

THAT'S WHAT SHE SAID[®]



Community Resource Guide

How to Use This Guide

This resource guide is designed to connect individuals and families with resources and vital community services in the Columbia, Missouri area. Whether you are looking for crisis support, mental health resources, parenting, grief or wellness services, there are organizations here to help. Visit the listed websites or call ahead for current availability and program details.

Hotlines

If you are experiencing a crisis, there are several resources that provide 24/7 support from trained professionals who can help navigate mental health and other crisis or emergencies. However, **if you are experiencing a medical emergency or safety emergency requiring law enforcement, EMS, or fire, call 911.**

[988 Suicide & Crisis Lifeline](#)

Call or Text 988

Services: Provides free and confidential support to people in crisis 24 hours a day. Services include a Veterans Crisis Line, access to the Spanish crisis specialist network, and LGBTQ+ affirming crisis support services. 988 offers crisis support in English and Spanish, as well as translation services in over 240 languages.

[Missouri Child Abuse and Neglect Hotline](#)

(800) 392-3738

Text: (800) 735-2966

Services: A resource that allows anyone to report suspected abuse, neglect, or exploitation of children. Available 24/7, reports can be made anonymously, but it is encouraged that individuals identify themselves when submitting a report in case any follow up is needed.

[Missouri Adult Abuse and Neglect Hotline](#)

(800) 392-0210

[Report Online](#)

Services: A reporting system designed for individuals to submit information about any suspected abuse, neglect, financial exploitation, and bullying of vulnerable individuals 60 and older and people with disabilities between 18 and 59.

[National Domestic Violence Hotline](#)

(800) 799-7233

Text "START" to 88788 or [Chat](#)

PO Box 90249

Austin, Texas 78709

General Information: 737-225-3150

Services: This service provides essential tools and support to help survivors of domestic violence with free, confidential, and compassionate support, crisis intervention

information, education, and referral services in over 200 languages.

[National Poison Control Center Hotline](#)

(800) 222-1222

[Get Help Online](#)

Services: A free and confidential resource for assistance regarding a suspected poisoning.

[Boone County 311](#)

Dial 311

Services: 311 is a simple to remember quick dial phone number available to all Boone County residents and visitors to call when you need law enforcement for routine, non-emergency complaints. This includes welfare checks, abandoned vehicles, noise complaints, lost or stolen property, and other non-life threatening situations.

[Mental Health Crisis Support](#)

[988 Suicide & Crisis Lifeline](#)

Call or Text 988

Services: Provides free and confidential support to people in crisis 24 hours a day. Services include a Veterans Crisis Line, access to the Spanish crisis specialist network, and LGBTQ+ affirming crisis support services. 988 offers crisis support in English and Spanish, as well as translation services in over 240 languages.

[Behavioral Crisis Center: Rapid Access Unit](#)

(573) 777-7522

1805 E. Walnut

Columbia, Missouri 65201

Services: Walk-in Crisis Center and access point for individuals in need of immediate psychiatric

care, Medication-Assisted Treatment for opioid use, psychiatric assessment, initial assessment eligibility determination, brief therapy, peer support services, up to 24-hour observation, referral to appropriate follow up treatment and more.

[Burrell Behavioral Health](#)

General Information: (417) 761-5000

See website for location information

Services: Provides a range of mental health services, including counseling, psychiatry, and crisis intervention for children and adults.

[Compass Health Network](#)

(844) 853-8937

Services: Offers behavioral health counseling, psychiatry, and psychological assessment for children and adults.

[Integrative Behavioral Health Clinic](#)

(573) 882-9871
105 E Ash St
Columbia, MO 65203

Services: Provides mental health services and serves as a training site for clinical students, offering counseling and therapy.

[National Alliance of Mental Illness \(NAMI\)](#)

(800) 950-6264
Text “helpline” to 62640

Services: An alliance of more than 600 local affiliates who work in communities to educate, support, and advocate for people with mental illness and their loved ones.

[Missouri Psychiatric Center](#)

(573) 884-1225
3 Hospital Dr
Columbia, MO 65212

Services: Offers short-term, intensive inpatient treatment services for adults, adolescents and children at our facility adjacent to University Hospital in Columbia, MO.

[CenterPointe Hospital of Columbia](#)

(884) 741-0296
1201 International Drive

Services: CenterPointe is a psychiatric hospital that provides care for children, adolescents, adults, and older adults, and offers a wide range of mental health and addiction programming designed to meet patients’ diverse needs.

