



# SERVICIOS DE COMUNIDAD

*Los siguientes servicios son para  
el condado de Cape Girardeau y Scott City*

+ Hay traductores al pedir

Información general para  
cuando no sabe Ud. a quién llamar

**FIRST CALL  
FOR HELP**

334-HELP (4357) or (866) 914-4357  
[www.firstcallforhelpsemo.org](http://www.firstcallforhelpsemo.org)

## Asistencia para madres jóvenes

Birthright + . . . . .	335-0750
Building Blocks + . . . . .	335-1033
Cape County Public Health Center + . . . . .	335-7846
Lutheran Family & Children's Services . . . . .	334-5866
Missouri Mentoring Partnership + . . . . .	332-0066
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	
PEP Club-Educare . . . . .	651-9171
WIC-Women, Infants & Children . . . . .	335-4330

## Instalación e inspección del asiento de seguridad para niños

Jackson Fire Department . . . . .	243-1010
Safe Communities (Cape Police Department) . . . . .	335-7908
Safe Kids Coalition (Southeast MO Hospital/Wellness Connection) . . . . .	332-1587

## Información sobre niñeras

Child Care Resource and Referral . . . . .	290-5571 or (800) 811-1127
MO Family Support Division + . . . . .	Cape 290-5800, Scott 472-5222

## Exámen del desarrollo para los niños

Educare . . . . .	651-9171
First Steps . . . . .	290-5129 or (866) 583-2392
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	
Sikeston Regional Office . . . . .	(800) 497-4647

## Educación y el empleo

Adult Basic Education (GED) . . . . .	334-3669
AO Employment Services . . . . .	334-9344
Career and Technology Center . . . . .	334-0826

Lutheran Family & Children's Services . . . . .	334-5866
MERS Goodwill . . . . .	339-0071
Metro Business College . . . . .	334-9181
Missouri Career Center . . . . .	290-5766
Missouri Mentoring Partnership (Young Parents) + . . . . .	332-0066
Missouri Reentry Program (Ex-Offender Resources) + . . . . .	651-3747 ext. 117
Project Hope . . . . .	651-0551
Southeast Missouri State University + . . . . .	651-2000
Successful Parenting Calendar* + . . . . .	332-0066 ext. 114
University of MO Extension Service . . . . .	243-3581

## Información para emergencias

Love INC . . . . .	334-5055
Police Department Cape 335-6621, Jackson 243-3151, Scott City 264-2121	
Revival Center (Emergency Housing) . . . . .	204-8004
Salvation Army . . . . .	335-7000
Safe House for Women (Domestic Violence) . . . . .	651-1614 or (800) 341-1830

## Actividades para la familia

Big Brothers Big Sisters . . . . .	339-0184
Cape Area Family Resource Center . . . . .	334-8170
Cape Girardeau Convention and Visitors Bureau . . . . .	335-1631
Family Fun & Learning Activities Calendar** + . . . . .	651-3747 ext. 108
Parks and Recreation Cape 334-5421, Jackson 204-8848, Scott City 264-3411	
Public Library . . . . .	Cape 334-5279, Jackson 243-8141, Scott City 264-2413
Success By 6 (Born Learning) . . . . .	334-9634 ext. 13

## **Donde recibir donaciones de comida**

FISH Christian Volunteers . . . . .	334-0207
House of Hope. . . . .	335-4858
Jackson Ministerial Alliance Food Pantry . . . . .	243-8487
Red Star Baptist Church . . . . .	335-3381
Salvation Army . . . . .	335-7000
Scott City Ministerial Alliance Food Pantry . . . . .	264-2347
St. Mary's/Old St. Vincent's . . . . .	339-1272

## **Los cupones federales para la comida y Medicaid**

MO Family Support Division . . . . .	Cape 290-5800, Scott 472-5222
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## **Información sobre la salud**

Cape County Public Health Center + . . . . .	335-7846
Cross Trails Medical Center + . . . . .	(800) 552-8522 or 332-0808
Southeast MO Hospital/Wellness Connection + . . . . .	332-1587
St. Francis Medical Center–Education Center + . . . . .	331-5107

## **Información sobre la vivienda (renta y utilidades)**

4-Sight Counseling, Inc (Foreclosure Prevention) . . . . .	334-7995
Community Caring Council + . . . . .	651-3747 ext. 105
East Missouri Action Agency + . . . . .	334-5533
Habitat for Humanity . . . . .	334-9728
Salvation Army . . . . .	335-7000
USDA Rural Development (Home Repair/Purchase Assistance) + . . . . .	243-1467

## **Información y asistencia sobre la salud mental y el abuso de drogas**

Community Counseling Center + . . . . .	334-1100
Crisis Line for Southeast Missouri (24-hour Hotline) + . . . . .	(800) 356-5395
Family Counseling Center + . . . . .	651-3729
Gibson Recovery Center + . . . . .	334-5513
Mending Hearts (Post-Treatment Services for Women) . . . . .	332-7900
National Help Line Network (24-hour Hotline) + . . . . .	(800) 784-2433
New Vision Counseling . . . . .	334-3486
Safe House for Women + . . . . .	(800) 341-1830 or 651-1614
SEMO Network Against Sexual Violence + . . . . .	332-1900
SE Regional Support Center + . . . . .	651-5153
Vision House (Post-Treatment Services for Women) . . . . .	651-0115

## **Apoyo para los padres, abuelos, y guardianes**

APPLE Paperwork Services (for Seniors) . . . . .	651-5467
Area Agency on Aging/Kinship Care Network of SEMO . . . . .	335-3331
Lutheran Family & Children's Services . . . . .	334-5866
Maxine's Shareable Wearables-St. Vincent de Paul . . . . .	335-7667
MO Children's Division + . . . . .	Cape 290-5800, Scott 472-5222
ParentLink . . . . .	(888) 460-0008
Southeast MO Hospital/Wellness Connection. . . . .	332-1587
University of MO Extension/Grandparent Support Group . . . . .	243-3581

## **Exámenes del embarazo y la paternidad**

Birtright + . . . . .	335-0750
Cape County Public Health Center + . . . . .	335-7846
Crisis Pregnancy Center–Abortion Alternatives . . . . .	335-8495
DNA Diagnostics Center + . . . . .	(800) 330-5299
EMAA Family Planning Clinic . . . . .	334-2516
MO Child Support Enforcement . . . . .	Cape 290-5720, Scott (866) 313-9960
ODACS INC Corporate Medical Services. . . . .	332-7711

## **Visitas caseras prenatales**

Building Blocks +. . . . .	335-1033
Lutheran Family and Children's Services. . . . .	334-5866
Parents as Teachers Cape 651-3703, Jackson 243-9540, Scott City 264-3911	

## **El transporte**

County Transit Authority . . . . .	Cape 335-5533, Scott 887-6577
SEMO Alliance for Disability Independence . . . . .	651-6464
Workforce Investment Board . . . . .	331-0990



Para los últimos servicios visite [www.communitycaringcouncil.org/resources.html](http://www.communitycaringcouncil.org/resources.html)

\* [www.communitycaringcouncil.org/calendars/parenting.htm](http://www.communitycaringcouncil.org/calendars/parenting.htm)

\*\* [www.calendar.communitycaringcouncil.org](http://www.calendar.communitycaringcouncil.org)

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