

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. Please type **Self-Rescue Manual** in the subject or your e-mail may get lost in security.

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This is the updated version of the Self-Rescue Manual for 2010 and will be updated regularly. Each edition has a date at the bottom of each page. The Fall edition is being updated and new editions will be downloaded regularly.

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

CLOTHING AND FURNITURE

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

Agape in Action 685-0612 Free groceries, clothing, & toiletries the last Saturday of each month from 1-4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September - December. **Interview clothes** available. Call for special appointment. www.agapeworship.com ★

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

BHM Foundation for Recreational Safety 322-1730 www.bhmidaho.org ★
Will give away **free children's helmets**. Must call for more information.

Birthright of Boise 342-1898 Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available, free pregnancy tests & pregnancy support. Pro-life. Call before you come to make sure we are open. 1101 N 28th #A

Cinderella's Closet 377-4327 (press 5 then 2) ★
5825 Glenwood) Behind Assistance League Thrift Shop. Local high school students with Ada County High School I.D., may borrow from large selection of donated formal wear (gowns & tuxedos), for a non-refundable \$10 fee. Fall season (Sept. & Oct.), Spring season (April & May). Wednesdays 3:30 to 5:30 & Saturdays 12 to 4

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 (308 S 24th St) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher.

Deseret Industries Thrift Store 375-4681 **New & used furniture** ★
10740 Fairview clothing for men, women (maternity, wedding, & prom dresses) & children. **No delivery**. Potential help via local LDS Bishop (do not have to be LDS). To find out who the LDS bishop is where you live, call the Deseret Industries store". If you do not have an address, then call the Transient Bishop at 319-0476. M 10-6, T-F 10-9, Sa 10-8

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. Tue, Wed, 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 ★
701 E 44th #2 Food pantry, free blankets & 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 Way (Overland/Wal-Mart) **furniture** for sale. M-Sa 9-9, Su 11-6

Hope's Door Thrift Store 459-6279 New & used clothing ★
502 Main St Caldwell & furniture for sale. M-F 10-5:30pm, Sat 10-4

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**
3621 Overland **331-7739** 7054 W State **853-1408**
10353 Fairview **322-3610** 231 Main, Meridian **895-8433**
Outlet Store 5465 W Irving (between Curtis & Orchard)
\$.50/clothing item & cheaper furniture than other stores. **Used furniture & clothing** for sale. M-Sa 10-4

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, baby equip, children & maternity 1507 N Milwaukee (Fairview) clothes (sizes 0-14), shoes, toys. M-Sa 10-8

Lighthouse Rescue Mission 461-5030 ★
472 Caldwell Blvd in Nampa. Men can get free clothing.

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

Other Mothers 376-4855 ★
10422 Fairview Used **furniture, children & maternity clothes** (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 389-9840 Men only ★
575 S 13th Men get voucher for **free clothing**. Warehouse @ 368-0824 (308 S 24th) is open T & Th. Warehouse may have other items such as household goods for men or women with a voucher. **Spanish** speakers sometimes.

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 number for call back.

St Vincent de Paul Thrift Store Used furniture & clothing for sale. ★
6464 W State Boise **853-4921** For clothing vouchers call 331-2208. 213 N Main Meridian **888-9101** M-Sa 9:30-6

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 given out Thursdays @ 9am at 4308 W State (need ID & proof of residency). Adults 1 visit/year, children 1 visit every 6 months. Visit Monday at 9am as supply is very limited. Bring proof of address (envelope/bill), photo ID for every family member, must live in Ada County.

Treasure Valley Community Resource Center (TVCR) 459-9263 ★
Info & referral on human services - ID & East OR via phone. M-F 8-5

Whitney United Methodist Church Joseph's Closet 343-2892 Mostly children's ★
3315 Overland; (by Owyhee) clothing but some adult sizes. Bring photo ID & proof of address. Saturdays 10:30-12:30 & on 3rd Friday of month at 6.

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. Avoid 12-1:00 & 3:30-4:30. M-F 9-4:30

