

# SELF-RESCUE MANUAL

## **Do's and Don'ts for those of us who need some help!**

- This manual is for people who want to help themselves.
- You are responsible for bringing **photo identification**, passport, or some form of identification with a photo, Social Security numbers of your family, and / or a proof of address such as an envelope with your current address if your photo ID does not show your current address. If you are an **undocumented citizen**, call the agency to determine what information they need to be able to help you.
- Many of these agencies accept **Medicaid** but ask first.
- It is always best to **call first** to be sure that the agency has what you need and what papers you should bring to your appointment. You may get an answering machine so be prepared to have a phone number to leave with the agency.
- Do not expect **same day service**.
- Do not **wait** until the last minute to deal with a problem.
- **Thank** people who you talk to at the agencies. Often they are volunteers and are not getting paid!
- Each agency has **rules** and you may have to return with more information. Stay **calm!**
- Many agencies have several services and will have a star to indicate they are listed under other categories. ★

This manual has been a joint effort of many people. Marjie Jacobs recognized the need for a “user friendly” list of services in the Treasure Valley. She had help from various Boise School District School Social Workers and BSU social work students.

Please e-mail updates to:  
[selfrescuemanual@gmail.com](mailto:selfrescuemanual@gmail.com) so that this will be an accurate document. Please type **Self-Rescue Manual** in the subject or your e-mail may get lost in security.

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**This is the latest updated version of the Self-Rescue Manual for 2011.** Each edition has a date at the bottom of each page. New editions will be downloaded regularly. The Fall 2010 update is complete.

Any information in this manual is intended for informational purposes only and every attempt has been made to make it accurate.

## CLOTHING AND FURNITURE

<b>If prices seem too high, ask to speak to manager to "discuss" prices.</b>	
<b>Agape in Action</b> <b>685-0612</b> Free groceries, clothing, & toiletries the last Saturday of each month from 1-4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September - December. <b>Interview clothes</b> available. Call for special appointment. <a href="http://www.agapeworship.com">www.agapeworship.com</a>	★
<b>Assistance League of Boise Thrift Shop</b> <b>377-4327</b> 5825 Glenwood Reasonably priced <b>used clothing &amp; household items</b> (shoes, books, linens, small furniture). M 1:30-5 T-F 10-5, Sa 10-4	★
<b>BHM Foundation for Recreational Safety</b> <b>322-1730</b> <a href="http://www.bhmidaho.org">www.bhmidaho.org</a> Will give away <b>free children's helmets</b> . Must call for more information.	★
<b>Birthingright of Boise</b> <b>342-1898</b> <b>1-800-550-4900</b> 24-hour hotline 1101 N 28th #A Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available, free pregnancy test & pregnancy support. Pro-life. Call before you come to make sure we are open. <a href="http://www.birthingright.org">www.birthingright.org</a>	
<b>Boise Rescue Mission Ministry Center</b> <b>368-0824</b> Warehouse is located at 308 S 24th St. Call first to receive a voucher. Warehouse is open M-F 9-5 & Sa 9-12. Vouchers can only be redeemed M-W. Warehouse has clothing for men, women & children & may have other items such as household goods. Spanish speaker available occasionally.	★
<b>Cinderella's Closet</b> <b>377-4327</b> (press 5 then 2) 5825 Glenwood (Behind Assistance League Thrift Shop) Local high school students with Ada County High School I.D., may borrow from large selection of donated formal wear (gowns & tuxedos), for a non-refundable \$10 fee. Fall season (Sept. & Oct.), Spring season (April & May) Wednesdays 3:30 to 5:30 & Saturdays 12 to 4	★
<b>City Light Home for Women &amp; Children</b> <b>368-9901</b> 1404 W Jefferson or Light House 472 Caldwell Blvd (Nampa) (Boise Rescue Mission); Women & children can get voucher for <b>free clothing</b> . Warehouse @ 368-0824 (308 S 24th St) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher.	★
<b>Deseret Industries Thrift Store</b> <b>1-800-453-3860</b> <b>New &amp; used furniture</b> 10740 Fairview clothing for men, women (maternity, wedding, & prom dresses) & children. <b>No delivery</b> . Potential help via local LDS Bishop (do not have to be LDS). To find out who the LDS bishop is where you live, call the 800 number above. If you do not have an address, then call the Transient Bishop at 319-0476. M 10-6, T-F 10-9, Sa 10-8	★
<b>Dress for Success Boise Valley</b> <b>288-4405</b> Debi 2760 E Fairview Agency referral only. <b>For women only</b> . Once referred, <b>1 interview suit</b> will be provided as well as hair/make-up for job interview. After being hired, can return for 1 more outfit. Tue, Wed, Th 1-3	
<b>El-Ada Outreach</b> <b>345-2820</b> 2250 S Vista Food pantry, <b>free blankets</b> & personal <b>hygiene packs</b> for women, men, children, as available. Undocumented citizens will be served. M-F 8-4:30	★
<b>El-Ada Garden City</b> <b>377-0700</b> 701 E 44th #2 Food pantry, free blankets & personal <b>hygiene packs</b> for men, women, & children as available. Undocumented citizens will be served. M-F 9-4	★
<b>Goodwill Industries Thrift Store</b> <b>321-9172</b> New/used <b>clothing</b> 1465 S Vinnell Way (Overland/Wal-Mart) <b>furniture</b> for sale. M-Sa 9-9, Su 11-6	★
<b>Hope's Door Thrift Store</b> <b>459-2191</b> New & used <b>clothing &amp; furniture</b> for sale. ★ 502 Main St Caldwell Call for a voucher. <b>Spanish speaking</b> M-F 11-4, Sat 11-5	★
<b>Idaho Youth Ranch Thrift Shops</b> M-Sa 9-6, Su 12-5 ★ 1417 S Main <b>343-2506</b> 250 N Orchard <b>378-8081</b> 1501 S 5 Mile <b>375-1242</b> 3840 Chinden <b>433-1661</b> 3621 Overland <b>331-7739</b> 7054 W State <b>853-1408</b> 10353 Fairview <b>322-3610</b> 231 Main, Meridian <b>895-8433</b> <b>Outlet Store</b> 5465 W Irving (between Curtis & Orchard) <b>\$.50/clothing item &amp; cheaper furniture</b> than other stores. <b>Used furniture &amp; clothing</b> for sale. M-Sa 10-4	
<b>Kid to Kid</b> <b>376-6488</b> Used furniture, baby equip, children & maternity clothes 1507 N Milwaukee (Fairview) (sizes 0-14), shoes, toys. M-Sa 10-8, Sun 12-5	
<b>Lighthouse Rescue Mission</b> <b>461-5030</b> 472 Caldwell Blvd in Nampa Men can get free clothing.	★
<b>Meridian United Methodist Church Thrift Store</b> <b>888-2245</b> 235 E Pine AveMeridian Clothing & small household items, vouchers sometimes available. T & F 11-2	★
<b>Other Mothers</b> <b>376-485</b> Used furniture, junior teen/tween clothing children & maternity clothes (sizes 0-14). Fri & Sat of the month there is a <b>25¢ sale</b> . M-Sa 10-7	★
<b>Rascals Rack</b> <b>336-3893</b> 2nd hand children's clothing & accessory store. 4618 W State St Clothing (newborn to 16 size), toys, furniture, crib bedding, shoes, kids accessories, & books. 99¢ rack. <a href="http://www.rascalsrack.com">www.rascalsrack.com</a> F 10-7, Sat 10-5	
<b>Redeemer Lutheran Church</b> <b>344-6758</b> Wash, Wipe & Wrap 2920 Cassia; Only offer <b>Free diapers, laundry soap &amp; toilet paper</b> . Use once/month. Open 3 <sup>rd</sup> Saturday of month 1-3pm.	
<b>St Luke's Women's &amp; Children's Community Education</b> <b>381-3033</b> 103 W State; Reduced cost infant, toddler and booster <b>car seats</b> for purchase with proof of <b>low-income</b> status.	★
<b>St Vincent de Paul Help Line</b> <b>331-2208</b> Zip code determines closest church where you will be referred. Must leave phone number for call back.	★
<b>St Vincent de Paul Thrift Store</b> <b>Used furniture &amp; clothing</b> for sale. 6464 W State Boise <b>853-4921</b> For clothing vouchers call 331-2208. 213 N Main Meridian <b>888-9101</b> M-Sa 9:30-6	★
<b>Salvation Army</b> <b>343-5429</b> 4308 W State M-F 9-4 <b>Family Assistance</b> office at 4308 W State <b>Clothing vouchers</b> for Salvation Army Thrift Store given out Thursdays @ 9am at 4308 W State (need ID & proof of residency). Adults 1 visit/year, children 1 visit every 6 months. Bring proof of address (envelope/bill), photo ID for every family member, must live in Ada County.	★
<b>Treasure Valley Community Resource Center (TVCR)</b> <b>459-9263</b> Info & referral on human services - ID & East OR via phone. M-F 10-3	★
<b>Whitney United Methodist Church</b> <b>Joseph's Closet</b> <b>343-2892</b> 3315 Overland; (by Owyhee) Free <b>winter clothing</b> . Open Saturdays 10:30 - 12:30 & 3 <sup>rd</sup> Friday of month 5:30 - 7:30 pm CLOSED 12/25/10 & 1/1/11	★

## COUNSELING AND MENTAL HEALTH SERVICES

<p><b>A Better Life/Ginny/Marie Wellness Center 323-1290</b> <a href="http://www.wconcepts.com">www.wconcepts.com</a> 371-3777 2925 Airport Way <b>emergency#</b>. Personal/couples/family counseling \$25.Group \$15.</p>	<p><b>LDS Family Social Services 376-0191</b> Bishop may pay fees, insurance. ★ 10740 Fairview Individual &amp; birth parent counseling, adoption services. M-F 8-5</p>
<p><b>About Balance Mental Health 342-6300</b> Medicaid &amp; sliding fee (\$40 min) 6550 Emerald #108 Intern counseling for people with no income. PSR, case mgmt, counseling, case/meds mgmt, psychiatrist. M-F 9-5</p>	<p><b>Leyline Advocates 344-9797</b> PSR, case mgmt, service coordination, counseling 250 Bobwhite Ct #230 services, accepts adult &amp; children with Medicaid.</p>
<p><b>Access Behavioral Health 338-4699</b> Medicaid, Medicare, self-pay, insurance. ★ 1276 River #100 Therapy (play, EMDR, dev), meds/case mgmt. \$15-interns.PSR, Spanish. M-F 8:30-5</p>	<p><b>Life Counseling Center 465-5433</b> Medicaid, sliding fee, insurance, Spanish. 123 N Yale Nampa Individual, couple, family, play therapy, PSR, case/med mgmt.</p>
<p><b>Access Living 922-2207</b> Medicaid, slide fee. PSR, IBI therapy, child dev therapy, 690 S Industry Wy #45 Meridian counseling, adult day trmt, meds/case mgmt, PSR M-F 8:30-6 Kuna: Tue Thur 1:30-5:30, Caldwell: M &amp; F 8-5-After hours available upon phone request.</p>	<p><b>Living Hope Clinic 378-1122</b> Medicaid/Medicare, insurance, sliding fee, \$55 min, 3308 N Cole #A Marriage/family/children therapy, learning/behavioral issue, LD/ADHD evals.M-F 8-5 &amp;nights</p>
<p><b>Affinity 375-0752</b> Medicaid &amp; insurance Individual, family, &amp; play therapy, PSR. 8100 W Emerald #150 Psychiatrist, nurse practitioner, Spanish. M-F 8-6</p>	<p><b>Lutheran Community Services 323-0996</b> Families, individuals, play therapy, 2920 Cassia anxiety disorder, PTSD &amp; bipolar, no sub abuse treat. Sliding fee, insurance, \$55 LPC. Call ahead. M-F 9-5</p>
<p><b>All Seasons Mental Health 321-0634</b> Medicaid, insurance. Primary care, psych ★ 8050 W Rifleman #100 testing, psychiatry, meds mgmt, counseling, case man, PSR, developmental services, Healthy Connections provider. Boise, Nampa, Mountain Home. Evenings by appointment. Bi-Lingual counseling in, Provide 14 language interpreters including Farsi, Arabic, Russian, at Boise office.</p>	<p><b>Methodist Counseling Center 319-1002</b> Counseling individuals, couples &amp; ★ 717 N 11th (Hays) families.Scholarship &amp; slide fee, insurance.M-Su 9-6 &amp; nights</p>
<p><b>All Together Now 336-9591</b> Medicaid/Medicare, sliding fee.Individual, family, groups, 1111 S Orchard #174 marriage/kids play therapy.For PSR, TSC, &amp; med mgmt call 336-4504.alltogether-now.com</p>	<p><b>Mountain States Group Mental Health 336-5533</b> Medicaid. Individual counseling, 1607 W Jefferson medication management, psychosocial rehabilitation, targeted, service coordination, &amp; Social Security representative payee services. Psychiatrist, Licensed Clinical Professional Counselor, social workers, &amp; PSR specialists.</p>
<p><b>Allied Mental Health Services 286-7967</b> Medicaid &amp; sliding fee. Spanish. 11104 W State Star TSC, counseling, meds mgmt. Call for appointment.</p>	<p><b>Mountain View Behavioral Health 322-5354</b> Case man, psychl rehab, therapy for 5593 N Glenwood families, individuals, children, med mgmt. EMDR. Medicaid, insurance, sliding fee.</p>
<p><b>Ascent Behavior Health 898-9755</b> Drug Ed group, individual, teen, adult dual 366 SW 5th Ave #100 Meridian diagnosis, med mgmt, substance abuse treat. Self- pay, insurance, state funding for Medicaid- \$150 first eval, \$55 groups (for self pay) M-F 9-6</p>	<p><b>Omega Mental Health 853-0071</b> Medicaid, Medicare, insurance. Spanish ★ 5985 W State Sub abuse, teens (12+), adults. M, T, Th 9-8; W 9-5; F 9-4</p>
<p><b>Aspen Mental Health 342-2950</b> Medicaid 2316 N Cole Suite B insurance. meds mgmt, counseling. M-F 9-6</p>	<p><b>Pioneer Health Resources 322-1026</b> Medicaid PSR, case/meds mgmt, 890 N Cole Boise &amp; 1016 W Sanetta Nampa counseling/therapy or adults &amp; children.</p>
<p><b>Bell Counseling No Medicaid, insurance, state funding. Teen &amp; adult groups, ★</b> anger management, family/marriage therapy, parenting, dual diagnosis. 1076 N Cole Boise 376-2577 4615 S Locust Grove Meridian 288-1079 877 Main Caldwell 459-6557 621 S Washington Emmett 365-1060</p>	<p><b>Riverside Rehab 853-8536</b> Medicaid &amp; insurance. Psychiatrist, nurse 7735 W Riverside practitioner, adults, reduced rate counseling &amp; animal as Spanish assisted therapy, children, family &amp; sand play therapy, case man, &amp; PSR.</p>
<p><b>Big Brothers/Big Sisters of SW Idaho 377-2552</b> ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).</p>	<p><b>Rocky Mountain Behavioral Health 336-2308</b> Medicaid 4802 Kootenai Individual &amp; family counseling, PSR, meds mgmt, MD, PHD.</p>
<p><b>Boise Behavioral Health Hospital/Clinic 327-0504</b> Medicaid, Medicare, insurance. 8050 Northview Outpatient counselors &amp; nurse practitioner for ages 18 &amp; up. Spanish.</p>	<p><b>Safe Place Ministries 323-2169 or 1-888-776-4443</b> Christian based. ★ 723 N Mitchell #101 Education &amp; counseling for victims of domestic violence &amp; sexual assault. Legal aid referrals. Fee schedule is donation based. No one will be denied for inability to pay. <a href="http://www.safeplaceministries.com">www.safeplaceministries.com</a></p>
<p><b>Boise Rescue Mission Ministries. Free counseling &amp; mental health consultation ★</b> Men call 389-9840 Stuart. Women call 368-9901 &amp; ask for Guest Services.</p>	<p><b>St Alphonsus Behavioral Health Outpatient 367-6500</b> Medicaid ★ 131 N Allumbaugh Therapy for children &amp; adults, groups, medicine management, MD. Inpatient for children under 12, adult inpatient. M-F 8-5:30</p>
<p><b>Catholic Charities of Idaho 345-6031</b> No Medicaid, sliding fee (\$10-50) Spanish ★ 4202 W Emerald Individual/group/family, parent ed &amp; senior services. Immigration /legal counseling in Nampa 466-9926 Monica Salazar <a href="http://CatholicCharitiesIdaho.org">CatholicCharitiesIdaho.org</a></p>	<p><b>St Alphonsus Family Center CARE Clinic 367-2126</b> Pregnant refugee women, ★ 900 N. Liberty #100 ALL babies, age 12 months &amp; younger, with refugee parents, possibly pregnant refugee women (with no insurance or Medicaid) who may need help in providing care for themselves &amp; baby. Help in applying for Medicaid, pregnancy tests, prenatal exams, well-baby checks, immunizations, &amp; ed classes.</p>
<p><b>Center For Human Growth 888-3151</b> Medicaid, slide fee, insurance, self pay. Med 1650 Topaz Ave Meridian, mgmt,PSR, counseling all ages. Interns \$15 for indiv, \$20 for family &amp; couples. Adult day treatment.</p>	<p><b>Salud y Provecho Clinic 454-8632</b> Domestic violence victim counseling &amp; referral. ★ 1737 Happyday Blvd #180 Caldwell 24 hr help for victims, parenting class.</p>
<p><b>Cleanwater Rehabilitation Services 322-5859</b> Medicaid, insurance. PSR, 8400 W Fairview case &amp; med mgmt, therapy services for adults &amp; children.</p>	<p><b>Free. Spanish speakers, mental health/medical for individual, groups (victims &amp; male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) substance abuse group. Medicaid assessments only. M-F 8:30-5:30</b></p>
<p><b>Community Connections 377-9814</b> Medicaid <a href="http://www.cciidaho.com">www.cciidaho.com</a> Therapy &amp; support 1675 S Maple Grove, 158 McClure Ave-Nampa services to children /adults with developmental disabilities.</p>	<p><b>SANE SOLUTIONS &amp; Family Violence Prevention</b> M-Th 8-12, 1-5 front office hours Counseling for sexual abuse victims, juvenile &amp; adult, protective parenting, &amp; personal safety classes. Insurance, Medicaid, Victim's Compensation, sliding fee, self-pay, &amp; some grants available. Offices in Boise 323-9600 &amp; Nampa 463-2314.</p>
<p><b>Community Outreach Counseling Center 466-7443</b> Spanish Serving individuals at 4 Treasure Valley Locations, free mental health consultations.</p>	<p><b>Treatment program for adult &amp; juvenile sexual offenders, individual &amp; group in Boise, Nampa, &amp; Ontario 345-1170. Medicaid, self-pay. Treatment groups for domestic violence offenders. Self-pay only in Boise, Nampa, Mt. Home 345-1170</b></p>
<p><b>Community Partnerships of Idaho 376-4999</b> Tina Barker <a href="http://cp-of-idaho.com">cp-of-idaho.com</a> Medicaid &amp; ★ 3076 N Five Mile insurance. Counseling &amp; groups, PSR, developmental therapy, Spanish, IBI, residential rehab, case mgmt, employment services, behavioral &amp; recreational therapy, finds housing for disabled, psych, employment services.</p>	<p><b>Table Rock Counseling Jacob Durtschi 890-8391</b> Bilingual Spanish/Eng counseling. 216 W State Counseling individuals, couples &amp; families.Sliding fee down to \$40.</p>
<p><b>Community Support Center 429-0330</b> Medicaid &amp; insurance. M-Th 8-4 716 N Orchard Day Treatment, Groups, dual-diagnosis, skill building, age18+.</p>	<p><b>Terry Reilly Health Clinic Nampa 467-5282</b> Medicare/Medicaid/ins/sliding fee ★ 223 16 Ave N Teen Clinic, Dental Services, Behavior Health Center, Spanish, pharmacy &amp; counseling. Undocumented citizens without proof of income can receive free non-emergency treatment. Bring 4 weeks of pay stubs.</p>
<p><b>Cornerstone Psychological Ass 373-0790</b> Medicaid, insurance.PSR, psych evals, 1755 Westgate #260 Individual/marriage/family/play therapy/case mgmt. M-Th 8-5, F 10-3</p>	<p><b>Tidwell Social Work Services 853-5095</b> Medicaid, Medicare, sliding fee. 5999 W State \$45 min, insurances. Individual, marriage, family, art play therapy, MD. We use interpreters for Spanish &amp; all other languages. M-F 9-5</p>
<p><b>Family Counseling Services 888-5905</b> 870 N Linder #C Meridian Medicaid, sliding fee, insurance.</p>	<p><b>Treasure Valley Community Resource Center (TVCCR) 459-9263</b> M-F 8-5 ★ Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone.</p>
<p><b>Family Services Center 454-5133</b> State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting.</p>	<p><b>Treasure Valley Psychological 672-8699</b> 6003 Overland Counseling Sliding fee, insurance.</p>
<p><b>1st Choice Counseling (Phyllis Nodler) 577-7634</b> Sliding fee, art therapy, PTSD, 2596 N Stokesberry Pl #100 Meridian individuals, couples counseling, services for all ages, depression, anxiety, sleep disorders. Call for extra hours. M-F 9-6</p>	<p><b>Vet Center 342-3612</b> Free. Provides readjustment counseling services ★ 2424 Bank Dr (Vista/N Overland) for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.</p>
<p><b>Human Supports of ID 321-0160</b> Medicaid, sliding scale. PSR, meds mgmt, 7161 Potomac Dr #A payee services, service coord, individual therapy, day treatment (available in Boise only). <a href="http://www.humansupports.com">www.humansupports.com</a> 709 Dearborn St Caldwell 454-8389</p>	<p><b>Veterans Medical Center 422-1000 X1145</b> Outpatient &amp; inpatient ★ 500 W Fort Behavioral health &amp; family counseling, groups, temporary housing for active duty &amp; reserve. Homeless program available. Veterans only.</p>
<p><b>Idaho Behavioral Health 343-2737</b> Medicaid, insurance, EAP, cash. Counseling adults, 2273 S Vista #190 Boise/1993 E 8th N #128 Mtn Home kids, married, individuals, PSR, case/med mgmt.</p>	<p><b>Warm Springs Counseling Center 343-7797</b> <a href="http://childrenshomesociety.com">childrenshomesociety.com</a> Full 740 Warm Springs Ave range of behavioral health services. Services available in Spanish.Insurance &amp; Medicaid.Subsidy available. M-F 8-5 (eves &amp; weekends by appt)</p>
<p><b>Idaho CareLine 211 or 1-800-926-2588</b> <a href="http://www.211.idaho.gov">www.211.idaho.gov</a> <a href="http://idahocareline.org">idahocareline.org</a> ★ Referrals health &amp; human services, meds. <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for meds. Medicaid, Spanish.</p>	<p><b>Women's &amp; Children's Alliance 343-7025</b> 24 hour Hotline Counseling abused ★ 190 W Washington men, women, children &amp; groups. 120 day residential program.</p>
<p><b>ISU Boise Counseling Clinic 373-1719</b> Open 9/1/10 to 5/30/11 or school 1311 E Central Dr. Meridian year. Counseling interns counsel individuals, couples, &amp; families. \$10 co pay for individuals &amp; \$15 for couples. M-Th 12-8</p>	
<p><b>InRoads PSR Services 888-8887</b> 2525 N Stokesberry Pl #A Meridian Medicaid. PSR.</p>	
<p><b>Kuna Counseling Center 922-9001</b> Medicaid, insurance, sliding fee/Interns. ★ 190 W Main Kuna PSR, individual, marriage &amp; family counseling, play Rx, Spanish</p>	