[MU Health Care Emergency Room](#)

(573) 882-4141
1 Hospital Dr
Columbia, MO 65212

Services: Provides emergency care for life-threatening and urgent health problems. This facility is staffed 24/7 with an on-call psychiatry providers as well.

[American Foundation of Suicide Prevention \(AFSP\)](#)

(888) 333-2377
199 Water St.
11th Floor
New York, NY 10038

Services: A voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy.

[Psychology Today](#)

16 West 22nd Street, Suite 200
New York, NY 10010

Services: A magazine and online platform providing content about psychology, mental health, and human behavior including articles, directories of licensed professionals, and blogs.

Substance Use Treatment and Prevention

[Phoenix Clinic – Burrell Behavioral Health](#)

(573) 875-8880
90 E. Leslie Lane
Columbia, Missouri 65202

Services: Specializes in short-term residential and outpatient services for substance use and

co-occurring disorders, including Medication Assisted Treatment (MAT).

McCambridge Treatment Center – Compass Health Network

(844) 853-8937
200 Portland Street
Columbia, MO 65201

Services: Specializes in treating women who are living with substance use disorders, including those who may be pregnant or parenting.

Valley Hope Addiction Treatment and Recovery

(855) 304-5506
Booneville: (660) 865-0989
1415 W Ashley Rd
Boonville, MO 65233

Services: Provides medically-monitored detox and withdrawal management, residential addiction treatment, outpatient programs and family counseling.

Mid-Missouri Al-Anon Family Groups

National: (888) 425-2666
midmissourialanon@gmail.com

Services: Offers support groups for relatives and friends of alcoholics to share experiences and find strength and hope.

Alcoholics Anonymous – District 12

573-442-4424

Services: Provides meetings and support for individuals seeking recovery from alcoholism.

Mid-Missouri Narcotics Anonymous

(800) 945-HOPE (4673)
P.O. Box 1364
Columbia, MO 65205
midmissourina@midmissourina.org

Services: Provides meetings and support for individuals seeking recovery from substance use and dependence.

Recovery Support Services

For More Information: [Jesse Crum](#)

Services: Recovery support programs offer services such as care coordination, recovery coaching, spiritual counseling, group support, recovery housing and transportation, before, during, after, and in coordination with other substance use disorder service providers.

SMART Recovery

(440) 951-5357

Services: Self-Management and Recovery Training (SMART) Recovery is a secular and evidence-informed alternative to the widespread 12-Step addiction recovery program.

Grief and Losing a Child

Living With Grief Support Group

(573) 234-0417
1600 E Broadway
Columbia MO 65201

Services: This is a grief support group. It is a processing group that meets every Tuesday from 6:00-7:30 PM. Anyone who experiences grief due to the death of someone in their life and who would like support from others who have similar experiences. (Boone Hospital

Center) Meets in conference room C or in the Hospital Chapel each week depending on room availability. The front desk attendants can tell attendees where meeting is taking place.

[Center for Grief Recovery](#)

(773) 274-4600
info@griefcounselor.org

Services: The Center for Grief Recovery provides a free website-based bibliographic resource to broaden and deepen your knowledge and access to grief recovery related materials with the aim of supporting, encouraging, offering hope and guidance to anyone wrestling with the meaning of their lives and the lives of loved ones in the wake of loss.

[Kate's Heart](#)

(573) 567-0526
KatesHeartorg@gmail.com

Services: Can provide a care pack of grief activities and books for children and teens who are grieving the death of parent, sibling, or other significant caregiver. Downloadable materials are available free to individuals on our website.

[Child Loss Resources and Support Groups](#)

Services: Parents and families who have experienced the loss of a child can find support from many online and in-person resources. Many of the groups center around pregnancy and infant loss, pregnancy after loss, child loss, supporting siblings after a loss, and others.

MU VHC Pet Loss Support Group

kdfc74@umsystem.edu

Services: Led by Kaleigh Feldkamp, MSW, social worker at the MU Veterinary Health Center, the group assists current and former clients who are struggling with the loss of a pet. The Pet Loss Support Group provides a safe and supportive space for people who are grieving the loss of a member of their family. Pet Loss Support Group meetings this month, with meetings taking place on Wednesdays. For those who are interested, the VHC has created a sign-up [form](#). Alternatively, clients may contact Kaleigh Feldkamp at kdfc74@umsystem.edu.

