**Hello!**

**I hope that you had a good weekend despite some rain! Here are the changes to the Ray Way since last week followed by the current Ray Way:**

1. **Northland Free Thanksgiving Meals may be available to those in need in that area. This is under "Holiday..."**
2. **REAP is having a pop up CASH only store on November 4th with DEEPLY discounted items. This is under "Special Announcements" at the beginning of the Ray Way.**
3. **Communities Creating Opportunities is giving East Side residents FREE rides to the polls on November 3rd. This is under "Special Announcements" at the beginning of the Ray Way.**
4. **Embark Community Church is having a Thanksgiving Food Giveaway for Lee's Summit families. This is under "Holiday."**
5. **Chair Fitness is available to seniors every Monday at 12. This is under "Senior…"**
6. **Redemptorist Center may be able to provide some assistance for the holidays. This is under "Holiday."**
7. **Veterans Day Breakfast will be served at Hyvee in Raytown on November 11th. This is under "Veteran…"**
8. **Children's Mercy has set up a FAQ page for families dealing with the Affordable Care Act Marketplace change planned for 2027. This is under "Health."**
9. **Dinner Church at the Salvation Army in Olathe, KS is every Wednesday. This is under "Food" and the look for "Ready to Eat…"**
10. **Voices of Care is a virtual group to provide support to caregivers of all kinds. This is on November 19th at 7 p.m. This is under "Health."**
11. **Resurrection Overland Park Food Pantry is on Wednesdays at 9 and 3. This is under "Food."**
12. **Veteran Resource Fair is on November 6th. This is under "Veteran…"**

13. **Crown Center Ice Terrace opens on November 6th. This is under "Special Announcements" at the front of the Ray Way.**
14. **Salvation Army Eastside has Angel Tree sign-ups through November 30th. This is under "Holiday."**
15. **Full of Hearts in KC is giving out bags of shelf stable food, personal hygiene items, and pet supplies from November 2nd-November 8th. Delivery may be available to those homebound. This is under This is under "Special Announcements" at the front of the Ray Way.**
16. **Liberty Community Christmas Tree Program may be able to assist residents with holiday needs. This is under "Holiday."**
17. **I added a link under "Cold Weather…" for Warming Center Sites as we approach colder months.**
18. **Seniors Make and Take Painting Party is on November 4th at 11:30. This is under "Senior…"**
19. **Monday Flu Shot Clinic is on November 2nd from Noon-3. This is under "Health."**
20. **Blue Ridge Community of Christ Annual Free Community Thanksgiving Dinner is on November 26th. This is under "Holiday…"**
21. **I updated the post for Raytown Charity Unleashed under "Holiday."**
22. **I added a few more links under "Veterans" about Veteran's Day events.**

**Have a great week and please reach out if I could possibly be of any help!**

**Jennifer**

**Jennifer L. L'Heureux, Ph.D. (Jennifer.LHeureux@dmh.mo.gov)**

**Chief of Children's Community Operations-Northwest; Department of Mental Health-Division of Behavioral Health**

**816-482-5775 (Phone) and 816-482-5774 (Fax)**

# Ray Way: November 2nd, 2026 – November 8th, 2026




*"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened..." — Helen Keller*

## Special Announcements

- **Full of Heart in KC is providing shelf stable bags of food, personal hygiene items, and pet supplies. Pick-up is offered at various locations and delivery may be available to those who are homebound or disabled. No questions asked. Please sign-up and get more information at: https://forms.gle/RZsKpc1f5cnPjvtLA. You can also call: 816-686-1724.**
- **Crown Center Ice Terrace opens on November 6th. For more information, please go to: https://www.crowncenter.com/iceterrace.**
- **Communities Creating Opportunities is giving FREE rides to the polls for residents of the East Side. Call: 816-221-0556 from 6:30 a.m.-6:30 p.m. on November 3rd. Be sure you are first registered to vote at your current address. When you call, have your photo ID ready. After you vote, they will drive you home.**
- **REAP in Raytown is having a pop up store event on November 4th from 9:30-4 with DEEPLY discounted items, a wide variety, and is CASH ONLY. The address is: 9300 E. 75th St., Raytown.**
- **The Raytown fall Community Education Catalogue is now available at: https://www.raytownschools.org/community/community-education/brochure.**
- **Many changes are coming to Medicaid in 2027 and the time to prepare is now. For more information about these changes please go to: https://mydss.mo.gov/hr1-implementation.**

## ALL BABY THINGS

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

- All About Babies is a store that can offer needed things for very discounted prices. The address is: 12014 East 47th Street, KCMO 64133.
- Birth it Forward is an organization that provides doula, education, and support to KC families. For more information please call: 816-320-4800. Birthitforward.org
- Borrow Baby's Basics is a FB site where you can check out needed items like you would check out books in a library!
- Buckle Up, Baby is every Thursday from 9-6 but you have to have an appointment. This is for car seat safety checks, adjustments, and new installations if needed. This is for KCMO residents only. Please sign up and get more information by calling: 816-513-6147.
- Charlie's House may be able to help people in need and who qualify get a Pack and Play. For more information, reach out to: info@charlieshouse.org.
- Connection Point Church: 816-353-1994
- 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 12-week session 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
- Free Formula Exchange may be able to help struggling parents. For more information, please go to: https://freeformula.exchange
- Healthy Start Baby App is here to support women in their pregnancies and through the first year afterwards. There are helpful tools, reminders, resources, and more. It is free to use and available in 18 languages. This is made possible through the Healthy Blue Missouri. Register and download the app at: https://nurturekc.org/resources/healthy-start-baby-app/
- 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.
- Maternity Care Coalition has a variety of resources for pregnant women and those with very young children. For more information, please go to: https://maternitycarecoalition.org/resources
- Milk Donation Drop-off Site has been opened in Johnson County, Kansas to help infants in that county. To learn more about this program, please go to: https://www.jocogov.org/newsroom/johnson-county-department-health-and-environment-becomes-official-milk-donation-site
- **Missouri Maternal Health Action Network is a comprehensive resource to help families in many ways. For more information, please go to: https://moactionnetwork.org/.**
- 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
- Moms.gov is a comprehensive website to help new and expecting moms. For more information, please go to: https://www.moms.gov/
- 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. The location is at: 3634 Brooklyn Ave., KCMO 64109.
- Nurture KC is an organization dedicated to reducing infant mortality and improving maternal health. For more information, please go to: https://nurturekc.org. They can provide services such as case management for pregnant mothers up until their baby is 18 months of age.
- Postpartum Support International has many resources for women that have recently given birth. For more information, please go to: https://www.postpartum.net
- Safe Sleep Safe Babies is a program for parents of infants under a year old that lack a safe place for them to sleep. This means they are without a crib, bassinet, etc. The program can help to remedy this. For more information please go to: https://www.childrensmercy.org/in-the-

community/supporting-parents-and-families/safe-sleep-safe-babies/.

- 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/strongstarttoolkit

- 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 for 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 announced a new location for the free diaper distribution. This is at The Ridge- A Community Church. If you or someone you know is in need of diapers or pull ups for kids under 4, please go to: https://forms.gle/6XSnHW4GmPH7kZvm7 . YOU MUST REGISTER BEFOREHAND. The distribution is the first Saturday of every month, usually from 10-12. The church is at: 5055 Blue Ridge Blvd., KCMO 64133. If you have any questions, please call: 816-328-6067 or email: tripleafoundation2018@gmail.com.

- Uzazi Village's Diaper Depot offers a breast-feeding clinic. Please email breastfeeding@uzazivillage.org for more information on that program. 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 pickup. They also offer a clothing boutique for babies, toddlers, or birthing people. 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

  There is a Dad's Lab where expectant fathers can learn more about the birthing process and things related to pregnancy, and more. Please call for more information at: 816-541-3718.

- Woods Chapel Raytown's Baby Grace Place is on the 2nd Tuesday of each month from 10-12. Diapers, and wipes available 3x before individual is referred to another agency. For more information, the number is: 816-492-5469. The address is: 5413 Blue Ridge Cutoff, Raytown 64132.

## 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, & OTHER

- Amiyah's Angels is a nonprofit dedicated to providing financial assistance to families who have experienced the loss of a child between 0-5. They can help cover funeral expenses, monuments, and also offer referrals for grief counseling. For more information, please reach out to Bailey Keele at: 816-394-4066 or 816-394-4066 or bkeele@amiyahsangels.org. The website is: moamiyahsangels.org

  There is also a FB called Amiyah's Angels.

- 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

- 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. They may be able to offer some limited burial assistance to aide families of homicide victims. The 24 hour hotline is: 816-834-

9161. The web address is: https://coreysnetwork.org.

***G.R.I.E.F to Relief is a seminar to help friends and family of homicide victims. It is free and you can attend in person or online. For more information please contact Robert Norris, President at: 816-834-9161 or go to: https://coreysnetwork.org/events/g-r-i-e-f-to-relief-seminar/

- 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

- Now I Lay Me Down to Sleep can help parents who have lost a baby and do so through photography. For more information, please go to: https://www.nowilaymedowntosleep.org/

- 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)

- Angel Clothing Foundation in Olathe offers clothing to children and adults in a boutique style setting with dressing rooms, snacks, and activities for kids to do while parents shop. For more information, please go to: https://www.angelclothingfoundation.com/. They help people in need across the Kansas City area. The number is 913-208-5209.

- Bethel Baptist Church in Independence has a clothing closet. For more information about this please call: 816-252-3555. This shop is called "Martha's Clothes Closet."

- Central Presbyterian offers assistance with clothing. Hygiene products, and food. This typically happens on Wednesdays from 9-11 but call to verify. The address is: 3501 Campbell, KCMO near the Troost and Armour intersection. The phone number is: 816-931-2515. You can also email: pantry@centralpreskc.org

- 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.

- Coldwater of Lee's Summit has a clothing and a food pantry! For more information, please go to: https://www.coldwater.me/get-help

- Community Threads KC is located in Olathe and provides a FREE boutique like shopping experience for people in need. There are no charges. For more information please go to: https://communitythreadskc.org.

  They are open on Wednesday and Thursday from 9-4 at: 420 S. Kansas Ave., Olathe, KS.

- 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

- Fairmount Christian Church has a clothing, food, and other items distributions every Saturday from 11-2. All are welcome and there are no forms to fill out. The address is: 800 S. Hardy, Independence 64053. Please call with questions at: 816-254-6114.

- First Baptist Church Grandview has a clothing closet. For information about dates/times and qualifications, please call: 816-763-2200.

- Food Pantry and Clothing Distribution is every 2nd and 4th Wednesdays of each month. This is in the rear of the building at Memorial Church: 11424 Hickman Mills Dr., KCMO 64134. For more information, please call: 816-363-7940. This begins at 2 p.m. but call to ensure the time has not changed.

- Frugals Family Thrift: 816-216-1415 (ask about the available vouchers for clothing, furniture, & household goods). You may also ask about diaper and food banks (dependent upon availability).

- 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 Church (Church Esperanza) has a free clothing closet the first Saturday of every month from 1-3. The address is: 3200 Blue Ridge Ext., Grandview.

- Hope Network: 816-778-1105. The clothing boutique is on Tuesday at 5, Wednesday at 3, Thursday at 6, and 4th Saturdays at 10 a.m. Please arrive 10 minutes early. The address is: 10500 E350 Hwy., Raytown 64138. The web address is: www.hopenetworkraytown.org

- Ivanhoe Neighborhood Council is having a coat giveaway on November 7th at 10 a.m. One coat per person, must be present to receive a coat, and it is first come first served. The address is: 3700 Woodland

Ave., KCMO 64109. If you have questions, please email: info@incthrives.org.

- 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

- Life Connection Church has clothing and food pantries. For more information please call: 816-353-4445. The Church is at: 3883 Blue Ridge Blvd., Independence 64052. The clothing closet is open to the community the first Saturday of every month from 9-12.

- Memorial Church Int. has free food and clothing giveaways every 2nd and 4th Wednesday from 2-5. The address is: 11424 Hickman Mills Dr., KCMO 64134. For more information, please call: 816-363-7939.

- 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.

- Northland Clothing Center can help people in need of clothes and shoes. Learn more at: https://northlandclothingcenter.org/.

- Our Spot KC has a $0 Boutique where you can get free clothing, accessories, and some other essentials. There is an LGBTQ+ affirming clothing closet. Please call for more information at: 816-979-3991.

- 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! Please note that this is closed if the Independence Schools are closed because of weather.

- 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

- 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.

  The goal is to serve all children in need, birth through twelve, within the boundaries of the school district. There are specific back to school, fall/winter, and spring sessions. For questions about this please call Tracy Brandner at: 816-795-1025. The closet is at: Valley View High School, 5000 NW Valley View Road, Blue Springs, MO 64015.

- True Light Family Resource Center has a clothing closet. For more information about times this is open please call: 816-381-9310. The location is: 712 E. 31st St., KCMO 64109.

- Uzazi Village has a clothing boutique to ease the burden on childbearing families. There is no cost. Get more details and book an appointment at: https://uzazivillage.org/services

- Woods Chapel Raytown Grace Place Clothing Closet is the 2nd Tuesday of each month from 10-12. Infants through adult clothing is available. The phone is: 816-492-5469. The address is: 5413 Blue Ridge Cutoff, Raytown 64132. The web site is: https://www.woodschapelchurch.org/wc-raytown-grace-place

## COLD WEATHER HELP

**MORE WILL BE ADDED HERE AS INFORMATION BECOMES AVAILABLE!**

- **An interactive map of Warming Center Sites can be found at: https://experience.arcgis.com/experience/3e73164b32444925819fd83fb8209088/page/Map.**

- **City of Independence has "Cold Weather Tools." For more information, please go to:**

**https://www.independencemo.gov/government/city-departments/municipal-services/streets/snow-and-ice-removal.**

- **Winter Weather Driving Tips: Prepare Your Vehicle | NHTSA**
- **https://driving-school.com/winter-driving-tips/**
- **https://www.weather.gov/safety/cold-before**
- **https://www.cdc.gov/winter-weather/safety/index.html**
- **https://www.ready.gov/winter-weather**

## 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-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 childcare 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
- Mother's Day Out is a program that may be able to help with childcare so that mothers can get things done without having to worry about keeping kids entertained and supervised. For more information, please go to: https://www.mysmallwonderpreschool.com/mother-s-day-out
- The Missouri Department of Health and Senior Services has information pertaining to things related to childcare and these are listed under, "Child Care." Please go to: https://health.mo.gov

## EDUCATION/TECHNOLOGY ASSISTANCE

INFORMATION ABOUT THE LAWS REGARDING STOPPING FOR SCHOOL BUSES CAN BE FOUND AT: https://www.stateregstoday.com/living/traffic-and-driving/school-bus-laws-in-missouri

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

FREE NO SCHOOL DAY CARE IS AVAILABLE ON SOME DAYS FOR KCPS STUDENTS THROUGH COMMUNITY PARTNERS. FOR MORE INFORMATION PLEASE REFER TO: Out of School Time (turnthepagekc.org)

- 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
- A Flat Music Studio offers deeply discounted music lessons. The rate is $63 for 3 months and you can pay that in monthly installments. For more information, please contact Darryl Chamberlain: 816-606-9542.
- A Kid and a Kitchen is Youth Culinary Art organization that emphasizes HEALTH and LITERACY!! We are teaching a lifelong skill in a fun and unique way! For more information, please go to their FB or call: 816-572-8878.
- Act Raising Safe Kids Parenting Program has a variety of training (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**

- **Alison Free Learning has many FREE educational offerings. For more information, please go to: https://alison.com/tag/online-education?utm_source=bing&utm_medium=cpc&utm_campaign=530823757&utm_content=1364496436624655&utm_term=kwd-85282161275313:loc-190&msclkid=811c378e17c9184c38ef5e1c0a95c2ec**

- **APA Citation Generator can help students and others with the proper citation of resources in papers. For more information, please go to: https://www.mybib.com/tools/apa-citation-generator**

- **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. They are offering a variety of programs from painting to digital art for people aged 12-24.**

  **They offer an after-school club for kids 11-15. For more information, please call: 816-461-0201.**

- **Autism Society-The Heartland is a resource for families of people with autism. For more information, please go to: https://asaheartland.org/.**

- **Avance Community Center in KCKS has GED classes in Spanish. For more information please call: 913-279-0406.**

- **Awesome Ambitions is an educational mentoring program for young women. They offer a variety of supports and services, information about scholarships, and career exploration. 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**

- **Bike Walk KC is offering several events to promote cycling education and safety. For more information, please go to: https://bikewalkkc.org/**

- **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 have a computer lab for gaming and other educational activities. For more information please call: 816-361-3600.**

- **Boys Grow is an organization That is "mentoring Kansas City's urban youth through agricultural entrepreneurship". For more information, please go to: https://boysgrow.com/**

- **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 Cares (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. The classes are offered free of charge both virtually and in-person on a monthly basis. For more information, please reach out to Lindsey Neely at: lneely@capacares.org or: 816-451-9844. You are also able to sign-up at: https://capacares.org/what-we-do/education**

- **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.**

  **Financial literacy classes are being offered every Wednesday from 10 a.m. to 12 p.m. The address is: 4001 Dr. Martin Luther King Jr., Blvd., Suite 250, KCMO 64130.**

**No appointment is needed. For more information please go to: https://catholiccharities-kcsj.org/financial-literacy**

- **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 training 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 of Homicide Victims has free tutoring on Tuesdays for kids 5-17. For more information, please go to: https://www.cohvkc.org/**

- **Children and Youth with Special Health Care Needs & Autism Resource Guide is available at: https://resources.pedspandemicnetwork.org/resource-guides/children-and-youth-with-special-health-care-needs-cyshcn-autism-resource-guide/**

- **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.cwckansascity.org/**

- **City Gap is a program through the City Union Mission for young adults between the ages of 18-21 who 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.**

- **City of Independence has many adult educational offerings. For more information, please go to: https://www.isdschools.org/education/isd-adult-community-education**

- **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**

- **Cybercreationztech is offering STEM camps for youth in September. This will give participants the chance to learn coding and web development, robotics, game development, and more. To learn more and register, please go to: https://cybercreationztech.org/upcoming-classes.**

- **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**

- **Della Lamb has educational offerings for young children in Kansas City. For more information, please go to: https://www.dellalamb.org/early-education/**

- **Donnelly College is beginning a new program in the fall of 2026 that may offer a FREE degree. Kansas and Missouri residents may be eligible. Enrollment is open and students can apply. Learn more at: https://www.donnelly.edu/admissions/donnelly-promise**

- **Easterseals Midwest serves Jackson and other counties and provides 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.**

- **Easy Peasy All-in-One Homeschool is a site that can support parents who are interested in homeschooling their children. For more information, please go to: https://allinonehomeschool.com/**

- **EducaTec is a digital skills training program that is entirely in Spanish. It focuses on increasing understanding and use of apps and programs that facilitate communication and access to resources. For more information, please go to: https://revedkc.org/educatec/**

- **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**

- **Englewood Arts has educational art programs for youth. For more information, please go to: https://www.englewoodarts.art/teen-arts-experiences**

- **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.**

- **ESL and Digital Literacy Classes will be happening at Mattie Rhodes over the summer. For more information about this please contact Absalom Solorio at: 816-581-5618.**

- **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.**

  *****NEW!!! There is now an 8-week course for Financial Literacy, Investments, Leadership, and Marketing. You can apply by going to: https://www.exceedsexpectations.org/jobs**

  *****NEW!!! The Expectations: Teens for Change will be meeting twice a month, but you need to RSVP. These sessions will be on Saturday from 9:30 a.m. to 12 p.m. Leadership, well-being, financial training, and more will be covered. More information and to register is at: bit.ly/ExceedsEvents**

  *****NEW!!! There will be a Financial Empowerment for Families Program that**

**will be 6 sessions long and equip adults and youths with financial skills from budgeting to investing. You will also enjoy a free dinner at each session. RSVP and get more information at: https://buff.ly/3Nzbfhx**

- **Excel Adult High School is now open to help adults get their high school education and support. This is for a high school diploma, not a GED. To learn more about this, please go to: https://www.mokangoodwill.org/program-service/excel**

- **Excel Center in Kansas City is a FREE program that helps people to get their high school diplomas and remove barriers to success. They offer individual assistance, childcare, support with transportation, and more. For information please go to: https://www.mokangoodwill.org/program-service/excel.**

- **FDIC has many educational resources and games to help people better understand finances and ways to improve them. For more information please go to: https://playmoneysmart.fdic.gov/games.**

- **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-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 First Impact Health Educator at: 314-302-4542. You can also learn more about this via the KCMO PD at: https://www.medicine.missouri.edu/offices-programs/first-impact/first-impact-events.**

- **Fisher House has a list of scholarships for the children of military members. For more information please go to: https://fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children/**

- **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 homeschool resources at: www.thoughtco.com**

- **Fresh Start is a program through the U.S. Department of Education to help students who have defaulted on their student loans. For more information, please go to: https://studentaid.gov/announcements-events/default-fresh-start.**

- **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.**

  **They have playgroups that are open to the public! These are usually the 4th Thursday from 9-11:30. Please contact them at the above numbers for more information.**

  **If you have children between 0-5 years old and want to see them excel in early development, you may want to consider the Neighborhood Families program. Please contact the Early Learning Director, Shanette Nickens at: 816-200-7296.**

- **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**

  **They are also offering FREE HiSET/GED classes for youth 24 and under. For more information please call: 816-471-2330.**

- **Future Jazz KC is an after-school jazz program that helps to cultivate interests in music. For more information, please call: 816-719-1157. You can also go to the website for more information: www.futurejazzkc.org**

- **Futurenow Finance is a program to teach students about finance and employment. For more information, please go to: https://www.sparkwheel.org/futurenowfinance**

- **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 on The Run is dedicated to teaching essential life skills through a variety of programs. For more information, please go to: https://www.gotrkc.org/programs**

- **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**

- **Good Dad's is a program at Shelter KC to help men become better fathers. For more information please call: 816-421-7643. You can also go to: https://www.kshb.com/news/local-news/your-voice/good-dads-program-at-shelter-kc-helping-men-become-better-fathers**

- **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**

- **Great Jobs KC has information about Adult Learner Scholarships. For more information, please go to: https://greatjobskc.org/adult-learner-scholarship/.**

- **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**

- **Guadalupe Centers has a Workforce and Adult Education department with many resources to assist people as well as programming. For more information, please call: 816-702-6757.**

- **Habitat for Humanity of Kansas City has free and virtual classes on many topics. For more information and to RSVP, please go to: https://build.habitatkc.org/ge/virtualcycle1-2026**

- **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: ttps://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: https://www.acf.hhs.gov/ecd/initiatives/strategy-resources-address-early-care-and-education-ece-workforce-shortage?msclkid=b233d000af8c11ecaea9d803b52ff2e0.**

- **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.**

- **Head Start is having some mass application events in the area. For more information, please go to: https://kansascityymca.org/blog/mid-america-regional-council-host-head-start-mass-application-events**

- **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!**

- **Helping Parents Navigate Technology: Keeping Your Kids safe on Phones and computers is on October 29th from 6-7:30. The entire family is welcome to have a FREE meal, there will be FREE books for kids of all ages, games, prizes, QT gift cards, and more. Community resources will also be available. No registration is needed. The event will be at the Gregg Kice Community Center: 1600 John Bucj O'Neil Way, KCMO 64108.**

- **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/help-kids-cope**

- **Heroic Imagination Project has many free offerings to help shape youth as future leaders and change makers. For more information please go to: https://www.heroicimagination.org/lessons.**

- **Hidden Gems KC has a mission to educate, enrich, and empower youth and their families with many resources and services. For more information please call: 816-585-5202 or email them at: hiddengemsinckc@gmail.com**

- **High Aspirations, Inc. is a faith-based program that solely focuses on African American males, ages 8-18 to help them reach beyond their potentials. For more information, please go to: https://www.highaspirationskc.org. They have many exciting opportunities! For more information, please contact Jacob Handy at: 816-678-3078 or Brian Johnson at: 816-721-6802.**

- **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-and-around-kansas-city**

- **Hope Center KC has a variety of programs to help students. For more information, please go to: https://hopecenterkc.org/programs/.**

- **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!**

- **HRSA Nurse Corps Loan Repayment can help nurses who qualify with loan repayment. For more information, please go to: https://www.hrsa.gov/behavioral-health/nurse-corps-loan-repayment-program**

- **HSLDA is an organization dedicated to supporting home schools with resources and supporting their rights. For more information, please go to: https://hslda.org/**

- **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.**

- **I Am Healthy Parents First is a free online program from the University of Kansas Medical Center. It teaches parents and their kid's skills for a healthy lifestyle. For more information please call: 913-588-2040. You can also go to: https://www.iamhealthyparentsfirst.org/**

- **Impact Newsletter is published three times yearly, and each issue features strategies, research, and personal stories in topic areas related to people with intellectual, developmental, and other disabilities and their families. For more information, please go to: https://ici.umn.edu/products/impact/subscribe**

- **Independence School District has an online application for free and reduced-price school meals at: https://www.myschoolapps.com/application**

- **ISD Info for Parents is an FB site for parents of children in the Independence, Missouri School District.**

- **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**

- **Journey to College is a comprehensive website through the Missouri Department of Higher Education and Workforce Development with TONS of resources. For more information please go to: https://journeytocollege.mo.gov/#:~:text=Find%20out%20how%20to%20plan,%20pay,%20and%20finish%20your%20college.**

- **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 Autism Training Center may be able to offer a variety of supports to families of people with autism. For more information please go to: Kansas City Autism Training Center (kcatc.org)**

- **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**

- **KAN or Kids Assistive Technology Program helps Missouri families cover the costs of assistive technology, adaptive vehicle modifications, and more for children with disabilities. Learn more about qualifications and apply at: https://at.mo.gov/kids-assistive-technology/ or email Elaine Houtman: EHoutman@mo-at.org**

- **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 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.**

  **There is a Digital Services and Support center that is a community resource hub. There are free computer classes, open computer lab hours, 1:1 support in person or by phone. Learn more at: bit.ly/lampclasses. You may visit at: 1801 Linwood Blvd., KCMO. You may also call at: 816-200-0599 or contact: training@kcdigitaldrive.org.**

- **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 Futures Commission is accepting applications from 13-24 year olds that want to have an impact on the community. Participants will get to work with local leaders to tackle challenges and make things better for the community and their same aged peers. Apply at: https://www.kcmo.gov/programs-initiatives/kcfutures**

- **KC Library has, "Internet to Go." To learn more please go to: www.kclibrary.org/techtogo/internettogo. 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 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**

- **KCMO's Community Engagement University is a free 9-week class to connect residents with the government. For more information, please go to: https://www.kcmo.gov/programs-initiatives/community-engagement-university**

- **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.**

- **KCPD has a program called Explorers for 14–20-year-olds that may have an interest in Law Enforcement. The group meets every other Monday. There is a charge of $45 per year to become a member. This includes a uniform and some other things. For more information please email William Dillingham at: William.Dillingham@kcpd.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**

- **KCPS Middle College Program-Dropout Recovery Program can help kids who have dropped out or those who will not meet graduation requirements. Participants MUST reside in the KCPS District Boundaries. Please call for more information at: 816-604-4747.**

- **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**

- **KC Zoo has resources for homeschools. For more information please go to: https://kansascityzoo.org/education/homeschool.**

  **They also have camps coming up in the colder months and more. For additional information, please go to: https://kansascityzoo.org/camp/winter-and-spring-break-camp.**

- **KMBC 9 News has internships for college students. Learn more about these at: https://www.kmbc.com/article/student-internships-1/3649520.**

- **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.kcgpa.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 Public Library Southeast Branch has a Tween Tech Club for tweens ages 8-11 to create and explore hands-on with technology. These sessions are every Tuesday from 4:30-5. For more information, please contact Kiesha Collins: 816-701-3687.**

- **Kansas City Virtual Academy is now enrolling 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**

- **Kansas City Youth and Young Adult Commission (13-24) is for youth who are passionate about shaping their community's future. You can gain leadership skills, drive change, and more. Apply now at: kcmo.gov/kcfutures**

- **Kansas City Zoo and Aquarium offer 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**

- **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**

- **LAUNCH is a website with many resources and information for parents seeking alternatives for their children's education. For more information, please go to: https://fueledbylaunch.com/**

- **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.**

  **They are offering a Love and Logic Parenting class. For more information please call the program manager, Dani at: 816-223-2642.**

- **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**

- **Life Launch Missouri is a comprehensive website with TONS of great resources for older teens/young adults to help them get off to a great start in life. For more information please go to: https://lifelaunchmo.org**

- **Literacy KC offers HiSet prep and other educational resources. For more information please go to: https://literacykc.org. They also offer digital skills classes and more at various locations.**

- **Lyrik'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**

  **There is a 6 month program for young adults 13-25 facing challenges such as criminality, violence, and financial struggles. Please call for more information!**

- **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.**

- **Manual Career Technical Center has 12 programs at its main campus for 11th and 12th grade students in the Kansas City Public School System. For more**

information please go to: https://manual.kcpublicschools.org/about.

- MARC Head Start Program helps children ages 3-5 build the skills they need for a great start in school. For more information, please go to: https://marcheadstart.org/

- Marr Sound Archives (UMKC) is one of the largest collections of audio and audio visual recordings of historical things. For more information, please go to: https://library.umkc.edu/sca/marr/

- Mattie Rhodes Center has after-school programs of different kinds for grades 1-12. For more information and requirements, please contact Anthony Marcos Rea at: 816-581-5661.

- 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

  **Metropolitan Community College has a Workforce and Economic Development (WED) that offers a variety of training programs, apprenticeships, and more. For more information please go to: Workforce & Economic Development (WED) (mcckc.edu)**

- 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

  ***NEW!!! The library has a great site for parents and caregivers to help engage in literacy with children. The site is: https://www.mymcpl.org/kids

  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.

