

SAINT LOUIS COMMUNITY RESOURCES



Where to find resources in the Saint Louis area



Missouri First Steps

<https://dese.mo.gov/childhood/early-intervention/first-steps>
Missouri First Steps is early intervention provided through the state. If you have concerns about your child's development, you can call for an evaluation.

First Steps is Missouri's Early Intervention system for infants and toddlers, birth to age three, who have delayed development or diagnosed conditions that are associated with developmental disabilities. First Steps is a voluntary program which provides families the tools they need to help their child be successful.

First Steps contact information

- o Toll-free contact number (statewide): 1-866-583-2392
- o General First Steps questions
- o EarlyIntervention@dese.mo.gov
- o Jamillah Griffin 573-522-0045



Nurses for Newborns

<https://www.nursesfornewborns.org/>

Nurses for Newborns provide services to babies who are born with medical problems, born to teen moms or to mothers with disabilities/mental health concerns, or who are born into families who do not have money for even basic necessities.



They currently serve families in eastern Missouri and mid-Tennessee. Families may receive services for up to 2 years and are not charged. Their work with families is strength-based and is designed to support and encourage expecting and new parents. In addition to medical care, they assist families whenever possible with donated materials needed for safe care, such as diapers, formula, baby food, clothing, bedding, and Pack 'n Plays.

United Way 2-1-1

<https://www.211helps.org/>

The United Way of St. Louis offers a helpful hotline; 2-1-1. If you need help with housing, utilities or anything else you can call 2-1-1 for assistance close to you.

United Way 2-1-1 is your 24/7 connection to agencies and resources near you. Serving United Way of Greater St. Louis' service area and the entire state of Missouri, United Way 2-1-1 connects people to services that help them live their best possible lives – from basic needs to child care to disaster relief to counseling. Enter your zip code to find local resources near you.

- o If you're looking for available resources, visit 211helps.org or dial 2-1-1 (1.800.427.4626) to get connected to a trained specialist 24/7.



Zero to Three

At Zero To Three, they support all infants and toddlers in reaching their full potential.



The Crisis Nursery of St. Louis

The Saint Louis Crisis Nursery provides a short-term, safe haven for 5,000 children a year, birth through age 12, whose families face an emergency caused by illness, homelessness, domestic violence or overwhelming parental stress. All services are completely FREE and VOLUNTARY.



Missouri Parents as Teachers

<https://dese.mo.gov/childhood/home-visiting/mo-parents-teachers>

The Missouri Parents as Teachers (PAT) Program is a voluntary parent education program offered through local school districts, serving families who are expecting a child or have children under the age of kindergarten entry. This early childhood program is designed to offer regularly scheduled family personal visits, annual developmental screenings, monthly group connections and access to a network of resources. The Missouri PAT Program provides opportunities to assist families with a smooth transition into preschool and kindergarten.



CAP4Kids

<https://cap4kids.org/stlouis/>

The Children's Advocacy Project of St Louis website has a user-friendly, comprehensive listing of many social service agencies that exist to improve the lives of families that need our help the most.

Just a few of the resources listed on the CAP4Kids website:

- o After School / Camps / Mentoring
- o Child Care / Respite Care
- o Employment / Job Training
- o Food / Nutrition / Breast Feeding
- o Housing / Utilities
- o Low Cost Healthcare / Insurance



St. Louis ARC

<https://www.slarc.org/>

The St. Louis Arc serves more than 4,000 children, teens, and adults with autism spectrum disorders, Down syndrome, intellectual and other developmental disabilities.

They connect individuals and their families to:

- Support groups and workshops that provide resources and continuous education
- Equipment lending and embedded early education for children to develop skill sets
- Social and recreational programs to stay active and have fun
- Employment and training services to reach their work goals
- Residential and adult day programs to stay engaged with their surrounding community