## DENTAL

<p><b>Apollo College</b> <b>947-6821</b> Free dental HYGIENE care. 1200 N Liberty Call for appointment. Each appointment averages 2.5hours &amp; several visits are usually necessary to complete full treatment. Undocumented citizens welcome. <b>Spanish</b> speakers &amp; Spanish forms. OFFERS FREE dental exam, X-rays, oral cancer screening, periodontal charting, oral hygiene instructions, sealants, fluoride, periodontal scaling \$ root planning, cleaning, referrals if restorative work is needed (i.e. fillings, crowns, root canals, etc.), &amp; free toothbrush, floss &amp; toothpaste.</p>	<p><b>ISU Family Dentistry</b> <b>331-0182</b> <b>Medicaid</b> 2033 E Summersweet Dr Children &amp; adults. Advanced general dentistry services. Sliding fee. \$25 for 15 minute screening. 8:30-4 T-F</p>
<p><b>Basic Dental Care</b> <b>888-3384</b> No Medicaid Quality dentistry 870 N Linder Meridian at <b>lower fees for children &amp; adults</b>. Full payment required at appointment. Call for appointment. Office calls \$17, X-ray \$13, extractions start at \$88, porcelain to metal crowns \$548, root canals \$323 to \$578.</p>	<p><b>Milan Institute</b> <b>472-2020</b> <b>Sliding fee &amp; Medicaid</b> 8590 Fairview First appointment includes full exam &amp; X-rays is \$50. Full services but no orthodontics. <b>Spanish</b> speakers. Will serve undocumented citizens. Call for information. Open every other Saturday. M, W, F 8-5; &amp; T, Th 11-7</p>
<p><b>Basic Care West</b> <b>422-1088</b> <b>Medicaid, Spanish</b> 1015 Caldwell Blvd Nampa Lowest fees in the Treasure Valley. Must give 24 hour notice for cancellation. M-Th 8-4</p>	<p><b>Small Smiles Dental Clinic</b> <b>322-3010</b> <b>Medicaid</b> 8744 Fairview (Fairview Tech Center between Milwaukee &amp; Maple Grove) Prefer appointments but will accept some walk-ins. <b>Spanish &amp; Bosnian</b> translating. Children under 21 only. M-F 8-5</p>
<p><b>Dr. Brock Bohlman</b> <b>384-0577</b> Call for appointment 5993 W State No new adult patients. <b>Medicaid</b> for children only ages 4-21. Undocumented citizens will be served.</p>	<p><b>Terry Reilly Health Services Boise Dental</b> <b>336-8801</b> ★ 2301 N 36<sup>th</sup> #102 <b>Medicaid &amp; sliding fee</b> depending on income. <b>Emergency dental</b>, must arrive at 8 a.m. M-F. <b>Non-emergency</b> call at 8am for appointments. Extractions &amp; fillings. Bring \$30 deposit &amp; 4 weeks pay stubs. <b>Express Care (331-5049)</b>—Focus is on <b>pregnant women &amp; other Medicaid</b> patients with <b>diabetes</b> or <b>heart disease</b> can be seen within 4 working days. Payment is due at time of services. Spanish &amp; Bonian speaking translating available. Undocumented citizens welcome. M-F 7:30 - 6</p>
<p><b>Boise Schools- Children's Free Dental Clinic</b> <b>340-9697</b> ★ 1609 S Owyhee - Whitney Elementary School Amy Croy, RDH, BS or <a href="mailto:amy.croy@boiseschools.org">amy.croy@boiseschools.org</a> Cleanings, sealants, restorations, &amp; extractions. Must have referral from BSD school nurse &amp; have appointment. Basic dental work performed only. No Medicaid or insurance patients (must be a student of the Boise School District). M, T, F 8:30-3:30</p>	<p><b>Terry Reilly Canyon Dental</b> <b>466-0515</b> ★ 11136 Moss Lane Nampa (off Nampa-Caldwell Blvd., west of Middleton Road) Crowns &amp; bridges. <b>Emergency dental</b>: must arrive at 7:30 M-F. Limited # served. <b>Non-emergency</b>: call at 9am for appointments. Teeth cleaning, extractions &amp; fillings. <b>Medicaid &amp; sliding fee</b> depending on income. Bring \$30 deposit &amp; current pay stub. Call any weekday morning starting at 7:30 to schedule an appointment. Undocumented workers welcome. Must have new card from <b>Medicaid</b> for "Idaho Smiles". M-F 7:30- 6</p>
<p><b>Caring Foundation for Children</b> <b>1-866-938-0084</b> May receive up to \$1000 of dental care/year. Covers preventative &amp; restorative care (exams, cleaning, x-rays, fluoride treatment, sealants, resins, space maintainers &amp; fillings, stainless steel crowns, extractions &amp; therapeutic root canal). Coverage for a 2-year period total throughout life. For low-income, uninsured persons up to age 18. Must meet income guidelines, call for application.</p>	<p><b>Treasure Valley Pediatric Dentistry</b> (Dr. Roy Rogers) <b>376-8873</b> 1564 S Timesquare Ln. (Overland near Maple Grove) <b>Medicaid</b> for children ages 0-20. Works with children with special needs. M-Th 7:30-5 <b>Idaho Smiles Program</b> for patients needing extensive treatment. M-W 7:30-4</p>
<p><b>Dr. Wayne Claiborne</b> <b>336-4777</b> <b>Medicaid</b> 10552 W Garverdale Ct #902 Emergencies OK. Call for appointment. Accepts all patients over the age of 5. Undocumented citizens will be served.</p>	<p><b>Willow Tree Dental</b> <b>Medicaid</b> <b>317 W Cherry Lane</b> <b>888-2055</b> Spanish speakers. <b>5898 S Quamash Way</b> <b>395-1000</b> (Columbia Village) Call for appointment. M 8-5, T-Th 8- 8, F 8-3, Sat 8-2</p>
<p><b>El-Ada Outreach</b> <b>345-2820</b> First come, first served ★ 2250 S Vista Vouchers for emergency tooth extractions. Eligibility is based on income. One-time assistance. Undocumented citizens will be served. M-F 8-4</p>	
<p><b>Garden City Community Clinic</b> Genesis World Mission <b>384-5200</b> ★ 215 W 35<sup>th</sup> <b>Free</b>. <b>Call 9 to 5 Monday through Friday</b>. Dental Clinics Monday &amp; Friday. Financial eligibility remains at 200% of Federal Poverty Guidelines. GCCC is a free medical clinic for low income &amp; uninsured patients. Dental procedures are limited to dental screening exams, fillings, extractions, root canals, &amp; dentures. Call for appointment.</p>	

