

The Ray Way: December 11th, 2023 – December 17th, 2023



“It’s not how much we give but how much love we put into giving” by, Mother Theresa.

Special Announcements:

- **NAME DROP IS ENABLED BY DEFAULT WITH THE NEW UPDATE FOR IPHONES AND THIS ENABLES ANYONE WITH THIS FEATURE TO PLACE THEIR PHONE NEXT TO YOUR IPHONE (OR THAT OF YOUR CHILD) AND EASILY GET OR EXCHANGE CONTACT INFORMATION. MORE ABOUT THIS AND HOW TO TURN IT OFF CAN BE FOUND AT: <https://www.cbsnews.com/news/how-to-turn-off-namedrop-iphone-ios17/>**
- **WITH THE COLDER WEATHER COMING PLEASE REMEMBER NOT TO PLUG SPACE HEATERS INTO POWER STRIPS OR TO USE EXTENSION CORDS, BOTH POSE POTENTIAL FIRE HAZARDS! PLUS SPACE HEATERS DIRECTLY INTO WALL OUTLETS. NEVER LEAVE A SPACE HEATER UNATTENDED. FOR MORE TIPS ON THE USE OF SPACE HEATERS PLEASE GO TO: <https://www.esfi.org/space-heater-safety-tips-2/> or <https://www.nfpa.org/-/media/Files/Public-Education/Resources/Safety-tip-sheets/PortableHeaterSafety.ashx>**
- **WITH THE COLDER WEATHER COMES THE RISK OF BURST PIPES. FOR TIPS ON HOW TO PREVENT THIS PLEASE GO TO: <https://www.bobvila.com/articles/frozen-pipes/>**
- **CARBON MONOXIDE POISONING CAN HAPPEN AT ANY TIME OF YEAR BUT MAY BE MORE LIKELY OVER THE COLD WINTER MONTHS THAT WE ARE APPROACHING. FOR SAFETY TIPS TO AVOID THIS HAPPENING TO YOU, PLEASE CONSIDER THE FOLLOWING: <https://www.cdc.gov/co/guidelines.htm#:~:text=Don't%20burn%20anything%20in,generator%20at%20a%20safe%20distance> , <https://www.nsc.org/community-safety/safety-topics/other-poisons/carbon-monoxide>, AND <https://www.nfpa.org/education-and-research/home-fire-safety/carbon-monoxide?l=53>.**

ALL BABY THINGS

*****SEE COLD WEATHER HELP FOR POSSIBLE ADDITIONAL INFORMATION ON THINGS LIKE COATS, BOOTS, ETC.**

*****ALSO SEE THE CATEGORY FREE FACEBOOK SITES FOR MORE POTENTIAL SOURCES OF HELP.**

- Baby Grace: 816-787-5936; multiple resources for diapers, wipes, clothing, classes, etc. Call for more info!
- Connection Point Church: 816-353-1994
- Cradle KC is a formula distribution site that may be able to help with other baby needs. For more information please go to: <https://www.cradlekc.com> or call: 913-371-9298. Please ask what geographic areas they serve.
- Curbside Closet Boutique will be the 4th Sundays of the month at 4232 Troost Ave., KCMO 64110. This is for parents of toddlers or birthing persons seeking gently used clothing and/or baby equipment. It is BY APPOINTMENT ONLY!!! Please call 816-541-3718 for an appointment.
- Easterseals Midwest serves Jackson and other counties and providing in-home services ranging from prenatal to 3 years old! For more information, please contact the Program Manager who is Amy Gorton at: 816-335-4572. You may also visit: promise1000.org
- Embrace Grace is ongoing and is a group for single pregnant girls regardless if they want to keep their babies or place them for adoption. Participants will receive a baby shower where they get all the supplies they need for their babies. This is through Sycamore Hills Baptist Church in Independence. Text or call Darby at: 816-898-1195 or email: EmbraceGraceSHBC@gmail.com. More info is available at: embracegrace.com
- KC Women's Ministry can help mothers, about to be mothers, and more with education, support, clothing, etc. The phone number is: 816-320-4800. Their website is: <https://kcwomensministry.org>. You may also email at: contact@kcwomensministry.org.
- Life Connection Church may be able to help with food. The address is: 3883 Blue Ridge Blvd., Independence 64052. Please call for details about possible food pantry options at: 816-353-4445. They have a clothing closet the 1st Saturday of each month from 9 a.m. to Noon and a food pantry the 3rd Saturday of each month from 9 a.m. to Noon.
- Mom's Empowerment Program covers from pregnancy to parenting. You must be a Missouri resident, currently pregnant, available for monthly meetings to receive education and support, and if you qualify for WIC or Medicaid, you will probably qualify for this! The program provides support, education, and some financial assistance. For more information, please call: 816-659-8285 or email: cf@ccharities.com
- Mother's Closet in Grandview is a FREE resource for families to shop! For more information please call: 816-320-4800 or email at: contact@kcwomensministry.org
- Mt. Sinai (MBC) has partnered with Happy Bottoms for diaper distributions every 4th Saturday from 1-3 p.m. You MUST have an application in beforehand AND be on the application in order to pick up anything. To sign up please go to: www.happybottoms.org/get-diapers. Any questions please call: 816-514-0214.
- Nurture KC is an organization dedicated to reducing infant mortality and improving maternal health. For more information please go to: <https://nurturekc.org>
- Strong Start for Mothers Toolkit is a comprehensive resource to get babies and mothers off to a great and healthy start. To view this please go to: <https://www.cms.gov/outreach-and-education/outreach/partnerships/strongstart/toolkit>
- Theclothoption.org is a FREE cloth diaper program. The program has NO income requirements, quick turn around on applications, and is delivered. Recipients may also receive ongoing education and support for using cloth diapers. Diapers are provided for children up to 35 pounds.
- The Lighthouse has maternity home services. This can be a safe place to stay while pregnant or parenting a young child. This is FREE of charge. This is for people between the ages of 12 and 21 who are pregnant or parenting a child under 3 years old. For more information please call or text the 24 hour hotline at: 816-916-4434.
- Triple A Foundation has new openings/signups for a monthly supply of diapers and if available, baby clothes, toys, etc. The distribution is every second Saturday. Please call to register at: 816-328-6067. You may also visit the website at: TRIPLEAFOUNDATION.COM
- Uzazi Village's Diaper Depot offers a breast feeding clinic. Please email breastfeeding@uzazivillage.org for more information on that program. This is a virtual consult at this time due to the pandemic. They are now partnered with Happy Bottoms who will supply their Diaper Depot on the first and third of every Wednesday. To receive diapers on the MO side please call: 816-541-3718 to schedule an appointment. The address is: 4232 Troost, KCMO) and the hours are 3 and 5 p.m. on the designated day. For KS residents, please call: 913-980-2779 to schedule a pick up. They also offer a clothing boutique for babies, toddlers, or birthing persons. This occurs on the third Wednesday of every month from 12-4 p.m. You MUST schedule

an appointment at:
<https://calendly.com/uzazivillagekcmo/clothingbotique?month=2022-03>

BEDDING/FURNITURE

- Ashley Home Furnishings has a program to help children who qualify get a free bed! They must be between 3 and 16 and meet other qualifications. The closest participating store to the Kansas City area is in Sedalia though. For more information please email: admin@ahopetodream.com
- Flourish Furnishings: 816-946-8600 for full information or go to Flourishfurnishings.org. You MUST be referred by an agency that they partner with. Flourish furnishings collects, prepares, and distributes donated furnishings and home essentials to offer a “hand up” by meeting household furnishing needs in Kansas City’s urban and suburban communities.
- Frugals Family Thrift: 816-478-9200 (ask about the available vouchers for clothing, furniture, & household goods). You may also ask about diaper and food banks (dependent upon availability).
- Sleep in Heavenly Peace; provides beds for Raytown people in need; beds can be requested at: www.shpbeds.org; wait times vary.

BURIAL/CREMATION/BEREAVEMENT ASSISTANCE

- Assistance with burial or cremations (Jackson County residents ONLY); 816-881-3355 or email: indigentburial@jacksongov.org
- Burial and funeral assistance programs may be available at: <https://www.findhelp.org/care/burial-%26-funeral-help--kansas-city-mo?postal=64118>

- Camp Erin is a FREE bereavement camp for youth and their families in Kansas City. For more information please email: shmail@kchospice.org or call: 913-341-0318. You can also go to the website at: <https://www.kchospice.org/camp-erin>
- Diasterassistance.gov has info about help with funeral costs for any passing related to a Federally declared disaster. NOTE: This is SEPARATE from COVID-19 passing. For information about funeral assistance because of COVID, please go to: <https://coronavirus.dc.gov/funeralassistance>
- The Funeral Consumer Alliance is a detailed website that provides information about costs, comparisons, options, and related items. It does not though provide any financial assistance. Please see: <https://funerals.org>

CLOTHING (CHILDREN AND ADULT)

ALSO SEE “COLD WEATHER HELP” FOR POTENTIAL SOURCES FOR COATS! LOOK UNDER “SPECIAL ANNOUNCEMENTS ON THE FIRST PAGE FOR AN ADDITIONAL UPCOMING EVENT FOR WARM ITEMS IN THE KC METRO AREA!”

- Debbie’s Closet in Grandview is a free clothing closet operated by a Church and open to all. You can often get an entire free bag of clothing! The hours are Tuesday and Thursday from 2-6 p.m. as well as some potential of Saturday hours. They may also have shoes, toys, etc. depending on donations. The address is: 12607 Grandview Rd., Grandview. For questions please contact the Pastor at: Pastorofgrandviewumc@gmail.com
- Don Bosco Family Center: 816-691-2900
- Dress for Success Kansas City is an organization devoted to helping women achieve economic independence through

support, development, and professional clothing. For more information please go to: <https://kansascity.dressforsuccess.org>

- Frugals Family Thrift: 816-478-9200 (ask about the available vouchers for clothing, furniture, & household goods). You may also ask about diaper and food banks (dependent upon availability). The address is still: 4804 S. Noland Rd., KCMO, 64133. They have however moved further down the strip mall into the location that was formerly, a night club. More room for more bargains!
- Hold Em Up 4 Care is a nonprofit in KCMO dedicated to providing clothing for youth. They have a FB page and can be reached at: 816-892-0749. The email is: info@heu4ckc.org
- Hope Network: 816-778-1105
- Journey Impact Center is located at: 463 SW Ward Rd., Lees Summit. By appointment only, you may get assistance such as food and clothing. For more information and/or to schedule an appointment, please go to: <https://www.takethejourney.cc/journey-impact-center>
- Justice Center has a clothing closet but you MUST make an appointment by calling KiKi at: 816-682-5230. The Justice Center is at: 3114 Paseo Blvd., KCMO
- Mt. Washington Baptist Church is having a food pantry and clothing distribution on Mondays and Wednesdays from 10 a.m. to Noon. This is located at 9623 E. Independence Ave., Independence. For questions or more information, please call: 816-254-5777.
- Raytown Chapel Church: 1st & 3rd Wednesdays; 5:30-6:30pm; 5413 Blue Ridge Cut-Off, Raytown. If you need clothing, the clothing closet, Grace Place is now open but you must complete the form on the website and then make an appointment to come in

for clothing. Infant through adult clothing is available. The website is: www.raytownchapelchurch.org. The phone is: 816-492-5469.

*****NEW!!!** They have changed their name to Woods Chapel Raytown. Further, they are having a special Grace Place Clothing Closet and food pantry on December 12th from 10 a.m. to Noon. The location has not changed. Please see above for the address. No pre-registration is required.

- Raytown Christian Church: 816-353-1708
- REAP (Raytown Emergency Assistance Program): 816-356-0054
- Redemptorist Center is at: 207 Linwood, KCMO. Please call with questions at: 816-931-9942. There is a food pantry/clothing/housewares 10-1 on Tuesday, food pantry/clothing/housewares 10-1 on Thursdays. Clothing for the homeless is on Tuesday 9-10 and Thursday 9-10.
- Show Me Shoes Foundation can offer prom dresses and shoes for young ladies but they also have a variety of other programs and scholarships to help women develop confidence and leadership skills! KCMO is one of the areas that they cover. For more information please go to: <https://showmeshoes.org>
- Sisters in Christ: 816-772-3398
- St. Mark's Methodist Church has a food pantry on Tuesdays from 4:00 p.m. to 6:00 p.m., no appointment needed. They are located at: 603 N. Jennings Road, Independence, MO 64056. Please call for more information at: 816-257-1812. They also have a clothing closet but that is by appointment only!
- Tabitha's Closet is for guardians of students in the Independence School District to help them meet clothing needs. For more

information please go to: <https://nwcdc-mo.org/tabithas-closet>

- Temple of Truth: 1st Saturday; 10-2; 7900 Westridge Rd., Raytown; 816-381-7982.
- The Closet is an outreach program for families of the Blue Springs School District. It can provide clothing, socks, hats, gloves, etc. The location is: 5000 NW Valley View Road, Blue Springs, 64105. Please call though to find out hours and qualifications at: 816-874-3345. You may also call Meagan Truax at: 816-795-1025.
- Unity Southeast located at: 3421 E. Meyer Blvd., KCMO 64132 has a program where you may get a coat or leave one for someone else on Sunday from 10 a.m. to 12 p.m.

COLD WEATHER HELP

*****ZERO KC'S LOW BARRIER SHELTER COLD WEATHER PLAN HAS CRITICAL INFORMATION ABOUT THE COLD WEATHER SHELTERS ACROSS KC. THE ACTIVATION HOTLINE IS: 816-513-3699. THE ACCESS SITES ARE: HOPE FAITH, HOPE CITY, UNITY SOUTHEAST, RESTART, AND TRUE LIGHT FAMILY RESOURCE CENTER. THE REFERRAL BASED SITES ARE: CITY UNION MISSION, SHELTER KC, AND THE HEARTLAND CENTER FOR BEHAVIORAL CHANGE. FOR MORE INFORMATION PLEASE GO TO: [HTTPS://WWW.KCMO.GOV/HOME/SHOWPUBLISHEDDOCUMENT/8667/638313343199270000](https://www.kcmo.gov/home/showpublisheddocument/8667/638313343199270000)**

FOR SHELTERS THAT OPERATE THROUGHOUT THE YEAR, PLEASE LOOK UNDER "HOUSING..."

FOR SHELTERS THAT ONLY OPERATE DURING THE COLD SEASON, PLEASE LOOK BELOW.

- CDC has tips for avoiding frostbite and hypothermia at: <https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

CDC also has tips for workers that must be outside because of their employment. This information is at: <https://www.cdc.gov/niosh/docs/wp-solutions/2019-113/default.html>

- Cold Weather Shelters Only:
 - Hope Faith on December 1st opened its cold weather shelter. For more information about hours, location, requirements, etc. please call: 816-471-4673.
 - Jackson County has a list of warming centers but BE ADVISED that the list is still being updated, some are only open when it reaches a low enough temperature, and have other rules. IT IS BEST TO CALL BEFORE GOING to determine if they are open and any requirements as well as hours open! For more information please go to: <https://www.jacksongov.org/Residents/Assistance-Programs/Warming-Centers>
 - Unity Southeast is operating a warming shelter with up to 450 beds from December 1st, 2023- March 1, 2024. For questions about the requirements, hours, etc. please call: 816-841-1402. The address is: 3421 Meyer, KCMO.
- Jackson County has information about winter weather preparedness at: <https://www.jacksongov.org/Government/Departments/Emergency-Preparedness/Winter-Weather-Preparedness>

- Kansas City’s plan to help people who are homeless over Winter 2023: <https://www.kcur.org/news/2023-10-27/kansas-city-has-a-new-plan-for-unhoused-people-in-the-cold-winter-months>
- NHTSA offers information about building an emergency supply kit for your car during cold weather. More on this can be found at: <https://www.nhtsa.gov/winter-driving-tips>
- Potential resources for coats:
 - Abundant Life Church in Independence: 816-554-8181
 - Birchwood Mission Center Clothes Closet in Independence: 816-353-4445
 - Cathedral of The Immaculate Conception in KCMO: 816-842-0416
- Warming Shelters list is at: <https://www.jacksongov.org/Residents/Assistance-Programs/Warming-Centers>. IT IS HIGHLY RECOMMENDED THAT YOU CALL TO VERIFY FIRST IF THEY ARE OPEN, HAVE SPACE, RULES, ETC.
- Winter Ready tips are available at: www.ready.gov/winter-ready and contain a variety of resources and tips about things pertaining to cold weather and safety.
- Winter storm tips are available through: https://www.ready.gov/sites/default/files/2020-08/fema_winterstorm_htp.pdf

DAY CARE

- Child Care Aware of Missouri has a guide for selecting a good day care at: <https://mochildcareaware.org/wp-content/uploads/2019/05/GuideToChildCareServ.pdf>
- Childcare.gov has tip sheets for selecting a quality day care at: [https://childcare.gov/consumer-](https://childcare.gov/consumer-education/choosing-quality-child-care-tip-sheets)

education/choosing-quality-child-care-tip-sheets

- dss.mo.gov>child-care (online application for day care assistance and other programs). There are also some additional support services to assist Missouri parents. For those resources, please visit: <https://mydss.mo.gov/media/pdf/missouri-resource-guide>
- health.mo.gov/safety (click child care for licensing regs, provider searches, how to file a complaint, and other resources). You may also look for lists of providers at: <https://dese.mo.gov/childhood/child-care/find-care>
- Healthychildren.org has resources you can use when trying to find a good day care at: <https://www.healthychildren.org/English/family-life/work-and-child-care/Pages/choosing-a-child-care-center.aspx>
- The Missouri Department of Health and Senior Services has information pertaining to things related to child care and these are listed under, “Child Care.” Please go to: <https://health.mo.gov>

EDUCATION/TECHNOLOGY ASSISTANCE

SAFESTOP IS AN APP FOR PARENTS/GUARDIANS TO TRACK THEIR CHILDREN’S BUS. FOR MORE INFORMATION PLEASE GO TO: <https://safestopapp.com>

- 20/20 Leadership is an educational program for high school students to expand learning beyond the classroom! For more information about this KCMO organization please go to: <https://2020leadership.org> or call: 816-535-0250.
- A Cents of Change in KCMO aims to educate individuals but especially women to achieve financial wellness through

workshops, resource connections, education, and more. This is done to help combat financial disparities. For more information please call: 816-281-7898 or go to: <https://www.acentsofchange.com/about-us>

- A Day in Our Shoes is a comprehensive resource for educators wanting to teach children what it feels like to have various kinds of disabilities. For more information please go to: <https://adayinourshoes.com/resources-to-teach-kids-about-disabilities-awareness-and-inclusion>
- Act Raising Safe Kids Parenting Program has a variety of trainings (some online) and resources. For more information about the program in general please go to: <https://www.apa.org/act>. For more information about Kansas City trainings, please call Jeff Matascik at: 816-718-0500 or Pamela Simmons at: 913-244-6714.
- Advantageous Afford is a KC nonprofit organization that seeks to support the Social-Emotional needs of students, K-12, by providing the ability to live normal and self-fulfilling lives. For more information and to make a referral please go to: www.advantageousafford.com.
- ADHD KC is a comprehensive organization that helps to support children and adults with ADHD. There is a multitude of resources and meetings. For more information please go to: <https://www.adhdkc.org>. You can also email: kristen@adhdkcteen.com
- Affordable Connectivity Program is an FCC program that helps to connect families and households that are struggling to afford internet service. For more information and to see if you are eligible please go to: ACPBenefit.org. You may also call: 877-384-2575. You may also go to: www.GetMyInternet.org
- Arts Tech KC is an organization with many opportunities for youth to learn more about

art and advance their technological skills. For more information please go to: <https://www.artstech-kc.org>

- Awesome Ambitions is an educational mentoring program for young women. They offer a variety of supports and services, information about scholarships, and career explorations. For more information please go to: <https://www.awesomeambitions.com>
- Band of Angels is a nonprofit that seeks to remove barriers children may have to playing instruments or attending educational music camps. For more information please go to: <https://bandofangels.org>. You may also email at: Angels@meyermusic.com or call: 913-491-6636
- Beauty school scholarships are available for people wanting to enter this field to do hair, makeup, etc.:
<http://www.beautychangeslives.org/scholarships>
<https://bold.org/scholarships/cosmetology-scholarships-and-grants-list>
<https://www.beautyschools.org/students/grants-scholarships>
<https://www.probeauty.org/education/scholarships/scholarship-details>
- Bishop Sullivan Center has a \$2500 scholarship called the Murray Davis Scholarship. This is for 3 high school seniors wanting to attend college or trade school. The link for application is: <https://bit.ly/murraydavis>
- Boys and Girls Clubs of Greater Kansas City Teen Center has a computer lab for gaming and other educational activities. For more information please call: 816-361-3600.

- Building An Empire & Scholar Afterschool Program will teach youth about business and finances and provide assistance with school subjects. There will be monetary stipends for successfully completing each semester. Transportation help may be available. Call to register at: 816-772-3398. The address is: 6317 Evanston Ave., Raytown 64133. There is also ACT Prep assistance. Please call, Sisters in Christ at the above number for more information.
- CAPA (Child Abuse Prevention Association) has a, “Parent Skills Training” class for parents to learn and further develop positive discipline techniques, effective communication, problem-solving, and more. There are various sessions scheduled for the upcoming months. For more information please call, Lexi Wright, Community Education Manager at: 816-534-0623 or awright@capacares.org. The website is: <https://capacares.org>. You can also sign up online at: capacares.org/what-we-do/education

***NEW!!! They will be having virtual parent education dates on January 13, 20, and the 27th in 2024. There will be in-person parent education dates on January 20th and the 27th in 2024. February virtual dates are the 10th, 17th, and the 24th. February in-person dates are the 17th and the 24th. March virtual dates are the 16th, 23rd, and the 30th. March in-person dates are the 23rd and the 30th. Please contact Lexi at the number above for more information and/or to sign up.
- Catholic Charities has a free support and education program for women and their families throughout pregnancy and until the baby’s first birthday. For more information, please call 816-659-8285 or email at: cf@ccharities.com. Their “Social Butterflies” program is for kids 1-5 years old where they work towards social-emotional learning and parents learn additional parenting skills, knowledge, and more. Please call: 1-800-857-4377.

- Cave Springs in KCMO (but very close to the Raytown border) has many educational activities, hiking trails, and more! For more information please check out the website at: <https://cavespring.org>
- Center for Conflict Resolution offers a variety of educational tools and trainings to help teach successful conflict resolution skills to people of all ages. This may also include successful conflict resolution amongst neighbors. For more information, please visit: <https://www.ccrkc.org> or call: 816-461-8255. Services are available for individuals, organizations, and communities. There is a sliding fee scale.
- Central Library has a teen book club. This is in the Central Library Teen Room and is on the last Wednesday of the month from 3-5 p.m. Snacks provided. For more information please go to: <https://kclibrary.org/events-activities-calendar/teens/teen-book-club-0>
- Charlie’s House is part of a nonprofit organization dedicated to educating parents and caregivers about common dangers to children in and around the home. Their safety demonstration house is now open and giving FREE tours. To schedule a time, please go to: <http://ow.ly/ePPH50EHvgC>. You may also do a virtual safety demonstration and walk-thru the new 3D experience and see safety videos! Please go to: <http://charlieshouse.org/virtual-safety-demonstration-house>. The location of the house is 2425 Campbell, KCMO 64108. The phone is 913-375-7123. They are also able to provide education about gun safety as well as gun locks.
- Ches, Inc. is a KCMO organization that helps people with financial education, home education, credit counseling, and more. For more information, please go to: <http://chesinc.org> or call: 816-533-7417.
- Children’s Mercy Hospital has many behavioral health hygiene videos on topics such as sleep, nutrition, exercise,

relationships, technology use, physical, and behavioral health. For more information please go to:
<https://www.childrensmercy.org/departments-and-clinics/developmental-and-behavioral-health/educational-videos>

They have a series for parents wanting to be well-equipped for raising teenagers. For more information please go to:
cmkc.link/PreppedAndReady

- Citizens of The World Charter Schools-Kansas City is another educational option for K-8 students that is tuition free. For more information please go to:
<https://www.cwckkansascity.org/>
- City Gap is a program through the City Union Mission for young adults between the ages of 18-21 whom are feeling stuck and unsure about their futures. This is a 12 week comprehensive program. For more information please go to:
<https://cityunionmission.org/city-union-mission-announces-a-new-gap-year-program-a-residential-program-to-equip-disadvantaged-young-adults-for-college-or-a-career-and-life-preparedness>. You may also call: 816-329-1433.
- Community Action Agency of Greater Kansas City has a program called PAVE or Projects, Assets, Values in Education. This is for high school students to help them develop leadership skills and to explore career options and other opportunities. For more information please go to:
caagkc.org/programs/youth-services

They also have information about a scholarship that is renewable on a yearly basis for students interested in attending college. Other college scholarships and scholarships for vocational schools are further available. You may call at: 816-358-6868.
- Connectionstosuccess.org: 636-940-8027. Has an office in KCMO and offers a variety of programs to help break the cycle of

poverty through professional development, clothing, support, & training. There are various groups including for fathers, mothers, men, and women who are not parents. The local number is 816-561-5115 and the location is 300 West Linwood Blvd., KCMO 64111. They are starting a new series of personal and professional seminars focusing on key areas for success. There is NO cost to participate! For questions contact Renargo Martin at 816-288-2700 or rmartin@connectionstosuccess.org

- Contending for Children Literacy Council will explore community based solutions to help address the literacy crisis. These meetings will happen every 4th Thursday of each month from 6-7:30 at the Linwood YMCA: 3800 Linwood Blvd., KCMO 64128. Light meal and gift cards for all participants. For inquiries please contact: literacycouncil@contendingforchildreninitiative.org
- Courage 2 Report is a Missouri hotline to report any concerns about possible school violence. The phone number is: 1-866-748-7047. You may also report things online at: <https://www.p3campus.com/tipform.aspx?ID=5250#>.
- Coursera offers thousands of FREE courses on many topics. For more information please go to:
<https://www.coursera.org/courses?query=free>
- Conversational Spanish class started on December 5th from 5:00-6:30. This first meeting was a meet and greet. Please join them for the ongoing classes! This is designed for people who do not speak Spanish but need to have general conversation. This will be at the Ruiz Branch Library at: 2017 W. Pennway St., KCMO 64108. For questions please contact Amy Morris at: amymorris@kclibrary.org
- DeBruce Foundation has a toolkit to help graduating seniors prepare for the next

steps! For more information please go to:
<https://debruce.org/initiatives/gradgift2022>

- Dolly Parton's "Imagination Library" can provide free books through the mail for children until the age of 5 years old. For more information please go to:
<https://imaginationlibrary.com>
- Easterseals Midwest serves Jackson and other counties and providing in-home services ranging from prenatal to 3 years old! For more information, please contact the Program Manager who is Amy Gorton at: 816-335-4572. You may also visit: promise1000.org. Parent Café is back to help support and further educate parents.
- Educational Opportunity Center Kansas City has a wealth of information and resources to increase the number of first time college students and to remove barriers to such. Examples of the FREE services provided are: Academic Counseling, High School Equivalency Referral and Placement, College Planning and Selection, College Admission Applications, Financial Aid Applications, Financial and Economic Counseling, Scholarship Searches and Resources, Career Counseling, and Student Loan Default Counseling! Please call: 816-604-4400 or visit the website for more information at: <https://www.mcckc.edu/eoc>

They can also assist adults in furthering their education and assist with managing Federal student loans. You may also email: Jaime.alabi@mcckc.edu
- Emergency Management Institute through FEMA (Federal Emergency Management Agency) has a multitude of courses for the public and Emergency Managers for free! For more information please go to:
<https://training.fema.gov/is/crslist.aspx?lang=en>
- Emerging Builders is a program for females and other minorities who wish to learn more about construction trades. For more information or to become a Builder, please

go to: <https://www.emerging-builders.org/become-a-builder>

There is now a 10 week apprenticeship program that requires that you have a High School diploma or a GED, reliable transportation, and a willingness to learn. Participants can earn \$12 an hour and work on actual construction sites and receive classroom training. For more information, check out the website listed or email: admin@emerging-builders.org

- **Ensemble Classes for Elementary School Students** is occurring for 4th-6th grade students in some KC elementary schools to expose them more to the love of music. For more information please contact Adrianna Marshall, Ph.D. at: 816-418-7447.
- **Exceeds Expectations in KCMO** seeks to end generational poverty and offers a variety of educational resources. For information on their other offerings please go to: <https://www.exceedsexpectations.org>.
- **Family and Community Leadership Program** is a 12 week program for parents, professionals, and caregivers of children prenatal to age 5. This is through, Start at Zero. To add your name to the Fall 2023 list, please call for more information at: 816-600-4932.
- **Federal education grants are available to help you pay for school.** For more information please go to: <https://go.usa.gov/xSaaW>
- Federal Reserve Bank of Kansas City has some excellent tools and information about teaching financial literacy and related topics to children, go to: www.kansascityfed.org. Then click, "Education." Lists of multiple resources then is organized by grade level!
- **Fentanyl Awareness Youth Challenge** is a program available through SAMHSA. For more information please go to: [https://www.samhsa.gov/about-us/who-we-](https://www.samhsa.gov/about-us/who-we-are/offices-centers/csap/fentanyl-awareness-youth-challenge)

[are/offices-centers/csap/fentanyl-awareness-youth-challenge](https://www.samhsa.gov/about-us/who-we-are/offices-centers/csap/fentanyl-awareness-youth-challenge)

- **First Impact** is a FREE program to teach parents of teens about Missouri's Graduated Driver License law. There will be multiple dates and locations. For more information please contact Allyn Workman, First Impact Health Educator at: 314-302-4542.
- **Fox 4 KC** has some fun and educational videos about science and weather! For more information please go to: <https://fox4kc.com/weather/are-you-storm-savvy-test-your-knowledge-with-science-and-weather-together> or <https://fox4kcbayer.com>
- **Free Internet** may be available through a new Federal program. For more information please go to: <https://kclibrary.org/blog/free-internet-all>
- **Front Porch Alliance** has an Early Head Start program and a Nurturing Parenting program. For more information about Head Start, please call Amanda Balabon, 816-831-1452. For information about the parenting program, please call Tori Jones, 816-831-1747. For general questions, please call: 816-921-8812. You may also go to: <https://loom.ly/nN76hf4>
- **Full Employment Council: 816-471-2330.** SNAP & TANF recipients qualify for FREE training in healthcare occupations and career placement assistance after completion. To learn more, please visit www.feckc.org/training. They also have courses on becoming a Web Developer. Tuition, books, & laptop are provided. This is also in connection with UMKC. To learn more information or to apply, please go to: <https://connectwithyes.com>
- **George Owens Nature Park** in Independence has a program called, "Nature Walk with A Naturalist." The first Thursday of the month is on the paved trails

with wheelchair accessibility. For more information please call: 816-325-7115.

- **GE-Reagan Foundation Scholarship Program** is accepting applications. Please go to: reaganfoundation.org or call: 1-844-402-0354.
- **Girls Who Code** is an organization that encourages girls to explore computers and to code. There are many resources, clubs, etc. for girls as well as educators and things that can be done at home! For more information please go to: <https://girlswhocode.com/programs/code-at-home>
- **Giving Hope & Help:** Focus is on giving low-income high school seniors, scholarships. Some scholarships also available for adult college students. For more information go to: www.givinghopeandhelp.org
- **Google Career Certificates** has many training programs that lead to certificates and can offer other services such as finding employment and resume assistance. For more information please go to: https://grow.google/grow-your-career/#?modal_active=none
- **Grace Home School Coop:** www.gracecoopkc.com
- **Green Works in Kansas City** has a variety of nature and other educational programs for kids! For more information please go to: <https://www.greenworkskc.org/programs>
- **Head Start** is having some mass application events in the area. For more information please go to: <https://kansascitymca.org/blog/mid-america-regional-council-host-head-start-mass-application-events>
- **Help Kids Cope** is an app for parents to use to teach children about coping and a variety of disasters. For more information please

go to:
<https://www.samhsa.gov/resource/dbhis/hel-p-kids-cope>

- HSS or Health and Human Services has launched the first of its kind National Early Care and Education Workforce Center. This is in part to build a career pipeline for the early care and education workforce. It will expand to do many things. For more information please go to:
<https://www.acf.hhs.gov/media/press/2023/hhs-launches-first-national-early-care-and-education-workforce-center>. For additional resources you can also go to: [Strategy Resources to Address the Early Care and Education \(ECE\) Workforce Shortage | The Administration for Children and Families \(hhs.gov\)](#)
- Harmony Project KC uses music to mentor children and teach them to be musicians. For more information please contact: james@harmonyprojectkc.org. You may also check out their FB! The phone number is: 816-231-7738.
- Heartland Book Bank, Inc. is located at: 1425 Oak St., KCMO and the phone is: 816-472-5600. The email is: bookbank@booksareus.org. This organization offers free books to educators, families, and nonprofit organizations!
- Homeschool Hangout is an arts and crafts program for homeschool students at the Central Library. For more information please go to:
- Home School resources for various needs can be found at:
<https://kc.kidsoutandabout.com/content/homeschool-groups-and-programs-around-kansas-city>
- Housing Authority of Kansas City, MO has a, “Fiscal & Wellness Education (Money

Smart)” series. This is under the, “Family Self-Sufficiency and Home Ownership Program.” For more information please call: 816-777-2901. These are virtual classes!

- HYPE or Helping Youth Plan for Excellence is going to have audio/video production and editing classes for 13-24 year olds. For more information and/or to enroll please call: 816-531-4683.
- IAM4:THIRTEENS is a local nonprofit dedicated to educating, enriching, and empowering girls in grades 8th through 12th through various programs. For more information on this Kansas City organization please go to:
<https://www.iam4thirteens.org>
- Internet assistance is available to help people stay connected. You can contact: Kconnect.me or ACPBenefits.org. There is also: www.fcc.gov/app
- Jones House is a KC organization dedicated to helping youth become successful adults through various educational programs. For more information please go to:
<https://thejoneshouse.org>
- Kaleidoscope at Crown Center: You may sign up for a weekly email with ideas to inspire imaginations and art at:
kaleidoscope@hallmark.com
- Kansas City Friends of Alvin Ailey has dance classes for K-12 coming up this fall. Financial need scholarships are available. Enroll at: kcfaa.org/studio
- KC Biz Care Office has many resources for those that already have a business or would like to start one in Kansas City. Please go to: <https://bizcare.kcmo.gov>. You may also call: 816-513-2491.
- KC Connect Me is a resource to help people have affordable internet service. Funds are limited. For more information please call:

816-200-0599. You may also visit:
<https://kconnect.me>

- KC Digital Drive is an organization dedicated to everyone in the metro area being connected to technology as well as several other initiatives for entrepreneurs and citizens. For more information, please go to:
<https://www.kcdigitaldrive.org/project/kccdi-2>
- KCFD is available to give presentations to kids to encourage an interest in fire safety. For more information please reach out to Michael Hopkins at: 816-872-8333. You can also email him at:
michael.hopkins@kcmo.org
- KC Freedom Project; tutoring program for children ages 5 to 12 who have a parent that is incarcerated. Please email for more information: Lsmith@kcfreedomproject.org
- KC Library has, “Internet to Go.” To learn more please go to:
www.kclibrary.org/techtogo/internetto.go. You may also checkout a Chromebook. For current information please go to:
www.kclibrary.org/techtogo/chromebook. The library has, “Cool Tools for Back to School” that can be found at:
<https://kclibrary.org/blog/cool-tools-back-school>.

They also offer a program called RISE (Refugee & Immigrant Services & Employment). This offers many things such as English language classes, other forms of education, outreach, and advocacy. For more information please go to:
<https://kclibrary.org/community-services/immigrant-services>
- KC Library Teens can provide a calm place to study with snacks, de-stressers, and supports. The program is on December 13th from 5-8 p.m. This will be at the Plaza Branch of the Kansas City Public Library.

- KC Library Youth has a program called, “Dial-A-Story” available for kids to call in and hear a story! Call: 816-701-3456 or go to: <https://kclibrary.org/kids/dial-story> (to hear what is in the agenda for the week).

The library is now offering writing classes taught by the UMKC Creative Writing MFA program graduate students. These are online classes for beginning and intermediate level writers. To learn more, please go to: <https://bit.ly/3lcwqak>

They also have a program called Brainfuse for K-12 students and this is an online program that sets students up for success by having access to tutoring, writing feedback, test prep, learning-reinforcement activities, and much more. You need to have a library card or obtain one. Raytown residents can get a library card for the Kansas City libraries for example. Once you have a card, go to: <https://kclibrary.org/research-resources/research-databases/brainfuse-0>

- KC PBS has many educational programs and activities for children including many ideas for at home learners. For more information please go to: <https://www.kansascitypbs.org/kids> or <https://www.kansascitypbs.org/education>, or <https://www.kansascitypbs.org/education/resources-for-learning-at-home> or <https://kmos.pbslearningmedia.org>.
- KCPS has an initiative called, “Moving Forward Together.” For more information please go to: <https://www.kcpublicschools.org/about/district-plans-initiatives/moving-forward-together>
- KC Scholars has many educational resources! There is a program called, “Open Doors to Success with Great Jobs KC” that is a skills based training program for careers. It is a free program if you qualify. For more information please go to: <https://workforce.kcscholars.org/home>

***NEW!!! Their traditional scholarship and college savings match application window will be open in less than 2 months. For more information, please check out the website.