COUNSELING AND MENTAL HEALTH SERVICES

<p>A Better Life / Ginny/Marie Wellness Center 323-1290 www.wconcepts.com 371-3777 2925 Airport Way emergency#. Personal/couples/family counseling \$25.Group \$15.</p>	<p>Lifespan Counseling 344-0844 Medicaid, sliding fee. Animal/art therapy 1509 Robert #101 (Vista) Counseling individual, marriage & family, PTSD.</p>
<p>About Balance Mental Health 342-6300 Medicaid & sliding fee (\$40 min) 6550 Emerald #108 PSR, cm, counseling, case/meds mgmt, psychiatrist. M-F 9-5</p>	<p>Living Hope 378-1122 Medicaid, sliding fee, \$55 min, ins. M-F 8-5 & nights 3308 N Cole # A Marriage/family/children therapy, learning/behavioral issue, LD/ADHD evals</p>
<p>Access Behavioral Health 338-4699 Medicaid, Medicare, self-pay, insurance. ★ 1276 River #100 Therapy (play, EMDR, dev), meds/case mgmt. \$15-interns. M-F 8:30-5</p>	<p>Lutheran Community Services 323-0996 Families, individuals, play 2920 Cassia therapy, anxiety disorder, PTSD & bipolar, no sub abuse treat.</p>
<p>Access Living 922-2207 Medicaid, slide fee. Spanish. PSR, IBI therapy, child dev 690 S Industry Wy #45 Meridian therapy, counseling, adult day trmt, med mgmt.M-F 8:30-6</p>	<p>Methodist Counseling Center 319-1002 Counseling individuals, couples & ★ 717 N 11th (Hays) families.Scholarship & slide fee, insurance.M-Su 9-6 few eves</p>
<p>AFS 658-9800 Medicaid & insurance Call for hours. 7280 W Ustick Therapy, nurse practitioner, PSR, case & meds management.</p>	<p>Mountain States Group Mental Health 336-5533 Medicaid, insurance 1607 W Jefferson Individual, family, & group counseling; meds man; PSR; case management. EMDR. Nurse practitioner, PA, MD, LCSWs.</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>Omega Mental Health 853-0071 Medicaid, Medicare, insurance. Spanish ★ 5985 W State Sub abuse, teens (12+), adults. M, T, Th 9-8; W 9-5; F 9-4</p>
<p>All Seasons Mental Health 321-0634 Medicaid, insurance. Primary care, ★ 8050 W Rifleman #100 psychiatry, psych testing, meds mgmt, counseling, developmental services, case man, PSR, Healthy Connections provider. Boise, Nampa, Mountain Home. Evenings by appointment.</p>	<p>Pioneer Health Resources 322-1026 Medicaid PSR, case/meds mgmt, 890 N Cole #B Boise 1016 Sanetta Nampa therapy or adults & children.</p>
<p>All Together Now 336-9591 Medicaid, Medicare, sliding fee. Individual, family, groups 1111 S Orchard #174, marriage/kids play therapy. For PSR, TSC, & med mgmt call 336-4504.</p>	<p>Riverside Rehab 853-8536 Medicaid & insurance. Psychiatrist, nurse 7735 W Riverside practitioner, adults, reduced rate counseling & animal assisted therapy children, family therapy, case man, PSR, sand play therapy.</p>
<p>Allied Mental Health Services 286-7967 Medicaid & sliding fee 11104 W State Star PSR, TSC, counseling, meds mgmt. Call for appointment.</p>	<p>Rocky Mountain Behavioral Health 336-2308 Medicaid 4802 Kootenai Individual & family counseling, PSR, meds mgmt, MD, PHD.</p>
<p>Ascent Behavior Health 898-9755 Drug education group 366 SW 5th Ave #100 Meridian Psych evals, individual, teen, adult, dual diagnosis, family, couples, meds mgmt, substance abuse treatment. Self-pay, insurance, state funding, no Medicaid. \$150 1st appt., \$60 ongoing. M-F 9-6</p>	<p>Safe Place Ministries 323-2169 or 1-888-776-4443 Christian based. ★ 723 N Mitchell #101 Education & counseling for victims of domestic violence & sexual assault. Legal aid referrals. Fee schedule is donation based. No one will be denied for inability to pay. www.safeplaceministries.com</p>
<p>Aspen Mental Health 342-2950 Medicaid, Medicare, insurance \$15-interns 1276 River #100 Case & med mgmt, therapy, dev & play therapy, EMDR.M-F 9-6</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>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>Saint Alphonsus Family Center CARE Clinic 367-2126 For pregnant refugee ★ 900 N. Liberty #100 women, ALL babies, age 12 months & younger, with refugee parents, possibly pregnant refugee women (with no insurance or Medicaid) who may need help in providing care for themselves & their baby. Provides help in applying for Medicaid, pregnancy tests, prenatal exams, well-baby checks, immunizations, & education classes.</p>
<p>Big Brothers/Big Sisters of SW Idaho 377-2552 ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).</p>	<p>Salud y Provecho Clinic 454-8632 Domestic violence victim counseling & referral. ★ 317 Happyday Blvd #180 Caldwell 24 hr help for victims, parenting class.</p>
<p>Boise Behavioral Health Hospital/Clinic 327-0504 Medicaid, Medicare, insurance. 8050 Northview Outpatient counselors & nurse practitioner for ages 18 & up.</p>	<p>Free. Spanish speakers, mental health/medical for individual, groups (victims & male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) substance abuse group. Medicaid assessments only. M-F 8:30-5:30</p>
<p>Boise Rescue Mission Ministries. Free counseling & mental health consultation ★ Men call 389-9840 Stuart. Women call 368-9901 & ask for Guest Services.</p>	<p>SANE SOLUTIONS & Family Violence Prevention M-Th 8-12, 1-5 front office hours Counseling for sexual abuse victims, juvenile & adult, Protective Parenting Program, & Personal Safety classes. Insurance, Medicaid, Victim's Compensation, sliding fee, self-pay, & some grants available. Offices in Boise 323-9600 & Nampa 463-2314. Treatment program for adult & juvenile sexual offenders, individual & group. Medicaid, insurance, self-pay. Offices in Boise, Nampa, & Ontario 345-1170. Treatment groups for Domestic Violence offenders. Self-pay only Offices in Boise, Nampa, & Mt. Home 345-1170</p>
<p>Catholic Charities of Idaho 345-6031 No Medicaid, sliding fee (\$10-50) Spanish ★ 4202 W Emerald Individual/group/family, parent ed & senior services. Immigration/legal counseling in Nampa 466-9926 Monica Salazar CatholicCharitiesIdaho.org</p>	<p>Table Rock Counseling - Jacob Durtschi, LCSW 890-8391 Spanish counseling. 216 W State Counseling individuals, couples & families. Sliding fee down to \$35.</p>
<p>Center For Human Growth 888-3151 Medicaid, slide fee, insurance, self pay. Med 1650 Topaz Ave Meridian mgmt, PSR, counseling adults, teens, children.Adult day treatment.</p>	<p>Terry Reilly Health Clinic Nampa 467-5282 Medicare/Medicaid/ins/sliding fee ★ 223 16 Ave N 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>Clearwater Rehabilitation Services 322-5859 Medicaid, insurance. 8400 W Fairview PSR, case & med mgmt, therapy services for adults & children.</p>	<p>Tidwell Social Work Services 853-5095 Medicaid, Medicare, sliding fee. 5999 W State \$45 min, insurances. Individual, marriage, family, art play therapy, MD. We use interpreters for Spanish & all other languages. M-F 9-5</p>
<p>Community Outreach Counseling Center 466-7443 Serving individuals at 4 Treasure Valley Locations, free mental health consultations.</p>	<p>Treasure Valley Community Resource Center (TVCCR) 459-9263 M-F 8-5 ★ Information & referral on human services in Idaho & Eastern Oregon via phone.</p>
<p>Community Partnerships of Idaho 376-4999 Tina Barker cp-of-idaho.com Medicaid ★ & insurance. Counseling & groups, PSR, developmental therapy, IBI, residential rehab, case mgmt, employment services, behavioral & recreational therapy, finds housing for disabled, psychiatrist employment services</p>	<p>Treasure Valley Community Counseling 343-2737 Medicaid, insurance. EAP. cash 2273 S Vista #190 Counseling adults, kids, married, individuals, PSR, case mgmt adults.</p>
<p>Community Support Center 429-0330 Medicaid M-F 8-4 716 N Orchard Day Treatment, Groups, dual-diagnosis, skill building, age18+.</p>	<p>Treasure Valley Psychological 672-8699 6003 Overland Counseling Sliding fee, insurance.</p>
<p>Cornerstone Psychological Ass 373-0790 Medicaid, insurance.PSR, psych evals, 1755 Westgate #260 Individual/marriage/family/play therapy/case mgmt. M-Th 8-5, F 10-3</p>	<p>Veterans Center 342-3612 Free. Provides readjustment counseling ★ 2424 Bank Dr (Vista/N Overland) services for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.</p>
<p>Family Counseling Services 888-5905 870 N Linder #C Meridian Medicaid, sliding fee, insurance.</p>	<p>Veterans Medical Center 422-1000 X1145 Outpatient, inpatient Community ★ 500 W Fort Living Center. Behavioral health & family counseling, groups, temp housing for active duty & reserve. Homeless program available. Veterans only.</p>
<p>Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting.</p>	<p>Warm Springs Counseling Center 343-7797 M-F 8-5 (eves & weekends by appt) 740 Warm Springs Ave Autism Diagnostic & Treatment Clinic 3023 E Copper Point Dr #205 Meridian Full range of behavioral health services. Services available in Spanish.Accept insurance & Medicaid. Subsidies. childrenshomesociety.com</p>
<p>1st Choice Counseling (Phyllis Nodler) 577-7634, 429-0330 Medicaid, sliding fee 716 N Orchard Art therapy, PTSD, individuals, couples, & children. M-F 9-4</p>	<p>Women's Crisis Center (WCA) 343-7025 24 hour Hotline Counseling abused ★ 720 W Washington women, children & groups. 120 day residential program.</p>
<p>Human Supports of ID 321-0160 Medicaid, sliding scale. PSR, meds mgmt, 7161 Potomac Dr #A payee services, service coord, individual therapy, day treatment (available in Boise only). www.humansupports.com 709 Dearborn St Caldwell 454-8389</p>	
<p>Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ Medicaid ★ Referrals health & human services, meds. www.RxIdaho.org for meds. Spanish</p>	
<p>ISU Boise Counseling Clinic 373-1719 Open 9/1/07 to 5/30/08. M-Th 12-8 12301 W Explorer #102 (Cloverdale/Chinden) Counseling interns counsel individuals, couples, families. \$10 co pay for individuals & \$15 for couples.</p>	
<p>Kuna Counseling Center 922-9001 Medicaid, insurance, sliding fee/interns. ★ 190 W Main Kuna PSR, individual, marriage & family counseling, play Rx, Spanish</p>	
<p>LDS Family Social Services 376-0191 Bishop may pay fees, insurance. ★ 10740 Fairview Individual & birth parent counseling, adoption services. M-F 8-5</p>	
<p>Leyline Advocates 344-9797 PSR/case management agency 250 Bobwhite Ct #230 accepting adult & children with Medicaid.</p>	
<p>Life Counseling Center 465-5433 Medicaid, sliding fee, insurance, Spanish. 112 12th Ave Nampa Individual, couple, family, play therapy, PSR, case/med mgmt</p>	