  They also offer tutoring services. For more information please go to: https://www.mymcpl.org/research-and-learning/homework-help#:~:text=Mid%2DContinent%20Public%20Library%20offers,required%20is%20a%20Library%20card!

- 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

  If you are a cardholder and at least 18, you can check out a pass for The Regnier Family Wonderscope Children's Museum of Kansas City. The pass is for up to one week and is for up to 6 people ages 2 and up. Under 2 gets free admission. For more information please go to: https://mymcpl.bibliocommons.com/v2/record/S110C4587247

- Minddrive.org is a Kansas City organization dedicated to helping students excel academically/intellectually. You may also signup 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/.

  ***NEW!!! There are free and on-demand trainings available on various topics. Learn more at: https://www.missouriparentsact.org/early-intervention/early-childhood-program-and-training/

- 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

- **MOCSA offers presentations to schools of students who are in elementary, middle school, and high school. MOCSA meets the Missouri Department of Elemenatry and Secondary Education's (DESE) guidelines for trauma informed, developmentally appropriate sexual abuse training. To schedule or to leanrn more about this program, please call: 816-285-1354 or email: communityed@mocsa.org**

- **Money Smart for kids is a program to teach financial literacy. For more information please go to: https://www.fdic.gov/consumer-resource-center/money-smart-young-people.**

- **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**

- **Mosaic Life Care Careers and Missouri Western State University have partnered to offer an opportunity to have 3 of the 4 years towards a BSN fully paid! Apply at: https://www.missouriwestern.edu/nursing/nursing-scholars-of-promise. You may also contact: tcobb@missouriwestern.edu**

- **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.**

  *****NEW!!! They offer now no-cost technical educational assistance to nonprofits. For more information, please go to: https://extension.missouri.edu/programs/nonprofit-technical-assistance**

- **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**

- **Neighborhood Families is a program through the Front Porch Alliance that supports families with children 0-5. For more information please go to: Neighborhood Families - Front Porch Alliance. You can also contact Shanette Nickens, Early Education Director at: 816-200-7296.**

- **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/.**

  **There are a variety of special supports and services available to help people with disabilities enjoy their time at the Nelson-Atkins. For more information please go to: Accessibility | Nelson Atkins (nelson-atkins.org)**

- **New Reflections Technical Institute has a "Men's Master Class." For more information please call: 816-216-4513 or go to: newreflectionstech.org/rsvp**

- **NKCH has a program called "School to Career" for high school students that are interested in a career in healthcare. For more information please go to: https://www.nkch.org/for-students/school-to-career**

- **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.

  There is still time to join the newly forming

  cohort of parents wanting to learn how best

  to advocate for their children's education.

  Checkout their website for more

  information!

- 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: A Prevention Education Program classes are being offered virtually and in-person. There are various sessions available. For more information, please call the Community Education Manager, Lindsey Neely at 816-451-9844. 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.

- Pathways to Change is a 20 week educational program to help you better understand you, your thought processes and decision making skills. To learn more, please contact Kaitlin Fields at: 913-416-4416. The location is in KCKS and is through Metro Lutheran Ministries.

- Paws and Pals has a mentoring program for at-risk youth. For more information, please go to: https://www.pawsandpals.org/programs#YouthMentoring. The organization is located in Independence, MO.

- 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 816-200-2201 to see if you qualify! You may also email at: kansascity@pcsforpeople.com. 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

- Pro Deo Youth Center has tutoring on Tuesday and Thursday from 3-5. This is a FREE service. This is for all high school aged students. For more information, please go to: https://www.prodeoyouthcenter.org/

- 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

- Prospect Business Association has many events coming up in August that are educative in nature and are designed to help small businesses. For more information, please call: 816-666-9722 or AA.PBAKCMO@GMAIL.COM

- 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.

- 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 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 Police Department Citizen Academy is accepting registrations. Please

contact with questions at: RPDVolunteercorp@gmail.com

- **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:**

  **Information about the 2026/2027 school year can be found at: https://www.raytownschools.org/back-to-school-2026-2027**

  **Community Education/GED Prep: 816-268-7041; Herndon Career Center: 816-268-7140; Student Support Services: 816-268-7000.**

- **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**

- **Remake Learning Days has a variety of educational events and most are free and some are virtual. For more information please go to: Find Events - Remake Learning Days**

- **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://royalenetwork.org**

- **Rudd Foundation has scholarship opportunities including Four Year FULL Rides! For more information please go to: https://ruddfoundation.org/scholars**

- **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**

- **Scholastic Teachables is a resource center with educational resources for students, teachers, and parents. Please note that not all of the resources are free. This is available through the Mid-Continent Public Library. For more information please go to: https://www.mymcpl.org/research-and-learning/research-databases/teachables#:~:text=Scholastic%20Teachables%20offers%20a%20wide,for%20your%20kids%20and%20students.**

- **Scraps KC has a Teacher Resource Center at their facility which can provide educators with FREE school supplies and many great things. To apply for this, please go to: https://scrapskc.org/mission. If you have questions please email: classrooms@scrapskc.org**

- **Sesame for Families has a ton of great and free educational resources for families and children. For more information please go to: https://sesameworkshop.org/resources/**

- **Shades of Identity is a healing and empowering experience for kids that will encompass multiple lessons. For more information, please call: 816-673-1325.**

- **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.**

- **Shifting 2 Success is having money, mindset makeover classes. For more information please email: shifting2success@gmail.com**

- **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 or 816-673-5199. You can also email: hello@showmekcschools.org.**

- **Show Me KC Schools can assist parents with navigating schools and many other things. For more information please contact Danielle Dispenza (816-490-1922) or Citali Valdes (816-885-4657). You can go to: www.schoolappkc.org for more information or https://showmekcschools.org/. The summer hours for navigation are: 10-2 M and Th. The address: 2201 Lexington Ave., KCMO 64124.**

  *****NEW!!! There is a listing of kids's after school and summer activities!**

- **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**

- **Square One Small Business and Career Services has a series to help people build business plans. This is a 5 week course. To inquire when the series will begin next, please call: 816-702-6431.**

- **Starfish Project Foundation in Olathe, KS is often able to provide Dignity Bags to students with full-sized hygiene products. For more information, please call 913-839-8567. There new location is: 16175 W. 135th, Olathe, KS.**

- **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 Arleen at 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. You can also call: 913-329-4251 or email Erin Huerta at: ehuerta@kvc.org**

  *****There are upcoming newly announced dates so please call for more information about the specifics.*****

- **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**

- **Tech Basics happens every third Tuesday and is free and open to the public. This can help you with tech support for phones, computers, and tablets. Also attend if you are just wanting some basic training. James Tindall from Tindall Tech is the instructor. The hours are 10-11:30 a.m. on the third Tuesday at the Ivanhoe Neighborhood Council: 3700 Woodland Ave., KCMO 64109. No registration is needed. For more information please call: 816-921-6611.**

- **Teen Advocacy Program is for kids 8th-12th grade to teach them skills, learn how to use their voices for change, and more. For more information please reach out top the Program Manager, Dani at: dani.cooper@rediscovermh.org**

- **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 Rabbit Hole in NKC has a variety of educational programs for children and families. For more information please go to: https://www.rabbitholekc.org/programs**

- **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!!! They are offering computer classes during the month of June. Visit the website for more information at: thetoolboxkc.com.

  Join them every 4th Thursday of the month from 11:45 to 1 for a FREE educational workshop designed for entrepreneurs. This is hosted by the Holy Rosary Credit Union and a free lunch is provided. You must RSVP for this event. Please call for more information at: 913-386-5020. This is in KCKS but open to all.

- The Village KC has many educational activities, field trips, and more for children. For more information please go to: www.thevillagekc.org

- 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, please go to: https://www.turnthepagekc.org/

- Union Station in KCMO has scholarship opportunities for qualifying schools that could make educational events there a possibility! For more information please go to: https://unionstation.org/resource/scholarship-opportunities/.

- United 4 Children is Missouri's Early Care and Education Resource and Referral Network. This is a resource hub for parents, guardians, and educators. The number is: 1-866-583-2392.

- University of Kansas has a Community Tool Box **to get help taking action, teaching, and training others in organizing for community development. Dive in to find help assessing community needs and resources, addressing social determinants of health, engaging stakeholders, action planning, building leadership, improving cultural competency, planning an evaluation, and sustaining your efforts over time. For more information, please go to:** https://ctb.ku.edu/en

- 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.

  There is a FREE tutoring program for grades K-12. You must register for this prior at: ulkc.org/program-registration

- 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.duboislc.org. This is located at: 510 East Linwood Blvd., KCMO 64128. The phone is: 816-908-5384.

- We Code KC has a mission of educating youth on computer technology and creating leaders. To learn more about them please go to: http://wecodekc.org.

  ***NEW!!! Kids Tech Day is on September 12th at the Kansas City Convention Center. Please call for more information at: 816-434-0551.

  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. There is also a program for learning Scratch programming that is for younger coders.

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. At: 816-665-0760.

  ***NEW!!! They are currently enrolling for ages 2-5. Please contact the Program Director, Cecilia Santaccruz

- 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.

  ***NEW!!! They have Sensory Mondays during certain hours. For more information, please call: 816-643-6700.

- Workforce Partnership Kansas City Metro has a Youth Services Department that can assist youth between the ages of 16 and 24 to achieve their educational and career goals. For more information please call: 913-287-1116.

- YMCA has Head Start programs. For more information please go to: https://kansascityymca.org/programs/early-education/head-start

- Young Authors Club is available through the Kansas City Public Library. For more information, please go to: https://test.kclibrary.org/calendar/young-authors-club-0#:~:text=Love%20to%20write%3F,make%20your%20writing%20even%20better!&text=Kindergarten%20through%204th%20grade,%3A15%2D4%3A15%20p.m.

- 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 Build KCK can help out of school youths ages 16-24 in obtaining their high school credentials and training for a career in construction or the health care industry. Youth Build does have some limited capacity to help youth outside of the Wyandotte County, Kansas area. For more information, please call: 913-279-2600.

- 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/**

- 1-800-GOT JUNK has disaster relief services. For more information, please go to: https://www.1800gotjunk.com/us_en/what-we-do/emergency-disaster-clean-up

- 211 is an excellent resource to help connect you to storm clean up resources.

- 988 has a videophone option. For more information, please go to: https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/

- 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:**

  **They offer emergency apps to connect people to needed information and resources during times of disasters and emergencies. For more information please go to:** Mobile Apps &

Voice-Enabled Skills | Get American Red Cross Apps

**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**

- **Be Ready Disaster Resources has resources for families with children with disabilities and complex medical needs. This information is in multiple languages. For more information please go to: https://emscimprovement.center/domains/preparedness/asprcoe/region-v-for-kids/cyshcn/toolkit/beready**

- **Billy Graham Rapid Response Team is able to deploy and assist with needs during times of disaster. They also offer training, some of which is free and on-demand. The Sharing Hope in Crisis On-Demand Training Seminar was developed with you in mind. Come learn how to be further equipped, engage in conversation, and share the hope of Jesus Christ with those suffering from everyday tragedies of life. Free of charge. For more information please go to: https://pages.billygraham.org/free-shic-on-demand/?_ga=2.257648779.1845581129.1752427715-2138778083.1752427712 or https://rrt.billygraham.org/training-opportunities/**

- **Business Toolkits are available to help businesses recover from emergencies and disasters. For more information, please go to: https://www.ready.gov/business/toolkits.**

- **Career Pathways is through JVS or Jewish Family Services. It provides case management, vocational training, mentors, connections, multiple pathways to multiple fields, and more to people who have been resettled here from another country. You must be 16 years or older, resettled to the United States within the last 5 years, and have at least very basic English skills. For more information please contact Austin R. Taylor, Refugee Career Pathways Manager at: 816-766-5545.**

- **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**

- **City of Raytown has a number to report flooding. Please call: 816-737-6064 or email: roadconcern@raytown.mo.us**

- **Colorado Resiliency Office has some information to help people anywhere be prepared for emergencies and disasters. For more information please go to: https://www.coresiliency.com/ and then click: "Prepare and Adapt."**

- **Community Emergency Response Team or CERT in Independence is for anyone interested in preparedness and being active in their community during times of emergency. If you are interested please email at: CERT@indepmo.org**

- **Craft Emergency Relief Fund (CERF) serves artists in craft disciplines by providing support, educational programs, advocacy, network building, and emergency relief. For more information please go to: https://cerfplus.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**

- **Disaster Distress Helpline is: 1-800-985-5990. You can also visit: Disaster Distress Helpline: Get Immediate Crisis Counseling and Support | SAMHSA. Videophone for this service is no longer available.**

- **Disaster Justice: A Guidebook for People of Color with Disabilities by Justice Shorter is available at: https://justiceshorter.com/the-guidebook-2/#overview**

- **Disaster Mind is an educational game that teaches high school students how to stay calm and make solid decisions during a disaster. For more information please go to: https://www.fema.gov/about/organization/region-8/disaster-mind-game**

- **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 ***NEW!!! There is a new "Prepare with Pedro: An Adventure in Emergency Preparedness" game. For more information please go to: https://www.ready.gov/kids/prepare-pedro

- 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

  They have weekly stakeholder calls and ALL are welcome. To get on the list on invitations for these calls please go to: https://disasterstrategies.org/join-our-stakeholder-calls

- DMH has disaster preparedness guides and these can be found at: Disaster Preparedness: Individual, Provider, and Video Guides - DMH Content Hub, and https://www.springtraininginstitute.com/wp-content/uploads/2024/05/Hendricks_Disaster-Prep-for-IDD-pops.pdf

- 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

- Emergency Kit Cook Off challenges participants to come up with a recipe that uses only nonperishable items and manual tools that you would find in your 72-hour emergency go kit. For more information please go to: https://ein.az.gov/emergency-kit-cook-toolkit or https://www.facebook.com/KitCookOff/

- 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 created 10 new exercise starter kits to help any organization be better prepared for disasters and emergencies. These are available for download at: https://www.fema.gov/emergency-managers/national-preparedness/exercises/tools

  FEMA has a document called Key Areas of Opportunity to Ensure Equity in the Disaster Cycle. This can be found at: https://www.fema.gov/sites/default/files/documents/fema_odic-shortening-disaster-cycle-everyone_english.pdf

  FEMA Reforms Disaster Assistance to Help Survivors has some very valuable information and can be found at: https://www.fema.gov/sites/default/files/documents/fema_ia-reform-one-pager.pdf

  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 and redcross.org/shelter.

  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/USDHSFEMA/bulletins/37da29c?reqfrom=share

- Independence Emergency Management is recruiting for their next CERT (Community Emergency Response Team) classes. For more information please email them at: cert@indepmo.org

- ITDRC provides communities with technical resources needed to continue operations and begin recovery after disasters. To learn more about this resource please go to: ITDRC - ABOUT

- Kansas City Star has published some resources that can be found at: https://www.kansascity.com/news/weather-news/article277342208.html

- KSREADY.GOV has many resources to assist with disaster preparedness. The link is: KSReady | Kansas Adjutant General's Department, KS

- 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

- 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

- NWS puts out detailed packets with weather-related information. For the KC Metro area, please refer to: https://www.weather.gov/media/eax/DssPacket.pdf

- Office of Disaster Services in Missouri has many resources to help people with mental health during disasters. For more information please go to: Disaster Services | dmh.mo.gov

- 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

- Prepare Your Pets for Disasters is a listing to make sure your pets have what they need in the event of a disaster. For more information please go to: https://www.ready.gov/pets

- RAVE/Smart 911 is a mass notification system to keep Independence residents, businesses, and others informed of emergencies, including weather warnings, water main breaks, public safety alerts, and natural disasters. For more information please go to: Alerts and Warnings | City of Independence, MO

- Ready.Gov has information on severe weather preparation at: https://www.ready.gov/severe-weather

  There is also 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

  ***There is information available specific to helping people with disabilities prepare for disasters. For more information on this please go to: https://www.ready.gov/disability

- Ready in 3 is a free program to help people be better prepared in emergencies. To learn more about this, please go to: https://health.mo.gov/emergencies/readyin3/.

- Recovering from Disaster has excellent resources to help you deal with recovering from disasters. For more information, please go to: https://www.ready.gov/recovering-disaster

- Red Cross Emergency App has weather alerts, safety tips, shelter locations, and more. For more information please go to: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html?srsltid=AfmBOop7dQV4IR0G0rSHIaGI9KDdmloGjBjb8N-2rJq8dSF8dn1irTVa

- Regional Disability Integration Specialists are able to assist with safety and people with disabilities in disasters and emergencies. For more information please go to: https://disasterstrategies.org/fema-regional-disability-integration-specialists

- Rescue Voice is a speech generating app that can be used with individuals who have limited speech or who are unable to speak because of a medical event. For more information please go to: RescueVoice (uiowa.edu)

- 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

- Skywarn Storm Spotter Program is available through the NWS and offers training to help you help communities stay safe during severe weather. For more

information, please go to: https://www.weather.gov/skywarn/

- 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

- **State of Missouri Disability Portal has a wealth of information about related resources. For more information please go to: https://disability.mo.gov/emergency.htm**

- **Sutherlands has some helpful information about disaster preparedness including severe weather on its website at: https://sutherlands.com/emergency-preparedness**

- The Warn Room is a resource that will help you to improve your emergency/crisis messaging so that it is more effective. For more information please go to: The Warn Room | improving warning messages and alerts

- 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**

- **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**

## FOOD

**CHANGES ARE COMING TO MISSOURI SNAP BENEFITS. FOR MORE INFORMATION ABOUT THIS PLEASE GO TO: https://www.kctv5.com/2025/12/12/missouri-snap-restrictions-approved-by-usda-local-free-food-store-sees-growing-need/ and https://www.msn.com/en-us/health/other/snap-benefits-what-to-expect-in-2026/ar-AA1SLrXn?ocid=BingNewsSerp**

**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 announced that the Independence Food Pantry will now only be WALK-UP. Parking is available in the east and west lots. Enter via the west door to pick up food. You will then exit the south side of the building. There are no public restrooms.**

  **The phone is: 816-554-8181. The address is: 112 W. 23rd Street S., Independence 64055. This is inside Immanuel Baptist Church. They may be able to help wth other things as well. Please call to see availability and times for the walk up food distribution.**

- **Avondale United Methodist Church has a food pantry every Wednesday from 9-11. They are also open the first Saturday of every month from 9-11. This is a drive-up food pantry and it is best to line up via Bellefontaine Ave. You can go once a month. The address is: 3101 NE Winn Rd., KCMO 64117. Please call with questions at: 816-452-3518**

- **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**

- **Brooking Heights Baptist Church: 816-356-3007. 9500 E. 53rd Street, Raytown. Hours are 4-6 p.m. every 1st and 3rd Wednesday of each month. Sunday is 12:30-1:30 p.m. by appointment. Please call before going if possible to verify any possible time changes!**

- **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 9:30 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: 816-531-4683, Extension 21. The location is: 3002 Holmes Rd., KCMO 64109.**

  *****NEW!!! Grab and Go Mobile Food Distribution is on the 4th Thursday of each month from 2:30-4:30 p.m. and is while supplies last. PLEASE NOTE THAT THE DATES FOR THE NOVEMBER AND DECEMBER 2024 DISTRIBUTIONS ARE GOING TO BE DETERMINED. PLEASE CALL FOR MORE INFORMAITON. No income information or documentation is required. You will need to provide name, address, and household size.**

- **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.**

- **Center School in KCMO has a food pantry and sometimes drive-thru food distributions. This location is at approximately 87th and Troost. To get more information please call: 816-349-3300.**

- **Central Presbyterian offers assistance with clothing. Hygiene products, and food. This typically happens on Wednesdays from 9-11 but call to verify. The address is: 3501 Campbell, KCMO near the Troost and Armour intersection. The phone number is: 816-931-2515. You can also email: pantry@centralpreuuskc.org**

- **Cheap Meal Ideas is a FB site for anyone looking to stretch their food budget with new and economical ideas!**

- **Children's Mercy Hospital has a list of food resources at: https://www.childrensmercy.org/health-and-safety-resources/food-assistance/.**

- **Christ United Methodist Church's Community Kitchen in Independence may be able to assist with food or meals. Please call: 816-461-1101.**

- **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 Christ has a food and necessity pantry on Wednesdays. Please call for time and anything you need to bring with you at: 816-448-8211. They are at: 2020 291 Hwy, Independence.**

- **Church of Faith has a food pantry every Tuesday from 4-7 p.m. The address is: 3601 East 63rd Street, KCMO 64130.**

- **Church of the Resurrection in Overland Park, KS has a food pantry. For more information, please go to: https://resurrection.church/foodpantry/. At the time of publication, this is on Wednesday s from 9-12 and 3-7 at: 8412 W. 95th St., Overland Park, KS 66212.**

- **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**

- **Coldwater of Lee's Summit has a clothing and a food pantry! For more information, please go to: https://www.coldwater.me/get-help**

- **Colonial Presbyterian Church 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. There may be a delivery option for people who are confined to home and live within the service area.**

- **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 has a 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 from 10-12. . 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-cslfamily. ***NEW!!! There is now a food pantry date on Thursdays (not on Thanksgiving) and you do still need to meet requirements and reserve a spot.**

**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 to 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**

- **Connection Church may be able to help with food. The address is: 3883 Blue Ridge Blvd., Independence 64052. Please call for information at: 816-353-4445. They generally offer a food pantry on the third Saturday of the month from 9-12. Please call to confirm that the event is occurring. The food pantry is open to the public.**

- **Cooking for One (or Two) is a free FB site to give people meal options and ideas.**

- **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 12:30 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 or go to: https://linktr.ee/davesplacecic. All are welcome, no registration required.**

  **There is a food pantry at the Christian Fellowship Baptist Church on the 1st and 3rd Saturdays at: 4509 Troost Ave., KCMO 64110 from 9:30 a.m. to 11 a.m.**

- **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 6:00-7 p.m. This is at the Victorious Life Church at: 3400 Paseo Blvd., KCMO 64109. Please enter on the 34th side of the street.**

- **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 Independence Church of Christ has a food pantry. For more information, please go to: https://www.eicoc.org/pantry. You can also call: 816-461-0266 or 816-254-9405.**

- **East Side Church in Independence may be able to assist with food. For more information, please call: 816-796-0955. They typically are able to help through their mobile food pantry events. Please call to find out when the next one is scheduled.**

- **East Side Harvesters is a FB group with listings of upcoming food distributions for those in need.**

- **Evangel Church at: 1414 E. 103rd Street, KCMO 64131 has a food pantry every Wednesday from 4-6 (people start to line up around 2:30) and on Sunday, Noon-12:30 p.m (Check to see if the pantries are still happening). This is open to anyone in need. Guests can receive food once per week at either of the distributions. ID and reservations are NOT needed. There is a Harvesters food distribution the 2nd Saturday of every month at 7 a.m. The phone is: 816-942-1414.**

- **Fairmount Christian Church has a clothing, food, and other items distributions every Saturday from 11-2. All are welcome and there are no forms to fill out. Please call with questions at: 816-254-6114.**

- **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.**

- **Farview Branch of the Mid-Continent Library has a food pantry every Wednesday from 11-2. The address is: 18109 E. 12th St. N, Independence 64056. For more information, please go to: https://www.mymcpl.org/locations/farview-neighborhood-library**

- **Feed KC is a FB group for people who may be in need or have things to share.**

- **Feedingmissouri.org can help people locate food pantries. This is at: Feeding Missouri | Working to provide hunger relief to every county in Missouri.**

- **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.**

- **Flash Foods App can tell you where to find deeply discounted food in your area. For more information about how this works, please go to : https://flashfood.com and https://help.flashfood.com/hc/en-**

us/articles/31957476388243-What-is-Flashfood. To find locations, please go to: https://flashfood.com/en/locations

- Flipp is an app that can help you to save on groceries, see multiple flyers, and more. For more information, please go to: https://flipp.com/
- Food finder can assist with finding a food pantry at: https://foodfinder.us
- Food Giveaway is on the 1st, 2nd, and 3rd Wednesdays from 8:30-11:30 a.m. as well as every 3rd Saturday from 7-10 a.m. This is out of the Palestine Missionary Baptist Church of Jesus Christ. The address is: 3619 E. 35th Street, KCMO 64128.
- 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 and Clothing Distribution is every 2nd and 4th Wednesdays of each month. This is in the rear of the building at Memorial Church: 11424 Hickman Mills Dr., KCMO 64134. For more information, please call: 816-363-7940. This begins at 2 p.m. but call to ensure the time has not changed.
- 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!64063.
- 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
- Fox 4 News in Kansas City recently ran a story about how people in Kansas may be able to qualify for $120 per child in food help this coming summer. For more information, please go to: https://fox4kc.com/news/kansas-news/how-to-get-120-in-grocery-help-per-child-this-summer-in-kansas/
- 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. CALL TO VERIFY IT IS HAPPENING AT: 816-241-9808.
- Free Fridge and Pantry is available with no questions asked and is re-stocked weekly. It is located at Goofball Sk8boards: 300 West 80th Street, KCMO 64114.
- Friendship Baptist Church often has a food pantry on Wednesday at 3-5. CALL TO VERIFY IF IT IS HAPPENING AT: 816-861-3252. The address is: 3530 Chelsea Dr., KCMO 64128.
- Galilee Missionary Baptist Church has a food pantry by appointment only along with other possible assistance. Please call: 816-231-6894. The church is at: 3601 East 19th St., KCMO 64127.
- Gallagher's Coffeehouse has a 24/7 box of food out front and a small indoor pantry during business hours. They may be able to deliver. Please reach out to: gallagherscoffeehouse@gmail.com. The address is: 22742 Midland Drive, Shawnee, KS. Phone: 913-408-0606.
- Get Safe Food is a Kansas City initiative that delivers safe groceries to families with food allergies and restrictive eating disorders. To learn more about this, please go to: Kansas City moms bridge gap for families with food restrictions or https://linktr.ee/HelpGetSafeFoods
- Giving Hope KC is a food pantry in KCKS that can offer food and potentially other resources. For more information please go to: https://givinghopekc.org. The address is: 6640 State Ave., KCKS. Phone: 913-346-2248.
- Glory at Midtown Church at 3124 Troost Ave., KCMO may be able to assist with food needs. Please call for more information at: 816-579-1122.
- God's House of Deliverance and Worship Ministries has a food pantry on the 1st and 3rd Wednesday of each month from 4:30-6. Please call FIRST to verify dates/times/availability at: 816-969-9620. The Church is at: 2310 Prospect Ave., KCMO 64127.
- Grace and Truth Church at 16999 E. 23rd St S. has Mercy Meals Outreach. For more information please call: 816-209-5069.

  They have a drive-thru food pantry every 2nd Saturday from 10-12.
- Grace UMC Church in Independence has a free meal every 1st and 3rd Wednesday at 5:30 p.m. The address is: 3601 S. Sterling, Independence. Additionally, on the 3rd Saturday of each month from 10-12, there is a food pantry with toiletries, clothes, and pet food (depending on availability). No requirements or restrictions.
- 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.