[Immigration and Refugee](#)

[City of Refuge](#)

(573) 454-1552
10 N Garth Ave
Columbia, MO 65203

Services: Supports immigrant and refugee women by providing language classes, employment resources, and community connections.

[Centro Latino de Salud](#)

(573) 449-9442
609 N Garth Ave
Columbia, MO 65203

Services: offers Spanish literacy support and cultural integration programs.

Intimate Partner Violence and Sexual Violence

True North of Columbia

(573) 875-1370
info@truenorthofcolumbia.org
P.O. Box 1367
Columbia, MO 65205-1367

Services: Provides comprehensive support for survivors of domestic and sexual violence, including a 24-hour emergency shelter, crisis intervention, counseling, and legal advocacy.

Order of Protection/ Ex-Parte/ Restraining Order

For EMERGENCIES dial 9-1-1
For non-emergency dispatch dial 3-1-1 or (573) 442-6131 for Columbia, MO

Services: An Order of Protection is a document issued by a court and signed by a judge to help protect you from harassment or abuse. This resource connects individuals to learn more about this procedure and begin the process of obtaining one of these orders.

National Domestic Violence Hotline

(800) 799-7233
Text "START" to 88788 or [Chat](#)
PO Box 90249
Austin, Texas 78709
General Information: 737-225-3150

Services: This service provides essential tools and support to help survivors of domestic violence with free, confidential, and compassionate support, crisis intervention

information, education, and referral services in over 200 languages.

Rape, Abuse & Incest National Network (RAINN)

(800) 656-4673 or [Chat](#)
General Information: 202.544.1034

Services: One of the nation's largest anti-sexual violence organizations. RAINN operates a 24/7 hotline that provides support, information, advice, and referrals. It also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

DoD Safe Hotline

(877) 995-5247

Services: This resource is intended for Active Duty Service members in the Active Duty, National Guard, and Reserve Component consistent with DoD Sexual Assault Prevention and Response (SAPR) Policy, as well as Coast Guard and Transitioning Service members. It is only available to those ages 18 and older.

CMCA ShowMe Healthy Relationships

(855) 422-4510
807 N. Providence Rd.
Columbia, MO 65203

Services: Offers free courses on communication and family dynamics for those seeking to build healthy relationship.

Disability Support and Advocacy

[Tiger OT \(Occupational Therapy\)](#)

(573) 882-3988

TigerOT@missouri.edu

Services: Provides therapeutic services for children and adults while offering clinical learning experiences for student practitioners. The clinic works to help individuals through evaluation and individualized treatment to address functional limitations in self-care, household chores, play and leisure participation and other daily living skills.

[Missouri Parents Act \(MPACT\)](#)

(800) 743-7634

State Headquarters

1530 S Main St, Suite 4

Joplin, MO 64804

info@missouriparentsact.org

Services: Supports families of children with disabilities through training, education, and advocacy tailored to navigating educational systems.

[Services for Independent Living \(SIL\)](#)

(573) 874-1646

[Easter Seals - Midwest](#)

(800) 200-2119

11933 Westline Industrial Drive

St. Louis, MO 63146

Services: Easter Seals is a voluntary, non-profit organization that provides services like rehabilitation, assistive technology, and advocacy, with a focus on independence and inclusion for individuals with disabilities and their families.

[Thompson Center for Autism and Neurodevelopment](#)

(573) 884-6052

205 Portland St

Columbia, MO 65201

Services: Supports individuals & families impacted by autism and other

1905 W Ash St

Columbia, MO 65203

Services: Promotes autonomy for people with disabilities, seniors, and veterans by offering peer mentoring, advocacy, and skills training.

[Special Olympics Missouri – Central Area](#)

(573) 635-1660

305 Special Olympics Dr.

Jefferson City, MO 65101

Services: Provides social and physical activity opportunities for individuals with intellectual and developmental disabilities.

[Missouri Protection and Advocacy Services](#)

(800) 392-8667

Application Unit

Missouri Protection and Advocacy Services

925 South Country Club Drive

Suite B

Jefferson City, MO 65109

app.unit@mo-pa.org

Services: Offers legal support and systemic advocacy across the state.

neurodevelopmental diagnoses by offering a range of services ranging from diagnosis and evaluation, psychological services, medical services, therapy services, Applied Behavior Analysis (ABA), and family resource services.

[Boone County Family Resources \(BCFR\)](#)

(573) 874-1995

2700 W. Ash Street

Columbia, MO 65203

Services: Serves persons of all ages and income levels with a diagnosed developmental disability who reside in Boone County, providing services such as Support Coordination, Life & Work Connections, Supported Living.