DENTAL

<p>Apollo College 947-6821 Free dental HYGIENE care. 1200 N Liberty Call for appointment. Each appointment averages 2.5hours & more than one visit is usually necessary. Undocumented citizens welcome. Spanish speakers & Spanish forms. OFFERS FREE dental exam, X-rays, oral cancer screening, periodontal charting, oral hygiene instructions, sealants, fluoride, periodontal scaling \$ root planning, cleaning, referrals if restorative work is needed (i.e. fillings, crowns, root canals, etc.), & free toothbrush, floss & toothpaste.</p>	<p>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.</p>
<p>Basic Dental Care 888-3384 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 \$13, extractions start at \$88, porcelain to metal crowns \$548, root canals \$323 to \$578.</p>	<p>ISU Family Dentistry 331-0182 Medicaid 2033 E Summersweet Dr Children & adults. Advanced general dentistry services. Sliding fee. \$25 for 15 minute screening. 8:30-4 T-F</p>
<p>Basic Care West 422-1088 Medicaid, Spanish 1015 Caldwell Blvd Nampa Lowest fees in the Treasure Valley. Must give 24 hour notice for cancellation. M-Th 8-4</p>	<p>Milan Institute 472-2020 Sliding fee & Medicaid 8590 Fairview First appointment includes full exam & X-rays is \$50. Full services but no orthodontics. Spanish speakers. Will serve undocumented citizens. Call for information. Open every other Sat M, W, F 8-5; & T, Th 11-7</p>
<p>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.</p>	<p>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 & Bosnian translating. Children under 21 only. M-F 8-5</p>
<p>Boise Schools- Children's Free Dental Clinic 340-9697 ★ 1609 S Owyhee - Whitney Elementary School Amy Croy, RDH, BS or amy.croy@boiseschools.org Cleanings, sealants, restorations, & extractions. Must have referral from BSD school nurse & have appointment. Basic dental work performed only. No Medicaid or insurance patients (must be a student of the Boise School District). M, T, F 8:30-3:30</p>	<p>Terry Reilly Health Services Boise Dental 336-8801 ★ 2301 N 36th #102 Medicaid & sliding fee depending on income. Emergency dental, must arrive at 8 a.m. M-F. Non-emergency call at 8am for appointments. 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 at time of services. Spanish & Bonian speaking translating available. Undocumented citizens welcome. M-F 7:30 - 6</p>
<p>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.</p>	<p>Terry Reilly Canyon Dental 466-0515 ★ 11136 Moss Lane Nampa (off Nampa-Caldwell Blvd., just west of Middleton Road) Crowns & bridges. Emergency dental: must arrive at 7:30 M-F. Limited # served. Non-emergency: call at 9 a.m. for appointments. 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 appointment. Undocumented workers welcome. Must have new card from Medicaid for "Idaho Smiles". M-F 7:30- 6</p>
<p>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.</p>	<p>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</p>
<p>EI-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</p>	<p>Willow Tree Dental Medicaid 317 W Cherry Lane 888-2055 Spanish speakers. 5898 S Quamash Way 395-1000 (Columbia Village) Call for appointment. M 8-5, T-Th 8- 8, F 8-3, Sat 8-2</p>