- **Harvest Church in KCMO has a food pantry. The address is: 4300 N. Corrington Avenue, KCMO 64117. The entrance is on the south side of the building. For information about when the pantry is open, please call: 816-455-7777. Please call for times and any other information needed. The food pantry is sometimes on Tuesdays from 11-2 but not always every Tuesday. Call beforehand. No judgements, all are helped when supplies are available.**

- **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. You can also go to: Drive-thru Food Pickup Calendars - Harvesters**

  ***New!!! Some Harvester's sites will allow proxies to pick up food for you if you are unable to come. Just call the partner agency prior to going for their pick up information. A link to mobile food distributions only is: https://www.harvesters.org/wp-content/uploads/agencies/agencies-list-ks-mo.pdf?fbclid=IwY2xjawQu2vFleHRuA2FlbQIxMABicmlkETFSMmNWdW1aaDVmMlhlU3p1c3J0YwZhcHBfaWQQMjIyMDM5MTc4ODIwMDg5MgABHnYuu48ihg411HNeOJ4kRS8jTTq0IVuosQ_IBF6Zb8kJGd3zj0vxAlPqaUux_aem_s_9zCyGYULvU7NE22E6V5g**

- **Harvesters Kid's Café has a free nutritious snack program served Monday through Friday from 330-430 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 God Church has a food pantry every Tuesday. You will need an ID to participate. For more information such as times and exact location please call: 816-547-1383. The last communication was that it occurs at 5-6:30 on Tuesdays.**

- **Heart-n-Hand Ministries in Belton is now offering 2 pantry times each week for food. Tuesday is 3:30-5:30 and Friday is 9-12. You must call for an appointment, location, and qualifications at: 816-322-1133.**

- **Helping Hands Food Pantry is available for people in Jackson County, Missouri. Income verification is not necessary. These distributions typically occur at: 5612 St. John Ave., KCMO. Dates and times vary. For more information please call: 816-483-4121. You may also go to: https://www.calvarytempleag-kc.com/**

- **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: 816-778-1147. Food pantry hours for 2025 are: Tuesday at 5, Wednesday at 3, Thursday at 6, and the 4th Saturdays at 10 a.m. Please call for further info. No registration is required but you must have an ID. The location is 10500 E. 350 HWY. FIRST COME, FIRST SERVED. 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 (approximately) representing 20 different households at one opening. Others will be asked to come to the next pantry opening. NO EXCEPTIONS! ***Please note that the pantry is people-choice and set up like a grocery store.**

  ***NEW!!! There is a 4th Saturday food pantry, doors typically open at 10 a.m. Please call with eligibility or other questions at: 816-778-1147.**

- **Hope.Wrx in the Northland can provide food and sometimes other things. For more information please go to: https://www.hopewrx.org**

- **Immanuel Baptist Church in Independence has a food pantry. Please call for more information at: 816-254-9579. The address is: 112 W. 23rd Street.**

- **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. For more information, please go to: IMPACT | FBC Bluesprings.**

- **In as Much Ministry is able to offer food assistance to those in need in Clay County. For more information, please go to: https://www.inasmuchministry.org/. They are located at: 2050 Plumbers Way, #190, 64068.**

- **Independence has a list of community gardens for people interested in growing produce. For more information please go to: https://www.independencemo.gov/community-gardens**

- **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.**

- **Jackson County Public Health has regular Harvester's food distributions. Lyft rides may be available to and from Harvester's. The Harvester's distribution is every 3rd Wednesday. For more information please call: 816-447-0421**

  *****NEW!!! There is a food pantry and resource fair every first Tuesday of each month at 1:30. This is at: 2400 Troost Ave., KCMO 64108.**

  *****NEW!!! IF you are looking for distribution sites closer to you or sooner, there may be other options through the Health Department. There may even be transportation to an event or clinical services through the health department. For details, please go to: https://bit.ly/4cbXLmB**

- **JoCo EATS is an online resource designed to help residents of Johnson County, KS eat healthier, save money, and connect with local food options. It offers a variety of resources. For more information, please go to: https://jocoeats.org/**

- **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 Dream Center has a food pantry on Tuesdays and Thursdays from 2-5. This is in KCKS, but you do not need to live there to use the pantry. The location is: 1500 Central Ave., KCKS 66102. Just bring yourself if you are in need!**

- **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-citys-farmers-markets/#page=1**

- **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 Health Department is having a pop-up pantry and resource fair. The location is: 2400 Troost, KCMO (in the atrium). Please note that the event happens every first Tuesday of every month at the same time (1:30 p.m.) until supplies run out!**

- **Kansas City Mutual Aid has 2 locations now with 24/7 accessible free food inside a refrigerator. The free fridge and pantries are at: 31st/Cherry in KCMO and also at Farewell KC at: 6515 Stadium Drive, KCMO 64129.**

- **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**

  **There is a large selection of cookbooks at the Southeast Branch or on the online catalog: https://rb.gy/eytyuv**

- **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.**

- **Kansas City Zone has a list of food pantries but it has not been recently updated. There are however, phone numbers that you can call to verify current availability. For more information, please go to: https://kansascityzone.com/food-pantries/**

- **Kesher 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/kesherkc.**

- **Keystone United Methodist Church has a "Key Ingredients" food pantry. To verify times for this, please call: 816-363-4084. It has been reported that the pantry is the third Thursday of each month from 3:30-6:30. Open to all! The address is: 406 W. 74th St., KCMO.**

- **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. When available, it is typically on the 2nd and 4th Wednesday of the month from 1-4 but CALL FIRST!**

- **Kingsway Lighthouse Ministry (inside the Community Progressive Baptist Church) has a food pantry typically on Tuesday from 9-12 when available. There may be other resources and assistance available. CALL BEFORE GOING at: 816-921-7016. The address is: 4920 East 31st., KCMO 64128.**

- **Koinonia Bible Church has a food pantry. Please call to 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!**

- **Leawood Presbyterian Church has a weekly food pantry on Saturday from 9-11. No ID requirements, no income restrictions, and all zip codes are welcome. You get to hand select from fresh produce, milk, protein, baked goods, canned goods, and snacks. The address is: 2715 West 83rd Street, Leawood, KS 66206. PLEASE ARRIVE 15-30 MINUTES EARLY TO GET A TICKET TO GET IN. First come, first served. Please call with questions at: 913-649-1144.**

- **Leftover Love-Because Good Food Shouldn't Go to Waste is a FB site where you can ask for food or give it away. The link is: https://www.facebook.com/groups/1265171578261981**

- **Liberty Hospital has a food distribution through the Redemptorist Center every 3rd Friday of each month at 5:30 p.m. The address is for Liberty Hospital at: 2525 Glen Hendren Drive.**

- **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.**

- **Market Church is in Olathe, Kansas and offers food and support. This is through the Salvation Army. Food, hygiene items, prayer, music, and community are offered. For more information, please call: 913-782-3640.**

- **Memorial Church Int. has free food and clothing giveaways every 2nd and 4th Wednesday from 2-5. The address is: 11424 Hickman Mills Dr., KCMO 64134. For more information, please call: 816-363-7939.**

- **Memorial Missionary Baptist Church has a free food pantry every 2nd and 4th Wednesday of the month from 2-5. This is located in the back of the building via a drive-thru. Follow the signs and enter through the gate. A volunteer will be there to assist you. The address is: 11424 Hickman Mills Dr., KCMO 64134. Call for more information at: 816-363-7940.**

- **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#/**

- **Messiah Lutheran in Independence has a food pantry. Please call for more information at: 816-254-9405. The address is: 613 S. Main.**

- **Metro Lutheran Ministries may be able to offer some assistance with food. For more information please call: 816-931-0027.**

- **Metropolitan Baptist Church has a mobile pantry on the third Saturday of the month from 9:30-11, or until everything is out. It is located in their parking lot at: 853 Washington Blvd., KCKS 66101.**

- **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.**

- **Missouri Sun Bucks is a grocery benefits program that helps to combat summer childhood hunger. Families with eligible school-age children will receive a one time $120 benefit per eligible child. Learn more at: https://mydss.mo.gov/SUNBucks.**

- **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 Hope Food Pantry serves Johnson, Wyandotte, and Miami counties on the Kansas side. For more information, please go to: https://www.newhopepca.net/connect/food-pantry/

- New Hope Missionary Baptist Church has a food pantry every 1st and 3rd Wednesday from 6-7. The address is: 4733 Elmwood Ave., KCMO 64109.

- 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. The phone number is: 816-421-7729. Other assistance may be available.

- 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.

- NKC Health has free online healthy cooking videos. For more information please go to: Healthy Cooking Videos - North Kansas City Hospital

- Northern Boulevard United Methodist Church has a drive-thru food pantry every Thursday from 5:30-7:30 p.m. PLEASE CALL TO VERIFY TIMES AND ANY QUALIFICATIONS. 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.

- Oak Park Neighborhood Association has a food pantry typically on Wednesday from 11-1 and often includes other essentials. Please call to verify before going at: 816-617-3645. The address is: 3449 Indiana Ave., KCMO 64128.

- 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.

- Open Arms Food Pantry in Lee's Summit may be able to help with food. For more information, please call: 816-373-8559. Their website is: https://www.openarmskc.org/lees-summit-mo.

- 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

- Pleasant Green Missionary Baptist Church has a food pantry often on the 1st and 3rd Thursday of each month from 9-11. CALL BEFORE GOING TO VERIFY IT IS HAPPENING AT: 816-923-7814. The address is: 2910 E. 30th St., KCMO 64128.

- 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.

- 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.

  The NON distribution dates are: Feb 13th, March 27th, May 8th, June 19th, July 31st, September 11th, September 26th, October 23rd, November 27th, December 25th, and January 1st, 2027.

- 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. Please if possible, call ahead to see if the free meal is still available even though the government shutdown has ended).

  -Big Belly's Italian-American Kitchen is offering free meals to those in need. They are located at: 8940 Wornall Rd., KCMO 64114. For more information about any restrictions, hours, etc. or if you would like to make a donation to cover the costs, please call: 816-216-6498. You can also find more information about it at: https://bigbellykc.com

  -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

-Dinner Church is at the Salvation Army in Olathe, KS. Every Wednesday at 5, you can get a warm meal and a welcoming evening together. All are welcome. The address is: 420 E. Santa Fe, Olathe, KS 66061. If you have questions, please call: 913-782-3640.

- Fairmount Community Center is having FREE lunch Fridays. They serve lunch at 11:30 a.m., dine in only. You do need to have a reservation so they can make sure they have enough food. Please call: 816-254-8334 to make a reservation and get the address.

- 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 3757 Independence Ave. 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

- 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 Winner Park in KCMO on Sunday at 1:30. This is at 8400 Independence Ave.

-Grace UMC in Independence has a free meal every 1st and 3rd Wednesday at 5:30 p.m. The address is: 3601 S. Sterling, Independence. Additionally, from 9-11:30 a.m. every Sunday, they have clothes, some food, and toiletries. No requirements.

-Grill for Glory gives hotdogs, resources, and fellowship every Saturday from 11-1. This is at Mt. Sinai MBC: 3634 Brooklyn, KCMO 64109.

- 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: The location is 705 Virginia Ave, KCMO. Breakfast is Monday-Friday from 8:30-10 and Lunch is Monday-Friday from 11-12:30.

-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**

**-Lunch Partners Community Kitchen provides free lunches along with some packaged food and a small clothing closet. The hours are Monday, Wednesday, and Friday from 11:30 a.m. to 1 p.m. The address is: 700 West Lexington Ave., Independence 64050. Please call with questions at: 816-461-7215.**

**-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.**

**-Nativity of Mary has a free community breakfast on the 3rd Saturday of the month. For information, please call: 816-353-2184. The address is: 10021 East 36th Terrace S, Independence. This is across from Harvey's, near V's and Cool Crest. There will be some hygiene items and clothing at this event on the 18th.**

**-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.**

**-Open Table KC serves a free hot meal in Winner Park on Tuesdays at 5:15. The address is: 8400 Independence Ave., KCMO.**

**-REAP (Raytown Emergency Assistance Program) is often able to offer free packed lunches during the week on a first come, first served basis. The address is: 9300 E. 75th, Raytown, MO 64138. To call ahead and find out hours, if it is available, etc., contact: 816-356-0054.**

**-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/housewares10-1 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 having a free community lunch from 12-1 p.m. or until the lunches are out. The address for this is: 13200 E. Truman Rd., Independence.**

**- Sandy's Restaurant and Catering has a program called "I Need A Hot One." This gives someone is need, a free hot meal. Learn more about the program at: https://www.kshb.com/news/local-news/blue-springs-restaurant-launches-hot-one-chip-program-to-provide-free-meals.**

**-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. Mary's Kitchen in KCKS has free and hot meals. For more information, please go to: Home | St. Mary's Food Kitchen | Kansas City Metro Area. The address is: 645 Nebraska, KCKS 66101. The phone is: 913-281-5638.**

**-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**

**-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. ***NEW!!! They also have a nightly meal that starts at 7 p.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.**

**-Willis Chapel AME has a free, hot meal for all on Wednesday s from 6-7. Enjoy a free meal and fellowship. Afterwards, you can take home pantry items to help feed your family during the week. ALL are welcome**

**and the address is: 5332 S. Benton Ave., KCMO.**

**-Woods Chapel Raytown: The Table (Dinner Church) is each Wednesday (except 5th Wednesdays) at 5:30 p.m. These are sit down meals. To go meals are at 6 p.m. The address is: 5413 Blue Ridge Cutoff, Raytown 64132. The phone number is: 816-492-5469.**

- **Red Bridge United Methodist Church has a mobile food pantry every 4th Friday of the month from 1:30-4. 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/housewares10-1 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 and 4th of each month) that begins at 5:30 p.m. (207 W. Linwood-Enter in the rear off Wyandotte). See address above. This is in partnership with Harvesters and is first come, first served.**

  **There is also a distribution at Liberty Hospital every 3rd Friday of each month at 5:30. This is at: 2525 Glen Hendren Drive.**

- **Renewed Hearts food pantry is at: 10112 E. Truman Rd., Independence 64052. For more information about this please call: 816-655-8625. ***NEW!!! Because of funding cutbacks, their public food distributions are canceled for the foreseeable future however, they will try to help on an individual basis.**

- **Renewed Hope Food Pantry in Kansas can assist people in need with food. For more information, please go to: https://renewedhopefoodpantry.org/get-food/. You can also call: 913-263-2802. The location is: 8714 Antioch Rd., Overland Park, KS 66212.**

- **Resurrection Overland Park Food Pantry is every Wednesday from 9-12 and 3-7. The address is: 8412 W. 95th St., Overland Park, KS 66212.**

- **Rock of Ages Church Food Pantry is every 3rd Saturday of the month from 10-1. The address is: 3806 Prospect Ave., KCMO 64128.**

- **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.**

- **Sacred Heart Guadalupe Church has a food pantry on the first Saturday of each month from 9:30-10:30 a.m. Please call to verify the day before going at: 816-842-6146 or 816-599-7242. The address is: 2544 Madison, KCMO 64108.**

- **Saint Charles Borromeo Parish has a food distribution center. Please call for information on hours, days, qualifications, etc. The number is: 816-436-0880.**

- **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.**

- **Second Missionary Church in Grandview has a walk-up food pantry from 11-1. For more information, please call: 816-763-3999.**

- **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. and goes to around 11 a.m. Please call to confirm date, time, and location at: 816-241-4831 or 816-241-5433.**

- **Shinwa Alliance may be able to provide food and deliver in a certain area which is Grandview, Belton, Independence, Blue Springs, KCMO, Raytown, Raymore, and Harrisonville. They may also be able to provide hygiene packs, dignity kits, and basic first aide supplies. Please go to their FB page under Shinwa Alliance, look at the food, and text what is needed. It was reported that on Thursdays, they will post food in the afternoon, you select what is wanted. First come, first served. Text orders at: 816-598-3060. Call with questions: 816-598-3060.**

- **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.**

- **SMUUCh FUUD (Spelled like that) Pantry is every Tuesday from 2-5:45.They offer canned and packaged food, frozen meats, dairy, eggs, and produce. You MUST have an appointment that is made the WEEK PRIOR. Appointments open on the Tuesday mornings at 8 a.m. to shop the following week. Please go to: https://smuuchfuudpantry.setmore.com/.**

**This is located in Lenexa, KS. Please call with questions at: 913-228-2993.**

- **Southeast Library has reps from SNAP Outreach Program to help answer questions about food benefits and more. This happens every Tuesday from 11-1 and MU Extension people are happy to assist! The address is: 6242 Swope Parkway, KCMO 64130. Free information is available and you will be able to get an application for sign-up for the program.**

- **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 the first and third Tuesdays from 3:00 p.m. to 5:00 p.m., no appointment needed. For emergencies, please call the Church. They are located at: 603 N. Jennings Road, Independence, MO 64056. Please call for more information at: 816-257-1812. Please bring a photo ID. They also have a clothing closet but that is by appointment only!**

- **St. Mary Parish in Independence may be able to assist with food. They are located at: 600 N. Liberty, Independence 64050. Please call: 816-252-0121 or 816-252-8649.**

- **Stone Church has free bread while supplies last every Tuesday. The time is 11:30 a.m. and the address is: 1012 W. Lexington, Independence, MO.**

- **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 Gathering Baptist 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. First come, first served until supplies last.**

- **The Hope Market in Gardner, KS has a client-choice pantry with no questions asked. For more information, please go to: https://thehopemarket.org/. This is for Kansas residents. The pantry typically operates Tuesday, Thursday, and Saturdays.**

- **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 has moved. For more information please go to: https://starfishproject21.org and check their FB.**

  *****NEW!!! There new location is: 16175 W. 135th, Olathe, KS. They are able to give food, clothing, dignity/hygiene items, and sometimes more.**

- **Tiny Pantry offers some staples insofar as food 24/7 however, on certain days, they also have tables of produce donated by the Overland Park Farmers Market and Costco. There are often other items such as hygiene pantry items, etc. This is located at: 7450 Conser, Overland Park, KS. For more information and to verify when the produce is available, please go to: http://www.tinypantrytimes.org/ or call: 913-208-0260.**

- **Trinity Table at Trinity Presbyterian Church has a food pantry and free lunch program. Food and fellowship are offered around the community table. This is every 2nd Saturday of the month from 11-1. A food pantry is available. Diverse in backgrounds and united in faith. The address is: 1400 W. Sheley Rd., Independence 64052. Their website is: www.trinityofindependence.org**

- **True Faith Outreach Ministries Church has a food pantry on Wednesday from 1:30-3:30. Other resources and information may also be available but you MUST call beforehand to ensure the event is happening at: 816-923-7262. This is by appointment only sometimes and you will need to bring an ID! The location is: 3206 East 27th Street, KCMO 64127.**

- **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.**

- **Unity Southeast in Kansas City has a weekly food pantry on Sunday at 10 a.m. Coffee and conversation is at 10:30 and the Sunday gathering begins at 11 a.m. The location is: 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!**

  *****NEW!!! There is now a free community breakfast every Sunday at 9:30 a.m. and all are welcome. From 10-11, there is a food pantry every Sunday as well. The address**

and phone number are listed above. All are welcome! The food pantry is available daily by appointment. There is a community dinner on Wednesdays at 5:30.

- 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.

- Uzazi Village has free food and produce on Wednesday and Friday from 12-3 or until supplies are exhausted. The address is: 4232 Troost Ave., KCMO.

- Viking Village Food Pantry is inside Northeast High School and is only open on Wednesday from 10-1:45. The address is: 415 Van Brunt, KCMO. Ring the bell at the north door on Smart Avenue. Please call with questions at: 816-418-3422.

- Vineyard Church in the Northland has a food pantry. For more information and to verify any qualifications, please go to: Food Pantry | Vineyard Church Kansas City or call: 816-734-8100. The hours currently are: Monday/Wednesday: 9-11:30 and Thursday: 1-3. The address is: 12300 NW Arrowhead Trwy., KCMO 64165.

- West Indian Social Club has a free food giveaway on the 2nd and 4th Saturday of the month. The address is: 8011 Paseo, KCMO. Please verify times by calling: 816-926-9408.

- Whole Truth Ministries has a food pantry while supplies last. The days are 2nd and 4th Sunday's from 1-2:30 and the 1st and 3rd Thursday's from 5-6:30. The address is: 5702 East 215th St., Belton 64012. Call with questions: 816-914-0115.

- Woods Chapel Raytown: 816-492-5469. The address is: 5413 Blue Ridge Cutoff, Raytown 64132. The Grace Place Food Pantry is the first and third Wednesdays, 4:30-6:30. It is also on the second Tuesday of each month from 10-12.

- You Tube has a multitude of videos on how to stretch your food budgets and to make things last longer. Easy to follow and packed with great money saving ideas!

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

- All About Kansas City: Events, News, and Reviews is a free FB site with many resources and information.

- 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!

- Autism Support-Kansas City is a FB group that may be able to offer a variety of supports and resources.

- 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!

- Borrow Baby's Basics is a FB site where you may be able to give or get needed baby items.

- Budgeting, Saving, Frugal Ways, Grocery Hauls, and Homemaking is a FB site with many resources and suggestions.

- Buy Nothing Kansas City

- Buy Nothing Raytown, Kansas City, MO

- 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!

- Buy Nothing, Sell Nothing for Kids and Teens KC Metro is a free FB site to possibly obtain needed items for free.

- 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!

- Empty Nesters is a FB site for people whose children have moved out, gone off to college, etc. It offers a variety of resources and support.

- Everything's Free Raytown, MO ONLY is a FB site where you can post needs and/or give things away.

- Everything Frugal is a FB site that has many helpful tips about living on limited incomes and many other frugal tips.

- FEC4Me is a FB site from the Full Employment Council that has information and resources pertaining to trainings, job fairs, and more.

- **Feed KC is a FB group for people who may be in need or have things to share.**
- **Free Art Friday Kansas City is a FB site for those interested in giving away their creations just to brighten someone's day.**
- **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 Metro Areas 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!**
- **Homeless Lives Matter is a FB site that can help people with resources, find loved ones, and more.**
- **Independence Missouri Community Awareness is a FB page with a lot of community information and resources that keep people connected.**
- **Independence MO Everything is FREE is a FB site where you may post things that you have to give away and/or ask for needed items. NO selling is allowed, everything is totally FREE!**
- **Independence, MO Families in Need is a FB site with a multitude of resources and supports.**
- **Independence Stake Relief Society in Action is a FREE FB site that brings together people who need things with people who have them to give away.**
- **Intellihelppets 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-Free Stuff is a free FB site where you may find 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 exchange information about a variety of things.**
- **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 and Surrounding Areas Baby Shop and Swap is a FB site that may be able to provide needed items for families.**
- **Kansas City Heroes is a group with a FB page that does a lot of homeless and newly housed outreach.**
- **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 with Kids is a site with information about free events. For more information, please go to: https://www.kansascitywithkids.com/20750/free-kc-fun**
- **Kansas City Twin/Multiples Swap Shop**
- **Leftover Love-Because Good Food Shouldn't Go to Waste is a FB site where you can ask for food or give it away. The link is: https://www.facebook.com/groups/1265171578261981**
- **Little Free Garden & Plant Shop: Garden Coaching and Community is a free and informative FB site for anyone interested in plants and gardening!**
- **Love KC Living on Mission is a FB site that has a variety of information.**
- **Low Income Relief is a FB site with may resources and suggestions for people living on limited incomes. They also have a website at: www.Lowincomerelief.com**
- **LS Community Giving/Receiving Free Group is a FB group to help people get their needs met and/or to give away items that are no longer needed.**
- **Menopause Support Group for women 35 and older is a free FB group that can provide support and resources.**
- **Midtown Kansas City for Free/Just Take it is a new FB group.**
- **Missing KC is a FB site that can help people possibly find missing people.**
- **Missouri Dad Tribe-Kansas City & Surrounding Areas is a FB site with resources and support.**
- **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.**
- **Northalnd Puzzle Trading Group-Free Puzzles is a FB group where you can trade puzzles.**
- **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.**
- **Open Table KC is a FB site for a group that does a lot of outreach with people in need. This may include meals, basic hygiene items, peer support, and more.**
- **Out and About KC is a free Facebook site with great information about local happenings!**
- **Ovarian Cancer Support Group is a FB group for women with ovarian cancer that can provide support and resources. It is run by patients with ovarian cancer.**
- **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!**
- **People Aging Solo is a FB site that can help provide resources and support for anyone that is alone as they age.**
- **Queer Parents and Caregivers of Kansas City and Surrounding Areas is a FB group to help support parents of children that are in the LGBTQ community. This is done with resources and support.**
- **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!**
- **Raytown Swap and Shop is a FB site where people can exchange things no longer needed.**
- **Raytown Swaps is a FREE FB site.**
- **Reusefull 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**

- Special Needs Parents of Kansas City is a free FB group to help support parents of children with special needs. For more information please go to: https://www.facebook.com/groups/specialneedsparentsofkansascity

- Sharing Blessings is a free FB site where you can give and/or get help!

- Sunflowers and Daisies is a FB group for women but men can ask to join. Through this they share stories, what has worked for them, acts of random kindness, and support one another.

- The Friendship Circle of Kansas City is a FB site to create a community where people with disabilities are accepted, included, and celebrated.

- 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.

- Widows Helping Widows is a FB site that may be able to provide supports.

## GENERAL RESOURCES

**A NEW INCLUSIVE PLAYGROUND DESIGNED FOR CHILDREN OF ALL ABILITIES IS NOW OPEN IN OVERLAND PARK, KS. FOR MORE INFORMATION PLEASE GO TO: https://www.bluevalleyrec.org/a-place-where-everyone-can-play/.**

**THERE WILL BE A ZOOM MEETING FOCUSING ON HOW TO MAKE NEIGHBORHOODS MORE INCLUSIVE AND ACCESSIBLE ON OCTOBER 22ND FROM 11-12. THE LINK WILL BE SENT TO YOU AFTER REGISTRATION AT: https://t.e2ma.net/click/4vry4v/8yw3jk3/8mrfo9c.**

- 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

- 6242 Talking Club is a monthly open discussion group with no set agenda. Refreshments will be provided. For more information please contact Maxi Moody at: 806-701-3657. This is for people 18 and older. The event takes place at: 6242 Swope Parkway, KCMO 64130.

- 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

- Abundant Life in Lee's Summit may be able to offer various kinds of assistance. For more information please refer to: Abundant Life Care Ministry or call: 816-554-8181.

- Accessible Sports Greater Kansas City is a website that is an inclusive adaptive sports website and calendar that lists adaptive/accessible sports activities throughout the metropolitan area. The website is: https://www.as-gkc.net/about-asgkc/

- ACT Raising Safe Kids Parenting Classes will begin this fall. This is FREE to Missouri residents. There are different date and time options. To get that and other information or to enroll, please call: 816-778-8019 and speak with Rebecca Ashley. To enroll please go to: act-rsk@cpckc.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.

- Adventist Community Services has a clothing, personal care items, baby products, food, and more to giveaway every second Saturday of the month. This is free to anyone in need. The event is 2-4 but lunch is served (free) at 1:30. This is at the Kansas City Central Seventh-day Adventist Church: 14651 SW Peterson Rd., KCMO 6419. Please call with questions at: 816-331-9933.

- Advocates for Immigrant Rights and Reconciliation (AIRR) is a community organization that educates, organizes, and inspires the faith community to advocate for immigrant rights and reconciliations. There is a FB site and their phone number is: 913-229-6183. The email is: info@airrkc.com and the website: https:// www.airrkc.org/about-us.html. You may also contact Itzel Vargas there at: 913-579-4523.

- 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

- American Red Cross can provide homes in need with a smoke detector. They will also come to test existing alarms and provide other safety information. To register, please go to: www.redcross.org/smokealarmMo

- Angels Encamped Foundation in KC has a variety of resources for the houseless and anyone needing a hand up. For more information please go to: https://www.angelsencampedfoundationkcmo.org/. You may also call: 816-682-5230.

- **Answering the Call is a nonprofit founded to support First Responders in their own times of need. Check out their FB page or you can email them at: answeringthecall911@gmail.com. Their website is: https://atc911.org/.**

- **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.**

- **Assistance League of Kansas City has a variety of supports and programs. For more information please go to: Who We Are-NEW | Assistance League – Kansas City**

- **Asylum Clinic KC can assist immigrants with legal needs. For more information please go to: https:// www.asylumclinickc.org. You may also call: 816-221-5444.**

- **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**

- **Be Kind Waldo has some great resources for food, mental health needs, and more. For more information, please go to: https://bekindwaldo.com/.**

- **Benefitsexplorer.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://benefitsexplorer.com**

- **Best Battery has some deep discounts on batteries of all kinds. Their address is: 1112 Swift, NKC 64116. The phone is: 816-741-7816.**

- **Bethel Neighborhood Center is starting something called Bethel Coffee Connections. This is an opportunity to network, bring together community leaders, all types of organizations, and people. This will be on the 3rd Thursday of every month from 8-9 a.m. The location is: 14 S. 7th Street Trafficway, KCKS 66101.**

- **Better Together Kansas City is dedicated to removing barriers and increasing access to resources. This is in the Argentine, KCKS neighborhood. For more information please go to: https://bettertogetherkc.org/**

- **Bilingual Resource Fair is on September 9th from 2-6 at the Kauffman Foundation Conference Center: 4801 Rockhill Road, KCMO 64110. The focus is on mental health and developmental disabilities. This will also include mental health resources. Snacks will be provided. You can register or walk in at the link: cmkc.link/bilingual-resource-fair. This is through the Guadalupe Center.**

- **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.**

- **Blessings Under Disguise is a Missouri nonprofit that works to empower youth and families across the KC metro area. Check out their FB for more information!**

- **Boys Grow is an organization that helps boys learn various kinds of skills through agriculture and other programs. For more information please go to: Boysgrow.com**

- **Breath in Me Life in You is a nonprofit that provides youth and young adults with the tools they need to resolve conflict. Their phone number is: 816-258-3056. The email is: BreathInMeLifeinYou@gmail.com**

- **Brim Wedding Chapel can offer free medium sized weddings on Wednesday, Thursday, and Friday. Couples have 2 hours to do what's needed to make the beginning of their marriage ceremony come to life. For more information, please go to: https://www.thebrimkc.com/service-page/free-ceremonies-wed-thurs-fri?referral=service_list_widget . PLEASE NOTE THERE IS STILL A $250 DEPOSIT THAT IS FULLY REFUNDABLE. THIS IS DONE TO ENSURE THAT TIMES RESERVED ARE USED.**

- **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.brownandcrouppen.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**

- **Build A Bag Foundation is a KC nonprofit that can provide low-cost equipment and other supports to youth so that they may play sports and have healthy outlets. For more information, please go to: https://buildabagkc.org/**

- **Catholic Charities Emergency Assistance Fund can help possibly with rent, mortgage, utilities, and other needs. For more information please go to: https://catholiccharities-kcsj.org/emergency-assistance/**

- **Catholic Charities of Northeast Kansas has FREE citizenship classes. For more information about this please call: 913-391-0256. You can also email: citizenship@catholiccharitieskc.org**

- **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.**

- **Celebrate Spring in KC is a FREE event with animals, music, games, prizes, plants, seeds, and more. This will be at 38th and Gillham in KCMO. For more information please go to: https://www.pilgrimcenterkc.org/spring-celebration**

- **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**

- **Center of Grace in Olathe, KS has a variety of supportive resources and assistance. For more information, please go to: https://centerofgrace.center/# or call: 913-764-1353.**

- **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**

- **Ches, Inc. can help you with financial health and setting goals. For more information, please go to: https://chesinc.org/**

- **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.childrensmercy.org/in-the-community/community-programs-with-childrens-mercy/resources-for-children-with-complex-medical-needs**

  *****NEW!!! They now have a program to help celebrate the birthdays of kids who are hospitalized on their birthdays. For more information please go to: https://www.kctv5.com/2026/07/19/heart-kc-birthday-brightness**

  **There are multiple programs to address childhood adversity and resilience. For more information please go to: https://www.childrensmercy.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.childrensmercy.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.childrensmercy.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.**

  **There is also a Bed Ministry to help people in need of beds get beds. For information about how to qualify, be referred, etc., please go to: https://resurrection.church/beds/**

- **Citizenship Preparation Program is available through Catholic Charities. To learn more about this, please call: 913-909-2690.**

- **City of Blue Springs has an online means to report a variety of issues. For more information please go to: https://bluespringsgov.com/requesttracker.aspx.**

- **City of Independence has a portal for reporting a variety of issues. For more information, please go to:**

https://independencemo.citysourced.com/servicerequests/create.

The City of Independence offers certified copies of birth and death certificates. For more information about this process and identification needed to complete the process, please call: 816-325-7803.

