

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 so that this will be an accurate document. Edit the e-mail address before sending. Please type **Self-Rescue Manual** in the subject or your e-mail may get lost in security.

The most current version is on the web at: <http://www.selfrescuemanual.com/uploads/manual.pdf>

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This is the updated Fall version of the Self-Rescue Manual for 2008 and it will be updated bi-weekly. Each edition has a date at the bottom of each page.

Any information in this manual is intended for informational purposes only and every attempt has been made to make it accurate. The manual is a project supported by the Women's and Children's Alliance www.wcaboise.org but does not reflect the policies of the WCA.



WOMEN'S & CHILDREN'S
ALLIANCE

CLOTHING & FURNITURE

If prices seem too high, ask to speak to manager to "discuss" prices.

Agape in Action 685-0612 last Saturday of month 1-4 ★
1001 S Orchard **Free clothing & toiletries. Interview clothes**
available. Call for special appointment.

BHM Foundation for Recreational Safety 322-1730 www.bhmidaho.org ★
2312 N Cole Gives away free bike helmets. **Must** call for more information.

Assistance League of Boise Thrift Shop 377-4327 ★
5825 Glenwood Reasonably priced **used clothing & household items**
(**shoes, books, linens, small furniture**) sold. M-F 10-5, Sa 10-4

Birthright of Boise 342-1898 **Maternity clothes on loan, baby** ★
1101 N 28th #A **clothes, pregnancy tests & diapers.** Referrals for
furniture. Anti-abortion. M-F afternoons, Sa 10-noon

Cinderella's Closet 377-4327 Girls can "borrow" **prom dress** for \$10 ★
5825 Glenwood behind Assistance League Thrift Shop (which they can
get back if dress is returned cleaned). Last day to return dress is 5/17/08.
Starts 4/2/08, open Wednesdays 3:30 - 5:30 & Saturdays from 12-3.

City Light Home for Women & Children 368-9901 ★
1404 W Jefferson or Light House 472 Caldwell Blvd (Nampa) (Boise
Rescue Mission) Women & children can get voucher for **free clothing.**
Warehouse @ 368-0824 (1417 W Jefferson) is open Tuesdays &
Thursdays. Warehouse may have other items such as household goods for
either men or women with a voucher. **Spanish** speakers sometimes.

Coats for Kids At any Idaho Youth Ranch Thrift Store ★
Call ahead. Adult must bring child to get coat if available. M-Sa 9-6

Deseret Industries Thrift Store 375-4681
10740 Fairview New & **used furniture**, men, children & women's
clothing. (**maternity**, wedding, & prom dresses). **No delivery.** Potential
help via local LDS Bishop (do not have to be LDS). Call 1-800-453-3860 X
23500 X 6 for bishop's name & phone #. M 10-6, T-Sa 10-8

Dress for Success at Capital Christian Center 288-4405 Debi ★
2760 E Fairview Referral only. Once referred, 1 **interview suit** will be
provided as well as hair/make-up for job interview. After being hired, can
return for 1 more outfit. T W Th 1-3

El-Ada Outreach 345-2820 Food pantry, ★
2250 S Vista **free blankets & personal hygiene packs** for women, men,
& children as available Undocumented citizens will be served. M-F 8-4

El-Ada-Garden City 377-0700 Food pantry, free blankets ★
701 E 44th #2 Garden City & personal **hygiene packs** for men, women,
& children as available. Undocumented citizens will be served. M-F 9-4

Freedom Resource Network Clothing Pantry 371-4168 Delmer ★
7540 Northview (3 domes at Northview Family Worship Center) **Free food**
& some furniture available. Bring any photo ID, may use every 30 days.
Undocumented citizens OK. T-Th 1:30-4

Goodwill Industries Thrift Store 321-9172 New & used **clothing** ★
1465 S Vinnell Wy (Overland Wal-Mart) **furniture** for sale. M-Sa 9-9, Su 11-6

Idaho Youth Ranch Thrift Shops M-Sa 9-6, Su 12-5 ★
1417 S Main 343-2506 250 N Orchard 378-8081
1501 S 5 Mile 375-1242 3840 Chinden 433-1661
7054 W State 853-1408 & 10353 Fairview 322-3610 **Only stores**
open Mon-Sa 9-6, Su 12-5
New Warehouse 5465 W Irving (between Curtis & Orchard)
\$1 / clothing item & cheaper furniture than other stores. M-Sa 10-4
Will deliver for \$25. Used furniture & clothing for sale.

Insignia Foundation 412-6097 Kyrsten School must refer students
needing new clothes. School must provide transportation for student
shopping trips. For junior high students only.

Kid to Kid 376-6488 **Used furniture, children & maternity** clothes
1507 N Milwaukee (Fairview) (sizes 0-14) M-Sa 10-8

Meridian United Methodist Church Thrift Store 888-2245 Clothing &
235 E Pine household items, vouchers sometimes available. T & F 11-2

Other Mothers 376-4855 **Used furniture, children & maternity** clothes
10422 Fairview (sizes 0-14). Last F & Sa there is a **25¢ sale.** M-Sa 10-7

Redeemer Lutheran Church 344-6758 **Wash, Wipe & Wrap**
2920 Cassia **Free diapers, laundry soap & toilet paper.**
Use once/month. Open 3rd Saturday of month 1-3pm.

River of Life Boise Rescue Mission Men Only ★
575 S 13th or Light House 472 Caldwell Blvd (Nampa)
Men get voucher for **free clothing.** Warehouse @ 368-0824 (1417 W
Jefferson) is open T & Th. Warehouse may have other items such as
household goods for men or women with a voucher.

St Luke's Women's Children's Community Education 381-3033 ★
103 W State Reduced cost infant, toddler and booster car seats for
purchase with proof of low- income status.

St Vincent de Paul Help Line 331-2208 Zip code determines closest ★
church where you will be referred. Must leave phone # for call back.

St Vincent de Paul Thrift Store M-Sa 9:30-6 ★
6464 W State Boise 853-4921 **Used furniture & clothing.**
213 N Main Meridian 888-9101

Salvation Army 343-5429 4306 W State M-Sa 9:30-6 ★
Family Assistance office at 4308 W State M-F 9-4 **Clothing vouchers**
for Salvation Army Thrift Store. Adults 1 visit/year, children 1 visit every 6
months. Visit Mon at 9am as supply is very limited. Bring proof of address
(envelope/bill), photo ID for every family member, must live in Ada County.

Whitney United Methodist Church 343-2892 ★
3315 Overland (by Owyhee) **Winter** coats, hats gloves. Call first.

Women & Children's Alliance (WCA) Thrift Shop 343-3688 ★
720 W Washington **Clothing**, no maternity. Call ahead for availability of
clothing sizes for children & women. For residential & community
counseling clients only, not for general public.
Avoid 12-1:00 & 3:30-4:30 M-F 9-4:30