## EDUCATION, GED, ELL, ESL, CHILD CARE

<p><b>After 3</b> <a href="http://www.cityofboise.org/after3/">www.cityofboise.org/after3/</a> Website using state-of-the-art technology enables parents &amp; children to find safe, supervised after school programs in the neighborhood. Parents can search by age, topic &amp; location for right program for their child. No internet access call 211, the Idaho CareLine, to find information. ★</p>	<p><b>Girls on the Run, Treasure Valley 388-4687</b> Sports, self-esteem program after 1406 N Main #204 Meridian school 3-5<sup>th</sup> grade. Sliding fee. <a href="http://www.gotr.org/index.htm">www.gotr.org/index.htm</a></p>
<p><b>Big Brothers/Big Sisters of SW 377-255</b> Screened volunteers participate ★ 2404 W Bank #302 in 1-to-1 mentoring program with children (age 6-18). Wait list for boys &amp; girls. Volunteer opportunities for high school students.</p>	<p><b>Head Start &amp; Early Head Start 344-9187</b> Classes 8-12 or 12-4 T-F 4709 Camas Accepts children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance &amp; family living skills are areas addressed via groups &amp; home visits. Transportation provided for some classes. Provide food for breakfast &amp; lunch, &amp; afternoon snacks. <b>Early Head Start:</b> Expectant parents &amp; families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child &amp; parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).</p>
<p><b>Boise City Child Care Licensing 384-3710</b> Parents must make a public ★ 150 N Capitol Blvd 1st Floor City Hall records request in writing at the City Clerk's office, can view files on all licensed child care providers in Boise. Will provide a list of providers broken out by zip code &amp; facility type. Map-based <a href="http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare">http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare</a> picture image of all licensed child care facilities in city. <b>Spanish</b> interpreter available. M-F 8-5</p>	<p><b>ID Assistive Technology Project 1-800-432-8324</b> <a href="http://www.idaho.at4all.com">www.idaho.at4all.com</a> ★ Statewide program assists people with disabilities with assistive technology they need to live more independent lives. Free services available to all ages &amp; all disabilities. <a href="http://www.idahoat.org">www.idahoat.org</a></p>
<p><b>Boise Easter Seals-Goodwill Child Development Center 378-9924</b> Preschool ★ 1465 S Vinnell Way programs for children with &amp; without disabilities ages 1-6. Autism program up to age 13, disabled adult program. Employment assistance for temp &amp; permanently disabled adults, &amp; people w/felony convictions. M-F 6-6</p>	<p><b>Idaho CareLine 211 or 1-800-926-2588</b> <a href="http://www.211.idaho.gov/">www.211.idaho.gov/</a> Call &amp; ask for ★ child care referral in your area, get list of providers. Referrals for health issues / meds in Idaho via Medicaid. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug help.</p>
<p><b>Boint BOISEINTERPRETERS.COM</b> Language interpreter &amp; translator services for folks serving limited English speaking people. <a href="mailto:MiloslavBarac@BoiseState.Edu">MiloslavBarac@BoiseState.Edu</a> or do website request.</p>	<p><b>ID Department of Labor WIA Youth &amp; Adult Program Youth</b> Ages 16-21 &amp; Adults 18+; 219 W Main Boise <b>332-3575</b>; 205 E Watertower Meridian Ln <b>364-7785</b> 4514 Thomas Jefferson Caldwell <b>364-7782</b>. Must meet eligibility requirements, call for appt. Provide help in getting GED/High School Diploma. <a href="http://www.labor.idaho.gov">www.labor.idaho.gov</a> M-F 8-5</p>
<p><b>Boise Parks &amp; Recreation's Mobile Recreation Unit 384-4917</b> Call Roseanne Daily for more information. <a href="http://www.cityofboise.org/parks">www.cityofboise.org/parks</a></p>	<p><b>Idaho Family Assistance Center at Gowen Field 272-4355</b> Tom ★ Offers all branches of military families services &amp; referrals for various issues.</p>
<p><b>Grace Jordan Community Center 854-4910</b> (Chris Kranz) 6411 W Fairfield <b>Morley Nelson Community Center 384-4917</b> (Roseanne Daily) 7701 W Northview Open M-F 9am-9pm, Closed Saturday-Sunday</p>	<p><b>Idaho National Guard Youth Program @ Gowen Field 272-4387</b> ★ Tanya Chin Learn about issues that face youth who live in military families including deployment education. Community training available.</p>
<p><b>Boise Schools Preschool Screening</b> For 3-5 yr olds. Screenings are August - ★ <b>854-4143 &amp; 854-4142</b> March. <b>Must call for appointment.</b> For possible problems with speech, language, self-help skills, hearing, emotional vision, social &amp; motor skills, concepts. Classes are either T-F 8:40-11:30 or 12:30-3:15.</p>	<p><b>Idaho Parents Unlimited 342-5884</b> 1-1 help by phone or in office to families 1878 W Overland with children with disabilities, &amp; workshops designed to inform families on special education laws &amp; other topics. <b>Spanish.</b></p>
<p><b>Boys &amp; Girls Club of Ada County After School Program</b> (age 6-18) \$10 / year ★ 610 E 42<sup>nd</sup> Garden City <b>321-9157</b> After school 3-8, M-F (1-7 on half days) 911 N Meridian Rd <b>Meridian 888-5392</b> No School, Summer, 11-6 (7am- \$5/day) Offers free meals daily, focuses on building relationships with trusted adults in a positive setting. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation. <a href="http://www.bgclubidaho.org">www.bgclubidaho.org</a> for more info &amp; orientation times.</p>	<p><b>Job Corps 375-9414</b> Ages 16-24 <a href="http://centennial.jobcorps.gov">centennial.jobcorps.gov</a> ★ 5257 Fairview #180 Full time program, usually residential. Closest center in Nampa, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation T 3pm at Commerce &amp; Labor, orientation in Canyon County, 2nd &amp; 4th Tues of month 3pm. M-F 8-5</p>
<p><b>College of Western Idaho (Boise &amp; Nampa) NOT ALL PROGRAMS ARE LISTED</b> <b>Adult Basic Education</b> - classes in basic skills, GED preparation, &amp; ESL. GED test administration. <a href="http://www.cwidaho.cc/adult-basic-education/">http://www.cwidaho.cc/adult-basic-education/</a></p>	<p><b>Learning Lab @ Boise Library 344-0057</b> <a href="http://www.learninglabinc.org">http://www.learninglabinc.org</a> 715 S Capitol Blvd #403 (Upstairs) Same services as GC except adults only. <b>Garden City Library 344-1335</b> 308 E 36<sup>th</sup> Free computer assisted learning center for adults &amp; families with children 0-6. Cost based on income &amp; family size, possible scholarships. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 mo- 6 yrs) &amp; <b>Parents as Partners</b>, family literacy classes.</p>
<p><b>Oak Park Plaza 2323 S Vista Boise:</b> 1. Free ESL English classes, daytime and evening at two Boise locations. Call 562-2571 for upcoming registration schedule. 2. Free classes for basic skills &amp; GED preparation, morning &amp; evening. First attend orientation &amp; diagnostic testing; call <b>562-2575</b> for upcoming schedule. Min age 16. <b>1360 S Eagle Flight Way Boise:</b> GED testing. Call <b>562-2068</b> for schedule &amp; fees or check website <a href="http://cwidaho.cc/general-educational-development/">http://cwidaho.cc/general-educational-development/</a> <b>2407 Caldwell Blvd, Nampa:</b> 1. Free ESL English classes here &amp; in outlying towns. Call <b>562-2014</b> for info. 2. Free classes for basic skills &amp; GED preparation, morning &amp; evening. First attend orientation &amp; diagnostic testing; call <b>562-2087</b> for upcoming schedule. Min age 16. 3. 3 GED testing. Check website <a href="http://cwidaho.com">cwidaho.com</a></p>	<p><b>Life Inc. 888-0076</b> Community-based, developmental therapy for children 8620 W Emerald #130 age 3-17 years &amp; adults. Residential habilitation services &amp; support, 24-hour supported living model. <a href="http://www.lifeincidaho.com">www.lifeincidaho.com</a></p>
<p><b>Computers for Kids 345-0346</b> Low cost refurbished computers for students' 8540 W Elisa (off Victory, Cole, Maple Grove) home use, grades K-14. \$35 fee, few scholarships available. \$65 fee for college students. <a href="http://www.cfkidaho.org">www.cfkidaho.org</a> M-F 9-4</p>	<p><b>Living Independence Network Corp. (LINC) 336-3335</b> Advocates for people ★ 1878 W Overland with disabilities to receive services. Info &amp; referrals. <a href="http://www.lincidaho.org">www.lincidaho.org</a></p>
<p><b>Education &amp; Training Voucher Program 377-1771</b> Julie Stevens Program offers 6441 Emerald (Casey Family Program) financial aid to eligible current or ex foster youth or who were adopted age 16+, or aged out of foster care at 18. Possible help with post secondary ed, training, books, tuition, room &amp; board, childcare, transportation, tools, uniforms, computers. Must have diploma or GED.</p>	<p><b>Love INC of Treasure Valley New Hope Relational Program 466-7810</b> ★ Nampa One-on-one mentoring, teaching budgeting &amp; life skills. Call to apply. Christian based. <a href="http://www.loveincvt.org/">www.loveincvt.org/</a> M-F 9:30-1</p>
<p><b>El-Ada Outreach 377-0700 X28</b> GED \$ help with fees for under 18 ★ 701 E 44th #2 Garden City &amp; \$45 for Jr. &amp; Sr. high school fees or supplies as available. July-September. Vouchers for parenting classes &amp; employment-related certifications. Undocumented citizens will be served. M-F 9-4</p>	<p><b>Marian Pritchett School at Booth Memorial (Boise Schools) 343-3571</b> ★ 1617 N 24<sup>th</sup> High school for pregnant teenagers. M-F 9-12, 1-4</p>
<p><b>Family Advocate Program Families First 345-3344</b> Info at <a href="http://familyadvocate.org/">familyadvocate.org/</a> 3010 W State #104 FREE home-based parent education services on child development, effective parenting skills, nutrition &amp; more. Parenting classes also offered. Serves families &amp; children ages 0-12. Info at M-F 8:30-5</p>	<p><b>National Alliance on Mental Illness (NAMI-Boise) 376-4304</b> Family support ★ 4696 Overland #254 group on 1st &amp; 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd &amp; 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call 376-4304 for info about other classes &amp; presentations. <a href="http://www.nami-boise.org">www.nami-boise.org</a></p>
<p><b>Frank Church High School (Boise Public Schools) 854-5650</b> ★ 8051 W Salt Creek St. Students ages 16-20, parental permission for under age 18. Free tutoring, grade 9-12 alternative school. M-F 8-4</p>	<p><b>Open Gym Boise Schools Grades 1-6</b> Whitney, Liberty, &amp; Valley View Sat 10-2, Sun 1-4. Koelsch. Sat &amp; Sun 10-2 <b>Ages 12-17</b> East &amp; West 9-noon Sat Les Bois, Hillside, &amp; South 8-11 Saturdays, 1-4 Sundays.</p>
<p><b>Giraffe Early Learning Centers 342-1239</b> - 901 Resseguie <b>424-3387</b> 1191 Grand Ave Childcare, sliding fee scale, ages 6 weeks to 6 years. Bilingual program, extracurricular activities, accepts ICCP. Snacks, breakfast &amp; lunch provided. Accepts part-time &amp; drop-in, call first to confirm space. Food bank at both centers only for families with children at center.</p>	<p><b>Parent Challenge 373-5478</b> Call for schedule &amp; sign-up. Parenting skills program to help parents deal with negative adolescent behaviors. Runs for 10 weeks/class. \$20 fee but partial scholarships are available.</p>
	<p><b>Parent Project 373-5478</b> Call for schedule &amp; sign-up. Highly structured parenting skills program to help parents prevent &amp; intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook costs.</p>
	<p><b>TRIO Program: Educational Opportunity Center 364-9925</b> U of Idaho Boise 322 E Front #190 Assist low income 1<sup>st</sup> generation people getting into higher education, anything after high school or GED level. All services free. Assist with GED, default loan counseling, college admissions &amp; applying for financial aid.</p>
	<p><b>United Way's Success by Six 336-1070 X106</b> 1276 River Resources &amp; referrals for child care providers. M-F 8-5</p>
	<p><b>YMCA Downtown 1050 W State 344-5501</b> Individuals &amp; families may <b>West Boise 5959 N Discovery Pl 377-9622</b> apply for \$ aid for membership.</p>

## EMPLOYMENT AND CASUAL LABOR

<p><b>El-Ada Outreach 345-2820</b> ★ Help with job hunt, 2250 S Vista applications, resume writing, getting ID needed for work, basic job skill development. Employment case management available for workers with special needs. Includes transportation assistance-3 one day bus passes available (go quickly). No longer accepting applicants for casual labor placements Undocumented citizens will be served. M-F 8 4:40</p>	<p><b>Pro People Staffing Services 345-5747</b> 8708 W Emerald Boise &amp; 2585 Caldwell Blvd #103 Nampa (has Spanish staff) <b>Temporary employment.</b> Applications taken Monday-Friday 9-2, need 1-2 hours to do application or online at <a href="http://propeoplestaffing.com">propeoplestaffing.com</a> Dress nicely for interview process, free training &amp; skills testing. Temp to hire based on work, pay averages \$8-\$10/hour.</p>
<p><b>ESGW-WORKING SOLUTIONS 322-9675</b> 600 N Steelhead Way #110 Case management, job search preparation, related classes, gas vouchers, bus passes, resume &amp; cover letter aid, faxes, phones, copies &amp; computer time . Required for those who receive food stamp and cash assistance who are mandatory to look for work. Interpreters available <b>MUST BE REFERRED BY Department of Health and Welfare.</b> M-F 8-5</p>	<p><b>River City Church 949-0358</b> Delmer ★ 7540 Northview (3 domes) Help finding jobs <b>Free food</b> &amp; some furniture available. Bring any photo ID, may use every 30 days. Undocumented citizens OK. T-Th 1:30-4</p>
<p><b>Idaho Department of Labor Job Hotline 332-8940</b> 219 W Main <b>Spanish speakers.</b> Register for work &amp; apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance &amp; free job search workshops. Speaks <b>Spanish.</b> <a href="http://www.labor.idaho.gov">www.labor.idaho.gov</a> Mon-Fri 8-5</p>	<p><b>SOS Staffing 8708 Fairview 327-1000</b> 2585 Caldwell Blvd #103 Nampa <b>468-7899</b> Clerical, skilled trades, production &amp; technical work, &amp; labor work available. Temp to hire based on work &amp; pay averages \$8-10/hour. M-F 8-5</p>
<p><b>Job Hotline</b> Recording of newest job listings <b>332-8940</b> 219 W Main Boise <b>332-3575</b> 205 E Watertower Meridian Ln <b>364-7785</b> 4514 Thomas Jefferson Caldwell <b>364-7781</b> <b>WIA Youth &amp; Adult Program 332-3575 X3815</b> <b>Youth</b> ages 16-21: possible \$ help with GED &amp; job training. <b>Adults</b> 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>	<p><b>Treasure Valley Community Resource Center (TVCCR) ★</b> <b>459-9263</b> Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone. M-F 8-5</p>
<p><b>Job Corps 375-9414</b> <a href="http://centennial.jobcorps.gov">centennial.jobcorps.gov</a> ★ 5257 Fairview #180 Ages 16-24. Full time program, usually residential. Nampa is closest center, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation Tuesday 3 pm at Commerce &amp; Labor, &amp; in Canyon County on 2nd &amp; 4th Tuesday of the month at 3 pm. <b>Spanish</b> speaker. M-F 8-5</p>	<p><b>Vocational Rehabilitation 327-7411</b> 10200 W Emerald #101 Vocational assistance for individuals with Disabilities who require help finding or maintaining employment. <a href="http://www.vr.idaho.gov">www.vr.idaho.gov</a></p>
<p><b>Labor Ready Temporary Service 331-3606</b> 1088 N Orchard After application process is complete, employee is asked to come into the office early the day employment is desired. Application time &amp; dates may vary, please call the office for current application times. Applicant will need to have 2 forms of ID such as a state photo ID, SSN Card, certified birth certificate or passport. M-F 6am-6pm, Sa 7-10am &amp; 5-6pm</p>	<p><b>Volt Services Group 375-9911</b> <b>101 S Capitol Blvd #501</b> <b>Temporary work</b>, temp to hire, short and long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen &amp; background check. Must provide 2 work references &amp; ID that proves legally able to work in the US. Paid weekly usually \$8-14/hr. Must speak basic English.</p>

## FINANCIAL AND UTILITY ASSISTANCE

<p><b>Ada County Indigent Services</b>    <b>287-7960</b>    <a href="http://www.adaweb.net">www.adaweb.net</a>    ★</p> <p>252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage: \$2.50/hr). Fill out application, walk-ins 8-11am &amp; 1-3pm, first come first served on Tuesday, Wednesday, Thursday, 8am &amp; 1 pm. One time/12 month rental help. General Assistance includes rent, power, gas, water, cremation assistance. Ada County must be last resort.    M-F 8-5</p>
<p><b>Debt Reduction Services</b>    <b>378-0200</b>    <b>Spanish</b></p> <p>6213 N Cloverdale #100    Free credit &amp; debt counseling, household budget review, &amp; credit report analysis. Walk-ins OK or call for appt.</p>
<p><b>Department of Health &amp; Welfare Self-Reliance</b>    <b>334-6700</b>    ★</p> <p>1720 Westgate (off Fairview behind Pojos) Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant &amp; telephone help. Person must apply at office &amp; set up an interview. Come early to apply &amp; walk-in appointments available. Language assistance is available. <a href="mailto:MyBenefits@dhw.idaho.gov">MyBenefits@dhw.idaho.gov</a>    M-F 8-5</p>
<p><b>El-Ada-Outreach</b>    <b>345-2820 X23</b>    LeeAnn    ★</p> <p>2250 S Vista    <b>Telephone assistance &amp; Meridian Water &amp; United Water Cares.</b> <b>Heat bill assistance</b> (wood &amp; propane OK). Call <b>322-1242</b>. Open Nov 1<sup>st</sup> to March 31<sup>st</sup>. <b>Home weatherization</b> for eligible homes made through Energy Assistance for once in a lifetime use. Need appointment. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, &amp; landlord's name. Bring SSN card. <b>Undocumented</b> families may apply if 1 member is legal. Eligibility is based on income.    M-F 8-4:30</p>
<p><b>Idaho CareLine</b>    <b>211 or 1-800-926-2588</b>    ★</p> <p>Referrals for information on the <b>Earned Income Tax Credit</b> and <b>free tax preparation sites</b>. <b>Referrals for health issues/meds in Idaho via Medicaid</b>. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for <b>prescription drug help</b>. <a href="http://www.idahocareline.org/">www.idahocareline.org/</a></p>
<p><b>Idaho Power "Moratorium"</b>    <b>388-2323 or 1-800-488-6151</b></p> <p>Moratorium on paying electric bills from Dec 1<sup>st</sup> to March 1<sup>st</sup>; Must call ID Power, tell them you have children, &amp; continue paying bill. Your power will be turned off after March 1<sup>st</sup> if nothing has been paid on the bill.</p>
<p><b>Intermountain Gas "Moratorium"</b>    <b>377-6840</b></p> <p>Moratorium on <b>paying gas bills</b> from Dec 1<sup>st</sup> to March 1<sup>st</sup>. Must call Intermountain Gas, tell them you have children, and continue paying your bill. Your gas will be turned off after March 1<sup>st</sup> if nothing has been paid on the bill.</p>
<p><b>Love INC of Treasure Valley</b>    <b>377-3529</b>    Boise <b>466-7810</b> Nampa    ★</p> <p><a href="http://www.loveinc.tv">www.loveinc.tv</a> <b>New Hope Relational Program</b> One-on-one mentoring, teaching budgeting &amp; life skills. Call to apply. Christian based.    M-F 9:30-1</p>
<p><b>Salvation Army</b>    <b>343-5429</b>    <b>Project Share</b>    <b>Help with Idaho Power</b>    ★</p> <p>4308 W State    &amp; <b>Intermountain Gas bills</b>. Call at 9am on first Thursday of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address &amp; photo ID. Program available from 10/7 to April 30, 2011.</p>
<p><b>St Vincent de Paul Help Line</b>    <b>331-2208</b>    ★</p> <p>Must leave 1<sup>st</sup> &amp; last name, phone number, zip code, &amp; what kind of assistance you are requesting, so that you can be referred to the appropriate volunteers.</p>
<p><b>Social Security Administration</b>    <b>321-2901</b></p> <p>1249 S Vinnell Way #101 (off Overland by Wal-Mart)    Retirement, survivors, disability, educational outreach &amp; Medicare information. May call for appt. Arrive early, possible line.    <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>    M-F 9-4:30</p>
<p><b>Treasure Valley Community Resource Center TVCCR</b>    Information &amp; referral    ★</p> <p><b>459-9263</b> on human services in ID &amp; Eastern Oregon via phone. M-F 8-5</p>
<p><b>UW Cares</b>    <b>377-0700</b>    Dee (only United Water customers)    ★</p> <p>701 E 44th #1 via El-Ada Garden City. Call about voucher for part of water bill. Must qualify, have a shut off notice. Year round.</p>
<p><b>Income Tax Resources</b>    <b>2010</b></p> <p>If you worked at all, you may qualify for a refund of all or part of your withholding, the earned income credit, or other tax credits, depending on your circumstances. Many people who have not filed are entitled to refunds &amp; if they do not file within three years of the due date of the return, they will lose that refund. If there is a refund coming there are no penalties. If there is a balance due, there will be penalties but IRS can either set up a payment plan or delay collection until you are able to make payments. Free income tax assistance is available for basic income tax returns. The IRS can provide copies of income information if you have lost or</p>

