



Nexus Point Family Foundation

Strengthening families through resources, advocacy, and community

Family help in Caldwell County, Missouri

Prepared for Your Organization Here

27 places and programs · Updated September 2026



This list lives online and is refreshed every month. Scan the code, or type:

nexuspointfamily.org/partners/example

Free to use. No account, no forms. Nobody can pay to be added or removed.

Please call before you go. Hours and eligibility come from public records refreshed monthly. A quick call saves a wasted trip, and staff can say what to bring.

In this binder

- Food assistance (2)
- Diapers & baby supplies (1)
- Maternal & infant health (6)
- Healthcare & clinics (5)
- Childcare & early education (2)
- Housing & shelter (2)
- Utilities & financial help (1)
- Mental & behavioral health (1)
- Domestic violence & safety (1)
- Legal aid (4)
- Employment & job training (1)
- Transportation (1)
- National helplines (29)

Nexus Point Family Foundation · 501(c)(3) nonprofit · EIN 41-2558619 · contact@nexuspointfamily.org · Corrections: nexuspointfamily.org/partners/example#report

Food assistance 2 in Caldwell County

Green Hills Community Action - Food Distribution Center

101 S Frame St, Hamilton, MO 64644, USA

Second Harvest Community Food Bank

915 Douglas Street, St. Joseph, MO 64501

(816) 364-3663 · shcfb.org

Regional Feeding America food bank serving northwestern Missouri. They supply food pantries, mobile distributions, and meal programs throughout Caldwell County and the surrounding area. Visit their website or call to find the food pantry or distribution closest to you.

Who it is for: Open to families and individuals in need of food.

Diapers & baby supplies 1 in Caldwell County

Bank Northwest

305 Main St, Polo, MO 64671, USA

(660) 354-2111 · banknw.com

Monday: 8:00 AM – 5:00 PM · Tuesday: 8:00 AM – 5:00 PM · Wednesday: 8:00 AM – 5:00 PM · Thursday: 8:00 AM – 5:00 PM · Friday: 8:00 AM – 6:00 PM · Saturday: 8:00 AM – 12:00 PM · Sunday: Closed

Who it is for: Most diaper banks serve any family in need; some ask for an ID or a referral from a partner agency. Call ahead to ask what to bring.

Maternal & infant health 6 in Caldwell County

Braymer City Hall

108 E 2nd St, Braymer, MO 64624, USA

(660) 645-2355

Monday: 7:30 AM – 3:30 PM · Tuesday: 7:30 AM – 3:30 PM · Wednesday: 7:30 AM – 3:30 PM · Thursday: 7:30 AM – 3:30 PM · Friday: 7:30 AM – 3:30 PM · Saturday: Closed · Sunday: Closed

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Caldwell County Health Department: car seat checks and car seats

Hamilton

816-586-2311

A certified Child Passenger Safety Technician checks your car seat, helps you choose the right seat, and shows you how to install it. Car seats may be available depending on funding and inventory. Appointments recommended; the technician is not in every day.

Who it is for: Families in and around Caldwell County. Call ahead so staff and seats are available.

Caldwell County Health Department: cribs and safe sleep

Hamilton

816-586-2311

Cribs for families who need a safe place for a baby to sleep, depending on funding and inventory, with safe sleep education. The main crib program has eligibility requirements, but staff can often find another option for families who do not qualify. A home visit may be available.

Who it is for: Families in and around Caldwell County. Ask about eligibility when you call.

Caldwell County Nutrition Site

410 Main St, Polo, MO 64671, USA

(660) 354-2213

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Missouri WIC (Women, Infants and Children)

1-800-835-5465 · health.mo.gov/living/families/wic

Free nutrition program for pregnant women, new moms, and children under 5. Provides healthy food benefits, breastfeeding support, and referrals. Call TEL-LINK or visit the site to find your local WIC clinic.

Who it is for: Pregnant, postpartum, or breastfeeding women and children under 5 who meet income guidelines

Nurses for Newborns

St. Louis

314-544-3433 · nursesfornewborns.org/missouri

Free in-home nurse visits for expecting and new parents across Missouri. Nurses check the health of mom and baby, teach newborn care and safe sleep, and connect families to other resources, all at no cost.