***City of Independence offers a drop-off for bulky items, brush, or extra recycling. This is at: 875 Vista Avenue, Independence. You must show proof of residency through an ID or a utility bill.

- City of Raytown has a link for online bill payments. Please go to: https://www.raytown.mo.us/payment

  There is a link to "How do I…" that answers how to complete many transactions. For more information, please go to: https://www.raytown.mo.us/how_do_i/index.php.

  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.

  Also offered online is a way to report concerns about potholes and other road conditions at: https://www.raytown.mo.us/index.asp?SEC=EF01C0AC-04DE-4B35-977F-6A8951997878&Type=QUICKFORM

  Non-emergency Raytown Police: 816-737-6020.

  City of Raytown Main Number: 816-737-6000.

  Raytown Sewer Billing: 816-737-6088.

  Raytown Animal Control: 816-737-7025.

  Pothole or road concerns: 816-737-6064.

  Raytown Municipal Court: 816-737-6008.

  Tall grass or code concerns: 816-737-6014.

  Rental Regulations: 816-737-6011.

- City Saver Thrift has a FREE room with all kinds of very useable things. They also sell deeply discounted clothing and food (second chance, outlet, etc.). They may even accept EBT. The address is: 115 Crown Hill Rd., Excelsior Springs, MO. They are next to the Tractor Supply and DMV. The phone to verify of they take EBT or anything else is: 816-933-6500.

- 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.

- Clay County Public Health Center has a variety of useful information of all types. For more information please go to: https://www.clayhealth.com/.

- 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. They often have clothing and food to giveaway and sometimes winter coats.

- 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/colorcycle.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 8-4 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: 816-360-9389. 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 Resource Fair is the 2nd Tuesday of every month from 10-12 at the Central Resource Library: 9875 W. 87th Street, Overland Park, KS 66212. A variety of community agencies provide information on things such as: obtaining identification and driving reinstatement, employment services, mentor connections, career path development, community service referrals, and more! Walk-ins are welcomed.

- Community Resource Guide has listings of help for housing, mental health, and more.

**To see the guide please go to: Community Resource Guide – Catcall**

- **Community Resource Guide of Wyandotte County is a comprehensive listing of many different kinds of resources. For more information please go to: https://www.kckcc.edu/files/docs/community-resource-guide.pdf**

- **Community Resources at the Kansas City Public Library are available to try and connect people to needed things across the community. Currently, they are open on Wednesdays from 1-4 however, in the new year, they will be open M-F from 9 a.m. to 1 p.m. For more information please go to: https://kclibrary.org/community-resources**

- **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 newsletter with information about free trainings, rent and utility help, and much more! Read more about this at: https://conta.cc/3JjbBaH**

  *****NEW!!! There is a drop-in center now to provide assistance to their unhoused neighbors. This is located at the Good Shepherd Community of Christ. Please go to the lower entrance at: 4341 Blue Ridge Blvd. For questions please contact Julie Shaw at: liaison@cofchristgs.org**

  **There is a Family Stability Program that can offer many benefits and resources. For more information please call: 816-491-2873. Please note that you must have at least one child that is between 0 and 18 and live in Eastern Jackson County.**

- **Compass KC is a place where you can interact with a variety of city departments for multiple needs. For more information, please go to: https://www.kcmo.gov/city-hall/departments/city-planning-development/compass-kc-the-new-permitting-system**

- **Connect with Me is an app that helps you navigate conversations with young people to make for better and more meaningful conversations. For more information please go to: ConnectWithMeApp.com**

- **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. They may be able to offer some limited burial assistance to aide families of homicide victims. The 24 hour hotline is: 816-834-9161. The web address is: https://coreysnetwork.org.**

- **Craft Emergency Relief Fund (CERF) serves artists in craft disciplines by providing support, educational programs, advocacy, network building, and emergency relief. For more information please go to: https://cerfplus.org/**

- **Creative Emajinations has free community workshops for kids 5-12 every first Saturday of each month from 10-12. You MUST RSVP at: 816-304-0122. The events are at: 7546 Troost Ave., KCMO.**

- **Crown Center has multiple family friendly events coming up in June. For more information please go to: CrownCenter.com/Events**

- **Cultivate KC has a tool library to help farmers and gardeners. For more information, please go to: https://cultivatekc.lend-engine.com/**

- **CYS Zine is a 16-page monthly mini magazine that highlights what's new and notable in the children's department of the Central Library. Each issue is filled with new books and upcoming events, plus amazing facts, funny jokes, poetry, artwork, and puzzles. You can pick up a copy at the Central Library CYS service desk, or download a copy online, print it, and enjoy the zine from home. For more information, please go to: https://kclibrary.org/news/2025-05/may-2025-central-youth-services-zine**

- **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.**

- **Daddy's on Duty is a group with a variety of resources for fathers. For more information please contact Pat Clark at: 816-977-3116. They are looking for men or women who have child support issues. If you are having child support problems, please call or text: 816-617-3645.**

- **DCF Kansas has a program to help reduce past-due child support up to $6000. Learn more about the program at: https://www.dcf.ks.gov/services/CSS/Pages/default.aspx.**

- **Deanna Rose Children's Farmstead has sensory sensitive times for families. For more information, please go to: https://www.opkansas.org/recreation-fun/deanna-rose-childrens-farmstead/**

- **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**

- **Dial-A-Story is where children can call and hear a story. This is available at any time day or night. Call: 816-701-3456. You can also listen online at: https://kclibrary.org/kids/dial-story**

- **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**

- **Economic Opportunity Foundation of Wyandotte County Kansas has multiple potential ways to help people in need in their community. For more information, please go to: https://www.eofkck.org/about-our-services**

- **Elevating Men is a nonprofit dedicated to supporting men in every aspect of life. For more information please go to: https://elevatingmen.org/**

- **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.englewoodarts.art**

- **Ennovation Center in Independence has many services to help you grow your small business! For more information please go to: client services | ennovation-center**

- **Essential Families is a Kansas City nonprofit that may be able to provide a variety of resources. For more information, please go to: https://efamilies.org/contact-us/**

- **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. ***Call to see if they are still able to offer transportation.***

- **Family Resource Center of Cass County may be able to offer multiple kinds of help. For more information please call: 816-425-4169.**

- **Family Storytime is at the Southeast Branch Library every 3rd and 4th Thursday from 5-6 p.m. These story times are an opportunity to share special time with your children and join in on not just stories but also, crafts and music. For more information please contact Kiesha Collins at: 816-701-3687 or kieshacollins@kclibrary.org**

- **Family Support Division has a phone number to call for information and questions about your case. This is available Monday through Friday from 8 to 5. Please call: 855-373-4636.**

- **Fathers United is a group to educate, empower, and support fathers. There is also a focus on mental health awareness among men. They have a FB page and can be contacted at: 913-735-5171.**

- **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. For more information, please go to: https://www.findhelp.org/money/financial-assistance--kansas-city-mo**

- **First Assembly of Raytown has an outreach program that goes to local homeless camps and can provide food, showers, clothing, minor medical care, and even haircuts. They go out the second Saturday of each month. For more information, please call: 816-353-0126.**

- **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. 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/youthacceptance project**

**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**

- **Fox 4 KC has a community calendar with information about many great events and happenings. The link for this is: https://fox4kc.com/community-calendar/#!/.**

- **Freedom Hoops is a mentoring program at the Mary Williams-Neal Community Center. This is on Thursdays from 6-8:30. You MUST sign-up before hand. Please call: 816-513-0730.**

- **Free professional headshots are available through KC GIFT. Book online at: www.kansascitygift.org**

- **Free rides may be available to people who want to vote and live in a certain zip code. The zip codes are: 64109, 64127, 64128, 64130, and 64132. These rides are for August 6th from 7:30 a.m. to 6:30 p.m. Call ahead to schedule and for more information at: 816-221-0556.**

- **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.**

- **Front Porch Alliance has a monthly resource fair. Please call with questions and to verify times at: 816-921-8812. These events are generally drive-thru and you pull into the parking lot from Woodland Ave. and a volunteer brings items to your car. If walking, come directly to the entrance to receive items. The event is usually (call to confirm) from 3:30-6 and from 9-12 on the Friday and Saturdays of the event. The address is 3210 Michigan Ave., KCMO. The event will include clothes and a limited supply of cleaning and hygiene kits.**

  *****NEW!!! They are now able to offer Parent Cafes. For more information, please call the number mentioned above! For general information about what a parent café is, please go to: https://mochildwellbeing.org/resource/what-are-parent-cafes/**

  **Neighborhood Families is enrolling now. This helps to support your child's early childhood development. Enroll in the program of your choice. This focuses on kids 0-5. For more information contact Shanette Nickens: 816-200-7296.**

  **Front Porch Alliance Kansas City has an event every First Friday and Saturday of the month where you may come and get gently used clothing, household items, cleaning items, and personal care. For questions, verofy times, or if you would like to donate please call: 816-921-8812. The address is: 3210 Michigan Ave., KCMO 64109.**

- **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**

- **General Delivery is a service through the post office where if you qualify and are homeless, you may have a way to get mail. For more information please go to: What is General Delivery? (usps.com). One such place that may be able to accommodate this in KCMO is the post office at Union Station.**

- **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.**

  **They can help you market your business if you need assistance. Sign-up for this at: www.kansascitygift.org/businesscenter**

  **There is a class for anyone thinking about starting their own business in Kansas City. It is on the first Tuesday of each month. To get more information and to register, please go to: www.kansascitygift.org**

- **Giving Hope and Help has a variety of programs to support the community with different needs. They can assist survivors of cancer and domestic violence, people living in poverty, and more. To learn more, please go to: https://givinghopeandhelp.org**

- **Global Penfriends Penpal Club is a way for people to connect from all over the world and it helps to combat isolation. For more information please go to: https://www.globalpenfriends.com/**

- **Good Dad's is a 15 week program in KCMO that meets twice a week to help support and educate fathers. For more information please call: 816-923-5815.**

- **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 at 5:30, 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. Food, toiletries, and clothing is available with no questions asked the first Saturday of the month from 10-12, first and third Wednesday at 5:30, and every Sunday from 10-11:30.**

- **Guadalupe Center is offering a Citizenship Class starting in September. For more information, please email: info@girardimmigration.com**

  **They are also offering a Flag Football for youth 7-14. Registration closes on September 1st. Register at: https://loom.ly/TS7NyFo.**

- **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**

- **Hammerspace Community Workshop is a space where people can learn about making things with wood and metal. No membership is needed to take a class and those classes are open to all skill levels. For more information about what they have to offer, please go to: https://hammerspacehobby.com/events/ . Tours and safe tool handling instruction is also available! Their calendar of events is at: https://hammerspacehobby.com/events/**

- **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.**

- **Hope Church in KCMO has a fund to help people with needs both in and outside the Church. For more information please go to: C.A.R.E. Application & Nomination Form - Hope Church (churchcenter.com)**

- **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 Network through Connection Point Church may be able to offer with needs such as food, car repairs, rent, etc. if you qualify and funds are available. Please note that this is for Raytown residents. For more information, please go to: https://connectionpoint.tv/hopenetwork**

- **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.**

- **Immigration Advocates can connect immigrants to needed resources across the United States. For more information please go to: https:// www.immigrationadvocates.org/legaldirectory/**

- **Impact Family Resource Center in Blue Springs can provide a variety of supports. Their phone number is: 816-229-8030. The website is: https://fbcbluesprings.org/impact. They are located at: 1710 W. Main Street, Blue Springs. They also have a FB page. They typically can help with food, clothing, and diaper distribution.**

- **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 (Missouri) has a Citizens Academy to learn more about the various inner workings of the city, hands on learning through demonstrations, and more. The link to register is: www.independencemo.gov/citizens-academy.**

- **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 Community Awareness is a FB site to help keep people connected with resources and announcements.**

- **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. The phone is: 816-503-8215. You can join the virtual waitlist starting at 8 a.m. by visiting: www.metrolicenseoffice.com or by downloading the QLess app. They are only open on the weekends for every third Saturday of each month from 8 a.m. to 12 p.m.**

- **Independence Missouri Adventist Church has a homeless ministry. Please call ofr more information at: 816-836-3582 or go to: https://independencemo.adventistchurch.org/HomelessMinistry**

- **Independence Zone is a comprehensive listing of a multitude of resources. For more information please refer to: https://independence.zone**

- **Ivanhoe Neighborhood Council has free notary services for community residents. Call to schedule an appointment at: 816-921-6611.**

  *****NEW!!! You can subscribe to their texting system for up to date information about their programs, workshops, and more. Please text INCTHRIVES to: 816-253-8952.**

- **Jacksoncountycares.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.**

- **Jackson County Park and Recreation has supportive services for people with special needs. For more information please go to: https://www.makeyourdayhere.com/Sports/Special-Population-Services.**

- **Jewish Family Services (JFS) 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.**

  **There is a Special Needs Parenting support group for parents and caregivers of children with special needs. For more information please call: 913-327-8259.**

- **Johnson County Kansas Libraries have a "Maker Space" to help people bring their visions of the future into actual products. For more information about these resources, please go to: https://www.jocolibrary.org/makerspace/**

- **Journey Impact Center may be able to help with a variety of needs. For more information, please call: 816-600-3055.**

- **Joy Closet Thrift Store is funded through the First Presbyterian Church of Gardner. They are often able to help people in need through a voucher program for the store. For more information, please call: 913-856-8868.**

- **Joy KC is a faith-based programming for teens (ages 15+) and adults with disabilities in Kansas City. For more information please go to: JOYKC**

- **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://kcbrickstore.com**

- **KC Can Compost takes table scraps and diverts them from landfills. They also train people in green practices and help to remove barriers to employment. For more information please go to: https://kccancompost.com/about-1**

- **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 Cutmasters Mobile Barbering is a mobile services that specializes in seniors, people who cannot leave their homes for any reason, people with disabilities, and more. This is not a free service but one that will try to work with people. They serve the Kansas City and surrounding areas. Text to schedule or get more information at: 816-332-9080.**

- **KC Dream Center offers a variety of supports to help people who are struggling. For more information, please go to: https://kcdreamcenter.org/programs/**

- **KC Gift can provide FREE studio space for pro headshots, product photos, promo videos and more. Book the space at: https://www.kansascitygift.org/business-resources-center. This is a fully equipped space, just bring your SD card and vision!**

- **KC Library has a resource sheet for various kinds of digital resources. For more information please go to: https://kclibrary.org/sites/default/files/2024-11/SS%20Digital%20Fall%202024.pdf**

- **KC Library has a resource sheet for the LGBTQ community. For more information please go to: https://kclibrary.org/sites/default/files/2025-03/SS%202025.03%20LGBTQ%2B_0.pdf**

- **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.**

  **There is a "Dial A Story" program for kids. You can call: 816-701-3456 or listen online at: https://kclibrary.org/kids/dial-story**

- **KCMO Pal, Inc. has baseball sign-ups for youth. For more information, please call: 816-413-3621. You can also go to: https://www.kcpal.org/.**

- **KCMO Police have a comprehensive resource guide. For more information, please go to: https://kcpolice.org/community/community-engagement-division/resource-guide/**

- **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 Neighborhood Listening Sessions are scheduled for interested citizens and leaders. These will be at different locations and times. For more information please go to: bit.ly/kc-neighbors**

- **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**

- **KCPD has a community resource guide at: https://www.kcpolice.org/community/community-engagement-division/resource-guide/.**

  **LGBTQ specific resources can be found at: https://www.kcpolice.org/community/community-engagement-division/resource-guide/lgbtqplus-resources/.**

- **KC REACH or Responding with Empathetic Alternatives and Community Health is designed to provide community-based crisis response for non-violent situations, particularly those involving mental health, substance use, and homelessness. Instead of relying solely on law enforcement, REACH aims to connect individuals with appropriate care and support services. For more information, please go to: https://www.kcmo.gov/?navid=2045#:~:text=If%20you%20or%20someone%20you,submit%20an%20inquiry%20for%20help. You may also call: 816-513-6010.**

- **KC Resources has a list of a variety of resources. For more information, please go to: https://www.kc-resources.com/**

- **KC Source Link can help your business meet challenges and reach goals. They have a FB and are at: 4747 Troost Ave., KCMO. The phone number is: 816-235-6500.**

- **KC Women's Business Center is able to offer a variety of supports. For more information please go to: https://kansascitywbc.com/home**

- **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 Community Gardens is accepting applications for the 2025 gardening season. Additionally, they will be having a plant sale soon and have many resources for people interested in gardening and need VERY affordable or even free resources! For more information please go to: Home - Kansas City Community Gardens (kccg.org)**

- **Kansas City Community Resources is a comprehensive guide of various kinds of resources. For more information please go to: https://www.kc-resources.com/.**

- **Kansas City Discover (KC Discover) is a FB group that highlights many of the events across the Kansas City area.**

- **Kansas City Kansas Public Library has a comprehensive guide of resources. For more information please go to: https://www.kckpl.org/community-information.**

- **Kansas City Kansas Public Schools has a great resource list with many different kinds of resources. For more information, please go to: https://www.kckschools.org/community/resources-and-services**

- **Kansas City Mom Collective is an organization with many resources, information, and events to support families across the metro area. For more information please go to: https://kansascitymomcollective.com/**

- **Kansas City Oasis Community Center offers a variety of resources. For more information please go to: Homepage - Kansas City Oasis**

- **Kansas City on The Cheap is a great resource to find inexpensive things to do around the KC Metro area. For more information please go to: https://kansascityonthecheap.com/events/**

  *****NEW!!! They have a list of Kansas City Fall Festivals that are coming up. The link is: https://kansascityonthecheap.com/kc-fall-festivals/.**

- **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. Their fall recreation and activity guide is now available at: https://kcparks.org/activity-guide.**

- **Kansas City Missouri Police Department is offering self-defense classes for women in February. To learn more, please go to: https://kcpolice.org/community/personal-safety-training**

- **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.**

  *****NEW!!! There are 2 free meeting rooms at the Central Library. There are free study rooms also at the Central Library on the 4th floor. There are other rooms with more amenities that do have small fees. For details please go to: spaces.kclibrary.org**

  **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 has a Resident Satisfaction Survey that can be found at: kcmosurvey.org**

- **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 is 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**

- **KinSafe Legal Alliance may be able to provide free legal support to kinship caregivers. For more information, please go to: www.MOKIN4KID.org**

- **Kulture City is a nonprofit that is dedicated to helping people with "invisible" disabilities such as sensory issues. They have a variety of services and supports and also have a "Sensory Inclusive Bag." For more information, please go to: https://www.kulturecity.org/**

- **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**

- **Lazarus Ministries may be able to assist with hygiene, clothing, and other types of resources. They are located at: 3151 Olive Street, KCMO 64109. The phone is: 816-533-3138. They also have a FB site.**

- **LEA KC or Lived Experience Advisors of Kansas City has a "Voices Matter" meeting the 3rd Friday of every month at 10 a.m. This is at the Central Library on the 3rd floor: 14 W. 10th, KCMO.**

- **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.childrensmercy.org/in-the-community/supporting-parents-and-families/

- 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.

- Literacy KC offers FREE citizenship classes. For more information or to get enrolled please call: 816-231-2700. They are offering an English Speaking Club every Wednesday from 5:30-6:30 and Friday 11:30-12:30. This gives people the chance to practice their English. All levels are welcome!

- 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

- Men's Group Night is on the 2nd and 4th Thursday s from 6-8. Ages 15 and up are welcome. Participation is free and there is a meal provided. This is at the Southeast Community Center: 4201 E. 63rd St., KCMO 64130.

- 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

- Microsoft Nonprofit Grants can offer a variety of supports to nonprofits in the way of grants and discounts. For more information please go to: https://www.microsoft.com/en-us/nonprofits/eligibility?activetab=pivot1%3aprimaryr4

- Mid-Continent Public Library at select branches has fishing poles to check out. For more information please go to: http://bit.ly/MCPLFishing.

  There is a teen anime program. To register and get more information please go to: https://bit.ly/40oW81m

  Mid-Continent Public Library has a free service where you can digitize things like cassette tapes, slides, and more. You must sign-up for this service. For more information please go to: mymcpl.org/memorylab

- Milestone Youth Center is dedicated to helping urban youth with every aspect of their lives. The address is: 3417 East 12th St., KCMO and the phone number is: 816-743-9625.

- Mindful Mending Circle is the second Saturday of the month. This is a chance to learn more about mending, slow down, and have thoughtful conversations. Mending materials and guidance are provided ut bring your own project! This event is at the Kansas City Public Library-Plaza Branch at: 4801 Main St., KCMO 64112.

- 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 Assistive Technology has many resources that help everyone have the same inclusion and access to activities that promote

**independence. For more information please go to: https://at.mo.gov**

- **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 Department of Social Services has "chat with us online." Visit myDSS.mo.gov to start a chat with us to get answers about your case or general information.**

  **They can also help with free genetic testing and support to help establish paternity. To learn more please call: 855-454-8037 or go to: dss.mo.gov/child-support.**

- **Missouri Family Resources can help with leads to meet multiple different kinds of needs. For more information please go to: https://www.familyresources.mo.gov/**

- **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 Maternal Health Action Network is a comprehensive resource to help families in many ways. For more information please go to: https://moactionnetwork.org/.**

- **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 State Parks offers specially designed chairs so that people with impairments can access swim areas. There are currently 18 chairs across the state. For more information please go to:** Beach Chair Program | Missouri State Parks (mostateparks.com)

- **MO Able can provide resources and supports to people with disabilities. For more information, please go to: https://moable.com/**

- **Morning Glory Ministries may be able to offer a variety of resources. For more information, please go to: https://morningglorykc.org/service. You can also call: 816-842-0416.**

- **MOSource Link is an additional place people can search for services across Missouri. Please visit: https://www.mosourcelink.com/resources/find-a-resource**

- **MOVE or Men of Vision and Empowerment serves underserved boys ages 5-18. They have a FB page and can be reached at: 816-842-6683.**

- **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**

- **My.mo.gov is a great website for finding what services are available in Missouri and other important related information. More specifically, please go to: https://my.mo.gov/gsp for more information.**

- **My Resource Connection: Collaborating for Success is a resource hosted by Johnson County, Kansas that often has resources of all kinds for both Kansas and Missouri. For more information please go to: https://ims.jocogov.org/rc/**

- **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/lsx/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.**

- **Newhouse Shelter has free divorce and custody workshops for their clients and the general public. To sign-up or get more information please email: legal@newhousekc.org**

- **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**

- **Northland Assistance Center may be able to help people in the Northland with rent, utilities, and food. For more information please call: 816-421-2243.**

- **Northland Human Services Directory is a comprehensive guide to a variety of resources. For more information, please go to: http://www.northlandhumanservices.org/**

- **NWS puts out detailed packets with weather-related information. For the KC Metro area, please refer to: https://www.weather.gov/media/eax/DssPacket.pdf**

- **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.**

- **Olathe Community Center has a variety or programs and classes that are open to residents and non-residents. For more information, please go to: https://www.olatheks.gov/residents/community-center**

- **Olathe, Kansas Public Library has listings of all kinds of resources. For more information, please go to: https://www.olathelibrary.org/about-us/olathe-resources**

- **Open Table KC is an organization that serves the houseless and food insecure community. If you know of someone in need that is houseless or in need of food please reach out. They believe that kindness is free. There is a FB page with more information at: https://www.facebook.com/OpenTableKC**

- **Open Jam Night is the first Friday of each month from 5-8. BAM will have instruments our for attendees to play and a special performance at 6:30 from a BAM student's band. This is at the Zhou B Art Center: 1801 Woodland Ave., KCMO 64108.**

- **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**

- **ParentLink is a resource for parents in a variety of areas. For more information please go to: https://appsprod.missouri.edu/parentlink/public**

- **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**

- **Plant Parent is a free app available through the Google Play Store that can offer plant care solutions. For more information please go to: https://play.google.com/store/apps/details?id=com.plantparentai.app&hl=en_US&gl=US**

- **Playtime KC Indoor Play Center is newly opened and an affordable place for parents and younger kids to enjoy some indoor fun. It is located at: 6226 Raytown Trafficway, Raytown 64133. This is best for crawlers to age 5. The price is 10.98 per child under 10 and 5.00 for everyone else. Book a session where kids can enjoy 2 hours of fun in a safe play area. Hours will vary based on weather and other factors. You must schedule by csalling: 816-768-2068. Info@playtimekc.com You can also book online at: www.playtimekc.com**

- **Police Athletic League (PAL) Southland has sports, cooking, and arts every Wednesday night from 5-7:30 p.m. This is for ages 8-15. Dinner is provided. The address is: 9701 Marion Park Drive, KCMO 64137. 2nd Building on campus, in the gym. To register or for more information please contact PO Mary McCall at: 816-672-2828.**

- **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**

- **Pro Deo Youth Center in Lee's Summit has a variety of programs for teens. For more information please go to: https://www.prodeoyouthcenter.org/. The phone is: 816-226-6806.**

- **Propagation Station at Central Library in KCMO is taking a break from it for the summer. This is where you normally can get free cuttings of different kinds of plants to start your own. What (if anything) is available depends on donations. Please check at the Central Library's Circulation Desk. Free parking in the garage at 10th and Baltimore. Be sure to bring in your garage ticket for validation at the library.**

- **Prospect KC has a variety of supports and programs to help people lead stable lives. For more information please go to: https://www.theprospectkc.org/prospectinitiatives**

- **Raytown Chamber of Commerce has a lot of resources, information, and a calendar of events. For more information please go to: https://raytownchamber.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**

  **They also offer a "How to" on a variety of things. For more information, please go to: https://www.raytown.mo.us/howdoi**

- **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.**

**They also are able to provide tours of their facilities and give educational talks at schools and events. For more information, please go to: Public Relations/Tour Requests - RAYTOWN FIRE**

- **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 Police Department offers online reporting for some things. For more information, please go to: https://www.raytownpolice.org/online-reporting. For Drug Complaints please call: 816-737-6109, Community Services: 816-737-6018, and Investigations: 816-737-6113.**

- **Raytown road condition concerns can be reported to: 816-737-6046.**

- **REACH (Responding with Empathetic Alternatives and Community Health) to help support residents facing challenges with substance use, mental health, or severe poverty. For more information please go to: https://www.kcmo.gov/city-hall/departments/health/reach .You can also call: 816-513-6010. There is a story about REACH that can be found at: https://thebeaconnews.org/stories/2024/12/19/kc-non-emergency-reach-program-connects-residents-in-crisis-to-care/**

- **Reach Raytown has a meeting for men to grow in their faith and support one another. The meetings are on Thursdays at 7:30 p.m. Details can be found at: ReachRaytown.com/discipleship. You can also text: RCRDISCIPLESHIP to 89449**

- **REAL ID Requirements can be found at: https://dor.mo.gov/forms/REAL%20ID-Compliant.pdf and Non-REAL ID Requirements can be found at: https://dor.mo.gov/forms/Non%20REAL%20ID-Compliant.pdf**

- **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.**

  **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 or https://recyclespot.org/what-can-go-my-curbside-bin**

- **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 food pantry is at: 10112 E. Truman Rd., Independence 64052. For more information about this please call: 816-655-8625. ***NEW!!! Because of funding cutbacks, their public food distributions are canceled for the foreseeable future however, they will try to help on an individual basis.**

- **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.**

- **RevolveKC is an organization that seeks to reuse, reduce, and recycle and get people needed bikes. This is not FREE, but they will do their best to work with people as well as educate people on how to maintain bikes. For more information, please go to: https://www.revolvekc.org/**

- **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-americas/seedlibrary**

**They have indoor and outdoor tables to play chess at!**

- **Saint Lukes has a resource directory where you just type in your zip code. For more information, please go to: Saint Luke's Community Resource Hub by findhelp - Search and Connect to Social Care**

- **Salsa Dancing for Teens is available through the Mid-Continent Public Library. No prior experience is needed or a partner. Shoes that allow for less traction are recommended. For more information please go to: https://bit.ly/3U3JDoB**

- **Sandwiched KC has some limited funds to offer respite vouchers to family caregivers in Kansas City. For more information and to apply, please go to: https://sandwichedkc.com/caregiver-respite-fund**

  **They also have support groups for people caring for others. For more information please go to: https://sandwichedkc.com/. You can also call: 816-472-9178.**

- **Seasonal assistance resources for various needs across Kansas City can be found at: https://uwgkc.myresourcedirectory.com/index.php/guides-to/seasonal-assistance**

- **Serve and Lift Center is a community resource that is moving from KC to the Hickman Mills School District to provide a client choice food pantry, educational workshops, wrap around support programs, and more. For more information please contact Ashley Everett, Director of Marketing and Communications at: 816-659-8258.**

- **Serve the Block is a new concept in the nonprofit world. Instead of making people in crisis hunt for help through complicated systems, we are bringing the resources directly to them. We have built a centralized hub of resources. For more information, please go to: https://servetheblock.org/.**

- **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**

- **Seton Center in KCMO has a variety of services and resources however, for some of these you must live within their service area. For more information, please go to: https://setonkc.org/services/**

- **Seventh-Day Adventist Church has Community Services on the 2nd Saturday of each month from 2-4. This can include such items as clothing, food, and possibly more. It is free and open to anyone in need. Please confirm it is open if the weather is inclement at: 816-331-9933. The address is: 14651 SW Peterson Rd., KCMO 64149.**

- **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**

- **Shower Ministry at Woods Chapel Raytown is now open. On Wednesdays from 4:30-6:30, showers will be available and you will get to pick out clean clothes, and hygiene items. There are 4 stalls, each with a sink, toilet, and shower. The dinner Church and food pantry will also be available. The address is: 5413 Blue Ridge Cut Off, Raytown, MO.**

- **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**

- **Snow Creek Resort in Weston, MO has teamed with Midwest Adaptive to provide ski related programing for people with disabilities. For more information please go to: https://snowcreek.zendesk.com/hc/en-us/articles/30167732638619-What-ADA-accommodations-do-you-have-in-place**