COUNSELING

<p>About Balance Mental Health 342-6300 Medicaid & sliding fee (\$40 min) 5460 Franklin #M PSR, cm, counseling, meds man, psychiatrist. M-F 9-5</p> <p>Access Behavioral Health 338-4699 Medicaid + self pay. Counseling 411 N Allumbaugh PSR, dev therapy, meds, case management. M-F 8:30-5</p> <p>Access Living 922-2207 Medicaid, sliding fee. M-F 8:30-6 690 S Industry Way #45 Meridian PSR services, IBI therapy, dev therapy services for children, counseling, adult day treatment, meds management.</p> <p>AFS 658-9800 Medicaid & insurance Call for hours. Therapy, 7280 W Ustick nurse practitioner, PSR, case & meds management.</p> <p>Affinity 375-0752 Medicaid & insurance Individual, family, & play therapy 8100 W Emerald #150 Psychiatrist, nurse practitioner, \$225 for evals. M-F 8-6</p> <p>All Seasons Mental Health 321-0634 Medicaid, no sliding fee. Therapy, PSR, 8050 W Rifleman #100 DDA/ESC for children, case management.</p> <p>All Together Now 336-9591 Medicaid & sliding fee. Individual, family, 1111 S Orchard #174 groups, marriage, kids play therapy, \$65/hr min, \$50 ongoing</p> <p>Ascent Behavior Health 898-9755 Drug education group M-F 9-6 ★ 366 SW 5th Ave #100 Meridian Psych evals, individual, teen, adult, dual diagnosis, family, couples, meds mang, substance abuse treatment. Self-pay, insurance, state funding, no Medicaid. \$150 1st appt., \$60 ongoing.</p> <p>Aspen Mental Health 342-2950 Medicaid Counseling for individuals, 2316 N Cole couples & families, PSR, meds man, psychiatrist. M-F 9-6</p> <p>Bell Counseling No Medicaid, insurance, state funding. Teen & adult ★ groups, 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>Better Life Services & Ginny Marie Wellness Center 323-1290 6003 W. Overland #L-108 Counseling flat rate \$30/hour. Drug & alcohol counseling \$8-\$10/hour. Medicaid for case management.</p> <p>Big Brothers/Big Sisters of SW Idaho 377-2552 Spanish volunteers ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).</p> <p>Catholic Charities of Idaho 345-6031 No Medicaid, ★ 4202 W Emerald Sliding fee (\$10-50) Individual/group/family, parent education & senior services. Immigration & legal counseling at Hispanic Cultural Center Nampa 461-2749 (Melvin Barrientos) Spanish</p> <p>Clearwater Rehabilitation Services 322-5859 Medicaid, insurance. PSR, 8400 W Fairview case & med mang, therapy services for adults & children.</p> <p>Community Partnerships of Idaho 376-4999 ★ 3076 N Five Mile Provides counseling & groups, PSR, IBI, dev therapy, job help, residential rehab, case management, behavioral & recreational therapy, finds housing for disabled. Psychiatrist, Medicaid & insurance.</p> <p>Community Support Center 429-0330 Medicaid Day Treatment 716 N Orchard Groups, dual-diagnosis, skill building, age18+. M-F 8-4</p> <p>Cornerstone Psychological Assoc 373-0790 Medicaid & insurance 1755 Westgate #260 Individual, marriage, family, play therapy, PSR, psych evaluations, & case management. M-Th 8-5, F 8-3</p> <p>Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.</p> <p>1st Choice Counseling (Phyllis Nodler) 577-7634 & 429-0330 716 N Orchard Art therapy, PTSD, individuals, couples, & children. Medicaid & sliding fee. M-F 9-4</p> <p>Harper Counseling 703-8688 Sliding fee \$25-100/hr. Christian based 2309 N Mountain View #220 for individuals, couples, & kids. Court ordered anger man & sub. abuse counseling at \$25/hour. www.harpercounseling.com</p> <p>Human Supports of Idaho 321-0160 Medicaid, sliding scale, 7161 Potomac Dr #A PSR, day treatment, case & meds management, counseling, relapse prevention, & dual diagnosis.</p> <p>Idaho CareLine 211 or 1-800-926-2588 Referrals health & human ★ services, meds Spanish, Medicaid. www.RxIdaho.org for meds help www.211.idaho.gov/</p> <p>ISU Boise Counseling Clinic 373-1719 Counseling interns counsel 12301 W Explorer #102 (Cloverdale/Chinden) individuals, couples, families. Open 9/1/07 to 5/30/08. \$10 co pay for individuals & \$15 for couples. M-Th 12-8</p> <p>Kuna Counseling Center 922-9001 Medicaid, sliding fee with interns, 190 W Main Kuna insurance. PSR, individuals, families, marriage counseling, play therapy, Spanish speaking.</p> <p>LDS Social Family Services 376-0191 Individual & birth parent M-F 8-5 ★ 10740 Fairview counseling, adoption services. Bishop may pay fees, insurance.</p> <p>Life Counseling Center 465-5433 Medicaid, sliding fee, insurance, Spanish 112 12th Ave Rd Nampa Individual couple, family, play therapy, & PSR.</p> <p>Lifespan Counseling 344-0844 Medicaid, sliding fee. animal/art therapy 1509 Robert #101 (Vista) Counseling individual, marriage & family, PTSD.</p>
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<p>Living Hope 378-1122 Medicaid, sliding fee. \$65 min, insurance Marriage, 3308 N Cole # A family, children therapy, PSR, ADHD evals. M-F 8-5 & nights</p> <p>Lutheran Community Services 323-0996 Families, individuals, play 2920 Cassia therapy, anxiety disorder, PTSD & bipolar, no sub abuse treat. Sliding fee, insurance \$22/hr min-interns, \$55 LPC. M-F 9-5 & nights</p> <p>Meridian Counseling & Wellness Center 888-1320 Sliding fee \$10 min. 934 E 5th Meridian Individuals, families, trauma, ADHD, depression, anxiety, grief & loss, & eating disorders. Evening & weekend appointments.</p> <p>Methodist Counseling Center 343-7511 X229 M-Su 8-5+early evening ★ 717 N 11th (Hays) "Grace based" fees based on sliding scale, insurance. All accepted. Counseling & pastoral counseling for individuals, couples, families.</p> <p>Mountain States Group Mental Health 336-5533 Medicaid, insurance 1607 W Jefferson Individual, family & group counseling, meds man, PSR, case man. EMDR. Nurse practitioner, PA, Md, LCSWs.</p> <p>Rocky Mountain Behavioral Health 336-2308 Medicaid Individual & 4802 Kootenai family counseling, PSR, meds man, MD, PHD & psychiatrist.</p> <p>Omega Mental Health 853-0071 M, T, Th 9-8, W 9-5, F 9-4 Sub abuse ★ 5985 W State Teens (12+), adults. Medicaid, Medicare, insurance. Spanish</p> <p>Pioneer Health Resources 322-1026 Medicaid PSR, case man, therapy 890 N Cole #B Boise, 1016 Sanetta Nampa (meds man) for adults & children.</p> <p>Riverside Rehab 853-8536 Medicaid & insurance. Psychiatrist, nurse 7735 W Riverside practitioner, adults, children, family therapy, case management, PSR, sand play therapy for children.</p> <p>Safe Place Ministries 323-2169 1-888-776-4443 Education & counseling 723 N Mitchell #101 for victims of domestic violence & sexual assault. Legal aid referrals. Fee schedule.is donation based. No one will be denied for inability to pay. Christian based. www.safeplaceministries.com</p> <p>St Alphonsus Behavioral Health Outpatient 367-6500 Medicaid ★ 131 N Allumbaugh Therapy for children & adults, groups, medicine management, MD. Inpatient for children under 12, adult inpatient. M-F 8-8</p> <p>Salud y Provecho Clinic 454-8632 M-F 8:30-5:30 ★ 317 Happyday Blvd #180 Caldwell Domestic violence victims counseling & referrals, 24 hour help for victims, parenting class. Free, Spanish speakers, mental health /medical for individual, groups (victims & male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) subs abuse group. Medicaid assessments only.</p> <p>SANE SOLUTIONS & Family Violence Prevention M-Th 8-12, 1-5 Counseling victims all ages for sexual abuse & sexual abuse offender both juvenile& adult. Teen victim groups, children's personal safety class, protected parenting program. Appointment only. Classes in Nampa & Boise for Family Violence Prevention. Victims self pay/sliding fee (323-9600, 408 N Allumbaugh), Medicaid, Victim's Comp, insurance, self-pay, some grants available. Juvenile / adult sexual offender groups, Medicaid, insurance, self-pay. Domestic violence offender groups. Offender office 345-1170, 5400 W Franklin #H. Protected Parenting Program.</p> <p>SunHealth for Boise Mental Health Clinic 327-0504 X232 Medicaid & 8050 Northview Medicare. Counselors, nurse pract for med man, age18+.</p> <p>Terrie Towle 321-0706 Medicaid, Signs English. Individual, marriage 1014 La Pointe & family & play therapy, PTSD, grief, adjustment, EMDR.</p> <p>Terry Reilly Health Clinic Nampa 467-5282 Medicare, Medicaid, ★ 223 16 Ave N insurance, & sliding fee. Teen Clinic, Dental Services, Behavior Health Center, Spanish, pharmacy & counseling. Undocumented citizens without proof of income can receive free non- emergency treatment. Bring 4 weeks of pay stubs.</p> <p>Tidwell Social Work Services 853-5095 Medicaid, 5999 W State #B sliding fee (\$45 min), insurance. Individual, marriage & family, art & play therapy, MD, Spanish. M-F 9-5</p> <p>Ronald Tye Psych 672-8699 6003 Overland Counseling Sliding fee, insurance</p> <p>Veterans Center 342-3612 Free Provides readjustment counseling ★ 5440 Franklin #100 services for vets who served in war zones or has been sexually traumatized in military. Individual, group, couples, family counseling</p> <p>Veterans Medical Center 422-1000 X 1145 Outpatient, inpatient, ★ 500 W Fort Community Living Center. Behavioral health & family counseling, groups, temporary housing for active duty & reserve. Homeless program available. Veterans only.</p> <p>Warm Springs Counseling Center 343-7797 Medicaid ★ 740 Warm Springs Subsidized fee based on income (last 2 pay stubs, W2's). Therapist \$90 to 120/hour. Therapy for individuals, families, groups, play & plant therapy. MD, insurance. Spanish speaking. M-F 8-5</p> <p>Women's Crisis Center (WCA) 343-7025 24 hour Hotline ★ 720 W Washington Counseling abused women, children & groups. 90 day residential program.</p>
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DENTAL

Milan Institute 472-2020 Sliding fee & Medicaid
8590 Fairview First appointment includes full exam & X-rays is \$50. Full services but no orthodontics. Receptionist speaks Spanish. Will serve undocumented citizens. Call for info. Open every other Saturday.
M, W, F 8-5 & T, Th 11-7

Apollo College 947-6821 Free dental care
1200 N Liberty Call for appointment. Each appointment averages 2.5 hours & more than one visit is usually necessary. Undocumented citizens welcome. **Spanish speakers/Spanish forms.**

Basic Dental Care 888-3384 Sliding fee, No Medicaid
870 N Linder Meridian Quality dentistry at **lower fees for children & adults.** Full payment required at appointment. Call for appointment. Office calls \$17, X-ray \$12, extractions start at \$72, stainless steel crowns \$92 to 141, porcelain to metal crowns \$540, root canals \$299 to \$462.

Basic Care West 422-1088 Medicaid, Spanish.
1015 Caldwell Blvd Nampa Lowest fees in the Treasure Valley. Must give 24 hr notice for cancellation. M-Th 8-4

Boise Schools Dental Clinic 854-4860 (Pat) ★
300 Fort at Ft Boise Mid High School Only accepts children from Boise School District. Can do cleanings & fillings. Must get referral from School Nurse & make appointment. Basic dental work performed. Mon-Fri 7-12

Dr. Brock Bohlman 384-0577 Call for appointment
5993 W State No new adult patients. **Medicaid** for children only ages 4-21. Undocumented citizens will be served.

Caring Foundation for Children 1-866-938-0084
May receive up to \$1000 of dental care/year. Covers preventative & restorative care (exams, cleaning, x-rays, fluoride treatment, sealants, resins, space maintainers & fillings, stainless steel crowns, extractions & 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.

Dr. Wayne Claiborne 336-4777 Medicaid
10552 W Garverdale Ct #902 Emergencies OK. Call for appointment. Accepts all patients over the age of 5. Undocumented citizens will be served.

El-Ada Outreach 345-2820 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

Garden City Community Clinic 384-5200 ★

(Genesis World Mission) 215 W 35th **Free** Dental Clinic is not currently accepting new patients; must be a current Garden City Community Clinic medical patient. Patients can't have insurance, receive Medicaid, Medicare, or VA benefits. Undocumented citizens welcome. Friday dental procedures are limited to fillings, root canals, & extractions. Call for appointment.

ISU Family Dentistry 331-0182 Medicaid
2033 E Summersweet Dr. Children & adults.
Advanced general dentistry services. Sliding fee.
\$25 for 15 minute screening. Clinic open 8:30-4 T-F

Small Smiles Dental Clinic 322-3010 Medicaid
8744 Fairview (Fairview Tech Center, between Milwaukee & Maple Grove). Prefer appointments but will accept some walk-ins. **Spanish speaker.** Children under age 21 only. M-Th 8-6, F 8-5

Terry Reilly Health Services-Boise Dental 336-8801 ★
103 W Idaho #A **Medicaid & sliding fee** depending on income. **Emergency dental**, must arrive @ 8am M-F
Non-emergency -call at 8am for appointments. Do extractions & fillings. Bring \$30 deposit & 4 weeks pay stubs. **Express Care (331-5049)** - Focus is on **pregnant women & other Medicaid patients with diabetes or heart disease** can be seen within 4 working days. Payment is due @ time of services. **Spanish** speakers. Undocumented citizens welcome. M-F 8-1, 2-5

Terry Reilly Canyon Dental 466-0515 M-F 7:30- 6 ★
11136 Moss Lane Nampa (off Nampa-Caldwell Blvd., just west of Middleton Road) Crowns & bridges.
Emergency dental, must arrive @ 7:30 M-F
Limited # served.
Non-emergency - call at 9am for appointments. Do teeth cleaning, extractions & fillings. **Medicaid & sliding fee** depending on income. Bring \$30 deposit & current pay stub. Call any weekday morning starting at 7:30 to schedule an appt. Undocumented workers welcome. Must have new card from **Medicaid** for "Idaho Smiles".

