger	517-3686
Nathan Pecaut		768-2752
Perry County Memorial Hospital	Jessica Krauss	768-3488
Perryville Homes	Jennifer Foglietta	547-5227/846-4153
Perryville Manor/Seldin, LLC	Katelyn Poenitske	547-5227/618-708-1606
Perryville Senior Gardens		243-1463/547-6556
PLZ Rentals	Paul (Butch) & Linda Zahner	513-0108/513-6697
Clinton Prevallet		768-5552
Alan Reinwald		547-4165
RHF-Perryville Senior Apartments	Jamie Hecht	547-4330
Riehn & Kelly Properties	Delbert Riehn/Jason Kelly	768-1802/768-2480
Bruce Robison		605-3560
Robert Ruessler		768-0073
SBR Steakhouse	Kathe Ramsey	587-0181
Schemel Properties	Jan Hoeh-Smith	513-3005
Mike & Bonnie Schnurbusch		513-0748
Senior Housing Specialists, LLC		333-7819
Sims Investment Group, LLC		768-0414
SMS Investment Group		768-0414
SOTO Property Solutions	Dave Soto	332-7686
Sovereign State Properties	Mike Rowe	630-918-1900
Stockard Development		517-854
Sycamore Village Apartments		517-0866
Shaun Tarrillion		768-0601
Chuck Taylor		517-1125
Larry & Mary Thompson		543-2500/883-0549
Michelle Thompson		314-391-7557
Steven Tilley	Kristal Brickhaus	517-0030
Trinity Investments Southeast LLC	Keith Carroll	513-2891
Clyde Vincent		768-2223
Lawrence Weekley		513-6303

Robert Welker		513-5307
David L. Welland		547-9355
Matt & Brook Wibbenmeyer		517-2137
Terry & Lori Wibbenmeyer		768-1734 OR 768-1735
Winkler Investments Inc.	Larry Winkler	314-267-5280
Larry & Brenda Winkler		768-9904 OR 768-9905
Mike & Beth Yamnitz		768-1541
Matt & Anna Zoellner		768-0922

## HOUSING FOR HOMELESS POPULATION (Call 211 for Inf.)

**Amen Center** (3600 State Hwy N, Advance MO.) --Homeless person must undergo interview and background check before admission is approved. Mon. – Fri. 8:00 – 5:00  
573-794-2900

**Community Partnership of Southeast Missouri** -- has a housing program for their clients, but there is a waiting list. They also have general information about other resources.  
573-651-3747.

**Revival Center** (914 Old Cape Road, Jackson, MO) - Homeless shelter, but usually filled.  
Contact: 573-270-3984.

**St. James AME** (Located in Cape Girardeau, MO) – only open during the colder months.  
573-334-9119

**Shelter Information** –Mon. – Fri. 8:00am – 5:00pm 1.800.835.5465

**Transient Population** – short-term assistance may be provided through the Ministerial Alliance by calling the Perryville Police 573.547.4546

### SITUATIONS THAT MAY OPEN UP AVENUES FOR HOUSING:

**Abuse Issues** – If person is involved with abuse, the Regional Family Crisis Center may offer temporary housing, etc. 573-547-2480

**Mental Health Issues** – If person is receiving mental health services through Community Counseling, they may qualify for housing assistance. 573-547-8305  
573-334-1100

**Pregnant / Parenting** -- If a woman is pregnant and meets financial requirements, Options for Women (1019 N. Kingshighway), may assist with housing.

Mon. – Thurs. 10:00 am – 4:00 pm & Fri. 4:00 pm – 8:00 pm 573.547.3800  
Text 573.880.5185

**Pregnant / Parenting** – If person is pregnant or has a child under age 3, they may receive housing assistance from Birthrite. 573-335-0750

**Substance Abuse / Addiction** – If person is involved in substance abuse / addiction, they may qualify for assistance through the Family Counseling Center Behavioral Health Residential Services 573-651-4177

**Veteran** – If a person is a veteran, the VA Homeless Shelter in Poplar Bluff may provide temporary shelter for up to 6 months and a support advocate for homeless veteran.  
Jennifer Lay – Coordinator 573-778-4425

## Mental Health / Behavioral Health

**Community Counseling Center** – offers an extensive range of mental health services, on a sliding scale fee (406 N. Spring St. Suite 2) on Mon.- Fri. from 8:00-4:30, with extended hrs. on Tues. until 7:30 or by appointment. 573.547.8305