EDUCATION, GED, ELL, ESL, CHILD CARE

<p>After 3 www.cityofboise.org/after3/ Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in the neighborhood. Parents can search by age, topic & location for right program for their child. No internet access call 211, the Idaho CareLine, to find information. ★</p>	<p>Giraffe Early Learning Centers 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.</p>
<p>Big Brothers/Big Sisters of SW 377-255 Screened volunteers ★ 2404 W Bank #302 participate in 1-to-1 mentoring program with children (6-18). Wait list for boys & girls. Volunteer opportunities for high school students.</p>	<p>Girls on the Run, Treasure Valley 388-4687 Sports, self-esteem program after 1406 N Main #204 Meridian school 3-5th grade. Sliding fee. www.gotr.org/index.htm</p>
<p>Boise City Child Care Licensing 384-3710 Parents must make a public ★ 150 N Capitol Blvd 1st Floor City Hall records request in writing at the City Clerk's office, can view files on all licensed child care providers in Boise. Will provide a list of providers broken out by zip code & facility type. Map-based http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare picture image of all licensed child care facilities in city. Spanish interpreter available. M-F 8-5</p>	<p>Head Start & Early Head Start 344-9187 Classes 8-12 or 12-4 T-F 4709 Camas Accepts children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & 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).</p>
<p>Boise Easter Seals-Goodwill Child Development Center 378-9924 Preschool 1465 S Vinnell Way programs for children with & without disabilities ages 1-6. Autism program up to age 13, disabled adult program. Employment assistance for temp & permanently disabled adults, & people w/felony convictions. M-F 6-6</p>	<p>Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ Call & ask for ★ child-care referral in your area, get list of providers. Referrals for health issues / meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help.</p>
<p>Boise Schools Marian Pritchett School at Booth Memorial 343-3571 ★ 1617 N 24th High school for pregnant teenagers. M-F 9-12, 1-4</p>	<p>Idaho Department of Labor WIA Youth & Adult Program Youth www.labor.idaho.gov 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7782 Ages 16-21 & Adults 18+; Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma. M-F 8-5</p>
<p>Boise Schools Preschool Screening For 3-5 yr olds. Screenings are done ★ 854-4143 & 854-4142 August-March. Must call for appointment. For possible problems with speech, language, self-help skills, hearing, emotional vision, social & motor skills, concepts. Classes are either T-F 8:40-11:30 or 12:30-3:15.</p>	<p>Idaho Family Assistance Center at Gowen Field 272-4355 Tom ★ Offers all branches of military families services & referrals for various issues.</p>
<p>Boise Parks & Recreation's Mobile Recreation Unit 384-4917 Call Roseanne Daily for more information. www.cityofboise.org/parks</p>	<p>Idaho National Guard Youth Program @ Gowen Field 272-4387 ★ Tanya Chin Learn about issues that face youth who live in military families including deployment education. Community training available.</p>
<p>Grace Jordan Community Center 854-4910 (Chris Kranz) 6411 W Fairfield Morley Nelson Community Center 384-4917 (Roseanne Daily) 7701 W Northview Open M-F 9am-9pm, Closed Saturday-Sunday</p>	<p>Idaho Parents Unlimited 342-588 Spanish speakers. Support group for parents 1878 W Overland of children with disabilities which meets 2nd Wednesday.</p>
<p>Boys & Girls Club of Ada County After School Program (age 6-18) \$10 / year 610 E 42nd Garden City 321-9157 After school 3-8, M-F (1-7 on half days) 911 N Meridian Rd Meridian 888-5392 No School, Summer, 11-6 (7am-\$5/day) Offers free meals daily, focuses on building relationships with trusted adults in a positive setting. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation. www.bgclubidaho.org for more information & orientation times.</p>	<p>Job Corps 375-9414 Ages 16-24 centennial.jobcorps.gov ★ 5257 Fairview #180 Full time program, usually residential. Closest center in Nampa, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation T 3pm at Commerce & Labor, orientation in Canyon County, 2nd & 4th Tues of month 3pm. M-F 8-5</p>
<p>College of Western Idaho (Boise & Nampa) ALL PROGRAMS ARE NOT LISTED Adult Basic Education - classes in basic skills, GED preparation, & ESL. GED test administration. http://www.cwidaho.cc/adult-basic-education/ Oak Park Plaza 2323 S Vista Boise:</p>	<p>Learning Lab @ Boise Library 344-0057 http://www.learninglabinc.org 715 S Capitol Blvd #403 (Upstairs) Same services as GC except adults only. Garden City Library 344-1335 308 E 36th Free computer assisted learning center for adults & families with children 0-6. Cost based on income & family size, possible scholarships. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 mo- 6 yrs) & Parents as Partners, family literacy classes.</p>
<p>1. Free ESL English classes, daytime and evening at two Boise locations. Call 562-2571 for upcoming registration schedule. 2. Free classes for basic skills and GED preparation, morning and evening. First attend orientation & diagnostic testing; call 562-2575 for upcoming schedule. Minimum age 16. 1360 S Eagle Flight Way Boise: GED testing. Call 562-2068 for schedule & fees or check website http://www.cwidaho.cc/general-educational-development/ 2407 Caldwell Blvd, Nampa:</p>	<p>Life Inc. 888-0076 Community-based, developmental therapy for children 8620 W Emerald #130 age 3-17 years & adults. Residential habilitation services & support, 24-hour supported living model. www.lifeincidaho.com</p>
<p>1. Free ESL English classes here & in several outlying towns. Call 562-2014 for registration info. 2. Free classes for basic skills & GED preparation, morning & evening. First attend orientation & diagnostic testing; call 562-2087 for upcoming schedule. Min age 16. 3. GED testing. Check website www.cwidaho.com</p>	<p>Living Independence Network Corp. (LINC) 336-3335 Advocates for people ★ 1878 W Overland with disabilities to receive services. Info & referrals. www.lincidaho.org</p>
<p>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, few scholarships available. \$65 fee for college students. www.cfkidaho.org M-F 9-4</p>	<p>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</p>
<p>Education & Training Voucher Program 377-1771 Julie Stevens Program offers 6441 Emerald (Casey Family Program) financial aid to eligible current or ex foster youth or who were adopted age 16+, or aged out of foster care at 18. Possible help with post secondary ed, training, books, tuition, room & board, childcare, transportation, tools, uniforms, computers. Must have diploma or GED.</p>	<p>National Alliance on Mental Illness (NAMI-Boise) 376-4304 Family support ★ 4696 Overland #254 group on 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd & 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call 376-4304 for info about other classes & presentations. www.nami-boise.org</p>
<p>ElAda Outreach 377-0700 ext. 28 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</p>	<p>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.</p>
<p>Family Advocate Program Families First 345-3344 Info at familyadvocate.org/ 3010 W State #104 FREE home-based parent education services on child development, effective parenting skills, nutrition & more. Parenting classes also offered. Serves families & children ages 0-12. Info at M-F 8:30-5</p>	<p>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.</p>
<p>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</p>	<p>United Way's Success by Six 336-1070 X106 1276 River Resources & referrals for child care providers. M-F 8-5</p>
	<p>YMCA Downtown 1050 W State 344-5501 Individuals & families may West Boise 5959 N Discovery Pl 377-9622 apply for \$ aid for membership.</p>