[Vocational Rehabilitation](#)

(877) 222-8963

205 Jefferson St.

Jefferson City, MO 65101

Services: Designed to help individuals with disabilities prepare for, obtain, and maintain employment, VR provides a range of services, including assessment, counseling, training, job placement, and support services, all geared toward achieving successful employment outcomes.

[Department of Mental Health \(DMH\)](#)

(800) 364-9687
1706 East Elm Street (P.O. Box 687)
Jefferson City, MO 65101

Services: DMH delivers a range of services, including in-home services, community-based services, and in-patient services, through a combination of state-operated facilities and contracted community providers.

[CoMO SEPTA \(Special Education Parent Teacher Association\)](#)

(559) 236-8009
comosepta@gmail.com

Services: Provides families and educators with an organizational structure, resources and the opportunity to be a collective voice for their special needs children.

Racial Justice & Equity Resources

[Boone County Community Against Violence \(BCCAV\)](#)

(573) 819-2244
500 E Walnut St.
Ste 105
Columbia, MO 65201

Services: Promotes equity and justice through public education and advocacy, addressing racial disparities in health, education, and criminal justice.

[Missouri NAACP](#)

National: (410) 580-5777
(636) 249-9600
Columbia Branch:
211 Park DeVille Dr
Columbia, MO 65203

Services: Works to reduce barriers to entry for low to moderate-income and minority populations who desire to start new retail

Services: Offers advocacy, legal support, and educational programs to combat racial discrimination and promote equity.

[Minority Men's Network](#)

Services: Consists of a members' network of men primarily in Columbia/Boone County who serve as a support group for individuals to provide leadership and to address issues that are vital to the minority community.

[Sharp End Heritage Committee](#)
Info@TheShopsatSharpEnd.com

500 E Walnut
Suite 109
Columbia, MO
enterprises by helping them become financially viable, freestanding, successful business owners through participation in the retail incubator program.

LGBTQIA+ Support & Inclusion

The Center Project

(573) 449-1188
805 Fairview Ave
Columbia, MO 65201

Services: Mid-Missouri's LGBTQIA+ community center offering peer-led support groups, social events, and advocacy resources, like PRISM (for youth) and GAYLA (for adults) foster connection and support across generations

PFLAG

Services: Provides peer support meetings and educational resources for LGBTQIA+ individuals and their families to promote acceptance and equality.

MU LGBTQ Resource Center

573-884-7750
G225 MU Student Center
Columbia, MO 65211

Services: Offers a safe space, mentorship, and programming for LGBTQIA+ students and

community members at the University of Missouri.

The Trevor Project

Crisis Line: (866) 488-7386
(212) 695-8650
PO Box 69232
West Hollywood, CA 90069

Services: A national organization providing crisis intervention, suicide prevention, and peer support for LGBTQ youth through phone, chat, and text services.

GLAAD

Services: A non-profit organization focused on LGBTQIA+ advocacy and cultural change. GLAAD works to ensure fair, accurate, and inclusive representation and creates national and local programs that advance LGBTQ acceptance, as well as provide resources and educational materials for those looking to get involved in policy and advocacy work.

Parenting & Family Support

First Chance for Children

(573) 777-1815
1002 Fay St
Columbia, MO 65201

Services: Provides early childhood programs, parenting resources, and free diapers.

Parents as Teachers

Columbia Public Schools: (573) 214-3955
(866) 728-4968
Parents as Teachers National Center
6 City Place, Suite 100
St. Louis, MO 63141

Services: Offers in-home visits and developmental assessments to help caregivers support their children's growth.

Central Missouri Foster Care & Adoption Association

(573) 298-0258
CMFCAA Jefferson City
PO Box 1505
Jefferson City, MO 65102

Services: Helps families navigate foster care and adoption services. They work to educate, support, and advocate for foster, kinship and adoptive children, youth and families in central Missouri, offering services and partnering with others to help them become healthy and self-sufficient.

Good Dads

(417) 500-8867 ext 300
Text: (573) 257-6800
1209 E Walnut Street
Columbia MO 65201

Services: Offers a range of services focused on empowering fathers and fostering stronger father-child relationships. These include programs for at-risk fathers, community initiatives, and resources for various groups. They also provide training for individuals and organizations to effectively support fathers.