- **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**

- **Southeast Kansas City Public Library has multiple events coming up this week that may be of interest such as Medicare 101, SNAP Outreach Program, and more (some programs may be at other locations). For more information please refer to: Southeast Branch | Kansas City Public Library (kclibrary.org)**

- **South Patrol Division is offering self-defense classes for women. For more information please go to: https://www.kcpd.org/community/personal-safety-training/**

- **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/**

  *****NEW!!! Sensory Kits are available to families to promote inclusion. For more information, please go to: https://www.kctv5.com/2025/08/28/sporting-kc-furthers-game-experience-kids-adults-with-special-needs/ or https://www.sportingkc.com/stadium/accessibility/**

  **They have a new program called "First Game On Us" where you may be able to get free tickets if you have never been before. For more information, please go to: https://www.sportingkc.com/news/sporting-kc-launches-first-game-on-us-initiative-offering-free-tickets-to-expand-accessibility-for-fans**

- **Spread the Love KC is a nonprofit who can help people in need with various things. They have a FB page and you can reach them at: 816-469-4547. You can also reach out to: Spreadthelovekc@gmail.com**

- **Star Gazing and Hiking Backpack Kits are available for checkout from the Kansas City Public Library. For more information please go to: Stargazer Backpack Kit | The Kansas City Public Library | BiblioCommons**

- **State of Missouri has a Disability Portal with all sorts of resources and information. The website is: https://disability.mo.gov/.**

- **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. Mark's United Methodist Church has free sunflowers for photo opportunities, seeds, and cutting. This is at: 603 N. Jennings Rd., Independence (on the grassy strip between Randall Elementary and the Church's parking lot.**

- **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. For more information, please go to: https://stmichaelschurch.org/pantry/ 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**

  **Artists can display and sell their work without fees! Apply at the above link.**

- **Strong and Connected is a program through KVC Missouri to help build healthier and stronger families. For more information please go to: https://missouri.kvc.org/services-overview/community-and-family-services/strongconnected**

- **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**

- **Summit Future Foundation has a multitude of programs and services for youth, young adults, and families. For more information please go to: Mission and Vision — Summit Future Foundation. You can also call: 816-686-5889.**

- **Sunflower Techs Community Solutions is a local KC nonprofit with a variety of resources. For more information, please go to: STCS - Sunflower Techs Community Solutions.**

- **Survive 2 Thrive is a virtual community resource center for the Kansas City Metro area. They can offer a wide range of supports for individuals and families in need. For more information, please go to: https://www.survive2thrivekc.com/**

- **Swope Community Outreach Services offers a variety of supports and resources to people in need. For more information please go to: https://swopehealth.org/community-outreach-services/**

- **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**

- **Talking Club is on the second Saturday of each month from 1-2. This is for people 18 and older. This is a discussion group with no set agenda, the conversation goes where people take it, what is on their minds. Limited seating is available, refreshments are served. This is at the Kansas City Public Library, Southeast Branch. To reserve a spot or ask questions, please contact Maxi at: 816-701-3657 or email, maximoody@kclibrary.org**

- **Team Jesus KC may be able to offer food, clothing, and other assistance. For more information please call: 816-716-4729. You can also email at: teamjesuskc1@gmail.com**

- **Textiles Workshop is every Monday from 11:30-1. Learn to dye, crochet, weave, work with unique fabrics, and more. All supplies are included and this is free and open to the public. Register by contacting: Info@incthrives.org. The location is: 3700 Woodland Ave., KCMO 64109. The event is through the Ivanhoe Neighborhood Council.**

- **The Dakota Rogers Project is dedicated to mental wellness and is relatively new. They are seeking to build a dog friendly park that promotes kindness and mental wellness in honor of those lost to violence. For more information please call: 816-550-8829.**

- **The Do Good Foundation is a 501(c)(3) organization that connects high-functioning individuals with disabilities and their caregivers from low to moderate income households to life-changing resources and community support. For more information, please go to: https://www.thesoulofsanta.org/.**

- **The Hope Market in Gardner, KS may be able to offer various kinds of resources. They have a FB page or those interested can go to: https://thehopemarket.org/**

- **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**

  **There is a program called DIY Lifeskills generally for young adults 18-24. Please call them at the previously mentioned number for more information or go to: thewholeperson.org/peer-support**

- **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**

- **TOP or Teren Outreach Program will have weekly sessions for youths in grades 6-12. This will assist with skill development, sense of self, community engagement, and fun. To get more information please call: 816-923-5815. The program will be at: 3634 Brooklyn Ave., KCMO.**

- **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.**

- **Trina's Kitchen and Resource Center in KCMO has a variety of potential resources. For more information, please go to: https://www.trinaskitchenrc.org/**

- **Trinity Episcopal Church in Independence has a thrift store called the Mustard Seed. This offers very low-cost clothing, housewares, etc. for sale. They also honor vouchers from the Community Services League for clothing. The address is: 401 N. Liberty Street, Independence. ALL TRANSACTIONS ARE CASH ONLY! The hours are Thursday-Saturday, noon to 4. The store is closed if the weather is poor or when Independence Schools are closed. Proceeds go to the Outreach Ministry of Trinity Episcopal Church.**

- **Troost 39 Thrift has ministries that may be able to help people get needed goods. For more information please go to: https://www.troost39.org/ministry.**

- **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.**

- **Typing.com is a site where you can check your typing speed, accuracy, and get related resources. For more information please go to: Free Typing Test - Typing Speed Tests - Learn Your WPM - Typing.com**

- **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**

- **United in Peace Foundation KC is able to successfully unite diverse people so they may come together to reduce violence. For more information, please go to: https://www.facebook.com/UnitedinPeaceKC/ or call: 816-803-6301.**

- **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.

- United WE is an organization that advances all women's economic and civic leadership to make meaningful change. For more information please call: 816-988-2000. You can also go to the following for more information: United Women's Empowerment - Advancing Female Civic Leadership (united-we.org)

- Unity Southeast in Kansas City has several kinds of small groups. For more information please go to: https://unitysoutheastinkc.org/join-a-small-group

- Uplift Organization Inc. is a nonprofit that does a lot of street outreach and outreach to anyone in need. They provide prepared meals at different sites, clothes, and other things if available, To learn more about them and where they stop, please go to: https://www.uplift.org/. You can also call: 816-241-0060.

- Upsolve is a nonprofit that may be able to help people with bankruptcy. For more information please go to: https://upsolve.org/.

- 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

- Variety KC can help families with children who are disabled. For more information please go to: https://varietykc.org/.

  Varirty KC has added a sensory room at Starlight Theatre. To learn more about this please go to: https://varietykc.org/project/starlight-theater-sensory-room/

- 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 including 33 free things to do! Please visit the website at: https://www.visitkc.com/visitors/things-do/33-free and 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 give away. 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

- West Wyandotte Library is having a community resource fair on September 5th from 12-3. For more information, please go to: https://www.kckpl.org/event/communityfair.

- Westind Connection is an inclusion center and used bookstore 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 Foundation has many types of resources for families. For more information please go to: https://www.wholeparentfoundation.org/.

- Whole Person has a resource center with all kinds of resources to help people with disabilities. This can be found at: https://bit.ly/3OqVh9p

- Win for KC WIN is a nonprofit empowering girls and women through sports and fitness. They have a variety of programming such as THRIVE KC. For more information, please call: 816-474-4652. They also have a FB: https://www.facebook.com/WINforKC/

- Wyandotte County Kansas has a listing you can search for various events occurring in that region. For more information, please go to: https://www.wycokck.org/Engage-With-Us/Events-directory.

- YMCA of Greater Kansas City has adaptive programs for people with disabilities. For more information please go to: https://kansascityymca.org/programs/adaptive-challenger

- Youth Crochet & Knitting Club is at Guadalupe Centers and is a 6-week program. It's on Tuesday and Thursday from 5-6. The address is: 2641 Belleview Ave., KCMO 64108. You must register first by calling the Youth Center at: 816-702-7248.

- Youth Lego Club is the first Wednesday of the month from 4:30-5:30. The event is for kids 5-13. Duplo blocks will be provided for younger children. This is at the Southeast Library: 6242 Swope Parkway, KCMO. Please contact Kiesha Collins with questions at: 816-701-3687 or kieshacollins@kclibrary.org

- Youth Symphony of Kansas City is having youth auditions. For more information please go to: https://youthsymphonykc.org/auditions/auditions

## HEALTH/PRESCRIPTIONS/VACCINE INFO

- **CHILDREN'S MERCY HAS SET UP AN FAQ PAGE FOR FAMILIES DEALING WITH THE AFFORDABLE CARE ACT MARKETPLACE**

**CHANGES COMING IN 2027. FOR MORE INFORMATION, PLEASE GO TO: https://www.childrensmercy.org/your-visit/billing-and-insurance/insurance/aca-marketplace-2027-faq/.**

- **VOICES OF CARE IS A VIRTUAL MEETING TO SUYPPORT CAREGIVERS OF ALL KINDS AND IS ON NOVEMBER 19TH AT 7 P.M. TO REGISTER PLEASE GO TO: https://sandwichedkc.com/voices.**

- **THE COMMUNITY ENGAGEMENT REQUIREMENT IS THE NEW MEDICAID WORK AND QUALIFYING ACTIVITY REQUIREMENT THAT BEGINS IN JANUARY 2027. THIS WILL IMPACT ADULTS AGE 19-64. TO LEARN MORE ABOUT THIS CHANGE, PLEASE GO TO:**

- **https://dss.mo.gov/community-engagement-requirements-frequently-asked-questions**

- **https://www.missourihealthmatters.org/blog/understanding-medicaid-work-and-community-engagement-requirements**

- **https://provider.healthybluemo.com/docs/gpp/MO_CAID_MedicaidWorkRequirements.pdf?v=202608031428**

**THE INCIDENTS OF MEASLES IS INCREASING IN OUR COMMUNITIES. FOR INFORMATION ON THIS PLEASE SEE:**

- **https://jcph.org/measles-2026/**

- **https://www.cdc.gov/measles/index.html**

- **ACCESS KC/Thrive KC can be reached at: 816-399-9651. They may be able to provide basic and emergency dental treatment. Access Kc may also be able to provide 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 and the address is: 6675 Holmes Rd., Suite 470, KCMO 64131. ***NEW!!! You can apply online for help at: https://www.accesskc.org/apply.**

- **ADVC or Aging and Disability Vaccination Collaborative has information to keep people healthy and vaccinated. For more information please go to: https://www.usaging.org/advcresources**

- **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.**

- **Affordable Women's Health Care is available at Uzazi Village every 2nd and 4th Friday from 1-6. The location is: 4232 Troost Avenue, KCMO. CALL TO MAKE AN APPOINTMENT AT: 816-521-0917.**

- **Aging and Disability Vaccination Collaborative Resource Hub is at: https://www.usaging.org/advcresources**

- **Air and skycast information as well as other health resources can be found at: http://airqkc.org**

- **Alliance for Period Supplies has many resources and information. Their website is: https://allianceforperiodsupplies.org/period-poverty/**

- **Alphapointe can help people with vision problems with a variety of resources. For more information please go to: Vision For Life | Alphapointe**

- **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**

- **American Sleep Apnea Association has many excellent resources and information at: https://rarediseases.org/organizations/american-sleep-apnea-association/**

- **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**

- **Asyouare.com offers virtual screenings for Autism. For more information please go to: https://asyouare.com/**

- **Autism Spectrum Disorder Foundation has many resources and supports for individuals and families dealing with Autism. For more information please go to: https://myasdf.org**

- **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.childrensmercy.org/departments-and-clinics/beacon-program-and-clinic/**

- **Beehive has a monthly foot clinic with services such as foot soaks, toe nail trims, callus reduction, diabetic foot testing, treatment of common rashes, wound assessment, and ingrown toenail assessment. The address is: 750 Paseo, KCMO. Check-ins are on the third Thursday of each month and check-in starts at 11 a.m.**

- **Be the Light is an initiative through Tidy KC that may be able to offer free cleans to people experiencing health issues. For more information please go to: https://www.tidykc.com/be-the-light.**

- **Bethel Neighborhood Center and Better Together have a free medical clinic for uninsured people. This is at the Bethel Neighborhood Center: 14 S. 7th Street, KCKS 66101. The phone is: 913-371-8218. This is the second Thursday of every month from 6:30-8. All services are free but call to verify what they can and cannot do.**

- **Blue Box is a specialized vending machine designed to provide free, on-demand public health resources without requiring personal information. There is now a location in Raytown. The location is Synergy One Lending, 10110 East 63rd Street, Raytown. For more information please go to: https://www.kctv5.com/2026/08/21/jackson-county-expands-bluebox-program-raytown/.**

- **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!**

- **Boucher Eye Care is able to reach those most in need by mobile and on-site services. To learn more about this, please go to: https://www.bouchereyecare.com**

- **Bridge Access provides access to COVID vaccines. For more information, please go to: https://www.cdc.gov/vaccines/programs/bridge/index.html**

- **CDC has released guidance and information on the respiratory virus that has been going around. For more information please go to: www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.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: 913-291-2273 or email them at: info@carebeyondtheboulevard.org. You may also check the calendar of events at: https://www.carebeyondtheboulevard.org/patient**

  **They offer a monthly foot clinic at the Beehive in KCMO. This includes soaks, trims, callus reduction, diabetic foot testing, and more. Please call the above stated number for more information.**

  **They also operate Kansas City's only homeless Medical Respite Facility. The Recuperative Carehouse serves as a place of rest and recovery for houseless patients that are discharged from an area hospital but have ongoing medical needs that require being indoors. To find out more about this program, please call: 913-291-2273.**

  **They are at Eden Village of Kansas City (in KCKS) every other Wednesday from 12-3 and you do NOT need to be a resident to partake of these free health services. No appointment is needed. The address is: 1001 Metropolitan Ave., KCKS. CALL TO VERIFY THE NEXT DATE!**

- **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**

- **Cass County Dental Clinic is able to make appointments for kids that have Medicaid. They have a new location in Belton and are also in Harrisonville. For more information, please call: 816-322-7600.**

- **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.**

- **Change the Air Foundation has many resources to help people breathe cleaner air and more. For more information, please go to: https://changetheairfoundation.org/**

- **Children's Mercy Hospital has a program called "Child Adversity and Resilience" that can offer many things to support kids. For more information please go to: https://www.childrensmercy.org/departments-and-clinics/child-adversity-and-resilience/. You may also call: 816-234-3850.**

- **Children's Mercy Hospital has a 24/7 Nurse Advice Line. The number is: 816-234-3188.**

- **Communities Creating Opportunity in KCMO is offering seniors and people with disabilities, $50 to encourage vaccinations. For more information please go to: https://cco.org/gotv**

- **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 acre 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**

- **CURA or Community and University Resource Assistance is a clinic that offers a variety of FREE assistance. For more information, please go to: https://www.kctv5.com/2025/09/13/metro-student-run-clinic-provides-free-medical-services-physical-therapy-community/ or email: RUCura@rockhurst.edu**

- **Deaf Lead is an organization devoted to supporting people who are deaf or hard of hearing. For more information, please go to: https://deaflead.org/. Voice phone is: 573-445-5005 and Video phone is: 573-303-5604.**

- **Diabetes Management and Control classes are offered through University Health KC. These classes are for people diagnosed with diabetes or pre-diabetes. Register to get more information at: 816-581-5609.**

- **DIAL or Disability Information and Access Line can help people with special needs to access vaccinations. For more information please go to: https://acl.gov/sites/default/files/programs/2021-11/DIAL%20Final%20Infographic_Updated.pdf**

- **Disability Information and Access Line is at: https://dial.acl.gov**

- **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**

- **Eastwood Hills Community Center has Chair Exercises on Mondays at 12. They are $5. The address is: 7400 Ozark Rd., KCMO. 816-332-3803. This is in the Eastwood Hills Community Center.**

- **El Centro Inc. is having some classes on various different cancer topics. For more information please call Areli Ramphal of Gilda's Club at: 816-200-7356.**

- **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**

- **Family First Center for Autism and Child Development-Kansas City offers many resources/supports/and more to families in need. For more information please go to: https://familyfirstkc.com/**

- **Finch Self-Care App takes a unique approach to helping people who may be struggling with depression, getting things done, etc. For more information about this, please go to: https://finchcare.com/ and: https://help.finchcare.com/hc/en-us/articles/37935669335309-Our-Approach-to-Self-Care**

- **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**

- **Food for The Cure is a group that grows organic food for cancer patients. For more information please go to: https://foodforthecure.org/#:~:text=Food%20for%20the%20Cure%20is%20a%20501%20(c)%203%20nonprofit,the%20Kansas%20City%20Metro%20Area.**

- **Fox 4 KC has a section on its website called "It's Your Health" with many useful health resources. For more information, please go to: https://www.kctv5.com/video-gallery/lifestyle/living-kc/health/.**

- **Free Adult Pilates is every Wednesday from 6-7. All skill levels are welcome, bring a mat if you have one. No experience needed. This is at: 3700 Woodland Ave., KCMO 64109. You MUST register. Please call: 816-921-6611.**

- **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., KCKS 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 over dosed. For more information please go to: https://www.healinghousekc.org/narcan or 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**

- **Heartland Caregiving Conference is on November 7th from 10-4. This will be at NKC Health: 2800 Clay Edwards Drive, KCMO 64116. Anyone caring for a loved one or may be doing so in the future is welcome. For more information and to register, please go to: https://sandwichedkc.com/conference/2026-conference-registration/**

- **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 serves Eastern KCMO with a variety of healthful services. For more information, please go to: https://hfcckc.org/social-services/**

- **Hyvee Pharmacy on Noland Road (at 40 Hwy) has a safe disposal box for unwanted prescriptions.**

- **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.**

- **Jacksoncountycares.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!!! They also offer a sex education class for teens. To learn more and reserve a spot, please go to: https://bit.ly/3K8Hr9d**

  **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 (call or text). There is a listing of a multitude of resources at: https://jcph.org/community-resources**

- **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.**

- **KanQuit is a program in Kansas to help people quit using tobacco products. Call: 1-800-QUIT-NOW or 784-8669. You may also go to: https://www.kdhe.ks.gov/1800/Quitting-Tobacco.**

- **KC CARE Clinic (medical, dental, & behavioral care); 2340 E. Meyer Blvd., KCMO, 64132; 816-753-5144 for sliding fee scale, appointments, & general info). You can request an appointment for pediatric services at: kccare.org/pediatric-appointment/. 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.**

- **KCMO's website has updated information about COVID, vaccines, and more. Please refer to: Kansas City COVID-19 Information Center | CITY OF KANSAS CITY | OFFICIAL WEBSITE (kcmo.gov)**

- **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.**

- **KC Walks is a program that is promoting health through walking. For more information please go to: KC Walks | MARC**

- **Kansas Health Department has launched a new dashboard so people can monitor the presence of viruses in their communities. For more information, please go to: Kansas health department launches dashboard to monitor viruses or http://datainsights.kdhe.ks.gov/WastewaterPathogenMonitor/?utm_medium=email&utm_source=govdelivery**

- **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**

  **They are at Hope Faith Ministries (705 Virginia Ave., KCMO) on Wednesdays from 9-12 (Full Services) and Fridays 9-12 (No exams).**

- **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**

- **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 Oral Health Center may be able to help underserved people with dental**

needs. For more information, please go to: https://www.kansascity.edu/oral-health-center

- Kansas City Public Library-Southeast Branch is having a puzzle and jazz event where you can spend an hour solving puzzles of all kinds and enjoy jazz music in the background. This is from 5:30-6:30 p.m. The address is: 6242 Swope Parkway, KCMO 64130. You must RSVP at: Crosswords and Jazz | Kansas City Public Library (kclibrary.org)

- Kansas City VA Medical Center has launched a 24/7 tele-emergency care service. For more information please go to: Kansas City VA Medical Center launches 24/7 tele-emergency care service (msn.com)

- 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

- KU Diabetes Screenings may be available through the KU Diabetes Institute. For more information please call Michelle Vitztum at: 913-588-1045.

- La Clinica is open on Fridays only from 11 a.m. to 4:30 p.m. and you MUST have an appointment! Care you can receive is for some acute and chronic conditions. There are Spanish speaking providers. Primary care for all ages. Labs can be had at discounted rates. No health insurance is needed however there is a $35 copay. The clinic is at Mattie Rhodes but appointments MUST be made by calling: 816-581-5671. You can also call to see if the condition that you need care for is something that they can see you for!

- 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.

- Leukemia and Lymphoma Society has a variety of resources to help families dealing with this disease. For more information please go to: https://www.lls.org/

- Margaret's Place Adult Recreation and Wellness Center provides recreational and leisure services to adults and persons with disabilities. The facility is at: 3501 Woodland Ave, KCMO. The phone is: 816-249-2300. The website is: https://margaretsplacekc.com/

- Marlborough Community Coalition has a walking group for its neighbors. This is a 30 minute walk on Fridays at 5:30. Children are welcome with a parent or guardian. Contact Kea of Cleared Headspace, LLC for more information: 816-226-8268.

- Mat Pilates is every Wednesday from 6-7 p.m. No experience needed, bring a mat if you have one! You must register by calling: 816-921-6611. The event is at: 3700 Woodland Ave., KCMO 64109.

- 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.

- Mercy & Truth Healthcare Ministry can provide general health care services. They have a FB and are located at: 721 N. 31st, KC, KS. Their phone is: 913-621-0074. The website is: https://www.mercyandtruth.com/

- Mid-Continent Public Library has, "Access Wellness" for anyone looking for online health resources, education, and much more. Please visit: mymcpl.org/Wellness.

  ***NEW!!! They have a wealth of resources pertaining to mindfulness. For more information on this, please go to: Mindfulness Helpers | Mid-Continent Public Library

- 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.missouriclaim.org. You may also call: 1-800-390-3330.**

- Missouri Department of Health and Senior Services has a program called Children and Youth with Special Health Care Needs. This may be able top provide additional supports to families who qualify. For more information, please go to: https://health.mo.gov/seniors/shcn/cyshcn.php.

- **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.**

- **Monday Flu Shot Clinic is on November 2nd from noon-3. Walk-ins welcome, no appointment needed. This is at the Beehive: 750 Paseo, KCMO 64106.**

- **Monthly Health Fair is the 3rd Tuesday of every month from 11-2. This offers a variety of health-related resources and screening plus some food, clothing, hygiene, and general resources. This is at the Bluford Library Branch: 3050 Prospect Ave., KCMO 64128.**

- **Moshowmehope.org has many tips for anxiety and stress management as well as other self-care information.**

- **Movember is a large men's health community across the world with many health resources. For more information, please go to: https://movember.com/.**

- **Movin' Mondays is a free adult group exercise class. There will be chair yoga, modified pilates, stretching, and more. All ability levels are welcome. This will be from 10-11 at: 3700 Woodland Ave., KCMO 64109. You MUST register at: 816-921-6611.**

- **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/**

- **NFL Crucial Catch is a resource that can help people catch cancer sooner when it is treatable. For more information please go to: https://crucialcatch.cancer.org/**

- **NKC Health Library has a multitude of resources to help anyone learn more about health. Please go to: https://healthlibrary.nkchealth.org/**

  **NKC Health has free online healthy cooking videos. For more information please go to: https://www.nkchealth.org/find-a-service/nutrition-counseling/healthy-cooking-videos.**

  **NKC Health 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: https://www.nkchealth.org/events-search?topics=13 .**

- **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.**

- **Pharmacy of Grace is a charitable pharmacy in KCKS that tries to help uninsured and underinsured people afford their medications every month. For more information, please call: 913-953-8260. They are located at: 721 N. 31st Street, Suite 100, KCKS. You can also try: info@pharmacyofgrace.org. They have opened a new location in Shawnee, KS at 75th Street and Quivira. For more information about that, please call: 913-897-0120. For general information, please go to: https://pharmacyofgrace.org/**

- **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**

- **Psychology Today has listings of support groups across the United States. For more information, please go to: https://www.psychologytoday.com/us/groups/missouri.**

- **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.**

- **Rodgers Health has an "Uninsured Women's Health Services Program" that can provide a variety of wellness programs. Call for more information at: 816-889-4797. ***NEW!!! They can also help with children's dental needs. To request an appointment and get more information, please call: 816-474-4920.**

- **Safe Sex Kits are available through the KC Care Health Center. For more information please go to: Safer Sex Kits — KC Prevention**

- **Samuel Rodgers Health Center has health insurance counselors to help people apply for insurance. For more information please call: 816-889-4797.**

  **They offer comprehensive service to women in any stage of pregnancy. They also offer transportation assistance and many resources. Please call for more information at: 816-474-4920.**

- **Sandwiched KC is a group to help support family caregivers. For more information please call: 816-472-9178. ***NEW!!! They now have a comprehensive resource guide for caregivers! Please call or reach out to: https://sandwichedkc.com/**

- **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 hearingaiddonations.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.**

- **Show Me Healthy Relationships is a program to help people improve their relationships through education. There is an upcoming free 8 week class. To enroll and get more information please call: 1-888-680-7647. The website is: https://hdfs.missouri.edu/research/showme-healthy-relationships/**

- **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**

- **Sleephealth.org has a CPAP Assistance Program and other possible resources. For more information please go to: sleephealth.org/asaa/cap-program.**

- **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**

- **Stay Lead Safe may be able to help with home repairs to remove lead paint and other things. For more information please call: 816-513-6048.**

- **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**

- **Stop The Bleed is a program in response to mass school shootings that teaches people of all ages to treat life-threatening wounds. For more information please go to: Kansas City kids learn to 'Stop the Bleed' as school year starts (kctv5.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.**

- **Swift Cleaning Pros offers free house cleaning for patients going through cancer. For more information, please go to: https://swiftcleaningpros.com/cleaning-for-a-reason**

- **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.**

  **Swope Health Kids Care is a community and school-based program. For more information please go to: swopehealth.org/kids-care/**

- **Tai Chi for Arthritis and Fall Prevention is at Mid-Continent Public Library. For more information on dates and times, please go to: Tai Chi for Arthritis and Fall Prevention | Mid-Continent Public Library**

- **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 now offering podcasts on You Tube on a variety of topics such as people with disabilities leading independent lives and more. For more information please go to: https://www.youtube.com/user/TheWholePersonVideos**

  **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=Getting%20Social%20Peer%20Support%20Group,Main%2C%20Kansas%20City%2C%20MO.**

- **Transportation Services List has detailed information to help people get to needed medical appointments. For more information please go to: https://www.health.mo.gov/atoz/pdf/transportationservices.pdf**

- **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**

- **Turning Point through the KU Health System offers many resources and classes for people dealing with chronic health issues. For more information, please go to: https://www.kansashealthsystem.com/health-resources/turning-point**

- **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 or 1-877-708-6888. For account questions like statement questions or payment arrangements, please call: 816-631-6338 or 1-844-380-4985. You can also apply online at: uhkc.org/financial-screening-form. ***NEW!!! If you need assistance getting your prescriptions you may be able to get them at University Health if qualified. For more information please go to: Pharmacy | University Health (universityhealthkc.org)

- 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 has "Community Care Days" that offer a variety of healthful things. These are on the 2nd and 4th Friday of each month from 1-6. You MUST call for an appointment at: 816-588-4381. To learn more about what this entails, please go to: https://uzazivillage.org/services/

- Warriors Against Cancer can provide a variety of supports and connections to people fighting cancer. They have a FB page. The location is: 905 McGee, Suite 135, KCMO 64105. The phone is: 816-226-7758.

- Wigsforkids.org can help children to get wigs who have lost their hair for whatever reason. You can also donate hair! This is a National organization that does have some certified providers here in the KC Metro area. For more information please go to: https://www.wigsforkids.org/faq/

- Wyandotte County Public Health Department (KS) can offer a variety of tests and other related services. For more information, please go to: https://www.wycokck.org/Departments/Health.

  ***NEW!!! They may be able to offer rides to their services if you live in Wyandotte County, KS. Call to pre-schedule an appointment at: 913-573-8855.

- 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 CURRENT WARRANTS/CASES OR PAST CONVICTIONS AND INCARCERATIONS

- Beyond The Conviction: 816-842-4975 (Phone) and Fax is: 816-842-4976. They are located at: 4042 Indiana Ave., KCMO 64130. This is an organization that can provide many programs and resources for anyone wanting to re-build their lives after past incarcerations. Check out their FB!

- Court Connect is on October 2nd and will also include a resource fair. Resolve outstanding municipal cases and warrants for several jurisdictions at once. To get your cases and warrants reviewed, you MUST register by September 18th. For questions, please call: 816-513-2700. To register please go to: https://calendly.com/kcmdcourt1/courtconnect?month=2026-10. The resource fair is open to anyone and does not require registration. Many different resources will be on site to help anyone in need. The address is: 511 E. 11th St., KCMO 64106.

- Dads Against Crime may have some openings to help people with felony expungements in both Kansas and Missouri. For more information please go to: https://www.dadsagainstcrime.org/ or call: 816-705-2980. This is for men and women.

- 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.

- 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

- Patient Advocacy Line in Johnson County is for families of loved ones in custody so that they may check on their well-being. Urgent calls should still be directed to the main jail number. All non-urgent matters go to: 913-715-5770.

- Reentry Works has a "Felon Friendly Employer List." For more information please go to: http://www.reentryworks.com/

- Second Chance: 816-231-0450

- Tap in Center: Kansas City may be able to help with warrants on September 18th from 4:30-6:30 at the Bluford Branch Library: 3050 Prospect Ave., KCMO. Meet with an attorney about your criminal case, check for outstanding warrants, learn about your case status and court information, apply for a public defender, and more. If you have questions, email: tapincenterkc@gmail.com

- 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 (THANKSGIVING, CHRISTMAS, OTHER) & EVENTS

### BUDGET FRIENDLY MEAL PLANNING TIPS:

- https://yourfrugalmom.com/holiday-meal-ideas-budget/

- https://www.foodnetwork.com/holidays-and-parties/photos/celebrate-for-less-budget-ideas-photos

- https://www.budgetbytes.com/category/recipes/holiday-recipes/

### PET SAFETY TIPS AND THE HOLIDAYS:

- https://www.aaha.org/resources/happy-howlidays-holiday-pet-safety-tips/

- https://www.aspca.org/pet-care/general-pet-care/holiday-safety-tips

- https://www.fda.gov/consumers/consumer-updates/keep-your-dogs-and-cats-safe-holiday-hazards

- Blue Ridge Community of Christ Annual Free Community Thanksgiving Dinner is on November 26th from 11-2 at: 3371 Blue Ridge Blvd., Independence, MO.