- KVC is offering a free skills building program called, “Strong and Connected” for children and families across Jackson County. This is a 14 week program that includes meals, instruction, and more! For more information please contact Lindsey Stephenson at: lmstephenson@kvc.org or call: 913-787-4177 or Amanda Everson at: aeverson@kvc.org or 913-444-2204.
- Kansas City Coalition for Digital Inclusion is an open and collaborative group that is committed to fostering internet access and digital readiness in greater Kansas City. For more information please go to: <https://digitalinclusionkc.org>
- Kansas City Girls Preparatory Academy is enrolling for the school year. They offer small class sizes and other things to students that may otherwise fall through the cracks in order to promote academic excellence. For more information please go to: <https://www.kcgpaa.org/>
- Kansas City Jazz Academy has many educational offerings for youth and scholarships available. For more information please go to: <https://www.americanjazzmuseum.org/academy>
- Kansas City Virtual Academy is now enrolling for K-12 students in the Kansas City Public Schools. For more information please call: 816-418-7781.
- Kansas City Young Audiences helps children to explore the visual arts and to develop creativity through education in the arts. For more information please go to: <https://kcya.org>. They are currently enrolling children in their Young Audiences program. For more information please go to: <https://bit.ly/3SHbz0S>

***NEW!!! They are looking for interns to help with the spring and summer programming. Interns must be at least 16 and have a recommendation from a teacher. To apply or learn more please call: 816-531-4022.

- Kansas City Zoo and Aquarium offers a variety of educational opportunities and events. For more information please go to: <https://kansascityzoo.org>
- Kaplan has free test prep available on its website. Please go to: <https://www.kaptest.com/mcat/free/mcat-free-practice-test>
- Kauffman Center for The Performing Arts has fall internships available. For more information please go to: kauffmancenter.org/internships
- Keeler Women’s Center is at: 759 Vermont, 100-B, KCKS 66101. They offer a variety of educational classes, advocacy, and more supports for women in the Urban core. Their website with various offerings is: <https://www.mountosb.org/ministries/keeler-womens-center/keeler-offerings>. You may also call: 913-689-9375.
- Khan Academy is a nonprofit with a mission to provide free education to anyone and anywhere. For more information please go to: <https://www.khanacademy.org>
- Lead to Read KC is dedicated to supporting children’s social, emotional, and reading skills. For more information please go to: <https://www.leadtoreadkc.org/>
- Lee’s Summit CARES has signups for parent educational classes. Please visit: LSCares.org, email: vhickman@rediscovermh.org, or call: 816-347-3075.
- LETA or Lived Experience Training Academy is a virtual online professional development program from the National Coalition for The Homeless. This was

created by people who have experienced homelessness and is designed to address specific needs. The program offers 12 to 16 hours of professional development that can lead to certification. For more information please email: Leta@nationalhomeless.org

- Let's Read is a program where students and parents attend weekly sessions that facilitate multi-generational reading. This is every Tuesday from 2:30 to 4:30 p.m. at Richardson Learning Center located at: 3515 Park Ave., KCMO 64109. This is in the, "Success by Six" room. There are themed books, crafts, and games.
- LIDO or Leaning into Digital Opportunities may be able to provide a free laptop and wifi to people who qualify and are looking to start a business or something related. For more information please contact Rick Usher at: 816-719-0233 or email at: rick@ushergarage.com
- Life Course Nexus Training and Technical Assistance Center has a variety of educational tools on many topics. For more information please go to: <https://www.lifecoursetools.com/lifecourse-library/lifecourse-framework>
- Literacy KC offers HiSet prep and other educational resources. For more information please go to: <https://literacykc.org>
- Lyric's Institute in the KCMO area has as its mission to reduce crime and violence by targeting destructive thinking errors and reworking them into productive behaviors using the creative arts. The address is: 300 E. 39th St., KCMO 64110. For more information please call: 816-419-6255 or go to: <https://www.lyriksinstitute.com/about.html>
- Made Men offers online GED courses as well as free tutoring. They empower men and women around KC. Apply at: <https://www.made-men.org>

They are offering a FREE life insurance training for those interested in the education needed to start a new career. Please register at: www.made-men.org/insurance

- Made Mom is a 4 week mentorship program for mothers the ages of 13-21. Goal setting, life skills, career readiness, and more will be offered. For more information and to see if spaces are still open please call: 816-602-5115.
- Mental Health First Aid trainings has multiple free options coming up in the area. For more information please see Event Brite at: <https://www.eventbrite.com/e/mental-health-first-aid-kansas-city-metro-tickets-492019061257>. Please note that some are not free but several are!
- Metro Lutheran Ministries (MLM) offers a Financial Opportunity Center (FOC) with many resources pertaining to employment and financial education as well as assistance with obtaining needed work clothes, bus passes, steeled toed boots, help with food handling permits, and much more! For more information on this please go to: <https://www.mlmkc.org/financial-opportunity-center.html> or call: 816-285-3148.
- Metropolitan Community College has a comprehensive automotive technology program for anyone interested in going into this field, obtaining certifications, and possibly working for a major auto manufacturer someday. For more information please go to: <https://mcckc.edu/programs/automotive>. They offer a special get acquainted program for first time college students or those with less than a certain amount of credit hours. For more information please go to: <https://www.mcckc.edu/prepare-attend>
- Mid Continent Public Libraries have online tutors available 7 days a week for K-12 students and other resources for children's return to school. These and other resources

such as encyclopedias, writing help, and more are available for FREE using your MCPL card. To get started, please go to: mymcpl.org/backtoschool

They are offering FREE English classes for beginners at the Blue Ridge branch. Courses run every Saturday for 6 weeks from 10:30 a.m. to 12 p.m. To register and/or ask questions please email: cbahamonde@mymcpl.org or call: 816-503-4106.

- Mid-Continent Public Libraries has a multitude of back to school helpers. For more information please go to: <https://www.mymcpl.org/features/back-to-school>
- Minddrive.org is a Kansas City organization dedicated to helping students excel academically/intellectually. You may also sign up to be a mentor.
- Missouri Department of Conservation has many free programs both virtual and in-person for children and adults! Some upcoming events in Jackson County include: Birds & Blooms, Edible Blooms of Spring, Native Plants, etc. For more information, please go to: Nature.mdc.mo.gov
- Missouri Homeschoolers is a FB group for parents and children that are being homeschooled. This offers support, advice, and resources.
- Missouri Parents Act (MPACT) provides various kinds of trainings on special education services and related topics for parents of children that receive special education services through the school system. They offer a variety of trainings for parents and students both in person and online. For more information please go to: www.missouriparentsact.org/training or <https://www.missouriparentsact.org/resources/>

- MIT Open Course Ware has thousands of courses/classes that you can take for enrichment (no credit) on your own time. For more information please go to: <https://mitocw.zendesk.com/hc/en-us/categories/4414679122971-Get-Started-with-MIT-OpenCourseWare>
- Money Smart Kansas City is a great resource for children, teens, and adults wanting to better educate themselves on financial literacy and related resources. For more information, please go to: <http://www.moneysmartkc.org>
- Mom's Empowerment Program is through Catholic Charities and is a very comprehensive program with many educational opportunities and other supports! For more information please call: 816-659-8285, email: cf@ccharities.com, or go to: <https://catholiccharities-kcsj.org/moms-empowerment-program>
- Moshowmehope is a wonderful site to help kids better understand the COVID-19 pandemic and has additional resources. There are even children and adult coloring books available for free downloads to help kids understand why the pandemic has changed things! Please go to: <https://www.moshowmehope.org/additional-resources>
- MOST 529 Plans for Missouri parents wanting to begin saving for their children's education has a lot of info about this on their website as well as additional resources at: <https://www.missourimost.org>
- Mother Daughter Circle is an educational and structured support group for mothers and their daughters between the ages of 11-18. Instruction and support will center around having healthy relationships and the many factors that go with that. This is free and through the Clay County Family Court. For more information or to RSVP, please contact: Dr. Teri Hargrave at 816-736-8402. You may also email her at: teri.hargrave@courts.mo.gov
- MU Extension offers a program called, "Focus on Kids" that is a co-parenting educational program. For more information please go to: <https://extension.missouri.edu/programs/focus-on-kids>
- National Center On Safe Supportive Learning Environments hosts webinars on a variety of topics. For more information please go to: <https://safesupportivelearning.ed.gov/events/webinars>
- National College Match has open applications right now for high achieving seniors from a low income background that need scholarships. For more information please go to: bit.ly/apply-to-college
- National Weather Service has a great site for teaching children about weather science! For more information please go to: https://www.weather.gov/owlie/science_kt
- National WWI Museum and Memorial has a website with many educational resources! For more on this, please go to: <https://www.theworldwar.org/learn/educators-students>
- Nelson-Atkins Museum of Art has a variety of FREE community/educational programs for qualifying organizations and groups! For more information please go to: <https://nelson-atkins.org/community-programs/>. There is also an Educator Resource Center and the information for that is at: <https://nelson-atkins.org/school-educator-programs/resources/>
- New Reflections Technical Institute has a "Men's Master Class." For more information please call: 816-216-4513 or go to: newreflectionstech.org/rsvp
- Office of Head Start has announced that if you receive SNAP benefits you will automatically qualify for Head Start Services. For more information please go to: <https://eclkc.ohs.acf.hhs.gov/eligibility-ersea/article/snap-eligibility-head-start-services>
- Parent Education and Empowerment Center in KCMO is an excellent resource to empower parents to be more a part of their children's education, better understand, IEPs, 504 plans, and more. For more information, please go to: <https://www.ulkc.org/peec>
- Parent Leadership Training Institute KC has a training program for parents or those who work with children and want to see them reach their full potentials! They have other sources of support as well. Please visit here for information: <https://www.pltikc.org>
- Parent Power Lab teaches parent leadership skills and tools to create stronger school communities. The only qualification is to be the parent of a school age child. For more information please call: 816-226-7327. This is through the Parent Organizing Institute at: 2804 Cherry St., Suite 100, KCMO 64108.
- Parenting Skills Training classes are being offered virtually. There are various sessions available. For more information, please call the Community Education Manager, Tonika Benson at: 816-534-0623. This is a CAPA Parenting Education Class. You may also register at: capacares.org/what-we-do/education
- Pathway Financial is at 1520 E. 18th St., KCMO 64108. To learn more about financial education please go to: PathwayEducation.org or call: 816-974-7912.
- PCs for People (Formerly Connecting for Good) provides low-cost desktop & laptop computers/accessories for low income people. Some repair services & training are also available. Please call 816-293-9966, 816-293-4753, or 816-293-4657 to see if you qualify! You may also email at: kansascity@pcfpeople.org. Also you can

email: Cmeyers@pcsforpeople.com.

Desktops start at \$30, laptops start at \$50, and hotspot monthly internet service starts as low as \$16 with the purchase of a wireless hotspot device.

- PHKC Alchemy Sandbox provides up to \$5,000 in grant funding for people with ideas/businesses based in KC. There are other forms of support potentially available. For more information please go to: <https://www.theporterhousekc.com>
- Porter House KC is offering a small business development program. For more information, please go to: <http://theporterhousekc.com/small-business-development-program>. You may also call: 816-265-1522.
- Prepped and Ready is a program through Children's Mercy Hospital to help parents of teenagers with a variety of issues. For more information please go to: <https://www.childrensmercy.org/departments-and-clinics/developmental-and-behavioral-health/learning-opportunities/prepped-and-ready>
- Project 10 Million may help get kids connected to technology. This gives K-12 students, free 100GB of data for 5 years plus a free Hotspot and/or low cost laptops and tablets. For more information please go to: <https://www.t-mobile.com/brand/project-10-million>
- Project Rise is a nonprofit dedicated to financial education for those who need it the most and are living paycheck to paycheck. For more information please go to: <https://www.projectrise.net>
- Prosperity Center through Rockhurst University offers a variety of educational services to the public such as employment and financial coaching and other helpful services. Please call: 816-501-4239 for qualifications/information or visit: <https://www.rockhurst.edu/prosperity-center>

- Quest Bridge offers scholarship opportunities for high achieving low income high school juniors. Other opportunities may also exist. For more information please go to: <https://www.questbridge.org/high-school-students/national-college-match/scholarship-details>
- Raise Me is a source of scholarships for youth possibly as early as the 9th grade. For more information please go to: <https://www.raise.me/how-it-works>
- Raytown Community Education has many online offerings and some possible in person events (pandemic permitting). Please go to: <https://www.ed2go.com/raycomed>. You may also call: 816-268-7041.
- Raytown Historical Society and Museum has many educational resources and other things on a variety of topics! Their phone number is 816-353-5033. They are at 9705 E. 63rd St., Raytown 64133. The web address is: <https://www.raytownhistoricalsociety.org>
- Raytown Public Library: 816-353-2052. They offer a variety of services in person and virtual. Please call or go to their website at: <https://www.mymcpl.org/locations/raytown>

One such service offered is a Notary Service for certain kinds of documents. For more information please go to: <https://www.mymcpl.org/services/notary-services>
- Raytown Quality Schools:

Community Education/GED Prep: 816-268-7041; Herndon Career Center: 816-268-7140; Student Support Services: 816-268-7000.
- Raytown Youth Baseball and Softball is accepting registrations as of January. They offer many educational programs and teams for youth that teach leadership, sportsmanship, and more. For more

information please go to:
<https://raytownybsa.org>

- Red Card Program is a FREE anti-bullying campaign through Children's Mercy Hospital and Sporting KC. For more information please go to: <https://redcardkc.com/participate>
- Render's Hope Community Development Corporation has educational programs for personal growth, social development, financial empowerment, and more. There is even an educational program on "adulting" for youth as well as holistic health and possible housing for youth. For more information please call: 816-748-1948. The website is: <https://rendershope.org/programs>. The email is: info@rendershope.org
- RespectAbility is a comprehensive educational resource for combating the stigma against people with various kinds of disabilities including those not readily seen. For more information please go to: <https://www.respectability.org/resources/education/>
- Royale Cohesive Network has many resources for youth including educational classes for entrepreneurship. For information about this and other programs, please go to: <https://royalennetwork.org>
- SAMHSA has information for parents to help them talk to kids about impaired driving. For more information please go to: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/impaired-driving>
- Saturday Academy is offered through UMKC and is for students who are interested in learning more about careers in health care. For more information, please go to: <https://med.umkc.edu/saturday-academy>
- Shawn Carter Foundation: Offers a scholarship to undergraduates pursuing their first degree. Must be a high school

senior to apply or have a GED, enroll in a 2 or 4 year undergraduate program, or students enrolled in a vocation or trade school. Must also be a US citizen, 25 years old or younger, have a minimum of a 2.00 g.p.a, and the household income must not exceed \$75,000. For more information about this and other programs, please go to: Shawncartersf.com/scholarship.

- Show Me Healthy Relationships is a FREE 8 week class for singles to help you develop positive relationships. For more information please go to: <https://cornerstonesofcare.org/Our-Services/Education-and-Trainings/ShowMe-Healthy-Relationships>. To register and/or get more information please call: 816-854-0043. You may also go to: <https://showmehealthyrelationships.com>
- Show Me Shoes Foundation can offer a variety of programs and scholarships to help women develop confidence and leadership skills! KCMO is one of the areas that they cover. For more information please go to: <https://showmeshoes.org>
- Sisters in Christ in Raytown has help available for students preparing to take the ACT. For more information please call: 816-772-3398.
- Sparkwheel is a local organization that helps students meet and exceed their potential through various resources and supports. For more information please go to: <https://www.sparkwheel.org>
- Start at Zero offers free developmental screenings that can be completed online with results received from a Parent Educator in 5 business days. They also offer various other services such as Group Connections. These group sessions are every Wednesday and Friday from 10:30 a.m. to 12 p.m. To sign up for these please call 816-600-4932 for more information. Sessions are at: 5506 Troost, KCMO and light snacks are provided. If you are looking for support to help empower your

parenting, visits can be completed virtually. To sign up for this, please go to: <https://www.startatzero.org/familyvisiting>

They are now offering, “Caregiver and Baby Yoga.” This is free but you must RSVP. For more information about dates/times, etc. or to RSVP, please text or email Arleen at: 816-600-4932 or arleen@startatzero.org

- Strengthening Families Educational Workshops are occurring monthly. For more information please go to: <https://www.kcmo.gov/city-hall/departments/strengthening-families-workshop>
- Strong and Connected is a 14 week program to strengthen families and teach all many things. This is through KVC-Missouri and there may be transportation assistance and other incentives available. For more information please go to: <https://missouri.kvc.org/services-overview/community-and-family-services/strong-and-connected-program>
- Substance Abuse Educational Resources for parents and others can be found at any of the following:
 - <https://www.samhsa.gov/talk-they-hear-you>
 - <https://onechoiceprevention.org/toolkit>
 - <https://dmh.mo.gov/behavioral-health/resources>
 - <https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Substance-Use/Substance-Use-Resources-For-Adolesc.aspx>
 - <https://teen-safe.org/resources>
 - <https://www.missourimhf.org/resources/substance-use-disorders>
- Successful Parenting Plan is an organization with many resources for parents that meet

families where they are at. With more information please go to: <https://www.successfulparentingplan.com>

- TeachWell is a program from DMH to help support educators and their own well-being! For more information please go to: <https://dmh.mo.gov/wellness/teachwell>
- The Arvin Gottlieb Planetarium has a fun, simple, and free set of instructions for making an at-home planisphere for star gazers! Please go to: <http://bit.ly/MakePlanisphere>
- The Prospect KC is a culinary training program with many additional resources. For more information please go to: <https://www.theprospectkc.org/about-us>
- The Sewing Labs is located at 526 Campbell, KCMO 64106. The Sewing Labs is a welcoming and inclusive community teaching the legacy of sewing for employment, entrepreneurship, and enrichment. The Sewing Labs trains stitchers are partnered with businesses throughout the region who are actively seeking to hire trained sewists. Located in the Columbus Park community of Kansas City at 526 Campbell St, KCMO 64106. See their website for class pricing at: www.thesewinglabs.community or call: 816-888-3051. Scholarships may be available.
- The STAHR (Students Training in Academia, Health, and Research) is a program to connect high school sophomores through seniors with scholarships, training, and more. For more information please call: 816-235-6169. You may also go to: info.umkc.edu/stahr.
- The State of Missouri has a website with educational resources on funding your education, locating a specific kind of school, and more. For more information please go to: <https://www.mo.gov/education>
- The Toolbox: Small Business Resource Center is a FB site for those wanting to start

a small business or for those who already have one but want some pointers. ***NEW!!! There will be a class called “Essential Steps” that will take you from concept to launch of your small business idea. For more information please go to: <https://www.thetoolboxkc.com/events/essential-steps-for-launching-your-business-2>

- The Village KC has many educational activities, field trips, and more for children. For more information please go to: www.thevillagekc.org
- The Whole Person has DIY Life Skills for young adults ages 18-24. Classes are on December 20th. For more information and to register please contact Brayden Copeland at: 816-561-0304. The Whole Person is at: 3710 Main St., KCMO.
- Thrive Family Coop can provide supports to families whom are homeschooling. For more information please go to: <https://thrivefamilycoop.wordpress.com/>
- Transition Academy is an organization in KCMO devoted to helping parents advocate for their children and for those children to have the same educational/career opportunities as anyone else! For support and answers please call: 816-837-0744. For more information please go to: <https://www.thetransitionacademy.org>
- Turn The Page KC is a nonprofit that is dedicated to ensuring that children have strong literacy skills and more! For more information on programs please go to: <https://turnthepagekc.org>
- Tween Tech Club is every Tuesday at the Southeast Library inside of the KCDML Makerspace from 4:30-5:30 p.m. There will be exploration of hands on STEAM activities. For the exact address and other information please contact Kiesha Collins at: 816-701-3687.
- Twenty Twenty or 20/20 Leadership has many resources to support youth such as

youth development programs and much more! They are located at: 31 West 31st Street, KCMO 64108. Please call for more information at: 816-535-0250. The website is: <https://2020leadership.org>

- UMKC announced that there will be free tuition for Pell-eligible students and in-state tuition for other students! For more information please go to: umkc.edu
- Union Station KC Educator Program. Free, available to all licensed educators, early childhood educators, home school educators, etc. Contact: KBaker@UnionStation.org for details about the program and pandemic restrictions. There is a FREE Model Train Gallery. Donations appreciated but not required. The exhibit is open Monday to Saturday, 9 a.m. to 5 p.m. and Sunday, 9:30 a.m. to 5 p.m. This is located at the far north end of the grand plaza.
- University of Missouri Extension has a multitude of educational course offerings for all. For more information please go to: <https://extension.missouri.edu/>
- Urban League of Greater KC has some great programs such as ACT prep, career assistance, financial education, and PEEC (Parent Education & Empowerment Center). This program teaches parents how to best advocate for their children’s education. For info, please go to: Ulkc.org.
Starting September 27th from 5:30-8:30, there will be FREE tutoring for K-12 students. Parent/guardian MUST be present to sign students in. Light meals and snacks are provided. For more information, please contact: ajones@ulkc.org or call: 816-471-0550.
- Urban Youth Academy in conjunction with the KC Royals is having a Pitching Mini Camp for youth ages 12-18 on December 12th and the 13th at 6 p.m. This will be at the KC Urban Youth Academy: 1622 E. 17th Terrace, KCMO 64108. YOU MUST

REGISTER BEFOREHAND AT:
<http://www.royalsurbanyouthacademy.com/events/4093515-uya-pitching-mini-camp-for-baseball>

- US Bank has a, “Student Scholarship” to win but, you must fill out the registration form and then complete financial education lessons. For more information, please go to: USBANK.COM
- **U.S. Cool Surfaces Deployment Plan seeks to bridge gaps by making aged building infrastructure cooler and more heat resilient with special emphasis on application to disadvantaged communities.**

To read more about this please go to: <https://doi.org/10.20357/B7602K>

- Virtual field trips are available for educators and families! Please go to: <https://www.discoveryeducation.com/community/virtual-field-trips>. There is a great selection!
- W.E.B DuBois Learning Center in KCMO is able to offer free tutoring and mentorship in reading and STEM. This is for 1st through the 12th grade. For more information, please call: 816-908-5384 or go to: <http://www.duboisc.org>. This is located at: 510 East Linwood Blvd., KCMO 64128. The phone is: 816-908-5384. You may also email at: www.duboisc.org
- We Code KC has a mission of educating youth on computer technology and creating leaders. The location is: 5008 Prospect Ave., KCMO 64130. To learn more about them please go to: <http://wecodekc.org>.

WeCode KC’s Techstronauts Coding Club is for kids ages 7-17. This is an introduction to technology concepts and various software languages. Please call for more information at: 816-434-0551.

***NEW!!! There is a no cost coding program for youth ages 7-17. For more

information please go to:
<https://bit.ly/4a51QYE>

- Westport Roanoke Community Center has multiple educational and other types of classes. For more information please go to: <https://kcparks.org/places/westport-roanoke-community-center>
- Whatsoever Community Center has a free after school program for kids ages 7-18, Monday-Friday from 2:30-6:30. Snacks are provided, homework assistance available, a computer lab, academic enrichment programs, science projects, recreational activities, and more. Now enrolling, space is limited. For more information please call: 816-231-0227, Extension 103. The center is located at: 1201 Ewing Ave., KCMO 64126.
- www.thoughtco.com: Free homeschool resources
- Wolfner Library is a FREE public library service offering postage paid materials to people who cannot use standard print items due to having a visual, physical, or reading disability. This will provide FREE access to braille and large print materials as well as audio items to users of all ages. There is also a free audio and web braille download service! For more information, please go to: <https://www.sos.mo.gov/wolfner>.
- Wonderscope Children's Museum of Kansas City has a program for those that qualify to be able to get a \$5 Wonder Fund Membership. Learn more about this at: <https://wonderscope.org/discount-memberships>.
- Young Invincibles mission is to amplify the voices of young adults in the political process and expand economic opportunity. They offer many educational opportunities and even an, "Adulting 101" class. For more information please go to: <https://younginvincibles.org>
- Youth Ambassadors is looking for youth between the ages of 14-18 for its youth

training program. This teaches youth essential life skills and prepares them for various kinds of careers. For more information please go to: youthambassadorskc.org/apply

- Youth Leadership Academy is a program offered by the FBI Kansas City and will be occurring again in person. For more information please call: 816-512-8200.

EMERGENCY/DISASTER PREPAREDNESS AND STORM DAMAGE RESOURCES

IF YOU HAVE FOOD ASSISTANCE AND LOSE FOOD BECAUSE OF A DISASTER SUCH AS A WEATHER RELATED ONE (BUT NOT LIMITED TO) AND NEED HELP WITH REPLACING FOOD, COMPLETE, "STATEMENT OF LOSS/REPLACEMENT REQUEST FORM." PLEASE GO TO:
<https://dssmanuals.mo.gov/wp-content/uploads/2020/10/im-110.pdf>. **IF YOU NEED HELP WITH THIS FORM, GO TO YOUR LOCAL OFFICE OR CALL: 1-855-373-4636. ANOTHER REOSURCE OF INFORMATION FOR FOOD REPLACEMENT CAN BE FOUND AT:**

<https://dssmanuals.mo.gov/food-stamps/1150-000-00/1150-010-00/>

- 211 is an excellent resource to help connect you to storm clean up resources.
- Ageing.com has a thorough guide to assist seniors in disasters and to plan for future such occurrences at: <https://aging.com/disaster-preparedness-for-seniors/>
- American Red Cross:

Offer many different kinds of trainings online. For a list of these please see: <https://www.redcross.org/take-a-class/online-safety-classes/all-online-classes>

Can provide free smoke alarms. For more information please go to: www.redcross.org/smokealarmMO

Red Cross has something called, "Disaster Preparedness for Seniors by Seniors" and that can be found at: https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness__Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf

Red Cross of Missouri has free home fire safety visits and more related to that! For more information about all of this please go to:

<https://www.redcross.org/local/missouri/about-us/our-work/home-fire-campaign/smoke-alarm-request.html>

They also have excellent resources to help people with disabilities or other issues prepare for disasters. For more information please go to: https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness__Disaster_Recovery/General_Preparedness__Recovery/Home/A4497.pdf

- Angel Flight Central provides FREE flights for people in need that originate in their 10 state Midwest region. These are flights generally available for those seeking medical treatment, domestic violence relocation, shipping breast milk, picking up service dogs, etc. 7-10 days is typically needed as a minimum to arrange flights if qualified. For more information please go to: <https://angelflightcentral.org>
- Child Life Disaster Relief ensures that children in disasters and crises have the tools and support needed to cope and have resilience. For more information please go to: <https://cldisasterrelief.org>. They have many resources at: <https://cldisasterrelief.org/resources/disasters>
- Disability and Disaster Hotline is for people with disabilities to help them recover from

disasters and emergencies. The number is: 1-800-626-4959. You may also go to: hotline@disasterstrategies.org

- Disaster Preparedness Resources for disasters, pandemics of all sorts:
 - National Pediatric Disaster Coalition: <https://www.npdcoalition.org>
 - Prepare with Pedro is a program available in English and Spanish through the American Red Cross that teaches children K-2 about how to prepare for various sorts of extreme events. For more information, please go to: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prepare-with-pedro.html>
 - Resilient Children/Resilient Communities: <https://rcrctoolbox.org>
- Disaster Strategies has disaster tips to successfully navigate various kinds of disasters at: <https://disasterstrategies.org/disaster-tips> and <https://disasterstrategies.org/useful-info>
- Drexel University School of Public Health has a disaster preparedness toolkit for families of children that have different kinds of special needs so they may be best prepared in the event of a disaster. Remember for example we are coming up on severe weather season as one example. For more information please go to: <https://drexel.edu/dornsife/research/centers-programs-projects/center-for-public-health-readiness-communication/disaster-preparedness-toolkit>
- FEMA has a Disaster Resource Library with a ton of resources to help people with recovery and further developing resiliency. For more information please go to: <https://www.fema.gov/emergency-managers/practitioners/recovery-resilience-resource-library>. There are also a variety

of preparedness toolkits to help you and your family prepare for a variety of emergencies at: <https://preptoolkit.fema.gov/>

FEMA has a texting feature that allows the public to access shelter addresses when they need it during a disaster. Text, “shelter” and your zip code to 43362. Additional ways to find shelter can be found at: [FEMA.gov/Shelter](https://www.fema.gov/Shelter) and [redcross.org/shelter](https://www.redcross.org/shelter).

***NEW!!! FEMA has an updated training course on including people with disabilities in disaster operations/response. For more information please go to: <https://content.govdelivery.com/accounts/USDHSEMA/bulletins/37da29c?reqfrom=sh> are

- Kansas City Star has published some resources that can be found at: <https://www.kansascity.com/news/weather-news/article277342208.html>
- MARC Outreach has many resources to increase awareness and safety in disasters and emergencies. For more information please go to: <https://www.marc.org/safety-security/emergency-management-and-homeland-security/outreach>

A personal preparedness inventory can be found at: <https://www.marc.org/sites/default/files/2022-05/personal-preparedness-inventory.pdf>
- Missouri has a Disability Portal for people with disabilities and emergency preparedness. This is at: <https://disability.mo.gov/emergency.htm#:~:text=The%20number%20is%20888%2D377%2D2100>
- National Disaster Distress Helpline is available to help people who need help but may not speak English. This multilingual crisis hotline is available for emotional support 24/7. This includes people who are deaf or hard of hearing. The number is: 1-

800-985-5990. More information can be found at: [samhsa.gov/ddh](https://www.samhsa.gov/ddh)

- National Institutes of Health has a planning guide for seniors and others in disasters at: <https://www.nia.nih.gov/health/disaster-preparedness-and-recovery-older-adults>
- Partnership for Inclusive Disaster Strategies is an organization dedicated to empowering people with disabilities at all times but especially during emergencies or disasters. For more information please go to: <https://disasterstrategies.org/>. They have weekly stakeholder calls to include professionals serving people with disabilities, people with disabilities, and anyone invested in helping people who may be more at-risk during an emergency. To join the list serv for the weekly stakeholder calls please go to: <https://disasterstrategies.org/join-our-stakeholder-calls>
- PBS Newhour has an excellent piece on how climate change risks disproportionately impact people with disabilities. For more information please go to: <https://www.youtube.com/watch?v=tEz2Bj9XkWw>
- Prepare Metro KC has a wealth of information about emergency and disaster preparedness. One such item is a booklet to be prepared well in advance of an emergency. That link is: <https://preparemetrokc.org/wp-content/uploads/2021/05/memc-booklet-updated-aug-2021-web.pdf>
- Ready.Gov has information specifically for how senior adults can prepare for the potential of future storms at: <https://www.ready.gov/older-adults#:~:text=Plan%20Ahead&text=Plan%20for%20your%20transportation%20if,with%20you%20during%20an%20evacuation.>

Ready.gov also has checklists for what to put in an emergency kit. For more specific information please go to:

<https://www.ready.gov/kit> or
<https://www.ready.gov/disability>

- **Resilience Analysis and Planning Tool (RAPT)** through FEMA gives anyone access to data, mapping, and resources pertaining to community resiliency and what they can do to improve their ability to successfully navigate any natural or other disaster that may occur. For more information please go to: <https://www.fema.gov/emergency-managers/practitioners/resilience-analysis-and-planning-tool>
- Show Me Booklet is a communication tool for emergency and other like shelters to ensure inclusion and equality. For more information please go to: <https://files.hria.org/files/MS2322.pdf>
- State of Colorado has some excellent training resources for all on access and functional needs for people during disasters and emergencies. The link is: <https://dhsem.colorado.gov/search/search?keys=access+and+functional+needs#gsc.tab=0&gsc.q=access%20and%20functional%20needs&gsc.page=1>
- Tony's Kansas City has multiple up to date resources of various kinds to assist those in need of assistance with storm clean up. For more information please go to: <https://www.tonyskansascity.com/2023/07/kansas-city-storm-2023-cleanup.html>
- **US Department of Health and Human Services has an office of Human Services Emergency Preparedness and Response division that provides a multitude of human services in a disaster such as case management to connect people to services more efficiently as well as children and youth supportive services, and much more. For more information please go to:** <https://www.acf.hhs.gov/ohsepr/disaster-human-services>

IT IS RECOMMENDED THAT YOU CALL/CHECK SOCIAL MEDIA IF POSSIBLE BEFORE GOING TO ENSURE NO DATE/TIME CHANGES!

IF YOU HAVE FOOD ASSISTANCE AND LOSE FOOD BECAUSE OF A DISASTER SUCH AS A WEATHER RELATED ONE (BUT NOT LIMITED TO) AND NEED HELP WITH REPLACING FOOD, COMPLETE, "STATEMENT OF LOSS/REPLACEMENT REQUEST FORM." PLEASE GO TO: <https://dssmanuals.mo.gov/wp-content/uploads/2020/10/im-110.pdf>. IF YOU NEED HELP WITH THIS FORM, GO TO YOUR LOCAL OFFICE OR CALL: 1-855-373-4636.

- 24 Hour Faith has a free food giveaway every Wednesday at 6 p.m. The location is: 2456 Park, KCMO 64127. Note that this may be an actual meal versus pantry items.
- Abundant Life Church has a drive-thru food pantry on Tuesday from 3-6 p.m. (times may change) Please call to verify the event is happening/when and if there are any eligibility requirements. The phone is: 816-554-8181. The address is: 112 W. 23rd Street S., Independence 64055. This is inside Immanuel Baptist Church.
- American Legion Post 21 in Independence has a food box pantry on the last Saturday of the month from 8:30 a.m. to 10:30 a.m. You must show proof of your Veteran status. Sometimes they will also have toiletries. The address is: 16701 E US HWY 40, Independence, 64055. The number is: 816-373-0221.
- Bethel Family Worship Center has a bread give away every Tuesday from 11 a.m. until 1 p.m. The location is 10801 Ruskin Way, KCMO. To confirm ongoing availability, please call: 816-399-5025 or email at: admin@bethelfwc.org

- Bishop Sullivan Center may be able to provide rental assistance as well as food and other necessities (depending all on availability). Please call: 816-231-0984 or go to: <https://www.bishopsullivan.org>
- Breakfast to Go is a program through St. Peter & All Saints Episcopal Church. The first and third Saturday of every month from 8:30 a.m. to 10:30 a.m., they give out a hot to go breakfast that is brought to your car. The address is: 100 E. Red Bridge Rd., KCMO 64116.
- Brooking Heights Baptist Church: 816-356-3007. 9500 E. 53rd Street, Raytown. Hours are 4-6 p.m. every Wednesday and some hours are possible on Sunday (please call for more information).
- Budget Friendly Family Meals is a FB site that can give you ideas to help you stretch your food budget dollar!
- Calvary Chapel Church, 5101 Bristol Ave., KCMO, 64129. On the 1st Friday of every month, there will be a Harvester's Mobile Food Distribution. First come, first served. The hours are 9:00 a.m. to 11:00 a.m. or until gone. For questions please call 816-809-8834 to verify dates/times.
- Calvary Community Outreach Network in KCMO has multiple regular food distributions that are open to all. For more information please go to: <https://ccon-kc.org/upcoming-events-ccon.htm>. You may also call at: 816-531-2466. The location is: 3002 Holmes Rd., KCMO 64109.
- Catholic Charities of Kansas City-St. Joseph has an online shopping portal for the food pantry currently located at 8001 Longview Road, KCMO. The portal allows families to make selections based on need, preferences, etc. This resource is free and available to anyone within the 27 county service area. For more information about this service please call: 816-929-1498 or visit: <https://catholiccharities-kcsj.org/pantry>.

FOOD

- Central Presbyterian Church has a food pantry on Wednesdays from 9-11 a.m. There are additional summer hours from 4:30-6:30 p.m. Please note they will be closed the first week of August. The address is: 3501 Campbell St., KCMO 64109. For questions please email: pantry@centralpreskc.org or call: 816-931-2515.
- Cheap Meal Ideas is a FB site for anyone looking to stretch their food budget with new and economical ideas!
- Christian Tabernacle COGIC in KCMO has monthly food and clothing giveaways. For more information please call: 816-333-5881. The address is: 7405 Paseo Blvd., KCMO 64131.
- Church of Faith has a food pantry every Tuesday from 4-7 p.m. The address is: 3601 East 63rd Street, KCMO 64130.
- City of Independence has launched a Health Disparities Initiative which can provide resources such as a free subscription for grocery deliveries for high risk and under served populations in Independence. For more information about this please call: 816-325-7986. You can also go to: <https://www.ci.independence.mo.us/PressReleases/Article/5849>
- Colonial Presbyterian has a Harvesters Mobile Food Distribution on the 3rd Saturday of every month. This occurs from 8-9 a.m. at: 9500 Wornall Rd., KCMO. It is as the west end of that parking lot. The Church also has a food pantry on Tu and Th from 10:30 a.m. to 1:30 p.m. The pantry is only for zip codes: 64114, 64131, and 64132. Proof of residency is required. Households may visit the pantry twice a month. For more information please call: 816-501-3000. Please call if the weather is extreme or inclement before coming in as the event may be canceled.
- Community Action Agency: 816-358-6868. They partner with over 30 food pantries across Jackson, Clay, and Platte counties to best help people get connected with food and toiletries. For more information please call or go to: <https://caagkc.org/programs/food-toiletry-pantries>
- Community Assistance Council: 816-763-3277, extension 100. Food available by making an appointment.
- Community Food Pantry is every Wednesday from 4-6 p.m. at the Church of Faith International. The address is: 3601 East 63rd, KCMO 64130.
- Community Orchard through Metro Lutheran Ministries is open to anyone wanting to pick fresh fruit. This is free and while supplies last. The location is: 2820 Highland, KCMO across from Troost Lake.
- Community Service League reopened their food pantry at their Noland Road location. It is called the Family Food Connection and is open Monday, Wednesday and Friday at the Noland Road location as a drive-thru. You MUST have an appointment to attend these events! For information about signing up and eligibility, please call: 816-254-4100. You may also sign up at: <https://www.signupgenius.com/go/10C0D4BAEA92CA7F9CE9-csifamily>
- There is a Hispanic Food Pantry Day the last Friday of the month (except holidays) from 10 a.m. to 12 p.m. or while supplies last.
- Compassion Ministries in Blue Springs has a food pantry on Sundays from 11:30 a.m. - 12:30 p.m. There are also go pantry boxes Monday through Thursday from 9 a.m. to 4 p.m. Please call to verify before you go out any eligibility requirements or changes as to times at: 816-847-0200. The address is: 2501 E. Duncan Rd., Blue Springs 64029. You may also email at: foodpantry@bluespringsassembly.org
- Darlene's Food Pantry is open the 1st and 3rd Tuesdays from 3-5 p.m. Bring a photo ID and ask for hygiene kits. This is at the St. Mark's UMC Food Pantry: 603 N. Jennings Rd., Independence. The phone is: 816-257-1812.
- Dave's Place is a food pantry in South Kansas City and will be open the first and third Thursday from 11 a.m. to 1 p.m. The location is: 2116 E. 74th Street, KCMO 64132. Upon arrival, you will pull up on the East side of the building by the garage and volunteers will put food in your trunk or backseat. For questions please call: 816-444-2116.
- Don Bosco has a free drive-thru food pantry on the second Friday of every month from 2-3:30 p.m. This is located at: 580 Campbell St., KCMO. This will be an ongoing event!
- Dorothy Sorrells food pantry is on Tuesdays from 5:30-7 p.m. This is at the Victorious Life Church at: 3400 Paseo Blvd., KCMO 64109.
- Double Up Food Bucks Heartland is a program for SNAP users to double their food dollars in order to buy fresh fruit and produce! For more information please go to: <https://www.doubleupheartland.org>
- East Side Harvesters is a FB group with listings of upcoming food distributions for those in need.
- El Mercado Fresco is having their grand opening on December 13th at 10 a.m. They are in the old Save A Lot Grocery store at: 3500 Blue Ridge Cutoff, KCMO 64133. This is very close to Independence. They will be having free popsicles and contests for 2 TV's, an air fryer, and 5 \$100 gift cards.
- Evangel Church has a drive-thru food pantry distribution every Wednesday from 4-6:15 p.m. or until food runs out. ALL are

welcome! The location is: 1414 E. 103rd Street, KCMO 64131.

