



2016-2017 Resource Guide



[For a complete resource list, go to: jeffersoncountyonline.org/resourcedirectory](http://jeffersoncountyonline.org/resourcedirectory)

The listings on this Resource List do not indicate endorsement from Jefferson College.

It is the policy of Jefferson College that no person shall, on the basis of age, ancestry, color, creed, disability, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran status, be subject to discrimination in employment or in admission to any educational program or activity of the College. In compliance with Federal Rules and Regulations, Jefferson College has adopted a procedure for resolving complaints of discrimination. The procedure is available to any Jefferson College student, employee, or applicant who feels that he or she has been discriminated against in employment, student programs, or student activities.

The Disability Support Services Office (DSS) of Jefferson College is committed to the fulfillment of equal educational opportunities, autonomy and full inclusion for students with disabilities. Disability Support Services serves to determine and ensure appropriate accommodations for qualified students with documented disabilities, to assist students in self-advocacy and to ensure compliance with the ADA, ADAAA and Section 504 of the Rehabilitation Act. Students in need of accommodations can contact Disability Support Services at [\(636\) 481-3158](tel:6364813158); lschmid2@jeffco.edu.

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Resource/Subcategories	Agency	Contact Information	Description
MULTI-SERVICE AGENCIES			
<i>Community</i>	2-1-1	211 (24 hours, 7 days a week) 211help.org	Links you to resources in your community
	Jefferson County Rescue Mission	636-475-3030 (in Pevely)	Clothes, food, household items, shelter, etc.
	Jefferson/Franklin Community Action Corp.	636-797-2688 or 636-789-2686 jfcac.org	Parent resources, energy assistance, weatherization, housing
	Ladies of Charity	636-677-1167 (in High Ridge)	Free store, food, emergency & misc. assistance
	Salvation Army	636-464-0787 (in Arnold)	Food, clothing, general referral services, shelter
	St. Vincent DePaul Society	314-531-2183 Helpline: 314-531-7837	Food, shelter, utility assistance, transportation asst.
	United Way	314-421-0700 stl.unitedway.org	Services for children, youth, disaster relief, health, mental health, disabilities, seniors, & wellness
ADULT CARE			
<i>Community</i>	Next Step For Life	636-282-4400 or 636-933-0244 nextstepforlife.org	Adult day program, leisure & residential services
			Supports individuals with developmental disabilities
	Pony Bird	636-931-5818 ponybird.org (residential/day program)	For individuals with mental & physical developmental disabilities
ALCOHOL AND/OR SUBSTANCE ABUSE			
	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor	Free, confidential counseling for students
		636-797-3000 x. 3215 or 636-481-3215	
<i>Community</i>	Alcoholics Anonymous	636-467-8129 aaatl.org	Anyone with an alcohol problem or seeking info.
	Al-Anon	314-645-1572 missouri-al-anon.org	Support for family/friends of person of alcoholism
	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
	COMTREA (<i>substance abuse assessment & treatment</i>)	636-931-2700 or 636-296-6206	Medicaid, sliding fee, no appt. necessary
	COMTREA (<i>crisis hotline</i>)	636-931-2700 or 1-800-811-4760 for after hours	24-hour counseling assistance
	Mercy Hospital-Jefferson	636-933-1000 mercy.net/crystal city	Emergency services, support groups, classes, education, & behavioral health services
CHILD CARE			
	<i>Jefferson College</i>	Child Development Center	Affordable child care for students' children & community ages 2-12
		636-481-3299 For voicemail: 636-481-3298	Accepts DSS Childcare Subsidy-see Family Support Div.
<i>Community</i>	Family Support Division	636-797-9601 Hillsboro	Child care assistance-offers sliding fee/copays
		dss.mo.gov/fsd	Also offers Medicaid, food stamps, TANF, child support
	Missouri Child Care Aware	1-800-200-9017 mo.childcareaware.org	Help locate quality child care & education materials
			Some may offer child care assistance, sliding fees, scholarships
		For a complete child care list, go to: mo.childcareaware.org	