EMPLOYMENT AND CASUAL LABOR

<p>El-Ada Outreach 345-2820 Casual day labor ★ 2250 S Vista M–F 8 a.m. 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.</p>	<p>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 form of 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</p>
<p>ESGW-WORKING SOLUTIONS 322-9675 600 N Steelhead Way #110 Case management, job search preparation, related classes, gas vouchers, bus passes, resume & cover letter aid, faxes, phones, copies & computer time . Required for those who receive food stamp and cash assistance who are mandatory to look for work. Interpreters available. MUST BE REFERRED BY Department of Health and Welfare. M-F 8-5</p>	<p>Pro People Staffing Services 345-5747 Temporary 10148 W Emerald #100 employment. applications taken Monday–Friday 8–2, need 1–2 hours to do application. Dress nicely for interview process, free training & skills testing. Temp to hire. Mon–Fri 7:30–6</p>
<p>Freedom Resource Network 371-4168 Delmer ★ 7540 Northview (3 domes at Northview Family Worship Center) Help finding jobs. T–Th 1:30–4</p>	<p>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</p>
<p>Idaho Department of Labor Job Hotline 332-8940 219 W Main Spanish speakers. Register for work & apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance & free job search workshops. Speaks Spanish. www.labor.idaho.gov Mon-Fri 8-5 Job Hotline Recording of newest job listings 332-8940 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7781 WIA Youth & Adult Program 332-3575 X3815 Youth ages 16-21: possible \$ help with GED & job training. Adults 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>	<p>Treasure Valley Community Resource Center (TVCCR) ★ 459-9263 Information & referral on human services in Idaho & Eastern Oregon via phone. M–F 8–5</p>
<p>Job Corps 375-9414 centennial.jobcorps.gov ★ 5257 Fairview #180 Ages 16-24. Full time program, usually residential. Nampa is closest center, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation Tuesday 3 pm at Commerce & Labor, & in Canyon County on 2nd & 4th Tuesday of the month at 3 pm. Spanish speaker. M–F 8–5</p>	<p>Vocational Rehabilitation 327-7411 10200 W Emerald #101 Vocational assistance for individuals with Disabilities who require help finding or maintaining employment. www.vr.idaho.gov</p>
<p>Idaho Department of Labor Job Hotline 332-8940 219 W Main Spanish speakers. Register for work & apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance & free job search workshops. Speaks Spanish. www.labor.idaho.gov Mon-Fri 8-5 Job Hotline Recording of newest job listings 332-8940 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7781 WIA Youth & Adult Program 332-3575 X3815 Youth ages 16-21: possible \$ help with GED & job training. Adults 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>	<p>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.</p>

FINANCIAL AND UTILITY ASSISTANCE

<p>Ada County Indigent Services 287-7960 www.adaweb.net ★</p> <p>252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage: \$2.50/hr). Fill out application, walk-in first come first served on Tuesday, Wednesday, Thursday, 8am & 1 pm. One time/12 month rental help. General Assistance includes rent, power, gas, water, cremation assistance. Ada County must be last resort. M-F 8-5</p>
<p>Debt Reduction Services 378-0200 Spanish</p> <p>6213 N Cloverdale #100 Free credit & debt counseling, household budget review, & credit report analysis. Walk-ins OK or call for appt.</p>
<p>Department of Health & Welfare Self-Reliance 334-6700 ★</p> <p>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</p> <p>Due to State budget issues offices will be closed at noon on the following dates in 2010: February 5 & 19, March 5 & 19, April 2, 16 & 30, May 14 & 28, & June 11</p>
<p>El-Ada-Garden City 377-0700 Dee ★</p> <p>701 E 44th #1 (Garden City) \$50 for prescription help. Telephone assistance & United Water Cares.</p> <p>Heat bill assistance (wood & propane OK) Call 322-1242.</p> <p>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. M-F 8-4:30</p>
<p>Idaho CareLine 211 or 1-800-926-2588 ★</p> <p>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/</p>
<p>Idaho Power "Moratorium" 388-2323 or 1-800-488-6151</p> <p>Moratorium on paying electric bills from Dec 11st 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.</p>
<p>Intermountain Gas "Moratorium" 377-6840</p> <p>Moratorium on paying gas bills from Dec 1st to March 1st. Must call Intermountain Gas, tell them you have children, and continue paying your bill. Your gas will be turned off after March 1st if nothing has been paid on the bill.</p>
<p>Love INC of Treasure Valley 466-7810 Nampa www.loveinctv.org ★</p> <p>New Hope Relational Program One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. M-F 9:30-1</p>
<p>Salvation Army 343-5429 Project Share Help with Idaho Power ★</p> <p>4308 W State & Intermountain Gas bills. Call at 9am on first Thursday of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. Program available from October 1 to April 30, 2010.</p>
<p>St Vincent de Paul Help Lin 331-2208 Zip code determines closest church where you will be referred. Must leave phone number for call back. ★</p>
<p>Social Security Administration 321-2901</p> <p>1249 S Vinnell Way #101 (off Overland by Wal-Mart) Retirement, survivors, disability, educational outreach & Medicare information. May call for appt. Arrive early, possible line. www.socialsecurity.gov M-F 9-4:30</p>
<p>Treasure Valley Community Resource Center TVCCR Information & referral ★</p> <p>459-9263 on human services in ID & Eastern Oregon via phone. M-F 8-5</p>
<p>UW Cares 377-0700 Dee (only United Water customers) ★</p> <p>701 E 44th #1 via El-Ada Garden City. Call about voucher for part of water bill. Must qualify, have a shut off notice. Year round.</p>
<p>Income Tax Resources</p> <p>If you worked at all, you may qualify for a refund of all or part of your withholding, the earned income credit, or other tax credits, depending on your circumstances. Many people who have not filed are entitled to refunds & if they do not file within three years of the due date of the return, they will lose that refund. If there is a refund coming there are no penalties. If there is a balance due, there will be penalties but IRS can either set up a payment plan or delay collection until you are</p>

able to make payments. Free income tax assistance is available for basic income tax returns. The IRS can provide copies of income information if you have lost or never received your Forms W-2 or other income information.

- **IRS Telephone Assistance for Individuals** **1-800-829-1040**
Monday – Friday, 7am - 10 pm your local time.
- **Face-to-Face assistance with IRS & to get copies of reported income, visit** Boise Office in Federal Building, 550 West Fort **387-2847**
Monday-Friday 8:30am-4:30pm www.IRS.gov
- **For information regarding State Taxes:** Idaho State Tax Commission Regional Office, 800 Park Blvd, Plaza IV **334-7660** or **1-800-972-7660** www.tax.idaho.gov

H&R Block Tax Professionals are available to provide Free Answers to Tax Related Questions, on the phone or in person. District office location: 1510 S Orchard, Boise **344-7665**

More than \$45 million in unclaimed assets in Idaho are just waiting to be claimed. To search for unclaimed property (i.e. utility & rent deposits, tax refunds, & child support checks), go to <https://www.accessidaho.org/apps/tax/ucpsearch/>

FREE TAX HELP LOCATIONS & PREPARATION 2010

Call 211 or 1-800-926-2588 Monday – Friday 8am – 5pm. www.idahocareline.org/ or 1-888-AARP NOW for up to date information & http://www.unitedwaytv.org/default_2gaa.aspx for up to date locations. Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. La ayuda bilingue estara disponible. All sites are wheelchair accessible unless noted. ♿

Boise County CEL VITA 2717 S Vista Ave Feb 1– April 15 Walk-in
Monday through Thursday 2pm - 8 pm, Saturdays 10am - 4pm Spanish
(Please enter through the laundry room at the back of the building.)