<p>never received your Forms W-2 or other income information.</p> <ul style="list-style-type: none"> <li><b>IRS Telephone Assistance for Individuals</b>    <b>1-800-829-1040</b> Monday - Friday, 7am - 10 pm your local time.</li> <li><b>Face-to-Face assistance with IRS &amp; to get copies of reported income, visit</b> Boise Office in Federal Building, 550 West Fort    <b>387-2847</b> Monday-Friday 8:30am-4:30pm    <a href="http://www.irs.gov">www.irs.gov</a></li> <li><b>For information regarding State Taxes:</b> Idaho State Tax Commission Regional Office, 800 Park Blvd, Plaza IV    <b>334-7660</b> or <b>1-800-972-7660</b> <a href="http://www.tax.idaho.gov">www.tax.idaho.gov</a></li> </ul> <p>H&amp;R Block Tax Professionals are available to provide Free Answers to Tax Related Questions, on the phone or in person. District office location: 1510 S Orchard, Boise    <b>344-7665</b></p> <p><b>More than \$45 million in unclaimed assets in Idaho are just waiting to be claimed. To search for unclaimed property (i.e. utility &amp; rent deposits, tax refunds, &amp; child support checks), go to</b> <a href="https://www.accessidaho.org/apps/tax/ucpsearch/">https://www.accessidaho.org/apps/tax/ucpsearch/</a></p>
<p><b>FREE TAX TAX HELP LOCATIONS &amp; PREPARATION 2010</b></p> <p>Call 211 or 1-800-926-2588 Monday - Friday 8am - 5pm. <a href="http://www.idahocareline.org/">www.idahocareline.org/</a> or 1-888-AARP NOW for up to date information &amp; <a href="http://www.unitedwaytv.org/default_2gaa.aspx">http://www.unitedwaytv.org/default_2gaa.aspx</a> for up to date locations. Trained volunteers prepare most simple tax forms. Walk-in &amp; get help. Bring all necessary forms. La ayuda bilingue estara disponible. All sites are wheelchair accessible unless noted. ♿</p> <p><b>Boise County CEI VITA</b>    2717 S Vista Ave    Feb 1- April 15    Walk-in Monday through Thursday 2pm - 8 pm, Saturdays 10am - 4pm    Spanish (Please enter through the laundry room at the back of the building.)</p> <p><b>Boise Senior Citizens Center</b>    690 Robbins Rd    Feb 2 - April 8    Walk-in Tuesdays &amp; Thursdays 8:30am - 12:30pm</p> <p><b>Caldwell Senior Center</b>    1009 Everett St.    Feb 3 - Apr 7    Walk-in Wednesdays 9am - 1pm (Closed Feb 24th)</p> <p><b>CEI Canyon County Site VITA Community Action Office</b>    114 E Simplot Blvd Walk-in Feb 8 - Apr 15    Tuesdays &amp; Thursdays 5- 8pm    Every other Saturday 10am- 4pm</p> <p><b>College of Idaho McCain Student Center</b>    2112 Cleveland Blvd    Feb 2 - Apr 6 Tuesdays 5pm - 8pm    Walk-in</p> <p><b>Eagle Public Library</b>    100 Stierman Way    Feb 1 - April 10    Walk-in Saturdays: Feb 13, 27; March 6, 13; April 3, 10 <b>ONLY</b>    1:30pm - 3:30pm</p> <p><b>Eagle Senior Center</b>    312 E State    Feb 2 - April 6    Walk-in Tuesdays: Feb 2, 16; Mar 2, 16; April 6 <b>ONLY</b>    10am - 2pm</p> <p><b>Garden City Library</b>    6015 Glenwood    Feb 6 - April 10    Walk-in Saturdays 10:30am - 2:30pm</p> <p><b>Hillcrest Retirement Center</b>    1093 S Hilton    Feb 3 - Apr 7    Walk-in Wednesdays 5:30pm - 8:30pm</p> <p><b>Kuna Senior Center</b>    229 Avenue B    Feb 1 - Apr 5    Walk-in Mondays: Feb 1, 8, 22; Mar 8, 22; Apr 5 <b>ONLY</b>    9:30am - 2:30pm</p> <p><b>Meridian Community Center</b>    201 E Idaho Ave    Feb 2 - April 8    Walk-in Tuesdays &amp; Thursdays 10am - 2pm</p> <p><b>Mountain Home Air Force Base VITA</b> - Active Military, Retired Military and Guard Personnel. Schedule to be announced. <b>Appointment Only. Call 208-828-4997</b></p> <p><b>Nampa - Hispanic Cultural Center of Idaho</b>    315 Stampede Dr #100 Feb 4 - April 8 Thursdays 10am - 2pm    Walk-in</p> <p><b>Placerville-/ Idaho City Shut-Ins</b>    Various locations. Feb 1 - Apr 11    <b>Appointment Only. Call 208 392-9934</b></p> <p><b>St Mark's Catholic Church</b>    7960 Northview    Feb 2 - April 8    Walk-in Tuesdays &amp; Thursdays 10am - 2pm</p> <p><b>Star Senior Center</b>    102 Main St    Feb 20 - Mar 20    Walk-in Friday Feb 20 and Mar 20 <b>ONLY</b>    1:00pm - 5:00pm</p> <p><b>Steven Henager College VITA</b>    1444 S Entertainment Avenue    Walk-in Feb 8 - Apr 15 Monday - Thursday 2:30pm - 5pm. Friday 8am - 4pm, Saturday 10am- 2pm. Additional hours by appointment    208-383-4540 X1832</p>

## FOOD PANTRIES

<p><b>Agape in Action</b> <u>685-0612</u> Free groceries, clothing, &amp; toiletries ★ 1001 S Orchard the last Saturday of each month from 1–4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September- December. <a href="http://www.agapeworship.com">www.agapeworship.com</a></p>	<p><b>Redeemer Lutheran Church</b> <u>344-6758</u> <b>Wash Wipe &amp; Wrap</b> ★ 2920 Cassia Free toilet paper, diapers, laundry soap. 3rd Sat 1–3pm</p>
<p><b>Calvary Chapel of Boise</b> <u>321-7440</u> Limited supplies. Non-perishable 123 Auto Dr (Boise Auto Mall) &amp; some perishable foods. Church family will be given 1st priority. 1 visit/month/home. Sat 10–2</p>	<p><b>St John's Cathedral</b> <u>342-3511</u> ★ 815 Hays <b>Cans, staples, food boxes.</b> M–Th 1–3</p>
<p><b>Community Ministries Center</b> <u>378-7774</u> Cans, produce ★ 3000 Esquire (S of Ustick) &amp; meats when available. Call ahead for baby items such as baby formula, &amp; diapers &amp; social services. Use every 45 days. Bring proof of address &amp; ID (photo ID or birth certificate) for family members needing food. T–F noon–3:30</p>	<p><b>St Mark's Food Bank</b> <u>327-0345</u> ★ 7960 Northview Must live in Boise. <b>Cans, milk, eggs, bakery &amp; meat for families.</b> Use every 45 days. Bring ID. M–F 10–2</p>
<p><b>Eagle Food Bank</b> <u>631-0702</u> in Eagle Performing Arts Center 149 West State St Eagle 1st &amp; 3rd Thursday of the month 10 am–noon &amp; last Tuesday of the month 6-7:30pm. Available to Eagle &amp; Star residents.</p>	<p><b>St Mary's Food Bank</b> <u>850-6818 or 344-2597</u> 2945 Chinden #A (by W 30<sup>th</sup>) Garden City Use every 30 days. <b>Food boxes, frozen foods, dairy &amp; eggs. Spanish speaking.</b> M W F 12–3</p>
<p><b>El-Ada Outreach</b> <u>345-2820</u> <b>Food Pantry</b> Use every 60 days. ★ 2250 S Vista <b>USDA commodities</b> 1st Wed of every other odd month 11:30–12:30. Undocumented citizens welcome. M-F 8:30-4</p>	<p><b>Salvation Army</b> <u>343-5429 X1</u> Use every 60 days. Non-perishable ★ 4308 W State <b>food boxes.</b> Bring proof of address (envelope/bill) &amp; photo ID for every family member &amp; must live in Ada County. Vouchers for clothing, household items (not furniture), &amp; bicycles will be on Mondays @ 1. Senior Day is 2<sup>nd</sup> Friday of month from 1-4. Seniors can come in for food, clothing &amp; energy assistance. M–F 9–noon</p>
<p><b>First Baptist Church Food Bank</b> <u>344-7809</u> 1318 W Washington <b>Bread, cans, cheese, butter, milk, some meat.</b> Must show ID. Visit every 30 days. Sa 10–Noon</p>	<p><b>SVdeP- Holy Apostles Food Pantry</b> May visit every 60 days. Bring ID. ★ 6300 N Meridian (Chinden) Serves Meridian, Eagle, Star, West Boise, &amp; Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce &amp; meat when available. <a href="http://holypostlesmeridian.net">holypostlesmeridian.net</a> M W F 1–4; Th 5:30–7</p>
<p><b>First Bible Missionary Church</b> <u>376-2439</u> 375 N Roosevelt Non-perishable food. Call for an appointment.</p>	<p><b>SVdP–Food Pantry</b> <u>333-1460</u> May visit every 30 days. <a href="http://svdpid.org">svdpid.org</a> ★ 3209 W Overland When available, <b>eggs, perishables, fresh produce, meat, dairy, eggs, canned goods, &amp; bakery.</b> Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 &amp; 83706 area. M T Th 10-2, W 2:30-6:30, Sa 9-noon</p>
<p><b>First Presbyterian Church Friendship Food Panty</b> 950 W State Mondays 5-7</p>	<p><b>SVdP – Society of St. Vincent de Paul Food Pantry</b> <u>249-5511</u> ★ 1203 7th St North (Off 11th Street) Nampa T &amp; Th 3-5pm</p>
<p><b>Foundations Community Bible Church</b> <u>888-6455</u> 1450 N Ten Mile Meridian W 7 pm &amp; Su 12:30 pm</p>	<p><b>Treasure Valley Community Resource Center TVCCR</b> <u>459-9263</u> ★ Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone. M–F 10-3</p>
<p><b>Grace Chapel Food pantry</b> <u>375-5515</u> <a href="http://www.gracechapelboise.com">www.gracechapelboise.com</a> 8650 W Fairview Call first. May shop 2 times per month. T &amp; Th 1:30–3</p>	<p><b>Vineyard Christian Fellowship</b> <u>377-1477</u> Interpreters available ★ 4950 N Bradley <b>Bakery goods, canned foods, &amp; meat.</b> Use every 30 days. Bring photo ID. Undocumented citizens welcome. W &amp; Sa 10–12 noon</p>
<p><b>Idaho CareLine</b> <u>211 or 1-800-926-2588</u> <a href="http://www.idahocareline.org/">www.idahocareline.org/</a> ★ Referrals for health issues/meds in ID, <b>Medicaid.</b> Ask @ <a href="http://www.Rxdaho.org">www.Rxdaho.org</a> for prescription drug. Free summer lunch referral.</p>	<p><b>Whitney United Methodist Church Food Bank</b> <u>343-2892</u> ★ 3315 Overland (Owyhee) Non-perishable food box. Feed family of 4 for 3 days, may visit every 30 days. Bring photo ID &amp; proof of address. Community dinner on 3rd Friday 6–7. Saturday sack lunch (Zip code 83705 only) 11–12:30. T–Th 9:30-11:30am</p>
<p><b>The Idaho Foodbank</b> <u>336-9643</u> <a href="http://www.idahofoodbank.org">www.idahofoodbank.org</a> Refers to food pantries. Call 211 for a list of pantries. <a href="http://www.idahofoodbank.org/PDF%20Files/Treasure-Valley-Pantry-List.pdf">www.idahofoodbank.org/PDF%20Files/Treasure-Valley-Pantry-List.pdf</a></p>	<p><b>WIC (Women, Infants &amp; Children)</b> <u>327-7488</u> ★ 707 N Armstrong (Central District Health) Pregnant &amp; breast feeding women, infants &amp; children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice &amp; fresh fruits/vegetables.</p>
<p><b>Lighthouse Rescue Mission</b> <u>461-5030</u> For Canyon County residents only. Call for days, times, &amp; qualifications.</p>	<p><b>Oasis Worship/Food Center</b> <u>459-6000</u> ★ 615 13<sup>th</sup> St Caldwell <b>Food boxes</b> given to those in need. Meals Wednesdays noon to 2pm. Weekend Feeding Program in coordination with Caldwell School District at Van Buren Elementary, Sacajawea Elementary &amp; Lewis &amp; Clark Elementary Schools. Summer feeding program.</p>
<p><b>Meridian Food Bank</b> <u>888-5102</u> May visit twice/month. 13 E Bower Meridian <b>Cans &amp; dry goods.</b> Bring ID &amp; proof of address. M,W, Th 12 - 4pm &amp; M, W &amp; TH 6:30pm- 8pm</p>	<p><b>Operation Love Center</b> <u>375-3226</u> Call first. Bring ID. 1820 N Dawn Lane Provide proof of address, live in Ada County, will provide food boxes for 1 week. M-Th 9:30-11:30am</p>

## FREE MEALS

<p><b>Celebrate Recovery Dinners</b> Sundays at 6pm  <b>Christian Based "8 Recovery Principles"</b></p> <p><b>Vineyard Christian Fellowship</b> <b>377-1477</b> ★            4950 W Bradley Boise</p> <p><b>Sacred Heart Church - Celebrate Recovery</b> ★  <b>602-5667</b> Randy or <b>344-8311</b> Mike Eisenbeiss            811 S Latah 12 steps of AA &amp; 8 Principals from Beatitudes.            Thursdays 6:30, refreshments, 7-9 large group teachings &amp; testimonies. Drop in or call.</p>
<p><b>City Light for Women &amp; Children</b> <b>368-9901</b> ★            1404 W Jefferson; Boise Rescue Mission            Breakfast 6:30 am M-F, 9 am Sunday            Brunch 10:30 am Saturday            Lunch 12 pm Monday-Friday            Dinner 5 pm daily</p>
<p><b>Community Family Shelter</b> <b>461-3733</b> (Salvation Army) ★            1412 4th St. S Nampa Breakfast 6-9 am            Lunch 11:30 am daily except Wednesday &amp; Sunday</p>
<p><b>Lighthouse Rescue Mission</b> <b>461-5030</b> Meals &amp; food boxes ★            472 Caldwell Blvd Nampa open to the public in need &amp; not just for the homeless.            Breakfast 6:30 am Monday-Saturday, 8 am Sunday            Lunch 12 pm Monday-Saturday, 1 pm Sunday            Dinner 7 pm daily</p>

<p><b>Nampa Youth Center</b> <b>467-6586</b> 403 12<sup>th</sup> Ave S After-school snacks.</p>
<p><b>Oasis Worship/Food Center</b> <b>459-6000</b> ★            615 13<sup>th</sup> St Caldwell Meals Wednesdays noon to 2pm. Food boxes given to those in need. <b>Weekend Feeding</b> Program in coordination with Caldwell School District at Van Buren Elementary, Sacajawea Elementary &amp; Lewis &amp; Clark Elementary Schools. Summer feeding program.</p>
<p><b>River of Life Boise Rescue Mission</b> <b>389-9840</b> ★            575 S 13th (by River St) Breakfast 6:30 am daily            Lunch 11:50 am daily            Dinner 5 pm for Guests staying outside of River of Life, 7 pm for Guests staying at River of Life.</p>
<p><b>Salvation Army Community Family Shelter</b> <b>461-3733</b> ★            1412 4<sup>th</sup> St S Nampa Lunch.</p>
<p><b>St Michael's Cathedral Church</b> <b>342-5601</b> Limited sack lunches            518 N 8<sup>th</sup> available. Summers M-Th 9-1. M-F 9-3</p>
<p><b>Vineyard Christian Church</b> Feeding God's Children <b>377-1477</b> ★            Serves food on Sundays 2 - 4 at Julia Davis Park.</p>
<p><b>Vineyard Meridian</b> <b>895-0149</b> Free dinners Tuesdays &amp; Thursdays 4-6 ★            936 Taylor Ave # 101 In front of YMCA Home Court Building.</p>
<p><b>Whitney United Methodist Church</b> <b>343-2892</b> Saturday sack ★            3315 Overland (Owyhee) lunch (Zip code 83705 only) 11-12:30</p>

## COMMUNITY SUPPERS AND FRIENDSHIP FEASTS

- Every Sunday.....**First United Methodist Church**  
 717 N 11<sup>th</sup> (Enter on Franklin Street ) ..... 5 pm
- 1st Thursday of month.....**First Presbyterian Church**  
 950 W State ..... 6 pm
- 1st Friday of month.....**All Saints Episcopal Church**  
 704 S Latah ..... 6 pm
- 2nd Thursday of month.....**St John's Cathedral**  
 807 N 8th (basement) ..... 6 pm
- 2nd Friday of month.....**Sacred Heart Catholic Church**  
 811 S Latah ..... 6 pm
- 3rd Tuesday of month.....**Red Rock Christian Church**  
 1124 S Roosevelt (Corner of Roosevelt & Kootenai)..... 6 pm
- 3rd Thursday of month .....**First United Methodist Church**  
 717 N 11th (Enter on Franklin Street)..... 6 pm
- 3rd Friday of month.....**Whitney United Methodist Church**  
 3315 Overland by Owyhee..... 6-7 pm
- 4th Thursday of month.....**Wright Community Congregational Church**  
 4821 W Franklin ..... 6 pm **NOT IN DECEMBER 2010**
- Last Wednesday of month .....**Meridian United Methodist Church**  
 235 E. Pine St., Meridian..... 6pm
- Last Wednesday of month .....**Hillview United Methodist Church**  
 8525 Ustick Rd ..... 6pm
- Last Thursday of month .....**First Presbyterian Church**  
 950 W State ..... 6 pm  
 (Friendship Feast Sponsored by Ahavath Beth Israel Synagogue)
- Last Saturday of month.....**King of Glory Lutheran Church**  
 3430 N Maple Grove (Enter N door, by Maple Grove) ..... 12 to 1:30 LUNCH