- Dads Against Crime will be helping families for the holidays and has started to receive applications. For more information, go to their FB page for current updates.

- Embark Community Church is having a Thanksgiving Food Giveaway for 100 families in Lee's Summit. This will be on November 14th at 9 until the food is gone. Each family will receive an uncooked Thanksgiving meal with meat, vegetables, a starch, rolls, and a dessert. The address is: 1809 NE Bren Mar, Lee's Summit 64086.

- Family Health Essentials and Thanksgiving assistance will be given away on November 7th from 9-11 or until supplies last. This is drive-thru only and there is a max of 2 families registered per car. An adult must be present to represent each family (not 1 adult representing 2 families). Station 1 will be a household basket, 2 will be a toiletry bag, 3 is blankets (1 per family), and station 4 is a food box that will have a turkey, ham, or chicken (first 500 families). YOU MUST FIRST REGISTER AT: https://swopehealth.org/family-health-essentials/. Please not that pre-registration does NOT guarantee you a specific place in line.

- Festival of Lights in Lexington is on December 4th and begins at 5:30. There will be a snowball drop, Santa visits, parade, hot chocolate, tree lighting, and more. To learn more, please go to: https://historiclexington.com/events.

- Gilda's Club is having a Holiday Bash on December 10th from 6-7:30 for people and their families who are dealing with cancer and related illnesses. The location is: 21 W. 43rd St., KCMO 64111. There will be a light dinner, holiday crafts, cookie decorating, raffles, and more. Register by calling: 816-531-5444.

- Grandview Assistance Program is accepting applications for holiday help. You must be a resident of Grandview or Grandview CSD #4. Online applications must be submitted but does not guarantee you will receive help. Limited spots are available. You will need to provide proof of residency,

verification of most recent monthly income, and have a photo ID. If you have questions or need to know where to find the application, please email any of those to: gapadoptafamily@gmail.com. You may also call: 816-761-1919.

- Hidden Gems KC is accepting applications for Christmas help. Not everyone who submits an application will be assisted because they will be selecting 50 families. For more information please go to: https://hiddengemskc.org/christmas-market.

- Holiday Classic Movies are coming to Union Station and tickets are as low as $4 a ticket. For more information, please go to: https://tickets.unionstation.org/events?category=Holiday&utm_source=meta&utm_medium=paid_social&utm_campaign=holiday_movies&fbclid=IwY2xjawVLIQBleHRuA2FlbQIxMABwZG9mBWJyaWQRMU9aZ2JBeW93TExmdzI1bGVzcnRjBmFwcF9pZBAyMjIwMzkxNzg4MjAwODkyAAEenDe3D2N7tw3GnH3po-0Fgq2XUGBxYiYAYr8r4XTd_3u3bd_nBxIG80gbtZM_aem_BEBsCAkuP4N_J1o2Xl2-kQ.

- Ivanhoe Thanksgiving Food Shop is on November 21st at 11 and will go until 1 or when supplies run out. This will be at: 3700 Woodland, KCMO 64109. There will be free turkeys, fresh produce, and pantry items. First come, first served. Limit of one turkey per households. Registration is REQUIRED. For questions or to see if registration is still available, please call: 816-921-6611.

- Liberty Community Christmas Tree Program applications are now open. The deadline to apply is November 6th at 5 p.m. No late applications will be accepted. You can apply at: https://bit.ly/2D5cPDg.

- MLM is accepting applications for its Christmas Store 2026. Applications are online only at: https://mlmkc.org/program/christmas-store/.

- New Bethel Church in KCKS is having a Thanksgiving distribution. For more information, please go to: https://www.newbethelkc.org/event-details/annual-thanksgiving-food-distribution.

- **Northland Free Thanksgiving Meals may be available to those in need in that area. Meal delivery will be on Thanksgiving day between 12-2. Please text Elizabeth at: 816-803-3996 with your address and the number of meals needed. This is limited to first come first served and only to residents of the Northland.**

- One Call Heating and Cooling can help some families in need for Christmas assistance. For more information please go to: https://www.onecallhc.net/operation-adopt.

- Raytown Charity Unleashed: Holidays with a Heart has posted on the Raytown Charity Unleashed FB site, information about how to create an Amazon Wish List if you are in need of assistance.

- Raytown Mayor's Christmas Tree Lighting is on December 5th from 4-9. This will be in downtown Raytown. More information to come!

- Redemptorist Center may be able to provide some assistance for the holidays. For more information, please go to: https://www.redemptoristcenter.org/holidays.

- Salvation Army Eastside has Angel Tree sign-ups through November 30th. Please call for requirements, to sign-up, and/or questions at: 816-483-8484.

- Salvation Army Kansas City Prospect Corps will be taking applications for help for Christmas starting October 1st. Visit the following for more information: saangeltree.org.

- Summit Church is having a Thanksgiving Grocery Assistance event but you must reserve a box by November 8th, or until supplies run out (may be before the deadline). Delivery is ONLY available if you reside in Lee's Summit. If you live outside of that area, pick-up is an option. Reserve a box at: www.thesummit.church/groceries.

- Thanksgiving Giveaway at Grace Place Clothing Closet and Food Pantry is on November 21st from 10-12. The address is: 5413 Blue Ridge Cutoff, Raytown. Thanksgiving meal kits will be given away and the food pantry and clothing closet will also be open. The meal kits will NOT include a turkey but will include basic ingredients. No pre-sign up is required. Basic contact information will be asked of first-time guests. Even if you have already been to the food pantry in November, you are still eligible for the Thanksgiving Kit.

- Thanksgiving Food Shop is on November 21st from 11-1 in Ivanhoe. There will be free turkeys, produce, and other pantry items. First come, first served while supplies last. YOU MUST PRE-REGISTER. To do that and for more information, please call: 816-921-6611.

- Union Station has many events planned for the upcoming holidays. For more information please go to: https://unionstation.org/event/holiday-reflections/.

- USPS is taking applications for help at Christmas. For more information about how this program works, please go to: https://www.uspsoperationsanta.com/

## 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. You may also make a report online at: https://health.mo.gov/safety/abuse**
- **Alcoholics Anonymous: 800-839-1686**
- **Black Line is for LGBTQ+ people of color: 1-800-604-5841.**
- **Child Abuse and Neglect Hotline: 1-800-392-3738. Online reporting is at: https://apps.dss.mo.gov/OnlineCanReporting/default.aspx**
- **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. For more information please go to: https://dial.acl.gov/home**
- **Disaster Distress Helpline: Call or text: 1-800-985-5990 (24/7 a day).**
- **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 and 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.**
- **Lee's Summit PD has a tips hotline: 816-969-1752.**
- **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.**
- **MOCSA 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.**

**The NAMI Teen and Young Adult HelpLine is now live. It is available Monday-Friday from 9 a.m. to 9 p.m. CT. Call: 1-800-950-6264. You can text "Friend" to 62640. You can also chat at: nami.org/talktous**

- **National Alliance on Mental Illness Peer Helpline: 1-800-950-6264 (10 a.m.-8 p.m.).**
- **National Crisis Text Line: text "MOSAFE" to 741741 (this is 24/7 a day).**
- **National Human Trafficking Hotline: 1-888-373-7888**
- **National Maternal Mental Health Hotline is designed to support mothers. The number is: 1-833-852-6262. For more information, please go to:**

  **https://mchb.hrsa.gov/national-maternal-mental-health-hotline**
- **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: Suicide Preventon|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**
- **Trans Hotiline: 877-565-8860. Press 2 for Spanish**
- **YCHAT is a 24/7 text, call, and chat Youth Violence Prevention Support Line at: 816-799-1720.**
- **Youth Street Outreach (M-F 10 a.m. to 6 p.m.): 816-505-4901.**
- **Youth Violence Prevention Support Line is: 816-799-1720.**

## HOUSING, ASSISTANCE AND UPKEEP, AND YEAR-ROUND SHELTERS

**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.**

- **Allmost (spelled like that) Like Home is a program that has housing options for Veterans, seniors, independent adults, re-entry citizens, and people transitioning from homelessness. There are open beds available and rates include utilities, wifi, and 24 hour surveillance. These are semi-private rooms, affordable, and move-in ready. Payments accepted are: SSI/SSDI, verifiable third-party, VA**

**disability, and private pay. Please call for more information at: 660-600-1890.**

- **Artists Helping The Homeless has a resource packet to help people who are homeless. The link to that is: http://ahh.org/resources/**

- **Bee Housing Solutions has a shared-living housing for independent adults. For more information about what this entails, please call: 816-295-9277. You can also go to: https://beehousingsolutions.com/**

- **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**

- **Built for Jesus may be able to help homeowners in need. For more information please go to: Home - Built For Jesus**

- **Care Beyond The Boulevard operates Kansas City's only homeless Medical Respite Facility. The Recuperative Carehouse serves as a place of rest and recovery for houseless patients that are discharged from an area hospital but have ongoing medcial needs that require being indoors. To find out more about this program, please call: 913-291-2273.**

- **Catholic Charities: 816-221-4377. They have a "Housing Stability and Eviction Diversion Funding" program. For more information on this specific program, please call: 816-232-2885. You may also email: assistance@ccharities.com**

- **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**

- **Clay County, MO has a directory of smoke free housing and housing that prohibits it to certain degrees. Please refer to: https://smokefreehousingmo.org/smokefree-housing-directory**

- **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 or go to: www.caagkc.org. 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 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 or who are homelessness. Please call to schedule an assessment and from that, they may be able to 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**

- **Creative Innovative is an organization seeking to end homelessness and support those who are going through that. For more information please go to: https://creativeinnovative.org/ or call: 816-313-2474.**

- **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**

- **El Centro Inc. may have emergency assistance funds to help with rent and utilities if you reside in Johnson County, Kansas. For more information, please call Julia at: 913-428-1334.**

- **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 for Humanity of Kansas City has free and virtual classes from home maintenance to many other things. To find out more, please go to: https://app.giveffect.com/campaigns/37779-habitat-kc-virtual-education-series-q2**

- **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/?**

- **HALO is an organization with a multitude of programs to help homeless teens. For more information please go to: https://haloworldwide.org/kc/ and https://haloworldwide.org/about/**

- **Healthy Homes Rental Inspection Program can be reached at: 816-513-6347. You may also go to: https://www.kcmo.gov/city-hall/departments/health/healthy-homes-rental-inspection-program. To file a complaint, call 3-1-1 or the number referenced above. You can also come to the office at: 2400 Troost Ave, Suite 3600.**

- **Heart Carts is an option through Hope Faith Ministries that may be able to offer storage of items for someone who is homeless. For more information, please go to: https://www.hopefaith.org/heartcarts**

- **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**

- **Homeless and outreach services are available in Johnson County, Kansas. Call: 913-826-4079 for a referral to street outreach. The 24-hour crisis line is: 913-268-0156.**

- **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 that have disabilities or are seniors with repairs or to make modifications to their homes so that they are more accessible. For more information and qualifications, please go to: HopeBUILDERS Home Repair KC - Non-Profit Helping Disadvantaged Homeowners**

- **Hope Network may be able to offer assistance with rent. This is for the Raytown Community. Please call with questions at: 816-778-1105.**

- **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**

- **Housing Stability and Eviction Diversion help may be available through Catholic Charities. For more information you can email: assistance@ccharities.com or call: 816-232-2885 to see if you qualify.**

- **HUD Resource Locator can help you find housing and related resources. For more information, please go to: https://resources.hud.gov/**

- **Independence Zone has a general listing of homeless resources at: Homelessness – Independence Zone**

- **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**

- **Keys Realty Group has walk-in Wednesdays every third Wednesday. This is from 9:30 a.m. to 7:30 p.m. to assist first-time buyers with consultations, additional resources, and various different kinds of programs. Please call with questions: 816-469-5350. The location is: 5737 Swope, KCMO 64130.**

- **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.**

  *****NEW!!! They now have walk-in assessments available for LGBTQ, "FOLX", and families on Tuesdays 4-6 and Wednesday s 10-12. This is at Our Spot KC: 2810 E. 80th St., KCMO 64132. For questions about qualifications or other things, please call: 816-979-3991. There may be rapid rehousing and transitional living programs available if you qualify.**

- **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! There is also a minor home repair program. For more information, please go to:** Minor Home Repair - Metro Lutheran Ministry (mlmkc.org)

- **Missouri Housing Development Commission (MHDC) 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: https://mhdc.com/services/homebuyer-programs/**

  **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**

- **National Fair Housing has an online way to report discrimination. For more information, please go to: https://nationalfairhousing.org/report-discrimination/**

- **Northland Neighborhoods, Inc. has a home repair program for people whose annual gross income is less than $17,000 and they reside in Clay or Platte Counties. They can potentially**

qualify for help with a variety of repairs. For more information please call: 816-454-2000.

- Our Spot KC has resources to help people who are homeless and qualify for their services (e.g., LGBTQ and families). For more information on this, please call: 816-979-3991.

  ***NEW!!! If you are unhoused and need support, stop by for a walk-in appointment from 4-6 on Monday and 10-12 on Thursday. The address is: 2810 E. 80th St., KCMO 64132.

- Overland Park Kansas has a listing of housing resources. For more information, please go to: https://www.opkansas.org/city-services/neighborhoods/housing-assistance-resources/

- Our Spot KC is an organization dedicated to supporting access to stable and sustainable housing for the LGBTQ+ community. For more information please go to: https://ourspotkc.org/. Monday afternoons (4-6) and Thursday mornings (10-12), they take walk-in assessments from people who are unhoused or fleeing a DV situation. They will do their best to connect you to resources. No appointment needed. First some, first served, bring your ID. The location is: 2810 E. 80th St., KCMO 64132.

- Raytown Minor Home Repair Program can help Raytown citizens with aging in place. For more information or to be placed on the list (if you qualify), please contact Community Development at: 816-737-6093.

- REAP: 816-356-0054. For assistance with needs, people may also email a REAP Case Manager at: erap@raytownreap.org

- Rental Ready Program is a program in Independence that aims to provide safe living conditions for all and to provide a mechanism to file complaints when needed. For more information please go to: Rental Ready Program | City of Independence, MO

- Restart Family Lodge may be able to help houseless families. For more information please contact Rae Lindsey at: 816-521-9028. You may also contact Dr. Jessica Brown at: 657-454-1547.

- 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. You can also go to: gkcassistanceprogram.org/EvictionDefense

- 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 (PLEASE NOTE THAT THIS SHELTER IS TEMPORARILY CLOSED AS THEY SEEK NEW FUNDING). For a tour of the facility, please email the Residential Program Manager, Scout DeSimio at: sdesimio@saveinckc.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

- Community LINC: 816-531-3727

- Good Samaritan Center: 816-630-2718

- 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. You can also call: 816-461-0468

- 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. They can provide housing for women, children, and pets. Please call for more information at: 816-380-4663 (Hotline) or 816-380-2833 (Case Management).

- 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

- S.A. Virginia Harding Center Homeless Services: 913-232-5400

- 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

- Unity Southeast has a nightly shelter for the first 30 people. This runs from 8 p.m.-6:30 a.m. The address is: 3421 E. Meyer Blvd., KCMO. The phone is: 816-841-1402.

- Stay Lead Safe may be able to help with home repairs to remove lead paint and other things. For more information please call: 816-513-6048

- Street Support KC is a nonprofit that provides homeless outreach services in Kansas City. They are on FB and Instagram. Their website is: https://www.streetsupportkc.org/

- 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

- Teresa's Place (formerly Pride Haven) is a shelter for youth who are LGBTQ+. For more information, please go to: https://saveinckc.org/teresasplace/

- The Help House may be able to help homeless women or those facing homelessness. There are many programs and supports. For more information please call: 816-227-6020.

- The Paint Program may be able to help home owners that live in the property to get paint for their homes. You must own only one property and reside in it. There is no income requirement but this is only for people living in KCMO. Call to schedule a paint application appointment at: 816-513-3025.

- The Whole Person may be able to assist people with disabilities with home repairs and modifications. For more information please go to: Home Modifications : Other Services : The Whole Person

- True Light Family Resource Center has a transitional house for women. You do need a substance abuse diagnosis in order to stay here. For more information please call: 816-381-9310.

- Truman Heritage Habitat for Humanity offers home repairs for income-eligible Lee's Summit homeowners. This could include a variety of things. Program information is at: https://ow.ly/U53L50VH4Ze.

- 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

- **Wyandotte County Public Health Department has a lead-based paint remediation program for those who live in the county and qualify. Your home must have been built prior to 1978 and you must live in KCKS. To learn more, please call: 913-573-5848.**

- **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.**

- **A.B. May Heating, A/C, Plumbing, & Electrical has an apprenticeship program. Get paid to learn! For more information please call: 913-914-5912.**

- **ADT is hiring. For more information please go to: https://jobs.adt.com/job-search-results/.**

- **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**

- **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.**

- **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**

- **Art as a Career: From Passion to Profit is a supportive session to help your dreams come true and develop a business. This is through the Ewing Marion Kauffman Foundation. Please register at: https://bit.ly/48HTp5R.**

- **Barts Electric has an apprenticeship program. This is a paid opportunity. No experience required. For more information, please go to: https://www.bartselectric.com/**

- **Bass Pro is hiring for various positions in Independence. For more information please go to: https://careers.basspro.com/us/en**

- **Belfonte Ice Cream and Dairy are hiring. For more information please go to: https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=7c8e8f5a-b110-465d-9f2d-45d740bd2db7&ccId=9200795126905_2&type=JS&lang=en_US.**

- **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/blue-kc/careers.html**

- **Blue Springs Missouri has job openings. For more information, please go to: https://city-of-blue-springs.breezy.hr/.**

- **Boys and Girls Club of Greater Kansas City is hiring for the summer. Please contact: 816-361-3600.**

- **Brand Ambassador Jobs has multiple positions available in Kansas City. These are generally 1099 positions. For more information please go to: https://www.indeed.com/q-brand-ambassador-l-kansas-city,-mo-jobs.html?vjk=313be7e35e288951**

- **Bridge to Technology is a program offered through Goodwill to teach valuable skills in technology that will assist with obtaining**

**employment. For more information, please call: 816-842-7425.**

- **Bridging The Gap has a KC Tree Corps Pre-Apprenticeship program where you learn more about being an arborist. This is a 10 week course, 32 hours a week, and the pay is $16.50 an hour. Fall session starting soon. For more information please call: 816-561-1087.**

- **Build it KC is a pre-apprenticeship program for laborers and ironworkers. Register and get more info for this by calling: 816-433-4682. This is a free program.**

- **Career Pathways is through JVS or Jewish Family Services. It provides case management, vocational training, mentors, connections, multiple pathways to multiple fields, and more to people who have been resettled here from another country. You must be 16 years or older, resettled to the United States within the last 5 years, and have at least very basic English skills. For more information please contact Austin R. Taylor, Refugee Career Pathways Manager at: 816-766-5545.**

- **Cass Career Center has many training opportunities and resources. For more information please go to: https://www.casscareercenter.com/**

- **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**

- **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 or https://cmkc.link/46SEvtC**

  **They also have Project RIZSE Career Passport Internship Program. For more information, please go to: https://cmkc.link/42MutpP**

- **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**

- **Cisco Certified Support Technician training is available through Goodwill. Please call for more information at: 816-842-7425.**

- **City of Blue Springs is hiring for various positions. For more information please go to: https://www.bing.com/ck/a?!&&p=bfb80fbedd130de0JmltdHM9MTcxMzA1MjgwMCZpZ3VpZD0zNGQwZGY1Mi1hMjFhLTZmNGEtMGNmMC1jYzA3YTMxMjZlM2UmaW5zaWQ9NTIwMw&ptn=3&ver=2&hsh=3&fclid=34d0df52-a21a-6f4a-0cf0-cc07a3126e3e&psq=blue+springs+city+hall+jobs&u=a1aHR0cDovL2JsdWVzcHJpbmdzZ292LmNvbS8xNDcvQXBwbHlpbmctZm9yLWEtSm9i&ntb=1**

- **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 please go to: https://www.raytown.mo.us/jobopportunities**

- **City Union Mission in KCMO is hiring for a full-time security guard that is armed and other positions. For more information, please go to: https://www.paycomonline.net/v4/ats/web.php/jobs?clientkey=9EE0C33E34C1FFF79DCA5A61B5316722**

- **Civic Match is a site with many opportunities for public service positions. For more information please go to: https://www.workforamerica.org/civicmatch**

- **Clay County, Missouri Sheriff is hiring for detention officers. Apply at: sheriffclayco.org/careers**

- **Clymer Community Center; 816-994-0312; call to inquire if they have current certification programs.**

- **Community LINC: 816-531-3727**

- **Community Service League can assist people looking for a better paying job through various training programs. For more information please call: 816-491-2013 or apply online at: newskills.cslcares.org.**

  **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.**

**They offer Career Development Coaching/Readiness, vocational rehabilitation, and more 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.**

**There is a class called Next Step KC that provides affordable access to capital resources for those in poverty. For more information please call the office at the above referenced number.**

- **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**

- **Consentino's Downtown Market is hiring. The location is: 10 East 13th Street, KCMO 64106. For more information though, please go to: Consentinos.com**

- **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**

- **Cosmetology Job Fair is on October 12th from 11-2 at: 6565 State Ave., KCKS 66210. Many salons across the KC metro area will be present. Bring portfolios of your work to show to potential employers.**

- **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**

- **DeBruce Foundation in KCMO has a variety of initiatives to help youth and others achieve their best in a chosen career. For more information please go to: https://debruce.org/**

- **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**

- **Eitas Employment Fair is on November 18th from 10-12:30. This is for people looking for support with employment. The event will bring together people with disabilities, families, support coordinators, and support teams so that you can learn more about what is available in the community. You can ask questions and learn more about services that can help people prepare for, find, and maintain employment. This will be at the Eitas Training Center: 8508 Hillcrest Road, KCMO 64138. This is a FREE event and you do not need to register.**

- **Englewood Café in Independence is hiring for a part-time server for evenings and weekends. Come in and pick up an application at: 10904 E. Winner Rd., Independence.**

- **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.**

- **Fed Ex is hiring for multiple positions. For more information please go to: https://careers.fedex.com/jobs?location_type=2&filter%5Bbrand%5D%5B0%5D=Federal%20Express%20Corporation&filter%5Bcategory%5D%5B0%5D=Package%20Handler&location_name=Kansas%20City%2C%20KS%2C%20USA.**

- **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**

- **Flex Jobs may be able to help you find the job that you are looking for. For more information please go to: https://www.flexjobs.com/lp/remote-jobs1?network=o&device=c&adposition=&adgroupid=1267737486930839&placement=&adid=&msclkid=885d161cd71a1bbf0cc77c9ed5fed82a&utm_source=bing&utm_medium=cpc&utm_campaign=%5Bsearch%5D%20usa_branded&utm_term=flexjobs&utm_content=flexjobs%20brand.**

- **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%2AODM3NzU4MzYyLjE2OTAwNzMzOTE.%2A_ga_D8EY9SKYFY%2AMTY5MDA3MzM5MC4xLjEuMTY5MDA3MzM5MC42MC4wLjA.**

- **Fox 4 KC has a job board. For more information please go to: Job Seekers - FOX4KC Jobs**

- **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.**

  *****NEW!!! There is a new EPA Training program. For more information contact Michael Long: 816-471-2330 at extension 1285.**

  **There is a FB site also that you can go to for more information and it is called FEC4Me.**

  **There is now a Forklift Certification program. For more information please call: 816-471-2330.**

  **Additionally, they have a program to connect people with apprenticeships. For more information, please go to: http://ow.ly/7Q7v50GOiVl. In addition to job search assistance, they also offer resume help, have hiring events, and more!**

**There is now a childcare development associate apprenticeship. Please call for more information at: 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 for multiple positions at multiple locations. 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 please go to: https://www.gdhconsulting.com

- General Mills is hiring gor a Maintenance technician. Apply for this and other possible positions at: https://careers.generalmills.com/careers/.

- Goodwill Industries is offering some certificate programs such as a Cisco Certification, Manufacturing Certification, Bridge to Technology, and more. 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 various fields. ***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. They have many tuition free programs in things such as CNA, CMA, and more!

  They have a Fire Science Training Program now. Please check the website for more information. Other programs include healthcare, manufacturing, information technology, warehousing, construction, and service careers.

- Greater KCMO Chapter of National Association of Women in Construction has many programs and resources for women wanting to pursue a career in construction. For more information please go to: Home (kcnawic.org)

- Green Core Training is a training where you learn more about environmental literacy and get practical job skills. For more information please go to: https://kccancompost.com/green-core-training

- Guadalupe Centers has a Workforce and Adult Education department with many resources to assist people as well as programming. For more information, please call: 816-702-6757.

  ***NEW!!! They are having a Career Fair on November 14th at 9 a.m. This will be at: 1015 Avenida Cesar E Chavez, KCMO 64108. Please register at: https://loom.ly/sGKNdqQ.

  Guadalupe Centers-Financial Opportunity Center can help people that are seeking employment. For more information please call or text: 816-702-6757.

  They are offering Digital Skills classes. This will be at the location at: 1512 Van Brunt Blvd., KCMO 64127. For more information about this, please call: 816-561-6885.

- Habitat Restore is hiring for multiple positions at multiple locations. To apply please go to: Habitatkc.org/careers

- Harvesters is hiring for drivers and possibly other positions. For more information please go to: www.harvesters.org/careers

- Heartland Center for Behavioral Change in KCMO is hiring. For more information please go to: https://www.heartlandcbc.org/careers

- Heartland Coca Cola in Lenexa, KS is hiring for various positions. For more information please go to: https://careers.cokeonena.com/heartland

- Heartland Women in Trades has an event to help women learn more about getting into construction trades. There is an informal meeting every 3rd Wednesday of each month at 6 p.m. This is at: 6320 Manchester Ave., Suite 41B, KCMO 64133.

