**RESOURCE GUIDE**

**Page 1. Index**

**Page 2. Columbus Technical College Resources**

**A Students Guide to Managing Stress**

**Childcare**

**Clothing**

**Page 3. Domestic Violence**

 **Emergency Shelter**

**Page 4. Employment**

 **Family Assistance**

**Page 5. Financial Assistance**

 **Food**

 **Legal Services**

**Page 6. Medical / Health Care**

 **Mental Health & Substance Abuse**

**Page 7. Miscellaneous**

**Page 8. Miscellaneous Cont.**

 **Transportation**

**Page 9. Transportation Cont.**

 **Veterans Resources**

**Columbus Technical College Resources**

**Academic Support**

A Link to the [Academic Support Page](https://www.columbustech.edu/academics/support.cms)

**Library**

Link to [Library services](https://www.columbustech.edu/academics/library.cms)

**FREE English Language Acquisition (ELA) or English Language Learner (ELL)**

[Adult Education English Language Learner Page](https://www.columbustech.edu/adult-education/esl.cms)

**A Students Guide to Managing Stress**

A Link to [Balancing Stress As A College Student](http://www.bestcolleges.com/resources/balancing-stress/#what-is-stress)

A Link to [Managing Stress As A College Student](http://college.usatoday.com/2015/03/02/3-surefire-tips-for-managing-stress-as-a-college-student/)

**Childcare**

**GA Dept. of Early Care and Learning**

A Link to [A Provider Search for Daycares in Georgia](http://www.decal.ga.gov/ProviderSearch/ChildCare)

**Clothing**

**HelpColumbus.com**

A Link to [Resources for Clothing Assistance](http://helpcolumbus.com/clothing)

**Domestic Violence**

**Hope Harbor**

A link to [Resources for domestic violence](http://www.hopeharbour.org/services)

If you need assistance, please call the crisis line at 706-324-3850

Support Group for Survivors of Domestic Violence - Ronald McDonald House
1959 Hamilton Road
Columbus, GA 31904

For more information about the support groups please call 706-221-4774

**Additional Resources:**

* **Russell County Shelter for Battered Women**, 334-297-4401, Battered women shelter & rape response
* **Sexual Assault Support Center**, 706-571-1908

**Emergency Shelter**

* **SRO (Job's House)**, 706-571-2878 ext 2878, 1235 5th Avenue, Columbus, GA 31901: Single Room Occupancy for Men and Women (must be homeless to qualify)
* **Damascus Way**, 706-653-2061, 1200 11th Avenue, Columbus, GA 31901: Shelter for Women and Children
* **House of Mercy**, 706-322-6463, 1532 3rd Avenue, Columbus, GA 31901: Shelter for Men, Women, and Children
* **Open Door Community House**, 706-323-5518, 2405 2nd Avenue, Columbus, GA 31901: Transitional Shelter for Women
* **Salvation Army**, 706-327-0275, 1718 2nd Avenue, Columbus, GA 31901: Shelter for Men
* **Valley Rescue Mission**, 706-322-8267, 2903 2nd Avenue, Columbus, GA 31904: Shelter for Men

**Employment**

**GA Dept. of Labor**

A Link to [Georgia Department of Labor Site](https://dol.georgia.gov/)

Additional Resources:

* **Division of Rehabilitation Services**, 706-649-7400, 233 12th Street, Suite 911, Columbus, GA 31901: Rehabilitation training for people with disabilities
* **Experience Works**, 706-596-0490: Training for adults 55 and older
* **GA Department of Labor**, 706-649-7423, 700 Veterans Parkway, Columbus, GA 31901
* **Georgia Job Tips,** 706-322-6255, 1520 3rd Avenue, Suite 1, Columbus, GA 31901
* **Goodwill Industries**, 706-324-4366, 1955 Northside Industrial Blvd, Columbus, GA 31904: Rehabilitation training for people with disabilities
* **Work Force Investment Act (WIA)**, 706-653-4529, 420 10th Street, Columbus, GA 31901: Training for unskilled youths and adults

**Family Assistance**

**The Family Center** (706) 327-3238

A Link to [The Family Center Contact Us](http://thefamilyctr.org/plaintext/contactus/contactus.aspx)

* Family Counseling
* FAST™ (Families and Schools Together)
* Consumer Credit Counseling
* Big Brothers Big Sisters

**Pastoral Institute** / Columbus GA Office (706) 649-6500 or 1-800-649-6446

 Valley Alabama Office 334-768-2341

A Link to [The Pastoral Institute Website](http://www.pilink.org/)

**Financial Assistance**

**Urban League of Greater Columbus, Inc.** (706) 323-3687

**Samaritan Fund** (706) 327-4958

**Enrichment Services Program, Inc.** (706) 649-1600

**Food**

A Link to [A Local List of Food Resources](http://www.foodpantries.org/ci/ga-columbus)

Text **FOOD** to 877877 – enter your zip code – receive a detailed list of places offering meals (breakfast, lunch and dinner)

**AL Food Stamp & Temporary Assistance for Needy Families (TANF) Office,** 334-214-5780, 1003 25th Ave., Phenix City, AL

**GA Food Stamp & Temporary Assistance for Needy Families (TANF) Office**, 706-649-7311, 2100 Comer Ave, Columbus, GA 31906