## HOTLINES FOR CRISIS ASSISTANCE, SUICIDE, DOMESTIC VIOLENCE, AND SEXUAL ABUSE

<b><u>American Red Cross</u></b> 146 South Cole Offers family disaster & emergency assistance 24/7.	<b><u>947-4357</u> or <u>1-800-853-2570 X 803</u></b>  Monday - Thursday 8-4, Friday 8-1	
<b><u>City Light for Women &amp; Children</u></b> 1404 W Jefferson Safe place for victims of domestic violence, or any kind of violence, to go for protection.	<b><u>368-9901</u></b>	★
<b><u>Hays Youth Help Line</u></b> operated by Hays Shelter Home (24 hour Hays Hotline for Youth in Crisis)	<b><u>322-3808</u> or <u>1-877-805-2308</u></b>	★
<b><u>Health &amp; Welfare Mobile Crisis Unit Suicide Prevention</u></b> 24 hour crisis line for children.	<b><u>334-0808</u> or <u>1-800-600-6474</u></b>	★
<b><u>Hope's Door (Caldwell)</u></b> (24 hour crisis line) Domestic violence victims & victims of rape or sexual assault & Canyon & Owyhee SART (Sexual Assault Response Team)	<b><u>1-877-459-4779</u></b>	★
<b><u>Hotlines for Information on Substance Abuse</u></b>		
• Al-Anon .....	<b><u>344-1661</u></b>	
• Al-Ateen .....	<b><u>1-888-425-2666</u></b>	
• Alcohol Drug Helpline .....	<b><u>1-800-821-4357</u></b>	
• Alcoholics Anonymous (AA)	<b><u>344-6611</u></b>	
• Call St. Luke's.....	<b><u>381-9000</u></b>	★
• Drug & Alcohol Treatment Hotline (Nampa) .....	<b><u>463-0118</u></b>	
• Drug Information Help/National Clearinghouse for Alcohol & Drug Information.....	<b><u>1-800-729-6686</u></b>	
• Narcotics Anonymous (NA).....	<b><u>338-4880</u></b>	
• (NAMI) National Alliance on Mental Illness Helpline	<b><u>1-800-950-6264</u></b>	★
• RADAR (Alcohol & Other Drug Resources) .....	<b><u>426-3471</u> or <u>1-800-937-2327</u></b>	
<b><u>Idaho Domestic Violence Hotline</u></b>	<b><u>1-800-669-3176</u></b>	
<b><u>National Run Away &amp; Child Abuse 24 hour Hotlines</u></b>	<b><u>1-800-4-A-CHILD</u> Child Abuse <u>1-800-786-2929</u> or <u>1-899-RUNAWAY</u></b>	
<b><u>National Suicide Prevention Lifeline Hotline</u></b> (24 hour hotline)	<b><u>1-800-273-8255</u> or <u>1-800-273-TALK</u></b>	
<b><u>National Teen Dating Abuse Hotlines</u></b>	<b><u>1-866-331-9474</u></b>	
<b><u>Women &amp; Children's Crisis Center (WCA)</u></b>	<b><u>343-3688 X 19</u></b>	★
• <b><u>Domestic Violence Hotline</u></b> (24 hour hotline).....	<b><u>343-7025</u></b>	
• <b><u>Rape Crisis Hotline</u></b> (24 hour hotline).....	<b><u>345-7273</u></b>	

## HOUSING ASSISTANCE

<b><u>Boise City/Ada County Housing Authority</u></b>	<b><u>345-4907</u></b>
1276 River #300 Process applications for subsidized housing (Section 8) for families, disabled, & elderly. Typically a 2-4 year waiting list. Public Housing (project based housing) for the elderly & disabled is typically a 9-12 month waiting list. For available rental units from various landlords in the community please visit <a href="http://www.housingidaho.com/">http://www.housingidaho.com/</a>	
<b><u>City of Boise Housing &amp; Community Development</u></b>	<b><u>384-4158 X 100</u></b>
<b><u>1025 S Capital</u></b> Located across from BSU. Have low income studios, 1 & 2 bedroom units & a few larger units. A majority of units are studios, which are remodeled motel rooms. Rent includes all utilities.\$15 application fee. Please call for availability & length of the waiting list.	
<b><u>Idaho Housing and Finance Association</u></b>	<b><u>331-4877</u></b>
565 W Myrtle Assists new homeowners with low-interest mortgages for eligible first-time homebuyers, income based, potential help with down payments & closing costs. <a href="http://www.idamortgage.com">www.idamortgage.com</a> <b><u>1-866-432-4066</u></b>	
<b><u>Housing Information and Referral Center (HIRC)</u></b>	
Idaho's Housing Hotline	<a href="mailto:hirc@ihfa.org">hirc@ihfa.org</a> <b><u>331-4877</u></b> or <b><u>1-877-438-4472</u></b>
The Housing Hotline is a free information & referral service. M-F 8:30-5:30	
<ul style="list-style-type: none"><li>• <b>Website that lists units for rent:</b> <a href="http://www.housingidaho.com">www.housingidaho.com</a> <b><u>1-877-428-8844</u></b></li><li>• <b>Website that lists units for rent in Spanish:</b> <a href="http://viviendaidaho.com/index.html.ESP">http://viviendaidaho.com/index.html.ESP</a> Español / gratis <b><u>1-877-428-8844</u></b></li></ul>	
<b><u>Idaho Legal Aid</u></b>	<b><u>345-0106 X 0</u></b> <a href="http://www.idaholegalaid.org/">www.idaholegalaid.org/</a> ★
310 N 5 <sup>th</sup> Help with family law, including divorce & custody only for domestic violence, & information for landlord - tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2980 (open 9:30-1 & 2-4 pm),Senior Legal Hotline at 1-866-354-0106, (open M-Tue 9-12 1-3 & Wed 1-3), & Spanish Senior Hotline 1-866-954-2591, for persons 60+ regardless of income, staffed by Legal Aid attorneys. M-F 8:30-5	
<b><u>Jesse Tree of Idaho</u></b>	<b><u>383-9486</u></b>
1025 S Capital Blvd <b>Emergency rent assistance.</b> Call for screening for emergency rental assistance. Must have paid rent for 3 consecutive months on time, must have eviction notice, must participate in case management, have proof of income & be an Ada County resident. T W Th 11-2	
<b><u>Neighborhood Housing Services</u></b>	<b><u>343-4065</u></b>
1401 Shoreline Drive Affordable rentals but must show ability to pay rent & pass rental application check. Affordable homes for home ownership & low interest mortgage loans for families earning at or below 80% of area median income. Help with mortgages. <a href="http://www.nhsid.org">www.nhsid.org</a>	
<b><u>Sounding Board</u></b>	<b><u>577-6745</u></b>
1820 S Pacific Mediation provided by BSU interns in the area of landlord disputes & neighborhood disputes free of charge.	

## LEGAL ASSISTANCE, IMMIGRANT AND REFUGEE AGENCIES

<p><b>Ada County Court Assistance/Self-Help Center</b> <a href="http://www.courtselfhelp.idaho.gov/">www.courtselfhelp.idaho.gov/</a>  <b>287-6963 &amp; 287-6944</b> 200 W Front Room 158 (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ \$1.50/hr)          Provides <b>free forms &amp; instruction</b> for divorce &amp; family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, &amp; small claims court. <b>Free forms &amp; instructions</b> for <b>family law</b> issues are also available at <a href="http://www.adaweb.net/cao">www.adaweb.net/cao</a> Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1<sup>st</sup> floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes &amp; landlord/tenant issues.  <b>Family Court Services 4<sup>th</sup> floor of Courthouse 287-7600</b>          Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce &amp; custody cases. M-F 8-4</p>
<p><b>Agency for New Americans 338-0033</b> Settlement agency          1614 W Jefferson Providing refugees, asylees &amp; victims of trafficking with case management, employment, referral &amp; limited immigration services. Some other services available based on eligibility. <b>Spanish</b> speaking. <a href="http://www.anaidaho.org">www.anaidaho.org</a> M-F 8:30-5</p>
<p><b>Catholic Charities of Idaho 466-9926</b> Monica Salazar ★          1703 3rd St N Nampa Immigration &amp; legal counseling. <b>Spanish</b>. To qualify: Catholic Charities requires for each participant that there be no back child support, no IRS liens, no felonies, no prior false claims of citizenship, and less than 2 misdemeanors in last 5 years. Family Based system. No employer sponsors. <a href="http://www.catholiccharitiesidaho.org">www.catholiccharitiesidaho.org</a></p>
<p><b>Center for Community &amp; Justice Neighbor's Project (Proyecto Vecinos) 378-1368</b>          4696 Overland #212 Low cost help for immigrants with <b>family immigration</b> issues. Not for deportation hearings. Call for appointment. <b>Spanish</b> speakers M-F 9-5</p>
<p><b>DisAbility Rights Idaho</b> (was Co-Ad) <b>336-5353 or 1-866-262-3462</b>          4477 Emerald #B100 <b>Free. Provides advocacy for people with disabilities</b> (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have experienced rights violations or discrimination because of their disability. Assists persons in getting assistive technology/services, &amp; in applying for, or receiving, services from rehabilitation programs, &amp; SSI/SSDI beneficiaries with return to work issues. DRI provides information &amp; referral, negotiation &amp; mediation, short term &amp; technical assistance, legal advice/representation. <b>Spanish</b> speakers &amp; interpreters.</p>
<p><b>Idaho Legal Aid 345-0106 X O</b> <a href="http://www.idaholegalaid.org">www.idaholegalaid.org</a> ★          310 N 5<sup>th</sup> Help with family law, including divorce &amp; custody with domestic violence &amp; landlord-tenant problems. Eligibility based on income &amp; type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2980 &amp; statewide toll free Senior Legal Hotline at 1-866-345-0106 for low income persons age 60+ regardless of income, staffed by Legal Aid attorneys. <b>Spanish</b> speakers, language line--1-866-954-2591. M-F 8:30-4</p>
<p><b>Idaho Senior Legal Hotline 345-0106 &amp; 1-866-345-0106</b>  <b>1-866-954-2591 for Spanish speakers.</b> State-wide program by telephone for seniors 60 years of age or older to obtain free legal assistance with civil legal problems (such as problems with Social Security, SSI or other government benefit programs) &amp; need information, advice or representation. M-F 9-12 &amp; 1-4</p>

<p><b>Idaho Volunteer Lawyers 1-800-221-3295 &amp; 334-4510</b>          Phone intake &amp; application over phone, eligibility based on income &amp; type of case. Free legal services for custody &amp; visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills &amp; estates, assistance for nonprofit corporations. Priority is with domestic violence &amp;/or child endangerment cases. Will not handle criminal cases or any cash settlement. M-F 8-5</p>
<p><b>International Rescue Committee 344-1792</b>          7188 W Potomac Dr Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language &amp; literacy support, &amp; job placement services for agency clients. Services free to refugees.</p>
<p><b>Living Independence Network Corporation (LINC) 336-3335</b> ★          1878 W Overland Advocates for people with disabilities to receive services. Not attorneys, does not offer legal advice. <a href="http://www.lincidaho.org/">www.lincidaho.org/</a></p>
<p><b>Mexican Consulate (Consulado de Carrera de México en Boise) 343-6228 &amp; 343-6237</b>          720 Park Boulevard #260 Second Floor, Washington Group Plaza Ricardo Pineda Albarrán - Cónsul Titular. Will provide identification for Mexican nationals living abroad, such as birth certifications &amp; passports. Will further trade&amp; cultural relations between ID &amp; Mexico.  <b>Mexican Consulate 1-801-521-8502</b> 1-801-521-0534 (fax)          230 West 400 South 2nd Floor Salt Lake City, UT 84 M-F 8-1  <b>(Undocumented citizens.</b> will be in Boise occasionally, taking photos &amp; will give official photo IDs.) Very long wait same day for passport. Call for appointment, which will take 2-3 months.</p>
<p><b>Nampa Family Justice Center 475-5700</b> Help file for civil          1305 3<sup>rd</sup> protection order, refer to domestic violence shelters, counseling for family violence issues.  <a href="http://www.nampafamilyjusticecenter.org/">http://www.nampafamilyjusticecenter.org/</a></p>
<p><b>Self-Help Legal Alternatives 344-3208</b> Provides court          3350 Americana Terr ready forms &amp; help for a fee (\$100-150) to do paperwork for child custody, child support modification, divorce, bankruptcy, name change, &amp; power of attorney. A fee of (\$150-200) for adoptions, probate, &amp; guardianships. Drop in. M-F 9-5:30</p>
<p><b>Treasure Valley Community Resource Center TVCCR</b> ★  <b>459-9263</b> Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone. M-F 8-5</p>
<p><b>Women's Crisis Center (WCA) 343-7025</b> ★          720 W Washington Counseling individuals &amp; groups for abused women/children, Spanish speaker can be arranged, 24 hr hotline. Legal help for protection orders, in-house court advocate makes referrals. <a href="http://www.wcaboise.org">www.wcaboise.org</a></p>
<p><b>World Relief 323-4964</b>          6702 Fairview Refugee resettlement agency provides English classes, work orientation, job placement, &amp; refugee mentoring. Extended services are available up to 5 years from date of arrival in US for refugee families assigned by State Department for resettlement program. Donations of household items, furniture, &amp; gift cards are welcome. M-Th 9-4, F 9-1</p>