Resource/Subcategories	Agency	Contact Information	Description
CLASSROOM CONCERNS			
<i>Instructor issues</i>	<i>Jefferson College</i>	<i>Kenny Wilson 636-481-3356 kwilso20@jeffco.edu</i>	Division Chair - Health Occupation Programs
		<i>Chris DeGeare 636-481-3467 cdegear1@jeffco.edu</i>	Division Chair - Business & Technical Education
		<i>Dr. Terry Kite 636-481-3348 tkite@jeffco.edu</i>	Division Chair - Social Science & Business
		<i>Dr. Robert Brieler 636-481-3337 rbrieler@jeffco.edu</i>	Division Chair - Math & Science
		<i>Dr. Michael Booker 636-481-3312 mbooker@jeffco.edu</i>	Division Chair - Communications & Fine Arts
<i>Academic assistance</i>		Academic Success Center 636-481-3494	Tutoring; math, writing, science, psychology, & computer labs
		Project SUCCESS - Student Support Services	Provide academic & personal support & financial
		636-797-3000 x. 3281 or 636-481-3281	guidance to "eligible" students
		Disability Support Services 636-481-3169	Services for qualified students with documented disabilities
		Library 636-481-3166/3167	Computers, internet access, research materials
		Peer Tutoring 636-481-3164 Hillsboro -Connie Nash	One on one tutoring with a fellow student
		636-481-3592 Arnold Barb Clements	
	Jefferson College-Arnold	636-481-3597	Labs & tutoring available
COMPUTER/E-MAIL/ACCESS CODES			
<i>Blackboard issues</i>	<i>Jefferson College</i>	Help Desk 636-481-3234, Option #2	Offers online support in MyJeffco & Blackboard
<i>Lack of internet at home</i>		Library, Computer Labs 636-481-3166/3167	Computers, internet access, research materials
	Jefferson College-Arnold	636-481-3597	Library, labs & tutoring available
Community	Jefferson County Libraries	Crystal City 636-937-7166	<i>All library listings offer internet access,</i>
		DeSoto 636-586-3858	<i>book checkout, resources for residents of that district</i>
		Festus 636-937-2017	
		Fox 636-296-2204	
		Northwest 636-677-8186	
		Windsor 636-461-1914	
CONCENTRATION DIFFICULTIES, STUDY SKILLS, TIME MANAGEMENT			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
		Project SUCCESS - Student Support Services	Provide academic & personal support & financial
		636-797-3000 x. 3281 or 636-481-3281	guidance to "eligible" students
DISABILITY SUPPORT			
	<i>Jefferson College</i>	Disability Support Services 636-481-3169	Services for qualified students with documented disabilities
Community	Autism Speaks Family Services	1-888-288-4762 autismspeaks.org	Toolkits, resources, phone inquiries
	Children and Youth With Special Health Care Needs Program (CYSHCN)	1-800-451-0669 health.mo.gov/cyshcn	Assistance to children & youth up to age 21 with special health care needs

Disability Support resources continued on next page →

Resource/Subcategories	Agency	Contact Information	Description
DISABILITY SUPPORT RESOURCES CONTINUED...			
	Disability Resource Association	636-931-7696 disabilityresourceassociation.org TTY: 636-937-9016	Services for individuals with disabilities: independent living skills training, individual & systems advocacy, information & referral, peer consultation
	Easter Seals Midwest (formerly Life Skills)	314-567-7705 eastersealsmidwest.org	Services & support for individuals with disabilities
	Equine Assisted Therapy	636-931-7696 x. 116	Therapy riding for individuals with disabilities
	Jefferson Co. Develop. Disabilities Resource Board	636-282-4400 or 636-933-0244 jccdrb.org	Services to individuals with developmental disabilities
	Learning Disabilities Association (LDA)	314-966-3088 (St. Louis affiliate) ldastl.org	Learning disabilities support & education
	Missouri First Steps	1-866-583-2392 mofirststeps.com	Early intervention for children with develop. delays under 3
	Missouri Vocational Rehabilitation	1-800-592-6004 or 314-933-7311	Programs for the blind & visually impaired: employment support & educational direction programs
	MOFEAT-MO (Families for Effective Autism Treatments)	636-527-3328 or 1-877-275-8988 mo-feat.org	Advocacy, education, & support for families
		MO-FEAT Autism Resource List	Statewide Autism Resource List for families
	Next Step For Life	nextstepforlife.org	Supports individuals with developmental disabilities
		636-282-1414 or 636-933-3764	Family supports/respite care/equip. loans program-all ages
		636-282-4400 or 636-933-0244	Adult day program, leisure & residential services
		636-282-4477 or 636-933-4900	Employment services assists adults with all disabilities
	Pony Bird	636-931-5818 ponybird.org (residential/day program)	For individuals with mental & physical developmental disabilities
	Ride on St. Louis	636-464-3408 (in Kimmswick)	Equine therapy for children with disabilities
	Stuttering Foundation of America	1-800-992-9392	Referrals, information, & resources
	United 4 Children	1-800-467-2322 united4children.org	Supports families in locating & maintaining quality child care for their children with special needs
EMOTIONAL DISTRESS, MOODS, & STRESS			
<i>Concerns about classmate, friend, or roommate</i>	Jefferson College	Sandy Davis, COMTREA Counselor 636-797-3000 x. 3215 or 636-481-3215	Free, confidential counseling for students
<i>Concerns about mood & stress</i>		Behavioral Concerns Team 636-797-3000 x. 3262 or 636-481-3262 r u ok? 636-481-3269 Viking Woods 636-797-3294	Report student behaviors that are concerning Project team offers programming & resources Talk to Viking Woods staff/Resident Advisor
Community	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
	COMTREA (crisis hotline)	636-931-2700 or 1-800-811-4760 for after hours	24-hour counseling assistance
	Feelingkindablue	1-866-728-7983 feelingkindablue.ning.com	24-hour suicide & crisis hotline & blog to connect w/ others
	GLBT National Hotline (gay, lesbian, bisexual, transge)	1-888-843-4564 & Youth Hotline 1-800-246-7743	Peer support/chatline, local resources, safe sex info., etc.
	KUTO (Kids Under 21)	1-888-644-5886 (crisis hotline for teens)	Crisis hotline for teens-stress, suicidal thoughts, etc.
	NAMI WARMLine	1-800-374-2138 namimissouri.org	Not a crisis hotline, call to talk, find help & support
	National Suicide Prevention Lifeline	1-800-273-8255 (press 1 for Veteran's line)	24-hour hotline
	Provident's Life Crisis Hotline	314-647-4357 or 1-800-273-8255	24-hour crisis hotline to talk to someone immediately