- Fairmount Community Center in Independence gives away groceries and household items. Please call to confirm hours or ask any other questions such as any residency requirements, income, etc. at: 816-254-8334.
- First Baptist Church of KCMO/Red Bridge Food Pantry gives food and other resources every third Saturday of the month from 9-11 a.m. by appointment ONLY. Please call for an appointment and location at: 816-942-1866.
- Food Giveaway occurs every Wednesday from 9 a.m. to Noon. This is at the corner of 35th and Indiana Ave., KCMO 64128. They often have meats, dairy, produce, and more.
- Food Not Bombs gives away a free and HOT vegan meal every Sunday at 4 p.m. as well as produce, bread, and more to take with you! This event is at the corner of Independence and Monroe in KCMO 64124 and occurs rain or shine. They have a FB and that is: facebook.com/kcfnb or IG at: @kcfoodnotbombs. Additionally, you may check out: <https://www.happycow.net/reviews/food-not-bombs-kansas-city-22684>
- Food Pantry Group for Kansas/Missouri: This is a group for the Kansas City Metro area. You may post food needs, trades, etc. ALL MUST BE FREE, NO SELLING!
- Food Quality Initiative is based in KCMO and they are a very unique food pantry in that it serves people who cannot use traditional food pantries because of food allergies, sensitivities, etc. There are income guidelines and you must have a note from a doctor. Further information can be found by calling: 816-800-0884 or by going to: <https://foodequalityinitiative.org>

- Free Community Dinner is served every Wednesday at 6:00 p.m. to anyone who attends. All are welcome! The location is: 2456 Park, KCMO 64127. This is at Bowers Memorial CME Church. 816-241-9808.
- Guardian Angels Catholic Church located at 1310 Westport Road, KC, MO has food to give away and you do not need to live within Parish boundaries. They are often able to give 2 weeks worth of groceries. You need to set up an appointment and have picture ID. Families can come 2 times a month. Please call 816-768-6575 to set up an appointment and to verify availability.
- Harvesters Community Food Network has a feature on their website where you may type in an address/zip code and find the nearest location for assistance with food. Please go to: <https://www.harvesters.org/Get-Help>
- Harvesters Food Distributions in Raytown will occur throughout 2023 and the last date for the 2023 year is December 16th. The time will start at approximately 10 a.m. but it is advised that you get in line early. Drive-thru only. It will again occur at the Raytown Schools Education and Conference Center at: 10750 E. State Rte. 350, Raytown 64138. Please bring an empty trunk or backseat. The food available is not guaranteed and is first come, first served.
- Harvesters Kid's Café has a free nutritious snack program served Monday through Friday from 3:30-4:30 p.m. for kids ages 1-18. The program is open when the library is open. For a list of locations please go to: <https://www.harvesters.org/get-food-assistance/meals-for-kids>
- Heart of America Food Pantry; 7600 Blue Ridge Blvd. Please call 816-356-6380 for questions about food. Emergency service is possibly available on an individual basis by calling the Church. They will also sometimes have public food distributions.
- Hope City KC offers daily lunches, a weekly food distribution, as well as other programs

to beat addiction, youth programs, and other supports. Please call 816-241-9931 to confirm the dates/times of the events. There is a food pantry on Wednesdays from 1-5 p.m. while supplies last only. They are located at: 5101 E. 24th St., KCMO 64127. Their website is: <https://hopecitykc.org>

- Hope for KC is committed to reducing food insecurities through groceries. They may be able to provide other forms of support. For more information please call: 816-490-7540 or text, "Grocery" to: 816-688-8818.
- Hope Network: 816-778-1105. Food pantry hours are Tuesday at 5 (start lining up at 4:30), Wednesday at 3, and Thursday at 6 p.m. Please call for further info. No registration is required but you must have an ID. The location is 10500 E. 350 HWY. Hope Network will return to serving the first 20 guests at each pantry session. You must provide proof of residency in the Raytown School District to enter. This must include a valid ID AND a current utility bill to be eligible. They are ONLY able to help the first 20 guests representing 20 different households at one opening. Others will be asked to come to the next pantry opening. NO EXCEPTIONS!
- Hope.Wrx in the Northland can provide food and sometimes other things. For more information please go to: <https://www.hopewrx.org>
- Impact Family Resource Center in Blue Springs offers a drive thru food distribution (including basic groceries, frozen meat, bakery, and other items) 2 times a week and you may go weekly to one of those events. They also offer personal care items every week and monthly, diapers (sizes 1-6), Depends, and some children's clothing (0-5 years old). On Tuesdays the drive thru event is from 3:30-5:30 p.m. at: 1405 West Main, Blue Springs (start at 15th and Main parking lot). On Thursdays it is a no contact parking event. It begins at 10 a.m. and ends at 12 p.m. Come directly into the IMPACT building at: 1710 West Main, Blue

Springs. To check for any updates such as changes due to weather or other things at their FB page IMPACT for KC.

- J.A. Rogers Elementary will be providing the location for mobile food distributions on the first and third Saturdays of the month from 9:00 a.m. to 12 p.m. while supplies last. You may drive through or walk up. Distributions may not occur if there is severe/inclement weather. To check for changes due to weather, please go to: cor.org/hunger. The school is located at: 6400 E. 23rd, KCMO 64129. Open to all.
- Journey Impact Center is located at: 463 SW Ward Rd., Lees Summit. By appointment only, you may get assistance such as food and clothing. They are now also doing, “Meal of The Month” where they give you an assembled meal kit for a specific recipe and everything that you need is included! For more information and/or to schedule an appointment, please go to: www.journeyimpact.cc
- Justice and Dignity Center every Thursday has a feed the community event where you can pick up groceries and a hot meal for your family. It is between Noon and 1 p.m. and the location is: 2908 Indiana, KCMO. Call to verify dates/times at: 816-516-7521.
- KC Food Box is a USDA mobile food distribution for families with children 18 and under. The distribution occurs on Wednesdays at 5:30 p.m. The location is at: 207 Linwood Blvd., KCMO. Please enter on Wyandotte. For questions or further information, please call: 816-931-9942.
- KC Parent has a listing of Farmers Markets across the metro. For more information please go to: <https://kcparent.com/summer/kansas-city-farmers-markets/#page=1>
- Kansas City Health Department is having a food give away. You must wear a mask. The location is: 2400 Troost, KCMO. Additionally, if you have not been

vaccinated and would like to be, the Health Department will have a walk-in clinic! Please note that the food give away happens every 2nd Tuesday of every month at the same time (1:30 p.m.) until supplies run out!

- KC PBJ Project is a monthly delivery of peanut butter, jelly, and bread for needy families. You can sign up to adopt a family or ask that your family be adopted! Please go to: <https://www.kcpbjproject.org>
- KCVA has a mobile food pantry on the 4th Thursday of every month from 1-3 p.m. This is at the KCVA Honor Annex: 4251 Northern Avenue, KCMO 64128. Masks are still required to enter the VA facility. For more information please contact Rachael McDonald at: 816-289-4600 or Whole Health at: 816-861-4700 extension 59651.
- Kansas City Public Library has Kids Café to help kids 1-18 not go hungry over the winter break. This is in partnership with Harvesters. To see upcoming locations and times please go to: <https://bit.ly/3YseR8W>
- Kansas City Serve and Lift Center has a food pantry with walk-in hours Monday-Thursday from 8:30 a.m. to Noon and 1-3:30 p.m. The address is: 8001 Longview Road, KCMO 64134. The phone is: 816-929-1498.
- Keshet KC has mobile food events that provide access to fresh, nutritious food, information on diabetes and high blood pressure information, a grocery store gift card raffle, and other connections. For more specific information you can go to: <https://www.jfskc.org/keshetkc>. There will be a mobile event on January 17, 2024 from 11 a.m. to 2 p.m.. The events are at the Kansas City Public Library-Southeast Branch: 6242 Swope Pkwy, KCMO 64130. Access to fresh and nutritious food is available, drawing for a gift card, and connections to resources and partners will also be available.

- Kingdom Word Ministries has some food pantry events and may be able to assist with food. They are located at: 3301 Cypress Ave., KCMO 64128 but it is BEST to call and ask for more information at: 816-921-2293. Please ask for Bishop Eric Morrison and Pastor Regina Morrison.
- Koinonia Bible Church has a food pantry. Please call to verify May dates/times before going at: 816-313-9130. At last word, the food pantry is the first and third Monday and Wednesday of each month. The location is: 7020 Richmond Ave., KCMO 64133. You do not have to live in Raytown or provide income. Just write down a name and the number of household members.
- Lasagna Love: An organization that provides large pans of lasagna to needy families who are struggling as a means to give them a break. For more info, to donate/sponsor, or to request a meal please go to: www.lasagnalove.org. Type in your zip code to see if there is a location in your area. For example, it DOES serve 64133!
- Life Connection Church may be able to help with food. The address is: 3883 Blue Ridge Blvd., Independence 64052. Please call for details about possible food pantry options at: 816-353-4445. They have a clothing closet the 1st Saturday of each month from 9 a.m. to Noon and a food pantry the 3rd Saturday of each month from 9 a.m. to Noon.
- Linwood Mobile Food Pantry distributes fresh produce. For more information please go to: <https://m.facebook.com/events/kansas-city-va-medical-center/linwood-mobile-food-pantry/709249483943510/>. You may also call the Whole Health Department at: 816-861-4700 ext. 59651.
- Longview Baptist Church has a food pantry called, “Hands of Love” and it is available on the 1st and 3rd Sunday from 12:30 to 3:30 p.m. The address is: 1300 SW Longview Rd., Lee’s Summit. Please call for more

information at: 816-524-3341. No ID is required and is open to anyone in need in the KC Metro area.

- Love & Loaves is a food distribution program that gives free meals to 300 people. This is every Thursday from 5 p.m. to 7:30 p.m. and it is located at: 3406 Troost, KCMO, 64109.
- Memorial Church International has a food pantry the second and fourth Wednesday of the month between 2 and 5 p.m. Emergency needs by appointment at: 816-363-7940 for info about the event and if there are any requirements. This is at: 11424 Hickman Mills Drive, KCMO 64134.
- Mercy Ministry in Blue Springs is able to assist with food needs. For more information please look for their FB page or call: 816-795-1025. You can sign up for a Saturday food distribution at: <https://www.signupgenius.com/go/805094ca9a82ea4f58-saturday14#/>
- Metropolitan Community College has a list of food pantries as well as pet food pantries. For more information please go to: <https://mcckc.edu/counseling/food-pantries.aspx>
- Mobile Food Pantry occurs the 1st Monday of the month. The events is at 4 but you may want to try and arrive early. The address is: 4505 S. Noland in Independence.
- Morningstar Missionary Baptist Church of Jesus Christ may be able to help with food and utilities. Please call: 816-923-3559. The Church is at: 2411 East 27th Street, KCMO 64127. The phone is: 816-923-3559. There is by report, a food pantry at the community center on Wednesday but you must be in line by 9 a.m. **PLEASE CALL BEFORE GOING TO VERIFY THE EVENT IS TAKING PLACE AND THAT IT IS STILL DRIVE-THRU.**
- Mountaintop Inc. Food Pantry will be at the Macedonia Baptist Church located at 1700

E. Linwood Blvd, KCMO. EVERYONE is welcome, no requirements! This event will be EVERY Wednesday from 1:30-5:00 p.m. or until supplies run out! For more information about this or their services and Bible study, please go to: macedoniakc.org

- Mt. Washington Baptist Church is having a food pantry and clothing distribution on Mondays and Wednesdays from 10 a.m. to Noon. This is located at 9623 E. Independence Ave., Independence. For questions or more information, please call: 816-254-5777.
- MyGroceryDeals.com is a place to find deals in your area on needed items. This helps to stretch your food dollar!
- National Hunger Hotline can help you locate food resources in your area! For assistance please call: 1-866-3-HUNGRY or 1-877-8-HAMBRE. You may also text at: 914-342-7744 for an automated response.
- New City Church has a food pantry on the 4th Saturday of every month that is free and open to all. No registration is needed. This is from 9:30-11 a.m. at: 818 Shawnee Rd., KCKS 66103.
- New Life Church has a program where you can get a week's worth of food for every child in your house. This is on Thursdays from 3-6 p.m. at: 7945 S. Benton Ave., KCMO 64132. For more information please call: 314-701-7245.
- New Life City Church has a food pantry for Jackson County residents only on Wednesdays from 2-4 p.m. The address is: 1717 McGee St., KCMO.
- New Vision Christian Center in Grandview has a food distribution for children every Thursday at 4 p.m. until supplies run out. They give out 7 dinners, 7 snacks, and a gallon of milk per child in the home. Please call for more information at: 816-966-1033.

- Northern Boulevard United Methodist Church has a drive-thru food pantry every Thursday from 5:30-7:30 p.m. The location is: 1800 S. Northern Blvd., Independence, 64052. For more information about any qualifications please call: 816-252-7977. Ruth's Pantry at this location may be able to help with food. Please call for more information.
- One Spirit United Methodist Church has a monthly food mobile. The Church is at: 7900 Blue Ridge Blvd., KCMO 64138. For more information about this please call: 816-353-0890. Please note that at this time, the monthly giveaway is every third Thursday of each month and generally from 3-5 p.m. unless otherwise stated.
- One World Pantry is open Monday through Friday from 9 a.m. to 5 p.m. This is through University Health at: 2301 Charlotte St., KCMO, UH3 Pavillion. For questions about availability, qualifications, etc. please call: 816-404-6325.
- Online map and text number is available to help families locate local summer food programs. For more information please see: www.health.mo.gov/sfsp. You may also text: 914-342-7744 and mention, "Summer Meals." You may also call: 888-435-1464.
- Pantry Connection is a food distribution every 2nd Friday of the month from 3-5 p.m. at the Linwood Y at: 3800 Linwood Blvd., KCMO 64128. This is open to the public but registration is required at: www.urbancommunityconnections.org
- Peace for Your Pieces is having a free produce giveaway! It is on January 6th at 4 p.m. to 5 or until gone. The address is: 3501 Woodland, KCMO 64109.
- Raytown Chapel Church: 1st & 3rd Wednesdays; 5:30-6:30pm; 5413 Blue Ridge Cut-Off, Raytown. Please note this is no longer drive up, you must go inside but you can still take a meal to go if you want (at 6 p.m.) or stay there and enjoy (5:30 p.m.)! If

you need food at a different time, please complete the form on the website. Also, if you need clothing, there is now a clothing closet but you must complete the form on the website and then make an appointment to come in for clothing (with the exceptions noted below). There is a mini food pantry outside in front of the Church for anyone in need 24/7.

***NEW!!! They have changed their name to Woods Chapel Raytown. Further, they are having a special Grace Place Clothing Closet and food pantry on December 12th from 10 a.m. to Noon. The location has not changed. Please see above for the address. No pre-registration is required.

- **REAP (Raytown Emergency Assistance Program):** Every Friday: 9:30 a.m. until gone. 816-356-0054. Location: 9300 E. 75th St., Raytown. You must be a resident of the Raytown School District and show an ID as well as a current utility bill.

***NEW!!! THERE WILL BE NO FOOD DISTRIBUTIONS ON THE FOLLOWING DATES: DECEMBER 22ND, DECEMBER 29TH, AND JANUARY 5TH.

- **Raytown Garden and Grocery Share** is a FB site for those who may need food or have some to share!
- **Ready to Eat Free Meals!!!** (Please note that sometimes groups are unable to come or times change based on staffing and funds or even the weather. Information is current at the time of this publication).

-Bee Hive Recovery is placing sack lunches inside the Lucile H. Bluford Library every Sunday at 11 a.m. First come, first served. The library is at the corner of 31st and Prospect.

-Bishop Sullivan One City Café: Serves lunch M-F from 12-1 p.m. and dinner M-F from 4:30-6:30 p.m. The address is: 3936 Troost, KCMO

-Cherith Brooks: Mon., Tues., and Thurs. has breakfast from 8:30-11 a.m. and dinner on Thurs. from 5:30-7 or 8 p.m. Showers are also available on mornings they serve breakfast as are clothes. It is located at: 3308 E. 12th St., KCMO. The website is: <https://cherithbrookcw.blogspot.com>

-Food Not Bombs gives away a free and HOT vegan meal every Sunday at 4 p.m. as well as produce, bread, and more to take with you! This event is at the corner of Independence and Monroe in KCMO 64124 and occurs rain or shine. They have a FB and that is: [facebook.com/kcfnb](https://www.facebook.com/kcfnb) or IG at: @kcfoodnotbombs. Additionally, you may check out: <https://www.happycow.net/reviews/food-not-bombs-kansas-city-22684>

- Free Community Dinner is served every Wednesday at 6:00 p.m. to anyone who attends. All are welcome! The location is: 2456 Park, KCMO 64127. This is at Bowers Memorial CME Church. 816-241-9808.

-Free Community Dinner at the 24 Hour Faith Training Center every Wednesday starting at 6 p.m. until gone. Come and enjoy a delicious and hot meal! No personal info is needed just come right in. This is the purple door Church at: 2605 Prospect, KCMO.

-Free Full Hot Breakfast is open to all every Saturday from 7:30 to 9 a.m. There will be pancakes, sausage, eggs, and coffee. This is at True Light at the corner of 31st and Charlotte in KCMO.

-Free Hot Soup is a group that feeds anyone who comes to Washington Park in KCMO on Saturdays at 4 p.m. The park is approximately located at: 100 E. Pershing Rd (right by Crown Center). They also go to Prospect Park at 1:30 p.m. on Sundays. This park is at approximately 12th and Prospect in KCMO.

-Grace Church in Independence has a free meal every 1st and 3rd Wednesday at 5:30

p.m. The address is: 3601 S. Sterling, Independence.

- Hope City KC offers daily lunches, a weekly food distribution, as well as other programs to beat addiction, youth programs, and other supports. Please call 816-241-9931 to confirm the dates/times of the events. They are located at: 5101 E. 24th St., KCMO 64127. Their website is: <https://hopecitykc.org>

-Hope Faith Ministries: Serves Coffee and pastries Mon-Sat from 7:30-8:30 a.m. Breakfast Mon-Sat from 8:30-10 a.m. Lunch Mon.-Wed, and Fri from 11 a.m. to 12:30 p.m. and lunch on Thurs from 11 a.m.-12 p.m. Lunch is also served on Saturday from 11:30 a.m. to 1:30 p.m. The location is 705 Virginia Ave, KCMO.

-Independence Boulevard Christian Church: Dinner, hot to go meals on Mondays from 5:30-7:00 p.m. The location is: 606 Gladstone Blvd.

-Justice and Dignity Center has a Community Luncheon every Thursday and fellowship afterwards. This is from approximately 12-1 p.m. Their location is: 2908 Indiana, KCMO 64128. Call to verify times at: 816-516-7521.

-Kansas City Community Kitchen (Nourish KC): Lunch is served Monday-Friday, 11 a.m. to 2 p.m. All are welcomed, no questions asked, totally free. The location is: 750 Paseo Blvd., KCMO 64106. The phone is: 816-800-0889.

-Kansas City Heroes has a picnic on Tuesdays at 6:30 p.m. at Washington Park. This is at: 100 E. Pershing Rd., KCMO (right by Crown Center).

-Lazarus Ministries: Serves a meal every Saturday from 11 a.m. to 12 p.m.. The location is: 3151 Olive St., KCMO

-Metro Lutheran Ministries serves boxed food and sack lunches Mon-Fri from 8:30

a.m. to 11 a.m. The location is: 3031 Holmes, KCMO. There is also a free hot breakfast every Saturday from 7:30-9 a.m. The location for the hot breakfast is: Corner of 31st and Charlotte (the building on the south side of 31st).

-Morning Glory Ministries: Serves breakfast Tuesday-Friday from 7:15 a.m. to 8 a.m. Lunch is served Sat-Sun. from 12 p.m. to 12:30 p.m. The location is: 1112 Broadway Blvd., KCMO.

-Neighbor 2 Neighbor: Serves breakfast Monday-Friday from 9 a.m. to 10:30 a.m. Lunch is Mon-Fri from 11 a.m. to 12:30 p.m. The location is: 3551 Wabash, KCMO.

-Nourish KC's dining hall is back open for meals. The address is: 750 Paseo, KCMO. Meals are served Monday through Friday from 11 a.m. to 2 p.m. and are free with no questions asked. If you have questions please call: 816-800-0889. The entrance is located in the lower level of the Downtown Community Services Center.

-Raytown Chapel Church: 1st & 3rd Wednesdays; 5:30-6:30pm; 5413 Blue Ridge Cut-Off, Raytown. Please note this is no longer drive up, you must go inside but you can still take a meal to go if you want (at 6 p.m.) or stay there and enjoy (5:30 p.m.)! If you need food at a different time, please complete the form on the website. Also, if you need clothing, there is now a clothing closet but you must complete the form on the website and then make an appointment to come in for clothing (with the exceptions noted below). There is a mini food pantry outside in front of the Church for anyone in need 24/7.

***NEW!!! They have changed their name to Woods Chapel Raytown. Further, they are having a special Grace Place Clothing Closet and food pantry on December 12th from 10 a.m. to Noon. The location has not changed. Please see above for the address. No pre-registration is required.

-Redemptorist Center: Serves a homeless lunch Mon-Fri from 10 a.m. to 1 p.m. The location is: 207 Linwood, KCMO. Please call with questions at: 816-931-9942. Additionally, they have a food pantry 10-1 on Monday, food pantry/clothing/housewares 10-1 on Tuesday, food pantry 10-1 on Wednesday, food pantry/clothing/housewares 10-1 on Thursdays. Clothing for the homeless is on Tuesday 9-10 and Thursday 9-10.

-Salvation Army: Lunch is served Mon-Thurs. from 11:30 a.m. to 12:30 p.m. The location is: 3013 E. 9th St., KCMO. ***NEW!!! Every Wednesday, the Salvation Army in Independence will be handing out FREE lunches from 12-1 p.m. or until the lunches are out. This started on May 3rd and will continue throughout the summer. The address for this is: 14700 E. Truman Rd., Independence.

-Stone Church offers a free and hot meal to anyone who wants one each Wednesday from 6-7 p.m. The location is: 1012 West Lexington Ave., Independence 64050.

-St. Peter All Saints Episcopal Church: Breakfast on the 1st and 3rd Saturday of every month. Served from 8-10 a.m. at: 100 E. Red Bridge Rd., KCMO

-Thelma's Kitchen: THIS IS NOT TOTALLY FREE AND THEY ASK FOR A \$3.00 DONATION. I DO NOT KNOW IF THAT IS NEGOTIABLE. Please call with questions at: 816-298-9919. Lunch boxes are served Mon-Fri from 11 a.m.-2 p.m. The location is: 3101 Troost, KCMO. CALL before going as they are undergoing some construction at the building and the location has changed and services may have changed!!!

-Trinity Presbyterian Church has, "Trinity Table Community Lunch." It is on the second Saturday of the month from 11:30 a.m. to 1 p.m. Food and fellowship along with a food pantry. The location is: 1400 W. Sheley Rd., Independence 64052.

-Trinity United Methodist Church: Serves lunch on Monday from 12 p.m.-1 p.m. and on Saturday from 11:30-12:30 a.m. The location is: 620 E. Armour Blvd.

-True Light Family Resource Center: Is again serving a HOT breakfast meal on Saturday from 7:30 to 9 a.m. The location is: 717 E. 31st St., KCMO (southeast corner of 31st and Charlotte). For more information please call: 816-381-9310. ALL are welcome!

-Unity Southeast in Kansas City, 3421 East Meyer Blvd., KCMO, 64132. Please call 816-841-1402 for more information. There is a FREE pancake breakfast on Saturdays from 8-10 a.m.

-Westport Presbyterian Church: Has breakfast related items on Sunday from 8:00-9:30 a.m. and lunch bags Mon-Fri from 11 a.m.-12 p.m. The location is: 201 Westport Rd. KCMO.

- Red Bridge United Methodist Church has a mobile food pantry every 4th Friday of the month from 2:30-3:30. The address is: 636 E. 117th Street, KCMO 64131. Please call with questions at: 816-941-0112.
- Redemptorist Center is at: 207 W. Linwood, KCMO. Enter off Wyandotte (in the rear). Please call for questions or for info about the food pantry at: 816-931-9942 or email at: info@redemptoristcenter.org.

Redemptorist Center: Serves a homeless lunch Mon-Fri from 10 a.m. to 1 p.m. The location is: 207 Linwood, KCMO. Please call with questions at: 816-931-9942. Additionally, they have a food pantry 10-1 on Monday, food pantry/clothing/housewares 10-1 on Tuesday, food pantry 10-1 on Wednesday, food pantry/clothing/housewares 10-1 on Thursdays. Clothing for the homeless is on Tuesday 9-10 and Thursday 9-10.

There is a pet food pantry available. Please call for details!

There is a Wednesday Mobile Food Distribution (2nd, 4th, and 5th weeks) that begins at 5:30 p.m. (Enter in the rear off Wyandotte). See address above.

- Renewed Hearts food pantry is at: 10112 E. Truman Rd., Independence 64052. For more information about this please call: 816-655-8625. There is a food pantry distribution every 4th Saturday between 12-2 p.m. or until supplies run out. Please call or text for more info on this at: 816-655-8625. Please call to verify they are open as they may be closed temporarily until a grand opening.
- Ruskin High School has a Harvesters food distribution the 3rd Thursday of the month. The time is 3 p.m. and the location is: 7000 E. 111th St., KCMO.
- Salvation Army: 816-252-3200 or 816-241-6485. The SA located at: 14700 E. Truman Road, Independence gives away breads, baked goods, and other food items on Tuesday and Friday every week beginning at 12 p.m. This is dependent on what they have available and is first come, first served. No registration is needed or income guidelines for the drive thru pantries. For questions or to confirm availability, please call: 816-252-3200.
- Seton Center has a food pantry Monday, Wednesday, and Friday from 9 a.m. to 3:30 p.m. The pantry closes at 11:30-12:30 p.m. for lunch. The address is: 2816 East 23rd, KCMO 64127. The phone is: 816-231-3955. Please call before going to see if you qualify!
- Sheffield Family Life Center has a food distribution the first Saturday of the month and this begins at 8:45 a.m. The location is: 5915 Winner Road, KCMO 64125.
- Sisters in Christ has a food pantry every 2nd Thursday of the month. You MUST call to register at: 816-772-3398. The hours are from Noon until 2:00 p.m.
- Southside Pantry is a Church based pantry striving to make a difference in the community. They have periodic food distributions and will try to help if they can. The address is: 7304 Cleveland Ave., KCMO. For more information please email: sspantry@gmail.com
- St. Bernadette: FOOD BY APPT ONLY! 816-356-3700, ext. 228. 9020 E. 51st Terrace, KCMO, 64133.
- St. Mark's Methodist Church has a food pantry on Tuesdays from 4:00 p.m. to 6:00 p.m., no appointment needed. They are located at: 603 N. Jennings Road, Independence, MO 64056. Please call for more information at: 816-257-1812. They also have a clothing closet but that is by appointment only!
- SuperCook is a website where you can search for recipes based on what ingredients you have. This can help to stretch your food dollar by maximizing choices. For more information, please go to: <https://www.supercook.com>
- Taste of Home has a specific section with 60 family recipes that are all under \$10 to make. This is meant to help stretch your food dollar and feed your family! For more information, please go to: <https://www.tasteofhome.com/collection/cheap-dinner-ideas>
- Temple of Truth: 4th Saturday; 1-3; 7900 Westridge Rd., Raytown, 64138. 816-381-7982.
- The Gardens at Unity Village will be having farmers markets every Saturday from May 20th through October from 8 a.m. to 1 p.m. The address is: 150 B. Colbern Road, Lee's Summit.
- The Gathering Church at 4505 S. Noland Rd., Independence has a Mobile Food Pantry the first Monday of the month. Please call with questions at: 816-373-0106. The scheduled start time is 4 p.m.
- The Merry Outlaw in KC seeks to provide food and possibly other assistance to those in need. Their website is: <https://www.themerryoutlaw.com/home-1>. To request help go to: <https://outlawmutualaid.com/donations/request>
- The Starfish project in Olathe, KS is off I35 and Santa Fe. NO questions are asked, no paperwork. Take as much as you need or what a neighbor might need. They have tons of bread, pastries, cold meats, veggies, fruits, and many food items from restaurants such as Olive Garden and McDonald's to name a few. You may go every day. Inventory will of course vary. Other donated items may be available. The hours are M-F from 9-5 and the address is: 134 S. Clairborne Rd., Suite B, Olathe, KS 66062. For more information please go to: <https://starfishproject21.org>
- United Believers Community Church has a Harvesters free food giveaway every 3rd Wednesday from 9 a.m. to 10:30 a.m. The location is: 5600 E. 112th Terrace, KCMO 64134. This is open to the public. Monday through Friday, there will be a breakfast served at 9 a.m. and lunch served at 11 a.m. for ages Kindergarten age through 18.
- Unity Southeast in Kansas City has a weekly food pantry on Sunday from 10:30 a.m. to Noon. 3421 East Meyer Blvd., KCMO, 64132. Please call 816-841-1402 for more information about this and drive-thru events. They now also offer a 24/7 food pantry at the above address. Take what you need and leave what you can! Also on Sundays, brown bag lunches are given away at 10 a.m. There are 100 available.
- Urban Community Connections has a food pantry at the Linwood Y, every second Friday from 3:00 p.m. to 5:00 p.m. Open to the public but you MUST pre-register at their website at: <https://uccpantryatlinwoody.eventbrite.com> The actual distribution is at: 3800 Linwood Blvd., KCMO 64128.

**FREE FACEBOOK SITES/OTHER
(Needs/Donations)**

- Angels of Amazon is a free FB site where you can post needs (within a reasonable price range) and people can choose to adopt those needs. There are 2 groups with the same name and this is the larger of the 2 with 1000 members!
 - Babies Buy Nothing KC (and surrounding areas) is a FB site where people can exchange what they do not need and/or look for things that they do!
 - Blessings are for Everyone is a free FB site for those in need or those who would like to give something away.
 - Blue Springs Missouri Community Awareness is a FB site with many resources and updates!
 - Buy Nothing Kansas City
 - Buy Nothing Raytown, Kansas City, MO & Surrounding Areas
 - Buy NOTHING, Sell NOTHING for BABIES KC is a FREE FB site where people can give away things they no longer need to others who may need it!
 - Caregivers on The Home Front is a nonprofit organization that serves families who have someone actively enlisted or serving or whom are caring for Veterans. A variety of help is available such as advocacy, support groups, etc. Please see their FB page or call 816-462-2022.
 - Cheap Meal Ideas is a FB site for anyone looking to stretch their food budget with new and economical ideas!
 - Children of Incarcerated Parents (COIP) is a FB page based in Maryland but has many excellent resources. For more information please go to:
<https://www.facebook.com/ChildrenOfIncarceratedParentsPartnership>. You may also
- call: 816-517-9504 or email:
bcourtney@childrenip.org
- Economy of Love-KC is a FB site where you can ask for needed things and/or give them away. All must be FREE!
 - Food Pantry Group for Kansas/Missouri: This is a group for the Kansas City Metro area. You may post food needs, trades, etc. ALL MUST BE FREE, NO SELLING!
 - Free stuff by mail in Kansas City is a site that lists free offers that are first come, first served. It lists other cities as well but here is a link to get started:
<https://freestuffbymail.org/missouri-mo/kansas-city>
 - Free Stuff Kansas City is a FB site where people can find various resources and goods.
 - Freebie Alerts is an app that can alert you to when something is being given away for free in your area. For more information please go to: <https://freebiealerts.app>
 - Giving Hope and Health is a nonprofit that provides women with free feminine products. For more information please call: 816-607-1813. They have first Saturday free period products giveaways at: 4000 S. Minnie St., KCKS 66103. This is from 11 a.m. to 1 p.m. Call to verify if you need to register beforehand and to ensure the event is occurring before going out!
 - Helping Hand-Household Essentials is a FB group dedicated to providing free cleaning supplies to single parents and those who have children with disabilities. Their goal is to give those families one less thing to have to worry about.
 - Helping Hands of KC is a FB group who seeks to help meet the needs of KC area residents. You may post a need or something that you have to donate!
- Holiday Events KCMO is a FB site with information about holiday events and resources.
 - Independence Missouri Community Awareness is a FB page with a lot of community information and resources that keep people connected.
 - Independence, MO Families in Need is a FB site with a multitude of resources and supports.
 - Intellihelpets is a FB site where pet owners may post a need and/or post things they have to give. All pet related.
 - Just Take It-KC-The Free Marketplace is a FB site where you can get needed items and/or give them away.
 - KC and Surrounding Area Cats Needing Homes is a FB site that may be able to help pet owners in need and posts resources as well.
 - KC FRe-cycle & FRe-purpose (spelled just like this) on FB that is for asking for things that are needed or posting things that you have to give away. No selling is allowed.
 - KC Ladies Helping Ladies is a FB site where ladies can get resources, support, job opportunities, and more.
 - KC Gig Worker Support is a FB site for those looking for side jobs, shorter term employment, etc. or for those who have positions to fill.
 - KC Mothers Exchange Group is a FB site where goods, support, etc. can be exchanged. Absolutely NO money or cash can be involved.
 - Kansas City Heroes
 - Kansas City's Houseless Donation Community: Group for discussing donations needed for the houseless population of Kansas City as well as

donating items that you may have and wish to donate to help the cause. Houseless information coordination.

- **KC Ladies Helping Ladies** is a FB site with a variety of resources.
- **KC moms!** is a free FB site where mother's can connect with one another for advice, support, arrange play dates, etc.
- **KC Responds** is a nonprofit with a FB site. The group helps to connect people with resources to meet their physical, emotional, and spiritual needs. You may also sign up for a free newsletter with updates and offerings. There is also an email: connect@kansascityresponds.org
- **KC Special Needs Swap Shop** is a FB group for people who want to exchange special needs equipment and support one another.
- **Kansas City Area Free Resources Assistance Group** is a FB site where you can post a need and/or provide assistance.
- **Kansas City Free** is a FB site where you can give away things or ask for them.
- **Kansas City Heart Moms** is a FB site for mothers whose children have heart problems or anyone receiving care at Children's Mercy Hospital.
- **Kansas City Mom Collective** is a free FB site to support local mothers.
- **Kansas City Mutual Aid**
- **Kansas City Secrets** is a FB site where people share what they like best about KC, tips on events, etc.
- **Kansas City Twin/Multiples Swap Shop**
- **Love KC Living on Mission** is a FB site that has a variety of information.
- **Moms Helping Moms (Greater Kansas City Area)**. Giving/trading group only of needed

items such as clothing, toys, etc. Group is for moms, grandparents, caregivers, etc. to support one another across the Kansas City area.

- **Mysavings.com** is a site where you can view current available free samples with no strings attached. For more information please go to: <https://www.mysavings.com/free-samples>
- **Neighbors Helping Neighbors-KC Area** is a free FB group where you may be able to get and/or give help.
- **No Shame: A Period Product Project for Our Underserved Communities:** Can assist needy women with needed feminine supplies. (Also see the entry in this category under, "Giving Hope and Health" for additional assistance with feminine products.
- **OMamas Stuff for FREE ONLY** is a FB site where you can post items to give away or look for needed items.
- **Parents Helping Parents (Raytown, Mo Area)**. This is a free/trade group. <https://www.facebook.com/groups/225131272113125>
- **Pay it Forward Kansas City-NO SALES!!** Is a FB site where you can help someone in need, post a need of your own, or both!
- **Raytown and Surrounding Area Buy Nothing Group**. This is a FB site where people may ask for, give away, or exchange items to prevent waste. You may have what someone else needs! No selling allowed.
- **Raytown Charity Unleashed**
- **Raytown Forward** is a FB site with information about events and such in Raytown.
- **Raytown Free Items and Pay it Forward Group**

- **Raytown Garden and Grocery Share and Trading Hub** is a FB site for those who may need food or have that or something else to share!
- **Reuseful** is a FB site that matches you to nonprofits that need the things that you no longer need or use. You can also email at: hello@reuseful.org
- **The Single Mom KC** is a FB site with many resources and support.
- **URBN Hub** is a great FB site with many resources and events for individuals and families.