## MEDICAL ASSISTANCE

<p><b>Access Behavioral Health 338-4699</b> Medicaid (clients must have current physical), Medicare (with \$30 co-pay), insurance, self-pay. Offers uninsured low cost psychiatric med mgmt for \$45/visit/15 counseling programs. <b>Spanish.</b> ★</p> <p><b>Ada County - NACO Prescription Drug Discount Card Program</b> Free cards may reduce up to 22% of cost for most drugs. No paperwork or income guidelines. Use card like coupon. Available at most pharmacies such as Walgreens &amp; Rite Aid.</p> <p><b>Ada County Indigent Services 287-7960</b> <a href="http://www.adaweb.net">www.adaweb.net</a> ★</p> <p>252 E Front #199 (2 buildings East of Courthouse, parking E side of Courthouse or parking garage \$2.50/hr). Fill out app, bring app to office to schedule appointment. Need current written prescriptions, may take 2+ days to OK. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. Use as last resort. M-F 8-5</p> <p><b>All Seasons Health 321-0634</b> Medicaid, insurance. Primary care, meds ★</p> <p>8050 W Rifleman #100 management, counseling, injections, screenings. Non-emergent care, outside referrals for surgeries. Call for appointment.</p> <p><b>Aspen Mental Health 342-2950</b> Medicaid, insurance. Offers uninsured 1276 River #100 low cost psych med mgmt - \$45/visit &amp; help with free meds.</p> <p><b>Canyon County Community Clinic 249-9904</b> Wednesdays 4-7 Call Wed 9-11am 2005 Arlington for appt, no walk-ins. No insurance/Medicaid/Medicare. 200% poverty.</p> <p><b>Central District Health 375-5211</b> Same day appointments available. 707 N Armstrong Pl (Emerald) <b>Teen Clinic</b> walk-in Th 2:30-5:30.</p> <p><b>Family Planning (327-7400)</b> M-F appt only. <b>Pregnancy tests</b> by appt only. Times vary. <b>STI clinic</b> M 5-7:30, W &amp; F 1-3:30. Same day appt available. <b>WIC (327-7488)</b> appt only. <b>Pregnant &amp; breastfeeding women</b>, infants &amp; children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice, fresh fruits &amp; veggies. Infants may receive formula, cereal, juice, &amp; fresh fruits/vegetables. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours. <b>Immunizations for Children (327-7450)</b> by appt only. M, Tu, &amp; Th 8-5, W 11-7, F 8-4</p> <p><b>El-Ada Outreach 345-2820</b> Annie HIV testing, prevention ★</p> <p>2250 S Vista education, HIV groups for men &amp; women, HIV rapid testing &amp; results counseling on site &amp; at various Outreach Van locations. M-F 8:30-4</p> <p><b>Family Medicine Health Center 514-2500</b> 5clinics: 777 N Raymond (M-F 8-5 &amp; Sat 9am-1pm); 6094 Emerald; 121 E Fort; 2321 E Gala in Meridian (M-F 8-5); &amp; 215 W 35th St in Garden City (Mon 8-5 &amp; Wed 1-5). Provide medical care for adults &amp; children, prenatal care &amp; OB service. Accepting <b>Medicaid &amp; Medicare.</b> <b>Health Access Program &amp; Sliding Fee Scale</b> \$26 co-pay with income guidelines / qualifications. Call to schedule a financial screening appt. <b>Women's Health Check 514-2500 X6638</b> for age 50-65 women. <b>Cervical &amp; Breast Screen.</b> Will accept younger than age 50 women if exhibit symptoms of breast or cervical cancer or haven't had a pap smear in 5 yrs. <b>Spanish speaker.</b> Bring SSN. <b>Undocumented citizens OK.</b> Call (M &amp; W 9-1, T &amp; Th 9-6.) for appt. <b>Wellness Center 514-2505</b> provides HIV Primary Care, clinical trials, referrals to specialists, nutritional, dental, individual, family counseling, <b>Free confidential, HIV testing</b> by appt.</p> <p><b>Friendship Clinic All Saints Church 429-6678</b> Appointment only, some form of 709 S Latah (Cassia) identification needed to show Boise residence, no children services. <b>Free.</b> 1st come, 1st served. Undocumented OK. M 5-7:45</p> <p><b>Fred Meyer Pharmacy</b> Generic med approx \$4 for 30 days or \$10 for 90 days  <b>424-7533</b> 3527 Federal Way <b>429-6433</b> 5230 W Franklin  <b>323-7036</b> 5425 Chinden <b>373-5233</b> 10751 W Overland  <b>887-5273</b> 1850 E Fairview Meridian <b>465-2836</b> 50 2nd Street South Nampa</p> <p><b>Garden City Community Clinic 384-5200</b> (Genesis World Mission)          215 W 35th <b>Free. Call 9 to 5 Monday through Friday.</b> Appointments are scheduled for Tuesday/Thursday 4 - 6 or Wednesday 9:00am-12:00pm. Ladd's Pharmacy is partnering with GCCC to fill any meds not in formulary &amp; all \$4 generic medications. Services include treatment of acute non-emergent illnesses, basic chronic care &amp; counseling, &amp; medications as available. Dental Clinics Monday &amp; Friday. Complex mental illness care &amp; complex chronic care are referred to other providers. Financial eligibility remains at 200% of Federal Poverty Guidelines. GCCC is a free medical clinic for low income &amp; uninsured patients.</p> <p><b>Idaho CareLine 211 or 1-800-926-2588</b> Housing and family resources at <a href="http://idahocareline.org">idahocareline.org</a> ★          Meds in ID. Ask @ <a href="http://RxIdaho.org">RxIdaho.org</a> for prescription drugs. <b>Spanish.</b></p> <p><b>Kmart Pharmacy 377-5153</b> <a href="http://www.kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite">www.kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite</a>          10477 Fairview Certain generic <b>medicines</b> \$5-15 for 90 days, \$25 over 50 women's wellness prescriptions, quantity restrictions apply.</p> <p><b>Knights of Columbus Council #12854</b> Dick DeLeonard (362-3710), Dale (888-3782), John (376-0918), Robert (377-0874) Free wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, other medical equipment.</p> <p><b>Living Independence Network Corporation 336-3335</b> 1878 W Overland ★          Loans &amp; gives away equipment such as wheelchairs, walkers, etc. <a href="http://lincidaho.org/">lincidaho.org/</a></p> <p><b>Mountain States Medical Clinic 378-2840</b> \$35 school physical. M-F 7-6, Sat 9-1          4809 W Fairview Urgent care. Cash discount (not for physicals).          No Medicare/Medicaid. Walk-ins OK.</p> <p><b>North End Children's Health Clinic 395-0000</b> Anne Church <b>Medicaid</b>          1655 W Fairview #206 Insurance &amp; self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).</p>	<p><b>Omega Health 853-0071</b> Medicaid, Medicare, &amp; insurance ★          5985 W State For teens (age 12+) &amp; adults. M, T, Th 9-8, W 9-5, F 9-3</p> <p><b>Partnership for Prescription Assistance 1-888-477-2669</b> Help getting free <b>prescriptions.</b> Income guidelines <b>Spanish.</b> Medicare, Medicaid. <a href="http://pparx.org/en/about_us">pparx.org/en/about_us</a> &amp; <a href="http://kids.pparx.org">kids.pparx.org</a></p> <p><b>Pharmaceutical Company Patient Assistance Programs</b> <a href="http://www.rxassist.org/Search.cfm">www.rxassist.org/Search.cfm</a>          Website with information, news, &amp; database designed to find ways to get affordable, or free, medications to low-income patients. Must register for a free user account.</p> <p><b>Planned Parenthood 376-9300</b> Medicaid, sliding fee &amp; insurance          3668 N Harbor (off State St) <b>Spanish.</b> Birth control, STDs, pregnancy tests, emergency contraception (EC), walk-ins welcome. Abortion services. Early pregnancy loss services. <a href="http://ppgnw.org">ppgnw.org</a> M 9-7, T 11-7, W 9-5, Th, F 8-4, Sa 10-4</p> <p><b>Primary Health Walk-in Clinics</b> Medicaid Undocumented people welcome.          1907 S Broadway <b>M-Su 8-8</b> 345-1222          6052 W State St <b>M-F 8-8, Sa Su 8-6</b> 344-7799 <b>Spanish</b>          8971 W Overland <b>M-F 8-8, Sa 8-6</b> 378-4288          1130 E Fairview <b>M-Sa 8-8, Su 8-6</b> 888-9393          435 S Eagle <b>M-F 8-6, Sa 9-5</b> 939-8200          1825 Kimball Ave Caldwell <b>M-Sa 8-6</b> 455-3545          700 Caldwell Blvd Nampa <b>M-Sa 8-8 Su 8-6</b> 466-6567</p> <p><b>Rite Aid Pharmacy Savings Card 1-866-317-4286</b> \$.89/30-days generics, \$15.99/90 days, save 20% on other name brand/generics. <a href="http://riteaid.com/pharmacy">riteaid.com/pharmacy</a></p> <p><b>St Alphonsus Express Care 367-7264</b> Medicaid, Medicare, insurance. ★          Rite Aid 1515 W State <b>Albertsons</b> 4700 N Eagle Road (McMillan) Nurse practitioner assesses &amp; treats basic medical conditions &amp; school physicals for flat fee of \$55. Adults &amp; children 12 months &amp; older. M-F 9-8, Sa &amp; Sun 10-6</p> <p><b>St Luke's Internal Medicine 381-6400</b> Medicaid, may slide fees.          701 E Park Center Adults 18+, primary care. No new patients now. M-F 8-5</p> <p><b>St Mark's Crisis Center 327-0345</b> Emergency only. <b>Need prescription</b> ★          7960 Northview \$50 max, use only once. Photo ID. No pain meds. M-F 10-2</p> <p><b>St Vincent de Paul FreeMed Prescription Program 344-9737</b> ★          3217 W Overland Maintenance medicines. Call for info &amp; appointment first. No application fee. Meds usually take 4-6 weeks to arrive after app sent to drug company. Patient must have written prescription. M-Th 10-4</p> <p><b>St Vincent de Paul Help Line 331-2208</b> Zip code determines nearest ★          church where you will be referred. Must leave phone # for call back.</p> <p><b>Shriner Hospital referrals 343-0571</b> Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital &amp; travel costs.</p> <p><b>Sonshine Family Health 375-8806</b> Medicaid, self-pay, no insurance.          2308 N Cole #H Payment due at visit, simple visits start at \$58. Nurse practitioner. Undocumented citizens served. Interpreters available with notice. Monday, Tuesday, Thurs 8-12, 1:15-5:15, Wednesday 8-1, 2:15-7, Friday 8-1</p> <p><b>State St Immediate Care 853-3100</b> Medicaid Walk-in clinic          4902 W State Office visit \$65 deposit remaining amt will be billed out to patient. Can bill out for labs/tests. Limited Spanish serves</p> <p><b>"Su Familia" National Hispanic Family Health Helpline 1-866-783-2645 or 866-SU-FAMILIA</b> Call M-F 9-6. Offers Hispanic consumers with health info, local referral services to MDs, bilingual advisors, receive bilingual fact sheets (cancer, child &amp; adult immunizations, diabetes, HIV/AIDS, autism, mental health)</p> <p><b>Terry Reilly Health Clinic - Nampa 467-5282</b> Medicaid &amp; insurance, ★          223 16 Ave N will take same day appointments, pharmacy, all medical services provided, <b>Spanish speaking, Teen Clinic,</b> counseling, bring proof of income &amp; SS cards. <b>Undocumented citizens</b> without proof of income can receive free non-emergency treatment. <b>Express Care Walk-ins only.</b> Treats minor medical conditions for flat fee of \$30 cash, <b>Medicaid, Medicare, sliding fee,</b> insurance. M, T, Th 8-noon, 1-5, W 9-12:15, 1:15-5, 5:45-8, F 8-noon, 1-5, 5:45-8</p> <p><b>Terry Reilly Boise Clinic 344-3512</b> Medicaid, Medicare, sliding fee, insurance. ★          848 La Cassia (off Latah) No walk-ins, appointment only, bring proof of income &amp; SS cards. Urgent Care open Tue &amp; Wed 5-8 &amp; provides \$30 access fee/sliding fee. <b>Only treat shelter &amp; homeless residents. Spanish. Undocumented citizens</b> served. M 8-5, T &amp; W 8-8, Th-9-5, F, 8-5</p> <p><b>Together RX Access Card 1-800-444-4106</b> Provides up to 25-40% off retail price 300 drugs (diabetes, cancer, arthritis, blood pressure). Legal US residents, uninsured, under age 65, have insurance, are eligible if meet income guidelines, <b>Spanish speaker. Medicaid</b> <a href="http://www.togetherrxaccess.com">www.togetherrxaccess.com</a></p> <p><b>Unity Health Center 895-6729</b> Sliding scale fees.          745 S Progress Ave Meridian <a href="http://uhcidaho.com/">uhcidaho.com/</a> M-Sun 8 am-8 pm</p> <p><b>Vineyard Christian Church 377-1477</b> <b>Spanish</b> interpreters. Walk-in, medical, ★          4950 N Bradley &amp; gynecology. Free if no insurance. W &amp; Sa 9:30-11:30</p> <p><b>Wal-Mart Pharmacy No Medicaid</b> Bring Rx <b>generic meds,</b> \$4 for 30 days ★  <b>321-9080</b> 8300 W Overland Boise <b>853-4780</b> 7319 W State Boise  <b>373-0024</b> 4051 E Fairview Meridian <b>461-8718</b> 5875 E Franklin Nampa  <b>467-5159</b> 2100 12th Avenue Nampa <b>455-2151</b> 5108 E Cleveland Caldwell</p>
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## SHELTERS AND SHOWERS

**City Light for Women & Children** (only) **368-9901** ★  
 1404 W Jefferson (Boise Rescue Mission) **Chapel service** (not mandatory) at 6:30–7:30 pm. Safe place for women & children who are victims of domestic violence, or any kind of violence, to go for protection. Can fully provide for women & children without possessions (such as diapers & bottles for babies) & can help report crimes & find assistance. Open 24 hours a day. **2 Programs:**  
**Emergency Shelter**—Children under 18 must be accompanied by mom. 4 pm check-in, first come & first served, closed from 8-4 daily, 30-day max stay, case management services available. No day use allowed. Some exceptions made for women with infant children, those who are sick & bedridden, & the frail & elderly. Any person staying at shelter can receive **free counseling**. Resident must call to make an appointment with Rosie. **Breakfast** at 6:30 am M–F, 9 am Sunday, **brunch** 10:30 am Saturday, **dinner** at 5 pm daily. Open to public, including people who are not homeless but are mothers with kids & the working poor.  
**New Life Recovery Program**—1+ year intensive program. Residential shelter. Free. 1-on-1 counseling for women & children. Meals daily.

**Community Family Shelter** **461-3733** (Salvation Army) ★  
 1412 4th St. S Nampa Open to families with children or single women. Emergency (90 day) housing provided & transitional (4 months to 2 years) housing provided. Need to fill out application & do screening to be put on the waiting list. **Probable waiting list**. Breakfast, lunch & dinner provided daily except Wed & Sun. Provide laundry facilities for those at risk of becoming homeless from 6-10 am everyday but Wednesday and Sunday, Free showers.

**Corpus Christi House Day Shelter** **426-0045** Have washers & 525 Americana Blvd dryers, showers, some **clothing**, computers & phones available, may use their address for a mailing address, & free coffee. May use CCH's address & phone number as your contact info. Businesses in search of day labor may call CCH. AA meetings on Mon & Thur @ 7 pm Open daily M–Sa 8–4:45, closes on Sundays @ 11:30

**Good Samaritan Home** **343-6051** Provides affordable 3501 W State (on a sliding scale based upon income) housing (both permanent & temporary) for adults of all ages. M-F 9-5

**Hays Shelter Home** **322-6687 & 1-877-805-2308** 24 hr Youth Help Line ★  
 7221 Poplar Boise Safe shelter & support services for youth who are victims of abuse or neglect, runaways, homeless, or from families experiencing crisis in the home. Private referrals accepted. Youth may access services alone. Residential care for children only, boys & girls age 9 to 17. Family, individual & group counseling, skill-building classes, & parent education classes. Daily rates based on the family's ability to pay.

**Hope's Door** **459-6279** Caldwell Shelter for domestic violence victims & victims of rape or sexual assault, advocates & a case manager who speaks **Spanish**.

**Interfaith Sanctuary** **343-2630** [www.interfaithsanctuary.org](http://www.interfaithsanctuary.org)  
 1620 W River Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. Accommodate non-English speaking residents. 6 pm–7 am 7 days a week

**The Lighthouse (Boise Rescue Mission)** **461-5030** ★  
 472 Caldwell Blvd in Nampa **Men only**, 3 meals served/day, 7 days/week. Shelter check-in starts 4 pm. Wake up at 5:45 am, chores assigned daily. Visibly intoxicated men will not be admitted. **Breakfast:** 6:30 am daily, 8am Sundays, **Lunch:** 12 Mon-Sat, 1:00 pm Sun, **Dinner:** 7 daily. Meals open to public & not just to the homeless. **Chapel service** at 6–7 pm daily. **Nov–Feb** accept everyone regardless of space, no time limit. **March–Oct** 17 day max stay & wait 30 days for more shelter time. **Showers free** from 4–5:30 M–F for non-shelter residents. Used **clothes free**. **Jobs** program, sign a contract & meet certain objectives to extend shelter stay. **1-year rehab program, live & work at shelter**, no smoking, drinking or drugs in program.

**River of Life Men's Mission** **389-9840** ★  
 575 S 13th (by River St) Boise Rescue Mission will screen people at 389-9840 for beds. **Men only**. Overnight shelter, **Free meals, shower, & clothing** provided to those in need. Chapel service daily at 7–8 pm. Chores assigned daily. Visibly intoxicated men will not be admitted & curfew exists. Open to public, including many people who are not homeless but working poor. **Breakfast** at 6:30 am, **lunch** at 11:50 & **dinner** at 5 pm & 7 pm. **Jobs** program, sign a contract & meet certain objectives to extend shelter stay. Substance abuse treatment.

**Salvation Army (Booth)** **343-5429 X 3 or 4** Open to single moms ★  
 4308 W State or dads with children, intact married families or single women of any age. Clients must leave M–F from 8–4. May stay up to 90 days. Breakfast, sack lunch & dinner provided free 7 days a week. Call for phone interview. Probable waiting list. M–F 9–4

**Valley Crisis Center Nampa** **465-5011**  
 24-hour crisis line, 67 beds, rules, has to be domestic violence (rape & sexual assault situation), women & children only, no boys over age 17, 90-day review program. Onsite counseling & support groups.

**YMCA** ★  
**Downtown** 1050 W State **344-5501**  
**West Boise** 5959 N Discovery Place **377-9622**  
**\$2 Showers**, anytime at West Boise.  
 Downtown M–F 7–5am-11pm, Sa 7–8, Su noon–6 Individuals & families may apply for financial assistance for membership.

**Women & Children's Alliance (WCA)** **343-7025** ★  
 720 W Washington Call & asses first. Must be **domestic violence or sexual assault**, women & children only, 120-day program, required classes, waiting list. Parenting, life skills, safety management, & financial planning classes.