Treasure Valley Pediatric Dentistry (Dr. Roy Rogers) 376-8873
1564 S Timesquare Ln (Overland near Maple Grove) **Medicaid** for children ages 0-20. Works with children with special needs. M-Th 7:30-5
Idaho Smiles Program for patients needing extensive treatment. M-W 7:30-4

Willow Tree Dental Medicaid
317 W Cherry Lane **888-2055** Spanish speakers.
5898 S Quamash Way **395-1000** (in Columbia Village)
Payment plans for patients with no insurance.
Call for appointment. M 8-5, T-Th 8- 8, F8-3, Sat 8-2

EDUCATION, GED, ELL, ESL, CHILD CARE

After 3 <http://www.cityofboise.org/after3/> Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in their neighborhood. Parents can search by age, topic & geographic location for just the right program for their child. Parents without internet access can call 211, the Idaho CareLine, to finding information.

Big Brothers/Big Sisters of SW ID 377-2552 ★
2404 W Bank #302 Screened volunteers participate in 1-to-1 mentoring program with children (6-18). Wait list for boys & girls. Volunteer opportunities for high school students

Boise City Child Care Licensing 384-3710 Parents must make a public records request in writing at the City Clerk's office, can view files on all licensed child care providers within the Boise City. Will provide a list of providers broken out by zip code & facility type. <http://qisweb.cityofboise.org/imf/imf.jsp?site=childcare> Map-based picture image of all licensed child care facilities in city. M-F 8-5

Boise Easter Seals-Goodwill Child Development Center 378-9924
1465 S Vinnell Way Preschool programs for children with & without disabilities ages 1-6. Autism program for children up to age 13, disabled adult program. Employment assistance for temporarily & permanently disabled adults, & people w/felony convictions. M-F 6-6

Boise Schools Marian Pritchett School at Booth Memorial 343-3571 ★
1617 N 24th High school for pregnant teenagers. M-F 9-12, 1-4

Boise Schools Preschool Screening For 3-5 yr olds ★
854-4143 or 854-4142 Screenings are done August – March. **Must call for appointment.** For possible problems with speech, language, self-help skills, hearing, vision, social & emotional, motor skills, concepts. Classes are either T-F 8:40-11:30 or 12:30-3:15.

Boise State Selland College of Applied Technology ★
Adult Learning Center 426-4036 Orientation Tues at 6pm & 2323 S Vista #205F Fri at 9:30am. **ESL** classes- come in to register Mon 1-7pm room #205. Free orientation takes about 1.5 hours.

Adult Basic Education-GED-Minimum age 16, if age 16-18, need parental release. Orientation on Tues @ 6pm (#202) & Fri at 9:30am. Do diagnostic tests, free tutoring until final GED test. American Government test \$10 extra.
Center for New Directions 426-4026 Career counseling & planning, 2323 S Vista #205 back-to-college help, classes on financial aid, career, & self-esteem. Can serve married folks unless displaced homemaker. M-F 8-5

Boise Parks & Recreation's Mobile Recreation Unit 384-4917
Call Roseanne Daily for more information www.cityofboise.org/parks
Grace Jordan Community Center 854-4910 (Chris Kranz)
6411 W Fairfield M-F 9am-9pm, Closed Saturday-Sunday
Morley Nelson Community Center 384-4917 (Roseanne Daily)
7701 W Northview M-F 9am-9pm, Closed Saturday-Sunday

Boys & Girls Club of Ada County After School program (age 6-18) \$10 /yr 610 E 42nd **Garden City 321-9157** Open 11-6 on non-school days.
201 E Idaho **Meridian 888-5392** offer free meals to families in addition to caring adults, life building programs & opportunities for children to learn new skills that will result in a successful future. M-F 3-8

Catholic Charities of Idaho 466-9926 ELL/Parenting Program ★
Learn English language through practice & valuable information needed to navigate English speaking communities. Child care provided for kids 5+.
Children under 5 stay with parents during class. www.catholiccharitiesidaho.org

Computers for Kids 345-0346 Low cost refurbished computers for students' 8540 W Elisa (off Victory, Cole Maple Grove) home use, grades K-14. \$35 fee but few scholarships available. \$65 fee for college students. M-F 9-4

Education & Training Voucher Program 377-1771 Julie Stevens 6441 Emerald (Casey Family Program) Program offers financial aid to current or former foster youth or youth who were adopted age 16 or older, or aged out of foster care at age 18. Possible help with post secondary education, training, books tuition, room & board, childcare & transportation, tools, uniforms, computers., Must have diploma or GED & meet eligibility.

El-Ada Outreach 377-0700 X28 GED \$ help with fees for under 18 & ★
701 E 44th #2 Garden City \$45 for Jr. & Sr. high school fees or supplies as available. July -September. Vouchers for parenting classes & employment-related certifications. Undocumented citizens will be served. M-F 9-4

Family Advocate Program Families First 345-3344 M-F 8:30-5
3010 W State #104 Home visits to help with free parent ed & support, resource information, budgeting, household organizing, groups, & parent ed classes. Serves families & children ages 0-12. Info at familyadvocate.org/

Frank Church High School (Boise Public Schools) 854-5650 ★
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

Giraffe Laugh Child Care Center 342-1239 - 901 Resseguie
424-3387 - 1191 Grand Ave Childcare, sliding fee scale ages 6 weeks to 6 years. Bilingual program extracurricular activities, accepts ICCP. Snacks, breakfast lunch provided. Accepts part-time & drop-in, call first to confirm space. Food bank at both centers only for families with children at center.

Head Start & Early Head Start 344-9187 Accepts children from birth to 4709 Camas age 5. Classes 8-12, 12-4 T-F Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & family living skills are areas addressed via groups & home visits. Transportation provided for some classes. Provide food for breakfast & lunch, & afternoon snacks.
Early Head Start Expectant parents & families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).

Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ ★
Call & ask for child-care referral in your area, get a list of providers. Referrals for health issues/meds in Idaho via **Medicaid**. Ask @ www.RxIdaho.org for prescription drug help.

Idaho Department of Labor WIA Youth & Adult Program Youth M-F 8-5
219 W Main Boise **332-3575**
205 E Watertower Meridian Ln **364-7785**
4514 Thomas Jefferson Caldwell **364-7782** www.labor.idaho.gov
Ages 16-21 & Adults 18+ Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.

Idaho Family Assistance Center at Gowen Field 272-4355 Tom ★
Offers all branches of military families services & referrals for a variety of issues.

Idaho National Guard Youth Program @ Gowen Field 272-4387 ★
Tanya Chin Learn about issues that face youth who live in military families. Deployment education. Community training available.

Idaho Parents Unlimited 342-5884 Supports & educates parents of 600 N Curtis #145 children with disabilities. **Spanish** speakers.

Job Corps 375-9414 Ages 16-24 Full time program, ★
5257 Fairview #180 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 & Labor orientation in Canyon County, 2nd & 4th Tues of month 3pm. M-F 8-5

Learning Lab @ Boise Library 344-0057
715 S Capitol Blvd #403 Upstairs Same services as GC except **adults only**.
308 E 36th **Garden City Library 344-1335** "Free" computer assisted learning center for adults & families with children 0-6. Cost based on income & family size but scholarships are available. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 months to 6 years, & **Parents as Partners**, family literacy classes <http://www.learninglabinc.org>

Life Inc. 888-0076 www.lifeincidaho.com Community-based, developmental 8620 W Emerald #130 therapy for children age 3-17 years & adults. Residential habilitation services & support, 24-hour supported living model.

Living Independence Network Corporation (LINC) 336-3335 ★
1878 W Overland Advocates for people with disabilities to receive services.

Love INC of Treasure Valley New Hope Relational Program 466-7810
Nampa One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. www.loveinctv.org/ M-F 9:30-1

Parent Challenge 373-5478 Call for schedule & 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.

Parent Project 373-5478 Call for schedule & sign-up. Highly structured **parenting skills** program to help parents prevent & intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook costs.

United Way's Success by Six 336-1070 X 106 M-F 8-5
1276 River Resources & referrals for child care providers.

YMCA Downtown 1050 W State **344-5501**
West Boise 5959 N Discovery Pl **377-9622**
Individuals & families may apply for financial assistance for membership.

EMPLOYMENT & CASUAL LABOR

Arbor Education and Training 375-2447

8414 W Fairview (near Health & Welfare) **Required if unemployed, getting Food Stamps or TAFI** if kids over age 6, case manager, gas vouchers & bus passes, help to be more employable, resume & cover letter aid, faxes, phones, copies & computer time & \$ management class, must be referred by DHW. **Spanish** speaker.

El-Ada Outreach 345-2820 Casual day labor ★

2250 S Vista M-F 8am Arrive early. Must be there in person to pick number, placed on list based on #, will be called as jobs appear. Call 367-0094 between 8am & 10:30am for program. Usually 4 hour's minimum of work at minimum \$8/hour. Casual labor placements. Minimum age 18. Help with job hunt, applications, resume writing, getting ID needed for work, basic job skill development. Employment Case Management available for workers with special needs. Includes transportation assistance. One-day bus passes available for employment. Can purchase work clothes or tools for folks who use our casual labor program. Provide workers with a sack lunch at work. Undocumented citizens will be served.

Freedom Resource Network 371-4168 Delmer ★

7540 Northview (3 domes at Northview Family Worship Center) Help finding jobs. T-Th 1:30-4

Idaho Department of Labor Job Hotline 332-8940

219 W Main **Spanish** speaker. Register for work or apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance & free job search workshops.

www.labor.idaho.gov M-F 8-5

219 W Main Boise **332-3575**

205 E Watertower Meridian Ln **364-7785**

4514 Thomas Jefferson Caldwell **364-7782**

WIA Youth & Adult Program

332-3575 X 3815 Youth ages 16-21 - possible \$ help with GED & training. **Adults** 18+- possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.

Job Corps 375-9414 Ages 16-24 Full time ★

5257 Fairview #180 program usually residential. Nampa is closest center, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation T 3pm at Commerce & Labor & in Canyon County on 2nd & 4th Tues of month at 3pm. **Spanish** speaker. M-F 8-5

Labor Finders 345-1703 www.laborfinders.com/

4227 W Emerald Temporary, day labor, temp to hire, 2 forms of ID, arrive early for day labor. Higher skilled positions (i.e. receptionist, customer service) tests are given. No classes or other skill assessments.