FACE (Family Access Center of Excellence) of Boone County

(573) 771-3223

Services: Provides various services to support families and educators, focusing on academic

2700 W Ash St. Suite 136
Columbia, MO 65203

Services: The FACE Community Team provides free case management services to Boone County families with a child (aged 0-19) who may be experiencing social, emotional, or behavioral concerns.

MU ParentLink

(800) 552-8522
2800 Maguire Boulevard
Columbia, MO 65211

Services: ParentLink offers a variety of services for families and professionals in Missouri, including the WarmLine, TEL-LINK, KIN-4-KID LINE, and ParentLink Access Navigators. They also provide child developmental screenings, family fun fests, services for incarcerated parents, support for kinship caregivers, and the Thriving Military Families Program

MU Kinship Navigator

(833) 546-4543
mucoeparentlinkki1@missouri.edu

Services: Assists kinship caregivers in learning about, finding, and using available programs and services to meet the needs of the children they are raising, and their own needs.

BRIDGE

(573) 443-8706
807 N. Providence Rd.
Columbia, MO 65203
success and family stability for children in grades K-5. This includes academic support, mediation with teachers, and parent events.

Unplanned Pregnancy

Planned Parenthood

(573) 443-0427

711 N Providence
Columbia, MO 65203

Services: Offers reproductive healthcare and family planning services including birth control education and supplies, emergency contraception, pregnancy testing, counseling, STD testing, and testing and treatments for urinary tract infections.

St. Raymond's Society

(573) 777-1498
info@srshep.org
3501 Lansing Ave
Columbia MO 65201

Services: Provides comprehensive support for pregnant and new mothers, including transitional housing, a community support program, and emergency assistance.

Missouri Family Health Council

(573) 636-4060
1909 Southridge Drive
P.O. Box 104475
Jefferson City, Missouri 65110

Services: Offers a range of reproductive and sexual health services through its network of health centers, including free emergency contraception, contraception counseling and supplies, wellness exams, STI and HIV services, pregnancy screening and counseling, preconception care, and basic infertility services.

WIC (Women, Infants, and Children Program)

(573) 874-7834
1005 W. Worley St.
Columbia, MO 65203

Services: Provides nutritional support for mothers and young children.

Lutheran Family and Children's Services of Missouri (LFCS)

(866) 326-5327
help@lfcs.org

Services: A statewide, nonprofit organization providing social services to Missouri families, including mental health support, foster care, adoption, pregnancy support, and parenting education

Bullying

Children's Grove – Kindness Club

511 E. Walnut Suite 736
P.O. Box 736
Columbia, MO 65205
info@childrensgrove.org

Services: Provides services aimed at promoting mental health and well-being for children and youth. They offer programs like the Kindness Tree, kindness clubs in schools, and mental health outreach. They also work to create a kinder community through initiatives like

murals, butterfly benches, and sculpture gardens.

Big Brothers Big Sisters of Central Missouri

(573) 874-3677
4250 E Broadway #1067
Columbia, MO 65201

Services: Matches children with mentors to provide guidance and positive role models.

Boys and Girls Club of Columbia

(573) 874-1697

1200 North 7th Street
Columbia, MO 65201

Services: Offers a variety of services for youth ages 6-18, focusing on academic success, good

character and citizenship, and healthy lifestyles. They provide a safe and engaging environment before and after school, during the summer, and at various other times throughout the year.

Community & Personal Growth

Daniel Boone Regional Library

(573) 443-3161
100 W Broadway,
Columbia, MO 65203

Services: Offers access to books, movie, music, educational workshops, and skill-building programs.

Access Arts - School of Service

(573) 875-0275
1724 McAlester St
Columbia, MO 65201

Services: Offers affordable arts and creativity programs to individuals of all ages.

Healthcare & Wellness

MedZou Community Health Clinic

(573) 356-2499
105 E Ash Street, Ste 200
Columbia, MO 65203

Services: Offers free medical care, including primary health services and screenings by students under the supervision of faculty, to uninsured and underinsured populations.

PhysZou

(573) 882-4012
6R Clark Hall
703 South 5th Street
Columbia, MO 65211

Services: Provides physical therapy services to the uninsured and underinsured population of

Mid-Missouri in order to empower patients to take charge of their health and well-being, while enhancing student learning through hands-on experience and research opportunities.

NutriZou

(573) 882-8301
jennifer.anderson@missouri.edu

Services: Provides nutrition coaching appointments to community members under the supervision of the Registered Dietitian Nutritionist

Boone County Health Department

(573) 874-7355
1005 W Worley St

Columbia, MO 65203

Services: A reliable source for immunizations, reproductive health services, assessment, prevention, surveillance, education, screening and treatment. Clinical services are provided by appointment, many of which are provided at no charge to the general public.