GENERAL RESOURCES

- **211** has a comprehensive website for a variety of resources that you can search by zip code or by county. Please see: <https://uwgkc.myresourcedirectory.com>
- **816 Bike Collective** can provide opportunities to earn a bike, tools to fix them, and more! For more information please go to: <https://816bike.org>
- **AdHoc Against Crime** has a 24 hour, "Community Hotline" and that is: 816-753-1111. There is also a, "Youth Hotline" and that is: 816-531-2665.
- **Adventure Oasis Water Park in Independence** will again be open to non-Independence residents come the summer of 2024. Holiday special season passes will go on sale on December 1st. For more information about this please go to: adventureoasis.com
- **Aim 4 Peace** is a Kansas City organization dedicated to reducing crime and helping people to resolve their conflicts, peacefully. For more information about this program please go to: <https://www.kcmo.gov/city-hall/departments/health/aim4peace-violence->

prevention-program. You may also contact by email at: Rashid.Junaid@kcmo.org

- **Alt Cap may be able to provide funding and other resources to people wanting to start a business. For more information please go to: <https://www.altcap.org/about>**
- **Artists Helping The Homeless** provide aid with respect, advocacy services, etc. to address the cause of homelessness and provide free assistance. 3625 Warwick Blvd, KCMO, 64111. Please call 816-668-1007 for further information.
- **Bank On** is an organization that can help direct people on how to open a banking account that meets their needs. For more information, please go to: <https://covidbanking.joinbankon.org>. Justin Walker is the Director of Business Development and available to answer questions or possibly speak at organizations. Please call: 816-463-0200.
- **Beehive Community Services Collaborative** offers a variety of assistance with medical and dental care, behavioral care, housing/rehousing, case management, a community kitchen, and more. It is located at: 750 Paseo in downtown KCMO. For more information please go to: <https://beehivekc.us>
- **Benefitexplorer.com** is a great resource to look for a variety of things such as medical care, food assistance, rent help, etc. You can click on what state you are in and then it will display cities and locations that may offer what you are looking for. The web address for this is: <https://benefitexplorer.com>
- **Birthday Connections** is a nonprofit in KCMO that helps every child to have a happy birthday and can provide resources to parents. Please call: 858-519-2486 or email: benita@birthdayconnections.org. They also have a FB page!

- **Bishop Sullivan Center** has a variety of possible assistance and programs to meet various needs. Please go to: www.bishopsullivan.org/get-help/household-assistance or call: 816-231-0984.
- **Bridging The Gap** is giving away trees to people who qualify. For more information please go to: <http://ow.ly/vjOQ50Nwf4U>
- **Brown & Crouppen** put out a comprehensive resource directory for the Kansas City area in 2020 and it is over 40 pages long. Some resources have changed since its publication but many have not and can still serve as an excellent starting point for various different needs be it food, housing, etc. **BE SURE TO VERIFY ANY EVENT OR RESOURCE BEFORE COUNTING ON IT AS THINGS MAY HAVE CHANGED!** The document can be found at: <https://www.browncrouppen.com/wp-content/uploads/2020/11/brown-and-crouppen-resources-kansas-city-resource-directory.pdf>
- **Brush Creek Community Center** has a wide array of offerings for people of all ages! There is a current class to help senior citizens learn more about technology. For a look at all of the offerings please go to: <https://kcparks.org/places/brush-creek-community-center>
- **Catholic Charities Welcome Center**; 4001 Blue Parkway, #250, KCMO. Walk-in services include: Food, hygiene items, & diapers. Call with questions, to verify times, or call for other services such as rent & utility assistance. 816-221-4377.
- **Center for Disability Inclusion** is located in KCMO and partners with businesses and other places to increase inclusion efforts and diversity for people who have some sort of limitation(s). They have many other resources as well. For more information, please go to: <https://www.centerfordisabilityinclusion.org>

- **Center for Neighborhoods** has many general resources all designed to create positive neighborhoods. They build the capacity of Kansas City neighborhoods by empowering neighborhood leaders and more. For more information call: 816-235-6931, check out their FB, or please go to: <https://cfn.umkc.edu>
- **Chestnut Family Resource Center** is a collaborative project to fight against blight and deterioration around the 3800 block of Chestnut. This is done through community gardens, repairs, and more. For more information please call: 816-701-6534 or email at: ChestnutResourceCenter64128@gmail.com
- **Children's Mercy Hospital** through the Beacon Program has a comprehensive resource directory for families needing various kinds of supports in the community. While this is geared towards families with kids that have complex health care needs, it could possibly apply to others. For more information please go to: <https://www.childrensmc.org/in-the-community/community-programs-with-childrens-mercy/resources-for-children-with-complex-medical-needs>

There are multiple programs to address childhood adversity and resilience. For more information please go to: <https://www.childrensmc.org/departments-and-clinics/child-adversity-and-resilience/>

They have a multitude of resources to help families develop emergency response plans. For more information please go to: <https://www.childrensmc.org/health-and-safety-resources/emergency-preparedness>

They also have information about multiple community initiatives and resources. For more information please go to: <https://www.childrensmc.org/your-visit/family-support-and-resources/social-work/community-initiatives-and-resources/>

- Church of The Resurrection (locations in KS and MO) has some resources for those in various kinds of needs even if you do not have a connection to the Church. The Church partners with various agencies and can give referrals and sometimes more direct help. For more information, please go to: <https://cor.org/bluesprings/care/request-care> or call: 913-544-0739.
- City of Raytown has a link for online bill payments. Please go to: <https://www.raytown.mo.us/payment>

They also have a coupon program where residents may purchase a coupon for \$5 that enables them to get rid of yard waste or bulky items. The link is: <https://www.raytown.mo.us/index.asp?SEC=C5FCCA8A-B932-4E3E-8461-2740F72EA306>. For more information, please contact Raytown City Hall at: 816-737-6000.
- City Union Mission has a, “Community Assistance Program” that is available year round and can offer different types of assistance to those who qualify. For more information please call: 816-329-1441.
- Clean-up Coupon Program is available to Raytown residents who need to get rid of junk, bulky items, etc. You can purchase a coupon worth \$25 for \$5. For more information please call the Public Works Department at: 816-737-6012.
- Climate and Environmental Justice Screening Tool has a variety of community based information. For more information please go to: <https://screeningtool.geoplatform.gov/en/#/3/33.47/-97.5>
- Coldwater of Lee’s Summit is a faith based nonprofit that offers a variety of assistance and programs. For more information please go to: <http://www.coldwater.me> or call: 816-786-0758.

- Color Cycle is a recycling program through Crayola that can take old markers and things and recycle them! For more information please go to: <https://www.crayola.com/colorecycle.aspx>
- Community Action Agency of Greater Kansas City: 816-358-6868. The agency offers help with rent, mortgages, weatherization, food, toiletries, etc. Please call for more details! Through “Healthy Homes”, they are able to giveaway FREE cleaning supplies. For more information please go to: <https://caagkc.org/programs/healthy-homes>
- Community Assistance Council is in the Marlborough neighborhood on Tuesdays from 1-4 and can meet with people in-person if you make an appointment. They can offer a variety of potential kinds of assistance. For info on what they can offer please ask when you call to make an appointment at: 816-763-3277, x. 102. The appointments are with CAC Case Manager, Marshelle Lyons. The meetings are at the Marlborough Community Coalition’s Catalyst Center: 1809 E. 80th St. You MUST have an appointment!
- Community Care Link can link you to a variety of resources in your particular area. For more information please go to: <https://www.communitycarelink.com/kansas-city-area-resource-guide>
- Community Service League is launching new tuition-free programs. Program offerings include CNA, Sustainable Material Handling, Medical Coding (may have remote-work opportunities), Billing Professional, Phlebotomy, and Welding Technology. For information about Welding please call: 816-912-1232. There are new opportunities being added on a regular basis. You will also be connected with a CSL Financial Coach and employment services to assist with finding a job after graduation. Please call 816-491-2013 for

current offerings, questions or apply at: <https://cslcares.squarespace.com/newskills>

They also offer a comprehensive e-newsletter with information about free trainings, rent and utility help, and much more! Read more about this at: <https://conta.cc/3JjbBaH>

- Consumer Protection in Missouri is a way for someone to file a complaint against a professional in Missouri. For more information please go to: <https://www.mo.gov/home-family/consumer-protection>
- Corey’s Network Inc. is an organization that provides immediate support, advocacy, and more services to surviving family and others who have been the victim of a homicide in the KC Metro area. The 24 hour hotline is: 816-834-9161. The web address is: <https://coreysnetwork.org>.
- Crown Center has multiple events coming up of various kinds. For more information please go to: CrownCenter.com/Events
- Crown Center Ice Terrace will open on November 3rd. For more information please go to: <http://www.crowncenter.com/iceterrace>
- DAC or Dad’s Against Crime is a group in Kansas City made up of fathers who have lost a child to violence or who have a child that was a victim of violence. To learn more please go to: <https://dadsagainstcrime.org>. They offer additional services such as job assistance, counseling, mentorship, and felony expungement. For more information please go to: <https://dadsagainstcrime.org> You may also call: 816-986-7711. Look for them on FB as well! The address is: 8401 East Blue Parkway, KCMO.
- Dads on Duty is a group with a variety of resources for fathers. For more information please contact Pat Clark at: 816-977-3116.

- Decarcerate KC has launched community safety hubs to improve overall safety and to promote discussion about neighborhood improvement. The first safety hubs are focused on the KC East Side. The FB with more information is: <https://www.facebook.com/decarceratekc/about>
- DMH has information about disaster services when a mass-violence event has occurred. This information can be found at: <https://dmh.mo.gov/disaster-services/mass-violence>
- Drawn Together is a FREE event on Saturdays from 10 a.m. to 4 p.m. This is at: 2659 Independence Ave., KCMO 64124. Come doodle and have fun! This is at a place called, The Egg. For more information about that please go to: <https://nekcchamber.com/theegg>
- DSS or the Department of Social Services has improved and expanded their portal where you may upload documents for various programs. For more information please go to: myDSS.mo.gov/verify
- Energy and food assistance referrals (where to go for such) can be had by calling: 816-474-5211 or just 211.
- Englewood Arts Open Mic night is on the third Fridays from 6-8 p.m. This can include musicians, poets, story tellers, visual artists, dancers, etc. The address is: 10901 E. Winner Road. The website is: www.engagewoodarts.art
- Eventbrite has a listing of current events across Kansas City, please see: <https://www.eventbrite.com/d/mo--kansas-city/community-events>
- Family Promise of the Northland can help with showers, doing laundry, getting food, using the wifi, and other sorts of assistance. Walk-ins are welcome but reservations are preferred by calling: 816-888-7070. If you need transportation out to the location,

every Thursday, they provide bus service from Gladstone Blvd. and Independence Ave. to there and back. Pickup is at 11 a.m. and the return is at 3 p.m.

- Findhelp.org is a resource tool where you type in your zip code and it then takes you to a page with multiple categories. Click the needed category and it will list resources in the general area of your zip code.
 - First Call has a comprehensive directory where you can locate many services across the greater KC area. To access this please go to: <https://www.firstcallkc.org/resources>
 - Food, drug, and other current safety recalls can be found at: <https://health.mo.gov/safety/foodrecalls/index.php> or <https://health.mo.gov/safety/productrecalls>
 - Foster Adopt Connect has a parent support program with many helpful resources. For more information please call: 816-350-0215. *****NEW!!!** They offer a program to empower families of LGBTQ youth and it is called, “Youth Acceptance Project.” To learn more about this program please go to: <https://www.fosteradopt.org/youthacceptanceproject>
- ***NEW!!! HAS THE STRESS IN YOUR LIFE AFFECTED YOUR PARENTING?** Sometimes, life can get overwhelming, and we can feel stressed as parents. FosterAdopt Connect’s Fostering Prevention program is here to help you navigate the difficulties of life so your family can thrive together! Our team members walk alongside you and visit with you in your home regularly to offer parenting assistance, guidance, and connection to resources such as: parent skill building, mental health referrals, securing transportation and finding your voice to advocate for yourself/your children. For more information about the program, call us at 816-350-0215, email: aly.romero@fosteradopt.org or visit <https://www.fosteradopt.org/family->

[permanency/fostering-prevention/AC-Fostering Prevention Referral Form](#)

- Fountain Cards are FREE IDs for Kansas City residents and can be used in public places, for public services, and to open bank accounts. THESE CANNOT BE USED HOWEVER TO VOTE. For more information please go to: Kcmo.gov/fountaincards
- Free Community Laundry Days is every third Monday in 2023. The hours are: 3-6 p.m. There are also free laundry supplies to be used during the event along with free washers and dryers. The address is: 1920 Quindaro Blvd., KCKS 66104. ALL are welcome! For questions please call: 913-232-9008. Please limit 4 bags/baskets.
- Free Store is located within Lee’s Summit Resource Recovery Park at: 2101 SE Hamblen Rd., Lee’s Summit, 64082. They are open as follows: Monday through Friday 7:30 a.m. to 4 p.m. and on Saturday, 7:30 a.m. to 3 p.m. Everything is FREE and the stock changes weekly but most often includes paint, auto fluids, bug spray, and lawn chemicals just to name a few.
- Free trees may be available to KCMO residents in recognition of Arbor Day. Quantities are limited so sign-up soon. To sign-up please go to: <https://energysavingtrees.arborday.org>
- Garage Sale Finder is a site that advertises local garage and estate sales. Great way to find bargains! For more information please go to: <https://garagesalefinder.com/yard-sales/kansas-city-mo>
- Gates Plaza Ultra Wash has free wash Wednesdays. The address is: 1200 Brooklyn Ave., KCMO. Call to verify that free wash Wednesdays is happening at: 816-231-0750.
- GIFT now has a business center open to provide a multitude of FREE resources to small businesses. The address is: 5008 Prospect Ave., KCMO 64109. The phone is:

816-766-7860. A link with a story about this program can be found at:
<https://www.thepitchkc.com/g-i-f-t-business-center-will-offer-free-services-to-small-business-owners-starting-next-week>. The website is: <https://www.kansascitygift.org>.

- Grace Church Independence has a variety of resources for people that do not require Church membership. There is a free community dinner on the first and third Wednesday of every month (call to verify time), a Blessing Room with free items (e.g., hygiene, clothing, non-perishable food) for anyone in need, and free youth or family events for all. Pastor Eric or others can answer any questions that you may have by calling: 816-254-8680. The address is: 3601 S. Sterling Ave., Independence 64052.
- Habitat for Humanity offers resources and tips for people who have disabilities so that they can be well-prepared for disasters. For more information please go to: <https://www.habitat.org/our-work/disaster-response/disaster-preparedness-homeowners/disabilities-special-needs>
- Hallmark Visitors Center is free, fun, and educational. You must make a reservation. For more information please go to: <https://www.crowncenter.com/listings/Hallmark-Visitors-Center>
- Hands and Feet of Jesus is a homeless outreach ministry in the KCMO area and can offer a variety of services and even sometimes, a shower truck. They have a FB page or you may also call: 816-739-6674.
- Hidden Gems KC is an organization dedicated to enriching, educating, and empowering youth and their families. For more information please call: 816-585-5202.
- Homeless Person Memorial is on December 21st. This is to recognize people who have passed away that were homeless and to shed more light on the issue of homelessness. If you would like to have someone that was homeless and has passed away recognized

please complete the form at: [Homeless Persons Memorial Day 2023 \(smartsheet.com\)](https://smartsheet.com).

You may also contact the Greater Kansas City Coalition to End Homelessness at: 816-924-7997 for more information about when and where the event is or with other questions.

- Hope City KC offers daily lunches, a weekly food distribution, as well as other programs to beat addiction, youth programs, and other supports. Please call 816-241-9931 to confirm the dates/times of the events. They are located at: 5101 E. 24th St., KCMO 64127. Their website is: <https://hopecitykc.org> or you can email at: hopecitykc@hopecitykc.org
- Hope Cuts (Hope Faith Ministries) can provide free haircuts to those in need. For more information about the program and to sign-up please go to: <https://www.hopefaith.org/hope-cuts-1>
- House of Hope has a variety of resources to assist people in need. For more information please go to: <https://hopeforkc.com/>. You may also call: 816-490-7540.
- Impact Family Resource Center in Blue Springs can provide a variety of supports. Their phone number is: 816-229-8030. The website is: <https://fbcb bluesprings.org/impact>
- Impact Kansas City Missouri can provide a variety of supports all in one place to families. For more information please go to: <https://www.impactmo.org/>
- Independence Boulevard Christian Church has something called, “Micah Ministry” on Monday evenings from 5:30 p.m. to 7:00 p.m. During this time you can get a hot to go meal, hygiene products, clothing, additional food items, a free medical clinic that may be able to help with prescriptions, sleeping bags, and more. All depends on availability and it is first come first served. The address is: 606

Gladstone Blvd., KCMO 64124. If you have questions, please call: 816-231-0016.

- Independence is Alive and Well is a website with many resources. For more information please go to: <https://independence.zone/iiaw/>
- Independence License Office has moved to a new location. The address is: 17601 East US 40 Hwy, Unit J, Independence 64055. This is behind the Salty Iguana! The phone is: 816-503-8215.
- Ivanhoe Neighborhood Council has free notary services for community residents. Call to schedule an appointment at: 816-921-6611.
- Jacksoncountycare.org is a site that can help to connect people to mental health services that cannot pay and possibly connect them to other services for other needs as well.
- Jewish Family Services is able to help with pantry items, meeting basic needs, provide mental health counseling, and has older adult services. Please call the JFS Navigator line at: 913-327-8250 to discuss what they may be able to help you with. The area location is: 425 E. 63rd St., KCMO 64110.
- Junk Removal is FREE if you are 15 miles from Hy-Vee Arena in KCMO. After 15 miles is a donation of \$15 for every 10 miles after. There is a 48 hour pick up window. They can take a variety of items but you will need to call and inquire as well as tell them if you can get the items outside of your home. The number is: 816-652-4553.
- KC has a great website for parents across the metro area and it is called: kcparent.com. This has excellent resources on many topics as well as up to date listings of camps and events across Kansas City and surrounding areas!
- KC Brick Store is in Overland Park, KS and it is a place where you can buy, sell, and trade used Legos! For more information please go to: <https://kcbriickstore.com>

- **KC Common Good** is an organization that seeks to reduce violence and equip residents with the skills needed to lead successful lives. For more information about what they have to offer, please go to: <https://kccommongood.org>. You may also call at: 816-601-1006. They further have a fund to help with those who have been impacted by violence. For information on that please go to: <https://kccommongood.org/the-common-good-fund> or <https://kccommongood.org/who-we-are/>
- **KC Community Bail Fund Project** may be able to assist someone with obtaining the funds needed in order to have bail, be released, and still be able to continue working and support his/her/their families. For more information please go to: <https://www.kccommunitybailfund.org>
- **KC Dream Center** offers a variety of supports and services for children and adults such as food distributions and Kidz Jam to support children in various ways. For more information please go to: <https://www.kcdreamcenter.org/about>
- **KC Library Youth** is a nonprofit with various program offerings for children. For more information please call: 816-701-3400. You may also email at: yfe@kclibrary.org.
- **KC Mothers in Charge** has many support groups and resources to help fight violent crimes and support the families of victims. For more information please go to: <https://www.kcmothersincharge.org>
- **KC Parent** has many resources for parents such as kid friendly events, where kids can eat free, and more! For more information, please go to: <https://kcparent.com/search/event/upcoming-events/#page=1>. They also have a listing for where kids can eat for free or greatly reduced with a purchased adult meal. For more information on that please go to: <https://kcparent.com/search/location/kids->

eat-free/#letter_filter=all&ord=alpha&page=1

- **Kanopy** is a free streaming service where you can watch movies. To qualify, you must have a card from a participating library. For more information please check out their website at: <https://www.kanopy.com>
- **Kansas City Chiefs** have an Accessibility Services Department to ensure that all guests have an equal access and fun time at the stadium. For more information please go to: <https://www.chiefs.com/stadium/accessibility>
- **Kansas City Discover (KC Discover)** is a FB group that highlights many of the events across the Kansas City area.
- **Kansas City Partnership for Economic relief** has many resources for those struggling because of the pandemic. The website is comprehensive and can be found at: <https://www.kcrelief.org>
- **Kansas City Park and Recreation** has many resources for the community. For current information about events and resources, please go to: <https://kcparks.org> or call: 816-513-7500.
- **Kansas City Public Library** has a, “Need Help” outreach program that can connect people in the metro area to various services that they may need. You can sign up for a session at: 816-701-3767 or go to: kclibrary.org/outreach. From there, click “Community Resources.” There are also refugee/immigrant services information.

The library has something called the “Senior Listen Line” that provides seniors with short stories to hear, poems, encouragement, resources, etc. in a pre-recorded format. To access this please call: 816-701-3467!

The library now offers a free notary service. For more information, please go to: <https://kclibrary.org/notary>. You may also call ahead to schedule at: 816-701-3400.

They are again showing movies in the vault inside the Central Library location. This is at: 14 W. 10th Street, KCMO. These films will be shown on Saturdays and Sundays. You can check the schedule at: <https://tinyurl.com/3p2dwpv8> or <https://kclibrary.org/events-activities-calendar?month=2022-10>

There are many in-person and online events that are family friendly and free. For more information please go to: <https://www.kclibrary.org/events-activities-calendar>

There is something called “Community Reference” that can provide assistance with health and wellness, jobs and careers, and much more! For more information please go to: <https://kclibrary.org/community-reference>

- **Kansas City Royals** have an accessibility department to ensure that all guests have equal access to the facilities and enjoy their time! For more information please go to: <https://www.mlb.com/royals/ballpark/disability-access-guide>
- **Kansas City Street Sheet** is updated quarterly and has many different kinds of resources. To access this please go to: <https://kclibrary.org/sites/default/files/Fall%202022%20Street%20Sheet%20-%20English.pdf>
- **Kesher KC** connects people with a variety of resources and services such as food and more! For more information please go to: <https://www.jfskc.org/kesherkc> or call: 913-327-8250.
- **Kids Out and About** has a nice listing of resources for children with special needs across the KC Metro area. For more information please go to: <https://kc.kidsoutandabout.com/content/special-needs-resources-and-around-kansas-city>
- **KU Med Center** has a link with a multitude of resources in both Kansas and Missouri.

For more information please go to:
<https://www.kumc.edu/school-of-medicine/academics/departments/population-health/research/sexual-health-empowerment/community-resources.html>

- Leah's Laundromat on The Q has FREE washing and drying as well as free detergent every 3rd Monday for the entire year, 2023! The location is at: 1920 Quindaro Blvd., KCKS. This is between 3-6 p.m. For more information please call: 913-232-9008. There is a limit of 4 bags/baskets FREE for washing. Anything more than that would have to be paid for.
- Lee's Summit Park and Rec is having a girls youth basketball series. For more information please go to:
<https://cityofls.net/parks/recreation/youth-athletics>
- Legal Aid has some community sessions that are free but you MUST have an appointment. There are some issues that they cannot assist with so be certain to inquire your need is one that they can assist with when you call! You can call to make an appointment at: 816-474-1413, extension 5289. They are at Operation Breakthrough on the first Tuesdays of the month from 3-5 p.m. and that address is: 3039 Troost, KCMO 64109. On the fourth Thursdays of the month (12-1:30 p.m.) they are at the Lucile H. Bluford Branch and that address is: 3050 Prospect Ave., KCMO 64128.
- Legal Aid of Western Missouri has a comprehensive website with lots of information about things such as a low-income tax payer clinic, an MHDC grant that helps keep people in their homes, an online application for assistance, and more! Please go to: <https://lawmo.org/get-legal-help>. Also, there is a program called, "Advocates for Family Health Project" and the director of that is Kaitee Brown, Attorney. She can be reached at: 816-474-1413, extension 5204. The web address for this program is: www.lawmo.org/afh
- Legislative Library can answer questions on the status of a bill or its contents. Please go to: governor.mo.gov/actions/legislative-actions
- Lift Up KC is a new, free, online service where you can search for various kinds of resources and narrow it by zip codes! Please go to: <https://www.liftupkc.org>
- LINC (Local Investment Commission) has many resources to help children and families live a healthier and better life in the greater KC area. For more information about what they offer, please go to: <https://kclinc.org> or call: 816-889-5050.
- Lion House KC is a nonprofit dedicated to helping homeless members of the LGBTQ community with rapid rehousing and other resources. For more information please go to: <https://lionhousekc.org/contact/> or call them at: 913-303-8664.
- Load of Love is sponsored by St. James and St. Andrews Episcopal Church and offers free washing and drying every 3rd Saturday from 9 a.m. to 3 p.m. at Carol's Laundromat at 55th and Paseo. There is laundry detergent and dryer sheets available. For more information please contact Dr. Yvette Richards at 816-802-8234 or email: yrichards@sjumckc.org
- Loving to The Max is a KCMO nonprofit with a variety of resources to promote mental wellness. For more information please go to: <https://www.lovingtothemax.org>. They also have a FB site!
- Lutheran Urban Mission Agency-LUMA is able to offer a variety of resources to people in need. They are located at: 4205 Tracy, KCMO. Their website link for more information is: <https://www.lumakc.org>. The phone is: 816-844-5900.
- MARC Air Quality Program has information about the ozone/air quality, and more related to health and the environment. For more information please go to:
<https://www.marc.org/environment/air-quality>
- Mattie Rhodes Center in KCMO has some great sports and arts programming for the fall! For more information please go to: https://linktr.ee/Mattie_Rhodes_Center. You may also call: 816-241-3780.

Friday Functions is a program for youth at the Mattie Rhodes Center in KCMO. There will be movies, art, games, and more! This will be from 5 p.m. to 8:30 p.m. You MUST pre-register for these events! For information about dates and such or to register please contact: Moy Solorio at 816-581-5656 or Jesus Perez at 816-315-6971.

There is also a youth soccer group forming. For more information, please contact Moy Solorio at 816-581-5656 or email at: msolorio@mattierhodes.org
- McGruff Safe Kids ID Kits are free and available at:
<https://www.mcgruffsafekit.com/united-states>. The general website is:
<https://www.mcgruffsafekit.com>
- MCPL or Mid-Continent Public Library offers a FREE digitizing service that can convert VHS tapes, cassettes, photos, and more. For more information please go to: <https://www.mymcpl.org/blogs/digitize-your-personal-collection-mcpl-memory-lab-now-open>
- Meet and Greet is a community fellowship dinner where you can try new dishes and get better acquainted with your fellow neighbors in the Ivanhoe neighborhood. It happens every Wednesday from 6-8 p.m. and people are asked to bring a dish to pass. The location is: 3700 Woodland Ave., KCMO. Please call to register at: 816-921-6611.
- Merry Outlaw in KC seeks to provide food and possibly other assistance to those in need. Their website is:
<https://www.themerryoutlaw.com/home-1>. To request help go to:

<https://outlawmutualaid.com/donations/request>

- Metro Lutheran Ministries can help with some emergent needs such as diapers, hygiene products, medical/dental, birth certificates, sack lunches, and more. For more information please go to: <https://mlmkc.org/program/emergent-needs>
- Missionary Currie for Women and Children, Inc. is a nonprofit that can help families who are struggling with various kinds of help. For more information please go to: <https://missionarycurrieinc.org/about-us>
- Missouri Bar has a, “Complaint Resolution Program” to help anyone who feels they did not receive adequate legal help from an Attorney. For more information please go to: https://mobar.org/site/content/Lawyer-Resources/Complaint_Resolution_Program.aspx
- Missouri Protection & Advocacy is a Federal program in the state of Missouri that provides protection of the rights of people with disabilities through legally-based advocacy. It is located in Jefferson City, MO but available to any resident. Please call: 573-893-3333 or go to: www.moadvocacy.org
- Missouri Family to Family is a statewide resource center that can provide a variety of things. For more information please go to: <https://mofamilytofamily.org> or call: 1-800-444-0821. They also have a FB page! They offer a helpful newsletter called, “The Good Life Gazette.” Signup for this at: <https://signup.e2ma.net/signup/1939285/1900882>
- Missouri Services Navigator is an online system where people can search for a variety of services particular to a specific region. Please visit: <https://mo.servicesnavigator.org/s4s/WhereILive/Council?pageId=1&lockla=true>
- MOSource Link is an additional place people can search for services across Missouri.

Please visit:

<https://www.mosourcelink.com/resources/financial-a-resource>

- myKCMO app makes it easy for residents to request and track city services. Download the app to report potholes, illegal dumping, missed trash pickups, and more. For more information please go to: <https://www.kcmo.gov/city-hall/311>
- National Disability Rights Network has a comprehensive website with many resources. For more information please go to: <https://www.ndrn.org>
- National Weather Service has great information on preparing for severe weather season. For more information please go to: <https://www.weather.gov/lx/severeweek>
- Neighbor 2 Neighbor offers a variety of assistance including but not limited to those experiencing homelessness and addiction. For information about what is available, please call: 816-606-4509.
- Next Step KC offers free financial coaching and other financial resources. For more information please go to: <https://www.nextstepkc.org/connect-now>. You may also call: 816-491-2869. This is through CSL in Independence and helps people to find financial solutions that do not include Pay Day Loans and other high interest loan traps.
- Nonprofit Connect has a listing of volunteer opportunities including serving on boards for anyone wanting to donate his or her time. Please go to: <https://info.npconnect.org/hotdeals>
- Office of Citizen Engagement is available to strengthen relationships between KC residents and the local government. To find out more about what they offer please call: 816-513-3006.
- Our Children Their Future is an organization focused on mentoring and

empowering young boys from ages 10 and up. For more information please call: 816-607-3854.

- Our Spot KC is an organization in KCKS that can provide a variety of supports to the LGBTQ community. For more information please go to: <https://ourspotkc.org/programs>
- Park University has a directory of resources for housing insecurity as well as other needs. While many of the resources are for the Northland, many do cover Jackson County. For more information please go to: <https://www.park.edu/wp-content/uploads/2023/05/Northland-Agency-Catalog-for-Housing-Insecurity.pdf>
- Police Athletic League (PAL) has sports, cooking, and arts every Wednesday night from 5-7:30 p.m. This is for ages 8-13. Dinner is provided. One time registration at the door. The address is: 9701 Marion Park Drive, KCMO 64137. 2nd Building on campus, in the gym.
- Porter House KC can provide small business owners with \$5000 for various needs such as equipment, rentals, and other things. For more information please go to: <https://www.theporterhousekc.com>
- Raytown City Hall’s website has a wealth of information about City services and other resources. Please go to: www.raytown.mo.us or call them at: 816-737-6000
- Raytown Fire Department has an excellent webpage with helpful information as well as guidelines about what is and is not allowed for outdoor fire pits. Please see their website at: <http://www.raytownfire.com>. You may also call their non-emergency number at: 816-737-6034. They are able to provide and install smoke detectors in homes free of charge. Please call the above mentioned number M-F from 8 a.m. to 5 p.m. to make an appointment.
- Raytown Fire HELPS is a mobile integrated team that can help community members with

things related to safety, health care, education, and more. For more information about what they can do please call: 816-737-6035.

- Raytown Library has a service where you can print from home and then pick it up at the library. For more information, please call (816-353-2052) or go to: https://www.printeron.net/system/printspot/interface/select_file.jsp?url=mcpl/raytown&protocolSwitched=true
- Raytown Parks and Recreation has a great website with information about the various parks and what resources each has to offer! Please call: 816-358-4100 or go to the website at: <https://www.raytown.mo.us/parks>
- Raytown Citizen Police Academy is starting soon! For more information and to apply please go to: www.raytownpolice.org
- Really Really Free Market is the first Sunday of each month from 9 a.m. to Noon at Brookside Park (Brookside Park Boulevard and E. 56th Street in Brookside). There are clothes, books, home goods, and more and all are FREE! Bring what you can and take what you want.
- Reconciliation Services offers a variety of resources including (but not limited to): Case management (can also help to connect you with other resources, getting missing documents, etc.), therapy, and much more. For more information please go to: <https://www.rs3101.org> or call: 816-931-4751.

***NEW!!! REVEAL Launch Cohort is a trauma informed readiness program that offers a stipend, support, case management, training, and more to help you gain stability in your life. This is for people between the ages of 18-30 who can devote 20 hours a week for 6 months to participate. For more information please email Shaleese Rockett at: srockett@rs3101.org
- Recycle Spot is a website with information about where you can go to recycle different

things as well as related information. The website is: <https://recyclespot.org>

- Redemptorist Center can possibly offer help with rent/mortgage payments, utility assistance, medical/dental, and educational needs if funding is available and you meet the guidelines. For more information please go to: <https://www.redemptoristcenter.org/financial-assistance>. There is also a food pantry for Jackson County residents. You may also call: 816-931-9942.
- Renewed Hearts in Independence can help to meet basic needs such as food, clothing, and baby supplies. They will be having a Grand Opening soon after they move into their new location. In the mean time you may contact them at: 816-654-6417.
- Resource Connect provides help for those in need of services such as housing, utilities, baby supplies, hygiene, etc. Please call Amanda Washington at 816-581-6440, Extension 700 for details.
- RHI Hub has a TON of toolkits for health and other issues for people living in rural areas but that may also be applicable to those in more populated areas. For more information please go to: <https://www.ruralhealthinfo.org/toolkits>
- Revolve KC Community Bike Shop has multiple resources including a program where you can earn a bike! There is a small fee involved for that but they will not turn anyone away because of an inability to pay. Please call: 816-599-6544 for more information.
- Rings of Care KC is a nonprofit that provides a variety of supports and resources to caregivers of all kinds. While there are some fees associated with packages they make it clear that they can also offer some free services to people unable to afford anything. For more information please go to: <https://ringsofcarekc.com/services>

- Ruiz Library (2017 W. Pennway St.) in KCMO has a seed library where you can get free seeds to grow your garden. The only thing you need is a valid Kansas City Public Library Card and you do not need to live in KCMO to get that! For more information please go to: <https://kclibrary.org/library-locations/irene-h-ruiz-biblioteca-de-las-americanas/seedlibrary>
- Saint Thomas More Parish KC may be able to offer some limited resources for food, utilities, and other needs if you live within the boundaries served. For more information on those boundaries please call: 816-942-2492. The parish is located at: 11822 Holmes, KCMO 64131.
- Seasonal assistance resources for various needs across Kansas City can be found at: <https://uwgkc.myresourcedirectory.com/index.php/guides-to/seasonal-assistance>
- Serve The World Charities in KCMO helps families to break the cycle of poverty through a variety of resources. For more information please call: 816-301-6157. You may also go to the website for more information at: <https://servetheworldkc.org>
- Services Navigator is an online resource that allows people to search for various resources across the state of Missouri. For more information, please go to: <https://mo.servicesnavigator.org>
- Seton Center in KCMO has a variety of services and resources however, for some of these you must live within their service area. They offer a thrift store, dental services, food pantry, and rent/utility assistance. There are services for seniors that are currently closed because of COVID. For more information and to see if you live within their boundaries for assistance and meet income guidelines, please call: 816-231-3955. To give you an idea of the area they serve, Seton Center is at: 2816 East 23rd, KCMO 64127.

- Shepherd's Center of Raytown offers a variety of resources & services for Raytown seniors. Please call 816-356-9000 for details.
 - Shirley's Kitchen Cabinet is a local nonprofit dedicated to helping women of color with various resources and supports. For more information please go to: <https://www.shirleyskitchencabinet.org/about>
 - Smiles and Kuts Foundation is an organization that helps children with special needs or from low income families have a positive self-image through haircuts. For more information please go to: <https://smilesandkuts.org/organization-information>
 - SOAR is an organization with many resources that seeks to support and empower the families of children who have special needs. For more information please go to: <https://soarspecialneeds.org/about-us>
 - Southwood Church of The Nazarene hosts a community pop up on the third Saturday of each month from 11-5. This is a fair for building bridges in the community. Local small businesses and food trucks are present to sell their items but there are also FREE bounce houses and games. Come support your community and small, local businesses! For more information please go to: <https://southwoodchurch.org/event/community-popup>
 - SPIN Foundation (Single Parents In Need); temporary crisis relief/supportive services; spinfoundation.org
 - Sporting KC has an Accessibility department to ensure that all guests have equal access to the facilities and enjoy their time. For more information please go to: <https://www.sportingkc.com/stadium/accessibility/>
 - Stay at Home Book Group is a fun way to stay connected while at home. No need to read a particular book, share what you are reading and hear what others have to say as well. This is a virtual group through the Mid-Continent Public Libraries. To register please go to: mymcpl.org/events
 - St. Michaels Episcopal Church in Independence has a "Necessity Pantry" with basic hygiene sorts of items. It is on the first and third Wednesdays of the month from 10 a.m. to 2 p.m. The address is: 4000 S. Lees Summit Rd., Independence 64055. The phone number is: 816-373-5333.
 - Strengthen The Vine First Fridays has returned from 4-9 p.m. There will be free balloon art, face painters, and pony rides starting at 4 p.m. This is at 18th and Vine in the Historic Jazz District. For more information please go to: <https://www.juneteenth-kc.com/first-fridays>
 - Strong Youth Strong Communities offers a listing of various services for youth in KC. For more information please go to: <https://www.strongystrongc.com/resource/guidetoresourcesinkansascitystrongyouthstrongcommunities20190602155208060976jpg/details>
 - Sutherlands has some helpful information about disaster preparedness including severe weather on its website at: <https://sutherlands.com/emergency-preparedness>
 - Sydney's Place in KCMO offers resources and hope to young mothers. For more information please call: 816-602-5115. The address is: 4327 Troost Ave., Suite 200, KCMO 64110. You may also email at: sydneysplace2008@gmail.com. The website is: <https://www.sydneysplace.org>
 - Teen Night is every 4th Friday at the Linwood YMCA. This will be from 5:30-8:30 p.m. For more information please call: 816-923-5675.
 - The Single Mom KC offers a variety of resources and supports. For more information please go to: www.thesinglemomkc.org
 - They have a resource directory with many things. The link is: <https://loom.ly/qUxRAVM>
 - Theteenageyears.com is a great resource for teens and their parents!
 - The Whole Person provides supportive services, advocacy, and more for adults needing assistance to maintain their independence. Please call: 816-561-0304 or TTY: 816-531-7794. The website is: <https://thewholeperson.org>. They have a wonderful and comprehensive listing of many different kinds of resources across the greater KC community be it a need for assistive technology, food, or many other things. Check this out at: <https://thewholeperson.org/resources/kc-metro-page-topic-pages/emergency-assistance.html>
- There is also a resource directory to help people prepare for various kinds of disasters. That information is at: <https://thewholeperson.org/calendar/resources/general-resource-library/emergency-preparedness.html>
- Total Man is a nonprofit in KCMO that strives to provides various forms of development such as educational, community, financial, etc. Examples of some other programs are the Summer Food Service program, After School Service program, Healthy Lifestyles program including many things for women and a food pantry, and a comprehensive fatherhood program. For more information please go to: <https://totalmancdc.org>
 - Transformations KC offers a variety of resources to the LCBTQ community and their website is: <https://transformationskc.org>
 - Transition Zone in KCMO is an organization where youth and families can be equipped with life skills, workforce skills, and more through a variety of programs. For more information please go to:

<https://www.transitionzonekc.org>. You may also call at: 816-878-5219.