- Hiland Dairy Foods is hiring. For more information please go to: https://www.hilanddairy.com/company/employment

- Hillcrest KC is hiring for various positions. Apply at: www.hillcrestkc.org/careers

- 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. 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

- Hope Cuts (Hope Faith Ministries) can provide free haircuts to those in need and can

**provide job training. For more information about the program and to sign-up please go to: https://www.hopefaith.org/hope-cuts-1**

- **Horizon America Staffing Services is looking for fabricators and welders. The location would be in NKC and full-time. For more information, please call: 913-731-3016. Weekly pay is available.**

- **Hy-Vee Grocery Store is hiring in the Kansas City area. For more information please go to: https://www.hy-vee.com/careers**

- **I.C. Stars is an organization with a location in KCMO that offers adults various training opportunities such as with Coding. For more information please go to: https://www.icstars.org/program/ or call: 816-782-8397.**

- **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 License Office is hiring. Resumes can be emailed to: PJWCoLicenseOffices@gmail.com. Please include "The Independence License Office" in the subject line.**

- **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: Police Department | Ipdjobs.com | Independence**

- **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**

- **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.**

- **Jackson County Recorder of Deeds Department is hiring for someone to help maintain public documents. You must have book keeping skills and good customer service. Apply and learn more at: jacksongov.org/jobs**

- **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 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**

- **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 Search and Career Help is available on Tuesdays from 1-3:30 at the Bluford Branch Library: 3050 Prospect Ave., KCMO. No appointment is needed. For more information please call: 816-701-3663.**

- **Job Seeker Drop In Hours are available to those in need through the Plaza Library Branch. Helpers there can assist with resume building, applying for jobs online, and preparing for interviews. This is on Wednesday's from 9:30-Noon. The address is: 4801 Main St., KCMO.**

- **Johnson County Community College has a comprehensive nail technician program leading to licensure. For more information please go to: Nail Technology Program | Johnson County Community College (jccc.edu)**

- **Journey with Me Learning Center in Raytown is hiring for a teaching position. For more information please call: 816-888-0092.**

- **KC Care is hiring! For more information please go to: https://www.paycomonline.net/v4/ats/web.php/jobs?clientkey=147ECC7C8F07DEC613E743D6973B8D0B**

- **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. ***NEW!!! They are having a hiring event on December 4th from 10-3. Please call with questions: 816-346-0201.**

- **KC Can Compost takes table scraps and diverts them from landfills. They also train people in green practices and help to remove barriers to employment. For more information please go to: https://kccancompost.com/about-1**

- **KC Gig Worker Support is a FB group for people interested in a secondary income.**

- **KC Job Openings is a FB site with resources for job seekers.**

- **KCFD is hiring Communication Specialists. This requires a high school diploma, experience in call centers/customer service (preferred), and you must be able to pass a post-offer physical and pre-employment drug screen as prescribed by the city. All applicants should apply at: www.kcmo.gov/careers. Please call with questions: 816-513-1903.**

- **KCK PD is hiring and the next testing date is on October 21st. Apply at: KCKPD.ORG.**

- **KCMO has a career center with many available positions at: https://www.kcmo.gov/city-hall/departments/human-resources/careers.**

- **KCMO Schools have multiple openings. For more information please go to: Careers - Kansas City Public Schools (kcpublicschools.org)**

- **KCPD has career opportunities available. For more information please go to: https://careers.kcpd.org. They are looking specifically for Call Takers. For more information on this, please go to: https://kcpolice.org/careers/current-openings/call-takerdispatcher/**

  *****NEW!!! They are accepting applications for call takers. Pay range is $52068-91068. Apply at: https://kcpolice.org/careers/current**

- **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**

- **KC Tree Corps is accepting applications for Spring apprenticeships. This is a paid position with training. For more information please go to: bridgingthegap.org/kc-tree-corp**

- **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**

- **KC Water has a few positions open for maintenance, reps, and more. For more information please go to: https://www.bing.com/ck/a?!&&p=0eed652815baa26bJmltdHM9MTcyMDMxMDQwMCZpZ3VpZD0zNGQwZGY1Mi1hMjFhLTZmNGEtMGNmMC1jYzA3YTMxMjZlM2UmaW5zaWQ9NTIyMA&ptn=3&ver=2&hsh=3&fclid=34d0df52-a21a-6f4a-0cf0-cc07a3126e3e&psq=KC+water+jobs&u=a1aHR0cHM6Ly93d3cua2N3YXRlci51cy9jYXJlZXJz&ntb=1**

- **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 has a 24 hour job hotline and website. For more information please go to: https://www.wycokck.org/Departments/Human-Resources/Careers.**

- **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 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. The library offers job seeker drop-in hours so you can work with a career specialist. These drop in hours are at the Plaza Library: 4801 Main St., KCMO. The hours are 9:30 a.m. to Noon. If you have questions please call: 816-701-3663.**

- **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 VA is hiring for various positions! Email at: VHAKANHRRecruit@va,gov**

- **Kansas Works is a great resource for finding a multitude of jobs and related resources. For more information, please go to: https://www.kansasworks.com/ . Specific information for job seekers can be found at: https://www.kansasworks.com/job_seeker.**

- **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.**

- **Lake City Army Ammunition Plant in Independence has some openings. For more information please go to: https:// www.winchester.com/Company/Careers**

- **Lake Mary in Paola, KS is hiring. For more information, please go to: https://www.paycomonline.net/v4/ats/web.php/portal/25DA6BBEFBAE0C1037116754243A913B/career-page.**

- **Lakeview Village in Lenexa is hiring for various positions such as certified OT Assistants and Occupational Therapists. For more information and possible other positions, 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**

- **Lansing Correctional Facility is hiring and starts at 26.13 an hour. For more information please go to: LCFCAREERS.NET**

- **Lee's Summit Job Fair is on July 30th at 12:30. This will be at the Gamber Community Center: 4 SE Independence Ave., Lee's Summit 64063.**

- **Lee's Summit PD is hiring for Communication Specialists. For more information, please go to: LSPDhiring@cityofls.net**

- **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).**

- **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**

- **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&we=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**

- **Mattie Rhodes Center is hiring for a few positions. For more information, please go to: https://mattierhodes.org/contact-mattie-rhodes/employment-opportunities/**

- **Maywood Terrace Living Centers in Independence is looking for CNA's and CMT's. If you are interested please call Kim or Lori at: 816-836-1250.**

- **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&center=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.mlmkc.org/financial-opportunity-center.html or call: 816-285-3148.**

- **Metropolitan Community College-KC has a Dental Assisting program (DENA 100). For more information please go to: https://mcckc.edu/programs/dental-assisting/index.aspx**

- **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 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 Career Center in Independence has a variety of supports for people seeking employment/careers. The address is: 15301 East 23rd St. S., Independence 64055. The phone is: 816-521-5700. The website is: https://mocareers.mo.gov/hiretrue/mo/mocareers/index.html**

- **Missouri Department of Corrections is hiring for various positions but especially probation and parole officers. For more information please go to: https://doc.mo.gov/divisions/human-services/employment-opportunities**

- **Missouri Department of Health and Senior Services has multiple openings. For more information please go to: mocareers.mo.gov**

- **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: mocareers.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 Registered Apprenticeships can help people get starts in new careers. For more information please go to: https://jobs.mo.gov/moapprenticeships**

- **MO Careers has multiple job postings. For more information please go to: mocareers.mo.gov**

- **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 HIVES that offers many community-based services is looking for interns for a 6 week program that pays $17 an hour. This is for youth ages 14-19. Apply at: https://www.mohives.org/**

- **MO Jobs is a website with information about free workshops and things to help support people in getting stable employment. For more information please go to: https://jobs.mo.gov/jobseeker/workshops**

- **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 license office in Lee's Summit is hiring. They are looking for full-time applicants with experience in customer service, cash handling, and data entry. Please email resumes to: Kristin.barton@lo.mo.gov**

- **New Reflections Technical Institute (NRTI) 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!!! They have scholarships available for youth ages 17-24 for getting a CDL, studying culinary arts, and more. Please call for more information at: 816-361-5239.**

- **NICE-KC is the National Institute for Construction Excellence and is able to connect people interested in construction to training, apprenticeships, and more. The address is: 1414 Genessee St., KCMO. Please email Nate at: nate.zier@nice-kc.com. The website is: nice-kc.org**

- **NKC Health is hiring for Patient Care Tech and other positions. For more information please go to: https://www.nkchealthjobs.org/.**

- **NKC Health Library has a multitude of resources to help anyone learn more about health. Please go to: https://healthlibrary.nkchealth.org/**

- **North Kansas City Schools are hiring for various positions. For more information please go to: nkcschools.org**

- **Nurture KC is hiring for an administrative assistant. Please email your resume and cover letter to: info@nurturekc.org**

- **Office of Workforce and Community Initiatives offers all of their services completely free. They can do many things and one of which is to strive to connect employers with the workforce in their communities and vice versa. To learn more please go to: https://mydss.mo.gov/owci**

- **Olathe Police Department is hiring. For more information please go to: www.joinolathepolice.org**

- **Older Kansans Employment Program can help seniors to better connect with the workforce. For more information, please go to: bit.ly/OKEPinfo or https://www.kansascommerce.gov/program/workforce-services/state-of-kansas-senior-employment-services/**

- **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.**

- **OPS is hiring parking attendants for Chiefs home games. This is part-time work and pays $25 an hour. Valet experience is not required but is preferred. You can email your resume to: tfreeman@opsparking.com or call: 770-618-7938.**

- **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.**

- **Pet Resource Center is hiring for various positions and may be able to offer a $500 sign on bonus for vet techs. Positions may also be available for answering calls. Please apply at: prckc.org/jobs**

- **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.**

- **Poll Workers are needed for the November 3rd General Election. You can earn up to $300 a day. Learn more and apply at: https://kceb.org/elections/workers/**

- **Polytainers 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.polytainersinc.com/careers**

- **Premier Parking Services, Inc. is hiring for cashiers, traffic directors, and valets to work at the area concert and sporting events. You must be at least 16. Starting pay is $15 an hour. Please call for more information at: 816-474-0985.**

- **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. 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**

- **Rat Race Rebellion is a site with many job postings as well as legitimate remote positions. For more information please go to: https://ratracerebellion.com/.**

- **Raytown is looking for 911 Dispatchers. Pay starts at $20.95 anhour but can increase based on qualifications. Experience is not required. Paid training. Please call for more information at: 816-737-6105.**

- **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://www.raytownschools.org/employment**

- **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**

- **Raytown Wellness Center is hiring. Apply today at: https://aquatic-academy.com/employment or Raytown School District C2 - Frontline Recruitment. You can also call: 816-281-7177.**

- **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. NEW ADDRESS!!! They are located at: 7320 Prospect Ave. KCMO 64132. For more information please go to the website at: https://rightfullysewn.org. You may also call them at: 816-491-8136.**

- **Riverside Missouri has job openings. For more information, please go to: https://www.riversidemo.gov/departments/human_resources/career_opportunities.php.**

- **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**

- **Section 3 connects low-income people and families to employment, training, and contracting opportunities through HUD funded projects. For more information about this program, please contact Tamara Thierry at: 816-968-4299.**

- **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**

- **Skill Up is a program for SNAP recipients who need help getting a job. For more information, please go to: https://buff.ly/xsaSQCN**

- **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**

- **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**

- **Standard Aero in NKC is hiring. For more information please go to: StandardAero Home - Standard Aero Careers (oraclecloud.com). You can also call: 816-556-4600.**

- **Strategic Workforce Development Inc. has a Build it KC program which is a pathway to joining the trades and getting career and employment information. 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**

- **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! For more information please go to: https://corporate.target.com/careers**

- **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.edcloancorp.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@moaflcio.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.**

  **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**

- **The Whole Person has employment services to help people with disabilities obtain and maintain fulfilling careers. For more information please contact April Schmidt at: 816-659-9401.**

- **Ticket to Work is a program in Kansas that helps people with disabilities find meaningful employment. For more information please go to: https://www.kansascommerce.gov/program/workforce-services/kansas-ticket-to-work/.**

- **Tomlin Prep Academy is hiring for paid internship positions. You must be at least 16, have reliable transportation, be friendly, and good grades. For more information please go to: www.tomlinacademy.net**

- **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**

- **Trusted Herd is a site where people needing to post jobs can and for those just looking for a job may go. For more information please go to: https://www.trustedherd.com/**

- **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 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!**

- **Village of Claycomo has job openings. For more information, please go to: https://claycomo.org/apply-for-jobs**

- **Virtal Statewide Job Fair is on June 25th from 8-5. For more information please go to: https://www.kansasworks.com/events.**

- **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**

- **Walmart Neighborhood Market in Independence is hiring during their remodel. There are some temporary full-time positions. Please apply by texting "jobs" to 240240 or by going to Walmart.com/careers**

- **Westmor Industries, LLC in Shawnee, KS is hiring Truck Assemblers. Experience or no experience. For more information please go to: westmor-ind.com**

- **We Work Remotely is a site with many remote opportunities. For more information, please go to: https://weworkremotely.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**

- **Wyandotte County (Kansas) is hiring for a Juvenile Detention Administrator, deputies, Correctional Specialists, detention officers, and more. For more information please go to: www.wycokck.org/careers**

- **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/**

## LAUNDRY HELP

**PLEASE TRY TO CALL AHEAD WHENEVER POSSIBLE AS THINGS CAN CHANGE QUICKLY ABOUT WHO OFFERS LAUNDRY SERVICES FOR FREE, WHEN, ETC.**

- **10th Street Laundromat has free drying now every Tuesday. This is at: 20 S. 10th St., KC,KS 66102.**

- **DeBest Laundry and Dry Cleaning Services has 2 free wash and dry loads every Saturday from 2:30-4:30. The address is: 5239 Prospect Ave., KCMO 64130.**

- **Free Community Laundry Days is every third Monday. 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 and to confirm this is still available, please call: 913-232-9008. Please limit 4 bags/baskets.**

- **Fresh Spin Laundry is at: 10215 E. Truman Rd., Independence 64052. The phone is: 816-503-6652. They some times have an event that may offer help with laundry costs.**

- **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.**

- **Grandview Coin Laundry is offering free dryers for people washing clothing there. The address is: 11802 Blue Ridge Blvd., KCMO. The phone is: 816-912-2460. Please call to verify times, restrictions, etc.**

- **Hope Faith provides a variety of services for the community such as laundry access, a mailbox (if you are homeless), clothing, and more. For more information please go to: https://www.hopefaith.org/services**

- **Laundry 23 has 2 free wash and dry loads available to anyone who is unhoused. Detergent is provided. The address is: 811 East 23rd St. S, Independence 64055.**

- **Laundry Love is a website where you can look for available assistance on getting laundry done. Please go to: https://laundrylove.org/.**

  **Laundry Love is happening now also in Gardner, Kansas every third Tuesday from 6-9 p.m. The last load must be in at 8 p.m. They provide the funds and detergent to wash and dry your clothing or bedding. The location is Legendary Laundry: 798 E. Main St., Gardner, Kansas. For questions please call Amanda Peters at: 785-212-0142. There is a max amount of loads for families (5) and for individuals (3).**

- **Leah's Laundromat on The Q has FREE washing and drying as well as free detergent every 3rd Monday for the entire year, 2024! 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.**

- **Legendary Laundry offers up to 3 FREE loads per person and up to 5 loads per family on the third Tuesday of each month. This is from 6 p.m. to 9 p.m. only and the last load must be in by 8 p.m. Free detergent is included with free wash and dry. The address is: 798 East Main Street, Gardner, KS. For questions, please call Amanda Peters at: 785-212-0142.**

- **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**

- **Walnut Place Laundromat has FREE wash and dry on Wednesdays. This is limited to 2 loads. This is ONLY from 11-2. The address is: 4241 Walnut St., KCMO 64111. Please call to confirm this promotion is still available at: 816-531-9999.**

## MENTAL HEALTH, SUBSTANCE ABUSE AND RUNAWAY/HOMELESS YOUTH SERVICES

*****PLEASE ALL CHECK UNDER THE CATEGORY OF "HOTLINES" FOR ADDITIONAL RESOURCES.**

- **988 has a variety of educational toolkits, videos, and more to help educate people about suicide prevention. For more information please go to: Storefront(missouri988storefront.com)**

- **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**

- **Aim 4 Peace has a 24/7 youth support line that is monitored by a live person. Youth can call or text at: 816-799-1720.**

- **Badge Buddies are FREE and can be shipped to your organization. They display the signs of someone in distress and resources that you can refer them to. These are available through the City of Independence, Public Health Specialist, Halie Smith-Green. Her phone is: 816-325-7606. Her email is: hsmith-griffin@indepmo.org. You can also order them from her at: https://forms.office.com/g/mQXBnFPjWT**

- **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).**

- **Behavioral Health Crisis Center is in Independence and able to help adults having mental health issues. For more information please go to: New behavioral Crisis center open in… | Burrell Behavioral Health. The address is: 17421 Medical Center Parkway, Independence 64057. The phone is: 816-455-9975.**

- **Big Feelings, Smart Choices is a flipbook to help youth talk about emotions. This is through Reconciliation Services. For more information, please go to: Kansas City organization launches flipbook to help youth talk about emotions or https://www.rs3101.org/**

- **Bloom Military Teens is a resource for teens of service people. For more information please go to: https://www.bloommilitaryteens.org/**

- **Burrell Crisis Center is now open in Independence for walk ins. For more**

information please go to: https://www.burrellcenter.com/media/new-behavioral-crisis-center-open-in-independence-missouri

- **CAPA is able to offer counseling services to young children and their families and has little to no wait time. For more information please call: 816-601-0550 and ask for Lindsey Neely, Community Education Manager.**

- **Children of Homicide Victims is having a program for kids 10-17 that focuses on healing, leadership, and violence prevention. For more information please call: 816-266-6609.**

  *****NEW!!! There is now a program called EPIC Prevention Pathways, a trauma informed youth program for kids 10-17. For more information, please call: 816-266-6609.**

- **Children's Mercy has launched a new youth mental health program. For more information please go to: https://fox4kc.com/news/childrens-mercy-hospital-launches-new-youth-mental-health-program/**

- **Children's Trust Fund of Missouri is a foundation for the prevention of child abuse. They have many resources and supports. For more information, please go to: https://ctf4kids.org/. To order literature and more for FREE (MO Side, small charge for KS side), please go to: https://mo-ctf.azurewebsites.net/forms/orderform.aspx**

- **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/drop-in-center/. Their phone number is: 816-301-5571. The address is 5108 Independence Ave., KCMO 64124.**

- **Circle of Hope is a nonprofit that helps children impacted by homicide. Their phone is: 816-226-9300 and their website is: HOME | Circle of Hope (circleofhopemo.org)**

- **Comprehensive Mental Health: 816-254-3652. The website: https://thecmhs.com**

- **Connect with Me is a great resource to get better connected with teens and improve communication. For more information, please go to: Home | Connect with Me | Health & Senior Services or https://health.mo.gov/living/families/connectwithme/**

- **CRIS is a system that can connect families of children 0-5 with home visiting and other services. For more information, please go to: https://ctf4kids.org/cris-start-a-referral/**

- **Crittenton in KCMO offers a variety of services on an outpatient basis such as adolescent substance abuse. The contact for that is Molly Pellettiere at 816-668-0341.**

- **Dads Against Crime are able to offer a licensed therapist to men needing therapy and it is free of charge. For more information please call: 816-705-2980. They have IMMEDIATE openings and this is open to KS or MO men. ***NEW!!! There are still 16 spots left for therapy services.**

- **Dave's Place is able to offer cost-friendly, supportive, and counseling services. They are accepting new clients. For more information, please call: 816-444-2116.**

- **Della Lamb Community Services can offer free counseling to kids ages 4-19. This is for Jackson County residents. To learn more, please go to: https://www.dellalamb.org/therapy**

- **EPICC has 24/7 linkage to services for anyone experiencing the side effects of alcohol, stimulants, and opiates. This service is completely free to individuals of Jackson, Ray, Clay, and Platte Counties that are at least 18 years of age. Individuals will be connected with a peer recovery coach who has at least 2 years of continued recovery. EPICC provides person-centered care that assists with harm reduction, medications, treatment, and sober living to combat barriers to recovery. The helpline is: 816-412-9417.**

- **eTMS Missouri is able in Gladstone to offer free treatment to Veterans and first responders who are experiencing PTSD, depression, and TBI. The clinic is located in the Northland. For more information please go to: https://etmsmissouri.com/**

- **Everything AA is an app with many resources for anyone in recovery and also has some great information about online supports. For more information please go to: https://play.google.com/store/apps/details?id=com.bigbook3&hl=en-US&pli=1**

- **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.**

- **Found and Woven is a ministry to help women who have had abortions and do so in a non-judgmental way. For more information please call: 816-847-2911.**

- **Free Narcan Kits are available through the Council on Chemical Abuse. For more information, please go to: https://cocaberks.org/**

- **Gambling addiction help:**

  - **1-888-Betsoff or 1-888-238-7633.**
  - **https://dmh.mo.gov/behavioral-health/treatment-services/specialized-programs/gambling**

- **Greenworks KC has a group that nurtures the mental health of children and it is called**

the Ecos Nature Club. To find out more, please go to: greenworkskc.org

- Grandview Assistance Program has free Narcan, no questions asked. Please call to see when they are open and if it is available at: 816-761-1919.

- HALO is an organization with a multitude of programs to help homeless teens. For more information please go to: https://haloworldwide.org/kc/ and https://haloworldwide.org/about/

- 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.

- HealthEKnowledge is a website that offers free substance use and suicide prevention trainings. For more information please go to: https://www.healtheknowledge.org/

- 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.

- Hope House has a domestic violence court advocate for Raytown. Her name is Tara Stansbury and she can be contacted at: 816-257-9229.

- Imajine Me, Inc. is an organization dedicated to supporting pregnant youth and teen parents by reducing risks through education, conversations, and accessible resources. For more information please check out their FB page!

- Inclusive Therapists is a website that can connect people with mental health needs to therapists specializing in that area. For more information please go to: https://www.inclusivetherapists.com

- Independence Mental Health Task Force has developed a free resource guide with mental health, crisis, and family support services. Copies are available at the Health Department (111 E. Maple Ave., Independence 64050 on the 2nd floor) and partner agencies. Explore the guide at: independencemo.gov/behavioral-health

- Innerworld is an app that can provide access to many support groups and related mental health care. For more information please go to: https://www.inner.world/home/about-innerworld/

- Jackson County Public Health has information about Narcan, overdose prevention, and related resources. For more information please go to: jcph.org/opioids.

  ***NEW!!! There is information on Naloxone to prevent overdose and an interactive map to find it at: https://jcph.org/opioids/

- KCMO Angels is an organization that walks alongside children, youth, and families in the foster care community by offering consistent support through intentional giving, relationship building, and mentorship. For more information, please go to: https://www.kcmoangels.org/.

- 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.

- Lutheran Family and Children's Services announced they have free mental health counseling for kids ages 5-19. To schedule an appointment and get information about any qualifications, please call: 866-326-LFCS or email: help@lfcs.org

- 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.

- Medicare and Mental Health Benefits is an informative document that can be found at: https://www.medicare.gov/Pubs/pdf/10184-Medicare-and-Your-Mental-Health-Benefits.pdf

- 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.

- Mental Health Support Group is at the Independence Salvation Army at: 14700 E. Truman Rd., Independence 64050. This is every Wednesday from 4:30-6.

- Mid America Nazarene University in Olathe, KS has a counseling program that is open to the public. For more information please go to: Community Counseling Center - MidAmerica Nazarene University

- Missouri 988 Toolkit has a wealth of resources including a coloring book for kids. For more information please go to: Toolkit - Missouri 988

- Missouri Partners in Prevention has a plethora of mental health supports and resources. For more information please go to: https//www.mopip.org

- **MO Ask Listen Refer offers trainings and resources for anyone interested in preventing suicides. For more information please go to: Ask Listen Refer**

- **MOCSA has a variety of programs and supports for survivors of sexual assault and their loved ones. For more information please go to: https://mocsa.org. The crisis line is: 816-531-0233 or 913-642-0233.**

- **MO-NACA or the Missouri Netwoek Against Child Abuse has many wonderful resources to help support children and families. To learn more please go to: https://mo-naca.org/**

- **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.**

  **The NAMI Teen and Young Adult HelpLine is now live. It is available Monday-Friday from 9 a.m. to 9 p.m. CT. Call: 1-800-950-6264. You can text "Friend" to 62640. You can also chat at: nami.org/talktous**

- **NAMI Basics is a virtual class for those who provide care for youths experiencing mental health symptoms. For more information please go to: namimissouri.org/basics**

- **National Maternal Mental Health Hotline is designed to support mothers. The number is: 1-833-852-6262. For more information please go to:**

  **https://mchb.hrsa.gov/national-maternal-mental-health-hotline**

- **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. This is Monday-Friday from 9-12. They also offer meals, sack lunches, clothing, hygiene products, and more. Please contact them for more information at: gp4homeless@gmail.com. The address is: 2910 Victor Street, KCMO 64128.**

- **Pathways Transitional Living Program can assist youth with establishing themselves as successful adults. It is a comprehensive and trauma-informed program. For more information, please call: 816-508-1700 or go to: https://www.cornerstonesofcare.org/services/youth-and-family-support/intervention-services/pathways-transitional-living/**

- **PEER Center in KCMO is a drop-in center that supports people with mental illness. This is located at: 800 East 21st St., KCMO 64108. You can call for more information at: 816-404-6384 or 816-721-2322. You can also go to: https://www.universityhealthkc.org/locations/university-health-behavioral-health-the-peer-center/**

- **Preferred Family Healthcare offers adolescent residential substance use treatment. This includes a variety of services. For information about the program and costs please call: 816-474-7677.**

- **Raytown Fire Protection District is now offering public access Narcan boxes at all 3 Raytown Fire locations. These boxes allow for anyone to come and take Narcan to have in the event of an opioid overdose. Specific supplies included are Narcan nasal spray, Fentanyl, test strips, and educational materials on recognizing the signs of opiod overdose. For more information about Narcan, overdose prevention, and additional resources, please visit: https://jcph.org/opioids**

- **Real Simple is a site with many uplifting quotes and inspirational settings. For more information please go to: https://www.realsimple.com/work-life/life-strategies/inspiration-motivation/positive-quotes**

- **Reconciliation Services and their REVEAL team are starting an anger management and coping skills class. Participants will get lunch from Thelma's Kitchen and a free gas card. Please enroll by calling: 816-931-4751, Extension 107.**

- **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**

- **Restoration House can provide long-term residential recovery for sex trafficking survivors, addictions, and more. They serve females. For more information please call: 816-623-5260.**

- **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).**

- **Saint Luke's Hospital Crittenton Children's Center has an intensive outpatient substance abuse program for youth. This can assist teens and families with recovery and healing from substance use problems. The program is offered in a virtual format. To find out more about the program, please**

contact Molly Pellettiere at: 816-668-0341 or 816-799-2755. Besides insurance plans being accepted, the Jackson County COMBAT funding is available for families who financially qualify.

- Salvation Army has a mental health support group. This is every Wednesday from 4:30-6. The address is: 14700 E. Truman Rd., Independence 64050.

- SAMHSA has an "Overdose Prevention and Response Toolkit." For more information please go to: https://store.samhsa.gov/product/overdose-prevention-response-toolkit/pep23-03-00-001.

  There is also a "Program to Advance Recovery Knowledge" from mental health and substance abuse issues. For more information please go to: https://www.samhsa.gov/spark

- Sam Rodgers Pediatrics and Behavioral Health Care Network can provide counseling for children and families. Call for more information at: 816-474-4920 or go to: https://samrodgers.org/behavioralhealth.

- Sesame for Military Families is a resource for service people and their children. For more information please go to: Military Families Resources for Young Children | Sesame Street

- 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. For more information please contact Jeff at: 913-634-9895 or email: shadyfrasefarms@gmail.com

- Show Me Zero Youth Suicide is a program at Rediscover Mental Health. For more information, please go to: https://www.rediscovermh.org/services/crisis-and-outreach/youth-suicide-prevention/ or call: 816-347-3052.

- Solace Seekers is a community grief support group. 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

- Suicide Prevention and 988 Guide for Missouri Schools (2025) is available at: 988_Guide for Schools_2025 by Missouri 988 - Flipsnack

- Swope Behavioral Health: 816-923-5800. The website is: https://swopehealth.org/behavioral-health-outpatient-services

- Swope Health Youth and Homeless Outreach Services has an adolescent substance use disorder program. This is a 12 week program for kids 12-17. Contact Rianna Malbrough, Adolescent SUD Counselor. Her phone is: 816-599-5257.

- Take it Down is a resource to fight cyber sexual exploitation and bullying. For more information please go to: https://takeitdown.ncmec.org/.

- Teen Pregnancy Prevention Services are available through Swope Health. This is geared towards ages 12-19. The contact number is: 816-589-4952.

- 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

- The Phoenix is a nonprofit in KCMO that helps people to recover from substance abuse. For more information please call: 720-440-9175. You can also check out their FB page!

- The Trevor Project is a program to support young LGBTQ lives. For more information please go to: https://www.thetrevorproject.org/

- The Whole Person has a mental health peer support group. This helps people with mental health issues to share information and support one another. To get more information or the Zoom link, please contact Deb Babbit at: 816-561-0304.

- Trans Hotline: 877-565-8860

- 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).

- Unity Southeast in KCMO has an open AA meeting on Tuesdays at 7 p.m. The address is: 3421 E. Meyer Blvd., KCMO 64132.

- University Health (formerly Truman): 816-404-1000. The website is: https://www.universityhealthkc.org/services/behavioral-health

- Y Chat is through the Kansas City Health Department and is a youth violence prevention support line that can also offer supportive counseling services. The number is: 816-799-1720.

- **Youth Mental Wellbeing is a new hub with national resources to help young people with mental health. For more information please go to: https://www.thenationalcouncil.org/program/youth-health-hub/**

- **Youth Suicide Prevention Services are available through Swope Health. The contact is Lorraine Rohde, Youth Suicide Prevention Coordinator. Her number is: 816-621-9178.**

- **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

- **Animal Control for Raytown: 816-737-6014**

- **Blue Springs Police Department Non-Emergency Number: 816-228-0150**

- **City of Raytown Main Number: 816-737-6000**

- **City of Raytown Sewer Billing: 816-737-6088**

- **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 Municipal Court: 816-737-6008**

- **Raytown Police Non-Emergency: 816-737-6020**

- **Road Concerns in Raytown: 816-737-6012**

## PETS

- **Angel Hearts is a Kansas City-based non-profit organization that assists the homeless people in KC provide basic medical care, food and supplies for their pets. For more information please go to: https://angelheartsrescue.org/**

- **Animals Best Friends in Independence has outreach efforts to help struggling pet owners. For more information check out their website at: https://www.animalsbestfriends.org/outreach or call: 816-254-8664.**

- **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.**

- **AVMA or American Veterinary Medical Association may be able to offer financial assistance for veterinary care costs. For more information please go to: avma.org**

- **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**

- **Chewy has a list of animal shelters and rescues near KCMO at: https://www.chewy.com/g/animal-shelters-in-kansas-city-mo_g11144**

- **City of Independence has a listing of services related to pets. For more information, please go to: https://www.independencemo.gov/government/city-departments/animal-services.**

- **City of Raytown Animal Services may be able to help Raytown residents with pet food needs. Please stop by at: 10312 East 63rd St.**

- **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.**

- **Heal KC can help struggling pet owners. For more information, please go to: https://healkc.org/**

- **Heart of America Humane Society may be able to assist pet owners in need. The phone number is: 1-800-384-3413. The email is: outreach@heartofamericaks.org**

- **Humane Society in KCKS has a pet food pantry with pet food of all kinds. This is open to anyone and everyone that needs help feeding their pets. The address is: 5445 Parallel Parkway, KCKS 66104. The phone is: 913-596-1000.**

- **Intellihelppets 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 or Help is a FB site that may be able to help pet owners in need and posts resources as well.

- KC Paws has moved from its location in Waldo to a larger one in Raytown after 20 years. To learn more about what the organization does and its new location, please go to: https://www.kcpaws.org/. The link to the news story is: https://www.kmbc.com/article/kc-paws-moves-waldo-raytown-new-animal-shelter/74152217.

- 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. All services contingent on availability.

  The KC Pet Project has a community supply area for pets whose owners are struggling located in Zona Rosa. To sign up for that help, please go to: https://kcpetproject.org/programs/keep-em-together-kc/pet-resource-assistance. Help may be available more locally. Please call the number listed above for potential availability.

- Kansas City Deceased Pet Reporting is a FB site where people can post information about deceased pets so that their owners can have closure and support.

- Keep 'Em Together, KC is a program that tries to keep pets with their owners any has some resources for needed things. For more information, please go to: Keep 'Em Together, KC | KC Pet Project

- 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://mcckc.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.