Labor Ready Temporary Service 331-3606

1088 N Orchard **Temporary work** available. Application, safety test 1st day prior to work, & may start that day. Paid at day's end at office, usually \$6-7/hr, arrive early as they match person to job, & need to have 2 ID such as state photo ID, SSN card, certified birth certificate, or passport. **Spanish** speaker. M-F 5:30am-6pm, Sa 6-10am & 5-6pm

Pro People Staffing Services 345-5747

10148 W Emerald #100 **Temporary employment.** Applications taken M-F 8-2, need 1-2 hours to do application. Dress nicely for interview process, free training & skills testing. Temp to hire. M-F 7:30-6

SOS Staffing 8708 Fairview **327-1000**

2585 Caldwell Blvd #103 Nampa **468-7899**
Clerical, skilled trades, production & technical work, & labor work available. Temp to hire based on work & pay averages \$8-10/hour. M-F 8-5

Vocational Rehabilitation 327-7411

10200 W Emerald #101 Have medically proven disability, application, financial assessment, individual counseling. & find & maintain employment.

Volt Services Group 375-9911

8854 W Emerald #290 **Temporary work**, temp to hire, short and long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen & background check. Must provide 2 work references & ID that proves legally able to work in the US. Paid weekly usually \$8-14/hr. Must speak basic English.

FINANCIAL & UTILITY ASSISTANCE

Ada County Indigent Services 287-7960 ★

252 E Front #199 2 buildings East of Courthouse (parking East side of Courthouse, or parking garage. \$2.50/hr - 1st hr free). Fill out app, call for appointment. Need current written prescriptions, may take 2+ days to authorize. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. One time per 12 month rental assistance. General Assistance includes rent, power, gas, water & cremation assistance. Ada County must be last resource. www.adaweb.net M-F 8-5

Debt Reduction Services 378-0200 Free credit & debt 6213 N Cloverdale #100 counseling, household budget review & credit report analysis. Walk-ins OK or call for appointment. **Spanish speakers.**

Department of Health & Welfare Self-Reliance 334-6700 ★

1720 Westgate (off Fairview behind Pojos) Food Stamps. Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant & telephone help. Person must apply at office & set up an interview. Come early to apply & walk-in appointments available. M-F 8-5

El-Ada-Garden City 377-0700 Dee M-F 8-4:30 ★

701 E 44th #1 (Garden City) \$50 for **prescription help. Telephone assistance & UW (United Water Cares). Heat bill assistance (wood & propane OK) Call 322-1242.** Open Nov 1st to March 31st. **Home weatherization** 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, & landlord's name. Bring SSN card. **Undocumented** families may apply if 1 member is legal. Eligibility is based on income.

Idaho CareLine 211 or 1-800-926-2588 ★

Referrals for information on the **Earned Income Tax Credit** and **free tax preparation** sites. **Referrals for health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/**

Idaho Power "Moratorium" 388-23231-800-488-6151

Moratorium on **paying electric bills** from Dec 1st to March 1st Must call ID Power, tell them you have children, & continue paying bill. Your power will be turned off after March 1st if nothing has been paid on the bill.

Intermountain Gas "Moratorium" 377-6840

Moratorium on **paying gas bills** from Dec 1st to March 1st. Must call Intermountain Gas, tell them you have children, & continue paying your bill. Your gas will be turned off after March 1st if nothing has been paid on the bill.

Love INC of Treasure Valley New Hope Relational Program 466-7810

Nampa One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. www.loveinctv.org/ M-F 9:30-1

Salvation Army 343-5429 ★

4308 W State **Rent assistance.** Call at 9am on first day 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 & photo ID. May only use once ever. **Project Share - Help with Idaho Power & Intermountain Gas bills.** Call at 9am on first day 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 & photo ID. Program available from October 1 to April 30.

St Vincent de Paul Help Line 331-2208 ★

Zip code determines closest church where you will be referred. Must leave phone # for call back.

Social Security Administration 321-2901

1249 S Vinnell Way #101 (off Overland & Wal-Mart) Retirement, survivors, disability, educational outreach & Medicare information. May call for appointment. Arrive early, possible line. www.socialsecurity.gov M-F 9-4:30

UW Cares 377-0700 Dee (only United Water) ★

701 E 44th #1 **customers** via El-Ada Garden City. Call about voucher for part of United Water bill. Must qualify & have a shut off notice. Year round aid.

FOOD PANTRIES

Agape in Action 685-0612 ★
1001 S Orchard Free groceries last Saturday of each month from 1-4. In emergencies can call 685-0612 for help.

Calvary Chapel of Boise 321-7440 Faithe Limited supplies Sa 10-2
123 Auto Dr (Boise Auto Mall) Non-perishable & some perishable foods. Church family will be given first priority. 1 visit/month/home.

Community Ministries Center 378-7774 Cans, produce ★
3000 Esquire (S of Ustck) & meats. Call ahead for baby items such as baby formula, & diapers & social services. Use every 30 days. Bring proof of address & ID (photo ID or birth certificate) for family members needing food. T-F noon-3:30

Eagle Food Bank 631-0702 1st & 3rd Thursday 10am-1pm
149 West State St Eagle (Landing Community & Arts Center)

EI-Ada Outreach 345-2820 ★
2250 S Vista Food Pantry Use every 60 days. M-F 8:30-4
USDA commodities 1st Wed of month 11:30-12:30. Use monthly. Undocumented citizens will be served.

EI-Ada- Garden City Food Pantry 377-0700 ★
701 E 44th #2 Food Pantry Use every 60 days. M-F 8:30-4
USDA commodities 1st Wed of month 11:30-12:30 Call for dates & times of distribution. Undocumented citizens will be served.

First Baptist Church Food Bank 344-7809
1318 W Washington Bread, cans, cheese, butter, milk, some meat. 1st visit SSN card not required but 2nd visit last four digits of SSN # required. Visit every 30 days. Sa 10-Noon

First Bible Missionary Church 376-2439
375 N Roosevelt Non-perishable food. Call for an appointment.

Foundations Community Bible Church 888-6455
1450 N Ten Mile Meridian W 7pm & Su 12:30pm

Freedom Resource Network 371-4168 Delmer ★
7540 Northview (3 domes at Northview Family Worship Center)
Free food, clothing, & some furniture available. Bring any photo ID, may use every 30 days. Undocumented OK. T-Th 1:30-4

Grace Chapel Food pantry 375-5515 www.gracechapelboise.org
8650 W Fairview Call first. Bring photo ID. Th 2:30-3:30

Holy Apostles SVdeP 938-1711 M W F 1-4, Th 5:30-7 ★
6300 N Meridian Cans & bread. Bring ID. Use every 60 days.

Idaho CareLine 211 or 1-800-926-2588 www.idahocareline.org/ ★
Referrals for health issues/meds in ID Medicaid. Ask @ www.RxIdaho.org for prescription drug. Free summer lunch referral.

Idaho Community Action Network (ICAN) 385-9146
3450 Hill Rd Must qualify & volunteer 5 hours/month (except homebound), go to monthly meeting, \$15-30 annual. Buy food & donated food programs. No emergency assistance. Call 1st week of month.

Meridian Food Bank 888-1209 W & F 12-4 & W & Th 6:30-8 pm
58 E Idaho Meridian (Next to Sunrise Café) Cans & dry goods. Bring ID & proof of address. May visit twice/month.

Operation Love Center 375-3226 M-Th 9:30-11:30am
1820 N Dawn Lane Call first. Bring ID. Provide proof of address, live in Ada County, & provide food boxes for 1 week.

Redeemer Lutheran Church 344-6758 Wash Wipe& Wrap ★
2920 Cassia Free diapers, laundry soap & toilet paper.
On 3rd Saturday of month 1-3pm.

Sacred Heart Church 344-8311 ★
811 S Latah Use every 30 days. When available Cans, eggs, & perishables. Fresh produce, meat, dairy, eggs, canned goods, bakery. Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 + 83706 area. M W F 9:30-11:30am

St John's Catholic Church 342-3511 ★
815 Hays Cans, staples, food boxes. M-Th 1-3pm

St Mark's Food Bank 850-6818 ★
7960 Northview Must live in Boise. Cans, milk, eggs, bakery & meat for families. Use every 45 days. Bring ID. M-F 10-2

St Mary's Food Bank 344-2597
2945 Chinden #A (by W 30) Garden City Use every 30 days.
Food boxes, frozen foods, dairy & eggs. M W F 1-3

Salvation Army 343-5429 Use every 60 days non-perishable ★
4308 W State food boxes. Bring proof of address (envelope/bill) photo ID for every family member & live in Ada County. M-F 1-4

The Idaho Foodbank 336-9643 Refers to food pantries.
www.idahofoodbank.org

Vineyard Christian Fellowship 377-1477 ★
4950 N Bradley Bakery, cans, meat. Use every 30 days. Bring photo ID. Undocumented citizens welcome. W & Sa 10-12

Whitney United Methodist Church Food Bank 343-2892 ★
3315 Overland (Owyhee) Non-perishable food box. Feed family of 4 for 3 days, visit every 30 days. Bring photo ID. M-F 9:30-12
Community dinner on 3rd Fri 6-7. Saturday sack lunch (Zip code 83705 only) 11-12:30

WIC (Women, Infants & Children) 327-7488 ★
707 N Armstrong Central District Health Income guidelines. Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. No breastfed infants get supplemental formula, infant cereal & juice.

FREE MEALS

City Light for Women & Children 368-9901 ★

1404 W Jefferson Boise Rescue Mission
Breakfast 6:30am Monday-Friday, 9am Sunday
Brunch 8am Saturday
Lunch 12pm Monday-Friday
Dinner 5pm daily

River of Life Boise Rescue Mission 389-9840 ★

575 S 13th (by River St)
Breakfast 6:30am daily
Lunch 12pm Tuesday - Saturday
11am Monday 1pm Sunday
Dinner 5pm & 7pm daily

St. Michael's Cathedral Church 342-5601

518 N 8th M-F 9-3. Summers M-Th 9-1
Limited **sack lunches** available.

Vineyard Christian Church 377-1477 ★

Feeding God's Children serves food from 2 to 4pm
Sundays at Julia Davis Park.