- True Light Family Resource Center has a variety of resources including: Sewing programs, a computer center, family clothing closet, Happy Bottoms diaper partnership, and “Emancipation Station” that can provide shelter to homeless women. They also may offer additional resources including but not limited to, a community breakfast every Saturday. For current information on all of these resources please call: 816-381-9310. They are located at: 712 E. 31st, KCMO 64109.
- UMKC Division of Diversity and Inclusion has a variety of resources and information. To see all of this please go to: <https://www.umkc.edu/diversity/resources/affinity-groups/disability-alliance.html>
- Union Station has a, “Model Train Gallery” that is 8,000 square feet of displays. The gallery is at the far north end of the Grand Plaza and is free to visit. Donations are accepted but not required. It is open Monday-Saturday from 9 a.m. to 5 p.m. and Sunday, 9:30 a.m. to 5 p.m.
- United Way of Greater Kansas City has many existing and new programs to provide emergency assistance, education, homelessness prevention, and more. For more information please go to: <https://uwgkc.myresourcedirectory.com>. You may also call at: 816-472-4289.
- Urban Community Connections is a nonprofit that serves KCMO and KCKS and connects people to a wealth of resources. For more information please call: 816-336-9549. You may also go to: www.urbancommunityconnections.org
- Vital records in Missouri can be ordered at: <https://health.mo.gov/data/vitalrecords>
- Virtual vacations are possible through the following website and it is totally FREE: <https://virtualvacation.us>. You can choose to

take a walking tour, by car, etc. of various places around the world to give you the feel of what it feels like to be there. Great escape and again, it's FREE!

- Visit KC has a website with many resources and events occurring around Kansas City. Please visit the website at: <https://www.visitkc.com/visitors/events>
- Welcome.US is a site where resettlement organizations and businesses that are helping refugees can post a need or offers of things that they have to giveaway. For more information on that please go to: <https://welcome.us/exchange#>. For those newly resettle in the U.S., there are many kinds of resources! For information on that please go to: <https://welcome.us/resources/newcomer>
- Westind Connection is an inclusion center and used book store with a variety of activities that are open to all! There are monthly events including music, bingo, bi-weekly support groups, and volunteer opportunities. The address is: 10908 E. Winner Rd., Independence. The website is: <https://westindconnection.com>
- Whole Parent has a parent support group that will be ongoing. There will also be free food and childcare. For more information about dates/times and to register please go to: wholeparentfoundation.org

HEALTH/PRESCRIPTIONS/VACCINE INFO

CURRENT COVID-19 VACCINATION INFORMATION AND RESERVATIONS ARE AVAILABLE AT: [KCMO.gov/coronavirus](https://www.kcmo.gov/coronavirus) or UNDER: [VaccineFinder.org](https://www.vaccinefinder.org). YOU MAY ALSO FIND INFORMATION FOR COVID TESTING UNDER: [Curative.com](https://www.curative.com)

THE JACKSON COUNTY HEALTH DEPARTMENT HAS PUT OUT GUIDANCE ABOUT WHEN TO GET TESTED FOR COVID. THE

RECOMMENDATION IS IF YOU HAVE DEFINITELY BEEN EXPOSED TO COVID BUT ARE HAVING NO SYMPTOMS, YOU SHOULD GET TESTED NO EARLIER THAN 5 DAYS AFTER YOU WERE EXPOSED (AND QUARANTINE WHILE WAITING).

- ACCESS KC can be reached at: 816-276-7517. They provide basic and emergency dental treatment for tooth pain and fillings as well as extractions, diabetic supplies, durable medical equipment, hearing aids, prescriptions (non-controlled substances), vision care including an eye exam and glasses for low-income, under-insured, or uninsured residents. Their website is: www.AccessKC.org
- Advocates for Family Health can assist families with a variety of issues. For more information please go to: <http://lawmo.org/afh>. You can also call: 1-866-897-0947.
- Air and skycast information as well as other health resources can be found at: <http://airqkc.org>
- American Cancer Society has a webpage with many health related resources as well as links to more local support. Additionally, it has information about common issues that people with cancer have to deal with. For more information please go to: <https://www.cancer.org>
- Arthritis Foundation has a comprehensive listing of support groups both online and in person for the varying kinds of arthritis. For more information please go to: <https://www.arthritis.org/about-live-yes!-connect-group>
- Ask A Nurse is a line that provides medical advice and direction for anyone living in Kansas or Missouri. Please call: 913-676-7777.
- Asthma and Allergy Foundation of America (AAFA) has information on disaster

preparedness for people with these health issues. For more information please go to: <https://community.aafa.org/blog/preparing-for-natural-disasters-when-you-have-asthma>

- **Beacon Program at Children's Mercy Hospital** is to help support children with complex medical needs and their families. For more information please go to: <https://www.childrensmc.org/departments-and-clinics/beacon-program-and-clinic/>
- **Body Sculpt** is a FREE exercise class every Tuesday at the Lucile Bluford Library: 3050 Prospect, KCMO at 6 p.m. These classes are tied to the following: www.nickifit.com/inpersonclasses. Please see this for additional free classes/other options!
- **Bridge Access** provides access to COVID vaccines. For more information please go to: <https://www.cdc.gov/vaccines/programs/bridge/index.html>
- **Cancer Action** is located at 4010 S. Lynn Court, Independence, 64055. They are open from 8:30 a.m. to 4:30 p.m., Monday through Friday. The phone is: 816-350-8881. They offer a variety of support services, education, help getting needed equipment etc.
- **Care Beyond The Boulevard** has weekly health clinics for people otherwise unable to readily access health care for a variety of needs. Clinics are offered in various locations across the Kansas City metro area and Independence. For more info about these clinics, please call: 701-484-2273 or email them at: info@carebeyondtheboulevard.org. You may also check the calendar of events at: <https://www.carebeyondtheboulevard.org/patient>
- **Caregiver Action Network** has a multitude of resources for those in a caretaker role, those who have a traumatic brain injury, and more. For information please go to: <https://www.caregiveraction.org>

- **Center for Community Connections** (at Children's Mercy Hospital). Provides social work assessments, connections to services/resources, navigating what CMH has to offer families, assistance with completing applications for a variety of programs. Please call 816-404-3659.
- **Center of Grace** located at: 520 S. Harrison, Olathe, KS 66061 has a Medical Equipment Closet to help meet the needs people may have for various kinds of equipment. No residency requirements were mentioned but call to verify that and for further information at: 913-764-1353.
- **Centers for Medicare and Medicaid** has a document to help people experiencing homelessness to get medical coverage. For more information please go to: <https://www.cms.gov/marketplace/technical-assistance-resources/coverage-options-consumers-experiencing-homelessness.pdf> or <https://www.cms.gov/marketplace/technical-assistance-resources/outreach-enroll-people-experiencing-homelessness.pdf>.
- **Compassionate Allowances** is an initiative to expedite processing of SSDI applications if qualifications are met. For more information please go to: <https://www.ssa.gov/compassionateallowances/>
- **Consumer Directed Services** is a program for those with a physical disability that want to hire, train, and supervise their attendant care provider. This is ideal for someone whose family member or friend may wish to provide attendant care services and get compensated. For more information please go to: <https://thewholeperson.org/core-services/personal-care-assistance/missouri-cds.html> or <https://health.mo.gov/seniors/homecomservices>
- **Dismas House of Kansas City** provides a variety of services to anyone seeking treatment for a substance abuse disorder.

For more information about what they can offer please go to: <https://www.dismashousekc.com/what-we-do>

- **Eastside Health and Wellness** can see uninsured patients starting at \$40 for a limited time (through December 31st). You can call, text, or just walk-in. The address is: 8801 East 63rd Street, Raytown 64133. The phone number is: 816-255-0837. The web address is: eastsidehealthandwellness.com
- **Ellume tests for COVID** are available for people who are blind or have low vision. For more information please go to: <https://acl.gov/accessibletests>
- **Enable Dental** can provide mobile dental services to people with developmental disabilities that might otherwise miss out on these vital services. They serve Cass, Clay, Jackson, and Platte counties. For more information about what this entails. Eligibility, etc. please go to: <https://enabledental.com>. You may also call: 314-353-9820 or email: info@enabledental.com
- **FaithNet** is an interfaith resource network of NAMI members, friends, clergy, and congregations of all faith traditions who wish to encourage faith communities that are welcoming and supportive of persons and families living with mental illness. For more information please go to: <https://www.nami.org/Get-Involved/NAMI-FaithNet>
- **Families Connect** is an event for any adult, teen, or kid who is navigating cancer in their families. This is through the Gilda's Club Kansas City. They meet the 4th Thursday of every month from 6-7:30 p.m. Dinner is provided. Adults will be in their own support groups for discussion and teens and kids will be in groups for ages 5-13 and 13-18. They will have fun activities, games, be able to share experiences, discuss what is on their minds, and more. To register and

for location and other information please call Ashley Phillips at: 816-531-5444.

- First Call (substance recovery): 816-361-5900. For more information about their various program offerings as well as support groups for anyone dealing with a loved one or friend's substance abuse disorder, please go to:
<https://www.firstcallkc.org>
- Free at home COVID tests are available at: <https://www.covid.gov/tests>. There is also a website where you can go to see if the expiration dates of existing COVID tests that you may have if they have been extended and that is:
<https://covid19.ncdhhs.gov/NewDate>
- Free fitness class with Tiffany Sanders occurs every Thursday at Lucile Bluford Library at: 3050 Prospect, KCMO 64128. The class is from 6-7 p.m. You MUST RSVP at: Nickifit.com
- Free RSV, flu, and COVID testing happens every Monday, Tuesday, and Thursday from 10 a.m. to 6 p.m. but you MUST pre-register. You can pre-register at:
<https://dyndgettested.me/dyndlab/events/>
The address for the testing location is: 7820 Prospect, KCMO 64132. DO NOT GO TO THE SITE UNLESS YOU ARE PRE-REGISTERED.
- Freewheelchairmission.org is an organization that distributes wheelchairs to those unable to afford one but are in need. They serve developing countries but if someone here needs a wheelchair, they may call the front desk during normal business hours for further information. That number is: 949-273-8470.
- Giving Hope and Help is an event every first Saturday where you can get free period products. This is from 11 a.m. to 1 p.m. at the St. Paul A.M.E. Zion Church at: 4000 S. Minnie St., CKKS 66103.

- Hazel Health is available to all families of kids in the Kansas City Public School system. This provides access to health care at NO CHARGE and involves telehealth. To sign-up please go to:
<https://my.hazel.co/kcpublicschools/info>
- HCA Midwest Health has a 24/7 nurse hotline for health concerns and referrals. For more information or assistance please call: 816-276-6405. The line is closed Thanksgiving, Christmas, and New Years days. They also have online free health quizzes that you may take at:
<https://hcamidwest.com/health-education/health-risk-assessments.dot>
- HCC Network Dental Clinic is now open at: 17611 E. 24 HWY, Independence. They accept insurance, Medicaid, Medicare, and have a sliding fee scale for those with no insurance. You MUST have an appointment and for that please call: 816-836-6330.
- Healing House in KCMO offers substance abuse treatment and support as well as NARCAN to people who want to render assistance to those who have overdosed. For more information please go to:
<https://www.healinghousekc.org/narcan>
<https://www.healinghousekc.org>
- HealthCare.gov offers free help with obtaining health insurance through the Marketplace. The insurance is not free but the help in obtaining it/understanding which policy is best for you, is free. Please call: 816-599-5590 to speak to a Swope Health enrollment specialist.
- Health Forward Foundation may be able to assist with rides to COVID vaccinations if you live in the following zip codes: 64106, 64109, 64123, 64126, 64127, 64128, 64130, 64132, and 64134. Call 3-1-1 and follow the instructions for COVID vaccinations. The hours are: M,W, and F from 8:30 a.m. to 4 p.m. and Tu and Th from 8:30 a.m. to 6:30 p.m.

- Healthy KC Resource Guide is available for free download at:
<https://www.kcchamber.com/what-we-do/healthy-kc/resources>

- Home Based Pregnancy Services for women in Missouri who are facing an unplanned pregnancy. The 24 hour Hope Line can be contacted at: 816-916-4434.

- Home Instead has information for people who suddenly must take on the role of caregiver. There are other resources as well. For more information please go to:
<https://www.homeinstead.com/care-resources/care-planning/suddenly-youre-a-caregiver-now-what>

- Home State Health has great health information, allows you to compare plans, info about MO Health Net Managed Care, and more. To check this all out, please go to: <https://www.homestatehealth.com>

- Hope Family Care Center has FREE COVID-19 vaccinations and can offer other health care services to all. The location is: 3027 Prospect Avenue, KCMO. For more information please visit their website at: <https://hfckck.org/>

Your child can get a free Fitbit if he/she qualifies. For more information please go to: <https://hfckck.net/fitbit-offers>

- Independence Boulevard Christian Church has something called, "Micah Ministry" on Monday evenings from 5:30 p.m. to 7:00 p.m. During this time you can get a hot to go meal, hygiene products, clothing, additional food items, a free medical clinic that may be able to help with prescriptions, stimulus check support assistance, sleeping bags, and more. All depends on availability and it is first come first served. The address is: 606 Gladstone Blvd., KCMO 64124. If you have questions, please call: 816-231-0016.
- Jacksoncountycare.org is a site that helps to connect people in need of mental health

services but cannot pay to places that they can obtain help at.

- Jackson County Health Department has excellent general information on a variety of things such as COVID as well as other information and community resources! Please visit the site at: <https://jacohd.org>. For information about any upcoming COVID-19 booster events, please go to: jacohd.org/events

To help get children caught up on immunizations who may have fallen behind because of COVID, the health department is having immunization clinics. For further information, please visit: <https://jacohd.org/back-to-school-vaccinations>

They also have excellent resources for anyone who has experienced a traumatic brain injury as well as education for that person's loved ones so that they may better understand what has happened. In Jackson County, please contact: Wendy Moore at 816-404-8426 or Erica Cox at 816-404-9421.

They can detect the flu, RSV, and COVID from a single, free test! Drive up and get tested but you must make an appointment online at: <https://bit.ly/3BxkrwV>

- Jackson County Public Health can offer FREE Narcan kits, provide more information about the Opioid crisis, and other information and resources. Please go to: jcph.org/opioids

***NEW!!!... Jackson County Public Health is now offering free Lyft passes for people in Eastern Jackson County. These passes allow people to take round trips to and from the Jackson County Public Health. All riders must be 17 or older and if younger, an adult must be present. Please provide your own car seat if needed. If you are in need of transportation to the clinics for appointments, resources, birth certificates, and more, please reach out to the team! You can email at:

JACOHDcommunityhealth@uhkc.org or call: 816-447-0421.

- JayDoc Free Clinic is open by appointment only but is available to provide general medical care as well as tooth extractions. You MUST wear a mask regardless of vaccination status. To schedule an appointment or get more information, please call: 913-387-1202. The clinic's mailing address is: 300-340 Southwest Blvd., KC, KS, 66103. It is in KCKS but very close to the KCMO borderline.
- KC CARE Clinic (medical, dental, & behavioral care); 2340 E. Meyer Blvd., KCMO, 64132; 816-753-5144 for sliding fee scale, appointments, & general info). Emergency and pain patients for dental services can be seen on a first come/first served basis Monday-Friday at the Research location (see above address) starting at 7:30 a.m. Please call 816-753-5144 for further details.
- KCPL-Irene H. Ruiz Branch has blood pressure kits to check out with your library card. The address is: 2017 West Pennway, KCMO 64108. The phone is: 816-701-3487.
- KC Women's Ministry can help mothers, about to be mothers, and more with education, support, clothing, etc. The phone number is: 816-320-4800. Their website is: <https://kcwomensministry.org>. You may also email at: contact@kcwomensministry.org.
- Kansas City Free Eye Clinic provides accessible preventative eye care to homeless and low-income populations. Email for further info at: contactus@kcfreeeyeclinic.org or visit their website at: <http://www.KCFreeEyeClinic.org>
- Kansas City Health Department is assisting those who need it with Medicaid enrollment. This is in partnership with KC Care Health Center and Swope Health. The location is: 2400 Troost, KCMO 64108. This happens

every Tuesday from 12-4 p.m. There is a, "Childhood Lead Poisoning Prevention Program." For more information please call: 816-513-6048. Walk-in or schedule at: [KCMO.GOV/COVID](https://kcmo.gov/covid)

- Kansas City Healthy Start Initiative can provide support and services to women and their children through 18 months of age. In Jackson County, the zip codes served are: 64109, 64111, 64124, 64126, 64127, 64128, 64130, and 64132. For more information, please go to: nurturekc.org or call: 816-283-6246. For additional information please go to: <https://nurturekc.org/solutions/>
- Kansas City Indian Center is giving flu and Covid vaccines with a \$25 cash incentive. These are done M-F by APPOINTMENT ONLY from 9 a.m. to 4 p.m. Please call Justin at: 816-421-7608.
- Knowplango.com is a health resource for people better wanting to understand their risks for COVID and things related to COVID. The official website is at: <https://www.knowplango.com>
- Lead Safe KC can provide free home repairs to KCMO homeowners who meet eligibility guidelines. This is to prevent lead poisoning. Landlords may also call for details! Please call for more info at: 816-513-6048.
- Mayor's Office on Disabilities in KCMO is an office to help KC residents and family members be able to better access government to voice concerns, raise awareness, and seek resolution for disability issues. Please call: 816-513-1313 or go to the website at: <https://www.kcmo.gov>
- Medicaid expansion information for adults, the qualifications, requirements, applications, etc, can be found at: <https://mydss.mo.gov/healthcare/apply>. You may also call: 855-373-4636 for more information.

- Mid-Continent Public Library has, “Access Wellness” for anyone looking for online health resources, education, and much more. Please visit: mymcpl.org/Wellness
- Missouri Area Health Education Center connects students to careers, professionals to communities, and communities to better health. For more information please go to: <https://mahec.org>
- Missouri Assistive Technology has a, “Swap ‘n Shop Equipment Exchange Program” that may be able to assist with getting needed equipment. You may contact Eileen at 816-655-6700 or email her at: Ebelton@mo.at.org. The website is: <https://at.mo.gov.recycle-reuse>

You can also contact Scout Merry, Program Coordinator, Blue Springs, MO at: 816-655-6700. They have additional services/resources at: www.at.mo.gov
- Missouri Claim is an organization that provides free and unbiased counseling and education to Missouri Medicare beneficiaries. They can help people better understand the options and pros/cons of various policies, making application to such, and submitting claims as well as other things. For more information please go to: <https://www.missouryclaim.org>. You may also call: 1-800-390-3330.
- Missouri SHIP is a resource that can help you to select the right Medicare plan and provide additional assistance. For more information please go to: <https://www.missouriship.org>. You may also call: 1-800-390-3330.
- Missouri Suicide Prevention Network has information for people thinking about suicide or know someone who is. For more information please go to: 988lifeline.org
- MO ALR (Ask Listen Refer) is a FREE 20 minute program to help prevent suicide and to know how to respond to someone who may be suicidal. For more information

please go to:
<https://www.moasklistenrefer.org/main>

- MO Health Net Division Department of Social Services is a place to call about health care services for low income and vulnerable citizens. Please call: 1-800-392-2161.
- Moshowmehope.org has many tips for anxiety and stress management as well as other self-care information.
- National Alliance of Mental Illness (NAMI) has many support groups, free educational courses, advocacy services, and more to help people better understand mental illness. For more information please go to: namimissouri.org. You may also call the NAMI HelpLine at: 1-800-374-2138. Their HelpLine is: 800-374-2138. This is 9 a.m.-5 p.m. on weekdays and 3 p.m.-9 p.m. weekends and holidays.
- National Council for Mental Well-Being has a free toolkit for addressing health equity and racial justice within integrated care settings. For more information please go to: <https://www.thenationalcouncil.org/resources/integrated-health-coe-toolkit-purpose-of-this-toolkit/>
- Neighbor2Neighbor is planning a breakfast and health screening event on December 22nd. More information is forthcoming or you may contact them at: 816-606-4509.
- NKC Hospital has multiple FREE online course offerings pertaining to health and wellness. Some examples of these offerings include but are not limited to: A fall/risk class, healthy living, heart health, everything about diabetes, tobacco cessation, and weight loss seminars! There are also free lunch and learn classes. To access these, please go to: nkch.org/Lunch. To learn about support groups for various things, please go to: nkch.org/SupportGroups. They also have something called, “Club W” which stands for women, wisdom, and wellness. There are many free and virtual offerings. For

more info, please go to:
ClubWkc.com/Events

- Nurture KC is an organization dedicated to health equity. For more information about the services they offer, please go to: <https://nurturekc.org>. If you have any questions please contact agordon@nurturekc.org or call: 816-551-1554. You may also call: 816-283-6246 for information about the KC Healthy Start Initiative.
- Prescription Assistance is possibly available through the Partnership for Prescription Assistance. You can call at: 1-888-477-2669 or go to: pparx.org
- Project Civic Access has a wealth of information about a variety of things for people living with disabilities. For more information please go to: <https://www.ada.gov/civicac.htm>
- Raytown Fire HELPS can when supplies are available give out durable medical equipment that has been donated and give it to residents in need. Please call for more information at: 816-737-6034. Please also consider donating any still good and usable items that you may have!
- Raytown Medical & Dental Clinic (Community Health Center): 6303 Evanston; 816-356-4325
- Raytown Schools Wellness Center has affordable services and resources for year round fun! Please go to the website for more information at: <https://www.raytownschools.org/domain/1566>
- Raytown Wellness Center has many offerings for workouts, swimming, and so much more! For more information, please go to: <https://www.raytownschools.org/domain/1566>. You may also call them directly at: 816-268-7190.

- Recovery Plus for Alcoholics Anonymous has some meetings for those in need. They are at: 9309 E. 65th, Raytown. For more information about dates, times, etc. please call: 816-353-9539.
- Replacement vaccination cards can be obtained by people who obtained their vaccinations in Missouri. Simply go to: <https://health.mo.gov/living/wellness/immunizations/pdf/ImmunizationRecordRequest.pdf>. After completing this request form, you may send by email to: ImmunizationRecordRequests@health.mo.gov. You may also fax the request forms to: 573-526-0238.
- Restart offers a FREE medical clinic every Saturday from 9 a.m. to 12 p.m. This occurs in the conference room of Restart and there is a signup sheet with times available before then or you can walk-in. Prescriptions may also be able to be filled in addition to general wellness services. The address is: 918 E. 9th St., KCMO 64106.
- Ride KC has COVID testing sites but you have to schedule an appointment. For more information please go to: <https://ridekc.org/bulletins/covid-testing>
- Second Wind; online outlet store for CPAP and accessories; will work with hospitals, social workers, charities, etc. if anyone cannot afford and possibly donate equipment or VERY low cost. Have case worker email sales@secondwindcpap.com or call 1-855-263-2727.
- Seize The Awkward has information to help someone when a friend, family, etc. expresses suicidal thoughts. For more information please go to: <https://seizetheawkward.org>
- Senior and Disability Services provides a list of services available to seniors or people with disabilities. The number is: 1-573-751-6400.
- Sertoma Society of KCMO has a hearing aid project to help those that cannot afford one. The Hearing Aid Project is the only national program to collect hearing aids, refurbish them, and distribute them to low-income individuals at no-cost. Based here in Kansas City, the Hearing Aid Project works with over 125 audiologist partners across the country including hospitals, community-based health clinics, and private practice audiologists. To qualify, individuals must be 18 years or older, have moderate to severe hearing loss as measured by a recent audiogram, and have an income level of less than 200% of the poverty level (locally adjusted). Learn more at hearingaidnations.org. Individuals may call 816-895-2410 or email info@hearingcharities.org for a program application, to donate hearing aids, or to sign up as a partner audiologist.
- Sexual Health Clinic is available at the KCMO Health Department. Call for an appointment at: 816-513-6379.
- Shut Out The Stigma is an initiative between BCBS and the Kansas City Royals to help people know they can reach out for help with behavioral health issues! For more information please go to: <https://www.shutoutthestigma.com>
- Sojourner Health Clinic is at: Linwood United Church located at 3151 Olive St., KCMO 64109. This is next to the bus stop off of 31st and Prospect behind Sunfresh. This will be every Sunday from 12-2 p.m. They will offer FREE primary care such as FREE non-narcotic medications and other basic services! This is for those without access to healthcare and those without health insurance. For more information, please go to: www.sojournerhealthclinic.com
- St. Lukes KC offers many classes that are free and open to the public on various health related topics. For more information please go to: <https://classes.saintlukeskc.org>
- Stephanie Vest Foundation in Lee's Summit provides a variety of types of support to families who have a member struggling with cancer. For more information, please go to: <https://www.stephanievest.com>
- Street Medicine KC can offer some health services and may have different locations at different times. They also offer mental health assistance. Please call 816-434-0581 for details. 1444 E. 8th, KCMO, 64106.
- Stronger Together through the State of Missouri has a website called, MOStopsCovid.com that has excellent and up to date information related to all things involving the COVID-19 pandemic.
- Swope Health (medical, dental): 816-923-5800. Swope Health is able to offer some limited transportation services to appointments. To request transportation services and to get more information about how much noticed and such is needed please call: 816-599-5575. Generally, you must give at least 5 days notice in advance.
- The Lighthouse has maternity home services. This can be a safe place to stay while pregnant or parenting a young child. This is FREE of charge. This is for people between the ages of 12 and 21 who are pregnant or parenting a child under 3 years old. For more information please call or text the 24 hour hotline at: 816-916-4434. Services offered include case management, counseling, educational and vocational guidance, support classes, life skills, parenting classes, nutrition, and after care support.
- The Whole Person is an organization that provides a variety of services to people with various kinds of disabilities and their families so that they may lead independent lives. The contact number is: 816-561-0304 or go to their website for further information at: Thewholeperson.org

They are again offering a “Getting Social Peer Support Group” for people with disabilities, their care takers, families, anyone close to them! These are fun and educational. For more information please call Ruthie Stephens at 816-595-3333 or go to: <https://thewholeperson.org/core-services/peer-support-mentoring/gettingsocial.html#:~:text=Gettin%20Social%20Peer%20Support%20Group,Main%2C%20Kansas%20City%2C%20MO.>

- Truman Medical Center has something called, “The Center for COVID Recovery” that can provide additional care and support. Please call: 816-608-7373 or go to: trumed.org/covid-19/center-for-covid-recovery
- UMKC Dental School has students that can provide supervised and free or low cost dental services to children. It is recommended that children begin dental services at age 1 or when they get their first tooth. They can see kids under 13 but may be able to see an older child. They offer low-cost care, accept Medicaid, and work with most insurances. If you are interested please email Anh, dental student at: nguyena@mail.umkc.edu
- United Health Services, Inc. has webinars on a variety of health care topics. For more information please go to: <https://uhs.com/about-uhs/behavioral-health/behavioral-health-webinars/?redirect=BHWebinars>
- University Health has an in-house discount program called, “The White Card” which is specifically for undocumented individuals. This helps them to consistently access critically needed health care at a discount price. They are also piloting a program for undocumented patients that are using the ER fir dialysis. Information is provided and follow up is done to help these people apply for an ITIN. Then when open enrollment occurs, University Health assists patients in using the Healthcare

Marketplace to sign up for insurance. This then enables patients to get set up at an outpatient dialysis clinic. For more information please call: 816-404-3000.

- University of Kansas Health System has a resource guide called, “Turning Point” with many supportive health services for all. For more information please go to: <https://www.kansashealthsystem.com/health-resources/turning-point/resources>
- Uzazi Village will be having Mental Wellness Fridays and focus on grief and loss. These will be the third Friday of each month from 4-6 p.m. and will run from May through August. For more information please email at: therapy@uzazivillage.org
- Vivent Health will be having free rapid HIV and STI testing M-F (11-5 except Tuesday will be 11-6:30 p.m.). This will be at: 4309 East 50th Terrace, Suite 200, KCMO 64130. Please call: 816-561-8784.
- YMCA of Kansas City has a variety of classes and resources specifically for people with arthritis. For more information please go to: <https://kansascityymca.org/programs/chronic-disease/arthritis-programs>

HELP WITH PAST INCARCERATIONS

- Beyond The Conviction: 816-842-4975
- Determination Incorporated (4747 Troost, Ste. 207, KCMO) is a nonprofit in KCMO that is a business support group community that also helps those who have been incarcerated learn how to own and operate their own businesses. They have a variety of resources and support. For more information please go to: <https://determinationincorporated.com> or call: 816-607-1873.
- Felon Women 4 Change helps female former inmates. They are at: 107 W. 9th Street, KCMO 64105. The phone number is: 816-922-9081.

- First Call has a Re-entry and Recovery Program to support people being released from jail in the Jackson County area. Services will NOT be refused because of an inability to pay. For more information please call: 816-361-5900.
- Jackson County Combat has a comprehensive listing of support services and programs for those trying to re-establish themselves after having had a conviction. For more information please go to: <https://www.jacksoncountycombat.com/454/Ex-Offender-Reentry-Programs>
- Journey to A New Life: 816-960-4808. They offer emergency assistance, re-entry case management, and employment help for those with past criminal convictions. Their location is 3120 Troost, KCMO. They will assist anyone up to 3 years after release from prison.
- KC’s Justice and Dignity Coalition is having an event on 8-14-23 at 6 p.m. to help people explore new lives by possible expungement of criminal records. Please come and attend to see if you qualify. The address is: 3114 Paseo, KCMO.
- L. Minor Care Center that is a program through the City Union Mission that serves as a model program for men with past incarcerations and whom have mental illness. There was a recent story in the Kansas City Star: <https://www.kansascity.com/news/local/article274689206.html>. For more information please also go to: <https://cityunionmission.org/what-we-do/mental-health>
- New Reflections Technical Institute is looking to help individuals with felony convictions that need a good opportunity and a fresh start. Please call: 816-361-5239. You can also go to: <https://newreflectionstech.org>

- Reentry Works has a “Felon Friendly Employer List.” For more information please go to: <http://www.reentryworks.com/>
- Second Chance: 816-231-0450
- Technology Education Program is for recently released women. Please contact Tanesha Whitelaw at the Center for Digital Inclusion at the University of Kansas. Please email her at: tswhitelaw@ku.edu or call at: 913-725-8243.
- The Help KC is a local organization that helps empower women that were formerly incarcerated. They help with a variety of needs including vouchers for assistance, employment, etc. Please call 816-227-6020 or email them at: info@thehelpkc.org.

HOLIDAY HELP/EVENTS

Dealing with Holiday Stress/Seasonal Depression:

- **How to Cope with The Holidays is FREE for groups of 4 or more. If you are affected by your loved ones’ substance use or mental health and want support in navigating the holidays, this is for you. Please contact Bethany DePugh for more information at: 816-867-0374.**
- <https://988lifeline.org/>
- <https://www.webmd.com/depression/holiday-depression-stress>
- <https://www.verywellmind.com/holiday-blues-4771716>
- **SAMHSA has tips for helping people to cope with the**

holiday season at:
<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

General Holiday Help/Events:

- Busting Holiday Food Myths is a free and virtual class through NKC Hospital. It will be on December 14th from 12:30-1:30 p.m. You can register at: nkch.org/Class
- Christmas in The Park at Longview Lake is a FREE drive-thru light display. Donations are accepted. The event opens on November 22nd at 5:30 p.m. There will be some special activities associated with opening night. For more information about exact location, hours, etc. please go to: <https://www.makeyourdayhere.com/Event-Calendar/36th-Annual-Christmas-in-the-Park>
- Coca Cola Snow Globe will be on display on December 16th from 8-10 a.m. at Riverside Red X: 2101 NW Platte Rd., Riverside 64150.
- Community Service League is helping qualifying residents of Independence for Christmas starting on November 6th. For more information please go to: <https://www.cscares.org/christmas>. If you are not a resident of Independence, please visit cscares.org/locations to find a CSL location near you. To contact CSL in Independence, please call: 816-254-4100.
- Creative Enajinations (spelled like that) is adopting children for Christmas who are 12-18 years old. Registrations are accepted until they meet capacity. To register please go to: <https://forms.gle/NLoto7AzLGLPY7zE8>
- Deron Cherry Foundation will be presenting “Winter Jam” on December 16th from 9:30 a.m. to 1 p.m. As supplies last, there will be a free breakfast, cookie decorating, and toys (for ages 3-12 years

old). There will also be Chiefs ambassadors, local first responders, and more. **YOU MUST PRE-REGISTER AT:** https://www.flipcause.com/secure/cause_pdetails/MTk3MTY5?mibextid=9R9pXO. The event will be at: 1903 Woodland Avenue, KCMO 64108.

- Draque’s Barbershop is having a holiday harvest on December 24th from 1-5 p.m. and it will include free haircuts, toys, food, and more. This is a FREE event. The address is: 106 W. 39th St., KCMO.
- Free Hot Soup, a charitable group may be able to help you if you are in need of a meal at Thanksgiving. Please call to see if there is still space available at: 913-522-6669.
- Grandview Assistance Program is accepting applications for holiday assistance for residents of Grandview. For more information please call: 816-761-1919. First come, first served.
- Greenwood Parks & Recreation, Greenwood, MO is giving away poinsettia plants to residents older than 70. Please sign up at: https://docs.google.com/forms/d/e/1FAIpQLScYb5VDKTRHLX-pvNPSpMURMNFU_U80NmydStbWFYNNvVLeXg/viewform
- Holiday Events KCMO is a FB site with information about holiday events and resources.
- Holiday safety tips can be found at:
 - <https://www.redcross.org/local/connecticut/about-us/news-and-events/news/10-holiday-safety-tips.html>
 - <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>
 - <https://www.statefarm.com/simple-insights/residence/simple-holiday-safety-tips>

- Hope for The Holidays is on December 15th from 6-11 p.m. This is FREE to all kids and will include praise, food, fun gifts, a bouncy house, games, and much more! This is through the Second Missionary Baptist Church at the Family Life Center: 5111 Harry Truman Rd., Grandview. YOU MUST REGISTER FOR THIS EVENT BY CALLING YOLANDA AT 816-590-9350.
- Mattie Rhodes Center is having a holiday gift give away with free food, gifts, art activities, and more. Registration opens on November 27th. For more information, requirements, etc. please contact Anthony Rea at area@mattierhodes.org or call: 816-581-5661.
- North Kansas City YMCA is having a toy giveaway on December 14th. For more information and to sign up, you need to go to their Welcome Center. The address is: 1999 Iron St., North Kansas City, MO. You may want to call before going to make sure there is still space! The number is: 816-300-0531.
- PAL Center is having a holiday party on December 14th. PAL kids only from 5-5:30 p.m. and then from 5:30-7 p.m., it is open to the public. Santa Claus will be there, presents for kids, KC Wolf, holiday ornament decorating, pizza/drinks, PAL kids will get a special treat for their parents, music, and a take home cookie decorating kit. This is all while supplies last. The location is the PAL Center: 1801 White, KCMO.
- Purpose 4 Life is having a toy distribution on December 16th but YOU MUST REGISTER by December 14th. The event is at: 5111 East 112th Terrace, KCMO 64137. It is called the Christmas Kids Sneaker Jamboree. No age limit. Wear your favorite sneakers! Register at: info@purpose4lifekc.org
- Redemptorist Center is taking applications for Christmas and Angel Tree but is only open to the first 350 applicants. For more information about where/how to apply, qualifications, and more please call: 816-931-9942.
- Santa is coming to Sutherlands in Raytown on December 16th from 12-3 p.m. Take a photo with him and give him your list! The address is: 6709 Blue Ridge Blvd., Raytown 64133.
- Santa's Wonderland at Bass Pro is between November 4th and December 24th. You must make a reservation to get a free photo with Santa. There are varying locations for Bass pro but the 2 closest to the KC Metro area are in Independence, MO and Olathe, KS. To make a reservation and for more information about the event please go to: <https://www.basspro.com/shop/en/santas-wonderland>
- St. Monica Catholic Church is having a holiday basket giveaway on December 17th. Please call for more information: 816-471-3696. The location is: 1600 Paseo Blvd., KCMO BUT CALL TO SEE ABOUT QUALIFICATIONS!
- Swagg Youth Christmas Bash is on December 15th from 6-11 p.m. It is FREE and will include praise, food, fun, gifts, a bouncy house, games, and more. Please call Yolanda to sign up! The number is: 816-590-9350. The event will be at the Family Life Center: 5111 Harry Truman Rd., Grandview.
- The Polar Express is the free movie on December 15th at 6 p.m. at the South Patrol. There will be carols, crafts, cocoa, photos with Santa, and more! Christmas PJ's are welcome. Everything is FREE. The address is: 9701 Marion Dr., KCMO 64137.
- Total Life Church KC is having free photos with Santa on December 17th at 5 p.m. There will also be bikes, gift cards, food, and more. You MUST call to RSVP at: 816-925-1433. The event is at: 1700 E. Meyer Blvd., KCMO 64131.
- Victorious Life Church is having a toy and bike giveaway on December 24th at 10 a.m. The service begins at 10 and the event is after. For more information about the location and any qualifications please call: 816-561-3619.
- We Vibe KC is having a toy distribution on December 16th from 12-3 p.m. This event is first come, first served and the first 75 kids are guaranteed to get gifts. Guardians must be present. This is for kids birth to 18. The address is: 8200 The Paseo Blvd., KCMO
- Winter Break Camps are available to help give kids safe and healthy things to do over the holidays and give parents, a break. The Winter Break Camp is December 18-29 and goes from 7:30 a.m. to 5:30 p.m. KC Parks is hosting and there will be plenty of fun activities. These are for ages 6-13 and cost \$20 a day or \$80 per week. Children must bring their own lunch but snacks will be provided. No Camp on December 25th. To inquire about enrollment please call: 816-513-0632. The location is the Southeast Community Center: 4201 East 63rd St., KCMO.
- Winter Wonderland is December 17th- 25th (and yes, even Christmas Day)! The event is as follows: Weekends: 1-9 p.m., Weekdays: 3-9 p.m., AND FOR THE 24TH AND 25TH ONLY, 1-5 p.m. There will be live music, pictures with Santa, others such as Rudy the red nose reindeer, gingerbread men, and more. You will get to decorate cookies and ornaments, and sit by the fire drinking cocoa and CHIEFS SANTA! All are welcome! This is sponsored by the Church of Scientology and the location is: 18th and Grand in KCMO. Please call with questions at: 816-753-6590.