- Operation Litterless may be able to offer free spay and neuter services. For more information please go to: https://www.bing.com/ck/a?!&&p=7374f562364ef211JmltdHM9MTcyMDMxMDQwMCZpZ3VpZD0zNGQwZGY1Mi1hMjFhLTZmNGEtMGNmMC1jYzA3YTMxMjZlM2UmaW5zaWQ9NTE5Ng&ptn=3&ver=2&hsh=3&fclid=34d0df52-a21a-6f4a-0cf0-cc07a3126e3e&psq=operation+litterless&u=a1aHR0cHM6Ly93d3cuZmFjZWJvb2suY29tL0luZGVwZW5kZW5jZUFuaW1hbFNlcnZpY2VzL3Bvc3RzLzg4NTM2Njk3MDI5MjE1OS8&ntb=1. This is ONLY for residents of Independence and Eastern Unincorporated Jackson County.

- Pet bowls and potty pads maybe available for pet owners in need through an animal incident management group. To check on availability, please contact Eric Thompson, Executive Director of Disaster and Field Response at: ethompson@asartraining.com

- 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 pet food pantry scheduled originally for 4-11 is now on 4-4

from 2-3. If you would like information about the pet food pantry, please email: outreach@prckc.org

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!

- Pets and the extreme heat can be found in multiple locations such as:
  - Keep pets safe in the heat | The Humane Society of the United States
  - Hot Weather Safety Tips | ASPCA
  - Pets and Heat (cdc.gov)
- 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!
- Rainbow Bridge at Unity Village is a place where you can spread your pets ashes, place collars, and more. For more information, please go to: https://www.unityvillage.org/plan/rainbow-bridge/
- Raytown Animal Services will be open two Saturdays a month from 10-2. For more information about their services and what Saturdays they are open, please go to: https://www.raytown.mo.us/animal_services The address is: 10312 E 63rd St, Raytown, MO 64133. Phone: 816-737-7025.
- Raytown Pets is a FB group that helps to support pet owners.
- 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.
- South KC Mobile Vet can assist pet owners by coming to them for various things. This is not a free service please note. For more information please go to: South Kansas City Mobile Veterinary Clinic | Full service mobile veterinarian. You can also call: 913-395-9899.
- 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. The email is: therescueproject.net
- Unleashed Pet Rescue Outreach Team may be able to assist pet owners in need. The number is: 913-831-7387. The email is: unleashedrescue@gmail.com
- Wayside Waifs (PET FOOD): 816-761-8151 to check for availability. You may also go to: www.waysidewaifs.org.

## PHONES/COMMUNICATION

- Clear Captions is a FREE service to those who are qualified that helps people with hearing loss to see conversations on their phones. For more information please call: 1-800-350-0224 or go to: https://clearcaptions.com
- 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
- Free Phone Store may be able to give you a free Android phone or tablet if you are receiving some form of government assistance or are low income. For more information please call: 816-321-2855 or go to: 3835 Prospect Ave., KCMO 64128.

## SENIOR SERVICES

- 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
- ADVC or Aging and Disability Vaccination Collaborative has information to keep people healthy and vaccinated. For more information please go to: https://www.usaging.org/advcresources
- Administration for Community Living is for seniors and people of any age with disabilities that promotes their right to live anywhere and to be fully included and participative in their communities. For more information please go to: https://acl.gov/
- Adult Abuse and Neglect Hotline: 1-800-392-0210
- American Medical ID offers bracelets and other things for people with Dementia to wear. This has pertinent information that can assist someone if they become lost and unable to remember important information. For more information, please go to: https://www.americanmedical-id.com/dementia

- **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!**

- **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: btcdirscr@gmail.com**

- **Chair Fitness for seniors is every Monday at 12 at the Eastwood Community Association. For more information, please call: 816-772-9753.**

- **Chair Yoga for Seniors is FREE and is each Thursday from 11:30-12:30. This is at the Morning Star Youth and Family Life Center: 2525 East 27th St., KCMO. To sign up please call Carol Green: 816-739-9314.**

- **Circul KC may be able to help seniors with learning how to use their laptops. Please call: 816-703-7815.**

- **Communities Creating Opportunity in KCMO is offering seniors and people with disabilities, $50 to encourage vaccinations. For more information please go to: https://cco.org/gotv**

- **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.**

- **Go Go Grandparent is a service that may be able to help with senior transportation and other needs. For more information, please go to: https://www.gogograndparent.com/services/rides-for-seniors.**

- **Grandparents 2 Gether is a statewide support group for grandparents raising their grand children or who want to be more involved with their grandchildren's lives. These sessions are virtual and are the fourth Wednesday at 10 a.m. To get more information and log in materials, please call Barb Scheidegger at: 573-619-1322.**

- **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.**

- **Grandpass is a program that may send children being raised by their grandparents, to a free summer camp. For more information please go to: https://www.marc.org/news/aging-health/grandpass-provides-respite-grandparents. The post says 2023 but I have verified that is happening and expanding this year. You can call for more information also at: 816-421-4980.**

- **Guadalupe Centers is having a birthday bash for older adults on September 25th. There will be music, raffles, and food. To RSVP, find out about time, and location please call: 816-218-0972.**

- **HRSA or Health Resources and Services Administration has resources for adult oral health and more! For more information please go to: https://www.hrsa.gov/oral-health/adults**

- **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**

- **Hope Network has senior commodity distributions. These food boxes are the 3rd Thursday at 11 a.m. Please call with questions about qualifications or anything else at: 816-778-1147. The address is: 10500 E. 350 Hwy., Raytown 64138. Serving Jackson County residents. ID required. It is suggested that you arrive 10 minutes early.**

- **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 has a Senior Property Tax Credit Program. For more information, please go to: www.jacksongov.org/seniortaxcredit. You must be 62 or older and a home owner in Jackson County.**

- **KC Library has a resource sheet specifically for seniors. For more information, please go to: https://kclibrary.org/sites/default/files/2025-03/SS%20Senior%20Spring%2025.pdf**

- **KC Shepherd's Center has a multitude of services and supports for seniors and their caregivers. For more information please go to: https://kcshepherdscenter.org/**

- **KCTV5 has a segment called Aging in Style with a lot of great information. The link to thie information, clips, videos, etc. is: https://www.kctv5.com/aging-and-style/.**

- **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.**

- **MARC has many resources for older adults. For more information, please go to: https://www.marc.org/aging**

- **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.**

- **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.**

- **Money Smart for Older Adults is an FDIC program that promotes awareness and how to avoid scams. For more information, please go to:**

https://www.fdic.gov/consumer-resource-center/money-smart-older-adults

- **Movin' Mondays is a FREE exercise class designed especially for seniors and will include stretches and other things. The classes are at 10 a.m. in the Ivanhoe neighborhood however, you do not need to live there in order to participate. To register and get more information, please call: 816-921-6611.**

- **Mt. Sinai Baptist Church has Game Day Wednesdays for seniors. This is every Wednesday from 12-3. The address is: 3634 Brooklyn Ave., KCMO 64109. For more information, please call: 816-923-5815. They also have "Senior Saturdays" once a month that can provide speakers, support, and more. Please call for more information.**

- **National Maternal Health Hotline is a wealth of support and resources. For more information please call: 1-833-TLC-MAMA. You can also visit: https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline**

- **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.**

- **Nelson-Atkins has a program for senior adults. For more information please go to: https://nelson-atkins.org/community-programs/**

- **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@beaconmh.org.**

- **Older Adult Resources and Services is a general resource directory for seniors and can be found at: https://kclibrary.org/street-sheets?RD-street-sheet=#senior**

- **Older Kansans Employment Program can help seniors to better connect with the workforce. For more information, please go to: bit.ly/OKEPinfo or https://www.kansascommerce.gov/program/workforce-services/state-of-kansas-senior-employment-services/**

- **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**

- **PACE KC is a program for older adults that helps them to maintain their health and independence. This can be via personalized medical care, transportation, social supports, and more. To learn more about this program at Swope Health, please go to: https://www.pacekc.org/**

- **Palmer Center has many resources for seniors. For more information, please go to: https://www.independencemo.gov/parksandrec/palmer-center**

- **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!**

- **Raytown Minor Home Repair Program can help Raytown citizens with aging in place. For more information or to be placed on the list (if you qualify), please contact Community Development at: 816-737-6093.**

- **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**

- **Scamboree is an event for people 60 and older to learn how to protect themselves from scam artists. The exhibit opens at 9:30 a.m. Scam Prevention Bingo is at 10 a.m. Exhibitor Information and Question Time is through 11:30 a.m. This will be at the Palmer Center: 218 N. Pleasant St., Independence 64050-2655. If you have questions please call: 816-325-6200.**

- **Senior and Disability Services provides a list of services available to seniors or people with disabilities. The number is: 1-573-751-6400.**

- **Senior Eats Program is now available through Circul KC. This is for seniors 65 and older and can at this time provide 1 hot meal a month delivered to senior's homes. You must sign-up at: 816-703-7815.**

- **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**

  **For more information please also call the Missouri office at: 573-751-8596.**

- **Senior Property Tax Credit Program may be able to help seniors with a tax freeze. For more information please go to: https://www.jacksongov.org/News-articles/Senior-Property-Tax-Credit-Program#:~:text=The%20program%20allows%20those%20who,for%20Social%20Security%20retirement%20benefits.**

- **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 1:00 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. ***The next event is on August 9th and will focus on identity theft.**

- **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**

- **Seniors Make and Take Art Class is on November 4th from 11:30-2. Lunch will also be provided. This will be at 207 W. Linwood Blvd., KCMO 64111. PLEASE REGISTER or if you have questions, reach out to Angela at: Angela@redemptorist.org or call: 816-931-9942.**

- **Seniors on Low or Limited Income Helping Each Other is a free Face Book site to exchange ideas and support.**

- **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**

  **They also offer transportation help for seniors needing to go to medical appointments. This is called Wheels that Care that provides free transportation to medical appointments for seniors, Monday-Friday 9-2.**

- **Smart 911 is used by the City of Independence, MO to send important city alerts by phone, text, or email. It is free and easy to sign up. Sign up at: https://www.independencemo.gov/government/city-departments/emergency-management/alerts-and-warnings**

- **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**

- **The Palmer Center is dedicated to the well-being of older adults in Independence and offers a variety of resources and supports. For more information please go to: https://www.independencemo.gov/government/city-departments/parks-recreation-and-tourism/palmer-center**

- **Truman Heritage Habitat for Humanity has an Ageing in Place program that can help qualifying seniors to make some home modifications. For more information please go to: https://www.trumanhabitat.org/aging-in-place-home-rehabilitation-program**

- **Vernon Multipurpose Center has free computer classes for seniors 55 and up. This is every Wednesday starting on May 7th from 3-4:30 for 6 weeks. This is at the center which is at: 3436 N. 27th, KCKS, 66104. For questions and to see if MO residents can attend: info@vernoncenterkck.org.**

- **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.**

- Missouri Sun Bucks is a grocery benefits program that helps to combat summer childhood hunger. Families with eligible school-age children will receive a one time $120 benefit per eligible child. Learn more at: https://mydss.mo.gov/SUNBucks.

## TAXES

- 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 has a Senior Property Tax Credit Program. For more information, please go to: www.jacksongov.org/seniortaxcredit. You must be 62 or older and a home owner in Jackson County.

- Jackson County has a Taxpayer Assistance Hotline at: 816-881-4455. You may also contact: taxquestions@jacksongov.org

- 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.volunteeruwgkc.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.

- KC Shepherd's Center is going to be hosting help for seniors 60 and older with their taxes. For more information please call Sarah Hopkins at: 816-293-9608.

- Kansas City Public Library has a resource sheet for tax assistance. For more information please go to: https://kclibrary.org/civic-engagement/taxes

- 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/

- Mid-Continent Public Library has resources for tax assistance. For more information please go to: https://www.mymcpl.org/blogs/resources-tax-help

- 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

- Senior Property Tax Credit Program may be able to help seniors with a tax freeze. For more information please go to: https://www.jacksongov.org/News-articles/Senior-Property-Tax-Credit-Program#:~:text=The%20program%20allows%20those%20who,for%20Social%20Security%20retirement%20benefits.

- 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.

- Where's My Refund is a place that you can check to see where in the process your refund is. For more information please go to: https://www.irs.gov/refunds

## TRANSPORTATION

- **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.**

- **City of Raytown has a phone number that you can call to report potholes. The number is 816-737-6146. The hours are M-F 7:30 a.m. to 4 p.m.**

- **City of Independence has some great information about transportation programs that are available. For more information, please go to: https://www.independencemo.gov/public-transportation-independence.**

- **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.**

- **DMV practice tests and CDL exams are available for Kansas residents through the Kansas City, Kansas, library. For more information please go to: http://bit.ly/3HfmKe8.**

- **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**

- **Go Go Grandparent is a service that may be able to help with senior transportation and other needs. For more information, please go to: https://www.gogograndparent.com/services/rides-for-seniors.**

- **Heart-n-Hand Ministries has launched a Transportation Program. This is available on Tuesday, Wednesday, and Thursday from 10-12. This is designed to get people to needed appointments such as medical, court, or job interviews. Appointments must be made at least 48 hours in advance by calling: 816-322-1133 or by coming in to: 200 B Street in Belton. It is unknown what cities they can serve, how far they go, etc. as much of that is dependent on the availability of staff at the time needed.**

- **Higher Power Garage in Joplin, MO will make some car repairs for FREE and try to help whenever possible. Please note that they can only help and work within a 47 mile radius of Joplin. 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 Cycles is a program through Hope Faith that helps gets bikes to people who need them. To learn more about the program please go to: Hope Cycles | HopeFaithKC**

- **Hope Network in Raytown may have services to assist with some car repairs. Please contact: 816-778-1103 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. For information specific to Independence, MO, please refer to: https:// www.independencemo.gov/IndependenceIRIS**

  **NOTE: THIS IS NO LONGER AVAILABLE IN RAYTOWN.**

- **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 Kesher program. This is the number to call even if you are in Missouri. They may know of 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%20**

qualifies%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!

- KC Scout Traffic is a free downloadable app to keep up on road conditions. For more information please go to: Kansas City Scout: Home Page.

- Light Central may be able to help people with bus passes. To book an appointment for a bus pass, text: 816-313-2335 for a booking link.

- 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://www.midwestkrawlers.com/snow-squad/

- MO Rides is a service that can connect you with transportation providers across Missouri. For more information, please go to: https://morides.org/

- **New Growth Transit is Missouri provides free volunteer driver transportation to residents in certain counties. While this does not include Jackson, it does include nearby Cass County. For more information, please go to: https://www.newgrowthmo.org/transit**

- North America Biker Rescue is a group that can help motorcycle drivers in need/distress. There is a FB page under this name with more information.

- **NWS puts out detailed packets with weather-related information. For the KC Metro area, please refer to: https://www.weather.gov/media/eax/DssPacket.pdf**

- OATS may be able to assist with transportation needs depending on where you live. For information about the program, please go to: OATS Transit | Missouri Transportation Provider. For a list of bus schedules and counties they cover in Missouri, please go to: OATS Transit | Bus Schedules. This service can help people potentially that live in Grain Valley, Blue Springs, or Lee's Summit. For more information please go to: https://www.oatstransit.org/jackson

- 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.

- Pleasant Valley Baptist Church may depending on resources be able to assist with car repairs. For more information please contact: 816-781-5959.

- 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/ridekc-next. For more information please call: 816-221-0660. The buses and streetcars remain free.

  ***NEW!!! On June 1st, fares returned to Ride KC and will no longer be free and will no longer take cash. For more information, please go to: https://ridekc.org/fares. Also as of June 1st, passes will ONLY be sold at the East Village Transit Center at 13th and Charlotte in KCMO. Additional retail locations will be announced later. Pass sales will be between 8:30-4:30.

- 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.

- Transportation Services List has detailed information to help people get to needed medical appointments. For more information please go to: https://www.health.mo.gov/atoz/pdf/transportationservices.pdf

- Uplift Worship Center is giving away a car. You can apply at: https://forms.gle/6FfgKgjoA2Zyf9NP9. Applications MUST be submitted by October 1st. You must have a driver's license, be at least 18, employed or proof of income (paystub), personal reference, and a story of why you need the car. The winner will be announced on October 31st at 2.

## UTILITY HELP

**MISSOURI CUSTOMERS CAN POSSIBLY GET HELP WITH THEIR ENERGY BILLS BY MAKING APPLICATION UNTIL MAY 31ST. THIS WOULD LIKLEY BE UP TO A $318 CREDIT TOWARDS HEATING OR COOLING THROUGH LIHEAP. THIS IS A ONE TIME PAYMENT PER YEAR. APPLY AT: HTTPS://MYDSS.MO.GOV/UTILITY-ASSISTANCE/LIHEAP**

**THE EVERGY OUTAGE REPORTING NUMBER IS: 888-544-4852.**

**THE INDEPENDENCE POWER AND LIGHT OUTAGE NUMBER IS: 816-325-7550.**

**EVERGY CUSTOMER SERVICE IS: 1-888-471-5275. CALL TO SEE WHAT HELP IS 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**

- **BPU or Board of Public Utilities has a hardship assistance program. For more information please call: 913-371-6772 or go to: https://www.bpu.com/forhome/billing/utilityassistance.aspx**

- **Bridging The Gap has FREE water and energy savers kits. For more information please go to: bridgingthegap.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 Action has partnered with Missouri American Water to offer additional assistance with water bills for residents of Parkville and Riverside. For more details please call: 816-358-6868.**

- **Community Assistance Council: 816-763-3277. Marshelle Lyons is a CAC Case Manager and can be reached any weekday at: 816-519-9630.**

- **Connection Point Church in Raytown may be able to help with rent, mortgage, or utility assistance. For more information, please contact: 816-778-1105.**

- **El Centro Inc. may have emergency assistance funds to help with rent and utilities if you reside in Johnson County, Kansas. For more information, please call Julia at: 913-428-1334.**

- **Energy assistance applications for MAAC LIHEAP are available in paper form if you need them. For more information please call: 855-373-4636 or 816-768-8900 and request a paper copy.**

- **ERRP Application Assistance Event is on October 13th from 9-2. The address is: 1710 Paseo Blvd., KCMO 64108. Qualified customers could receive a credit up to $65 a month. Accounts must be in good standing or on a qualified payment arrangement. Please bring: copies of your Evergy bill, proof of income for the last 30 days, and a valid ID or driver's license.**

- **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. The emergency after hours line will continue to be 24/7.**

  **ERPP applications are again being accepted in all Evergy MO Territories.**

- **Evergy offers a variety of assistance for those unable to pay their energy bill. For more information, please go to: https://www.evergy.com/manage-account/billing-link/financial-help**

  *****NEW!!! Evergy has a variety of tools to help with energy savings:**

  - **https://www.evergy.com/ways-to-save/programs**

  - **https://www.evergy.com/search?q=personalized+tips**

- **Evergy Rehousing Pilot Program can help victims of domestic violence and sexual abuse remove financial barriers to being rehoused. Qualified applicants can get up to $1000 towards Evergy arrearages. For more information about the program and qualifications, please call Mia Gamet at 816-257-9347.**

- **Full Hearts has a "Dark Utility Fund" that will close applications for assistance on**

September 16th at 12 p.m. You muse reside in KCMO and meet other requirements. Submitting an application does not guarantee assistance. For more information, please call: (816) 686-1724.

- Help with utility costs and information about LIHEAP can be found at: MYDSS.MO.GOV
- Hope Faith: 816-471-4673
- Hope Network may be able to provide utility assistance for the Raytown Community. Call with questions at: 816-778-1103.
- Independence Missouri Utility may have some payment options and assistance. For more information, please go to: https://www.independencemo.gov/utilities-city-services-hub/utility-bill-payment-options/payment-assistance-programs
- LIHEAP information can be found at: https://mydss.mo.gov/utility-assistance/liheap
- LIHWAP is the possible assistance for water customers that can help with disconnection, reconnection fees, past due bills, and more. Contact your local contracted agency at: tinyurl.com/LIHEAP-agencies or visit: mydss.mo.gov/utility-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
- Northland Assistance Center may be able to help with water bills. Please call 816-421-2243 Monday-Thursday 9-2 to see if you qualify. They help with Clay and Platte Counties.
- 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 Gas is waiving a $22 monthly charge for qualifying low-income customers. For more information please go to: https://www.kctv5.com/2025/12/08/spire-gas-waive-22-monthly-customer-charge-qualifying-low-income-missouri-customers/

## VETERANS SERVICES

**Information about Veteran's Day Events (more will be added as it becomes known):**

- **https://www.visitkc.com/articles/veterans-day-events-kansas-city/**
- **https://www.visitkc.com/events/veterans-day-parade-america-250/**
-
- **Hyvee is having a FREE dine-in breakfast from 6-10 a.m. for retired and active duty military personnel. There will also be a 15% off discount for Veterans and active duty personnel on groceries. Use the code: VETS2026. This is at the Raytown Hyvee: 9400 E State Route 350.**
- **Lee's Summit is having a parade for Veterans on November 7th. For more information, please go to: https://www.visitkc.com/events/veterans-day-parade-america-250/. It goes from 11:45-1.**
- **Veteran's Day Program will be on November 7th from 2-5 at the Raytown High School Auditorium.**

- 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 via a DD form214, VA ID, or Military ID. 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 in 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

- Caregivers on The Home Front is now called "Operation Frontline Families." They are 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.

- 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.

- 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

- eTMS Missouri is able in Gladstone to offer free treatment to Veterans and first responders who are experiencing PTSD, depression, and TBI. The clinic is located in the Northland and opened January 30th. For more information please go to: https://etmsmissouri.com/

- FISH or Friends in Service of Heroes seeks to make a positive impact on troops, honorably discharged Veterans, and their families. For more information please see their FB page or call: 913-717-9980. The website is: https://friendsinserviceofheroes.org/

- Fisher House has a list of scholarships for the children of military members. For more information please go to: https://fisherhouse.org/programs/scholarship-programs/scholarships-for-military-children

- Great Jobs KC Skills Training Program can provide tuition free training to Veterans and their spouses who meet eligibility requirements. To learn more, please go to: https://greatjobskc.org/skills-training-for-veterans/

- Homeless Stand Down is a resource event for Veterans on September 18th from 0900-1300. This will be at the Honor Annex: 4251 Northern Avenue, KCMO 64133. There will be dental and medical services, showers, haircuts, and more.

- 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/

- Kansas City VA (KCVA) Medical Center has launched a 24/7 tele-emergency care service. For more information please go to: Kansas City VA Medical Center launches 24/7 tele-emergency care service (msn.com)

***NEW!!! They are going to be having flu vaccine clinics. For more information, please go to: https://www.va.gov/kansas-city-health-care/programs/flu-vaccination-program-23-24/drive-through-and-extended-hours-flu-shot-clinics-for-veterans/.

KCVA has mobile food pantries for Veterans. All Veterans are welcome, no income restrictions. First come, first served. The event is on the 4th Thursdays from 1-3. The address is: Honor Annex (inside the lobby) 4251 Northern Avenue, KCMO 64128. The event also occurs on the 2nd Wednesdays of every month from 12:30-2. This is at the Friendship Baptist Church. Drive-thru, follow the signs. The address is: 3530 Chelsea Dr., KCMO 64128.

- 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

- Mayor's Salute to Veterans Ceremony is on November 7th from 2-4. This will be at the Raytown High School.

- Medical Foster Homes can serve as care alternatives for Veterans wanting to be in a regular home setting. For a state by state listing of home locations please go to: VA_Medical_Foster_Home_Locations.pdf. For general information about the program, please go to: https://www.va.gov/Geriatrics/pages/Medical_Foster_Homes.asp.

  For more information locally, you can call: 816-922-2411 or email: Kimberly.ludwig2@va.gov

- Military OneSource is a 24/7 resource available to military professionals and their families. They can offer many different kinds of support. For more information, please go to: https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Military-OneSource-

- 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 Department of Mental Health has veteran services. For more information, please go to: https://dmh.mo.gov/veterans

- Missouri Governor's Challenge to Prevent Suicide among service members, veterans,

and their families is available. For more information, please go to: https://mogovchallenge.com/

- 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.

  ***NEW!!! They have a Family Support Group for military families. This is a virtual group for family members of veterans or active service duty. The group meets the the 2nd Tuesday of each month from 6:30-8 p.m. via Zoom. To register, please go to: namimissouri.org/MilitaryFSG
- PACT Act and VA benefits can be found at: https://news.va.gov/129241/veterans-exposed-toxins-hazards-now-eligible/
- Restart has services specifically for Veterans experiencing homelessness and/or their families. This can provide services and referrals. For more information please go to: www. www.restartinc.org/veterans or call: 816-782-8995.
- 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. Fore 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
- Truman Heritage Habitat for Humanity has a program for Veterans that own their homes in Eastern Jackson County. If qualified, they can get assistance with home repairs. For information about this program, please email: homerepair@trumanhabitat.org
- U-Haul Military Moves may be able to offer discounts to military families needing to move. For more information, please go to: https://www.uhaul.com/Military/
- 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 offers a free Fraud Prevention Kit. For more information, please go to: https://www.va.gov/files/2023-11/fraud-protection-kit_0.pdf
- 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**
- Veteran Resource Fair is on November 6th from 10-2. This will be at the main campus: 4801 Linwood Blvd., KCMO 64128. Here you will be able to get assistance with disability claims and benefits, learn more about pet therapy, see the Color Guard, get free items, and resources.
- 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.**

- **Veterans Homeless Help Line: 816-861-4700.**

- **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.**

- **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**

- **VFW Post 5789 has a free loaner wheelchair program. For more information please call: 816-524-8498.**

- **Waitlist applications for Veteran's housing are available. Phase III Expansion through the St. Michael's Veterans Center will be opening but you must be on the preliminary waitlist application first. Call for more information at: 816-921-0201. You can also email at: info@smvets.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

**IF YOU ARE WANTING TO AND ABLE TO IN SOME WAY, PLEASE CONSIDER REACHING OUT TO LOCAL ORGANIZATIONS THAT HELP PEOPLE IN NEED OVER THE HOLIDAYS OR FACILITIES THAT SPECIFICALLY SERVE THE ELDERLY. MANY OF OUR SENIORS GET FORGOTTEN ABOUT AND DO NOT HAVE FAMILY.**

- **Beacon of Hope Hospice is looking for volunteers to do office work, assist the hospice team, work with patients, and more. To learn more about the available opportunities and qualifications, please call: 816-267-4006.**

- **Be My Eyes is a group that pairs volunteers with people who have low vision and helps to make the world more accessible for them. Sign up to volunteer at: https://www.justserve.org/projects/32352b4a-1f84-4c4e-9b06-a24080cf91a5/be-my-eyes?shiftId=787bc62e-5065-4d30-b96a-1c1a72740c3d**

- **Church of the Resurrection has some holiday volunteer needs that are open to families with kids as young as 10 and individuals. For more information, please go to: https://my.resurrection.church/page/835?GroupId=787775.**

- **Englewood Arts is looking for volunteers. For more information please go to: Contact | My Site (englewoodartsdistrict.net)**

- **Flourish Furnishings is looking for volunteers on Friday morning. The location is in Grandview. For more information please contact: Allison@FlourishFurnitureBank.org**

- **Helping 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**

- **Hope Network of Raytown is asking for donations of shelf-stable food, toiletries, volunteers, and other things like handheld can openers, children's clothing and shoes, and more. Please call with questions at: 816-778-1103.**

- **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**

- **Jackson County has established an LGBTQ + Commission and is accepting applications from people interested in serving. To learn more and/or apply, please go to: https://www.jacksongov.org/government/boards-commissions**

- **Jackson County MO CASA is looking for volunteers. To learn more about this organization and how to become a volunteer, please contact Lisa Martin at: LMartin@CASAKC.org or go to: CASAKC.org/Volunteer**

- **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**

- **KC Rakes is looking for volunteers willing to help seniors with basic yard work, leaf clean up, etc. For more information, please go to: https://kcshepherdscenter.org/programs-and-services/kcsc-rakes.html**

- **Kansas City Shepherd's Center is looking for volunteers for their Senior Phone Pal program. Please call: 816-444-1121.**

- **National Weather Service is looking for volunteers to help improve Weather.gov. For more information please go to: https://www.weather.gov/weathergovsurvey**

- **Neighbor 2 Neighbor is looking for volunteers to help in their mission to help the homeless. For more information please contact the Executive Director, Greg Parr at: 816-606-4509.**

- **Nourish KC is looking for volunteers Monday-Friday, 8-11 a.m. and 10:30 a.m. – 2:30 p.m. For more information please call: 816-561-8920.**

- **Pet Resource Center of Kansas City is looking for volunteers. Please check out opportunities at: https://prckc.galaxydigital.com**

- **Restart is having a donation drive for their family lodge. Multiple items are needed. For more information, please contact: Development@restartinc.org**

- **Sheffield Place is looking for volunteers to play with kids in their day care center while mothers attend group programming. There may be additional volunteer opportunities helping to maintain a garden and stuffing letters for funders. For more information please contact David Hanzlick: 816-483-9927, extension 113.**

- **Shepherds Center in KCMO is looking for volunteers. For more information please go to: https://kcshepherdscenter.org/howtohelp/volunteer.html.**

- **Snow Angels is a volunteer opportunity for people who would like to help others shovel snow. For more information please go to: Snow Angels | CITY OF KANSAS CITY | OFFICIAL WEBSITE. If you are in need of these services, please go to: Snow Removal Assistance Signup 2024-2025.**

- **Tabitha's Closet is looking for gently used clothing donations and shoes that your kids may have out grown. Donations can be dropped off at the Fairmount Community Center, 217 S. Cedar Ave., Independence Monday-Friday from 8-2. If you need to drop off at a different time, please call: 816-254-8334.**

- **The Dakota Rogers Project is looking for volunteers dedicated to mental wellness and building an inclusive community park in honor of Dakota and others lost to gun violence. The project is a newer non-profit and you can learn more about it at: https://www.thedakotarogersproject.org/ or call Tracy Spisak-Vitamvas at: 816-550-8829.**

- **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 is looking for volunteers for its shelter. Please sign-up and get information at: https://signup.com/go/WcVQpnf. They are now operating a shelter that is NOT just during the winter months.**

- **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 that day or Monday.**