**Evans Equestrian** - specializes in equestrian services for people with anxiety and autism. (96 Horseshoe Lane, Perryville, MO) By appointment only. 573.768.0848

**New Life Mission Inn** – See **Perry County Family Life Consultant** (below).

**Options for Women** – provides accurate information, discuss options; provides place to think, process, feel safe, share thoughts; offers help and support during time of crisis (1019 N. Kingshighway) Mon. – Thurs. 10:00 – 4:00 & Fri. 4:00pm – 8:00 pm  
573.547.3800  
Text-573.880.5185

**Perry County Family Life Consultant** – provides short-term counseling services for uninsured and under-insured community members and their families at no cost on Mon. – Fri. 8:00 – 3:00, at New Life Mission Inn (114 W South St.) and at the City Hall Building in Frohna (8904 Main Street) on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays from 1:00 – 3:00. 573.513.2918

**Perry County Juvenile Office** – provides linkage to resources and treatment behavior modification services to youth up to 17 years old. 573.547.6581 x8

**Perry County Memorial Hospital Counseling Center** - offers an array of mental health services, including: Psychiatrist – Assessment and Management of Medication; LCSWs – Individual, Couples, and Family Therapy. (12 N. Kingshighway)  
Mon. – Thurs. 8:00 – 5:00 and Fri. 7:30 – 12:00 pm 573.547.3116

**Southeast Behavioral Hospital** – offers a continuum of inpatient and outpatient services covering a wide range of mental, emotional, and behavioral health issues; such as depression, anxiety, co-occurring substance use issues. Admission hours are 7:00am-7pm daily. 639 S. Silver Springs Rd. in Cape Girardeau, MO.  
For information, visit website: [www.southeastbehavioral.com](http://www.southeastbehavioral.com) 573-708-5000



## **Military /Ex-military**

**Catholic Charities of SE Missouri Support Services for Veterans** 573.335.0134

**MO Veteran's Commission** 573.751.3779

**P.A.V.E. (Preparing Area Veterans for Employment)** – Assists homeless / at risk of homelessness veterans overcome barriers to employment. Community Partnership of Southeast Missouri 573.651.3747 ext. 129

**VA Homeless Shelter in Poplar Bluff** – This facility can provide temporary shelter for up to 6 months and a support advocate for homeless veteran. Jennifer Lay – Coordinator 573.778.4425

**Veterans Administration (Cape)** 573.290.5752

- **Emergency funds may be available through the local veteran's organizations (ask for service officer).**

**American Legion – 573-605-2100**

**Amvets –547-1521**

**Veterans of Foreign Wars – 547-6509**

## Pregnancy / Parenting

- Birthright** – provides pregnancy, infant / child services & supplies 573.335.0750
- Building Blocks/Nurse Family Partnership** – home visitation program for first-time pregnant mothers, who are WIC or Medicaid eligible 573.335.1033
- Embrace Life** – provides spiritual, emotional, and physical support to single young mom, or to single in an unplanned pregnancy 573.267.0098
- Everyday Dad Program** –empowers low-income, non-custodial fathers to strengthen families with core services. Community Partnership of Southeast Missouri 573.651.3747 ext.101
- Lutheran Children / Family Services** – provides pregnancy, parenting, and adoption services 573.334.5866
- Nurses for Newborns** – provides an extensive variety of services from pregnancy through birth and beyond. Can provide supplies; assistance with housing; physical assessments; complete many teaching topics associated with safety, growth, development & wellness; and assist mom in formation of career goals. 314.544.3433
- Options for Women** – provides free pregnancy tests, limited ultrasounds, information on pregnancy choices, prenatal educational classes, maternity / infant material needs, and connecting to other local resources. (1019 N. Kingshighway)  
Mon. – Thurs. 10:00 am – 4:00 pm & Fri. 4:00 pm – 8:00 pm 573.547.3800  
Text – 573.880.5185
- Perry County Health Department** – WIC (a nutrition education program that provides supplemental foods to assist women, infants & children under age 5, who meet income & nutritional risk guidelines); Call for eligibility: Car seats: Portable Cribs; Help with quitting smoking during pregnancy 573.547.6564

