



Love in the Name of Christ of Columbia, Missouri

**Love INC**

## **Reentry Resources**

**Resources to help ex-offenders transitioning into Boone County**

**Love INC of Columbia, MO**

9/22/2011

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Love in the Name of Christ of Columbia, Missouri

Welcome home!

We wish you the best as you reenter the community. Enclosed are a few community resources we feel will assist you in your transition. If you are in need of employment, please ask us for a copy of our Employment Search Guide. Also, be sure to take a look at the complete list of informational handouts we have at our office. Don't hesitate to call us with questions or concerns. We are here to help in any way we can.

God bless you in your exciting journey.

Sincerely,

The Love INC Family  
1516 Business Loop West  
Columbia, MO 65202  
573-256-7662  
[www.columbialoveinc.org](http://www.columbialoveinc.org)

## Love INC Services

### **Connection to Churches/Prayer**

If you are looking for more friends or more support navigating the pressures of life, we would love to facilitate a meaningful connection with a church that would be a good fit with your spiritual journey. Many local churches offer transportation and have support groups and programs that address specific needs/stages of life. We also have volunteers who are available to pray with you over the phone or in your home.

### **Living Large *for Real* Life Skills Classes and Extra Mile Extended Mentoring**

Living Large is a free 12-week program of classes and relationship building for living life to the fullest. Childcare is provided and transportation is available upon request. The program is held on Thursday evenings two times per year. Extra Mile is an emerging program of extended mentoring in money management and goal achievement.

### **Life Coaching and Budget Counseling**

Trained volunteers are available by appointment to provide individual sessions life coaching (personal exploration and goal setting) and money management (budgeting and saving tips).

### **Job Search Help/Professional Clothing Closet**

Individual assistance and classes through Living Large are offered. Free gently used clothing is available for individuals working with Love INC or who take a job search class in the community.

### **Reentry Support**

Love INC seeks to welcome those returning to our community from incarceration by offering information/referrals and limited basic need assistance. We work closely with the Columbia Christian Reentry Coalition to mobilize support for ex-offenders returning to the community. This includes recruiting mentors and supporting local faith-based transitional housing efforts. We also offer a limited amount of transitional employment through The Love Seat Furniture Bank/Resale Store.

### **The Love Seat Furniture Bank and Resale Store**

Furniture and housewares are provided to those in need. Availability of items depends on donations received and delivery volunteers available. A screening interview is required to obtain free basic necessity items. Additional items may be purchased for a low cost at our resale store.

### **Other Individual Needs**

Love INC is a volunteer and donation driven organization. We can, at times, provide home repairs and transportation assistance. We occasionally have cars or computers donated to us that we give to those involved in our programs. Financial assistance is available on a very limited basis and typically offered only in conjunction with participation in other Love INC programs. Our intake interview helps us get acquainted and discover if and how we can assist.

## The Resource Center

The Resource Center at 1500 Vandiver Dr. houses Boone County Probation and Parole Office and many services that could assist with your transition back into Columbia. Some of these services are listed below.

### **Missouri Career Center, Suite 115**

573-882-8821

Monday – Friday, 8:00 am – 5:00 pm

Assists job seekers with resume creation and applying for jobs while providing support through the process. Bring a photo ID in order to enroll in their services. They have a computer lab available for those looking for employment.

### **Child Support Enforcement Office, Suite 108**

For paternity/establishment/modification issues, call 573-882-9950

For support order/enforcement issues, call 866-313-9960

### **Family Support Division, Suite 103**

573-882-9180

You can contact this office for inquiries about Food Stamps and the Children's Division.

### **Vocational Rehabilitation, Suite 111**

573-882-9110

Call to register for one of their orientation sessions to see if you are eligible for services.

## Local Reentry Assistance Programs

### **Phoenix Programs**

90 East Leslie Lane  
Columbia, MO 65202  
573-875-8880

### **Job Point (two locations)**

2116 Nellwood Dr, Ste 200  
Columbia, MO 65202  
573-474-85601

Wilkes Center  
400 Wilkes Blvd  
Columbia, MO 65201  
573-474-8560

Call to inquire about reentry programs. Services vary due to available grant funding.

## **Emergency and Transitional Housing**

### **Salvation Army Harbor House**

610 N. Ann St. Columbia, MO 65201

573-442-1984

Men and women's dormitories, family rooms.

- Need police clearance
- Need to be sober
- Persons with certain criminal histories (violence, sexual) not accepted

### **True North (formally The Shelter)**

573-875-1369

Emergency and transitional housing for women and their minor children who are victims of domestic violence or sexual assault.