Resource/Subcategories	Agency	Contact Information	Description
EMPLOYMENT SERVICES			
	<i>Jefferson College</i>	Employment Services 636-481-3223	Help with resumes, job search, workshops, & job fairs
		Student Financial Services 636-481-3212	Assist students in applying for federal, state, & institutional financial aid, work study program, etc.
		WIOA Program 636-481-3156	Workforce development-customized training
<i>Community</i>	Missouri Career Center	636-287-8909 or 1-888-728-5627	Persons seeking work & unemployment benefits
	Missouri Employment Training Program (METP)	1-855-278-0354	Must receive food stamps to be eligible for program.
			Job search/training, education, interview clothes, etc.
FINANCES - EDUCATION			
<i>Tuition & Books</i>	<i>Jefferson College</i>	Enrollment Services 636-481-3209	Admissions, academic advising, registration, etc.
<i>Financial Aid</i>		Project SUCCESS - Student Support Services	Provide academic & personal support & financial guidance to "eligible" students
		636-797-3000 x. 3281 or 636-481-3281	
		Student Financial Services 636-481-3212	Assist students in applying for federal, state, & institutional financial aid, work study program, etc.
		WIOA Program 636-481-3156	Workforce development-customized training
<i>Community</i>	Scholarship Central	314-725-7990 StLouisGraduates.org	Free online system that connects St. Louis area students to St. Louis area scholarships & interest-free loan programs
	Zonta Club of St. Louis	636-692-3516 zontastlouis.com	Another Chance Scholarships for women age 24 & over pursuing post high school education
FINANCES - PERSONAL			
	<i>Jefferson College</i>	Employment Services 636-481-3223	Help with resumes, job search, workshops, & job fairs
		Student Financial Services 636-481-3212	Assist students in applying for federal, state, & institutional financial aid, work study program, etc.
		WIOA Program 636-481-3156	Workforce development-customized training
<i>Community</i>	Lifeline Missouri	1-877-677-0250 lifelineprogram.org	Discounted phone service to those who qualify
	Missouri Career Center	636-287-8909 or 1-888-728-5627	Persons seeking work & unemployment benefits
	Missouri Employment Training Program (METP)	1-855-278-0354	Must receive food stamps to be eligible for program.
			Job search/training, education, interview clothes, etc.
	Scholarship Central	314-725-7990 StLouisGraduates.org	Free online system that connects St. Louis area students to St. Louis area scholarships & interest-free loan programs