## Senior Services

<b>American Legion</b> – loan of ambulatory supplies	573.547.4588
<b>Apple Paperwork Services</b> – (Senior Center)	573.651.5467
<b>Hospice Services</b>	
<b>Crown Hospice</b>	573.335.4800
<b>Legacy Hospice</b>	573.803.3862
<b>Serenity Hospice</b>	573.431.0162
<b>Legal Services of Southern MO</b> – for low income	1.800.748.7456
<b>MO Division of Senior &amp; Disability Services</b> (12 E. Wichern Rd.) Mon. – Fri. 8:00 – 5:00	573.517.0214
<b>Perry Co. Health Department</b> – provides immunizations, blood pressure screenings, & toenail care (some restrictions apply). (406 N. Spring St., Suite 1) Mon.- Fri. 8:00 – 4:30, Late immunization Clinic 1 <sup>st</sup> Monday & 3 <sup>rd</sup> Thursday of each month until 6 pm.	573.547.6564
<b>Perry County Senior Center</b> – provides meals, senior services, Meals on Wheels. (4 N Spring St.) Mon. – Fri. 8:00 – 3:00	573.547.2188
<b>SADI</b> – SEMO Alliance for Disability Independence	573.651.6464
<b>SEMO Area Agency of Aging</b>	573.335.3331
<b>Social Security Office</b> (Cape)	573.339.1277
<b>Veterans Administration</b> (Cape)	573.290.5752

## Special Needs/Disabilities

**County Disabilities Resources** – provides support coordination services for individuals with developmental disabilities who reside in Perry County; serves all ages who meet eligibility criteria. Located at 1404 Corporation Lane, Suite 10 (Mon.-Fri. 8:30 – 4:30)

573.547.6639

**First Steps** – early intervention program for children birth -3 years old who have suspected developmental delays or disabilities.

573.243.3222

573.243.3962

573.450.1814

**Hope Center** – offers equine therapy for people who are experiencing physical and mental challenges; works with your financial status. (2019 East Harvest Circle)

Mon.-Thurs. 12-6, Sat. 9-12

573.768.0848

**Life Enrichment Center** – provides employment assistance and support for individuals with special needs. (113 E. Ste. Marie St.) Mon.-Fri. 8:30-4:00

573.605.1180

**Missouri Autism Center** (Cape Girardeau)

573.986.4985

**Missouri Division of Developmental Disabilities** – serves children and adults who have disabilities that existed prior to age 22 and substantially limit the individual's ability to function independently.

573.472.5300

**Missouri Parents Act (MPACT)** – helps children with special educational needs to reach their full potential in education and life through support, training, and education for them and their families.

816.531.7070

**Missouri Vocational Rehabilitation** – offers assistance with transition from high school to additional education and employment for children with special needs.

573.218.6100

1.800.640.7110

**Rehabilitation Services for the Blind** – offers a vast variety of services for the blind / visually impaired individuals to help gain independence and employment success

573.472.5391

**SEMO Alliance for Disability Independence (SADI)** – offers services and technology to assist independence for children/adults with disabilities.

573.651.6464

**Trendline Consulting** - provides services for people with special needs for all ages and ability levels. Services include: personal assistance to teach new skills & increase independence, social skills groups for children / young adults, academic tutoring services, life skills university classes, independent living training, driver's education, & employment services.

visit: [TrendlineConsulting.org](http://TrendlineConsulting.org)

573.605.1600

## Substance Use / Misuse / Prevention

**Adult Teen Challenge Mid-America** – provides in-house recovery for teens and adults  
(303 Mate Lane, Cape Girardeau) 573.335.6508

**Al-Anon** – provides information and support to families of those who are struggling with alcohol addiction; every other Mon., 7:30 pm at New Life Mission Drop-In Center  
(114 W South Street) 573.513.7018  
573.513.2918

**Alcoholics Anonymous (AA)** – provides support to those overcoming addiction to alcohol;  
Mon., 7:30 pm at St. Vincent DePaul (Old School) Building (1021 St. Joseph St.)  
573.513.7018

**Alcoholics Anonymous for Women (AA)** –females only. Thurs., 5:30-6:30 at New Life Mission  
Conference Room (114 W South St.) 573.768.9719  
573.513.2918

**Celebrate Recovery** – offers support for people in recovery; Tues. meal at 5:30 pm, meeting at  
6:15 pm at 1<sup>st</sup> Baptist Church (420 N. Main St.) 573.547.1121  
573.547.4644

**Gibson Recovery** – provides recovery services for ages 17+ on a sliding scale;  
Mon. – Fri. 8:00 – 5:00 (1418 W. St. Joseph St.) 573. 547.1121