Whitney United Methodist Church 343-2892 ★

3315 Overland (Owyhee) Saturday sack lunch
(Zip code 83705 only) 11:12:30

Community Suppers & Friendship Feasts

Every Sunday First United Methodist Church
717 N 11th (Enter on Franklin Street) 5pm

1st Thursday of month First Presbyterian
Church 950 W State 6pm

1st Friday of month All Saints Episcopal
Church 704 S Latah 6pm

2nd Thursday of month St. Paul's Baptist
Church 1316 Bannock (but starting on Dec 1st will
return to St. John's Cathedral on 775 N 8th) 6pm

2nd Friday of month Sacred Heart
Church 811 S Latah 6pm

3rd Thursday of month First United
Methodist Church 717 N 11th
(Enter on Franklin Street) 6pm

3rd Friday of month Whitney United Methodist
Church 3315 Overland by Owyhee 6-7pm

4th Thursday of month Wright Community
Church 4821 W Franklin 6pm

Last Thursday of month Friendship Feast
Sponsored by Ahavath Beth Israel Synagogue
First Presbyterian Church 950 W State 6pm

HOTLINES FOR CRISIS ASSISTANCE, SUICIDE, DOMESTIC VIOLENCE, & SEXUAL ABUSE

American Red Cross 947-4357
 404 South 8th #232 M-F 8-5
 Offers family disaster & emergency assistance.

Domestic violence victims & victims of rape or sexual assault 459-4779 24 hour crisis line

Health & Welfare Mobile Crisis Unit Suicide Prevention 334-0808 1-800-600-6474 ★
 24 hour crisis line for children.

Hotlines for Information on Substance Abuse

- Al-Anon 344-1661
- Alcoholics Anonymous (AA) 344-6611
- Call St. Luke's 381-1200
- Drug & Alcohol Treatment Hotline (Nampa) 463-0118
- Narcotics Anonymous (NA) 338-4880
- RADAR (Alcohol & Other Drug Resources) 426-3471, 1-800-937-2327
- Alcohol Drug Helpline 1-800-821-4357
- Al-Ateen 1-888-425-2666
- Drug Information Help/National Clearinghouse for Alcohol & Drug Information 1-800-729-6686

Idaho Youth Hotline 1-877-805-2308
 (24 hour hotline)

National Run Away & Child Abuse Hotlines 1-800-621-4000 (24 hour hotline)

National Teen Dating Abuse Hotlines 1-866-331-9474

Safe Place Ministries 1-888-776-4443
 (24 hour hotline)

National Suicide Prevention Lifeline Hotline 1-800-273-8255 or 1-800-273-TALK
 (24 hour hotline)

Suicide Prevention Hotline 1-800-564-2120
<http://www.suicidepreventionlifeline.org/>
 (24 hour hotline)

Women & Children's Crisis Center (WCA) ★
343-3688 X19
Domestic Violence Hotline 343-7025 (24 hour hotline)
Rape Crisis Hotline 345-7273 (24 hour hotline)

HOUSING ASSISTANCE

Boise City/Ada County Housing 345-4907

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. Current units available from various landlords in the community. <http://www.housingidaho.com/>

Boise City Housing & Community Development 384-4158 X100

1025 S Capital Have some below market value rental referrals for studios, 1 & 2 bedrooms units, several larger units available.

Idaho Housing & Finance 331-4877

565 W Myrtle M-F 8:30-5:30 Assists new homeowners with low-rate loans, income based, potential help with down payments & closing costs. List of affordable housing (which offers fixed below-market rents), & subsidized housing (where sliding scale rents are tied to tenant income) in Ada County. List of available units can be found at:

New website that lists apartments for rent.

www.housingidaho.com

New website that lists apartments for rent in

Spanish. <http://viviendaidaho.com/index.html.ESP>

Jesse Tree of Idaho 383-9486

1025 S Capital Blvd T W & Th 11-2

Emergency rent assistance. 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.

Neighborhood Housing Services 343-4065

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. www.nhsid.org

Salvation Army 343-5429 ★

4308 W State **Emergency rent assistance** for last \$100 towards rent. Phone interview. Bring proof of address & income, & photo ID. Must live in Ada County. M-Th 9-12, 1-4, F 9-12

Sounding Board 336-4448

1820 S Pacific Mediation provided by BSU interns in the area of landlord disputes & neighborhood disputes at \$15/hour.

LEGAL ASSISTANCE, IMMIGRANT & REFUGEE AGENCIES

Ada County Court Assistance/Self-Help Center 287-6963 & 287-6944

200 W Front 1st floor In Ada County Courthouse (parking available W side of courthouse, or parking garage @ \$1.50/hr after 1st free hour) Provides **free forms & instruction** for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, probate & small claims court. **Free forms & instructions for family law** issues are also available at www.adaweb.net/cao Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1st floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues.

Family Court Services 4th floor of Courthouse 287-7600

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 & custody cases.

www.courtselfhelp.idaho.gov/

M-F 8-5

Agency for New Americans 338-0033

1614 W Jefferson M-F 8:30-5 Settlement agency providing housing, cash, English classes, & employment for refugees/asylees until attaining citizenship. Children are enrolled in local schools. Families are assigned to the program by the State Department. Refugee/asylees uninvolved in program may call for services but no guarantee of help.

Catholic Charities of Idaho 466-9926 ★

Immigration help for residency & citizenship. To qualify: no back child support, no IRS liens, no felonies, no prior false claims of citizenship, & less than 2 misdemeanors in last 5 years. Family based system. No employer sponsors. www.catholiccharitiesidaho.org

Center for Community & Justice Neighbor's Project (Proyecto Vecinos) 378-1368

4696 Overland #212 Low cost help for immigrants with **family immigration** issues. Not for deportation hearings. Call for appointment. **Spanish speakers**

M-F 9-5

Comprehensive Advocacy Inc. (Co-Ad) 336-5353

4477 Emerald #B100 **Free.** Promote, protect & advocate for those with **disabilities**. Handle rights violations, Social Security issues, & some legal assistance. Call for an intake appointment & an advocate will call you back. Spanish speakers & interpreters.

Idaho Legal Aid 345-0106 X 0 www.idaholegalaid.org/

310 N 5th Help with family law, including divorce & custody with domestic violence, & 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 & statewide toll free Senior Legal Hotline at 1-866-345-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line--1-866-345-0106. Fair Housing Line.

M-F 8:30-5

Idaho Senior Legal Hotline 345-0106 & 1-866-345-0106

1-866-954-2591 for Spanish speakers. 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) & need information, advice or representation.

M-F 9-3

Idaho Volunteer Lawyers 1-800-221-3295 & 334-4510

Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corporations. Priority is with domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement.

M-F 8-5

International Rescue Committee 344-1792

106 N 6th #220 Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.

Living Independence Network Corporation (LINC) 336-3335 ★

1878 W Overland Advocates for people with disabilities to receive services.

Consulado de Carrera de México en Boise 343-6228, 343-6227

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 & passports. Will further trade & cultural relations between ID & Mexico.

Mexican Consulate 1-801-521-8502

1-801-521-0534 fax

230 West 400 South 2nd Floor Salt Lake City, UT 84047

(**Undocumented citizens**, will be in Boise occasionally, taking photos & will give official photo IDs. Very long wait same day for passport. Call for appointment which will take 2-3 months.

M-F 8-1

Self-Help Legal Alternatives 344-3208

3350 Americana Terr Provides court ready forms & help for a fee (\$100-150) to do paperwork for child custody, child support modification, divorce, bankruptcy, name change, & power of attorney. A fee of (\$150-200) for adoptions, probate, & guardianships. Drop in.

M-F 9-5:30

Women's Crisis Center (WCA) 343-7025 ★

720 W Washington Counseling individuals & groups for abused women/children, Spanish speaker can be arranged, 24 hr hotline. Legal help for protection orders, in-house court advocate makes referrals. www.wcaboise.org

World Relief 323-4964

6702 Fairview Refugee resettlement agency provides English classes, work orientation, job placement, & 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, & gift cards are welcome.

M-Th 9-4, F 9-1

MEDICAL ASSISTANCE

Ada County Indigent Services 287-7960 www.adaweb.net M-F 8-5 ★
252 E Front #199 2 buildings East of Courthouse (parking East side of Courthouse, or parking garage. \$2.50/hr - 1st hr free). Fill out app, call for appointment. Need current written prescriptions, may take 2+ days to authorize. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. Use as last resort.

Central District Health 375-5211 Same day appointments available. 707 N Armstrong PI (Emerald) **Teen Clinic** walk-in Th 2:30-5:30 **Family Planning** (327-7400) M-F appt only. **Pregnancy tests** by appt only. T-Th - 11-7, M - 8-4, F - 8-3. **STI clinic** M 5-7:30 W & F 1-3:30. Same day appts available. **WIC** (327-7488) appt only, **Pregnant & breastfeeding women**, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. Infants may receive formula, cereal and/or juice. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours. **Immunizations** (327-7450) appt & walk-in, W 11-7 for walk-ins. Must visit 1 hr closing. **HIV testing** only F 9-11, appt only.

Community Ministries 378-7774 Referrals T 1-3:30 & F 12-3 ★

El-Ada Outreach 345-2820 X14 Fran **HIV** testing, prevention education ★
2250 S Vista **HIV** groups for men & women, **HIV** rapid testing & results counseling on site & at various **Outreach Van** locations. T-F 11:30-4
Prescription Assistance up to \$45 for prescription 2 / year. M-F 8:30-4

Family Practice Medical Center 367-6030 Wait list.
777 N Raymond Basic medical care for **adults** & children. OB & prenatal services. Call for appointment, ask for **Health Access Program**, \$10 co-pay, income guidelines, need letter from **Medicaid**. **Women's Health Check (367-6638)** for age 50-65 women. **Cervical & breast screen**. 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. **Spanish speaker**. Bring SSN. **Undocumented citizens OK**. Call (M & W 9-1, T & Th 9-6.) for appointment. **HIV Services Clinic-Boise 367-6079** M-F 9-5 **Free** confidential, **HIV test** by appt. T 9-11:30, Th 1:30-3. Clinical trials, referrals to specialists, nutritional, dental, individual & family counseling, **Spanish**. Bring proof of HIV & income. East door. M-F 8-12, 1:15-5

Friendship Clinic All Saints Church 429-6678 Drop in medical care. M 5:30-8
709 S Latah (Cassia) **Free** Proof of income/residence. 1st come, 1st served. Undocumented OK.