### **St. Francis House**

913 Rangeline Columbia, MO 65201

573-875-4913

11-bed facility for long-term men's housing

- Can only take men, even if married
- They handle many long-term mentally ill men who cannot handle the structure at Harbor House
- Residents are not charged, but they are expected to make some contribution if their stay is extended
- The house is not set up for pre-arranged home plans, but will accept newly released inmates who arrive in the community if there is space and the individual is willing to respect house rules
- Cannot accept sex offenders due to close proximity to a school
- No police clearance needed. Need to be sober, not using

### **Lois Bryant House**

573-875-7874

Contact Rachael Krall at 818-8082 or Rachael@fairfam.com

- 72-hour emergency stay for women
- 2-3 beds available, but can sometimes help even if beds are full
- No police clearance needed; need to be sober, not using
- Can help refer individuals to long-term housing
- Not open during the day except on Wednesday from 1 p.m. to 4 p.m. for laundry and shower service for women

**New Life Evangelistic Center**

901 Wilkes Blvd. Columbia MO 65201

573-875-0603

901 Wilkes Blvd.

- Men's shelter (15 beds)
- Operates as an overnight center only. Must leave during the day. First come/first served. Must arrive at 6 p.m. and leave before 8 a.m. each day.
- Showers are available but there is no food served or laundry facility available
- Pre-arranged home plans are not possible, but newly released prisoners are accepted.
- Prior to admission, everyone is required to obtain verification from Columbia Police Department that they have no outstanding warrants for arrest.
- Residents are not charged and may stay up to 14 days.
- Need police clearance; need to be sober

**Sol House**

Heather Windham, Program Director

573-449-0182

- Transitional housing for 17-21 year-olds
- Can stay up to 18 months
- 3 apartments – 4 male units and 4 female units separated by apartment used as office.

**Welcome Home**

Aneisa Sherrill-Mattox, MSW Executive Director

573-443-8001

- Food, shelter, crisis intervention and emergency assistance
- Any homeless veteran may apply
- Intake by appointment only
- Required Documentation – VA ID card, picture ID, DD214(service discharge papers, and completed application.

## Shelters in Our Surrounding Area

### **Harvest House**

Boonville, MO

660-882-3286

- 1<sup>st</sup> Program: can stay 30 days
- If complete requirements (job, volunteer) they have an extended program to help them save money and get own housing.
- Cannot take anyone with assault, sexual, or arson charge or crimes against children in their background
- Must leave the shelter during the day (9 AM – 4:30 PM) to look for a job. Must be legally married to stay as a family. No drugs or alcohol permitted. Need to bring Photo ID upon arrival.
- Also have a three-day emergency stay program; same rules apply, but do not have to look for work.

### **Salvation Army Shelter**

Jefferson City

Salvation Army Center of Hope

927 Jefferson St

Jefferson City, MO 65101

573-635-1975

- 40 bed capacity; accept single men and women and women with children
- 90 day stay limit and must sign agreement with facility rules
- Admission and facility rules similar to Harbor House in Columbia in terms of exclusion of those with violent or sex offense histories and need to get police clearance (from Jefferson City Police Dept) regarding no outstanding warrants
- Call to inquire about openings and tor screening

### **Haven House**

829 Jefferson St

Fulton, MO 65257

573-642-6065

- Accept homeless families with custodial children
- Admission by appointment – call and leave a message and a staff member will return call

### **Wiley House**

831 Jefferson St.

Fulton, MO 65257

573-642-6065

- Accept homeless single men and women
- Must have photo ID; cannot have an outstanding warrant or history of sex offense
- Arrive between 6:00 – 8:00pm

## Recovery/ Re-entry Housing

### **Phoenix Programs**

90 East Leslie Ln Columbia, MO 65202

573-875-8880

Residential settings for some individuals (men only) involved in their programs

### **Daybreak**

303 N. Tenth St. Columbia, MO 65201 ~~573-~~875-8088

Must have both mental diagnosis and drug/alcohol history

### **New Bourne House** (for men) and **Cynthia House** (for women)

Privately owned recovery houses. Call Love INC at 573-256-7662 for information

### **31<sup>st</sup> Day House** (men only)

1719 Ridgmont Columbia, MO 65203 573447-0985

### **Positive Motivation Inc.** (Recovery Only)

1200 Rangeline Columbia, MO 65201 573= 449-8401

- Facility primarily used by drug court for men in alcohol/drug programs who need transitional housing

### **Oxford Houses in Columbia**

Oxford House-Bicknell	104 Bicknell Street	Columbia, MO 65203	(573) 442-7084	Men
Oxford House-Calico	2504 Calico Street	Columbia, MO 65202	(573) 474-0035	Men
Oxford House-Cougar	1810 N. Garth	Columbia, MO 65201	(573) 442-2330	Men
Oxford House-Hubble	105 Hubble Street	Columbia, MO 65201	(573) 219-9597	Women
Oxford House-Leslie	19 East Leslie Street	Columbia, MO 65202	(573) 234-8471	Men
Oxford House-Proctor	314 Proctor Drive	Columbia, MO 65202	(573) 874-9610	Men
Oxford House-Sondra	921 Sondra	Columbia, MO 65203	(573) 875-5721	Men
Oxford House-W. Broadway	2404 West Broadway	Columbia, MO 65203	(573) 445-3699	Women
Oxford House-Willowbrook	2501 Willowbrook Court	Columbia, MO 65203	(573) 474-0741	Men

**National website:** [www.oxfordhouse.org](http://www.oxfordhouse.org) (go to houses tab, click directory, go to Missouri)

**National Oxford House Phone: 1-800-689-6411**

## Faith-Based Transitional Housing

### **New Living Hope (men only)**

Geoff and Clare Plott, owners/directors

2404 Glenn Dr.

Columbia, MO 65202

573-814-0886 (house phone)

For info, call Clare at 573-489-5509

- New Living Hope House can take up to five men
- Established for those in recovery and/or transition who are seeking to live a Christian life. Attendance at church of choice and faith-based meetings required.
- Zero tolerance for alcohol and drug use.