Who it is for: Expecting and new families; no cost

Healthcare & clinics 5 in Caldwell County

Caldwell County Health Department

255 W Main St, Kingston, MO 64650, USA

(816) 586-2311 · caldwellcountyhealth.com

Monday: 8:00 AM – 4:30 PM · Tuesday: 8:00 AM – 4:30 PM · Wednesday: 8:00 AM – 4:30 PM · Thursday: 8:00 AM – 4:30 PM · Friday: 8:00 AM – 4:30 PM · Saturday: Closed · Sunday: Closed

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Find a Community Health Center (Missouri Primary Care Association)

mo-pca.org/find-a-health-center

Missouri's Community Health Centers provide medical, dental, and behavioral health care on a sliding fee scale, regardless of insurance or ability to pay. Use the locator to find a center near you.

Who it is for: Open to all; sliding-scale fees based on income

Hamilton Family Health Center

103 N Davis St, Hamilton, MO 64644, USA

(816) 583-7839 · cameronregional.org/hamilton-mo-family-health

Monday: 8:30 AM – 4:30 PM · Tuesday: 8:30 AM – 4:30 PM · Wednesday: 8:30 AM – 4:30 PM · Thursday: 8:30 AM – 4:30 PM · Friday: 8:30 AM – 4:30 PM · Saturday: Closed · Sunday: Closed

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Hamilton Medical Clinic (Northwest Health Services)

101 Cross St, Hamilton, MO 64644, USA

(816) 583-2151 · nwhealth-services.org

Monday: 8:00 AM – 5:00 PM · Tuesday: 8:00 AM – 5:00 PM · Wednesday: 8:00 AM – 5:00 PM · Thursday: 8:00 AM – 5:00 PM · Friday: 8:00 AM – 5:00 PM · Saturday: Closed · Sunday: Closed

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Polo Family Health Center

198 Main St, Polo, MO 64671, USA

(660) 354-2550 · cameronregional.org/polo-mo-family-health

Monday: 8:00 AM – 4:00 PM · Tuesday: 8:00 AM – 4:00 PM · Wednesday: 8:00 AM – 4:00 PM · Thursday: 8:00 AM – 4:00 PM · Friday: 8:00 AM – 4:00 PM · Saturday: Closed · Sunday: Closed

Who it is for: WIC serves pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 in families with limited income. Many working families qualify, and families on Medicaid or SNAP automatically meet the income rule. Call to confirm and set up an appointment.

Childcare & early education 2 in Caldwell County

Child Care Aware of Missouri

St. Louis

866-892-3228 · mochildcareaware.org

Free help finding quality, affordable child care anywhere in Missouri. Specialists provide personalized referrals and information about child care assistance.

Who it is for: Open to all Missouri families

Head Start and Early Head Start (Missouri)

headstart.gov/center-locator

Free early learning, health, and family support for children from birth to age 5. Early Head Start also serves pregnant women. Use the center locator to find a program near you.

Who it is for: Families at or below the federal poverty level; foster, SSI/TANF, and homeless families may also qualify

Housing & shelter 2 in Caldwell County

Missouri 211 (United Way)

Dial 211 or 1-800-427-4626 · search.211helps.org

24 hours a day, 7 days a week

Free, confidential helpline available 24/7. Dial 211 to reach a specialist who can connect you to food, housing, rent and utility assistance, childcare, healthcare, and other local services.

Who it is for: Open to everyone

Missouri Housing Development Commission

Kansas City

(816) 759-6600 · mhdc.com/programs/housing-services

State housing agency that funds rental assistance, homeless services, and low-cost housing through local nonprofits and Community Action Agencies across Missouri. Visit the site to find housing help and your local agency.

Who it is for: Income-based; varies by program

Utilities & financial help 1 in Caldwell County

Missouri Energy Assistance (LIHEAP)

mydss.mo.gov/utility-assistance/liheap

Helps income-eligible households pay heating and cooling bills, including crisis help when you face disconnection or run out of fuel. Apply online or through your local Community Action Agency.

Who it is for: Income-eligible Missouri households

Mental & behavioral health 1 in Caldwell County

NAMI Missouri

800-950-6264 · namimissouri.org/resources/helpline

Support, education, and resource referrals for people living with mental illness and their families. Call the NAMI HelpLine for non-crisis support and connections to local programs.

Who it is for: Open to all; free

Domestic violence & safety 1 in Caldwell County

Missouri Coalition Against Domestic and Sexual Violence

Jefferson City

(573) 634-4161 · mocadsv.org/how-to-get-help

Connects survivors to local domestic and sexual violence programs across Missouri, including shelters, counseling, and court advocacy. Use their map to find a member agency near you. For 24/7 crisis help, call 1-800-799-7233.