Fred Meyer Pharmacy Generic med approx \$4 for 30 days or \$10 for 90 days
424-7533 3527 Federal Way **429-6433** 5230 W Franklin
323-7036 5425 Chinden **373-5233** 10751 W Overland
887-5273 850 E Fairview Meridian **465-2836** 50 2nd Street South Nampa

Garden City Community Clinic 384-5200 (Genesis World Mission) ★
215 W 35th **Free** **New & returning patients seen T & Th 4-7, call promptly at 10am on T or Th for SAME DAY appointment. 9-1pm on W for established patients ONLY!** Patients can't have insurance, receive Medicaid, Medicare, or VA Benefits. New patients bring proof of income & current photo ID. Undocumented citizens welcome. Services include treatment of non-emergent illnesses, selected chronic care, limited meds, limited referrals (to specialists, for labs & x-rays), & counseling. Services **DO NOT** include casting or removal, weight-loss or controlled drugs, drug testing, STD testing, hospital care, surgeries, prenatal care, or 2nd opinions. **NOT A PHARMACY, CAN'T FILL OUTSIDE PRESCRIPTIONS.** Referring agency call with "unusual" clients to check if appropriate referral.

Heartland Pharmacy 323-6777 **Medicaid, Medicare**, insurance. Free delivery
3320 N Milwaukee (Ustick) Was Flotos Reasonably priced meds. M-F 8-6, Sa 9-12

Humphreys Diabetes Center 331-1155 **Diabetes medicine** help
1226 W River Pick up financial aid forms. Bring proof of income & expenses, copies of 2007 US tax return, last bank statement & W2.

Idaho CareLine 211 or 1-800-926-2588 Referrals for health issues/meds in Idaho via **Medicaid**. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/

Kmart Pharmacy 377-5153 Certain generic medicines.
10477 Fairview \$15 for 90 day supply, bring prescription in.

Knights of Columbus Council #12854 **Dick DeLeonard (362-3710), Dale Anderson (888-3782), John Jettinger (376-0918), & Robert Gettig (377-0874)** Free wheelchairs, walkers, crutches, canes, medical beds, commodes, shower benches, & other medical equipment.

Living Independence Network Corporation 336-3335 Loans & gives ★
1878 W Overland away equipment such as wheelchairs, walkers, etc.

Mountain States Medical Clinic 378-2840 \$35 school physical
4809 W Fairview Walk-ins OK, urgent care. Cash discount. M-F 7-6, Sat 9-1

North End Children's Health Clinic 395-0000 Anne Church **Medicaid**
1655 W Fairview #206 Insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).

Omega Health 853-0071 **Medicaid, Medicare & insurance** ★
5985 W State For teens (age 12+) & adults. M, T, Th 9-8, W 9-5, F 9-3

Partnership for Prescription Assistance 1-888-477-2669 Help get free or nearly free **prescriptions**. Income guidelines, **Spanish**. parx.org/about.php

Pharmaceutical Company Patient Assistance Programs
www.rxassist.org/search.cfm Website with information, news, & a database that are designed to help find ways to get affordable, or free, medications to low-income patients. Must register for a free user account.

Planned Parenthood 376-9300 **Medicaid, sliding fee & insurance**
3668 N Harbor (off State St) **Spanish**, Birth control, STDs, pregnancy tests, emergency contraception (EC), no walk-ins (for EC, pregnancy tests & urinary tract infections) 1 or 2 hrs prior to close. Abortion services. Early pregnancy loss services. M 9-7, T 11-7, W 9-5, Th, F 8-4, Sa 10-4

Primary Health Walk-in Clinics **Medicaid** Undocumented people welcome
1907 S Broadway **M-Su 8-8** 345-1222
435 S Eagle **M-F 8-6, Sa 9-5** 939-8200
1130 E Fairview **M-Sa 8-8, Su 8-6** 888-9393
8971 W Overland **M-F 8-8, Sa 8-6** 378-4288
701 E Park Center **M-F 8-6, Sa 9-4** 344-4391
801 N Stilson (Vet Park) **M-F 8-8, Sa 9-4** 344-7799 (Spanish)
10787 W Ustick **M-Sa 8-8, Su 8-6** 378-8011

St Alphonsus Express Care 367-7264 M-F 9-8, Sa & Sun 10-6 ★

Rite Aid 1515 W State **Albertsons** 4700 N Eagle Road (McMillan)
Rite Aid 660 E Boise Ave **Albertsons** 6560 S Federal Way
Rite Aid 2809 E Cleveland Blvd, Caldwell
Nurse practitioner assesses & treats basic medical conditions or school physicals for flat fee of \$45. Ages 2-64. Insurance, **Medicaid**

St Luke's Internal Medicine 381-6400 **Medicaid**, may slide fees. Adults
701 E Park Center 18+, primary care. No new patients now. M-F 8-5

St Mark's Crisis Center 327-0345 Emergency only. **Need prescription** ★
7960 Northview \$50 max, use once/45 days. Photo ID. No pain meds. M-F 10-2

St Vincent de Paul FreeMed Prescription Program 344-9737 ★
3217 W Overland Maintenance medicines. Call for info & 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

St Vincent de Paul Help Line 331-2208 Zip code determines nearest ★
church where you will be referred. Must leave phone # for call back.

Shriner Hospital referrals 343-0571 Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital & travel costs.

Sonshine Family Health 375-8806 **Medicaid**, self-pay, no insurance
2308 N Cole #H Payment due at visit, simple visits start at \$56. Nurse practitioner. Undocumented citizens served. Interpreters available with notice. M T Th 8-12, 1:15-5:15, W 8-1, 2:15-7, F 8-1

State St Immediate Care 853-3100 **Medicaid** **Walk-in clinic**
4902 W State No Medicaid from patient, must be referred from doctor if have Medicaid. Office visits starting @ \$50. Limited **Spanish** services.

Su Familia" National Hispanic Family Health Helpline 1-866-783-2645 or 866-SU-FAMILIA) Call M-F 7-4 Hispanics get info to prevent & manage chronic conditions. **Bilingual** specialists refer to local MDs, receive bilingual fact sheets (asthma, cancer screening, heart disease).

Terry Reilly Health Clinic - Nampa 467-5282 **Medicaid** ★
223 16 Ave N & insurance, will take same day appointments, pharmacy, all medical services provided, **Spanish** speaking, **Teen Clinic**, counseling, bring proof of income & SS cards. **Undocumented citizens** without proof of income can receive free non-emergency treatment.

Express Care Walk-ins only. Treats minor medical conditions for flat fee of \$26 cash, **Medicaid, Medicare, sliding fee**, 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

Terry Reilly Boise Clinic 344-3512 **Medicaid, sliding fee,** ★
848 La Cassia (off Latah) insurance. No walk-ins, appointment only, bring proof of income & SS cards. **Only treat shelter & homeless residents.** **Spanish.** **Undocumented citizens** served. M, T, W, F, 8-5, Th-9-5

Together RX Access Card 1-800-444-4106 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, **Spanish** speaker. **Medicaid** www.togetherrxaccess.com

Vineyard Christian Church 377-1477 W & Sa 9:30-11:30 **Spanish?** ★
4950 N Bradley Walk-in, medical & gynecology. Free if no insurance.

Wal-Mart Pharmacy No Medicaid Bring prescription **generic meds**, \$4 for 30 days ★
321-9080 8300 W Overland Boise **853-4780** 7319 W State Boise
373-0024 4051 E Fairview Meridian **461-8718** 5875 E Franklin Nampa
467-5159 2100 12th Avenue Nampa **455-2151** 5108 E Cleveland Caldwell

SHELTERS & SHOWERS

City Light for Women & Children 368-9901 ★

1404 W Jefferson (Boise Rescue Mission)
Mandatory? **Chapel service** at 6:30-7:30pm.
2 Programs:
Emergency Shelter - No over age 13 boys & girls under 18 must be accompanied by mom. 4pm 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 5pm 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. One on one counseling for women & children only, provide meals daily from 5-6pm, no over age 8 children.

Corpus Christi House 426-0045 Day Shelter

525 Americana Blvd Open daily M-Sa 8-5, Wednesdays close at 11:30. Have washers & 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 information. Businesses in search of day labor may call CCH. May be crowded.

Hays House 322-6687, 1-877-805-2308

7221 Poplar (free 24 hour Youth Hotline) H & W & private referrals, waiting list, for **children only** ages 9-17. **Parent has to give consent for child to stay, daily rates based on parent's income.**

Hope's Door 459-6279 Caldwell Shelter for domestic violence victims & victims of rape or sexual assault

Interfaith Sanctuary 343-2630

1620 W River Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages.
6 pm-7 am 7 days a week www.interfaithsanctuary.org

Linden House 345-1448 Supervised shelter for young women, 7th & Fort will take 18-22 y/o females & can stay there up to 18 months. -Provides case management & GED assistance.

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 5:45am, chores assigned daily. Visibly intoxicated men will not be admitted. **Breakfast** at 6:20a m daily, **Lunch** 12 Monday-Saturday, 1:00 pm Sunday, **Dinner** 7 daily. Meals open to public, including many people who are not homeless but are working poor.
Chapel service at 6-7pm daily. **Nov-Feb** accept everyone regardless of space, no time limit. **March-Oct** can stay 17 days max & 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, up to 17-day stay in summer & unlimited stay in winter. **Free meals, shower, & clothing** (based on donations) provided to residents. Chapel service daily at 7-8 pm. Chores assigned daily. Visibly intoxicated men will not be admitted & curfew exists. Call first to get on waiting list, registration is 24/7. Apartments for low-income singles available. Open to public, including many people who are not homeless but working poor
Breakfast at 6:30am, **lunch** at noon T-Sat, 11am Monday, 1pm Sunday, & **dinner** at 5pm & 7pm.
Jobs program, sign a contract & meet certain objectives to extend shelter stay. Substance abuse treatment.
Boise Rescue Mission service.

Salvation Army (Booth) 343-5429 X 3 or 4 ★

4308 W State Open to single moms 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 Pl **377-9622**
\$2 Showers, anytime at West Boise
Downtown M-F 7-8:30am 8-9:30pm, Sa 7-6, Su noon-6 Individuals & families may apply for financial assistance for membership.

Women & Children's Crisis Center (WCA) 343-7025 ★

720 W Washington Call & asses first. Must be **domestic violence or sexual assault**, women & children only, 90-day program, required classes, waiting list. Substance abuse treatment individually & in groups at the WCA for residents. Parenting, life skills, safety management, & financial planning classes.