Resource/Subcategories	Agency	Contact Information	Description
FOOD ASSISTANCE			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
Community	Arnold Food Pantry	636-287-3663 wefeedthehungry.org	Assisting residents of Arnold & portions of Imperial & Fenton. Food, household items, & toiletries
	DeSoto Food Pantry	636-586-7300 (DeSoto residents)	Listen to recording for information
	Feed My People	636-677-9885 (serves northern Jeff. Cnty.)	Food, thrift store, & other programs
	Hillsboro Food Pantry	636-789-5920	Food & other needs of families
	Jefferson County Pet Food Pantry	314-723-6127 jeffcopetfoodpantry.org	Free pet food to qualified Jefferson County residents
	Jefferson County Rescue Mission	636-475-3030 (serves all Jefferson County)	Emergency food, personal & household items
	Ladies of Charity (in High Ridge)	636-677-1167 (serves all Jefferson County)	FREE food every Saturday 2 pm, free store
	Operation Food Search, Inc.	314-726-5355 operationfoodsearch.org	24-hour hotline for referrals to food pantries
			<i>Operation Backpack program at participating schools</i>
	Ozark Food Pantry	636-933-9974	Serves Festus, Crystal City, Herky, Horine, Hematite, & Pevely
	Salvation Army	636-464-0787 (serves all Jefferson County)	Emergency food & food pantry (call for times)
	The Peace Pantry thepeacepantry.org	636-285-0934 (Cedar Hill, Dittmer, Morse Mill)	Food & personal items (call for times)
GRADES			
	<i>Jefferson College</i>	Jefferson College Faculty	Faculty Directory
		Academic Success Center 636-481-3494	Tutoring; math, writing, science, psychology, & computer labs
		Enrollment Services 636-481-3209	Admissions, academic advising, registration, etc.
		Project SUCCESS - Student Support Services	Provide academic & personal support & financial
		636-797-3000 x. 3281 or 636-481-3281	guidance to "eligible" students
GRIEF & LOSS			
	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor	Free, confidential counseling for students
		636-797-3000 x. 3215 or 636-481-3215	
Community	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
	Mercy Hospital-Jefferson	636-933-1000 mercy.net/crystalcity	Emergency services, support groups, classes, education, & behavioral health services
		For a complete listing, go to: jeffersoncountyonline.org/resourcedirectory	
HOUSING/SHELTER			
	<i>Jefferson College</i>	Viking Woods 636-797-3294	Housing for enrolled students
	Covenant House Missouri	314-533-2241	Ages 16-21 - shelter, crisis support, resources, job skills
Community	Jefferson/Franklin Community Action Corp.	636-789-2686 jfcac.org	HUD-housing assistance

Resource/Subcategories	Agency	Contact Information	Description
MOTIVATION/ATTITUDE			
	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor 636-797-3000 x. 3215 or 636-481-3215	Free, confidential counseling for students
		Brenna Young, Resource Specialist 636-797-3000 x. 3286 or 636-481-3286	Assistance connecting to resources, one on one mentoring, educational & social opportunities
Community	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
PARENTING			
	<i>Jefferson College</i>	Child Development Center 636-481-3299 For voicemail: 636-481-3298	Affordable child care for students' children & community ages 2-12 Accepts DSS Childcare Subsidy-see Family Support Div.
Community	Bereaved Parents of the USA (St. Louis Chapter) Family Support Division	314-575-4178 bereavedparentsoftheusa.org 636-797-9601 Hillsboro dss.mo.gov/fsd	Help for parents suffering from a loss of a child Medicaid, food stamps, TANF, child support, & child care assistance-offers sliding fee/copays
	Great Circle Head Start Program	636-789-5713 or 1-844-424-3577 greatcircle.org 636-789-3563 ifcac.org/head-start	Parent groups, home support, parenting classes Child development program that promotes school readiness to children ages 6 weeks-3 and 3-5 years
	Jefferson County Military Families Support Network MyLife Medical Center <i>(formerly Jefferson County Pregnancy Care Center)</i>	636-633-2301 jeffcomilitaryfamilies.org 636-495-6566 or TEXT 636-575-6581 mylifemrc.com	Support, assistance, family activities for military families Free confidential services, STD test & treatment, counseling parenting classes, pregnancy test, ultrasound, resources
	National Parent Helpline ParentLink	1-855-427-2736 nationalparenthelpline.org 1-800-552-8522 parentlink.missouri.edu	Emotional support for parents & empowerment strategies Answers to ANY parenting questions
	Parents as Teachers	636-282-1476 Fox District 636-671-3382 Northwest District 636-586-1008 DeSoto/Grandview/Sunrise/Hillsboro Districts 636-933-0792 Festus/Crystal City/Dunklin/R-7 Districts 636-464-4499 Windsor District	Home visits, resource network, education program <i>Parents as Teachers maximizes children's overall development during the first 3 years of life. Provides free health & development screenings to all families.</i>
	Positive Parenting Tips Safe Families for Children The Parenting Network The Village of Helping Hands Turning Point Nursery	Text "CTF4KIDS" to 74574 ctf4kids.org/text-msgs 314-781-6363 or 1-855-240-6604 safe-families.org 636-465-0983 x. 107 jccp.org 636-638-5688 or 573-854-4131	Receive parenting tips & related facts through text Support & care for parents/children during crisis Parents of children 0-8 years old, parenting program Parenting classes, support groups, respite care
PERSONAL HYGIENE			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist 636-797-3000 x. 3286 or 636-481-3286	Assistance connecting to resources, one on one mentoring, educational & social opportunities
Community	Arnold Food Pantry Hillsboro Food Pantry Jefferson County Rescue Mission The Peace Pantry thepeacepantry.org	636-287-3663 wefeedthehungry.org 636-789-5920 636-475-3030 (serves all Jefferson County) 636-285-0934 (Cedar Hill, Dittmer, Morse Mill)	Assisting residents of Arnold, portions of Imperial, & Fenton. Food, household items, & toiletries Food & other needs of families Emergency food, personal, & household items Food & personal items (call for times)