## SUBSTANCE ABUSE TREATMENT

<p><b>Access to Recovery Hotline</b> <b>1-800-922-3406 ext. 2</b> <a href="http://www.bpahealth.com">www.bpahealth.com</a>  <b>State Funding for Drug &amp; Alcohol Treatment.</b> Screen for eligibility for state funding based on residency, income &amp; clinical issues. Refer to community agencies for outpatient &amp; inpatient treatment, residential, recovery support services (case management, transportation &amp; childcare), safe/sober housing, family, marriage/life skills education classes, &amp; emergency housing. M-F 8-8</p>	<p><b>New Hope Community Health</b> <b>672-9200</b>            9460 W Fairview between 5 Mile &amp; Maple Grove <b>No Medicaid</b>, accepts <b>state funded</b> treatment. Christian based recovery. Safe &amp; sober housing, case management, assessments, &amp; court ordered classes. M-F 9-5</p>
<p><b>Ada County Juvenile Court Substance Abuse Program</b> <b>287-5600</b>            7180 Barrister Dr All programs are court ordered, ages 13-18.            1. Drug Court, 9 month commitment, outpatient 2. Residential for locked down adolescents, 6 weeks; 3. Outpatient &amp; an intensive outpatient program.</p>	<p><b>Omega Mental Health</b> <b>853-0071</b> <b>Medicaid, Medicare,</b> &amp; insurance. ★            5985 W State For teens (12+) &amp; adults. Substance abuse &amp; suboxone (<b>opiate dependency</b>) treatment via medicines. MD, M, T, Th 9-8, W 9-5, F 9-3</p>
<p><b>AA-Alcoholics Anonymous</b> <b>344-6611</b> Call for information. ★</p>	<p><b>Pioneer Neighborhood Community Center Day Shelter</b> <b>384-4069</b> Boise ★            500 S Ash St Parks &amp; Recreation offers safe haven for homeless families. Room for 15 families. Youth activities will be offered. Open to 4/30/10. Open daily 8-3 for preschool children &amp; their parents, after school drop-in. M-F 3-7</p>
<p><b>Allumbaugh House</b> <b>377-9669</b> Open for <b>detoxification &amp; mental health</b> services 24 hours a day, 7 days a week. <b>Sobering house</b> open Thursday, Friday &amp; Saturday from 7:00pm-11:00am. Not a walk-in facility, a referral must be made for admission. Must be 18 years of age, &amp; reside within Region IV (Ada, Boise, Elmore, &amp; Valley Counties) &amp; show potential for benefit from short-term stabilization. Priority will be given to clients with low income &amp;/or lack of health insurance coverage. Referral must be made by designated professionals for admission. Qualified professionals include the ID Department of Health &amp; Welfare, law enforcement, hospitals or health care provider.</p>	<p><b>Port of Hope Nampa</b> <b>463-0118</b> Assessments ,outpatient, inpatient treatment, 508 E Florida &amp; <b>detoxification sliding fee</b> for adults age 18+. <a href="http://portofhopecenters.org/">portofhopecenters.org/</a></p>
<p><b>Ascent Behavioral Health Service</b> <b>898-9755</b> <b>Substance abuse treatment</b> ★            366 SW 5th Ave #100 Meridian for adolescents &amp; adults. Dual diagnosis, anger management, &amp; cognitive self change courses. Self pay, private insurance, and <b>state funding</b> accepted. <b>Medicaid</b> accepted through state funding for substance abuse treatment.</p>	<p><b>Provenance Ministry</b> <b>287-8896</b> Eileen Davis Provide faith based structured, transitional, safe &amp; sober housing, for those willing to change their lifestyle &amp; establish a relationship with Jesus Christ. Offering recovery support.</p>
<p><b>Bell Counseling</b> <b>376-2577</b> Adolescent &amp; adult outpatient, individuals, ★            1076 N Cole groups, relationships, anger management, treat <b>dual diagnosis</b>. <b>State funded treatment, sliding fee for substance abuse.</b> Insurance.</p>	<p><b>Recovery 4 Life</b> <b>376-7083</b> Recovery support services case man. <b>State</b> 1253 N. Cole #100 <b>funding</b> self pay, <b>sliding scale</b>, &amp; insurance. Intensive outpatient to adults &amp; adolescents, individual, group &amp; family therapy.</p>
<p><b>Business Psychology Associates</b> <b>1-800-922-3406 or 947-4393</b> Provider of <b>state funding for drug/alcohol treatment.</b> Based on eligibility. M-F 8-8</p>	<p><b>River of Life</b> <b>389-9840</b> <b>Free residential recovery for men</b> ★            575 S 13<sup>th</sup> <b>Free residential recovery for men</b></p>
<p><b>Calvary Chapel Outreach—Pure Word Ministries</b> <b>322-3073</b> ★            226 S Cole <b>12 Step Program (Christian)</b></p>	<p><b>Rising Sun Sober Living</b> <b>338-0861 or 898-4668</b> Quality Clean &amp; sober housing for men &amp; women recovering from drugs &amp; alcohol. Nice, clean houses in convenient locations. Serving Ada &amp; Canyon Counties. Monthly guest fee is \$400 with \$50 processing fee.</p>
<p><b>Center for Behavioral Health Methadone Clinic.</b> Outpatient treatment for 92 S Cole <b>376-5021</b> <b>suboxone &amp; methadone</b> &amp; other additions. Insurance or 1965 S Eagle #180 Meridian <b>288-0649</b> or self-pay. M-F 5 am-12:30 pm, Sat, Sun 6-8 am</p>	<p><b>Road to Recovery (Boise Methamphetamine Clinic)</b> <b>384-4234</b>            5460 W Franklin #L Substance abuse outpatient &amp; intensive outpatient treatment. Separate male &amp; female intensive 12 month program. Must be at least 18 years old. State funded, must be <b>adult</b> (age 18 or older), no history of sexual abuse or violent offenses. <b>Spanish</b> speaker. M-Th 9:30-5:30</p>
<p><b>Chrysalis Home Women's Transitional Living</b> <b>424-1323</b> <b>No treatment.</b> For women coming out of incarceration &amp; addiction. Must be clean &amp; sober, not a shelter, 12-18 month stay, must be in school or work full-time. \$350/month program fee, 38 beds. <a href="http://www.chrysaliswomenidah.org">www.chrysaliswomenidah.org</a></p>	<p><b>Sage Recovery Services</b> <b>287-3285</b> Alcohol/Drug Education, Relapse 355 N Orchard #107 Prevention Education, Idaho Model CSC, Thinking for a Change, anger management, parenting, &amp; individual/couple sessions. \$15/group; sliding scale &amp; vouchers for financial.</p>
<p><b>City Light for Women &amp; Children New Life Recovery Program</b> <b>368-9901</b> ★            1404 W Jefferson <b>Free Substance abuse treatment</b>, 1+ year intensive program. Residential shelter. 1-1 counseling, <b>women &amp; children only</b>, provide meals daily</p>	<p><b>Salud y Provecho Clinic</b> <b>454-8632</b> M-F 8:30-5:30 ★            317 Happyday Blvd #180 Caldwell <b>Free domestic violence counseling</b> for victims &amp; referrals, 24 hr hotline for victims, parenting classes. <b>Spanish speakers</b>, mental health, medical for clients, individual, groups for victims &amp; male batterers, marriage &amp; family counseling, <b>service coordination</b> for kids. <b>Medicaid</b>. <b>Teens</b> (13-17) sub abuse group. <b>Medicaid</b> for assessments only.</p>
<p><b>Community Services Counseling</b> <b>336-6792</b> <b>Substance abuse</b> outpatient &amp; 963 S Orchard #B intensive outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, relationship counseling, anger mgmt, women's trauma recovery, &amp; parenting classes Adults 18+, self-pay, voc rehab funding &amp; approved for state funded substance abuse treatment. M-F 10:30-9</p>	<p><b>Supportive Housing &amp; Innovative Partnerships (SHIP)</b> <b>331-0900</b> Offers safe 1405 Grove &amp; sober housing for single men &amp; single women. Provides case management, random drug testing &amp; life skills recovery support services. SHIP accepts state <b>Substance Use</b> funding from BPA, offers an affordable private pay program &amp; a program for individuals experiencing homelessness. SHIP also has a housing program for homeless veterans with Substance Use Disorders.</p>
<p><b>Community Support Center</b> <b>429-0330</b> <b>Medicaid</b> <b>Adult day</b> 716 N Orchard <b>treatment for mentally challenged</b> adults age 18+. Art &amp; play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. M-F 8-4</p>	<p><b>Ten Mile Christian Church</b> <b>888-3101</b> <b>Outpatient recovery</b> support group ★            2511 W. Cherry Lane Meridian services. Celebrate Recovery Christ centered, family, marriage, life skills training, case mgmt. <a href="http://www.tenmilecc.com">www.tenmilecc.com</a></p>
<p><b>Deer Flat Celebrate Recovery</b> <b>459-3845</b> Carol <b>989-9292</b>, Earnie <b>989-0576</b>            17703 Beet Rd Caldwell Wednesdays 6 pm Dinner (\$2), 7 meeting. <b>Christ centered</b> 12 step recovery program (chemical dependency, anger issues, food addictions, childhood abuse victims). <a href="http://deerflat.org/#/adult/celebrate-recovery">http://deerflat.org/#/adult/celebrate-recovery</a></p>	<p><b>Tobacco Cessation</b> <b>1-800-QuitNow (1-800-784-8669)</b> Free telephone counseling service. <b>Spanish</b>, deaf &amp; hard of hearing. <a href="http://idaho.quitnet.com">http://idaho.quitnet.com</a>  <b>Free Tobacco Cessation Classes</b> <b>342-0308</b> Call Nancy Caspersen.</p>
<p><b>ElAda Outreach</b> <b>345-2820</b> Undocumented citizens OK. ★            2250 S Vista <b>Recovery</b> support services &amp; case man. <b>Outreach Van:</b> Mobile HIV prevention &amp; homeless outreach. Call for location &amp; schedule.</p>	<p><b>Unio Recovery Center</b> <b>541-889-2490</b> 60 bed residential treatment center 686 NW 9th St Ontario, OR provides limited, uncomplicated medical detox with an open ended length of stay. The cost \$75/day Idaho &amp; <b>state funding</b>.</p>
<p><b>Family Services Center</b> <b>454-5133</b> <b>State funding, Spanish,</b> counseling ★            704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.</p>	<p><b>Ustick House</b> <b>322-0474</b> 12-step structured <b>sober living house</b> for men, 90-day min. <b>Sliding fee.</b></p>
<p><b>Harmony House</b> <b>288-1079</b> Call first. <b>State funding.</b> Residential treatment for teens ages 13-17. 90-day program, family groups. Few beds, possible waiting list. Need assessment first.</p>	<p><b>Veterans Medical Center RSAT (Residential Substance Abuse Treatment)</b> ★  <b>422-1000 X 1145</b> Provide <b>detoxification</b> &amp; 21-day residential substance abuse treatment &amp; outpatient substance abuse treatment. Outpatient counseling, groups, family counseling &amp; transitional housing for veterans completing RSAT. <b>Available for eligible vets</b> only.</p>
<p><b>Idaho CareLine</b> <b>211 or 1-800-926-2588</b> Referrals for health issues &amp; meds via <b>Medicaid</b> <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription help. <a href="http://www.idahocareline.org/">www.idahocareline.org/</a></p>	<p><b>Vineyard Christian Church Celebrate Recovery</b> <b>377-1477</b> <b>Christian 12 Step</b> ★            4950 N Bradley (N 48/Chinden) <b>Program.</b> Sunday 6 pm dinner (optional), 7 meeting.</p>
<p><b>Intermountain Hospital</b> <b>377- 8400</b> Free Assessments <b>In-patient</b> treatment ★            303 Allumbaugh for mental health &amp; substance abuse for adults.</p>	<p><b>Walker Center Boise</b> <b>336-9076</b> Relapse prevention, intensive outpatient 5440 Franklin # 101 treatment for adults age 18+, chemical dependency assessments. In-patient treatment at Gooding with 1 year of aftercare. <b>No Medicaid.</b> will accept <b>state funded</b> substance abuse treatment <b>funding.</b></p>
<p><b>Kuna Counseling Center</b> <b>922-9001</b> Substance abuse outpatient ★            190 W Main Kuna treatment. Groups for drug &amp; alcohol education, relapse prevention, cognitive self change, grief &amp; loss. Accept <b>Medicaid</b> &amp; insurance for other counseling such as relationship, severe mental health. <b>Spanish</b> providers.</p>	<p><b>Women &amp; Children's Crisis Center (WCA)</b> Call Business Psychology Ass. ★  <b>947-4393 / 1-800-922-3406</b> for screening &amp; referral. Levels of care include transitional, intensive inpatient &amp; outpatient. Childcare available. Wait list?</p>
<p><b>Lighthouse Rescue Mission</b> <b>461-5030</b> <b>Free</b> 12-18 month in-house residential program for <b>Men only.</b></p>	