Who it is for: Survivors of domestic or sexual violence

Legal Aid of Western Missouri

Kansas City

816-474-6750 · lawmo.org

Free civil legal help for low-income families in western Missouri, including the Kansas City, St. Joseph, and Joplin areas.

Who it is for: Low-income residents of western Missouri

Legal Services of Eastern Missouri

St. Louis

(314) 534-4200 · lsem.org

Free civil legal help for low-income families in eastern Missouri, including the St. Louis region. Handles issues like eviction, domestic violence, public benefits, and consumer problems.

Who it is for: Low-income residents of eastern Missouri

Legal Services of Southern Missouri

Springfield

(417) 881-1397 · lsosm.org

Free civil legal help for low-income families across southern Missouri, with offices in Springfield, Cape Girardeau, Sikeston, Rolla, and West Plains.

Who it is for: Low-income residents of southern Missouri

Mid-Missouri Legal Services

Columbia

mmls.org

Free civil legal help for low-income families in central Missouri, including the Columbia and Jefferson City areas.

Who it is for: Low-income residents of central Missouri

Employment & job training 1 in Caldwell County

Missouri Job Centers

(888) 728-5627 · jobs.mo.gov/job-centers

Free help finding work and training across Missouri. Job Centers offer job listings, computers and printers for your search, resume help, and skills-training programs.

Who it is for: Open to all job seekers

Transportation 1 in Caldwell County

OATS Transit

888-875-6287 · oatstransit.org

Nonprofit providing affordable, door-to-door transportation in 87 mostly rural Missouri counties for the general public, seniors, and people with disabilities. Call or visit the site to find service in your county.

Who it is for: Open to all ages in served counties

National helplines work anywhere in the United States

Feeding America Food Bank Finder

feedingamerica.org/find-your-local-foodbank

Find your local Feeding America food bank and nearby pantries anywhere in the United States.

Who it is for: Open to everyone

SNAP Food Assistance (USDA state directory)

fns.usda.gov/snap/state-directory

Apply for SNAP (food stamps) to help buy groceries. Use the directory to find your state SNAP office and application.

Who it is for: Income-eligible households

USDA National Hunger Hotline

1-866-348-6479 · fns.usda.gov/meals4kids

Monday to Friday, 7am to 10pm ET

Free help finding food assistance anywhere in the country. Call to be connected with food pantries, meal sites, and benefit programs. Available in English and Spanish.

Who it is for: Open to everyone

National Diaper Bank Network

nationaldiaperbanknetwork.org/get-help

Find a diaper bank near you anywhere in the United States.

Who it is for: Families in need of diapers

National Maternal Mental Health Hotline

1-833-852-6262 · mchb.hrsa.gov/national-maternal-mental-health-hotline

24 hours a day, 7 days a week

Free, confidential support before, during, and after pregnancy. Call or text 24/7; interpreter services available.

Who it is for: Pregnant and postpartum people and their families

Postpartum Support International

1-800-944-4773 · postpartum.net

Support and resources for parents experiencing perinatal mood and anxiety challenges. Call or text the helpline to be connected with local support.

Who it is for: New and expecting parents

WIC Nutrition Program (USDA)

fns.usda.gov/wic/applicant

Free healthy food, nutrition support, and breastfeeding help for pregnant and postpartum women, infants, and children under 5. Find and apply at your local WIC clinic.

Who it is for: Income-eligible pregnant and postpartum women, infants, and children under 5

Find a Health Center (HRSA)

findahealthcenter.hrsa.gov

Find a community health center near you that provides care on a sliding fee scale, regardless of insurance or ability to pay.

Who it is for: Open to all; sliding-scale fees

Health Insurance Marketplace (HealthCare.gov)

1-800-318-2596 · healthcare.gov

24 hours a day, 7 days a week

Enroll in health coverage for your family, with financial help based on income. Call or apply online; the call center is open 24/7.

Who it is for: Open to all; subsidies based on income

Insure Kids Now (Medicaid and CHIP for children)

1-877-543-7669 · insurekidsnow.gov

Free or low-cost health and dental coverage for children and teens through Medicaid and CHIP. Call to be connected with your state program and get help enrolling.

Who it is for: Children and teens in income-eligible families

Childcare.gov

childcare.gov

Find child care options, financial assistance, and your state child care resources anywhere in the United States.

Who it is for: Open to all families

Head Start and Early Head Start

acf.hhs.gov/ohs/find-head-start

Free early education, child care, and family support for income-eligible families with children from birth to age 5. Use the locator to find a program near you.