### **Stepping Stones** (women only)

Geoff and Clare Plott, owners/directors

1407 Paris Rd.

Columbia, MO 65201

573-449-8616 (house phone)

Call Clare at 573-489-5509

### **Prosperous Journey Men's Transition House**

4029 Grace Ellen

Houses 8 individuals/\$70 per week

For admission, contact Love INC at 573-256-7662

### **Kairos House** (women's reentry housing)

204 N. Garth

Columbia, MO 65203

573-449-8025 (house phone)

Contact Shelia Thompson for information at 573-268-8577

## Renting an Apartment in Columbia

Love INC can provide you with a list of low income/subsidized housing options in Columbia. Depending on your criminal history (type of crime and years since conviction) you may be eligible to for such housing. We can also provide you with a list of inexpensive apartment complexes/property managers who may be willing to rent to those with felony convictions.

Here are some websites to check for available apartments:

[www.apartments.cazoodle.com](http://www.apartments.cazoodle.com)

[www.forrent.com](http://www.forrent.com)

[www.apartmenthomeliving.com](http://www.apartmenthomeliving.com)

### **BEFORE YOU RENT**

We recommend that you call the utility companies involved to check past utility bills, especially for high use months. Some inexpensive apartments are older or poorly maintained and have very high bills.

Boone Electric 573-449-4181

Ameren UE 800-526-3247

City of Columbia 573-874-7380

Be sure to ask about all source of utilities. Some Columbia areas have a separate water bill through one of the water district offices. Love INC can provide phone numbers for all local water district offices if needed.

## **Columbia Drug and Alcohol Treatment Centers**

### **McCambridge Center**

201 N Garth

Columbia Mo 65203

573-449-3953

Residential and outpatient services for women and adolescents, therapy for children and children priority given to pregnant women

### **Phoenix Programs, Inc.**

90 East Leslie Lane

Columbia Mo 65202

573-875-8880

Residential treatment for men in a variety of settings, outpatient treatment for men, women individual group counseling and family; detoxification

## **Columbia Mental Health Care Providers**

### **Burrell Behavioral Health**

1805 E Walnut St

Columbia, MO 65201

573-777-7500

### **New Horizons**

1408 Hathman Pl

Columbia, MO 65202

573-443-0405

### **Family Counseling Center**

117 N Garth Ave

Columbia, MO 65203

573-449-2581

**Love INC can provide you with information about Christian counseling options and local support groups.**

## Community Food Assistance

<b>Name of Pantry</b>	<b>Hours/Days Open</b>	<b>Address</b>	<b>Phone #</b>	<b>Requirements/Limits</b>
Calvary Baptist (Sheppard's Basket)	1-3pm Mon & Thurs	606 Ridgeway Ave.	449-3144	<ul style="list-style-type: none"> <li>▪ ID and form to fill out</li> <li>▪ Once every two months</li> </ul>
Central MO Food Bank	Monday → Friday: 10a-4pm Saturdays: 10a-2pm	1408 Indiana Ave. (moving to Big Bear Blvd in Aug or Sept)	874-7848	<ul style="list-style-type: none"> <li>▪ ID &amp; Proof of address</li> <li>▪ Limit once per month</li> </ul>
Progressive Missionary Baptist	1-3pm Every other Tuesday	702 Banks Ave.	443-0611	<ul style="list-style-type: none"> <li>▪ Form to fill out</li> </ul>
Russell Chapel (also clothing)	1-4pm 2 <sup>nd</sup> and 4 <sup>th</sup> Fridays	108 E. Ash	442-6028	<ul style="list-style-type: none"> <li>▪ Edith Prince, Coordinator</li> <li>▪ Form to fill out</li> </ul>
Salvation Army	9a-12p & 1-4pm Monday → Friday	1108 W. Ash	442-3229	<ul style="list-style-type: none"> <li>▪ ID &amp; Social Security Card</li> <li>▪ Proof of address &amp; income</li> <li>▪ One time per month</li> </ul>
Voluntary Action Center (emergency food only)	9a-12p & 1-4pm Monday → Friday	403A Vandiver	874-2273	<ul style="list-style-type: none"> <li>▪ ID, Proof of address &amp; income</li> <li>▪ 2-3 times per year</li> </ul>
Helping Hands Food Pantry – (at United Community Cathedral; also have clothing)	M-F 10-2; 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays, 10-1	5210 S. Cowan Rd.	449-0323	<ul style="list-style-type: none"> <li>▪ Can deliver to homebound, elderly, and disabled</li> <li>▪ Director: Sophia Smith – 881-5123</li> </ul>
The Latter House (also clothing and Linens)	1 <sup>st</sup> Tues. 4:00-6:00 Last Sat. 10:00-4:00	4919 Prairie Ridge St.	474-5885	<ul style="list-style-type: none"> <li>▪ Pastors Enos &amp; Diane Chamberlain EMERGENCY: Helen Robinson 999- 3714 or 214-0008</li> </ul>
<b>Soup Kitchen/Meals</b>	<b>Hours/Days Open</b>	<b>Address</b>	<b>Phone #</b>	<b>Requirements/Limits</b>
Loaves & Fishes	Dinner starts at 5:00pm Open 'til everyone is fed (usually around 6:30)	616 Park Ave. (Corner of 7 <sup>th</sup> & Park)	875-0826	<ul style="list-style-type: none"> <li>▪ Open to everyone</li> <li>▪ Must be sober. No-one admitted under the influence of drugs or</li> </ul>