[Compass Health Network](#)

(844) 853-8937

Services: Offers behavioral health counseling, psychiatry, pediatric and family medicine, dental care, and substance use treatment.

Basic Needs & Housing

[Love Columbia](#)

(573) 256-7662
1209 E Walnut St.
Columbia, MO 65201

Services: Assists individuals with emergency housing, financial planning, and long-term solutions for homeownership and stability.

[Columbia Housing Authority](#)

(573) 443-2556
201 Switzler Street
Columbia. MO 65203

Services: Provides affordable housing options, rental assistance, and homebuyer education for low-income individuals and families.

[Voluntary Action Center](#)

(573) 874-2273
403A Vandiver Dr
Columbia, MO 65202

Services: Offers emergency financial assistance for rent, utilities, transportation, and essential household needs.

[The Wardrobe](#)

(573) 442-3260
715 Park Ave
Columbia, MO 65201

Services: A volunteer-run organization offering free and affordable clothing to individuals and families in need.

[Room at the Inn COMO](#)

(573) 825-6029
P.O. Box 272
Columbia, MO 65205

Services: Operates a winter shelter offering overnight accommodations, meals, and transportation assistance for individuals experiencing homelessness.

[Welcome Home: A Community for Veterans](#)

(573) 443-8001
2120 Business Loop 70 E
Columbia, MO 65201

Services: Dedicated to ending veteran homelessness by providing transitional and emergency housing, rapid re-housing, employment assistance, and supportive services tailored to veterans' needs.

[Salvation Army Harbor House](#)

(573) 442-1984
602 N Ann St
Columbia, MO 65201

Services: Offers a 90-day program with shelter, meals, showers, laundry facilities, case

management, educational support, counseling, and vocational guidance for individuals and families.

[SNAP \(Supplemental Nutrition Assistance Program\)](#)

(855) 823-4908
PO Box 2700, Jefferson City, MO 65102

Services: Helps individuals and families afford groceries by providing a monthly benefit .

[Food Bank for Central & Northeast Missouri](#)

(573) 474-1020
2101 Vandiver Dr.
Columbia, MO 65202

Services: Distributes food through partner agencies to help those facing food insecurity.

Professional Networking & Leadership Coaching

[Women's Network – Columbia Chamber of Commerce](#)

(573) 874-1132
300 S Providence Rd.
Columbia, MO 65201

Services: Connects and empowers members through leadership development, educational opportunities, and innovative outreach.

[University of Missouri Extension – Leadership Programs](#)

Services: Offers programs like the Neighborhood Leadership Academy, focusing on community building, project planning, and personal leadership skills.

[Regional Economic Development, Inc.](#)

(573) 442-8303
REDI@CoMo.gov
500 East Walnut Street, Suite 102, Columbia, Missouri 65201

REDI is a public/private partnership committed to creating jobs by attracting new business, supporting existing business, and growing

startups in Columbia and Boone County, Missouri.

[1 Million Cups](#)
columbia@1millioncups.com

Services: Weekly events for local entrepreneurs to present startups and engage with the community.

[Missouri Small Business Development Center \(SBDC\)](#)

(573) 884-7667
601 W. Business Loop 70
Ste. 105
Columbia, MO 65203-2546

Services: Offers business coaching, financial planning assistance, and market research resources to help entrepreneurs launch and expand their businesses.

[Small Business Cultivator](#)

Services: Provides individualized business development support, including mentoring, funding guidance, and networking opportunities.

Missouri Women's Business Center

(573) 818-2980
807 N Providence Rd
Columbia, MO 65201

Services: Focuses on empowering women entrepreneurs through training programs, business plan development, and access to capital resources.

Columbia Chamber of Commerce

(573) 874-1132
300 S Providence Rd
Columbia, Mo 65203

Services: An organization dedicated to fostering a business-friendly environment in Columbia,

Missouri, through services like leadership programs, networking events, advocacy, and business resources.

EPIC (Emerging Professionals in Columbia)

(573) 874-1132
300 S Providence Rd
Columbia, Mo 65203

Services: EPIC is an organization through the Chamber of Commerce dedicated to fostering professional growth, networking opportunities, and community engagement for young professionals in the Columbia area, with a focus on mentorship, leadership development, and service.