HOTLINES

- 988 Lifeline is a direct 3 digit lifeline connection for people in Missouri to get connected with crisis counselors 24/7. 988 calls (once in operation) will be routed to the

National Suicide Prevention Lifeline Center in each state transitioning from the current Lifeline number (1-800-273-8255).

- **Adult Abuse and Neglect Hotline (if you suspect an adult is being mistreated): 1-800-392-0210.**
- **Alcoholics Anonymous: 800-839-1686**
- **Child Abuse and Neglect Hotline: 1-800-392-3738.**
- **Consumer Protection Hotline: 1-800-392-8222**
- **Courage 2 Report is a Missouri hotline to report any concerns about possible school violence. The phone number is: 1-866-748-7047. You may also report things online at: <https://www.p3campus.com/tipform.aspx?ID=5250#>.**
- **COVID Crisis Counseling number at Truman Medical Center is: 816-404-6222.**
- **COVID-19 Distress Line: 800-985-5990 or text, “TalkToUs” 66746. MOSHOWMEHOPE.ORG**
- **Disability and Disaster Hotline is for people with disabilities to help them recover from disasters and emergencies. The number is: 1-800-626-4959. You may also go to: hotline@disasterstrategies.org**
- **Disability Information and Access Line can help people with disabilities find resources and much more. The number is: 888-677-1199.**
- **Domestic Violence: 816-361-5900 or 816-468-5463.**
- **Drumm Farm for Children: 816-373-3434.**
- **FEMA has a texting feature that allows the public to access shelter addresses when they need it during a disaster. Text, “shelter” and your zip code to 43362. Additional**

ways to find shelter can be found at: [FEMA.gov/Shelter](https://www.fema.gov/Shelter) and [redcross.org/shelter](https://www.redcross.org/shelter).

- **First Call (Substance Abuse) Crisis Line (24/7): 816-361-5900**
- **First Call Re-entry Program: 816-800-8065**
- **Home Free program in partnership with Greyhound Bus offers FREE tickets to youth that have runaway and want to come home. Free tickets are also being offered to the parent or legal guardian if the youth is under 15 years old. The number to call is the NRS Helpline at 1-800-786-2929.**
- **Hope Faith Homeless Assistance Campus (housing and other possible services): 816-471-4673**
- **Hope House (Domestic violence); 816-461-4673 (24 hour hotline).**
- **Hotline for Gardeners in the greater KCMO area is: 816-833-8733 (Mon-Fri, 9 a.m. to Noon.**
- **Hotline for The Homeless: 816-474-4599.**
- **House of Hope in Lexington, MO can help victims of domestic violence with various things. The number is: 888-259-6795. The website is: <https://www.lexingtonhouseofhope.org>**
- **Human Trafficking Hotline: 1-888-373-7888**
- **Kansas City Center for Inclusion (LGBT): 816-753-7770.**
- **KC Crime Stoppers has a tips hotline where you can report things anonymously and it has other useful information. The website is: <https://www.kccrimestoppers.com> and the tips hotline is: 816-474-8477.**
- **KC Tenants Hotline: 816-533-5435.**
- **KC VA: 816-861-4700. The address is: 4801 Linwood, KCMO. The 24 hour hotline is: 800-525-1483.**

- **Mental Health America of The Heartland Helpline: 913-281-2221.**
- **Mental Health Crisis Line: 888-279-8188**
- **Missouri Department of Mental Health: dmh.mo.gov**
- **Missouri Mental Health Crisis Line: 1-888-279-8188.**
- **MOCOSA Crisis Hotline: 816-531-0233. The 24 hour hotline is: 816-531-0233 or 913-642-0233. The Women’s Support Group contact is Jenna, 816-401-0610. The all gender support group contact is Emily, 816-285-1391. All Gender Virtual Support Group contact is Melody, 816-285-1322. The Men’s Support Group contact is Jorge, 816-946-8970.**
- **MOSAFE is a hotline that you can text (741741) or call (800-273-8255) if you are in a crisis or just needing to talk.**
- **NAMI offers a variety of trainings, supports, and more to those needing assistance with mental illness. Please go to: <https://namimissouri.org>. They also have a training program called, “NAMI Smarts for Advocacy.” Their HelpLine is: 800-374-2138. This is 9 a.m.-5 p.m. on weekdays and 3 p.m.-9 p.m. weekends and holidays.**
- **National Human Trafficking Hotline: 1-888-373-7888**
- **National Runaway Safe Line: 1-800-786-2929**
- **National Safe Place is a great resource for youth/teens in trouble that need help! Also a great resource for adults to be aware of! Many resources and tools on the website as well as info about, “TXT 4 Help”, a way for any child in crisis to get immediate help. The website address is: <https://www.nationalsafeplace.org>**
- **Poison Help Line: 1-800-222-1222**

- Rape/Sexual Abuse: 816-531-0233
- Rediscover Mental Health 24/7 Line: 888-279-8188
- Refugee and Immigration Services and Empowerment: 816-701-3766.
- Restart has a number for emergency shelter or other housing questions. Please call: 816-472-5664. There is a separate 24/7 number for homeless youth and that is: 816-309-9048.
- Rose Brooks DV Hotline: 816-861-6100
- Safe Place has street outreach services for youth: 816-204-6747 or 816-741-8700. You can also TEXT4HELP by texting “SAFE” and your location to “44357” and they will tell you the nearest Safe Place location. This is 24 hours a day.
- Street Outreach (Johnson County, KS): 913-295-7067.
- Suicide Hotline: 800-784-2433
- Suicide Prevention Resources:

Suicide Prevention: 1-800-273-8255

Missouri Suicide Prevention Network: mospn.org

Suicide Prevention Toolkits: Suicide Prevention Toolkits|mospn.org

Treatment Providers & Services: Locate Treatment & Services|dmh.mo.gov

24/7 Access Crisis Intervention Lines Missouri: <https://www.mospn.org/crisis-lines>

National Suicide Prevention Lifeline: 1-800-273-8255 or chat at suicidepreventionlifeline.org

Veterans Crisis Line: Text 838255 or chat at veteranscrisisline.net

Crisis Text Line: Text MOSAFE to 741741 or visit crisistextline.org

Gun Safety: saferhomescollaborative.org

Zero Suicide Institute: zerosuicide.edc.org

Join the Missouri Suicide Prevention Advocacy Network: Advocacy|mospn.org

Suicide Prevention in Healthcare ECHO: SuicidePrevention|showmeecho.org

- Synergy House Youth Shelter (24 hours a day): 816-741-8700
- The Center for Missing and Exploited Children: 1-800-THE-LOST. For more information and resources, please go to: MissingKids.org. You may also email the Program Manager, Missing Children’s Division at: jepaluska@ncmec.org
- Transgender Helpline: 877-565-8860
- Youth Street Outreach (M-F 10 a.m. to 6 p.m.): 816-505-4901.

HOUSING, ASSISTANCE AND UPKEEP, AND YEAR ROUND SHELTERS

*****Cold weather only shelter information is under “Cold Weather Help.”**

THERE IS A NEW FB SITE TO HELP SUPPORT JACKSON COUNTY PROPERTY OWNERS WHO ARE CONCERNED ABOUT THEIR TAXES. THE FACEBOOK SITE IS CALLED, “Jackson County MO Property Assessment-Info and Success Stories.”

THE JACKSON COUNTY ASSESSOR’S OFFICE HAS SOME APPOINTMENTS TO HELP PEOPLE WITH PROPERTY TAX ISSUES. FOR MORE INFORMATION PLEASE GO TO: <https://www.jacksongov.org/Government/Departments/Assessment>

THE CITY OF RAYTOWN HAS SOME SERVICES FOR LANDLORD-TENANT ISSUES BUT THESE ARE LIMITED BECAUSE MANY ISSUES REQUIRE LEGAL ACTION AND RAYTOWN WILL NOT BECOME INVOLVED IN SUCH MATTERS. THE STATE OF MISSOURI HAS A BOOKLET FOR LANDLORD-TENANTS RIGHTS. CONTACT THE COMMUNITY DEVELOPMENT OFFICE FOR FURTHER INFORMATION AT: 816-737-6014.

- **Artists Helping The Homeless has a resource packet to help people who are homeless. The link to that is: <http://ahh.org/resources/>**
- Bishop Sullivan Center may be able to provide rental assistance as well as food and other necessities (depending all on availability). Please call: 816-231-0984 or go to: <https://www.bishopsullivan.org>
- Bridging The Gap has a, “Leak Stoppers” program for all KC Water customers that will provide a FREE Water Saving Kit. For more information, please go to: bridgingthegap.org/water/leakstoppers
- Catholic Charities: 816-221-4377
- Center for Neighborhoods KC has many resources to help strengthen and revitalize communities. For more information, please go to: <https://cfn.umkc.edu> or call them at 816-235-6931.
- CHES, Inc. has down payment assistance for first time home buyers. Please call for qualifications at: 816-533-7417. You may also go to: www.chesinc.org For location and other information please call: 816-533-7417.
- Christmas in October is a KC Nonprofit that may be able to help qualified homeowners with repairs. For more information please go to: <https://christmasinoctober.org>
- Community Action Agency of Greater Kansas City: LIWAP (Low-income Weatherization

- Assistance Program) can assist with insulating homes, installing new LED lightbulbs, seal up drafts/leaks, replace furnaces, put in smoke and carbon monoxide detectors, and more! Call 816-358-6868 for more information. They are also performing free Healthy Homes inspections to improve the quality of life of residents. Please call to see if you qualify for this service! For more information about weatherization, please contact Erin Bradley at: 816-831-1458 or: erin@frontporchalliance.org. This is a program available to qualified homeowners and renters.
- Community Assistance Council: 816-763-3277
- Community Development Department in partnership with Habitat for Humanity will complete 8 home repairs for income eligible Raytown residents this year. For more information please call: 816-737-6093.
- Community LINC can help those at-risk of homelessness. Please call to schedule an assessment and from that, they may provide services. The number is: 816-531-3727.
- Community Services League is administering some funds received for rental assistance. Please call 816-254-4100 for more information or go to: www.cslcares.org
- Connection Point Church in Raytown may be able to help with rent, mortgage, or utility assistance. For more information, please contact: 816-778-1105.
- Consumer Financial Protection Bureau has extensive data bases of where renters and homeowners can get assistance with rent, utilities, and mortgage assistance in addition to educating yourself on your rights as a consumer. Please go to the following web address: <https://www.consumerfinance.gov>
- Department of Energy has a weatherization program and related resources. For more information please go to: <https://www.energy.gov/scep/wap/weatherization-assistance-program>
- Eviction Defense is something that is available to qualifying tenants in all 40 counties served. Kansas City residents can apply for Right to Counsel at: 816-474-5112 or online at: <https://gkcassistanceprogram.org/EvictionDefense>. If you do not live in Kansas City, please go to: <https://form.jotform.com/212028683025147>
- Evictionlab.org is a national website with statistics and information related to evictions in the pandemic.
- Free help may be available to home owners needing to make improvements in KC that meet eligibility requirements. For more information please call Donald Paul Jones at: 816-831-1458. This is through the Front Porch Alliance/Rebuilding Together Kansas City.
- Front Porch Alliance has a minor home repair program but you must live in the Ivanhoe neighborhood. Please call: 816-921-8812. NOTE: This service may not be available because of COVID. Please call for more details.
- Habitat KC's HOPE Program helps people move forward with their dreams of home ownership regardless of where they are now. Anyone is welcome to enroll. For more information please go to: <https://habitatkc.org/hope-financial-repair/>
- Healthy Homes Rental Inspection Program can be reached at: 816-513-6347. You may also go to: kcmo.gov/healthyhomes
- Heartland Center for Jobs and Freedom: Heartlandcenterforjobsandfreedom.org or call 816-278-1344 or 816-278-1092. Helps with legal rights/evictions due to COVID-19, employment and consumer rights for low-wage workers. If you are needing help with landlord issues, please check out the following link to request help/learn more: <https://form.jotform.com/212028683025147>
They also have toolkits to help people who are facing eviction. For more information on that please go to: <http://www.jobsandfreedom.org/tenant-rights-toolkits>
- Hillcrest Transitional Housing serves youth ages 16-24 and has campuses in Independence, KCK, and Overland Park. This provides free rent and housing for up to 2 years for individuals, single mothers, families, and couples. Youth will receive extensive life-skills training and various other supports. To learn more about this program please go to: <https://hillcrestkc.org/apply-for-housing/youth-transitional-housing>
- Home for The Holidays is a contest where you could get your rent or mortgage paid for in 2024. For more information please go to: <https://fox4kc.com/contests/home-for-the-holidays-sweepstakes/>
- Home Turf is a program through Central Bank that is designed to help people with low incomes, first time home buyers, or those with credit issues. The following is the link to the brochure: <https://www.centralbank.net/siteassets/bank-affiliates/bk014/hometurfloansbrochure.pdf?v=1D50B3A44F1BE80#:~:text=The%20Home%20Turf%20Loan%20program,thought%20home%20ownership%20was%20possible>. You may also contact the Community Affairs Officer at: 816-521-2543, extension 26677.
- Hopebuilders can assist Jackson County homeowners with repairs and other needs if they are disabled and/or of a certain age and meet other qualifications. For more information please go to: <https://hopebuilders-kc.org/request-assistance/>
- Housing Locator Service offers help for residents looking for affordable housing! For more information about this new resource please go to: <https://bit.ly/3qPupUQ>
- Jackson County Property Tax Appeal Workshops will be happening to help people who need to appeal their property taxes on their homes. For more information please go to: <https://www.eventbrite.com/e/jackson-county-tax-appeal-workshops-in-june-2023-tickets-657837829657>

- Johnson County Kansas Interfaith Hospitality Network is a group of Churches that help to provide food, shelter, and other assistance to families and single women that are homeless. They have no known restrictions that state you must be from Kansas to partake in this service. The number is: 913-345-2121. This is NOT just during cold weather!
 - Junkluggers is a service that can help people with hoarding issues clean out their homes. This is NOT a free service but has specialized training and can really assist someone with few options. For more information please go to: <https://www.junkluggers.com/help-for-hoarders.html>
 - KCMO Fire Marshall will provide FREE smoke detectors. For more information, please call: 816-513-4648.
 - KC Regional Housing Alliance is a resource for fair housing, assistance, and other information all pertaining to housing. Please go to: <https://kcregionalhousingalliance.org>.
 - KC Tenants; advocacy, resources to emergency funds, etc. Please call 816-533-5435 to verify aide is available to Raytown residents. To submit a concerns online, please go to: <https://bit.ly/IncidentsKCT>.
 - Kansas City has a City of Kansas City Missouri Office of The Housing Advocate. The contact information is: Tiffany Drummer at 816-513-3026 or by email: tiffanydrummer@kcmo.org. This office is able to possibly assist with rent/utility assistance, evictions, and related matters. It may only serve residents with a Kansas City address but call to verify that.
 - Kansas City Beacon has a list to help those needing housing/modifications and have some sort of disability. For more information please go to: <https://kcbeacon.org/stories/2023/05/24/disability-housing-resources-kansas-city/>
 - Keep Out The Rain is a voluntary program to help property owners on KCMO fix improper plumbing connections that contribute to sewage problems. There is NO CHARGE! For more information please go to: <https://www.kcsmartsewer.us/initiatives/keep-out-the-rain-program#:~:text=Keep%20Out%20the%20Rain%20is,cost%20to%20the%20property%20owner>
 - Kim Wilson Housing Prevention and Rapid Re-Housing Programs. Call about this and their voucher programs at 913-233-3356.
 - Lead Safe KC can provide free home repairs to KCMO homeowners who meet eligibility guidelines. This is to prevent lead poisoning. Landlords may also call for details! Please call for more info at: 816-513-6048.
 - Legal Aide: 816-474-6750 or 816-474-9868; Thursday from 12:45-2, lawyers are present at the Jackson County Courthouse to assist those having an eviction hearing.
 - Lee's Summit's list is again open for public housing for those who qualify and would like to get their names on the list. Applicants can still however expect to wait 2-4 years at a minimum before they are likely to be called off the list. For more information please go to: <https://leesummit.housingmanager.com>
 - Lion House KC is a nonprofit dedicated to helping homeless members of the LGBTQ community with rapid rehousing and other resources. For more information please go to: <https://lionhousekc.org/contact/> or call them at: 913-303-8664.
 - Mediation Services are available for rent and possession cases in Clay County. This could possibly assist with a payment arrangement, resolve disputes and potentially an ability to continue the tenancy, explore other options, and more. For more information or to arrange mediation please contact: 816-736-8402 or email: teri.hargrave@courts.mo.gov
 - Metro Lutheran Ministries: 816-931-0027 or 816-514-2683; 3031 Holmes St.; Mon-Fri, 9-330 pm to pick up an application. Jackson County residents only!
 - Missouri Housing Development Commission is a great resource for tenants, homeowners, and those wanting to buy their first homes. There are a multitude of available help programs in each of these areas including programs to help low-income buyers buy their first homes and reduce taxes each year they own their homes. There is also information about home repair grants and related money available. Ask about their, "First Place Loan Program" that can help people get into a home and may have down payment and closing cost assistance. Please go to: <http://www.mhdc.com>
- MHDC partners with Housing Stability and Eviction Diversion (HSED) agencies across the state to help with services like eviction relief. See a list of those agencies here: <https://buff.ly/3Jt3Jn2>. Eviction relief can give help with payments for rental judgements, security deposits, or utility arrears for those recently evicted or in active eviction proceedings.
- Missouri Tenant Help has a free library of do it yourself forms that help tenants facing eviction in addition to educational materials, articles, guides, and more. This is a HUD funded initiative to help Missouri tenants. For more information please go to: motenanthelp.org
- For information on their toolkit to help people with an eviction defense please go to: <https://motenanthelp.org/resources/eviction-tool/#:~:text=The%20DIY%20Form%20Eviction%20Defense,and%20the%20clerk%20of%20courts>.
- Mypitbullisfamily.org is an organization to help people seeking housing find that if they have a dog that may otherwise preclude them from some places. There is a wealth of housing resources and information for landlords as well and many other useful things! To learn more of what they are about please go to: <https://www.mypitbullisfamily.org/about>
 - National Center for State Courts has many resources for landlords who are struggling,

renters, and home owners. For more information please go to:
<https://www.ncsc.org/consulting-and-research/areas-of-expertise/access-to-justice/eviction-diversion-diagnostic-tool/resources-for-the-public>

- REAP: 816-356-0054. For assistance with needs, people may also email a REAP Case Manager at: erap@raytownreap.org
- Restart: Rental assistance with possible back utilities owed; Jackson County residents only; must have been impacted by COVID-19. 816-472-5664 x. 353 or call 816-886-9153. You may also email for more information or questions at: housingstability@restartinc.org
- Right to Counsel was passed in 2021 and gives every tenant living in KCMO, the right to FREE counsel during an eviction. This is available to ALL KCMO tenants regardless of income or any past eviction history. Please call for more information at: 816-474-5112.
- Salvation Army: 816-252-3200
- SAVE, INC. offers housing assistance of different kinds including a Tenant-Based Rental Assistance Program that offers rental vouchers to socially and medically disadvantaged individuals and families. They collaborate with Johnson County, KS, KCMO, and the Missouri Department of Mental Health. Please call 816-531-8340 for details. There is now an overnight shelter for youth ages 18-24 that primarily serves those in the LGBTQ community however, anyone in the age range is welcome. Please call 816-931-0602 (24/7) or 816-531-8340 (Extension 190) for more information. For a tour of the facility, please email the Residential Program Manager, Scout DeSimio at: sdesimio@saveinck.org. The facility is located at 3109 Campbell, KCMO, 64109.
- Say Rhino is a program that may be able to help people who are struggling to come up with a security deposit by breaking it down into payments. This is designed to help those with credit and financial issues and who may have fewer options because of those issues. The

landlord must be willing to accept this program. For more information, check out the website at: <https://www.sayrhino.com>.

- Share The Love House provides resources for those without permanent housing. Contact Teresa Perry at: 816-349-8953.
- Shelters (for more extended overnight and longer stays. For additional shelter because of cold weather please refer to the, “Cold Weather Help” category!)
 - City Union Mission: 816-474-4599
 - Hillcrest Transitional Housing offers several programs to help people re-establish themselves and to have stability for themselves and their families. More information can be found at: <https://hillcrestkc.org>
 - Homeless Hotline: 816-474-4599
 - Hope Faith Ministries: 816-471-4673 offers a number of case management and other services to help house the homeless and meet their needs during this time. NOTE: They do not have a shelter per se (except during winter) but sometimes can offer assistance with motel rooms or have other connections to shelters!
 - Hope Haven is a shelter for women who have experienced domestic violence and will allow them to bring pets. For more information please go to: <https://www.hopehavenofcasscounty.org>
 - Hope House DV Shelter: 816-461-4673
 - Interfaith Hospitality Network can house a family for 3 months, provide food, and case management assistance through various local Churches on the Kansas side of the state line. For more information please call: 913-345-2121. There are many supportive services

available to help a family get stabilized and on an independent path!

- Johnson County Kansas Interfaith Hospitality Network is a group of Churches that help to provide food, shelter, and other assistance to families and single women that are homeless. They have no known restrictions that state you must be from Kansas to partake in this service. The number is: 913-345-2121. This is NOT just during cold weather!
- Mother’s Refuge is a homeless shelter for girls 21 years old and younger who are pregnant. They offer a variety of supportive services! For more information, please go to: <https://mothersrefuge.org>
- Neighbor 2 Neighbor can help someone who has substance abuse problems gets into recovery and temporary recovery housing. Contact Greg Parr for more information at: 816-606-4509.
- Newhouse DV Shelter: 816-471-5800
- Restart in KCMO: 816-472-5664
- Rose Brooks DV Shelter: 816-861-6100
- Salvation Army Crossroads Family Emergency Shelter in Independence: 816-252-3200
- SAVE, Inc. has a shelter for youth ages 18-24 that primarily serves those in the LGBTQ community however, anyone in the age range is welcome. Please call 816-931-0602 (24/7) or 816-531-8340 (Extension 190) for more information.
- Sheffield Place helps severely traumatized and homeless mothers secure what they need to be successful. For more information please call: 816-483-9927 or go to: <https://www.sheffieldplace.org>

- Shelter KC (Men's Program): 816-421-7643; (Women's Program): 816-348-3287. Please note that the Women's Program is not typically able to offer emergency shelter but if they have space available, someone may be able to get into their program fairly quickly).
- Starfish Transitional Living provides sober living housing, job support, peer support, and mental health resources for women in recovery in Kansas City. For more information please go to: <https://www.starfishsobrietyhouse.org>
- True Light Family Resource Center (Women's Shelter): 816-381-9310
- Strong Homes-Strong Families has a home repair program for those unable to make repairs because of finances. To see if you may be eligible please go to: <https://sh-sf.org/customers>
- Synergy Services Domestic Violence Housing Program is a 2 year independent living program with housing costs provided and case management and therapy services for domestic violence survivors. For more information please call: 816-587-4100. For information about their domestic violence center, please call: 816-321-7050. For information about youth shelter for ages 12-18, please call: 816-741-8700. For information about the Jennifer and Jamie Children's Center (emergency shelter for children birth to 17), please call: 816-321-7060. For more information about these and other services please go to: <https://www.synergyservices.org/our-services/Provide-Safety/Emergency-Shelter>
- Victims of gun violence may be able to get assistance with deposits and rent if funds are - available. For more information please contact at: MLayton@jacksongov.org or 816-881-3828.
- Water Savings Kits are available for FREE through: Bridgingthegap.org. Please see the website to see if you qualify!

- Weatherization is a program available to LIHEAP participants to help them lower their utility bills. For more information please go to: <https://caagkc.org/programs/weatherization>
- Zero KC is the city plan to end homelessness and has related resources. For more information please go to: <https://www.kcmo.gov/city-hall/housing/zero-kc>

JOB ASSISTANCE, COUNSELING, FAIRS, AND TRAINING

THERE ARE A FEW JOB SEARCH SITES WHERE YOU CAN LOOK FOR JOBS AND/OR POST YOUR RESUME! TRY WWW.INDEED.COM, WWW.CAREERBUILDER.COM, WWW.MONSTER.COM, AND WWW.NPCONNECT.ORG

- 7th Street Casino in KCKS is hiring for various positions. For more info please go to: <https://7th-streetcasino.com/apply>
- AARP offers assistance to those 55 and older who are unemployed and looking for work. This is through the SCSEP or Senior Community Service Employment Program. For more information please call: 855-850-2525 or go to: <https://www.aarp.org/aarp-foundation/our-work/income/scsep>
- Ability KC: Hiring for support services and other positions. Please call 816-472-7799 for more information or visit: Abilitykc.org for a list of available jobs. You may also email your resume to: hr.department@abilitykc.org.
- Ace Personnel are hiring for various positions that pay between \$16 and over \$18 an hour. For more information please go to: <https://www.acepersonnel.com>
- Advanced Personnel Inc is hiring for an automotive facility, assemblers, B shift from 5:30 p.m. to 4 a.m., Monday through Friday. 90 day temp and then you are hired on and can join the union. Accepting walk

in interviews Monday through Friday from 8 a.m. to 2 p.m. Positions fill quickly! The address is: 6753 N. Pennsylvania Ave., KCMO 64118.

- Aerotek is a staffing service that is currently hiring for various positions such as entry level assemblers, drivers, packers, and many more! The contact information is: Stacy Franklin at: 816-226-7072 or: stfranklin@aerotek.com
- Aldi Grocery Store is hiring in the Kansas City area. For more information please go to: <https://careers.aldi.us/location/kansas-city-jobs/61/6252001-4398678-4393217/4>
- All Events has a listing of upcoming job fairs across the KC Metro area. For more information please go to: <https://allevents.in/kansas%20city/job-fairs>
- Alliance Workforce Inc. is hiring for different positions. For more information please go to: <http://allianceworkforcekc.com>
- Allied One Source Staffing is hiring for multiple positions. Please call for more information at: 816-254-8844.
- AltCap in KCMO may be able to help small businesses and offer additional resources. For more information please go to: <https://www.alt-cap.org>
- Amazon is hiring for the Kansas City area plant with sign-on bonuses, benefits, and higher pay rates. Please go to: <https://hiring.amazon.com/locations/kansas-city-jobs>. You may also visit: amzn.to/apply or text: KCNOW to 77088. Competitive pay up to \$17.30 an hour to start. Many benefits such as flexible shifts, health care, tuition support options, and more.
- America's Auto Auction is looking to hire for full and part-time positions. These would be lot attendants and those able to recondition cars. For more information please go to:

<https://www.americasaa.com/locations/kansas-city/>

- Ameristar Casino in Kansas City is hiring for multiple open positions with higher pay rates and benefits! For more information please go to: ameristarkansascity.com
- Anthony Plumbing, Heating, Cooling, and Electric are starting an apprenticeship program. For more information please go to: <https://bit.ly/3uaKGIE>
- Assured Health Care is hiring for CAN/PCA positions. Especial need is in the areas of Liberty-Keaney-Excelsior. Positions start \$17-20. For more information please call: 816-415-8200 and ask for Human Resources. The web address is: assuredhealthcareinc.com
- Bass Pro is hiring for various positions in Independence. For more information please go to: <https://careers.basspro.com/us/en>
- BEST Crowd Management is hiring for event security at Kauffman Stadium. Part-time with weekly pay and flexible scheduling. For more information please go to: <https://best.garda.com/apply-now>
- Bishop Sullivan Center Employment Services: Joselina Lara at 816-231-0984
- Blue Cross Blue Shield is hiring. For more information please go to: <https://www.bluekc.com/consumer/bluekc/careers.html>
- Build it KC is a pre-apprenticeship program for laborers and ironworkers. Register and get more info for this by calling: 816-433-4682.
- Cargo Largo is hiring. For more information please go to: <https://www.cargolargo.com>

***NEW!!! There new and much larger store in Independence is now open and they

are looking to hire additional people for the holiday season!

- Catholic Charities has a job skills workshop! For more information please contact: jobassistance@ccharities.com or call: 816-398-6894.
- Cencora is hiring for a variety of manufacturing and distribution positions in KCMO. Please apply at: www.amerisourcebergen.com/careers
- Center for Behavioral Medicine in KCMO is hiring for various positions. For more information please go to: <https://mocreers.mo.gov/hiretrue/ce3/job-board/5effe9b2-4b89-494b-ac76-c45e25190768>. Once there select, department of mental health and then Kansas City.
- Central Early Childhood Center is hiring teachers. For more information, please send an inquiry to: central_ecc@yahoo.com. The center is in KCMO.
- Centrinex is hiring. For more information please go to: <https://centrinex.com>
- Challenge Manufacturing is hiring for Production Operators. The pay starts at \$18 to \$19.85. This is for Plant 7, KCMO, full time positions available. For more information please go to: <https://www.challenge-mfg.com/careers> and from there type in Kansas City.
- Chewy Fulfillment Center in Belton is hiring. For more information please go to: <https://careers.chewy.com/us/en/belton-missouri-warehouse-and-fulfillment-center-jobs>
- Chick-Fil-A in Independence is hiring. For more information please go to: <https://www.chick-fil-a.com/careers>
- Children's Mercy is hiring! For more information please go to: <https://www.childrensmercy.org/careers>

- Cintas Corporation is hiring in the KCMO area for different positions. Some positions are 4 day work weeks with no weekends. For information please go to: careers.cintas.com
- City of Kansas City, Missouri is hiring for a variety of positions. For more information, please go to: <https://bit.ly/3fxY9OL>. Additionally, the Kansas City Fire Department (KCFD) is hiring. For more information, please go to: www.kcmo.gov/careers or call: 816-513-2577. Specifically, they are more urgently looking for workers in Public Works! Some positions do not require a driver's license.
- City of Lee's Summit is hiring for various positions. For more information please go to: LSPeople.net
- City of Raytown, Missouri has several openings for different positions. For more information or to apply please go to: <https://www.raytown.mo.us/jobopportunities>
- City Union Mission in KCMO is hiring for several positions. For more information please go to: <https://www.paycomonline.net/v4/ats/web.php/jobs?clientkey=9EE0C33E34C1FFF79DCA5A61B5316722>
- Clymer Community Center; 816-994-0312; call to inquire if they have current certification programs.
- Community LINC: 816-531-3727
- Community Service League is launching new tuition-free programs. Program offerings include CNA, Sustainable Material Handling, Medical Coding (may have remote-work opportunities), Billing Professional, Phlebotomy, and Welding Technology. For information about Welding please call: 816-912-1232. There are new opportunities being added on a regular basis. You will also be connected with a CSL Financial Coach and employment

services to assist with finding a job after graduation. Please call 816-491-2013 or 816-254-4100 for current offerings, questions or apply at:
<https://cslcares.squarespace.com/newskills>

They also offer a comprehensive e-newsletter with information about free trainings, rent and utility help, and much more! Read more about this at:
<https://conta.cc/3JjbBaH>

They are offering a Certified Medication Technician (CMT) training program. For more information about the requirements for this program please call: 816-912-1232.

***NEW!!! They offer Career Development Coaching where you can learn about new careers and potentially qualify for tuition paid training. For more information please go to: CSLCARES.ORG/NEWSKILLS or call the above referenced number. This may also entail things like resume help, interview clothing, and more.

- [Connectionstosuccess.org](https://connectionstosuccess.org): 636-940-8027. Has an office in KCMO and offers a variety of programs to help break the cycle of poverty through professional development, clothing, support, & training. There are various groups including for fathers, mothers, men, and women who are not parents. The local number is 816-561-5115 and the location is 300 West Linwood Blvd., KCMO 64111. They are starting a new series of personal and professional seminars focusing on key areas for success. There is NO cost to participate! For questions contact Renargo Martin at 816-288-2700 or rmartin@connectionstosuccess.org
- Cornerstones of Care is hiring for Youth Behavioral Health Specialists. Sign on bonus is available. For more information please go to:
<https://cornerstonesofcare.org/about-us/Join-Our-Team/Job-Openings>

- Cosentino's Markets is hiring for the downtown KCMO location. For more information please go to: cosentinos.com
- Creative Supports of Kansas City is hiring for Personal Care Attendants. For more information please go to:
<https://creativesupportskc.com>
- CVS Health has multiple positions open in various locations. For more information, please go to:
<https://jobs.cvshealth.com/locations>
You may also text, CVSDC to 25000 and chat with a virtual recruiting assistant.
- Dayton Freight Lines, Inc. has some positions open in Grandview. For more information please call: 866-860-6116. You may also go to:
<https://www.daytonfreight.com/careers>
- Denny's is hiring at various locations across the KC metro area. For more information please go to:
<https://careers.dennys.com/global/en>
- Department of Justice's Immigrant Employment Rights (IER) division has employment links for people from the Ukraine and Afghans. The IER Worker Hotline is: 1-800-255-7688. The employer hotline is: 1-800-255-8155. For more information please see:
<https://www.justice.gov/crt/immigrant-and-employee-rights-section>,
<https://www.usa.gov/federal-agencies/office-of-immigrant-and-employee-rights>, or
https://www.e-verify.gov/sites/default/files/everify/posters/IER_RighttoWorkPoster.pdf
- Determination Incorporated is a nonprofit in KCMO that is a business support group community that also helps those who have been incarcerated learn how to own and operate their own businesses. They have a variety of resources and support. For more information please go to:

<https://determinationincorporated.com> or call: 816-607-1873.

- Diversity X has listings of KCKS job fairs. For more information please go to:
<https://www.diversityx.net/job-fairs-near-me/kansas/kansas-city>
- Dollar Tree is hiring for store and corporate careers. For more information please go to:
<https://www.dollartree.com/careers>
- Dress for Success Kansas City is an organization devoted to helping women achieve economic independence through support, development, and professional clothing. For more information please go to:
<https://kansascity.dressforsuccess.org>
- Easterseals Midwest is hiring starting at \$15 an hour. For more information, please go to: www.joineasterseals.com or www.bemoreateasterseals.com
- Event Brite has a listing of upcoming job fairs. For more information please go to:
<https://www.eventbrite.com/d/mo--kansas-city/job-fairs/>
- Exceeds Expectations has an Electrical Apprenticeship program. For more information please go to:
www.letsexceed.org
- ExecuStay Midwest is looking to fill customer service positions in KC. For more information please go to:
execustaymidwest.com
- Express Employment Professionals has many openings, temporary and permanent! Please call 816-994-2424. They are located at: 301 Armour, North Kansas City, MO 64116. They are doing walk in interviews Monday through Thursday from 9 a.m. to 3 p.m.
- First Call is hiring for a Recovery Advocate. For more information please go to:
<https://www.firstcallkc.org/careers>. To

apply, email a letter of interest and your resume to: mgard@firstcallkc.org

- **Foley Equipment is hiring!** Competitive pay and full benefits. The location is: 5701 East 87th Street, KCMO 64132. For more information please go to: https://careers.foleyeq.com/?_gl=1%2Ako44g7%2A_ga%2AODM3NzU4MzYyLjE2OTAwNzZMzOTE.%2A_ga_D8EY9SKYFY%2AMTY5MDA3MzZM5MC4xLjEuMTY5MMDA3MzZM5MC42MC4wLjA.
- **Frito Lay is hiring in the KC Metro area.** For more information please go to: <https://www.fritolayemployment.com>
- **Full Employment Council: SNAP & TANF recipients qualify for FREE training in healthcare occupations and many others as well as career placement assistance after completion.**

Additionally, they have a program to connect people with apprenticeships. For more information, please go to: <http://ow.ly/7Q7v50GOiV1>. In addition to job search assistance, they also offer resume help, have hiring events, and more!

*****NEW!!!** There is now a childcare development associate apprenticeship. Please call for more information at: 816-471-2330.

They are able to assist truck drivers specifically who were recently laid off when a major trucking company suddenly closed. There will be specific hiring events for CDL drivers. For more information, please call: 816-471-2330.