SUBSTANCE ABUSE TREATMENT

Access to Recovery Hotline 1-800-922-3406 X2 State Funding for Drug & Alcohol Treatment Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for out patient treatment, inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage & life skills education classes, & emergency housing. 8-8 M-F www.bpahealth.com

Ada County Juvenile Court Substance Abuse Program 287-5600
7180 Barrister Dr All programs are court ordered, ages 13-18.
1 Drug Court, 13 month commitment, outpatient
2 Residential for locked down adolescents, 6 wks

AA-Alcoholics Anonymous 344-6611 Call for information ★

Ascent Behavioral Health Service 898-9755 No Medicaid ★
366 SW 5th Ave #100 Meridian **Adolescent & adult substance abuse treatment.** Assessment, intensive outpatient & relapse prevention services. Programming available for chemical dependency, dual diagnosis & prescription drug abuse. Insurance & approved for **state funded substance abuse** treatment.

Bell Counseling 376-2577 Adolescent & adult outpatient, groups ★
1076 N Cole individuals, relationships, anger management, treat **dual diagnosis. State funded treatment, sliding fee for substance abuse.** Insurance.

Business Psychology Associates 1-800-922-3406 or 947-4393 Provider of state funding for drug/alcohol treatment. Based on eligibility 8-8 M-F

Calvary Chapel Outreach - Pure Word Ministries 322-3073 ★
226 S Cole **12 Step Program (Christian)**

Center for Behavioral Health 288-0649 Methadone Clinic
1965 S Eagle #180 Meridian Outpatient treatment for all addictions.
Insurance or self-pay only. M-F 5am-12:30pm, Sat & Sun 6am-8am

Chrysalis Home 424-1323 Transitional living for women, no treatment. 34 beds. Must be clean & sober, not a shelter, 12 -18 month stay, life skill classes, structure & accountability, must be in school or work full-time, & attend church/synagogue weekly. \$350/month program fee, waiting list. BPA can cover \$250 of the rent. www.chrysaliswomenidaho.org

City Light for Women & Children 368-9901 ★
1404 W Jefferson **Substance abuse treatment – New Life Recovery Program** - 1+ year intensive program. Residential shelter. **Free.** One on one counseling, **women & children** only, provides meals daily, no children over age 8.

Community Services Counseling 336-6792
963 S Orchard #B **Substance abuse** outpatient & intensive outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, relationship counseling, anger management, women's trauma recovery, & parenting classes Adults 18+, self-pay, approved for state funded substance abuse treatment, & voc rehab funding. M-F 10:30-9

Community Support Center 429-0330 Medicaid Adult day treatment for 716 N Orchard **mentally challenged** adults age 18+. Art & play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. M-F 8-4

EI-Ada Outreach 345-2820 Recovery support services & case man. ★
2250 S Vista. **Outreach Van:** Mobile HIV prevention & homeless outreach. Call for location & schedule. Undocumented citizens OK.

Family Services Center 454-5133 State funding, Spanish, counseling ★
704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.

Harmony House 288-1079 Call first. **State funding.** Residential treatment for **teens** ages 13-17. 90-day program, family groups. Few beds, possible waiting list. Need assessment first.

Idaho CareLine 211 or 1-800-926-2588 Referrals for health issues & ★

meds via **Medicaid**. www.RxIdaho.org for prescription help. www.idahocareline.org/

Intermountain Hospital 377- 8400 Free Assessments In-patient ★
303 Allumbaugh treatment for mental health & substance abuse for adults.

New Hope Community Health 672-9200 No Medicaid, **accepts state funded** treatment. 9460 W Fairview between 5 Mile & Maple Grove **Christian based recovery.** Safe & sober housing, case management, assessments, & court ordered classes. M-F 9-5

Omega Mental Health 853-0071 Medicaid, Medicare, & insurance. ★
5985 W State For teens (12+) & adults. Substance abuse & suboxone (**opiate dependency**) treatment via medicines. MD. M, T, Th 9-8, W 9-5, F 9-3

Port of Hope-Nampa 463-0118 Assessments, detox, outpatient 508 E Florida & inpatient treatment, **sliding fee** for adults age 18+.

River of Life 389-9840 575 S 13th **Free residential recovery for men ★**
The Lighthouse 461-5030 472 Caldwell Blvd Nampa 12-18 months.

Road to Recovery (Boise Methamphetamine Clinic) 384-4234
5460 W Franklin #L Substance abuse outpatient & intensive outpatient treatment. Separate male & female intensive 12 month program. Must be at least 18yrs old. State funded, must be **adult** (age 18 or older), no history of sexual abuse or violent offenses. **Spanish speaker.** M-Th: 9:30-5:30

St Alphonus Addiction Recovery 367-3553 Medicaid M-F 8-5 ★
6138 Emerald Outpatient treatment for **adults. Sliding fee & insurance.** Call 1st for appointment. **Spanish** speakers, undocumented citizens welcome.

Salud y Provecho Clinic 454-8632 Free Domestic violence ★
317 Happyday Blvd #180 Caldwell **counseling** for victims & referrals, 24 hr hotline for victims, parenting classes. **Spanish speakers,** mental health, medical for clients, individual, groups for victims & male batterers, marriage & family counseling, **service coordination** for kids. **Medicaid. Teens** (13-17) sub abuse group. **Medicaid** for assessments only. M-F 8:30-5:30

Tobacco Cessation 1-800-QuitNow (1-800-784-8669) Free telephone counseling service. **Spanish,** deaf & hard of hearing. <http://idaho.quitnet.com>
Free Tobacco Cessation Classes 342-0308 Call Nancy Caspersen.

Ustick House 322-0474 12-step structured **sober living house for men, 90-day min. Sliding fee.** 8050 Ustick, 9230 Ustick

Veterans Medical Center RSAT (Residential Substance Abuse Treatment) 422-1000 X1145 500 W Fort Provide **detoxification & 21-day** residential substance abuse treatment & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling & transitional housing for veterans completing RSAT. **Available for eligible vets** only.

Vineyard Christian Church Celebrate Recovery 377-1477 ★
4950 N Bradley (N 48, Chinden) Christian **12 Step Program.** 6pm Dinner (optional), 7pm Meeting

Walker Center Boise 336-9076 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. **No Medicaid,** will accept **state funded** substance abuse treatment **funding.**

Windward House Therapeutic Community for Women 331-0900 (SHIP) Safe & sober housing focus on sobriety for **women** over age 18. 90 day program. Children will eventually be accepted.

Women & Children's Crisis Center (WCA) 343-7025 Call & asses ★
720 W Washington first. Domestic violence or sexual assault, women & children only, 90-day program, possible wait list. Court advocacy, case management. Individual substance abuse treatment. Groups at the WCA for residents: help women recover, domestic violence support. Thrift shop.