**Narcotics Anonymous (NA)** – supports people in narcotics recovery; Open meeting, Wed. 6-7  
pm; Closed meeting, Fri. 5:30-6:30 pm, at New Life Mission Inn Drop-In Center  
(114 W South St.) 573.517.1714  
573.513.7018  
573.513.2918

**New Life Mission Inn** - provides recovery, parenting support, GED assistance. Drop-In Center  
open Mon. - Fri., 12-5. (114 W South St.) 573.513.2918

**Seeking Answers (SA)** - provides free information and support for youth (16-21), with  
substance use issues or questions; Wed., 5:00- 6:00 pm at Perry County Community Task Force  
(21 S. Main St) 573.547.1292

**Seeking Answers About Situations (SAAS)** – provides free information and support for youth,  
(12-15), with substance use, social skills, and other adolescent age issues or questions;  
Thurs., 3:15 – 4:15pm at Perry County Community Task Force (21 S. Main St.)  
573.547.1292

## Transportation

**Southeast Missouri Transportation Service (SMTS)** – provides transportation for general and medical use; office open Mon – Fri 8:00 – 4:00. Cost varies according to location, etc. Call before noon one day prior to scheduled trip. Trips for medical appointments take precedence over general shopping trips. 573.547.8016

General trips in Perryville: Mon-Fri from 8:00-3:00

General trips from Uniontown, Frohna, Altenburg: Tuesdays

General trips from Silver Lake, Port Perry, Parker’s Lake: Thursdays

Medical trips to Cape Girardeau: Tues.-Fri. appointments between 9:00-2:00

Medical trips to St. Louis: Call Ste. Genevieve office 573.883.3216

### Medicaid Recipients Only:

**ModivCare** – specific medically-related transportation services are available for Missouri Medicaid recipients and one accompanying person. Three business days prior notice must be given, unless it is a life sustaining trip. Cost is usually free. Appointments must be made through the ModiCare office. 1.866.269.5927

### Medical Use:

**Perry County Memorial Hospital Courtesy Car** – transportation service available to residents of Perry County who need transportation for medical purposes. Mon. – Fri. 7:30 – 4:00. Fee varies. Must be scheduled 24 hours in advance. 573.768.1186

**SOS Services** – provides transportation especially for doctor’s appointments and other medical needs. Open 24/7. Cost varies with distance of trip. 573.987.9506

## Youth Activities / Organizations

**Boy Scouts** (K- age 21) 573.335.3346

**Church Youth Groups** - many churches offer free youth group activities.

**4-H** – offers leadership, citizenship, and life skills through fun hands-on activities to youth ages 5-18.; held at the University of MO Extension Office (321 N. Main, Suite 1); small fee  
573.547.4504

**Girl Scouts** (K-12<sup>th</sup> grade) 573.334.7741

**Perry County Community Task Force** – offers a variety of free programs and services (21 S. Main St.) Mon-Fri. 8:00 – 5:00 573.547.1292

**Perry Park Center** – offers a pool, theater, exercise facilities, sports courts, walking track, healthy-living classes, etc.; fees are required (800 City Park Dr.) 573.547.7275

**Perryville City Parks** – offers walking trails, baseball, softball, soccer, disc golf, sports teams, etc.; located throughout the city; some fees may apply 573.547.7275

**School Clubs / Activities** – bands, clubs, theater, music, summer enrichment programs, etc.

**Trendline Consulting SAAS (Seriously Awesome Social Skills) Group**—intended for children ages 5-12 who have special needs as well as their siblings &/or peers. Meets twice per week for structured lessons & swimming plus two outings per month. Visit [TrendlineConsulting.org](http://TrendlineConsulting.org) or call 573.605.1600

**Trendline Consulting YASS (Young Adult Social Skills) Group** – intended for young adults ages 12-25 who have special needs as well as their peers. Meets twice weekly for structured lessons that address self-advocacy, communication, maintaining friendships, accessing the community, perspective-taking, emotional skills, etc. plus 2 outings monthly. Visit [TrendlineConsulting.org](http://TrendlineConsulting.org) 573.605.1600

**University of MO Extension** - offers nutrition classes in Perry & Cape County. Contact Angela Jung, 321 N. Main St., Perryville, MO 63775 573.547.4504.

**Youth and Parents (YAP)** – provides free monthly fun activities and educational information for youth and their families 573.547.1292