The FEC can assist with work and school related expenses such as transportation costs, work attire, tools/equipment, fees for licensure or certification, and more! For more information please go to: www.feckc.org/start

There are 4 different locations but the 1740 Paseo, KCMO location can be reached at:

816-691-2258. The Missouri Work Assistance (MWA) program helps people to remove barriers they may have to employment. Please call: 816-716-8569, 816-674-1432, or 816-922-0889.

The Youth Services division is for youth ages 16-24 and can provide paid internships, Hi-Set completion, training, financial assistance for college, and other supportive services. They offer a variety of service to youth 16-24 such as HiSet, vocational/occupational training, tuition assistance, internships, apprenticeships, supportive services, and job placement! Please call: 816-471-2330. You may also go to: <https://www.feckc.org/youth-services>

The FEC has specific services/assistance for workers that have been dislocated due to layoffs, being terminated, down-sizing, business closed, etc. For more information please go to: <https://www.feckc.org/dislocated-worker>

There is now a program for debt free training in Business and Finance. For more information please go to: feckc.org/start

In partnership with the Kansas City Area Transportation Authority, assistance with transportation for those who are working may be available. Now providing up to 6 weeks of curb to curb service for only \$1.50 each way. This is for residents of KCMO, provide 5 day notice, 20 miles one way maximum, and work in area without access to public transportation. For more information please call Kim Greene, 816-471-2330, x 1207.

- **Garmin is hiring urgently for multiple positions at multiple locations. ***NEW!!!** You can drop off resumes on Thursdays between 3-5 p.m. The location is in Olathe, KS right off of 151st Street and I-35. For more information please go to: Careers-us.garmin.com
- **GDH Staffing is hiring for various positions and pay levels.** For more information
- **Goodwill Industries is offering some certificate programs such as Social Media and Marketing.** For more information please call: 816-842-7425 or come to a walk-in info session on Thursdays at: 800 E. 18th St., KCMO. Please call to verify times! They also can offer job training in fields such as manufacturing, welding, technology, and more. ***They are also hiring and for more information on that please go to: <https://www.mokangoodwill.org/work-for-goodwill/open-positions>
- **Google Career Certificates has many training programs that lead to certificates and can offer other services such as finding employment and resume assistance.** For more information please go to: https://grow.google/grow-your-career/#?modal_active=none
- **Great Jobs KC is dedicated to helping people who earn less than \$45,000 a year and are interested in acquiring additional skills so that they may earn more!** They will also help to remove barriers that a person may have to earning more such as child care, transportation, etc. For more information please go to: <https://kcscholars.org/great-jobs-kc-scholarship>
- **HCA Midwest is having a facility hiring event on November 15th from 3-4:30 p.m.** There will on the spot interviews and

please go to:
<https://www.gdhconsulting.com>

*****NEW!!!** They have a Fire Science Training Program now. Please check the website for more information.

- **Guadalupe Centers: Workforce Program.** If you need help finding a job, need assistance with a resume, etc. please call 816-561-6885. The center is looking for those interested in construction training and placement opportunities. For more information on this please call: 816-702-6757.

possibly same day job offers. The address is: 19600 East 39th St. S., Independence 64057.

- Habitat Restore is hiring for multiple positions at multiple locations. To apply please go to: <https://pulse.ly/bjdb1s9786>
- Hiland Dairy Foods is hiring. For more information please go to: <https://www.hilanddairy.com/company/employment>
- Hills Pet Nutrition is hiring for various positions and can offer tuition assistance amongst other benefits. For more information please go to: jobs.colgate.com
- Hire KC has information about summer employment for youth. For more information please go to: <https://hirekc.org>
- Hollywood Casino is hiring for various positions. You can get up to a \$2500 sign on bonus. They are currently especially looking for experienced table games leaders as well as those who are students in such. For more information, you can apply/look online at: www.pngaming.com/careers. The address is: 777 Hollywood Casino Blvd., KC, KS 66111. The phone is: 913-288-9300
- Home Depot is hiring! For more information, please go to: <https://careers.homedepot.com>
- Hy-Vee Grocery Store is hiring in the Kansas City area. For more information please go to: <https://www.hy-vee.com/careers>
- Indeed has listings specific to just seasonal jobs across Kansas City. For more information please go to: <https://www.indeed.com/q-Seasonal-l-Kansas-City,-MO-jobs.html>
- Independence Missouri Jobs is a FB site with job postings.
- Independence Police Department is looking for police and fire dispatchers. For more information please go to: <https://buff.ly/3CFvzsf>
- Independence School District is hiring. For more information please go to: <https://www.isdschools.org/careers/>
- Ingredion in NKC is hiring for maintenance and production. For more information please call: 816-283-1600.
- Interim Healthcare is hiring for caregivers across KS and the MO metro area. Weekly and some daily pay options. For more information, please call: 816-381-3100. You may also go to: interimhealthcare.com/overlandpark
- Inter-Rail Group, Inc. is hiring for Vehicle Unloaders at a pay rate of up to \$21 an hour. This is in KCKS. For more information please go to: interrail-transport.com
- IRS is hiring for examiners and clerks. These are full-time permanent as well as seasonal positions. For more information please go to: irs.usajobs.gov. You may also call: 816-499-4900. You may also visit: jobs.irs.gov/events for more information and/or to register for one of their upcoming hiring events.
- Jackson County Parks & Rec is hiring! Full-time and seasonal opportunities are available. Visit: jacksongov.org/jobs for more information. Park and Rec and Public Works is hiring for multiple positions for equipment operators. Please see the web address listed above for more information
- JE Dunn has a, "Diversity Program" to help people get into the construction industry. For more information, please go to: <https://www.jedunn.com/diversity-inclusion>.
- Jewish Vocational Services: 816-471-2808
- Job Fair X has comprehensive listings for virtual and other job fairs. For more information please go to: <https://jobfairx.com/job-fairs-near-me/missouri/kansas-city>
- Job News USA has a listing of job fairs and you can customize it to include only the KCMO metro area. For more information please go to: https://www.jobnewsusa.com/job_fairs
- Job One is an organization that specializes in helping people with disabilities obtain and maintain employment. For more information please visit: <https://jobonekc.org> or call: 816-796-7070. The organization is also looking to add to their own staff! Please contact: khankins@jobonekc.org
- Jobs.mo.gov is a comprehensive resource for those seeking employment. There are many resources related to finding and keeping employment. Additionally, there are online learning modules to help increase and/or improve your skills. For information on that please go to: <https://jobs.mo.gov/jobseeker/online-learning-modules>
- Job Cast by Indeed gives helpful career tips, advice, and shows people how to turn skills into careers through webinars. For more information please see: <https://www.indeed.com/jobcast>
- K & C Budget Lot, LLC is looking for an auto detailer/porter. Must have a valid driver's license, clean driving record, and be at least 21. Call Charles at: 816-254-0007.
- KC Care is hiring! For more information please go to: <https://www.paycomonline.net/v4/ats/web.php/jobs?clientkey=147ECC7C8F07DEC613E743D6973B8D0B>

- **KC Pet Project is hiring for multiple jobs.** For more information please go to: kcpetproject.org
- **KC Schools is having a job fair on December 9th from 9 a.m. to noon.** Certified positions such as teachers, administrators, and counselors will be featured. The fair will be at the Board of Education: 2901 Troost Ave., KCMO 64109. You can learn more at: <https://www.kcpublicschools.org/about/careers>
- **KCATA is looking for Bus Drivers for RideKC.** The position offers paid training. Please go to: <http://kcata.org/jobs>. They are also hiring in Finance, maintenance, planning, and more.
- **KCMO Fire Department is looking for Emergency Supply Techs.** This requires a HS Diploma or GED. You must be at least 19 years old and have a valid driver's license. For more information or to apply please go to: kcmo.gov/jobs
- **KCPD are urgently hiring for people to answer emergency calls.** Other career opportunities may be available. For more information please go to: <https://careers.kcpd.org>
- **KC Scholars has a program called, "Level Up" that helps adult learners get into higher paying jobs.** For more information please go to: <https://kcscholars.org/wp-content/uploads/2023/05/Level-up-English.pdf>
- **KC Streetcar is hiring maintenance technicians.** Learn more at: kcstreetcar.org/employment
- **KCTV5 Job Connection is a job board with current listings and you may also post a listing!** For more information please go to: <https://www.kctv5.com/business/jobs>
- **Kansas City Fire Department is hiring.** For information about qualifications please go to: kcmo.gov/jobs
- **Kansas City International Academy is hiring for lunch monitors.** You would work 3 hours a day, 5 days a week during the 2023-2024 school year, and get paid \$50 a day. Please email Hannah VanAusdal to apply at: hvanausdal@kcia.us
- **Kansas City JATC has a variety of apprenticeship programs!** For more information please go to: <https://www.kcjatc124.org/programs>
- **Kansas City Kansas Community College is hiring for various full and part time positions.** For more information please go to: kckcc.edu/careers
They are especially looking to fill administrative positions, entry level, advanced, and technical trades.
- **Kansas City Satellite Job Corps Center offers a variety of resources for youth to help them get into the workforce.** For more information please go to: <https://kansascity.jobcorps.gov>
- **Kansas City Post Office is hiring for City Carrier Assistants.** Possible wages up to \$18.51 an hour. To apply: usps.com/careers
- **Kansas City Public Library has a, "Job Club" to assist people looking for work.** For more information, please go to: <https://kclibrary.org/blog/looking-work-library-offers-resources-and-job-club-or-call-816-701-3663>.
- **Kansas City VA is hiring for various positions!** Email at: VHAKANHRRrecruit@va.gov
- **Kansas City Zoo is hiring.** For more information please go to: <https://www.kansascityzoo.org/get-involved/careers>
- **Kelly Educational Services is hiring and is especially looking for substitute teachers in the Hickman Mills C-1 School District.** They can also help you to obtain your substitute certification. Pay is generally, \$136-\$170 per day. For more information please go to: <https://www.kellyeducationalstaffing.us/kes/other/substitute-teaching/kansas-city-jobs>
- **LaborMax Staffing in KCKS is hiring for various positions in both KS and MO.** For more information please go to: <https://www.labormax.net/Jobs/SearchJobs>. Type in your desired zip code.
- **Lakeview Village in Lenexa is hiring for various positions such as nurses, home health, cooks, catering servers, housekeeping, laundry, and more!** For more information please go to: Lakeviewvillage.org/careers
- **Landmark Event Kansas City still has various positions open at Chiefs games.** Many part-time positions remain available. Wages generally start around \$13 an hour and up. For more information, please go to: Landmarkeventstaff.exacthire.com
- **Legal Aid has an unemployment hotline called Legal Aid CARES.** That number is: 1-800-990-2907. It is open Monday through Friday from 9 a.m. to 4 p.m. The location is 200 W. 12th Street, KCMO.
- **Liberty Tax in Raytown is hiring and possibly other locations.** They also have Tax Training classes starting soon. The Belton location is also hiring. For more information about employment or Tax School, please call: 816-318-7636 (Belton) or 816-844-6401 (Raytown).
- **LINC is hiring for part-time child care workers for KCMO, Grandview, and NKC.** To apply, please go to: kclinc.org/parttimejobs. *****NEW!!!** They are seeking to fill part-time positions specifically in the LINC Caring Communities before and after school

programs at elementary and middle schools in area school districts. Positions are available right now at various different school districts. For more information please go to: <https://kclinc.org/jobs>

- Lowe's is hiring for various positions and locations across the KC metro area. For more information please go to: <https://talent.lowes.com>
- Loomis is hiring armed driver guards. Pay starts at \$18 an hour. Military, fireman, and police pay will vary based on experience. For more information please go to: <https://www.loomis.us/careers>
- LSI Staffing has Warehouse Production positions open in Liberty and you do not have to have had experience. Starting wage is \$16.88 an hour.
- Lyft can offer rides free of charge to job interviews, other possible related appointments. This is now available in KCMO. For more information please go to: <https://www.lyft.com/lyftup/jobs-access/get-help>
- Maj-R Thrift in Raytown is hiring. For more information please go to: <http://maj-rthrift.com/application.html> or call: 816-966-9789.
- MARC is looking for Community Health Workers. These are trusted community members who link patients and health or social service agencies. You can view an extended video version and learn more about Community Health Workers at: marc.org/chw
- Marriott Hotels in KCMO are hiring for several positions. For more information please go to: <https://jobs.marriott.com/marriott/jobs?lang=en-US&location=Kansas%20City,%20MO&woe=7&stretchUnit=MILES&stretch=10&page=1>. You may also go here and type in Kansas City: <https://careers.marriott.com>
- Mars Petcare in KC is hiring for machine operators, sanitation, maintenance, and material handlers. Sign on bonuses are available up to \$3000. There are many benefits such as health care, 401k with a 6% company match, paid sick time, 3 weeks vacation, and much more. For more information please go to: <https://careers.mars.com>
- Medline is hiring for Warehouse Operators. The pay is up to \$18 per hour for full time positions with benefits. For more information please go to: workformedline.com
- Mental Health America of The Heartland is hiring for a Wellness and Support Advocate. For more information please go to: <https://mhah.org/employment/>
- Metrie in NKC is hiring for a Warehouse Associate, second shift, M-Th 4 p.m. to 2:30 a.m. For more information please go to: <https://metrie.com/offices/mouldings-distribution-kansas-city-mo?zoom=10¢er=39.1491,-94.5834&marker=38.5773,-92.2443>. From there click Careers at the bottom of the page and then click the desired location (Kansas City).
- Metro Lutheran Ministries (MLM) offers a Financial Opportunity Center (FOC) with many resources pertaining to employment and financial education as well as assistance with obtaining needed work clothes, bus passes, steeled toed boots, help with food handling permits, and much more! For more information on this please go to: <https://www.mlmc.org/financial-opportunity-center.html> or call: 816-285-3148.
- Milbank Manufacturing in KCMO is hiring for a variety of positions. For more information please go to: <https://www.milbankworks.com/about/careers>
- Miscellaneous Staffing Services is hiring for multiple positions around the metro area. Please apply at: www.MiscStaffing.com or call: 816-965-2358.
- Missouri Apprentice Connect is a resource for anyone seeking an apprenticeship, training, or something related. For more information, please go to: <https://www.moapprenticeconnect.com>
- Missouri Department of Corrections is hiring for various positions. For more information please go to: <https://doc.mo.gov/divisions/human-services/employment-opportunities>
- Missouri Department of Labor and Industrial Relations has a Shared Work program that allows employers and employees flexibility in schedules and helps to avoid layoffs. For more information please go to: sharedwork.mo.gov
- Missouri Department of Mental Health is hiring for various positions across the State. There are especially openings for custodial workers. For more information, please go to: mocarriers.mo.gov. You may also go to: <https://dmh.mo.gov/hr/job-opportunities>
- Missouri Department of Social Services has a Jobs League program that can help teens and young adults get paid, on the job training. You must be between the ages of 12 and 24, live in Missouri, and meet monthly gross income requirements. To learn more please go to: <https://mydss.mo.gov/jobs-league-program>
- Missouri Area Health Education Center connects students to careers, professionals to communities, and communities to better health. For more information please go to: <https://mahec.org>
- MODOT or the Missouri Department of Transportation is hiring for maintenance workers and emergency equipment operators. For more information please go

to: <https://www.modot.org/kansas-city-district-career-opportunities>

- MO Works Initiative is offering a FREE Construction Apprentice Ready program with weekly stipends available (\$100 for 5 weeks). For more information, please call Rudy Chavez at 816-806-1840 or go to: moworksinitiative.org
- Natural Grocers is hiring. For more information please go to: <https://www.naturalgrocers.com/our-careers>
- Nebraska Furniture Mart is hiring. Please go to: <https://www.nfm.com/careers.html>
- New Reflections Institute has a 6 week CDL program to get people into higher paying jobs. ***Funding is available! For more information please call: 816-361-5239 or go to: NewReflectionsKC.org

***NEW!!! In addition to CDL programs there are also culinary, construction, computers, administrative support, and accounting programs.
- North Kansas City Hospital is hiring for housekeeping. For more information on this and other possible opportunities, please go to: <https://www.nkchjobs.org>
- North Kansas City Schools are hiring for various positions. For more information please go to: nkcschools.org
- Olive Garden is hiring with flexible schedules, competitive pay, and more. For more information please go to: jobs.olivegarden.com
- On The Job Training is a program that provides opportunities to earn while you learn. For more information, please go to: jobs.mo.gov
- One Source Staffing and Labor is hiring for General Labor Associates in the KC area with a starting pay of \$15-16 with possible

over time. For more information please go to: Onesourcelabor.com. Now hiring for immediate clean up and light industrial assignments.

- Pawsperity has many offerings such as tuition FREE 6 month programs to help people break the cycle of poverty by learning how to groom dogs; call 816-214-5376, ext. 131. You can ask for Barbie Daniels or email her at: bdaniels@epeckc.org to see if you qualify.

***NEW!!! There will be an open house on December 12th from 10-1 to see the facility, learn more about the program, and services. The address is: 5805 Troost Ave., KCMO. If you have questions, please contact Alli Rhone at: 816-214-5376, Ext. 131.
- Pet Resource Center is hiring and may be able to offer a \$500 sign on bonus for vet techs. Please apply at: <https://pet-resource-center-of-kansas-city.prismhr-hire.com>
- Phoenix Home Care and Hospice is hiring for caregivers and other nursing positions. For more information, please go to: <https://phoenixhomehc.com/careers>
- Pinnacle Staffing is hiring for housekeeping positions. These positions are in the Downtown KC area, Zona Rosa, KCI, and Gladstone areas. You can call for more information at: 913-353-5577 or apply online at: <https://www.pinnacle-staff.com/preapp>. Weekly pay at \$14.50 to \$16 an hour.
- Polyainers in Lee's Summit is hiring for Machine/Forklift Operators, Packers, Material Handlers, Automation Technicians, and Maintenance Mechanics. For more information please go to: <https://www.polyainersinc.com/careers>
- Price Chopper is hiring for various positions. You can apply inside any store or go to: mypricechopper.com/careers

- Prime Flight Aviation Services is hiring for positions at MCI (KCI) Airport, especially overnight positions. For more information, please go to: <https://www.primeflight.com/careers>. Once there just type in Kansas City, Missouri.
- Progress Rail in Belton is hiring Warehouse Clerks. The position offers benefits. For more information please go to: https://xjobs.brassring.com/TGnewUI/Search/Home/Home?partnerid=26144&siteid=5496#jobDetails=718267_5496
- Project Pathways through the Urban League of Greater Kansas City is a program for men and women that assists them getting into the construction and building industry via this pre-apprenticeship program. This includes different certifications and practical experience as well. Enrollment is required! Please call: Eric Rambo at 816-471-0550. You may also email at: erambo@ulkc.org
- ProLogistix of KCMO is hiring. They are looking for weekend warehouse pickers, first shift at \$19 an hour. For more information please go to: <https://www.prologistix.com/locations/kansas-city-missouri/30018>
- Prosperity Center through Rockhurst University offers a variety of educational services to the public such as employment and financial coaching and other helpful services. Please call: 816-501-4239 for qualifications/information or visit: <https://www.rockhurst.edu/prosperity-center>. The employment coaching can consist of mock interviews, resume help, job readiness training, and so much more!
- Pro Staff is hiring for Machine Operators at LMV Automotive. For more information please call: 816-505-3020.
- Providence Medical Center in KCKS is hiring for clinical and non-clinical positions. For more information please go to: <https://providencekc.com/careers>

- QT is hiring for several positions in different locations. For more information please go to: <https://www.quiktrip.com/careers>
 - Randstad USA with offices in KCMO have multiple immediate hire positions in warehouses and other places. For more information please go to: https://www.randstadusa.com/locations/kansas-city_missouri/randstad-kansas-city_454
 - Raytown Fire Protection District is now hiring qualified Firefighter Paramedics or Paramedics willing to complete the Firefighter Certification process. Please apply at: www.raytownfire.com
 - Raytown Police Department is hiring. For more information please go to: www.raytownpolice.org
 - Raytown Schools have several job openings. For more information, please go to: <https://raytown.tedk12.com/hire/index.aspx>.
 - Raytown Walmart is hiring for several positions but is especially looking for stockers. For more information please go to: <https://careers.walmart.com/us/jobs/101120683SU-stocking-unloading>
 - Rediscover Mental Health has some positions open for different skill levels. For more information please go to: <https://www.rediscovermh.org/careers-2>
 - Ride KC is hiring for drivers. They offer paid training. For more information, please go to: <https://www.kcata.org/jobs>. They are also looking now for Service workers.
 - Rightfully Sewn is an organization that helps to provide seamstress training and other supports so that people may become self-supporting. They are located at: 1800 Wyandotte St., Suite 100, KCMO 64108. For more information please go to the website at: <https://rightfullysewn.org>. You may also call them at: 816-491-8136.
 - Seaboard Foods in Merriam, KS has a program to help immigrants become employed and otherwise established in the U.S. For more information please go to: <https://www.seaboardfoods.com/careers/immigration>
 - Shelter KC has some job openings at their Women's Shelter. For more information please go to: <https://www.shelterkc.org/about/employment>
 - Skilled KC Technical Institute offers hands on training/education in manufacturing in as little as 6 months with NO debt! For more information about this and other resources that they offer please go to: <https://www.skilledkc.org>
 - Slaps BBQ is hiring for positions that pay between \$17 and \$21 an hour. There is health insurance, advancement opportunities, and ride assistance to and from work. For more info, please go to: <https://slapsbbqkc.com/jobs>
 - Snagajob.com has multiple potential job listings and specifically has listings for warehouse positions. For those positions, please see: <https://www.snagajob.com/search/w-kansas+city,+mo/q-open+job+fair+warehouse+openings>
 - Southwest Airlines has a Campus Reach Neurodiversity 12 week paid internship program for eligible part and full time college students. This is designed for people who have Autism. There will be a virtual information session on January 18th at 5 p.m. For more information please go to: <https://tinyurl.com/bdznxf52>
 - Spectrum is hiring for various positions. For more information please go to: jobs.spectrum.com
 - Staff Management/SMX has openings for Warehouse Retail Order Processors. Insurance, weekly pay, and earn up to \$18 an hour. Liberty location. For more information please go to: apply.smjobs.com
- They are also looking for Machine Operators in Lees Summit. For more information on this please go to: APPLY.SMJOBS.COM
- Staffing Kansas City is hiring for various positions! For more information please go to: staffingkc.com/job-postings
 - Strategic Workforce Development Inc. will be having a Build it KC Pre-Apprenticeship Program starting in January 2024. For more information please call: 816-433-4682 or email: lbruce@strategicwfd.com
 - Substitute teacher positions and other substitute positions within schools across the Kansas City area exist and are in high demand! For more information, please go to: <https://www.indeed.com/q-Substitute-Teacher-l-Kansas-City,-MO-jobs.html>
 - Supplier Diversity event is on December 11th from 9-3 to promote minority-owned businesses with workshops and networking opportunities. The location is the Kauffman Foundation Center: 4801 Rockhill Rd., KCMO 64110. To register please call: 816-666-9722.
 - Sutherlands in Raytown is hiring. For more information, please go to: <https://sutherlands.com/s/raytown-mo/1220/jobs>
 - Swope Health is hiring for various positions. For more information please go to: <https://swopehealth.org/who-we-are/careers>
 - Sysco is hiring for warehouse and other positions! For more information please go to: <https://careers.sysco.com>
 - Target is hiring and will be paying up to \$24 an hour. For more information please go to: <https://jobs.target.com/employment/kansas-city-missouri-united-states-store-hourly->

jobs/1118/7163/6252001-4398678-4392183-4393217/4

- The Builder's Association Education and Training Center has a wealth of information about getting into the industry and training. For more information, please go to: www.buildersassociation.com or call: 816-595-4145.
- The Economic Development Corporation of KCMO has a, "Loan Up" program to financially assist small businesses in KCMO that are looking to grow. For more information, please go to: <https://www.edcloanorpc.com>
- The Missouri Apprentice Ready Program has a FREE construction pre-apprenticeship program that is accepting applications. There is a stipend earned with this program and at the conclusion you will have industry recognized credentialing. For more information please contact Rudy Chavez at: 816-806-1840 or: rudychavez@moaffcio.org
- The Prospect KC has a 16 week culinary training program with many additional resources. For more information please go to: <https://www.theprospectkc.org/about-us>
- The Toolbox: Small Business Resource Center is a FB site for those wanting to start a small business or for those who already have one but want some pointers. Please call for more information at: 816-309-2063. You may also email at: gmunoz@forwardcities.org.

***NEW!!! There is a Subcontractor Development Program that will educate participants on relevant things such as bidding, liens, estimates, and more! To learn more please go to: <https://www.thetoolboxkc.com/events/the-blueprint-subcontractor-development-program-1>
- Total Man CDC has a workforce development pre-apprenticeship

construction program. For more information please call: 1-800-825-0490. They are located at: 3100 East 31st, KCMO. They have a program called Aspire Workforce Development that is a 5 week pre-apprenticeship program for construction. For more information please call or go to: www.kcaspireworkforce.org

- Tri Rinse is hiring for their KC location. For more information, please go to: <https://www.tri-rinse.com/careers-kansas-city>
- Tyson Foods is hiring for full time in Edwardsville, KS. There are also part-time positions available. Please go to: <https://www.tysonfoods.com/careers>
- UMOs Building Better Futures in Independence has a National Farmworker Jobs Program. For more information please go to: <https://www.umos.org/where-we-help/missouri>. You may also call at: 1-866-789-4870. The Independence office is at: 816-714-4333. Their location is: 15301 East 23rd Street, Independence.
- Unemployment benefits, questions, to check a claim, etc. can be found at: <https://uinteract.labor.mo.gov/benefits/home.do>
- Unilever is hiring for more various open positions in our area please go to: <https://careers.unilever.com/united-states-and-canada>
- Union Station in KCMO is hiring for several different positions. Updated information can be found at: <https://unionstation.org/jobs-at-union-station>
- United Health Group is hiring for Customer Service positions. For more information please go to: careers.unitedhealthgroup.com
- University Health (formerly, Truman Medical center) is hiring for various positions. For more information please go

to: <https://www.universityhealthkc.org/careers>

- University of Kansas Medical Center is hiring for various positions. For more information please go to: <https://kumc.wd5.myworkdayjobs.com/kumc-jobs>
- UPS is hiring! Please go to: ups.loop.jobs or text: UPSRefer to 90206. You may also look on: <https://www.jobs-ups.com/location/kansas-city-missouri-united-states-jobs/1187/6252001-4398678-4392183-4393258-4393217/4>
- Upshift is a FREE site that will help you to locate part-time work in KCMO. For more information please go to: <https://www.upshift.work-for-people/kansas-city-missouri>
- USPS has some job openings. There are full and part time positions as well as seasonal only options. For tips on where and how to apply please go to: <https://uspsblog.com/applying-for-a-job>. For other information, please go to: <https://about.usps.com/careers>
- Urban League of Greater KC has some job assistance and training programs such as, "Project Pathways." This program is a pre-apprenticeship program for women and people of color and is FREE. For more information about this and other programs, please call 816-471-0550 and ask for Eric Rambo or email at: erambo@ulkc.org
- Urban Outfitters is hiring for their KCMO Fulfillment Center. The location is: 7501 NW 106th Terrace, KCMO 64153. Jobs start at \$17 an hour. For more information please go to: <https://www.urbn.com/work-with-us/distribution-and-fulfillment>
- Veterans Home Care LLC is hiring! For more information, please go to: <https://veteranshomecare.com/careers>. There are openings in KCMO!

- Walgreens is hiring for various positions. For more information please go to: <https://jobs.walgreens.com/en/search-jobs/Kansas%20City%2C%20MO/1242/4/6252001-4398678-4392183-4393217/39x09973/-94x57857/25/2>
- Walmart has multiple new job postings! For more information please go to: <https://careers.walmart.com>
- Westmor Industries, LLC in Shawnee, KS is hiring Truck Assemblers. Experience or no experience. For more information please go to: westmor-ind.com
- Women’s Employment Network: 816-822-8083. They are offering multiple services including the following free options: In-person 3 week classes, an online guided course, and online weekly workshops. All of the services are designed to strengthen skills, develop a personalized plan, receive support, and more. You may also email them at: info@kc.wen.org. To learn more about the organization, please go to: <https://kcwen.org>.
- Woodley Building Maintenance is hiring for several positions. They have open interviews Monday through Friday from 8 to 5. The address is: 8601 East 63rd Street, KCMO 64133. You may also call at: 816-358-9444.
- Workforce Partnership KC has some great resources, tools, and tips for those seeking employment even if you do not live in Kansas! Checkout the website at: www.workforcepartnership.com or call 913-279-2600 for more information!
- Workforce Training Program applications are being taken for work being done at the new KCI Airport. To learn more about this program, please go to: <https://www.cwcjv.com/wtp>
- WorkSource Staffing in NKC is hiring for Skilled Laborers and other positions. For

more information please go to: <https://www.worksourcestaff.com>. They have added 200 + positions available immediately. For more information please call: 816-221-0443. Some of the positions available are for carpenters, machine operators, manufacturing, packaging, chauffer, and more! Open interviews are on Tuesdays from 1-4 p.m. at: 310 Armour Rd., Suite 223, KCMO 64116.

- Yellow Cab KC is hiring. For more information please go to: <https://www.kansascitytransportationgroup.com/work-for-us>
- YMCA of Greater Kansas City is hiring Youth Development Leaders. Text YJOBS to 97211.
- Zip Recruiter has resources for job seekers in addition to job postings. For more information please go to: <https://www.ziprecruiter.com/>

MENTAL HEALTH, SUBSTANCE ABUSE AND RUNAWAY/HOMELESS YOUTH SERVICES

- Access Crisis Intervention (ACI) is a program through the Missouri Department of Mental Health to help connect people experiencing a mental health crisis to services. For more information please go to: <https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/behavioral-health-crisis-hotline>
- Basic Centers: Great Circle in Springfield (www.greatcircle.org); Epworth Children and Family Services in St. Louis (www.epworth.org); and Restart Inc. in Kansas City (816-309-9048).
- Christine’s Place Drop-In Center is for women that have been victims of prostitution and human trafficking. They offer a variety of resources and assistance. For more information, please go to:

<https://www.rpor.org/christines-place-drop-in-center>. Their phone number is: 816-301-5571. The address is 5108 Independence Ave., KCMO 64124.

- Comprehensive Mental Health: 816-254-3652. The website: <https://thecmhs.com>
- Crittenton in KCMO offers a variety of services on an outpatient basis such as adolescent substance abuse. The contact for that is Molly Pelletiere at 816-668-0341.
- First Call has many services for individuals, families, and children of families with substance abuse/mental health issues. For more information please call: 816-361-5900.
- Healing House offers a variety of help and support for those seeking to recover from substance abuse. For more information, please go to: <https://www.healinghousekc.org> or call: 816-920-7181.
- Hillcrest Transitional Housing serves youth ages 16-24 and has campuses in Independence, KCK, and Overland Park. This provides free rent and housing for up to 2 years for individuals, single mothers, families, and couples. Youth will receive extensive life-skills training and various other supports. To learn more about this program please go to: <https://hillcrestkc.org/apply-for-housing/youth-transitional-housing>
- Home Free program in partnership with Greyhound Bus offers FREE tickets to youth that have runaway and want to come home. Free tickets are also being offered to the parent or legal guardian if the youth is under 15 years old. The number to call is the NRS Helpline at 1-800-786-2929.
- KC Mothers in Charge offer different support groups to help people heal from the trauma of losing a loved one because of violence. One group is called “Hope is Healing.” For more information please go

to: <https://www.kcmothersincharge.org/> or call: 816-912-2601.

- Male support group for victims of domestic violence is every Tuesday from 5-6 p.m. via Zoom. For more information please call Rebecca Rickard at: 816-514-1308.
- Men's Virtual Support Group through MOCSA. This is for men who have been sexually abused, assaulted. It is Tuesdays from 5:30 p.m. to 7 p.m. Please contact Tracy for details at: 816-285-1348.
- NAMI offers a variety of trainings, supports, and more to those needing assistance with mental illness. Please go to: <https://namimissouri.org>. They also have a training program called, "NAMI Smarts for Advocacy." Their HelpLine is: 800-374-2138. This is 9 a.m.-5 p.m. on weekdays and 3 p.m.-9 p.m. weekends and holidays.
- Neighbor 2 Neighbor can help someone who has substance abuse problems gets into recovery and temporary recovery housing. Contact Greg Parr for more information at: 816-606-4509.
- Pathways Transitional Living Program can assist youth in need: 816-508-1700.
- Rediscover Mental Health (Children's Services): 816-966-0900; Urgent Care (Adults Only): 816-988-2739. Please note that the Urgent Care for adults only is at 7001 Blue Ridge Blvd. and the hours are 7 days a week from 9 a.m.-9 p.m. Walk-ins are accepted until 7:30 p.m.
- Rehope (formerly Restoration House) provides comprehensive services for women and children that are victims of sex trafficking. For more information please go to: <https://www.rehope.org>
- Safe Place is a program for youth 12-21 that are in need of immediate housing assistance. They can go to any QT (Quick Trip), Mid-Continent Public Library, or fire station and ask for "Safe Place." There are other

places that are listed on the website. Employees are trained to contact an appropriate program that will connect the youth with a safe place to go. For more information about this program please go to: <https://www.nationalsafeplace.org/what-is-safe-place>. You can also call: 816-741-8700. You, can also TEXT4HELP- text "SAFE" and your street address, city, and state to "44357" and they will find you the closest Safe Place location (24 hours a day).

- Shady Frase Farms recovery meetings are for anyone dealing with mental health and/or substance abuse issues. The meetings are every Monday at 7 p.m. and are open to anyone. The meetings are at The Higher Event Space: 17601 East US Highway 40, Suite D, Independence 64055. For more information please contact Jeff at: 913-634-9895 or email: shadyfrasefarms@gmail.com
- Solace Seekers is a community grief support group. Beginning November 9th, these meetings will occur every second Thursday of the month from 5:30 to 7:30 p.m. Topics will vary every month. Meetings will be at Pebble Creek Assembly of God: 13800 East 51st Street, KCMO 64133.
- Starfish Transitional Living provides sober living housing, job support, peer support, and mental health resources for women in recovery in Kansas City. For more information please go to: <https://www.starfishsobrietyhouse.org>
- Swope Behavioral Health: 816-923-5800. The website is: <https://swopehealth.org/behavioral-health-outpatient-services>
- Teen Safe Space is open for children and teens at Jamison Memorial Temple at: 3115 Linwood Blvd., KCMO 64110. This is an Operation Hope and Healing project and is free of charge. The Safe Space phone is: 816-283-6135. Aim 4 Peace has information about this program by emailing: Rashid.Junaid@kcmo.org

- Transitional Living Programs: Synergy Services in Parkville (www.synergyservices.org); Drumm Center for Children, Inc. in Independence (www.drummforkids.org); The Halo Foundation: Helping Art Liberate Orphans (haloworldwide.org); Youth in Need in St. Charles (www.youthinneed.org); Stepping Stones in KCMO (<https://everychildshope.org/kansas-city-steppingstone>).
- University Health (formerly Truman): 816-404-1000. The website is: <https://www.universityhealthkc.org/services/behavioral-health>
- Uzazi Village has grief and loss groups for those who have had pregnancy and parenting issues. These sessions are the 3rd Fridays from 4-6 p.m through December 2023. For more information please email: therapy@uzazivillage.org
- Youth Urgent Care Clinic to help meet the mental health needs of youth is now open in Raytown. This serves ages 5-17 and is open 7 days a week, including holidays and the hours are 9 a.m. to 9 p.m. with the last full admission at 7:30 p.m. with triage occurring after that time. The location is: 7001 Blue Ridge Blvd., Raytown 64133 and the phone is: 816-995-8417.