Resource/Subcategories	Agency	Contact Information	Description
PHYSICAL HEALTH			
	<i>Jefferson College</i>	Mercy Clinic on Campus 636-543-2290	Medical treatment on campus during scheduled hours
		Wellness Program 636-481-3257	Free access to fitness center, pool, fitness classes & activities
<i>Community</i>	COMTREA	Byrnes Mill Health Center 636-677-9977	General family practice medical/dental care
		Hickory Plaza Health Center 636-481-6040	General family practice medical/dental care
	Jefferson County Health Department	636-797-3737 Hillsboro or 636-282-1010 Arnold	Vaccinations, family planning, nutrition, STD testing
	Mercy Hospital-Jefferson	636-933-1000 mercy.net/crystalcity	General medical care, specialist, & ER
	Hillsboro Lions Club	314-645-3500	Eye, hearing, eye glasses assistance
	NeedyMeds	1-800-503-6897 needymeds.org	Medication assistance & programs
PREGNANCY & NEW PARENT SERVICES			
	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor	Free, confidential counseling for students
		636-797-3000 x. 3215 or 636-481-3215	
<i>Community</i>	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
	Birthright	636-789-3518 birthright.org Hotline 1-899-550-4900	Free pregnancy test, counseling, clothing, referrals
	Good Shepherd Children & Family Services	314-854-5700 goodshepherdstl.org	Pregnancy & new mom services: parenting education, counseling, assistance in connecting with prenatal care
	Hand 'n Hand Pregnancy Help Center	636-464-8400 or TEXT 314-313-1794	Pregnancy services, support, incentives
	Head Start Program	636-789-3563 jfcac.org/head-start	Child development program that promotes school readiness to children ages 6 weeks-3 and 3-5 years
	Jefferson County Military Families Support Network	636-633-2301 jeffcomilitaryfamilies.org	Support, assistance, family activities for military families
	La Leche League (Jefferson County)	636-748-4861 LLLSTL.org	Support & education for women who breastfeed
	MyLife Medical Center (formerly Jefferson County Pregnancy Care Center)	636-495-6566 or TEXT 636-575-6581 mylifemrc.com	Free confidential services, STD test & treatment, counseling parenting classes, pregnancy test, ultrasound, resources
	Mother to Mother	mother-to-mother.com	Breastfeeding & parenting information/resources
	Nurses for Newborns	1-800-45-BIRTH or 314-544-3433	Serve pregnant women & infants
	Safe Babies	636-465-0983 jccp.org/safebabies	Safe sleep education & pack 'n play
	Text4Baby	Text "BABY" to 511411 text4baby.org	Free texts regarding pregnancy, child development, etc.
	The Parenting Network	636-465-0983 x. 107 jccp.org	Parents of children 0-8 years old, parenting program
	WIC (Women, Infants, & Children)	636-789-2686 jfcac.org/WIC	Health & nutrition program for women & children
RELATIONSHIP CONCERNS			
<i>Roommate, parents, girlfriend/boyfriend</i>	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor	Free, confidential counseling for students
		636-797-3000 x. 3215 or 636-481-3215	
<i>Restraining Order</i>		Campus Police 636-481-3500	Will aid in enforcement, <i>call 911 for emergencies</i>
		Viking Woods 636-797-3294	Talk to Viking Woods staff/Resident Advisor