	Daily			alcohol
St. Francis House (men's house)	Breakfast 7-8:30 am Daily Dinner 8-9pm Daily	901 Rangeline	875-4913	<ul style="list-style-type: none"> <li>▪ Must be sober. No-one admitted under the influence of drugs or alcohol</li> </ul>
Harbor House	Lunches 12-1pm Daily	602 N. Ann	442-1984	<ul style="list-style-type: none"> <li>▪ Must be sober. No-one under the influence of drugs or alcohol.</li> <li>▪ No sex offenders</li> </ul>
Progressive Missionary Baptist (Lord's Kitchen)	Lunch 11a-1pm Saturdays only	702 Banks	443-0611	<ul style="list-style-type: none"> <li>▪ Open to everyone (sober)</li> </ul>

### Angel Food

Ask about local churches that host Angel Food Ministries. This is a program allows you to pre-order food at a discount. There are no eligibility requirements and food stamps are accepted.

## Health Care Services

### MedZou Clinic

800 N. Providence (CMCA Building)

573.214.2314 (Family Health Center Number); [medzou.missouri.edu/about.htm](http://medzou.missouri.edu/about.htm)

Appointments on Thursdays 6:00 PM to 9:00 PM

Call Family Health Center 573.214.2314 to get on the waiting list.

### Family Health Center

1001 West Worley

573.214.2314; [fhcmo.org](http://fhcmo.org)

Monday – Friday 8:00 AM – 5:00 PM; Thursday 10:00 AM -7:00 PM

New patients must complete a sliding scale questionnaire to determine the amount with need to pay. All must pay at least \$20 co-pay per visit. If further services are needed, the amount required will vary depending on income.

### Health Department

1005 West Worley

573.874.7356 or 573.874.7355; [gocolumbiamo.com/Health/](http://gocolumbiamo.com/Health/)

Monday – Friday 8:00 AM – 5:00 PM

HIV/STD testing and counseling, sexually transmitted disease clinic, pregnancy testing, immunizations, blood pressure control, daycare, school, and sports physicals.

## Prescriptions

### Health Department

Can provide assistance to people in need of heart, blood pressure, or diabetes medication. Call for screening. Will not prescribe pain medication, muscle relaxers, or neurotics.

### Voluntary Action Center

403A Vandiver

Monday – Friday, 9:00 AM – noon and 1:00 PM- 4:00 PM

[vacmo.org](http://vacmo.org)

Help with prescriptions; there is a limit of \$50 a year per household for all services. Also, limited help for eyeglasses and on occasion help with dental assistance.

\*Ask your physicians for samples, generic medications, or referrals to pharmacies that provide free medications.

\*Love INC has a list of over 150 medications for \$4 at Wal-Mart, Gerbes, Schnucks, and Hy-Vee. Contact them for more information.

## Dental Care

### Family Dental Center

1101 North Providence

573.777.8997; [fhcmo.org/dental\\_columbia.html](http://fhcmo.org/dental_columbia.html)

Monday – Friday, 8:00 AM – 5:00 PM; Thursday 10:00 AM – 7:00 PM

New patients must complete a sliding scale questionnaire, and have proof of income so they can decide the reduced price. Further price reduction is available through Medicaid for pregnant women, children, and the elderly in nursing homes. They have an emergency waiting list for more immediate services by calling at 8:00 AM. If there is a cancellation that day they might be able to see you. Cancellations are rare, unfortunately.

### Health Department

Dental assistance is given through a lottery system. On the first day of the month, individuals who have talked to a social worker can draw a number and will be called if chosen.