Boise Senior Citizens Center 690 Robbins Rd Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 8:30am – 12:30pm

Caldwell Senior Center 1009 Everett St. Feb 3 – Apr 7 Walk-in
Wednesdays 9am – 1pm (Closed Feb 24th)

CEL Canyon County Site VITA Community Action Office 114 E Simplot Blvd Walk-in
Feb 8 - Apr 15 Tuesdays & Thursdays 5- 8pm Every other Saturday 10am- 4pm

College of Idaho McCain Student Center 2112 Cleveland Blvd Feb 2 – Apr 6
Tuesdays 5pm – 8pm Walk-in

Eagle Public Library 100 Stierman Way Feb 1 – April 10 Walk-in
Saturdays: Feb 13, 27; March 6, 13; April 3, 10 **ONLY** 1:30pm – 3:30pm

Eagle Senior Center 312 E State Feb 2 - April 6 Walk-in
Tuesdays: Feb 2, 16; Mar 2, 16; April 6 **ONLY** 10am – 2pm

Garden City Library 6015 Glenwood Feb 6 – April 10 Walk-in
Saturdays 10:30am – 2:30pm

Hillcrest Retirement Center 1093 S Hilton Feb 3 – Apr 7 Walk-in
Wednesdays 5:30pm - 8:30pm

Kuna Senior Center 229 Avenue B Feb 1 – Apr 5 Walk-in
Mondays: Feb 1, 8, 22; Mar 8, 22; Apr 5 **ONLY** 9:30am – 2:30pm

Meridian Community Center 201 E Idaho Ave Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 10am – 2pm

Mountain Home Air Force Base VITA – Active Military, Retired Military and Guard Personnel. Schedule to be announced. **Appointment Only. Call 208-828-4997**

Nampa - Hispanic Cultural Center of Idaho 315 Stampede Dr #100
Feb 4 – April 8 Thursdays 10am – 2pm Walk-in

Placerville/ Idaho City Shut-Ins Various locations.
Feb 1 – Apr 11 **Appointment Only. Call 208 392-9934**

St Mark's Catholic Church 7960 Northview Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 10am – 2pm

Star Senior Center 102 Main St Feb 20 – Mar 20 Walk-in
Friday Feb 20 and Mar 20 **ONLY** 1:00pm – 5:00pm

Steven Henager College VITA 1444 S Entertainment Avenue Walk-in
Feb 8 - Apr 15 Monday – Thursday 2:30pm – 5pm. Friday 8am – 4pm, Saturday 10am- 2pm. Additional hours by appointment 208-383-4540 X1832

FOOD PANTRIES

<p>Agape in Action 685-0612 Free groceries, clothing, & toiletries ★ 1001 S Orchard the last Saturday of each month from 1-4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September- December. www.agapeworship.com</p>	<p>Oasis Worship/Food Center 459-6000 ★ 615 13th St Caldwell Food boxes given to those in need. Meals Wednesdays noon to 2pm. Weekend Feeding Program in coordination with Caldwell School District at Van Buren Elementary, Sacajawea Elementary & Lewis & Clark Elementary Schools. Summer feeding program.</p>
<p>Calvary Chapel of Boise 321-7440 Amber Limited supplies. 123 Auto Dr (Boise Auto Mall) Non-perishable & some perishable foods. Church family will be given 1st priority. 1 visit/month/home. Sat 10-2</p>	<p>Operation Love Center 375-3226 Call first. Bring ID. 1820 N Dawn Lane Provide proof of address, live in Ada County, will provide food boxes for 1 week. M-Th 9:30-11:30am</p>
<p>Community Ministries Center 378-7774 Cans, produce ★ 3000 Esquire (S of Ustick) & meats when available. Call ahead for baby items such as baby formula, & diapers & social services. Use every 45 days. Bring proof of address & ID (photo ID or birth certificate) for family members needing food. T-F noon-3:30</p>	<p>Redeemer Lutheran Church 344-6758 Wash Wipe & Wrap ★ 2920 Cassia Free toilet paper, diapers, laundry soap. 3rd Sat 1-3pm</p>
<p>Eagle Food Bank 631-0702 at Landing Community & Arts Center 149 West State St Eagle 1st & 3rd Thursday 10 am-1 pm</p>	<p>St John's Cathedral 342-3511 ★ 815 Hays Cans, staples, food boxes. M-Th 1-3</p>
<p>El-Ada Outreach 345-2820 Food Pantry Use every 60 days. ★ 2250 S Vista USDA commodities 1st Wed of month 11:30-12:30. Use monthly. Undocumented citizens welcome. M-F 8:30-4</p>	<p>St Mark's Food Bank 327-0345 ★ 7960 Northview Must live in Boise. Cans, milk, eggs, bakery & meat for families. Use every 45 days. Bring ID. M-F 10-2</p>
<p>El-Ada Garden City Food Pantry 377-0700 Use every 60 days. USDA ★ 701 E 44th #2 commodities 1st Wed of month 11:30-12:30. Call for date & time of distribution. Undocumented citizens welcome. M-F 8:30-4</p>	<p>St Mary's Food Bank 850-6818 or 344-2597 2945 Chinden #A (by W 30th) Garden City Use every 30 days. Food boxes, frozen foods, dairy & eggs. M W F 1-3</p>
<p>First Baptist Church Food Bank 344-7809 1318 W Washington Bread, cans, cheese, butter, milk, some meat. 1st visit SSN card required. Visit every 30 days. Sa 10-Noon</p>	<p>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</p>
<p>First Bible Missionary Church 376-2439 375 N Roosevelt Non-perishable food. Call for an appointment.</p>	<p>SVdP - Holy Apostles Food Pantry May visit every 60 days. Bring ID. ★ 6300 N Meridian (at Chinden) Serves Meridian, Eagle, Star, West Boise, & Horseshoe Bend only. Boxed/canned food, bread / bakery items; produce/meat when available. M W F 1-4; Th 5:30-7</p>
<p>First Presbyterian Church Friendship Food Pantry 950 W State Mondays 5-7</p>	<p>SVdP - Sacred Heart Food Pantry 344-831 May visit every 30 days. ★ 811 S Latah 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. sacredheartboise.org/M W F 9:30-11:30am</p>
<p>Foundations Community Bible Church 888-6455 1450 N Ten Mile Meridian W 7 pm & Su 12:30 pm</p>	<p>SVdP - Society of St. Vincent de Paul Food Pantry - Nampa 249-5511 ★ 1203 7th St. North (Off 11th Street) Nampa T & Th 3-5pm</p>
<p>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</p>	<p>Treasure Valley Community Resource Center TVCCR 459-9263 ★ Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5</p>
<p>Grace Chapel Food pantry 375-5515 www.gracechapelboise.org 8650 W Fairview Call first. Need photo ID. Spanish. Th 2:30-3:30</p>	<p>Vineyard Christian Fellowship 377-1477 Interpreters available ★ 4950 N Bradley Bakery, cans, meat. Use every 30 days. Bring photo ID. Undocumented citizens welcome. W & Sa 10-12 noon</p>
<p>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.</p>	<p>Whitney United Methodist Church Food Bank 343-2892 ★ 3315 Overland (Owyhee) Non-perishable food box. Feed family of 4 for 3 days, may visit every 30 days. Bring photo ID & proof of address. M- F 9:30-12. Community dinner on 3rd Friday 6-7. Saturday sack lunch (Zip code 83705 only) 11-12:30</p>
<p>The Idaho Foodbank 336-9643 www.idahofoodbank.org Refers to food pantries. www.idahofoodbank.org/PDF%20Files/Treasure-Valley-Pantry-List.pdf Backpack program - 336-9643 Idaho Foodbank & local schools. Weekend food for children who get school lunch.</p>	<p>WIC (Women, Infants & Children) 327-7488 ★ 707 N Armstrong (Central District Health) Pregnant & breast feeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice & fresh fruits/vegetables.</p>
<p>Lighthouse Rescue Mission 461-5030 For Canyon County residents only. Call for days, times, & qualifications.</p>	
<p>Meridian Food Bank 888-5102 May visit twice/month. 13 E Bower Meridian Cans & dry goods. Bring ID & proof of address. M,W, Th 12 - 4pm & M, W & TH 6:30pm- 8pm</p>	