**Legal Services**

* **Georgia Legal Services**, 706-649-7493, 1036 1st Avenue, Columbus, GA 31901: Assists with reduced-fee GA state identification

**Medical/Health Care**

* **AIDS Outreach of East Alabama**, 1-800-799-4967: Assists HIV+ individuals in East Central Alabama
* **Columbus Health Department**, 706-321-6300, 2100 Comer Avenue, Columbus, GA 31904
* **National Poison Control Center,** 1-800-222-1222
* **Outpatient Clinic**, 706-321-3710, 2100 Comer Ave, 2nd Floor, Columbus, GA 31904: Provides medical services for Muscogee County residents (must have been a resident for the past 90 days and meet other eligibility requirements), open: 7:30AM - 4:30PM
* **Russell County Health Department**, 334-297-0251, 1850 Crawford Rd., Phenix City, AL 36867

**MENTAL HEALTH & SUBSTANCE ABUSE SERVICES**

* **Alcoholics Anonymous**, 706-327-6078
* **American Work**, 706-494-7796, 1-866-678-7144: Mental health and substance abuse treatment
* **NAMI**, 706-320-3755: Advocacy, information and support groups
* **Narcotics Anonymous,** 1-800-347-5304
* **New Horizons**, 706-323-0174,1-800-241-3659: Mental health and substance abuse treatment
* **PATH Program**, 706-596-5530, Outreach, mental health and case management services
* **Transgender Suicide Hotline - TRANS LIFELINE 877-565-8860**

**Miscellaneous**

AFFORDABLE HOUSING

* **Columbus Housing Authority**, 706-571-2873, 1180 Martin L. King Blvd., Columbus, GA 31906
* **Georgia Housing Search**, A Link to [A Housing Search in Georgia](http://georgiahousingsearch.org/)  - Georgia Housing Search database
* **Phenix City Housing Authority**, 334-298-7803, 200 16th Street, Phenix City, AL 36867
* **Housing Opportunities for Persons Living with HIV or AIDS (HOPWA)**, 706-571-0132: Assists HIV+ individuals in West Central Georgia

IDENTIFICATION

* **AL Department of Public Safety (Driver's License Bureau)**, 334-298-1953, 1206 7th Ave., Phenix City, AL 36867
* **GA Department of Motor Vehicle (Driver's License Bureau)**, 706-569-3033 or 1-866-754-3687, 8397 Macon Road, Midland, GA 31820
* **Social Security Administration**, 706-494-6171 or 1-800-772-1213, 7263 North Lake Drive, Columbus, GA

Misc. Services

* **Open Door Showering Program**, 706-323-5518, Open Door Community House, 2405 2nd Avenue
* **Area Agency on Aging**, 706-256-2910 or 1-800-249-7468: Must be age sixty (60) or older or have a disability
* **Teenage Parenting Center (TAP)**

**2701 11th Avenue
Columbus, GA - 31902
(706)649-7500**

* **United Way Community Resources Call 211 or 1-888-421-1266 for AL & GA**
* [**University of Georgia Cooperative Extension Service**](http://www.wicprograms.org/li/ga_university-of-georgia-cooperative-extension-service)

**402 19th Street
Columbus, GA - 31901
(706) 653-4200** \* Budgeting class\* Food/diet preparation\* Diabetes support group\* Information and resources on Diabetes and Blood pressure

**Transportation**

**COLUMBUS, GA METRA (BUS)**

A Link to [Columbus Georgia Metra Bus Information](http://www.columbusga.org/metra/metra.htm)

**Customer Service**

**Phone:** (706) 225-4673
**Bus Schedule Information:** (706) 225-4673
**TDD Schedule Information:** (706) 653-4414 (Hearing Impaired)
**Dial-A-Ride / Paratransit:** (706) 225-4596
**Número de Servicio al Cliente en Español:**706-225-4606

**PHENIX CITY, AL PEX (BUS)**

A link to [Phenix City Public Transportation Information](http://www.lrcog.com/pex.html)

PEX Fixed Route travels into Columbus, GA to drop passengers off at a METRA stop to allow riders to transfer to a METRA bus.  PEX also offers a paratransit service into Columbus, GA for medical visits only.

**For questions or to request transit forms, please call 334-749-9092 or**
**1-877-743-3739 (1-877-Ride-PEX)**

**Yellow Cab of Columbus, GA** (706) 322-1616

**Eagle Cab / Warrior Cab / Liberty Taxi / Fort Benning Taxi Service** (706) 333-3333

**Radio/Coop Taxi Service** (706) 322-0700

**Veterans**

* **National Veterans Crisis Line 800-273-8255**
* **Central Alabama Veterans Health Care System**
* **Suicide Prevention Team 1-800-214-8387 or 334-727-0550**
* **Talk to a chaplain (VA 334-727-0550. X3372)**
* Veterans Chat –A Link to [A Suicide Prevention Helpline For Veterans](http://www.suicidepreventionlifeline.org/Veterans)
* **VA Community Based Outpatient Clinic**, 706-257-7200, 1310 13th Ave, Columbus, GA 31906: Provides medical services for Veterans

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**The Community Resource List is Continually Being Updated – Please contact me if you offer community resources or you know of resources that could be added…**

**Dawn Evans Columbus Technical College Special Services Coordinator 706.649.7514 / Email** **devans@columbustech.edu**

A Link to [**Columbus Technical College Website**](http://www.columbustech.edu/)