### Midwest Special Needs Trust

1500 Vandiver, Suite 100

573.882.3388; [midwestspecialneedstrust.org](http://midwestspecialneedstrust.org)

New patients must complete a charitable grant application, which includes estimates of services. Must be mentally/physically impaired AND low-income. Proof of mental or physical impairment will require a doctor's note, an application for Social Security Disability and/or already receiving Social Security Disability. Priority is given to urgent dental needs. Columbia's Pro Dental (573.443.1525, 1700 East Pointe Drive) will work through this trust and Dr. Karen Mayes of Columbia (573.814.2321) has dentures starting at \$295 and will work through this trust. (\$1,000 per year limit per patient.)

### Voluntary Action Center

Offers dental assistance. \$50 limit for all services

## Eye Care

### Lyons Eye Research Clinic

404 Portland St. 65201

573-443-1479; [mlerf.org/eye-care-assistance](http://mlerf.org/eye-care-assistance)

Various clinics in the Columbia area offer free eye screening appointments. Can also offer assistance in negotiation for vision care and help with local eye care clinics.

### Zenni Optical

[zennioptical.com](http://zennioptical.com)

Inexpensive eyeglasses for purchase through website.

## Voluntary Action Center Services Provided

### Cash Assistance

There is a \$50 per household limit on monetary services provided. Funds within this amount may be used toward:

- Work uniforms or special clothing required for new, verified employees
- Prescribed medications or equipment
- Birth certificates and ID's – once per lifetime
- Gasoline for verified appointments or employment to verified licensed drivers with insured vehicles
- Up to 40 Columbia Area Transit Services bus tickets per year per household for job interviews, new employment, verified medical appointment, special circumstances
- Greyhound bus ticket for veterans to the state line

### Practical Needs Pantry/Closet

- Food, household and hygiene items – 2 times/year limit; can only be used if there are no other resources available
- Baby formula – 1-2 cans for mothers awaiting a verified WIC appointment
- Diapers – 10 per visit up to 20 per year
- Clothing referral to the Wardrobe
- Fans (Summer)
- School supplies (August)

### Youth Enrichment

- \$50 per child per year is available for children 18 and under for activities, camps, special lessons, sports equipment

### What you need to bring:

1. ID for everyone in the household: One of the following - Social Security Card, Picture ID or Birth Certificate
2. Proof of Income for the household: Check stub, DFS/Social Security printouts, proof of Food Stamps
3. Proof of Residency: mail with your name and address

**Office Location:** 403A Vandiver (next to DMV), Columbia, MO 65202

**Phone:** 573-449-6959

**Hours:** 9 a.m.- Noon or 1- 4 p.m. (No appointments)

## Clothing Resources

### *Church Clothing Ministries*

**Alive in Christ Lutheran Tots Clothing Closet** –sizes 0 through 6; free outfits for those in need; call Love INC for a referral (256-7662)

**Russell Chapel** 108 East Ash, Columbia, MO 65203 (442-0028); second and fourth Fridays 1-4pm; free clothing available at food pantry

**The Latter House** 4914 Prairie Ridge St, Columbia, MO 65202 (474-3885); first Tues 6pm and last Sat 10am-4pm (free clothing and linens available at food pantry)

**United Community Cathedral** 5201 South Cowan Rd., Columbia, MO 65201 (449-0340): free adult or children's clothing (1-2 outfits) for those in need; call the church office

### *Resale and Vouchers*

**The Love Seat Resale Store** 601 Business Loop 70 East; gently used clothing at reduced prices; job seekers and others involved in Love INC programs may obtain vouchers for free clothing through the Love INC office (256-7662)

**Salvation Army Thrift Stores** 23 E. Walnut, Columbia, MO 65201 (443-3786) and 1304 Parkade Blvd., Columbia, MO 65202 (449-5202); adult and children's gently used clothing at reduced prices: may be able to receive a voucher for free clothing at the Salvation Army administrative office at 1108 West Ash St. (442-3229)

**The Wardrobe** 715 Park Ave., Columbia, MO 65201 (442-3260); adult and children's gently used clothing at reduced prices; can receive a limited number of free items with a voucher on Tuesdays between 11 am to 4 pm; contact Love INC to obtain a voucher

### *Resale Only*

**Goodwill** 1405 Grindstone Pkwy., Columbia, MO 65201 (442-4050) adult and children's gently used clothing at reduced prices;

**Upscale Resale** 1729 W. Broadway Ste. 342, Columbia, MO 65203 (445-4803); adult gently used clothing and other accessories offered at reduced prices

## Transportation Options

### City Bus

- Columbia Transit: 573-874-7282
- Half prices are available for low income individuals through several local agencies. Ask at the bus station or any agency with whom you are working.

### Bus Passes

- *Voluntary Action Center* gives 40 free bus passes a year. You must go to their office at 403A Vandiver Dr. with ID, proof of Columbia residence and income verification. Call 874-2273 or 449-6959 for more information.
- *Calvary Episcopal Church* provides \$20.00 worth of bus passes to low income individuals. To obtain passes you must come to the church at 123 S 9<sup>th</sup> St. Typically only eligible once per year.
- *Re-entry Opportunity Center* may have bus passes available for reentering ex-offenders.