FREE MEALS

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

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

COMMUNITY SUPPERS AND FRIENDSHIP FEASTS

- Every Sunday **First United Methodist Church**
 717 N 11th (Enter on Franklin Street).....5 pm
- 1st Thursday of month..... **First Presbyterian Church**
 950 W State.....6 pm
- 1st Friday of month **All Saints Episcopal Church**
 704 S Latah.....6 pm
- 2nd Thursday of month **St John's Cathedral**
 807 N 8th (basement).....6 pm
- 2nd Friday of month **Sacred Heart Church**
 811 S Latah.....6 pm
- 3rd Tuesday of each month..... **Red Rock Christian Church**
 1124 S Roosevelt (Corner of Roosevelt & Kootenai).....6 pm
- 3rd Thursday of month **First United Methodist Church**
 717 N 11th (Enter on Franklin Street)6 pm
- 3rd Friday of month **Whitney United Methodist Church**
 3315 Overland by Owyhee6-7 pm
- 4th Thursday of month **Wright Community Church**
 4821 W Franklin.....6 pm
- Last Wednesday of month..... **Meridian United Methodist Church**
 235 E. Pine St., Meridian.....6pm
- Last Thursday of month..... **First Presbyterian Church**
 950 W State.....6 pm
 (Friendship Feast Sponsored by Ahavath Beth Israel Synagogue)

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

<u>American Red Cross</u> 146 South Cole Offers family disaster & emergency assistance 24/7.	<u>947-4357</u> or <u>1-800-853-2570 X 803</u>	
<u>City Light for Women & Children</u> 1404 W Jefferson Safe place for victims of domestic violence, or any kind of violence, to go for protection.	<u>368-9901</u>	★
<u>Hays Youth Help Line</u> operated by Hays Shelter Home (24 hour hotline)	<u>1-877-805-2308</u>	★
<u>Health & Welfare Mobile Crisis Unit Suicide Prevention</u> 24 hour crisis line for children.	<u>334-0808</u> or <u>1-800-600-6474</u>	★
<u>Hope's Door (Caldwell)</u> (24 hour crisis line) Domestic violence victims & victims of rape or sexual assault & Canyon & Owyhee SART (Sexual Assault Response Team)	<u>459-4779</u>	★
<u>Hotlines for Information on Substance Abuse</u>		
• Al-Anon	<u>344-1661</u>	
• Al-Ateen	<u>1-888-425-2666</u>	
• Alcohol Drug Helpline.....	<u>1-800-821-4357</u>	
• Alcoholics Anonymous (AA).....	<u>344-6611</u>	
• Call St. Luke's	<u>381-9000</u>	★
• Drug & Alcohol Treatment Hotline (Nampa)	<u>463-0118</u>	
• Drug Information Help/National Clearinghouse for Alcohol & Drug Information	<u>1-800-729-6686</u>	
• Narcotics Anonymous (NA)	<u>338-4880</u>	
• (NAMI) National Alliance on Mental Illness Helpline	<u>1-800 950-6264</u>	★
• RADAR (Alcohol & Other Drug Resources)	<u>426-3471</u> or <u>1-800-937-2327</u>	
<u>Idaho Domestic Violence Hotline</u>	<u>1-800-669-3176</u>	
<u>National Run Away & Child Abuse Hotlines</u>	<u>1-800-621-4000</u> (24 hour hotline) <u>1-800-786-2929</u> (Runaway)	
<u>National Suicide Prevention Lifeline Hotline</u> (24 hour hotline)	<u>1-800-273-8255</u> or <u>1-800-273-TALK</u>	
<u>National Teen Dating Abuse Hotlines</u>	<u>1-866-331-9474</u>	
<u>Suicide Prevention Hotline</u> (24 hour hotline)	<u>1-800-564-2120</u> http://www.suicidepreventionlifeline.org/	
<u>Women & Children's Crisis Center (WCA)</u>	<u>343-3688 X 19</u>	★
• <u>Domestic Violence Hotline</u> (24 hour hotline).....	<u>343-7025</u>	
• <u>Rape Crisis Hotline</u> (24 hour hotline).....	<u>345-7273</u>	