Relationship Concerns resources continued on next page →

Resource/Subcategories	Agency	Contact Information	Description
RELATIONSHIP CONCERNS RESOURCES CONTINUED...			
<i>Community</i>	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
	GLBT National Hotline (<i>gay, lesbian, bisexual, transgender</i>)	1-888-843-4564 & Youth Hotline 1-800-246-7743	Peer support/chatline, local resources, safe sex info., etc.
	Love is Respect	1-866-331-9474 or Text "loveis" to 22522	Talk to a peer advocate regarding support, advocacy,
		Available 24/7/365	dating abuse, & education for dating relationships
SOCIAL SUPPORT (lack of support)			
<i>Parent or spouse incarcerated</i>	<i>Jefferson College</i>	Sandy Davis, COMTREA Counselor	Free, confidential counseling for students
<i>Need of social outlet</i>		636-797-3000 x. 3215 or 636-481-3215	
		Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
		Whitney Quick, Student Activities	Monthly activities for students at Hillsboro, Arnold,
		636-797-3000 x. 3294 or 636-481-3294	& Imperial campuses for little to no cost
<i>Community</i>	Behavioral Health Response Hotline	1-800-811-4760 or 314-469-6644 bhrstl.org	24-hour counseling line
STUDY RESOURCES			
	<i>Jefferson College</i>	Academic Success Center 636-481-3494	Tutoring; math, writing, science, psychology, & computer labs
		Adult Education & Literacy (AEL)	Improve basic skills, HiSET classes & test, literacy program
		636-481-3437	Classes offered for free in Hillsboro, Arnold, & High Ridge
		Disability Support Services 636-481-3169	Services for qualified students with documented disabilities
		Library 636-481-3166/3167	Computers, internet access, research materials
		Peer Tutoring 636-481-3164 Hillsboro-Connie Nash	One on one tutoring with a fellow student
		636-481-3592 Arnold Barb Clements	
		Project SUCCESS - Student Support Services	Provide academic & personal support & financial
		636-797-3000 x. 3281 or 636-481-3281	guidance to "eligible" students
	Jefferson College-Arnold	636-481-3597	Library, labs & tutoring available
<i>Community</i>	Learning Disabilities Association (LDA)	314-966-3088 (St. Louis affiliate) ldastl.org	Learning disabilities support & education
TEST ANXIETY			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
TIME MANAGEMENT			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
TIRED/FATIGUE			
	<i>Jefferson College</i>	Brenna Young, Resource Specialist	Assistance connecting to resources, one on one
		636-797-3000 x. 3286 or 636-481-3286	mentoring, educational & social opportunities
		Mercy Clinic on Campus 636-543-2290	Medical treatment on campus during scheduled hours

Resource/Subcategories	Agency	Contact Information	Description
TRANSPORTATION			
<i>Community</i>	Jeffco Express	636-933-0983 jeffcoexpress.org	Low-cost transportation for anyone, routes are limited
	JC Transit	636-937-6454 or 1-888-793-9333	Transportation for developmentally disabled

Resource/Subcategories	Agency	Contact Information	Description
UNDECIDED MAJOR OR CAREER FIELD			
<i>Goals/Career Choices (unclear)</i>	<i>Jefferson College</i>	Enrollment Services 636-481-3209	Advising for identifying appropriate career paths
VETERAN ASSISTANCE			
	<i>Jefferson College</i>	Kimberly Flora 636-481-3285	Chapters 30/31/35/1606/1607
		Enrollment Services 636-481-3209	Advising for identifying appropriate career paths
<i>Community</i>	Jefferson County Military Families Support Network	636-633-2301 jeffcomilitaryfamilies.org	Support, assistance, family activities for military families
	MO Dept. of Public Safety Veterans Commission	636-287-1721 or 1-866-VET-INFO mvc.dps.mo.gov/service	Veterans Service Program, counseling, & assistance
	U.S. Department of Veterans Affairs	1-800-827-1000	VA benefits & resources
	Vet Center Program	1-877-WAR-VETS (927-8387)	24-hour line, help for combat veterans & their families
	Veterans Crisis Line	1-800-273-8255 (press 1) or TEXT 838255	Confidential support 24 hours a day