### Taxi Services

- *A-1 Express Taxi*: 874-7710 or 499-3988; 705 Big Bear Blvd.
- *Central Taxi*: 814-1333; 1908 Hariford Rd.
- *Economy Cab*: 886-2233; 1500 Vandiver Dr. #150
- *Have Wheels Will Travel*: 449-4648; 1309 W. Worley St.
- *1-Reliable Taxi*: 256-8294 or 446-8295; 1109 Rangeline St. #A
- *Rick's Taxi*: 449-6282; 1120 Wilkes Blvd.
- *Stripes*: 442-9672; 1400 S. Rock Quarry Rd.
- *Tiger Taxi*: 445-2551 or 474-3222; 1809 Vandiver Dr.

Charges will vary between companies. May cost \$9-\$11 for a 4-5 mile ride.

### Bicycles

- *PedNet* provides free refurbished bicycles following completion of bike safety course. Call 573-303-1033.
- *Klunk Cycles and Repair* gets bikes in that they give away from time to time. Call and ask if they have anything: 874-0090; 12 N. 2<sup>nd</sup> St.

### Long Distance Buses

- *Greyhound Bus*. Local Routes: 449-2416. For information about cross country routes and tickets, call: 1-800-231-2222.
- *Megabus.com*. 1-887-462-6342

### **Medical and Senior Transportation**

- *Missouri Area Agency on Aging*: Contact person Nellene 443-5823; Taxi service for individuals 60 and over that live in Boone County. Must come in and meet with Nellene. Number of rides is based on needs. Will travel for medical needs, limited shopping, trips to senior centers, and other various destinations.
- *Services for Independent Living*: 874-1646. Transportation provided for people with disabilities. Take to doctor, shopping, etc. Rides to church on Sunday. Open 8:00 am – 5:00 pm Monday through Friday. No charge.
- *OATS*: 449-3789. Offers rides to doctor's appointments. No eligibility requirements. If you are on Medicaid, rides are free. Schedule through Medicaid. Non-Medicaid rides are \$3 roundtrip. Hours are 7:30-4:30. Please give them 5-7 days notice to schedule rides for people.

### **Transportation to Church Services**

- Love INC can provide you with a list of multiple churches that provide transportation to their church services.

### **Transportation to Love INC programs**

- We provide rides to all our Living Large *for Real* life skills classes and occasionally for individual appointments with budget counselors or life coaches. Call Love INC at 573-256-7662 to make arrangements.

## How to Ride the City Bus

### Safety & Riding Tips for Columbia Area Transit Service

- a) The rules for riding the bus are posted on the wall behind the driver. Always hold on to the safety bars, as the driver may begin to drive before you are seated.
- b) Please stay behind the yellow line on the floor when speaking to the driver.
- c) If you are using headphone devices, keep the volume at a level so you can hear any directions given by the driver.
- d) Never walk, run, or ride in front of a bus even if it is stopped unless signaled by the driver to do so. Traffic does not stop for a city bus as it does for school busses.
- e) Never leave a young child unattended or seated in any area separate from you.
- f) Only carry on the bus the items that you can hold on your lap. Any item that is considered poisonous or flammable is prohibited. Oxygen tanks are allowed for those needing to use oxygen.
- g) Baby carriages and strollers are allowed, however wheelchairs take priority. If you have your child in a carriage/stroller and your spot is needed for a wheelchair, you will be asked to take your child out of the stroller and the stroller folded up and stored under your seat. If it's not possible to do so, you may be given a transfer and be asked to step off the bus and wait for the next bus.
- h) If you lose an item on the bus, please contact the customer service desk in the lobby of the Wabash Station.
- j) If you have a complaint about a driver, please see customer service at the Wabash Station. If you have a suggestion for better service, there are forms located in the lobby of the Wabash Station. You may fill one out and give it to the customer service representative or you can file your complaint or suggestion on line at: [www.gocolumbia.mo](http://www.gocolumbia.mo). Just click on the transit Icon when you get to the website and follow directions.
- k) If you bring your bicycle remember there is only room for 2, and its first come first served.

### Types of bus passes and payment options:

#### Cash

- The price is \$1.00 for full fare riders and .50 for half fare riders.
- Half fare riders include: Children under 12, students, anyone receiving government aid or financial assistance from various help programs in the city, people with disabilities, and senior citizens. Half fare riders must show proof, such as student ID, Medicaid, Medicare cards or yellow half fare card. The yellow half fare card can be obtained at the customer service window at the Wabash Station.
- You must have the exact change for your fare. The driver does not make change. You can purchase passes or tickets.

## Tickets

- Full fare tickets are blue and come in bundles of 25 at a price of \$20.00.
- Half fare tickets are red and come in bundles of 25 for a price of \$10.00.

## Passes

There are 5 kinds of Fast Passes. These are electronic passes that go through a computer connected to the fare box. If you choose to purchase these, they must be kept wrinkle free and dry.