## SUPPORT GROUPS (FREE)

<b>ADHD Monthly Updates</b> <b>385-0888</b> 2nd Monday at 7-8:30 1517 W Jefferson Psychologists & counselors give info about ADD/ADHD.	<b>Gamblers Anonymous</b> <b>342-0672</b> 12-step program. Meeting Thursday 7:15 3820 Cassia (Latah) Call for information for families of compulsive gamblers.
<b>Adult Children of Alcoholics</b> <b>344-1661</b> Sundays @ 6pm St Stephan's 2206 N Cole Tuesdays @ 7:30 1915 University St Paul's Catholic Center. Call Mike 830-8112 or Mary 322-4537..	<b>Grandparents As Parents</b> <b>323-7538</b> Tracee Crawford (Treasure Valley GAP) 3852 N Eagle 2nd flr 1st Boise Community Center (First Church of the Nazarene) Support group for grandparents & other relatives raising children whose parents are unable or unwilling to do so. Meets 1st Monday of month 6:30-8:30. <a href="http://idahograndparentsasparents.org">idahograndparentsasparents.org</a>
<b>AA-Alcoholics Anonymous</b> <b>344-6611 or 1-800-627-9103</b> Call for info. ★	<b>Grief &amp; Loss Recovery Group</b> <b>608-4147</b> Call Marissa. Free support group open 600 E State #300 Eagle to anyone grieving a loss. Meets weekly for 8 weeks.
<b>Al-Anon Family Groups</b> <b>344-1661</b> 24-hour info Schedules & information visit ★ 1524 S Vista <a href="http://al-anon-idaho.org">al-anon-idaho.org</a> Volunteers to talk with. Daily noon & evening meetings. Al-Anon Literature Discussion Group 111 S Orchard #238 (corner of Kootenai & Orchard, entrance 5). Call Will @ 323-0141	<b>HIV Support Groups</b> <b>514-2505</b> At Family Residency Wellness Center ★ 777 N Raymond Open Tuesdays 6-7, Age 35 & under 6:30-8 Call Ryan 371-3671 Social for you & loved one 1st Sunday 1-3 Call Dennis 322-6040
<b>Alliance on Mental Illness</b> <b>376-4304</b> 1st & 3rd Wed 7-8:30 at 4696 Overland #254 Families/friends of people with mental illness. Consumer support group 2nd & 4th Thursday group at Community Support Center 716 N. Orchard. Call Ken @ 229-6699 for location.	<b>IFAD (ID Families of Adults with disabilities)</b> <b>991-2608</b> Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters. <a href="http://www.ifad.us">www.ifad.us</a> E-mail <a href="mailto:ifad@ifad.us">ifad@ifad.us</a> or <a href="mailto:Debbie.ciulla@ifad.us">Debbie.ciulla@ifad.us</a>
<b>Al-Ateen</b> <b>344-1661</b> Call for meeting times & locations. ★	<b>ID Asperger's Support Group</b> <b>991-2170</b> <a href="http://www.idahoasg.org">www.idahoasg.org</a> For Families w/ ★ children & adults with Asperger's Syndrome .Parents meet 2nd Thursday of month, location changes. Teen group Tuesdays 7-8.
<b>Allies Linked for the Prevention of HIV &amp; AIDS (a.I.p.h.a.)</b> <b>424-7799</b> 419 S 13th Referral & support for sexual health (STD/STI/HIV).Free oral rapid HIV tests, counseling, ed classes, & support for people with HIV & AIDS. Call for appt, walk-ins OK. <a href="http://www.alphoidaho.org">www.alphoidaho.org</a> M-3-9, Sat 12-5, Sun 12	<b>ID Mom's Network</b> <b>884-3773</b> Activities for stay-at-home moms. Information at <a href="http://www.idahomomsnetwork.org">www.idahomomsnetwork.org</a>
<b>Alzheimer's</b> <b>384-1788 &amp; 1-800-272-3900</b> Call for info, resources & referrals on support groups for family members/caregivers.24/7 Helpline. <a href="http://www.alz.org/idaho/">www.alz.org/idaho/</a>	<b>Narcotics Anonymous</b> <b>338-4880</b> pager
<b>Asthma Education (Family)</b> <b>381-2155</b> 3rd Thursday 7-8:30 ★ 100 E Idaho St Luke's South Tower Anderson Center # 2; Asthma education, how it affects airways, triggers, meds, making asthma plan with MD.	<b>National Alliance on Mental Illness (NAMI-Boise)</b> <b>376-4304</b> or 794-8405 Maggie ★ 4696 Overland #254 Family support group on 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd & 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call for info @ other classes & presentations. <a href="http://www.nami-boise.org">www.nami-boise.org</a>
<b>Baby and Me Support Group</b> <b>367-7380</b> Tuesdays 10-11am ★ 900 N Liberty #100 St Al's Family Center For new parents & babies 0-12 mo	<b>New Moms' Group</b> <b>381-9000</b> or <b>381-1910</b> . Support group for new mom's & babies ★ Meets Th 10:30-12 @ 103 W State at St Luke's Women Life. Meets T 10:30-12 @ St Luke's Meridian 120 S Eagle Rd, Shoshone Room.
<b>Because I Love You</b> Call Donna 345-1539 & Leone 853-2770 for schedule. ★ 303 Allumbaugh at Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Some Tuesdays 7 to 9:30.	<b>Overeaters Anonymous</b> <b>336-3485</b> Group for people with any eating disorder <a href="http://oa.org">oa.org</a> Mon 12-12:45 1st Presbyterian upstairs 940 W State Michele 863-0775 Mon 7:30pm All Saints Episcopal 704 N Latah Shanna 371-3362 Wed Noon 1st Congregational 2201 Woodlawn Ave Patty 484-4172 Thurs 7pm 5 Mile Nazarene 2701 S 5 Mile childcare Dave 658-1496 Fri 6:30pm Whitney Community Ctr 1609 S Owhyhee Nancy 571-1143 Sat 10am St Stephens Episcopal 2206 N Cole Margaret 853-5331 Sat 1:30pm 1st Congregational 2201 Wood Lawn Ave Shannah 371-3362 Sun 6:30pm Boise Church of Christ 2000 Eldorado St Jenna 440-8927
<b>Better Breathers Club</b> <b>345-5864</b> 2nd Wednesday 11-1 during school year 1412 W Idaho #100 People/families with respiratory issues. <a href="http://lungidaho.org">lungidaho.org</a>	<b>Parents, Families &amp; Friends of Lesbians &amp; Gays (PFLAG)</b> <b>867-5029</b> ★ Boise First Congregational 2201 Woodlawn Meets 2nd Friday 7:30-9 Congregational Church 55 S Midland, Nampa Meets 3rd Tuesday 7:30-9
<b>Birth Parent Support</b> <b>376-0191</b> 10740 Fairview LDS Social Services ★	<b>Share Miscarriage &amp; Infant Loss Support Group</b> <b>367-7380</b> 6200 W Emerald (Breast Care Center); First Tuesday 6:30-8
<b>Breast Cancer</b> <b>376-3929 or 880-5658 (cell)</b> Becky Hays 8800 W Emerald HealthSouth Hospital Mondays 6:30-7:30	<b>SHARE of Idaho</b> Chrissy <b>388-8834</b> or Jenna at <a href="mailto:rovigi@slhs.org">rovigi@slhs.org</a> ★ 103 W State at St Luke's Women Life Group for parents who have had early pregnancy loss, stillbirth, or newborn death. 3rd Monday at 7.
<b>Breastfeeding Bunch</b> <b>381-9000</b> Lactation experts will offer advice, Q&A ★ 103 W State St Luke's Women's Life Wednesdays 10-12 520 S Eagle St Luke's Meridian Shoshone Room Thursdays 1-3 pm. Breastfeeding moms & babies share experiences, concerns & information.	<b>Survivors of Suicide Support Group</b> <b>398-8231</b> Rich & Trudy ★ 717 N 11th (Cathedral of Rockies) Meets 2nd Friday 7 pm
<b>Breastfeeding Support &amp; Encouragement</b> <b>367-7380</b> ★ 900 N Liberty #100 St Al's Family Center Tuesdays 11-Noon	<b>Survivors Supporting Survivors</b> <b>422-0174</b> Heather_ Ages 11 to 18 2676 S Vista 1st Wednesday 6-7:30 For adolescent survivors with cancer diagnosis regardless of if they are receiving active treatment or are in remission
<b>Cancer (Living Through)</b> <b>381-2760</b> Jeni Call @ groups in Meridian, Nampa, ★ 100 E Idaho St Luke's MSTI & Fruitland. Cancer patients, caregivers, & family.	<b>Ten Mile Christian Church</b> <b>888-3101</b> Every Friday 6-9 ★ 3500 W Franklin Meridian Issue specific, gender specific Christ centered support groups. Dinner & Children's Program. <a href="http://www.tenmilecc.com">www.tenmilecc.com</a>
<b>Cancer Grief Support Group for Cancer Patients &amp; their Families</b> <b>381-2760</b> Call to register for class & to get more information.	<b>Touchstone Center for Grieving Children &amp; Adolescents</b> <b>343-7797 X1359</b> ★ 740 Warm Springs Warm Springs Counseling 2nd Flr Amy Thompson Meets 2nd & 4th Tuesday 6:30-8:30 p.m. Group helps grieving children (ages 5-18) & families recover from loss. Children placed in age/gender groups with facilitator. Parents meet with facilitator. Call to talk with a facilitator. No drop-ins. <a href="http://touchstone@childrenshomesociety.com">touchstone@childrenshomesociety.com</a>
<b>Cardiac Support Group</b> <b>381-9000</b> Call for dates & topics ★ 100 E Idaho (St Luke's South Tower Anderson Center)	<b>Tourette's Syndrome</b> <b>376-3409</b> Stephanie <a href="mailto:shoffman3409@msn.com">shoffman3409@msn.com</a> Email or call to meet 1-1 for guidance & info. ID support group on Facebook & <a href="http://tsa-usa.org/">tsa-usa.org/</a>
<b>Celebrate Recovery Dinner</b> Christian Based "8 Recovery Principles." Vineyard Boise <b>377-1477</b> 4950 W Bradley Diner 6 pm, groups 7-9 <a href="http://vineyardboise.org">vineyardboise.org</a>	<b>Treasure Valley Autism Society</b> <b>336-5676</b> ★ 520 S Eagle St Luke's basement 1st Monday 7-9pm. <a href="http://acatvc.org">acatvc.org</a>
<b>Celebrate Recovery</b> <b>602-5667</b> Randy or <b>344-8311</b> Mike Eisenbeiss Sacred Heart Church, 12 steps of AA & 8 Principals from Beatitudes. Thursday 6:30 refreshments, 7-8 large group teachings & 8-9 small group's gender specific. Drop in or call.	<b>Twins &amp; Multiples (Mothers of)</b> Annual membership fee. Visit web for times/dates of meetings. <a href="http://www.boisemom.org">www.boisemom.org</a>
<b>CHADD (Children with ADHD/ADD)</b> Denise <a href="http://ada-gem-counties@chadd.net">ada-gem-counties@chadd.net</a> 717 11th St. Cathedral of the Rockies 4th Thursday 6-7:45	<b>Women &amp; Children's Alliance Domestic Violence Counseling &amp; Support Groups</b> ★ <b>343-3688 &amp; 343-7025</b> 720 W Washington at WCA Wednesdays 7-8:15. Orientation & fill out paperwork at 4:30 5-6 class. Open to public. Free limited child care.RAP support group for women survivors of domestic violence. Wed 6-7p
<b>Children's Group for Children in Families with Cancer</b> <b>381-3161</b> Children ages ★ 100 E Idaho St Luke's MSTI ages 7-11. 381-2779, 1-800845-4624 Call.	<b>YAD (Youth Alliance for Diversity)</b> <b>841-3220</b> Javier Community Center 305 E 37th Garden City Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6 <a href="http://www.yadiversity.org">www.yadiversity.org</a>
<b>Compassionate Friends</b> <b>855-2137</b> Rae Ann 2nd Thursday of month 7:15 ★ 520 S Eagle (St Luke's-Meridian Hospital basement) Group is for families who have lost a child. Adults bring a friend if nervous. <a href="http://www.tcfboise.org">www.tcfboise.org</a>	
<b>Depression Recovery</b> <b>375-6277</b> 5009 Cassia Good Shepherd Church Mondays 7 ★	
<b>American Diabetes Ass</b> <b>331-1155</b> Call for details.	
<b>Domestic violence support</b> <b>459-6279</b> Caldwell Call for location. Mondays 6-7	
<b>Down Syndrome Group</b> <b>378-9912</b> Call for info & meeting times. Support for families with Down Syndrome. <a href="http://www.idahodownsyndrome.org">www.idahodownsyndrome.org</a>	
<b>Eating Disorder Support Group</b> <b>343-3131</b> Millie Smith Free ★ 900 N Liberty #100 St Al's Family Center Mondays 7:30-9. Not a therapy group. Best if seeing a MD & therapist while in group.	
<b>Epilepsy Foundation of Idaho</b> <b>344-4340</b> 1st Wednesday at 7-9 Emergency 310 W Idaho financial help to buy anti epileptic drugs, support groups, parent & family networks, counseling, advocacy, info, referral, student scholarships, first aid. Activities/camps for children, & training for organizations & schools.	
<b>Families Anonymous</b> 12-step program for parents, family & friends (ages 15+) concerned about loved one's use of drugs/alcohol or behavior problems.Helps deal with co-dependency & learn to stop enabling. <a href="http://www.familiesanonymous.org/">www.familiesanonymous.org/</a> click on E-meetings	

## TRANSPORTATION

**At Your Service Transportation 378-1466, 941-6506 or 1-800-250-5815**

Shuttle transportation door to door privately paid. **Please call 48 people in advance.** If people are being shuttled for the school or any transportation that's not privately paid, they need to **call Access to Care 1-877-503-1261** & state you want: "At your Service Transportation" transportation to shuttle you. Access to Care will then have that information pop up on At Your Service's website & they will be there, still call 48 hours in advance. Non private shuttles are not supposed to call At Your Service.

**BHM Foundation for Recreational Safety 322-1730** ★

Will give away **free children's helmets.** Must call for more information. [www.bhmidaho.org](http://www.bhmidaho.org)

**Boise Bike Project 429-6520** <http://www.boisebicycleproject.org/Home.html>

1027 Lusk St (by Ann Morrison Park, Green Belt & Jim's Appliance & Furniture) BBP gives bicycles to kids for free if referred from another charitable organization (schools, churches, after school programs, social workers, etc). To receive this bike must attend a Bike Safety Program held on the 2<sup>nd</sup> Saturday of every month @ 10:30 am for kids (12 & under). Adults can get a bicycle by paying (have bikes priced from \$10-\$1000) or have an Earn-a-Bike program that makes it possible to volunteer time in exchange for a bike. Volunteer Orientation is required for earn a bike. Earn-A-Bike's is held on the 3<sup>rd</sup> Saturday of every month at 10:30 am. Open shop hours W-Sat 12-6. Ladies Wrench night- a workshop for women is held on 2<sup>nd</sup> Thurs from 6-8 pm

**Canyon County Cab 703-5666**

Shuttle transportation door to door privately paid. **Please call 48 hours in advance for Medicaid users.**

**El-Ada Outreach 345-2820** ★

2250 S Vista **Daily bus passes** for medical or medical appointments given daily as available. One-day bus pass per month for adults only. Undocumented citizens will be served. M-F 11:30-4

**Idaho CareLine 211 or 1-800-926-2588** Referrals for ★ health issues/meds in Idaho via **Medicaid.** Ask @ [www.RxIdaho.org](http://www.RxIdaho.org) for prescription drug help. Medicaid will reimburse medically related travel expenses if some basic criteria are identified & are preauthorized.

**Kool Kab 703-5666**

Shuttle transportation door to door privately paid or **Medicaid authorized. Please call 48 hours in advance for Medicaid users.** Private pay can call day of needed ride.

**New Inspirations Transportation 249-4883**

Shuttle Transportation door to door privately paid or **Medicaid** authorized. Please call 48 hours in advance **for Medicaid users.** Meridian, Boise, Star, Kuna, Mountain Home & many other locations. SERVICE WITH A SMILE

**Salvation Army 343-5429** ★

4308 W State Thursday 9-noon only. Arrive early as few bikes available. Get voucher for Salvation Army Thrift Stores for **free bike.** Bike must be needed for job or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment. Other stores are located at 3209 Overland (**344-4454**) and 8727 Fairview (323-1192) M-Sa 9:30-7:30

**S & R Services 442-7379**

Offer safe & reliable non-emergency **Medicaid**-approved transportation for mental health counseling, doctor & hospital visits, dental appointments, physical/speech/occupational therapy, developmentally disabled care, day treatment programs, & dialysis throughout the Treasure Valley. No voucher needed. Handle billing & have **wheelchair access.** Transportation available Monday through Saturday. **24 hour notice required for Medicaid users.**

**Transylvania Express 906-3393**

Shuttle transportation door to door privately paid or **Medicaid authorized. Please call 48 hours in advance for Medicaid users.**

**Valley Ride City Bus 336-1010**

Ada & Canyon County. Monthly youth pass age 6-18 is \$18, adult pass is \$36, disabled & seniors pass is \$18, high school students can use their school ID card to ride city bus for free during school year. Individual fares are \$0.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors & disabled are \$0.50. [www.valleyride.org](http://www.valleyride.org)

## VISION

<p><b>Ada Vision</b> <b>384-5924</b> <b>Medicaid</b> Will do Medicaid eye exam 1333 W Jefferson but will not dispense Medicaid glasses. \$30 off 2<sup>nd</sup> pair of glasses; can't be used with insurance.</p>	<p><b>Lion's Sight &amp; Hearing Foundation</b> <b>338-5466</b> Referrals are made to individual coordinators at local chapters, if that chapter has money available. Coordinators will determine financial eligibility &amp; will make arrangements for eye exams &amp; glasses.</p>																		
<p><b>Dr. Lawrence Anderson</b> <b>344-7944</b> <b>Medicaid</b> 8955 W Hackmore <b>Medicaid</b>/most private insurances accepted. Will do Medicaid eye exam but will not dispense Medicaid glasses. Has full optical shop. <b>Spanish</b> speaker.</p>	<p><b>Meridian Vision</b> <b>888-5252</b> <b>Medicaid</b> &amp; private insurances. Does vision exam &amp; dispense glasses.</p>																		
<p><b>Boise Mountain Eye</b> <b>938-9900</b> <b>Medicaid</b> 13075 Persimon Lane Will do Medicaid eye exam but will not dispense Medicaid glasses. "<b>Sight for Students</b>" can get a voucher from the school nurse for glasses.</p>	<p><b>Northwest Eye &amp; Laser</b> <b>344-5832</b> <b>Medicaid</b> for medical issues, 111 W Main but will not dispense Medicaid glasses. Eye surgery &amp; laser correction.</p>																		
<p><b>Boise Vision Care</b> <b>322-2020</b> <b>Medicaid</b> 3293 N Milwaukee Will do Medicaid eye exams, but will not dispense Medicaid glasses. <b>Spanish</b> speaker.</p>	<p><b>Optometric Center</b> <b>375-3871</b> <b>Medicaid</b> 700 N Raymond Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>																		
<p><b>Commission for the Blind &amp; Visually Impaired</b> <b>334-3220</b></p>	<p><b>Pearl Vision</b> <b>322-1642</b> <b>Medicaid</b> 7447 W Emerald #105 Will do Medicaid eye exam &amp; dispense Medicaid glasses. Spanish speaker.</p>																		
<p><b>Envision Optical</b> <b>433-1410</b> <b>Medicaid</b> 1410 Broadway Will do Medicaid eye exams &amp; dispense glasses for their patients.</p>	<p><b>Dr. D.H. Pitkin</b> <b>376-3550</b> <b>Medicaid</b> Will do Medicaid eye 6700 W Emerald exams, dispense glasses, &amp; will not accept other optometrist's prescriptions for dispensing glasses.</p>																		
<p><b>Eye Care Ass. or Cole Village Optical</b> <b>377-1102</b> 3417 N Cole Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Medicaid</b></p>	<p><b>Shopko Optical</b> <b>Medicaid</b> Call for appointment. 8105 Fairview <b>323-9303</b> 2655 S Broadway Ave <b>345-8812</b> Will not accept other optometrist's prescriptions for glasses.</p>																		
<p><b>Eye Masters</b> <b>322-2933</b> <b>Medicaid</b> Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.</p>	<p><b>Vision One</b> <b>344-2020</b> <b>Medicaid</b> Will do Medicaid eye exam 610 Americana but will not dispense Medicaid glasses.</p>																		
<p><b>Family Eyecare Specialist</b> <b>454-3366</b> <b>Medicaid</b> exams, frames 420 E Elm Caldwell &amp; lenses, have over 100 Medicaid eligible frames. Accept prescriptions from other Doctors. Call for appointment for exam. <b>Spanish</b>. M-Th 9:30-5:30, F 9-1</p>	<p><b>Vision Quest</b> <b>Medicaid</b> 5680 Gage <b>377-3937</b> 3025 W Cherry Ln #207 Meridian <b>898-1614</b> Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>																		
<p><b>Hollingshead Eye</b> <b>336-8700</b> <b>Medicaid</b> 360 E Mallard Dr #110 Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b> speaker.</p>	<p><b>Vision Specialties</b> <b>322-8381</b> <b>Medicaid</b> 1205 S Five Mile; Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b>.</p>																		
<p><b>Idaho CareLine</b> <b>211 or 1-888-477-2669</b> ★ Provides referrals for health issues in Idaho via <b>Medicaid</b>. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug help.</p>	<p><b>VSP VISION REFERRALS</b> Ask School Nurse for referral. Nurse must be a SNOI/NASN member; some nurses will share applications. Number of applications available per school is 5% of total # of kids/school. Will cover eye exam &amp; glasses. Eligibility is less than 200% of federal poverty level, higher than free lunch program. This is for non-Medicaid uninsured families. Bring blue &amp; white medical card to receive service.</p>																		
<p><b>Idaho Eye Care Center</b> <b>384-9194</b> <b>Medicaid</b> 1175 W Boise Ave Will do <b>Medicaid</b> eye exam but will not dispense Medicaid glasses.</p>	<p><b>Wal-Mart Vision</b> <b>Does NOT accept Medicaid</b> ★</p> <table border="0"> <tr> <td><b>321-9077</b></td> <td>8300 W. Overland</td> <td>Boise</td> </tr> <tr> <td><b>853-4786</b></td> <td>7319 W. State</td> <td>Boise</td> </tr> <tr> <td><b>373-7926</b></td> <td>4051 E Fairview</td> <td>Meridian</td> </tr> <tr> <td><b>461-8724</b></td> <td>5875 E Franklin</td> <td>Nampa</td> </tr> <tr> <td><b>467-5293</b></td> <td>2100 12<sup>th</sup> Avenue</td> <td>Nampa</td> </tr> <tr> <td><b>455-2151</b></td> <td>5108 E Cleveland Blvd</td> <td>Caldwell</td> </tr> </table> <p>Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$65.</p>	<b>321-9077</b>	8300 W. Overland	Boise	<b>853-4786</b>	7319 W. State	Boise	<b>373-7926</b>	4051 E Fairview	Meridian	<b>461-8724</b>	5875 E Franklin	Nampa	<b>467-5293</b>	2100 12 <sup>th</sup> Avenue	Nampa	<b>455-2151</b>	5108 E Cleveland Blvd	Caldwell
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<p><b>Intermountain Eye Clinic</b> <b>373-1200</b> <b>Medicaid</b> 999 N Curtis #205 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>																			
<p><b>Dr. Katherine Lee</b> <b>381-7314</b> <b>Medicaid</b> 222 N. 2<sup>nd</sup> #111 Will do Medicaid eye exam but will not dispense Medicaid glasses. Needs to be in Healthy Connections. Will get interpreter for <b>Spanish</b> speakers. Written referral needed for all new patients.</p>																			
<p><b>Lifetime Optometry</b> <b>672-1370</b> <b>Medicaid</b> Call for 10454 Overland (by 5 Mile &amp; Albertsons) appointment for eye exam, drop-in with a prescription for glasses. M-F 10-12, 1-6</p>																			