Who it is for: Income-eligible families with children birth to age 5

211 (United Way)

Dial 211 · 211.org

24 hours a day, 7 days a week

Free, confidential help available 24/7 in every state. Dial 211 to connect with local resources for housing, food, utilities, healthcare, and more.

Who it is for: Open to everyone

HUD Housing Counseling

1-800-569-4287 · hud.gov/findacounselor

Free, HUD-approved counseling for renters and homeowners. Get help finding rental assistance, avoiding eviction or foreclosure, and locating affordable housing.

Who it is for: Open to renters and homeowners

National Runaway Safeline

1-800-786-2929 · 1800runaway.org

24 hours a day, 7 days a week

Help and resources for youth experiencing homelessness or thinking about running away, and for their families. Available 24/7 by call, text, or chat.

Who it is for: Youth and families

LIHEAP Energy Assistance (National Energy Assistance Referral)

1-866-674-6327 · liheapch.acf.gov/get_help.htm

Monday to Friday, 9am to 7pm ET

Free help paying heating and cooling bills. Call to be connected with the energy assistance office that serves your area, or visit EnergyHelp.us to find it.

Who it is for: Income-eligible households

988 Suicide and Crisis Lifeline

988 · 988lifeline.org

24 hours a day, 7 days a week

Free, confidential crisis support available 24/7 for anyone in emotional distress or thinking about suicide. Call or text 988, or chat online. Help is available in English and Spanish.

Who it is for: Anyone in crisis; free and confidential

Disaster Distress Helpline

1-800-985-5990 · samhsa.gov/find-help/disaster-distress-helpline

24 hours a day, 7 days a week

Free, confidential crisis counseling for anyone in emotional distress related to a disaster. Call or text 24/7.

Who it is for: Anyone affected by a disaster

SAMHSA National Helpline

1-800-662-4357 · samhsa.gov/find-help/national-helpline

24 hours a day, 7 days a week

Free, confidential, 24/7 treatment referral and information for mental health and substance use, in English and Spanish.

Who it is for: Open to everyone; free and confidential

Childhelp National Child Abuse Hotline

1-800-422-4453 · childhelphotline.org

24/7 confidential support for children, teens, parents, and anyone worried about a child. Counselors answer questions, talk through difficult situations, and connect you with local resources. Call or text.

National Domestic Violence Hotline

1-800-799-7233 · thehotline.org

24 hours a day, 7 days a week

Free, confidential support 24/7 for anyone affected by domestic violence. Call, text START to 88788, or chat online to talk with an advocate, plan for safety, and find local help.

Who it is for: Anyone affected by domestic violence; free and confidential

RAINN National Sexual Assault Hotline

1-800-656-4673 · rainn.org

24 hours a day, 7 days a week

Free, confidential support for survivors of sexual assault, available 24/7. Call or chat online to reach a trained advocate.

Who it is for: Survivors of sexual assault; free and confidential

Find Legal Aid (Legal Services Corporation)

lsc.gov/find-legal-aid

Search for the free civil legal aid office that serves your county. LSC funds nonprofit legal aid organizations in every state for issues like housing, custody, benefits, and debt.

LawHelp.org (free legal aid finder)

lawhelp.org

Find free legal aid and self-help resources in your state for housing, family, public benefits, safety, and more.

Who it is for: Income-eligible individuals and families

CareerOneStop (U.S. Department of Labor)

careeronestop.org

Free job search help, training and certification info, and resume guidance from the U.S. Department of Labor. Use the Local Help section to find your nearest American Job Center for free in-person employment services.

211 Transportation Help (United Way)

Dial 211 · 211.org

Free, confidential referrals to local transportation help such as rides to medical appointments, bus passes, and gas vouchers where available. If you have Medicaid, also ask your state Medicaid office about free rides to covered medical appointments.

Boys & Girls Clubs of America (club finder)

bgca.org/get-involved/find-a-club

After-school and summer programs for ages 6 to 18, including sports leagues, STEM labs, and meals at many clubs. Use the finder to locate a club near you.

Dolly Parton's Imagination Library

imaginationlibrary.com/usa/find-my-program

Free, age-appropriate books mailed each month to children from birth to age 5, at no cost to families. Available where a local program operates; use the finder to check your area and register your child online.

Who it is for: Any Missouri child under age 5, regardless of income

YMCA (Find Your Y)

ymca.org/find-your-y

Youth programs, child care, camps, and family activities at local YMCAs nationwide. Use the locator to find your nearest Y and see which youth programs it offers.