- **Student 7 day Passes.** These are \$5.00 and can be used as much as you choose in seven days. Student ID is required for purchase and use.
- **Full Fare 30 Day Pass.** You need an ID to use and it is good for thirty days from the first time you put it in the machine. Also it can be used as little or as often as you like. The price of this is \$35.00.
- **30 Day Half Fare Pass.** It follows the same guidelines as the full fare 30 day pass except it requires a qualifying ID. The cost is \$15.00
- **25 Ride Full Fare Fast Pass.** You may use this one to pay for yourself or others, but it is only good for 25 rides. The first 20 rides are printed on the back of the card. The last 5 rides will be printed on a transfer card. So you need to keep track of your rides because when you use your 20<sup>th</sup> ride, the computer will automatically issue you the transfer card for your last 5 rides. This is a reminder for you to get a new card. The cost of this pass is \$20.00
- **25 Ride Half Fare Fast Pass.** You must show your ID each time you and/or your companion use it, and you must keep track of your rides to ensure you get your last 5 rides. This pass costs \$10.00 with your qualifying ID.

## Bus Schedule

Buses are identified by the route number and direction of travel. The route numbers can be identified on the schedule and map by colors. There are five main routes:

- 101** - identified in orange and is the only bus that runs north and south.
- 102** - blue
- 103** - green
- 104** - red
- 105** - takes special needs individuals to the workshop where they work. It runs twice a day, once in the morning and once in the afternoon.
- 106** - brown (aka the downtown orbiter) only travels in a big circle and is on a schedule of its own.

Buses change direction at their end points. The Wabash is not an end point; it is a center point. For times, destination and cross streets, consult the bus schedules and or ask the bus driver.

## Money Tracking Sheet

*Tracking your income and expenditures will help you set a budget and see where you can cut back in order to have funds for priorities and to reach goals. Love INC offers individual money management mentoring and classes if you feel you need help or would like to have an accountability partner to encourage you.*

### Miscellaneous Spending

### Weekly

Cigarettes \$ \_\_\_\_\_

Snack stops (BreakTime, Casey's, etc) \$ \_\_\_\_\_

Eating out/coffee \$ \_\_\_\_\_

Money to Kids \$ \_\_\_\_\_

Entertainment, DVDs, movies, clubs \$ \_\_\_\_\_

Lottery Tickets \$ \_\_\_\_\_

Beauty Salon & Nails \$ \_\_\_\_\_

Miscellaneous (Wal-Mart, etc) \$ \_\_\_\_\_

**Total (weekly)** \$ \_\_\_\_\_

**Multiply x 4 to get monthly total** \$ \_\_\_\_\_

### Personal Spending - Electronics

### Monthly

Cell phone \$ \_\_\_\_\_

Cable \$ \_\_\_\_\_

Internet \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

**Monthly Expenses**

**Monthly**

Rent \$ \_\_\_\_\_

Electricity \$ \_\_\_\_\_

Gas \$ \_\_\_\_\_

Phone Line \$ \_\_\_\_\_

Car Payment \$ \_\_\_\_\_

Auto Insurance \$ \_\_\_\_\_

Transportation (Gas, Bus, Taxi) \$ \_\_\_\_\_

Groceries (out of pocket) \$ \_\_\_\_\_

Laundromat \$ \_\_\_\_\_

Rent to Own \$ \_\_\_\_\_

Loan Payments \$ \_\_\_\_\_

Car Payments \$ \_\_\_\_\_

Credit Cards \$ \_\_\_\_\_

Childcare/Diapers \$ \_\_\_\_\_

Other \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

**Total of all three expenses:** \$ \_\_\_\_\_

Miscellaneous Spending \$ \_\_\_\_\_

Personal Spending \$ \_\_\_\_\_

Monthly Bills \$ \_\_\_\_\_

**Total Expenses** \$ \_\_\_\_\_

**Monthly Income Record**

Employment check \$ \_\_\_\_\_

Disability (SSDI) \$ \_\_\_\_\_

SSI (Adult and child) \$ \_\_\_\_\_

Child Support \$ \_\_\_\_\_

TANF \$ \_\_\_\_\_

Other income \$ \_\_\_\_\_

**Total income:** \$ \_\_\_\_\_

\$ \_\_\_\_\_

**Total income**

**Subtract Total Expenses** \$ \_\_\_\_\_

**What's Left** \$ \_\_\_\_\_

List any changes or adjustments that you may want or need to make.

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## Quick Job Search for Ex-Offenders

### The Seven Steps

- Create a positive image and environment
- Identify your skills
- Identify job targets
- Get your documents in order
- Use the most effective job search methods
- Improve your interviewing skills

### A Positive Self-Image

- Earn back trust by taking positive action.
- A positive attitude is key to convincing an employer to hire you.
- A positive attitude helps you make a good first impression.
- A positive attitude helps you to work even harder to meet your goals.