NON-EMERGENCY NUMBERS

- Blue Springs Police Department Non-Emergency Number: 816-228-0150
- Independence Fire Department Non-Emergency: 816-325-7123
- Independence Police Department Non-Emergency: 816-325-7300
- Kansas City 311 and related Non-emergency numbers can be found at: <https://www.kcmo.gov/city-hall/311>
- Kansas City Police Department Non-Emergency: 816-234-5111

- Raytown Fire Department Non-Emergency: 816-737-6034
- Raytown Police Non-Emergency: 816-737-6020

PETS

- Armani's Angels KC is an organization that will help raise funds and provide assistance to pet owners whose pets are ill or injured. The website is: Armanisangelskc.org for further information or to apply for assistance.
- Care Credit may be able to help pet owners who have pets with medical needs. For more information please go to: <https://www.carecredit.com/pet-insurance>
- Chain of Hope: 816-221-8080
- Fix'em KC is a nonprofit whose mission is to reduce the homeless animal population in the greater Kansas City area by subsidizing spay/neuter surgeries for pet owners and more. To see what is offered please go to: <https://www.fixemkc.org>. You may also call: 913-303-9786.
- Frankiesfriends.org is a resource to help struggling pet owners keep and take care of their pets. Please visit the website to apply for assistance.
- Intellihelpets is a FB site where pet owners may post a need and/or post things they have to give. All pet related.
- Independence Animal Services has a program where you can get free spay and neutering services if you qualify. You must either live in Independence or unincorporated Jackson County and meet other qualifications. They can also be a potential resource for dog and cat food if you reside in Independence or in some parts of unincorporated Jackson County. You may call them at: 816-325-7207. The location is: 21001 M-78 Hwy., Independence. To get more info you may

email your first and last name, phone, and address to: petadoptions@indepmo.org

- Jasmine's Corner @ Jewish Family Services is a PET FOOD pantry with KS & MO locations. Call 913-327-8250.
 - KC and Surrounding Area Cats Needing Homes is a FB site that may be able to help pet owners in need and posts resources as well.
 - KC Pet Project (PET food); can provide emergency pet food (when available) during normal business hours in the Admissions Dept. 7077 Elmwood Ave., KCMO, 64132. CALL TO VERIFY HOURS AS THESE HAVE AND WILL CONTINUE TO CHANGE BASED ON STAFFING SHORTAGES. CALL: 816-683-1383. They also have a program called, "Home Away from Home: Crisis Boarding Program." This is a great resource to help temporarily board pets while their owners seek to secure housing and stability. You may call or go to: Kcpetproject.org. MUST be a resident of KC for the boarding program. They will be having a mobile vet clinic now available to provide many services. For more information please email: mobileclinic@prckc.org.
- ***NEW!!! Every Wednesday there will be an adoption special to help dogs find new homes. This is called, "Waived Fee Wednesdays" and will occur until further notice. For more information about this and the adoption process please call them at the above referenced number!
- Lantz Tucker Memorial Fund for Pets has a FB site that explains who they are, what they do. They may be able to assist with various PET health needs and surgery.
 - Metropolitan Community College has a list of food pantries as well as pet food pantries. For more information please go to: <https://mccckc.edu/counseling/food-pantries.aspx>

- NAWS Northland Animal Welfare Society may be able to help people with their pets if they meet the qualification guidelines. Assistance or possible assistance is by appointment only. To inquire about assistance please call: 816-336-1888. The address is: 6972 N. Broadway, Gladstone 64118.
 - Nextdoor and Pawboost are free apps that you can post on to find lost pets. For more info on Nextdoor please go to: <https://nextdoor.com>. You can find and post other info as well. For more on Pawboost please go to: <https://www.pawboost.com>
 - Northeast Animal Hospital may be able to help pet owners identify resources to help them care for their pets. Their phone number is: 816-241-6655.
 - Pet Community Outreach Kansas City Area is a FB group that offers support and some resources.
 - Pet Helpline is available to help pet owners with questions and needs. Please call: 816-683-1383, Mon-Sat, 9 a.m. to 6 p.m. and Sun, 9 a.m. to 5 p.m.
 - Pet Resource Center of KC; helps with various PET needs. Call 816-353-0940, ext. 5 or visit prckc.org. They have an outdoor universal microchip scanner that you can use to see if a pet is chipped. You can then use the following to enter the number on a chip: <https://www.mypethealth.com/auth/report/pet>. You may also email outreach with any needs at: outreach@prckc.org
- They offer a pet food pantry and all you need to do to access this is to complete an application and there are no requirements that you live in a certain area. They have wet and dry pet food and sometimes bird seed and rabbit food. Cat litter and milk replacer is also sometimes available. Please call for more information or go to: prckc.org

***NEW!!! The Urgent Care for pets has moved to the new building at: 5829 Troost Ave., KCMO. This is open Monday-Thursday but will CLOSE once 10 patients has been reached. First come, first served. When you arrive, park in one of the numbered parking spaces and scan the QR code to get checked in. Wait in your vehicle and a technician will be out when it is your turn. Please call with questions!

- Pet Vet Corner is a FB group where you can ask questions of veterinarians and get their perspective on your pet's medical and health needs. Only actual vets answer the questions!
- Project Pet Warmth is on December 10th from 11 a.m. to 1 p.m. FREE resources to be given out are: dog houses, pet bowls, blankets, dog and cat food, straw, pet ID tags, and more! This is for KCMO residents and while supplies last. This will be at the YMCA: 3800 Linwood Blvd., KCMO 64128.
- Redemptorist Center is at: 207 W. Linwood, KCMO. Enter off Wyandotte (in the rear). Please call for questions or for info about the pet food pantry at: 816-931-9942 or email at: info@redemptoristcenter.org.
- The Pet Connection is now open in Raytown at: 6204 Arlington. Renovations are continuing at the building. For more information you can call the Kansas location at: 913-671-7387.
- The Rescue Project at Rescueproject.net helps struggling pet owners in Kansas City and surrounding areas. 816-366-5434.
- Wayside Waifs (PET FOOD): 816-761-8151
- Westlake Wednesday in Raytown will be a vaccination event for pets on September 27th from 10 a.m. to 2 p.m. The event requires registration at: <https://prckc.org/pet-vaccinations>. The address is: 10130 W. 350 Hwy., Raytown 64138.

PHONES/COMMUNICATION

- Boost Mobile is giving a free phone for a year to people who get food stamps or meet FPL Standards. For more information please go to: www.boostmobile.com/plans/acp.html
- First Net is a program through ATT designed for first responders and those that support their efforts in some vital way. It is designed to keep such people connected first under emergency circumstances and ensure they are able to perform their vital duties. For more information please go to: <https://about.att.com/story/2022/firstnet-family.html>
- Lifeline Assistance Free Government Cell Phones in Missouri has multiple possible options:
 - Assurancewireless.com
 - Qlinkwireless.com or 855-754-6543
 - Access Wireless at 800-464-6010
 - Americanassistance.com or 866-966-2628
 - Assist Wireless at 855-392-7747
 - Bluejaywireless.com or 855-425-8529
 - Myeasywireless.com or 855-574-2036
 - Entouchwireless.com or 866-488-8719
 - Life Wireless at 888-543-3620
 - Safelink Wireless at: www.safelinkwireless.com or 800-723-3546
 - Standup Wireless at 800-544-4441
 - Tag Mobile at 866-959-4918
 - Tempo Communications at 877-822-8501
 - Truconnect Phone at 800-430-0443

SENIOR SERVICES

*****CVS PHARMACY AT 5310 BLUE RIDGE BLVD., RAYTOWN HAS DISCONTINUED THEIR PHARMACY HOURS ON THE WEEKEND DUE TO STAFFING!!!**

- AARP offers assistance to those 55 and older who are unemployed and looking for work. This is through the SCSEP or Senior Community Service Employment Program. For more information please call: 855-850-2525 or go to: <https://www.aarp.org/aarp-foundation/our-work/income/scsep>

AARP has a free tax resource at: https://www.aarp.org/money/taxes/aarp_taxaide
- Adult Abuse and Neglect Hotline: 1-800-392-0210
- Area Agency on Aging & Services develops and implements programs/services for older persons at the local level. They can be reached at: 1-573-526-4542.
- Assistive Technology offers programs to provide low cost assistive devices to people of all ages that have disabilities. Please call: 816-655-6700.
- Bishop Sullivan: 816-231-0984. Please also call this number for information about Project ElderCool!
- Bowen Towers located at: 6140 Raytown Road, Raytown, MO 64133, has studio through 3+ units in their building. This is independent living but has services and activities for the residents. Please call for more information at: 816-353-5678.
- Breaktime Club offers FREE respite care to caregivers in a safe and fun environment. For more information please contact Sinath Ouk, Program Coordinator at: 816-356-9000.
- Caregiver Action Network has a multitude of resources for those in a caretaker role, those

who have a traumatic brain injury, and more. For information please go to: <https://www.caregiveraction.org>

- Caregivers of the elderly have a new support group called, “Breaktime Club.” This is a NO cost respite break for caregivers so you can focus on your well-being. Trained staff and volunteers do activities with your loved ones while you do what you need to do be it errands, self-care, etc. The person being cared for while you take care of yourself must be at least 60 years old and able to manage daily living activities with minimal assistance and function in a group environment. Please contact the Program Coordinator, Sinath Ouk at: 816-356-9000 or email: btcdircr@gmail.com
- Chair Fitness for older adults is offered through the Southeast Library Branch (6242 Swope Parkway). The program will be held every Wednesday from 10-11 a.m. You MUST RSVP beforehand by calling: 816-701-3484.
- Connection Point Church in Raytown has a seniors commodities program that is income based and provides a box of groceries to seniors 60 years and better. For more information, please contact: Jenna Remack at 816-778-1138.
- Don Bosco Senior Center is at 580 Campbell Street, KCMO 64106. They offer many resources for seniors in Kansas City and may be able to direct you if you live elsewhere. Their number is: 816-691-2900.
- Dedicated Senior Medical Center is a new facility in Independence that offers access to high quality care especially for seniors. It is located at: 1010 W. US Hwy 24, Independence 64050. The phone number is: 816-608-0158.
- Eldercare Locator is a service that connects seniors with trustworthy local support resources. The number is: 800-677-1116.
- Fit Four U Health & Fitness offers FREE, virtual chair fitness classes every Tuesday at Noon. The Zoom link is: <https://bit.ly/3qfgQhz>. You may also call with questions at: 816-772-9753.
- Grandparents for Gun Safety is a local nonprofit with many resources. For more information please go to: <https://grandparentsforgunsafety.org>
- Grandparents Support Network KC is a means by which for grandparents raising their grandchildren to link to services to support them in doing so. For more information please see: <https://community.umkc.edu/engagements/grandparents-support-network-kc/#:~:text=The%20Grandparents%20Support%20Network%20KC,successful%20caregivers%20of%20their%20grandchildren.> You may also call: 816-235-2490 or 816-482-5850.
- Health Insurance Assistance Program provides counselors to help you understand and get the most of your Medicare benefits. Please call: 1-800-390-3330.
- Home Instead has information for people who suddenly must take on the role of caregiver. There are other resources as well. For more information please go to: <https://www.homeinstead.com/care-resources/care-planning/suddenly-youre-a-caregiver-now-what>
- Hospice and Palliative Care Association is a nonprofit dedicated to supporting and strengthening coordinated care for anyone in Missouri who is terminally ill. They also offer assistance and support for the families of those terminally ill. The number is: 1-573-634-5514.
- Inflation Reduction Act has information for seniors on Medicare that will better assist them to access affordable kinds of health care. For more information please go to: <https://www.cms.gov/inflation-reduction-act-and-medicare>
- Jackson County Legislature has approved tax credits for seniors. For more information please go to: <https://www.kctv5.com/2023/09/18/jackson-county-legislature-approves-property-tax-credits-seniors/#:~:text=Jackson%20County%20lawmakers%20voted%20overwhelmingly,receive%20social%20security%20to%20qualify.>
- Kansas City Public Library will be hosting AOA Chair Fitness for older adults. Increasing your flexibility reduces stiffness and pain! The class will be held every Wednesday from 10-11 a.m. but you MUST RSVP for a spot. Please RSVP at: 816-701-3484 or register at: kclibrary.org The location is: the Southeast Library at: 6242 Swope Pkwy.
- Legal Aid can help anyone 60 + or someone who is disabled and is a Jackson County property owner worries about their tax assessments. For more information please call: 816-474-6750 or 816-474-9868.
- Life Transitions is a series for seniors and their families to get support, resources, and knowledge. This is an ongoing series through St. Joseph Medical Center. Sessions began on October 18th but have future dates and topics. For more information please go to: <https://www.eventbrite.com/e/life-transitions-a-community-education-series-tickets-719191831127>
- Long Term Care Ombudsman Program provides support and guidance with problems or complaints about residential care facilities. The number is: 1-800-309-3282.
- Medicare general information can be found by calling: 1-800-633-4227.

- Medicare Part D has a number you can call for more information about what this offers and that number is: 1-800-633-4227.
 - Mid-America Regional Council (MARC) in Kansas City, MO has links to many excellent services for seniors. Please go to: <https://www.marc.org/Community/Aging>
 - Missouri has a link for those approximately 60 and up that has many resources. Please go to: <https://health.mo.gov/seniors/aaa>
 - Missouri Claim is an organization that provides free and unbiased counseling and education to Missouri Medicare beneficiaries. They can help people better understand the options and pros/cons of various policies, making application to such, and submitting claims as well as other things. For more information please go to: <https://www.missouriclaim.org>. You may also call: 1-800-390-3330.
 - Missouri Property Tax Credit is a tax credit available for some senior citizens and those that are 100% disabled. The credit is a max of \$750 for renters and \$1100 for owners. For more information please call: 573-751-3505. You may also go to: <http://dor.mo.gov/personal/ptc>
 - Missouri Senior Farmers' Market Nutrition Program can provide benefit vouchers to low-income seniors, 60 and up that reside in one of the 47 eligible Missouri counties. Eligible seniors receive \$50 in benefits and these can be exchanged for eligible foods at a farmer's market or roadside stand with an authorized farmer. For more information please go to: <https://agriculture.mo.gov/abd/fmkt/>
 - Missouri SHIP is a resource that can help you to select the right Medicare plan and provide additional assistance. For more information please go to: <https://www.missouriship.org>. You may also call: 1-800-390-3330.
 - NKC Hospital has multiple FREE online course offerings pertaining to health and wellness. Some examples of these offerings include but are not limited to: A fall/risk class, healthy living, heart health, everything about diabetes, tobacco cessation, and weight loss seminars! There are also free lunch and learn classes. To access these, please go to: nkch.org/Lunch. To learn about support groups for various things, please go to: nkch.org/SupportGroups. They also have something called, "Club W" which stands for women, wisdom, and wellness. There are many free and virtual offerings. For more info, please go to: ClubWkc.com/Events.
 - North Kansas City YMCA has programming for older adults through, "Active Older Adult Programming." They even have an email newsletter! Please contact Lauren for more information at: laurencrome@kansascityymca.org
 - Northland Grandfamilies Support group is available to grandparents raising their grandchildren or those needing some extra support for whatever reason. You do not need to live in the Northland! For more information, please call: 816-468-0400, extension 330 or email at: annk@tri-countymhs.org
 - Optum Community Center is a facility for people 55 and older that offers workout facilities, classes, and much more! For more information please go to: <https://info.optum.com/kansas-city-care> or info.optum.com
 - Prescription Assistance is possibly available through the Partnership for Prescription Assistance. You can call at: 1-888-477-2669 or go to: pparx.org
 - Project Eldercool can help seniors get fans or a/c to beat the heat! For more information please go to: <https://www.bishopsullivan.org/get-help/project-eldercool>. You may also call: 816-231-0984.
 - Raytown Fire HELPS can when supplies are available give out durable medical equipment that has been donated and give it to residents in need. Please call for more information at: 816-737-6034. Please also consider donating any still good and usable items that you may have!
 - Ready.gov has information to help seniors be prepared for emergencies and disasters. For more information please go to: https://www.ready.gov/sites/default/files/2023-09/ready-gov_disaster-preparedness-guide-for-older-adults.pdf
- Another related resource for seniors and disaster preparedness: Red Cross has something called, "Disaster Preparedness for Seniors by Seniors" and that can be found at: https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf
- Samantha Heights located at: 130 E. College Street, Independence, MO 64050, has one bedroom openings for those 62 years old and up. This is independent living but has services and activities. Please call: 816-254-0170 for more information.
 - Sandwiched KC is a FB group for people who are caring for their parents, grandparents, etc. Besides the FB site, there is a number: 816-472-9178. You may also email: info@sandwichedkc.com
 - Senior and Disability Services provides a list of services available to seniors or people with disabilities. The number is: 1-573-751-6400.
 - Senior Farmers Market Nutrition Program can give eligible seniors (60 and up), free vouchers for food/produce at participating

farmers markets. For more information please contact the University of Missouri Extension office at: 816-442-5850. You may also email: sullivand@missouri.edu or cottonmr@missouri.edu

- **Senior Resource Line** is an easy to use resource line for Missouri seniors. Individuals may call the line, input their zip code and telephone number and automatically be connected to their local Area Agency on Aging as well as other necessary services and organizations. The toll free number is: 1-800-235-5503.
- **Senior Saturday** for senior citizens is available every 4th Saturday of the month at Mt. Sinai Missionary Baptist Church. The location is: 3634 Brooklyn Ave., KCMO 64109. The event runs from 11:00 a.m. to 2:00 p.m. and has fun, food, prizes, and more! Some transportation may be available but, you need to set that up by the Monday BEFORE the event. Please call: 660-232-4464.
- **Seniors Blue Book Resources** for Ageing Well has links to many different kinds of resources. For more information please go to: <https://seniorsbluebook.com/local/kansas-missouri-kansas-city>
- **Shepherd's Center of Raytown** has many services and resources for those residents that are older. Please call: 816-356-9000 or go to the website at: <https://shepherdscenterofraytown.org>
- **Southeast Branch of the Kansas City Public Library** has "Let's Talk: Senior Conversations." This is on November 21st from 11 a.m. to 12 p.m. Discussed will be current events, legacy, and much more. For more information and the specific address please contact Mary Roberson at: 816-701-3671.
- **Take Control in 1-2-3** is a disaster preparedness guide for seniors in disasters/emergencies to ensure they are

well-prepared. For more information please go to: <https://www.ready.gov/older-adults>

- **Wolfner Library** is a FREE public library service offering postage paid materials to people who cannot use standard print items due to having a visual, physical, or reading disability. This will provide FREE access to braille and large print materials as well as audio items to users of all ages. There is also a free audio and web braille download service! For more information, please go to: <https://www.sos.mo.gov/wolfner>.
- **Youth Life Link** is a free lawn care service for Raytown residents only who are seniors and/or low income (prioritized first). There is a \$20 application fee. For more information call John at: 816-772-3398.

TAXES

*****NEW!!! THERE IS A NEW FB SITE TO HELP SUPPORT JACKSON COUNTY PROPERTY OWNERS WHO ARE CONCERNED ABOUT THEIR TAXES. THE FACEBOOK SITE IS CALLED, "Jackson County MO Property Assessment-Info and Success Stories."**

THE JACKSON COUNTY ASSESSOR'S OFFICE HAS SOME APPOINTMENTS TO HELP PEOPLE WITH PROPERTY TAX ISSUES. FOR MORE INFORMATION PLEASE GO TO:
<https://www.jacksongov.org/Government/Departments/Assessment>

- **AARP** has a free tax resource at: https://www.aarp.org/money/taxes/aarp_taxaide
- **Child Tax Credit Payment** questions can call: 1-800-829-1040.

- **Greater Kansas City Federal Executive Board** has information about tax help at: <https://kansascity.feb.gov/free-tax-help>
- **IRS** has information about the **Child Tax Credit** payments and the **third Economic Impact Payments**. The purpose of this information is to help you reduce errors when completing your taxes. For more information, please go to: go.usa.gov/xt3mm

The IRS Vita tax help locator can be found at: <https://irs.treasury.gov/freetaxprep>.
- **Jackson County Property Tax Appeal Workshops** will be happening to help people who need to appeal their property taxes on their homes. For more information please go to: <https://www.eventbrite.com/e/jackson-county-tax-appeal-workshops-in-june-2023-tickets-657837829657>
- **KC Metro Tax Coalition** is a group that offers free tax services to those in need. For more information about who is involved in this effort (who to contact), please see: https://www.volunteerwggkc.com/agency/detail/?agency_id=125461. You may also email them at: kcvita@missouri.edu. They are available by phone at: 816-237-0134. In partnership with the Salvation Army is offering free tax help to those who qualify. This will be at the **Linwood Center Salvation Army** at: 101 W. Linwood Blvd., KCMO 64111. Call for an appointment at: 816-756-2769, M-F, 9 a.m.- 2 p.m.
- **Kansas City Tax Clinic** is available to offer FREE tax services to those who qualify. For more information please call: 816-235-6201 or email at: umkclawtaxclinic@umkc.edu
- **Legal Aid of Western Missouri** has a comprehensive website with lots of information about things such as a low-income tax payer clinic, an MHDC grant that helps keep people in their homes, an online

application for assistance, and more! Please go to: <https://lawmo.org/get-legal-help/>

- Low Income Tax Payer Clinic of Legal Aid of Western Missouri can assist tax payers who are in need and qualify for services. For more information please go to: <https://lawmo.org/>
- Missouri Property Tax Credit is a tax credit available for some senior citizens and those that are 100% disabled. The credit is a max of \$750 for renters and \$1100 for owners. For more information please call: 573-751-3505. You may also go to: <http://dor.mo.gov/personal/ptc>
- MLM Financial Opportunity Center (FOC) is sponsoring a Facilitated Self-Assistance (FSA) site in partnership with the IRS. They will have a computer available as well as a certified IRS coach available to assist with online filing. Contact Coach Troy at: 816-285-3131.
- My Free Taxes is able to help those in need who qualify, help with taxes. For more information please go to: <https://myfreetaxes.com>
- Property Tax Credits may be available up to \$750 for renters and \$1100 for homeowners! For more information please go to: <https://dor.mo.gov/taxation/individual/tax-types/property-tax-credit>
- United Way 211 has information about tax prep services for those that meet eligibility requirements. They may be contacted at: 816-474-5112. You may also visit: <https://bit.ly/211kctaxes>.
- VITA tax sites: Please call 1-800-906-9887 to find a VITA (Volunteer Income Tax Assistance) location.

*****SPECIAL NOTE THAT RIDE KC BUSES ARE ZERO FARE THROUGH 2023 BUT IT IS UNCLEAR IF THAT WILL CONTINUE INTO 2024.**

- Around Town RideShare; 816-209-9428; Welfare to Work transportation services for those currently enrolled in a State assistance program that have no means of transportation to/from employment. To see if it is available and if you qualify, call 816-209-9428.
- Disability Transportation Network: A free service that connects those with transportation needs with available providers in the community. The rides are not free but you can call the respective provider to see about rates, discounts, etc. Go to: <https://morides.org> or call 844-836-7433 for more details.
- First Impact is a FREE program offered by ThinkFirst Missouri that is a traffic safety program that educates parents and teens about Missouri's Graduated Driver License as well as providing them with the tools to monitor, coach, and support teen drivers. This is done to reduce injuries and fatalities as well as to improve overall safety! For more information please go to: <https://medicine.missouri.edu/offices-programs/first-impact>
- Gas Buddy can help you find the cheapest gas prices anywhere. For more information please go to: <https://www.gasbuddy.com/home>
- Green Light may be able to assist people who cannot afford to renew their tags, register their cars, pay insurance premiums, or get a license reinstated. For more information please go to: <https://kcbail.fund/project-green-light/>
- Higher Power Garage in Joplin, MO will make some car repairs for FREE and try to help whenever possible. For more

information about this program please go to: <https://www.higherpowergarage.org>

- Hope Bus (via Hope-Faith Ministries). Hope Bus is a KC Community Transportation initiative designed to remove the barriers of transportation between all the homeless/low-income human and social service agencies here in the Kansas City area. By connecting all the agencies into one central artery, we can now provide support for the whole person and reduce the amount of time someone experiences homelessness. Please call 816-471-4673 for details.
- Hope Network in Raytown may have services to assist with some car repairs. Please contact Michele Workman at 816-778-1105 to see if this service is available. Availability is contingent upon having the resources to provide assistance.
- IRIS is a new ride-hailing service that offers free and low-cost on-demand public transit. For more information please go to: RIDEIRIS.COM
- Jackson County Public Health is now offering free Lyft passes for people in Eastern Jackson County. These passes allow people to take round trips to and from the Jackson County Public Health. All riders must be 17 or older and if younger, an adult must be present. Please provide your own car seat if needed. If you are in need of transportation to the clinics for appointments, resources, birth certificates, and more, please reach out to the team! You can email at: JACOHDcommunityhealth@uhkc.org or call: 816-447-0421.
- Jewish Family Services may be able to help with bus passes or gas cards but funding for this is not guaranteed. To check availability please call: 913-327-8250 and ask for Maggie who is the Director of the Keshet program. This is the number to call even if you are in Missouri. They may know of

TRANSPORTATION

other resources if you have additional and different kinds of needs!

- KCMO PD has FREE steering wheel locks for Kia and Hyundai car owners (certain models) but you MUST be a resident of KCMO. For more information about how to obtain a steering wheel lock please go to: <https://www.kcpd.org/media/news-releases/kcpd-offers-free-steering-wheel-locks-to-kia-hyundai-owners/#:~:text=If%20your%20vehicle%20qualifies%2C%20you,Identification%2C%20and%20Proof%20of%20Ownership>.

You can get them from 9 a.m. to 3 p.m. M-F but you must be a KCMO resident, have a valid ID, and provide proof of ownership. Only specific years and makes of Kias are eligible. **THEY ARE AWAITING MORE HYUNDAI LOCKS TO ARRIVE!**

- Lyft can offer rides free of charge to job interviews, other possible related appointments. This is now available in KCMO. For more information please go to: <https://www.lyft.com/lyftup/jobs-access/get-help>
- Midwest Krawlers has an inclement weather snow squad that can help first responders get to work during bad weather. Please know that this depends on availability and is subject to certain weather conditions being met. This is a nonprofit organization so to learn more or to request a ride please go to: <https://midwestkrawlers.com/index.php/snow-squad>
- On-demand Transit is now available throughout KCMO, North Kansas City, and Gladstone with IRIS. This is an easy, convenient, safe, and affordable option for transportation! To learn more please go to: <https://ridekc.org/rider-guide/iris>
- O'Reilly's in Raytown at: 7403 Raytown Road will read what your check engine light is on for and give you a detailed printout of what the code(s) mean and what level of

difficulty it likely will be to repair. This is FREE and no appointment is necessary.

- Raytown Metro Flex offers request based services in a set service area. 24 hour notice is required. You may also request, "standing order" service if you have an appointment that occurs same day/time. For information about these services, costs and questions please call 816-346-0802.
- Ride KC: For planning your route, please go to: <https://ridekc.org/planning/ridekcx-next>. For more information please call: 816-221-0660. The buses and streetcars remain free.
- Rides 4 Heroes has a welfare to work transportation service program to help those currently enrolled in a state assistance program that have no means of transportation to and from work. To get more information please call: 816-209-9428.
- Road conditions can be checked across the state at: <http://traveler.modot.org/map>
- Swope Health is able to offer some limited transportation services to appointments. To request transportation services and to get more information about how much noticed and such is needed please call: 816-599-5575. Generally, you must give at least 5 days notice in advance.

UTILITY HELP

EVERGY CUSTOMER SERVICE IS: 1-888-471-5275. CALL TO SEE WHAT HELP MAY BE AVAILABLE. YOU MAY ALSO GO TO: WWW.EVERGY.COM/FINANCIALASSISTANCE.

THE CONTACT FOR SPIRE ENERGY IS: 1-800-582-1234.

- Bishop Sullivan Center may be able to help with utilities depending on availability of funds and where you live. For more information, please call: 816-561-8515,

extension 205 or go to the website at: Bishopsullivan.org

- Built for Jesus is a diverse Christian based group of people who have a passion for helping people and are located in Independence. They may be able to assist with some home improvements and repairs. There is a FB site or you can call: 816-809-6874.
- Catholic Charities: 816-221-4377
- Cold Weather Rule information which can prevent disconnections during cold weather can be found at: <https://www.kctv5.com/2023/10/30/cold-weather-rule-takes-effect-missouri-kansas/>
<https://www.kttn.com/missouris-cold-weather-rule-takes-effect-november-1-2023/#:~:text=Prohibits%20the%20disconnection%20of%20heat,gas%20and%2For%20electric%20customers>
- Community Assistance Council: 816-763-3277
- Connection Point Church in Raytown may be able to help with rent, mortgage, or utility assistance. For more information, please contact: 816-778-1105.
- ERPP or Economic Relief Pilot Program can provide up to a \$65 credit for your energy use if you qualify. For more information, please go to: <https://www.evergy.com/manage-account/billing/financial-help/economic-relief-pilot-program>. You may also call the hotline at: 816-756-5392. Another website is: WWW.EVERGY.COM/ERPP

Call Center hours of operation have changed. They are open 7 a.m. to 5 p.m., Monday through Friday effective from June 19th forward. The emergency after hours line will continue to be 24/7.

- Everygy is rolling out new time-based plans for Missouri residents. For more information please go to:

<https://www.everygy.com/landing/missouri-rate-plans>
- Help with utility costs and information about LIHEAP can be found at: MYDSS.MO.GOV
- Hope Faith: 816-471-4673
- LIHEAP information can be found at: <https://mydss.mo.gov/energy-assistance>
- Metro Lutheran Ministries: 816-931-0027
- Morningstar Missionary Baptist Church of Jesus Christ may be able to help with food and utilities. Please call: 816-923-3559
- Raytown Water Company: 816-356-0333. 10017 E. 63rd, 64133. <https://raytownwater.net>
- REAP: 816-356-0054
- Salvation Army: 816-241-6485 or 816-252-3200
- Spire has free energy assistance webinars. To register for these events and for more information, please go to: <https://spireenergy.com/community-events>. You may also go to the following for assistance: SpireEnergy.com/Assistance

VETERANS SERVICES

- 24/7 confidential crisis support is available by dialing 988 then press 1. You can also text: 838255
- About Face is a program to help Veterans deal with PTSD. For more information please go to: <https://www.ptsd.va.gov/apps/Aboutface>
- American Corporate Partners (ACP) is a national nonprofit that helps veterans with employment. For more information please go to: <https://www.acp-usa.org>
- American Legion Post 21 in Independence has a food box pantry on the last Saturday of the month from 8:30 a.m. to 10:30 a.m. You must show proof of your Veteran status. Sometimes they will also have toiletries. The address is: 16701 E US HWY 40, Independence, 64055. The number is: 816-373-0221.
- App Store VA Mobile has MANY possible apps to help Veterans and their families. For more information please go to: <https://mobile.va.gov/appstore>
- Battle Within is able to provide a variety of supports to Veterans. For more information please go to: <https://www.thebattlewithin.org>
- Buddy Check 22 Day was passed in Missouri in 2020 to promote education and awareness of the problems facing military personnel. For more information please go to: <https://dmh.mo.gov/missouriBC22>
- Catholic Charities of Kansas City & St. Joseph has, “Supportive Services for Veteran Families, Veterans Workforce.” For more information, please contact James Madril at: 816-659-8315. You may also try: 816-659-8263 for more information.
- Caregivers on The Home Front is a nonprofit organization that serves families who have someone actively enlisted or serving or whom are caring for Veterans. A variety of help is available such as advocacy, support groups, etc. Please see their FB page or call 816-462-2022.
- DOL Vets Resource Guide 2.0 is a comprehensive resource directory for Veterans and their spouses. For more information please go to: https://www.dol.gov/sites/dolgov/files/VETS/files/DOL_VETS_Resource_Guide_JUL2023.pdf
- Domiciliary Program for Homeless Veterans: <https://www.va.gov/homeless/dchv.asp>
- Homeless Vet Resources: 1-877-424-3838. <https://www.va.gov/homeless/gpd.asp>
- Hope Faith (HVAC: Homeless Veteran Assistance Coalition); Chris Stout: 816-471-4673 Extension 322). You may also visit their website at: www.hvackc.org
- KC Warrior Coalition is able to provide a variety of supports to Veterans. For more information please go to: <https://www.kcwarriorcoalition.org/>
- Leashes of Valor is a nonprofit that seeks to unite Veterans with service dogs from shelters and more. For more information please go to: <https://leashesofvalor.org>
- Militaryx.com is a great resource for finding job fairs and general employment for those that have served, are serving in the military, or are the spouses of members.
- Missouri Hero Connect is an employment program for Veterans through the FEC or Full Employment Council. To learn more please call: 816-471-2330.
- My VA: 1-800-698-2411
- NAMI has a variety of resources for Veterans and their families. For more information please go to: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Homefront> or <https://namimissouri.org/about-nami-missouri/board-of-directors/service-members-veterans-and-their-families-council>.
- PACT Act and VA benefits can be found at: [The PACT Act And Your VA Benefits | Veterans Affairs](https://www.va.gov/pact-act-and-your-va-benefits/)

- Safety Plan App is for Veterans to help them create a safety plan to keep themselves safe during crises. For more information please go to: <https://apps.apple.com/us/app/safety-plan/id1663044514> or look on Google Play.
- Salvation Army, SSVF is located at 101 N. Linwood Blvd., KCMO and they may be able to offer specific services for Veterans. For more information please call: 816-596-7783.
- Supportive Services for Veterans Families: <https://www.va.gov/homeless/ssvf>
- TAP eLearning can provide specific training and assistance to Veterans their spouses. For more information please go to: <https://www.dol.gov/agencies/vets/programs/tap/tap-elearning>
- TAP or Transition Assistance Program is available to help Veterans transition back to civilian life. For more information please go to: <https://www.benefits.va.gov/tap>
- TEAMS or Transition Employment for Military Spouses is able to assist spouses of military personnel with employment and related things. For more information please go to: <https://www.dol.gov/agencies/vets/veterans/military-spouses/training-support>
- United Through Reading is a FREE program for Veterans and their families. To learn more please go to: <https://news.va.gov/121399/reading-program-unite-military-veteran-families/#:~:text=United%20Through%20Reading's%20free%20program%20is%20available%20to%20all%20branches,back%20home%20to%20the%20child.>
- VA Heartland Network: 816-701-3000
- VCP Commissary offers free food, hygiene, and other essentials to Veterans and all of it is free of charge. This is for any Veteran regardless of discharge status. Please remember your Veteran ID. The commissary is open the 4th Wednesday of the month from 9-5. The address is: 8825 Troost Ave., KCMO.
- VetCTAP or the Veteran Career Transition Assistance Program can help Veterans get connected with careers once out of the military. For more information about all of this please go to: <https://www.vetctap.org>
- Vet Resources is a place where Veterans can get newsletters, different kinds of resources, and more things! For more information please go to: **VetResources - Vantage Point**
- Veterans Affairs has excellent information about various mobile apps available to Veterans to help support them with their needs. For more information, please go to: <https://mobile.va.gov/appstore/mental-health>. FREE in person or online yoga is available for Veterans. For more information please go to: <https://content.govdelivery.com/accounts/USVA/bulletins/3588770>
- Veterans Affairs Supportive Housing: https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/vash
- Veterans Commission will help Veterans and their families find resources. The number is: 1-573-751-3779.
- Veterans Community Project offers multiple services for Veterans only. They also opened a commissary for Veterans so that they may obtain food, essentials, and other hygiene products. This is all FREE of charge but you must bring your Veteran ID. For more information please go to: <https://www.veteranscommunityproject.org/vcp-kansascity>. This will be at: 8900 Troost Ave., KCMO. The hours are: 9 a.m. to 3 p.m. and lunch is available from 11 a.m. to 1:30 p.m. While your Veteran's ID (DD214) is required if you do not have one, their Veteran's Outreach Center will help you get one. For questions about any of their services please call: 816-599-6503. The VCP is also able to help Veterans with individual homes in their village as well as homes meant for families. There is also a similar housing set up to KC in St. Louis. For information about what is available in St. Louis, please contact Rebecca Tallman, USAF, Ret. Community Engagement Coordinator at: rtallman@vcp.org
- Veterans Crisis Line is a free and confidential, 24/7 available resource that can be accessed by calling: 1-800-273-8255 and then press 1. You may also text: 838255. Additionally you can chat online at: [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat).
- Veterans ID Cards can get Veterans free tickets and discounts on things throughout the year. For more information please go to: <https://www.va.gov/records/get-veteran-id-cards>. You may be eligible for free lifelong passes to Federal recreation sites and more. For more information on this please go to: <https://www.nps.gov/planyourvisit/veterans-and-gold-star-families-free-access.htm>.
- VFW Post 5789 has a free loaner wheelchair program. For more information please call: 816-524-8498.
- Veterans Outreach Center is located at: 8900 Troost, KCMO 64131. The phone is: 816-599-6503. They can provide financial assistance, food and hygiene kits, Ride KC Veterans pass, and other support and care!
- Veterans Upward Bound (VUB) is a free education and skills program through the University of Kansas and can offer a variety of educational options for qualifying Veterans. For more information please go to: <https://vub.ku.edu/services> or call: 913-321-5512 or 877-446-9337.
- Vet Tix is an organization that can help Veterans get tickets to events that help to reduce stress and improve family bonds. For more information please go to: <https://www.vettix.org>

- Warrior’s Ascent is a free podcast to help other warriors on a variety of topics. For more information please go to: <https://thewarriorsascent.com>
- www.va.gov.vetresources (Free weekly newsletter with excellent current lists of resources)
- Wounded Warrior Project has a program that uses FREE livestreaming and gaming to help Veterans combat loneliness and other concerns. For more information please go to: <https://news.va.gov/120841/wounded-warrior-project-gaming-loneliness/>
- Year round discounts are available to Veterans. For more information please go to: <https://vaclaimsinsider.com/best-discounts-for-veterans>

VOLUNTEER OPPORTUNITIES

- Community Assistance Council is looking for volunteers especially to help with holiday related events. Please call Tammy Mayhue: 816-763-3277 at extension 110.
- Hands may have volunteer opportunities. They bless a sister partner every month. For more information please email: extendedhands2023@gmail.com
- Hillcrest Thrift in Lee’s Summit may have volunteer opportunities. For more information please call at: 816-272-1976
- Independence, MO Emergency Preparedness is looking for volunteers to help at various local events in a variety of capacities. For more information please call the Emergency Management office at: 816-325-7167. You can also go to: indep.us/epvolunteer
- JustServe.org is a free website that lists local and distance volunteer opportunities. Non-profit organizations and volunteers both use

the site to connect skills with needs. For more information on how to list or volunteer, visit JustServe.org or contact MaryCarling@JustServe.org.

- KC Dream Center has volunteer opportunities! For more information please go to: <https://www.kcdreamcenter.org/getinvolved>
- True Light Family Resource Center may have internship and volunteer opportunities! Please call them at: 816-381-9310 or email them at: truelightfrc@gmail.com
- Unity Southeast in Kansas City is looking for volunteers to help with their food distribution. For more information please call: 816-841-1402.
- Westind Connection Inclusion Center and Bookstore in Independence is looking for volunteers for events and staffing various events. For more information please email Mindy at: mmeadows@westindconnection.com
- Youth Volunteer Corps have many opportunities for youth. A part of this is, Volunteer for 15” which is a part of “15 and The Mahomies.” Youth will develop many skills and learn that they can impact their communities! For more information please go to: <https://yvc.org>

***List is current at publication but subject to change. For questions, submissions, updates, additional assistance, or to be removed from the primary email list please contact Jennifer at Thriftgirl@yahoo.com. If you receive the Ray Way through another source, please contact that source to be removed from any email chain. The Ray Way is updated weekly on Sunday for distribution on Monday.**