SUPPORT GROUPS (FREE)	
ADHD Monthly Updates 385-0888 2 nd Monday at 7-8:30 1517 W Jefferson Psychologists & counselors give info about ADD/ADHD.	Down Syndrome Group 378-9912 Call for info & meeting times. Support for families with Down Syndrome. www.idahodownsyndrome.org
Adult Children of Alcoholics 344-1661 Saturdays @ 5:30 St Stephan's 2206 N Cole Tuesdays @ 7:30 1915 University St Paul's Catholic Center	Eating Disorder Support Group 343-3131 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.
AA-Alcoholics Anonymous 344-6611, 1-800-627-9103 Call for info. ★	El-Ada Outreach 345-2820 X20 Beck Crafts Club ★ 2250 S Vista All materials provided for folks with any disability.
Al-Anon Family Groups 344-1661 24-hour info. Call for schedule. ★ 1524 S Vista & volunteers to talk with. Daily noon & evening meetings.	Epilepsy Foundation of Idaho 344-4340 1 st Wednesday at 7-9 310 W Idaho Emergency financial help to buy anti epileptic drugs, support groups, parent & family networks, counseling, advocacy, info & referral. Scholarships for students with epilepsy. First aid for epilepsy.
Alliance on Mental Illness 376-4304 1st & 3 rd Wed 7-8:30 at 4696 Overland #226 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.	Families Anonymous 891-1463 Kati Call for more info. 12-step program for parents, family & friends (ages 15+) concerned about loved one's use of mind-altering substances or behavior problems. Focus on family only.
Al-Ateen 344-1661 Call for meeting times & locations. ★	Gamblers Anonymous 342-0672 12-step program. Meeting Th 7:15
Allies Linked for the Prevention of HIV & AIDS 424-7799 M T W 5-9 419 S 13 th Referral & support for sexual health (STD/STI/HIV).Free HIV tests, counseling, ed classes. Call for appt, walk-ins OK. www.alphaidaho.org	Gam-Anon 342-067 12-step program for families of compulsive gamblers
Alzheimer's 384-1788 Call for information on support groups for family members & caregivers.	Grandparents & Relatives as Parents / Idaho Kincare Coalition Support grandparents & other adults who parent children during permanent absence or neglect of parents. Information & Referrals. Boise Support Group (GAP) 323-7538 Tracee 1 st Monday 6:30-8:30 at 3853 N Eagle 2nd floor. Casey Family Programs Kinship Program 377-1771 Robin. AARP Group 323-9568 Marie Caldwell/Nampa 459-0063, 863-7477cell, 454-3893
Asperger's Support Group (ID) 703-5889 Call for info. www.idahoasg.org ★ Parents - 2nd Friday of month, location changes. Teen group - Tuesdays 7-8.	IFAD (ID Families of Adults with disAbilities) 229-0555 Deb or 877-8106 cell & 378-4163 E-mail ifad@ifad.us Provides info, telephone & hands-on support.Parent ed group meets 3x/year .Sign up for e-newsletter. www.ifad.us
Asthma Education (Family) 381-2155 3rd Thursday 7-8:30 ★ 100 E Idaho St Luke's South Tower Anderson Center # 2 Asthma ed, how it affects airways, triggers, meds, making asthma plan with MD.	ID Mom's Network 884-3773 Activities for stay-at-home moms. Information at www.idahomomsnetwork.org
Autism: Parents Who Help Parents 336-5676 Call for information ★ 520 S Eagle St Luke's-Meridian basement	Life After Loss - Psychoeducational workshop series for bereaved ★ 381-2721 325 W Idaho at St Luke's Hospice Call for information.
Baby and Me Support Group 367-7380 Tuesdays 10-11am ★ 900 N Liberty #100 St Al's Family Center For new parents & babies 0-12 mo	Narcotics Anonymous 338-4880 pager
Because I Love You Donna 345-1539 & Leone 853-2770 ★ 303 Allumbaugh at Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Tuesdays 7:30 to 9:30	National Alliance on Mental Illness (NAMI) 376-4304 Classes available. 4696 Overland #254 1 st & 3rd Wed 7-8:30 for families/friends of people with mental illness meet at 716 N Orchard. 2 nd & 4 th Thurs group for consumer support (Ken 229-6699). Call for info about other classes & presentations.
Better Breathers Club 345-5864 2 nd Wednesday 11-1 in school year 8030 Emerald#175 People/families with respiratory issues. http://lungidaho.org	New Moms' Group 381-1200 or 381-1510 ★ Meets Th 10:30-12:00 @ 103 W State at St Luke's Women Life. Meets T 10:30-12:00 @ St Luke's Meridian 120 S Eagle Rd, Shoshone Room.
Birth Parent Support 376-0191 10740 Fairview LDS Social Services ★	Overeaters Anonymous 336-3485 Group for people with any eating disorder Sat 10am St Stephen's 2206 N. Cole Donna 884-4487 Sat 1:30pm 1 st Congregational 2201 Woodlawn Ave LaDonna 631-9221 Mon 7:30pm All Saints 704 N. Latah Julie 343-1048 Thurs 7pm 5 Mile Nazarene 2701 S 5 Mile Childcare avail Dave 658-1496 Tues 5:30 St. Michaels 8 th & State Newcomers Jeannie 867-8649 Wed 12:00 1 st Congregational 2201 Woodlawn Ave Keith 867-8649 Wed 7pm Oregon Trail Church of God Rm 6, Middleton, 184 @ Middleton Exit Melanie 467-2561
Breast Cancer 376-3929 or 880-5658(cell) Becky Hays 8800 W Emerald HealthSouth Hospital Mondays 6:30-7:30	Parents, Families & Friends of Lesbians & Gays (PFLAG) 867-5029 ★ Boise First Congregational 2201 Woodlawn Meets 2 nd Friday 7:30-9 Congregational Church 55 S Midland, Nampa Meets 3 rd Tuesday 7:30-9
Breastfeeding Bunch 381-1200 Lactation experts will offer advice, answer ?s ★ 103 W State St Luke's Women's Life Wednesdays 10 am-noon 520 S Eagle St Luke's Meridian Shoshone Room Thursdays 1-3 pm. Breastfeeding moms & babies share experiences, concerns & information.	Share Miscarriage & Infant Loss Support Group 367-7380 6200 W Emerald Breast Care Center First Tuesday 6:30-8
Breastfeeding Support & Encouragement 367-7380 ★ 900 N Liberty #100 St Al's Family Center Tuesdays 11-Noon	SHARE of Idaho Loretta 343-8603 & Chrissy 388-8834 ★ 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 7:30
Cancer (Living Through) 381-2760 Jeni ★ 100 E Idaho St Luke's MSTI group room Call @ groups in Meridian, Nampa, & Fruitland. Cancer patients, caregivers, & family.	Survivors of Suicide Support Group 398-8231 Rich & Trudy ★ 717 N 11 th Cathedral of Rockies Meets 2nd Friday 7
Cancer Grief Support Group for Cancer Patients & their Families 381-2760 Call to register for class & to get more information.	Touchstone Center for Grieving Children & Adolescents 377-3216 Group helps grieving children (ages 6-18) & families recover from loss. Children placed in age/gender groups with facilitator to work with grieving, usually thru play therapy. Parents meet with facilitator. Suggest 3 months wait after death before joining. Call to talk with a facilitator. No drop-ins.
Cardiac Support Group 381-1200 Call for dates & topics ★ 100 E Idaho St Luke's South Tower Anderson Center	Tourette's Syndrome Stephanie 376-3409 shoffman3409@msn.com Email or call to meet one-on-one for guidance & information, & to meet someone of same age who has TS.
Celebrate Recovery Dinner Christian Based "8 Recovery Principles." Capital Christian Center 888-3101 2760 E. Fairview Meridian Sundays 6pm Vineyard Boise 377-1477 4950 W Bradley at 6pm, meeting/groups 7-9	Twins & Multiples (Mothers of) Samantha 888-5839 & Juanita 385-9513 Call or visit web site for times & dates of meetings. www.boisemom.org
CHADD (Children with ADHD/ADD) 939-1455 Gayla 100 Stierman Eagle Public Library 3 rd Wednesday 6-7:45	YAD (Youth Alliance for Diversity) 841-3220 Javier Community Center 305 E 37 th Garden City Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6 www.yadiversity.org
Children's Group for Children in Families with Cancer 381-3161 ★ 100 E Idaho St Luke's MSTI 381-2779, 1-800-4624 Call @ next group.	
Circle of Parents Support Group St A's Family Center 367-7380 ★ 900 N. Liberty # 100 Mondays 10-11:00am Support group for parents with children ages 10 months + older. Children are welcome.	
Compassionate Friends 855-2137 Rae Ann 2 nd 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. www.tcfboise.org	
Depression Recovery 375-6277 5009 Cassia Good Shepherd Mondays 7:30 ★	
American Diabetes Association 331-1155 Call for details. Humphrey's Diabetes Education Center 1226 River St 3 rd Monday each month 5:30 - 6:30pm. For adults - Type 1 & Type 2.	
Domestic violence support 459-6279 Caldwell Call for location.Mondays 6-7	
Domestic Violence Survivors 343-3688 & 343-7025 (24 hr crisis hot line) ★ 720 W Washington at WCA Wednesdays 7-8:15 Fill out paperwork at 5:30 & orientation 6-7. Call 1 day ahead if childcare is needed.	

TRANSPORTATION

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

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

BHM Foundation for Recreational Safety ★ 322-1730

2312 N Cole Will give away free bike helmets. Must call for more information. www.bhmidaho.org

Cornerstone Transportation 860-5597

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

Diamond Shuttle 639-6341

Shuttle transportation door to door privately paid or **Medicaid authorized. Please call 48 hours in advance.** M-F 9-4:30

EI-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. Bring proof of income. Undocumented citizens will be served. Possible voucher for a bicycle repair or a used bicycle limited to those participating in the Casual Labor program. M-F 11:30-4

ELS Transportation 938-2018, 1-866-938-1726

209 W 38th Garden City Shuttle transportation door to door privately paid or **Medicaid authorized. Please call 48 hours in advance.** No matter the distance ELS is available with the newest fleet in the Valley.

J & A Transport 284-8685

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

Idaho CareLine 211 or 1-800-926-2588 ★

Referrals for health issues/meds in Idaho via **Medicaid.** Ask @ 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.**

MolinRu Transportation 463-2960

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

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 employment 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**) 8727 Fairview (323-1192) M-Sa 9:30-7:30

Transylvania Express 384-1393

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

Trinity Transportation 409-6850

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

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, BSU & high school students can use their school ID card to ride city bus for free during school year. Individual fares are \$.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors & disabled are \$.50. www.valleyride.org

VISION

Ada Vision 384-5924 Medicaid Will do Medicaid eye exam 1333 W Jefferson but will not dispense Medicaid glasses. \$30 off 2nd pair of glasses; can't be used with insurance.

Dr. Larry Anderson 344-7944 Medicaid
8955 W Hackmore Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.

Boise Mountain Eye 938-9900 Medicaid
13075 Persimon Lane Will do Medicaid eye exam but will not dispense Medicaid glasses.

Boise Vision Care 322-2020 Medicaid
3293 N Milwaukee Will do Medicaid eye exams, but will not dispense Medicaid glasses. Spanish speaker.

Envision Optical 433-1410 Medicaid Will do Medicaid 1410 Broadway eye exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.

Eye Care Ass. or Cole Village Optical 377-1102
3417 N Cole Will do Medicaid eye exam but will not dispense Medicaid glasses. **Medicaid**

Eye Masters 322-2933 Medicaid
Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.

Hollingshead Eye 336-8700 Medicaid
360 E Mallard Dr #110 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.

Idaho CareLine 211 or 1-888-477-2669 ★
Provides referrals for health issues in ID via **Medicaid**. Ask @ www.RxIdaho.org for prescription drug help.

Idaho Eye Care Center 384-9194 Medicaid Will do 1175 W Boise Ave **Medicaid** eye exam but will not dispense Medicaid glasses.

In Sight Optical 455-5433 Medicaid
920 Main #122 Caldwell, Southwest District Health. Walk -ins may bring prescription & **Medicaid** card to order glasses. Call for appointment for exam. M & W 9-5

Intermountain Eye Clinic 373-1200 Medicaid
999 N Curtis #205 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.

Dr. Katherine Lee 381-7314 Medicaid
222 N. 2nd #111 Will do Medicaid eye exam but will not dispense Medicaid glasses. Needs to be in Healthy Connections. Will get interpreter for Spanish speakers.

Lifetime Optometry 672-1370 Medicaid M-F 10-6
10454 Overland (by 5 Mile & Albertsons) Call for appointment for eye exam, drop-in with a prescription for glasses.

Lions Club 376-8833 Stevie Packard Get eye exam & written prescription, call for application, fill out & wait for acceptance. Wal-Mart Optical has great prices for glasses.

Optometric Center 375-3871 Medicaid
700 N Raymond Will do Medicaid eye exam but will not dispense Medicaid glasses.

Pearl Vision 322-1642 Medicaid
7447 W Emerald #105 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.

Dr. D.H. Pitkin 376-3550 Medicaid
6700 W Emerald Will do Medicaid eye exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.

Shopko Optical Medicaid Call for appointment.
8105 Fairview **323-9303**
2655 S Broadway Ave **345-8812** Will not accept other optometrist's prescriptions for glasses.

University Eye Center 344-5832 Medicaid
111 W Main Will do Medicaid eye exam but will not dispense Medicaid glasses.

Vision One 344-2020 Medicaid
610 Americana Will do Medicaid eye exam but will not dispense Medicaid glasses.

Vision Quest Medicaid Will do Medicaid eye exam but 5680 Gage **377-3937** will not dispense Medicaid glasses.
3025 W Cherry Ln #207 **898-1614** Meridian

Vision Specialties 322-8381 Medicaid
1205 S Five Mile Will do Medicaid eye exam but will not dispense Medicaid glasses.

VSP VISION REFERRALS 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 & glasses. Eligibility is less than 200% of federal poverty level, higher than free lunch program. This is for non-Medicaid uninsured families. Bring blue & white medical card to receive service.

Wal-Mart Vision Does NOT accept Medicaid ★

321-9177	8300 W Overland	Boise
853-4786	7319 W State	Boise
373-7926	4051 E Fairview	Meridian
461-8724	5875 East Franklin	Nampa
467-5293	2100 12 Avenue	Nampa
455-2151	5108 E Cleveland Blvd.	Caldwell

Project Insight gives 20 elementary students free exam & glasses during year. Available via school nurse only.