### The Three Types of Skills

- *Self-Management Skills*: These are the skills you use every day to survive and function. Some of them could even be considered part of your personality. Such skills include getting to work on time, enthusiasm, and getting along with others.
- *Transferable Skills*: These are general skills that can be useful in a wide variety of jobs, like the ability to write clearly or to stay organized.
- *Job-Related Skills*: These are specific to an occupation, such as knowing how to fly an airplane. Job-related skills are most often gained through work experience, education and training, and hobbies.

### The skills employers want (mention these in interviews!):

- Willing to learn
- Basic skills in reading, writing, and computation
- Good communication skills
- Creative thinking and problem solving
- Self-esteem, motivation, and goal setting
- Personal and career development skills
- Teamwork skills
- Leadership skills

### **Factors to Consider in Identifying Job Targets**

- What skills do you want to use?
- What type of special knowledge do you have?
- What industries or employers are more likely to hire a person with your record?
- Where do you want your next job to be located?
- What benefits or income do you hope to have?

### **Application Tips**

- Be honest.
- Prepare a summary statement.
- Include work experience while incarcerated.
- Include all relevant education.
- Read the application carefully.
- Make it neat and error-free.
- Make personal contact with the person in charge of hiring.

### **Resume Tips**

- Don't use a template; write it yourself. Love INC has individuals who can help.
- Include formal name, address, phone number, and email.
- Make it professional and error free.
- Keep it brief.
- Make it relevant.
- Be honest.
- Be specific.
- Be positive.
- Consider using a skills resume.
- Use entire years to avoid showing gaps.

### **Cover Letter Tips**

- Always write to someone in particular.
- Personalize your content.
- Mention the name of any mutual contacts.
- Make it professional.
- Proofread carefully.

### **Tips for Thank-You Notes**

- Decide whether to use email or regular mail.
- Use quality paper and envelopes.

- Decide whether to handwrite it or computer-print it.
- Use a formal salutation.
- Keep the note short and friendly.
- Be sure to sign it.
- Send one to anyone who helps you in your job search.
- Send it within 24 hours after the interview.

### **The Two Most Effective Job Search Methods**

- Networking with people you know.
- Directly contacting employers.

### **Using the Internet**

- Be specific in the job you seek.
- Limit where you want to live and work.
- Get your resume into databases.
- Make direct contacts using the web.
- Check out career-specific websites first.
- Use more than one job search method.

### **Improving You Interviewing Skills**

- Make a good first impression.
- Research the organization beforehand.
- Dress and groom for success.
- Arrive early.
- Be friendly with the receptionist.
- Follow the interviewer's lead.
- Be prepared to answer tough interview questions.
- Be prepared to address your incarceration.

### **The most important question of all: "Why should I hire you?"**

Make sure you have an answer!

### **The Three-Step Process for Answering Interview Questions**

- Understand what is really being asked.
- Answer the questions briefly in a non-damaging way.
- Answer the real question by presenting your related skills.

### **Closing Tips**

- Make getting a job your full-time job.
- Plan ahead.
- Be honest with yourself and with others.
- Surround yourself with successful people.
- Act professional.
- Don't get discouraged.

Love INC has additional resources for job seekers, including interview tips, resume writing worksheets, and other additional information to help you in your search. Contact the Love INC office today if this is something you are interested in.

## Informational Handouts Available at Love INC

### Basic Needs (other than housing)

Clothing Resources  
Community Food Assistance  
Health Care Services  
Utility Assistance  
Veteran's Benefits

### Budgeting and Money Saving Tips

8-week Budget Counseling Curricula  
Monthly Spending Plan  
Financial Recovery Tips  
Energy Saving Tips and Weatherization Programs

Free and Low Cost Telephones  
Low Cost Funeral Information

### Children and Families

Childcare Information  
Community Children's Services  
Pregnant Mother's Resource Guide

### Education

Area Colleges and Trade Schools  
GED/ESL Programs

### Employment

Job Search Packet (local resources and tips)  
Frequently Hiring/Will Hire FeloR  
Temp Agencies  
Tough Economy Job Search Strategies  
Websites for Current Job Listings  
Work Opportunity Tax Credit

### Housing Information

Emergency/Transitional Housing  
Homeownership Assistance Programs  
Inexpensive Rentals in Columbia  
Low-Income Housing

### Reentry Support

Packet for Ex-Offenders Transitioning to the Community  
(includes local resources and job search tips)  
Columbia Christian Reentry Coalition materials

### Transportation

Churches that Provide Rides to Service  
Transportation Options in Columbia  
How to Ride the City Bus

### Recreation and Wellness

Inexpensive Family Recreation

### Smoking Cessation Resources

### Life Coaching

Career Assessment  
Personality Assessment  
Strengths and Values Assessments  
Goal Setting Aids

### Support Groups

Columbia Church-sponsored Support Groups  
Columbia AA and NA Groups  
Center for Women's Ministries Applications

Love INC office also has vouchers for obtaining clothing through The Love Seat (professional clothing for job seekers), Alive in Christ's Pre-school Clothing Closet and The Wardrobe, and hygiene products through Memorial Baptist's Hygiene Closet and Second Baptist's Reentry Ministry.