HOUSING ASSISTANCE

<u>Boise City/Ada County Housing Authority</u> <u>345-4907</u> 1276 River #300 Process applications for subsidized housing (Section 8) for families, disabled, & elderly. Typically a 2-4 year waiting list. Public Housing (project based housing) for the elderly & disabled is typically a 9-12 month waiting list. For available rental units from various landlords in the community please visit http://www.housingidaho.com/
<u>Boise City Housing & Community Development</u> <u>384-4158 X 100</u> 1025 S Capital Have some below market value rental referrals for studios, 1 & 2 bedrooms units, several larger units available.
<u>Idaho Housing & Finance Association</u> www.ihfa.org <u>331-4877</u> 565 W Myrtle Assists new homeowners with low-interest mortgages for eligible first-time homebuyers, 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. www.idamortgage.com
<u>Housing Information and Referral Center (HIRC)</u> Idaho's Housing Hotline hirc@ihfa.org <u>331-4877</u> or <u>1-877-438-4472</u> The Housing Hotline is a free information and referral service. M-F 8:30-5:30 <ul style="list-style-type: none">• Website that lists units for rent: www.housingidaho.com <u>1-877-428-8844</u>• Website that lists units for rent in Spanish: http://viviendaidaho.com/index.html.ESP Español) / gratis <u>1-877-428-8844</u>
<u>Idaho Legal Aid</u> <u>345-0106 X 0</u> www.idaholegalaid.org/ ★ 310 N 5 th 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 1-877-500-2591 & statewide toll free Senior Legal Hotline at 1-866-954-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line--1-866-954-2591. Fair Housing Line. M-F 8:30-5
<u>Jesse Tree of Idaho</u> <u>383-9486</u> 1025 S Capital Blvd 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. T W Th 11-2
<u>Neighborhood Housing Services</u> <u>343-4065</u> 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
<u>Sounding Board</u> <u>577-6745</u> 1820 S Pacific Mediation provided by BSU interns in the area of landlord disputes & neighborhood disputes at \$15/hour.

LEGAL ASSISTANCE, IMMIGRANT AND REFUGEE AGENCIES

<p>Ada County Court Assistance/Self-Help Center www.courtselfhelp.idaho.gov/ 287-6963 & 287-6944 200 W Front Room 158 (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ \$1.50/hr) Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, & 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. M-F 8-4</p>
<p>Agency for New Americans 338-0033 Settlement agency 1614 W Jefferson Providing refugees, asylees & victims of trafficking with case management, employment, referral & limited immigration services. Some other services available based on eligibility. Spanish speaking. www.anaidaho.org M-F 8:30-5</p>
<p>Catholic Charities of Idaho 466-9926 Monica Salazar ★ 1703 3rd St N Nampa Immigration & legal counseling. Spanish. To qualify: Catholic Charities requires for each participant that there be no back child support, no IRS liens, no felonies, no prior false claims of citizenship, and less than 2 misdemeanors in last 5 years. Family Based system. No employer sponsors. www.catholiccharitiesidaho.org</p>
<p>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</p>
<p>DisAbility Rights Idaho (was Co-Ad) 336-5353 or 1-866-262-3462 4477 Emerald #B100 Free. Provides advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have experienced rights violations or discrimination because of their disability. Assists persons in getting assistive technology/services, & in applying for, or receiving, services from rehabilitation programs, & SSI/SSDI beneficiaries with return to work issues. DRI provides information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish speakers & interpreters.</p>
<p>Idaho Legal Aid 345-0106 X O 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 1-877-500-2591 & statewide toll free Senior Legal Hotline at 1-866-954-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line-1-866-954-2591. Fair Housing Line. M-F 8:30-5</p>
<p>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 9-12 & 1-4</p>

<p>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</p>
<p>International Rescue Committee 344-1792 7188 W Potomac Dr Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.</p>
<p>Living Independence Network Corporation (LINC) 336-3335 ★ 1878 W Overland Advocates for people with disabilities to receive services. Not attorneys, does not offer legal advice. www.lincidaho.org/</p>
<p>Mexican Consulate (Consulado de Carrera de México en Boise) 343-6228 & 343-6237 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 84 M-F 8-1 (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.</p>
<p>Nampa Family Justice Center 475-5700 Help file for civil 1305 3rd protection order, refer to domestic violence shelters, counseling for family violence issues. http://www.nampafamilyjusticecenter.org/</p>
<p>Self-Help Legal Alternatives 344-3208 Provides court 3350 Americana Terr 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</p>
<p>Treasure Valley Community Resource Center TVCCR 459-9263 ★ Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5</p>
<p>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</p>
<p>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</p>

MEDICAL ASSISTANCE

<p>Access Behavioral Health 338-4699 Medicaid, Medicare, self-pay, insurance ★ 1276 River Street #100 Offers uninsured low cost psychiatric medication mgmt for \$45/visit & assist with free med programs. M-F 8:30-5</p>	<p>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).</p>
<p>Ada County - NACo Prescription Drug Discount Card Program Free cards may reduce up to 22% of pharmacy's retail cost for almost any prescription. No paperwork or income guidelines. Use card like a coupon. Available at most pharmacies including Walgreens & Rite Aid.</p>	<p>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</p>
<p>Ada County Indigent Services 287-7960 www.adaweb.net ★ 252 E Front #199 (2 buildings East of Courthouse, parking E side of Courthouse or parking garage \$2.50/hr). Fill out app, bring app to office to schedule appointment. Need current written prescriptions, may take 2+ days to OK. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. Use as last resort. M-F 8-5</p>	<p>Partnership for Prescription Assistance 1-888-477-2669 Help getting 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.</p>
<p>All Seasons Health 321-0634 Medicaid, insurance. Primary care, ★ 8050 W Rifleman #100 meds management, counseling, Injections, screenings. Non-emergent care, outside referrals for surgeries, x-rays. Call for appointment.</p>	<p>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</p>
<p>Aspen Mental Health 342-2950 Medicaid, Medicare, insurance. Offer uninsured 1276 River #100 low cost psych med mgmt - \$45/visit & help with free meds.</p>	<p>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 8-6 378-80114</p>
<p>Central District Health 375-5211 Same day appointments available. 707 N Armstrong Pl (Emerald) Teen Clinic walk-in Th 2:30-5:30.</p>	<p>Rite Aid Pharmacy Savings Card 1-866-317-4286 \$8.99/30-days generics, \$15.99/90 days, save 20% on other name brand/generics.</p>
<p>Family Planning (327-7400) M-F appt only. Pregnancy tests by appt only. Times vary. STI clinic M 5-7:30, W & F 1-3:30. Same day appt 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, juice, & fresh fruits/vegetables. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours.</p>	<p>St Alphonsus Express Care 367-7264 Medicaid, Medicare, insurance. ★ Rite Aid 1515 W State Albertsons 4700 N Eagle Road (McMillan) Rite Aid 660 E Boise Rite Aid 2809 E Cleveland Blvd, Caldwell Nurse practitioner assesses & treats basic medical conditions & school physicals for flat fee of \$55. Ages 1+. M-F 9-8, Sa & Sun 10-6</p>
<p>Immunizations (327-7450) by appt only M, Tu, & Th 8-5, W 11-7, F 8-4.</p>	<p>St Luke's Internal Medicine 381-6400 Medicaid, may slide fees. 701 E Park Center Adults 18+, primary care. No new patients now. M-F 8-5</p>
<p>Community Ministries 378-7774 Referrals T 1-3:30 & F 12-3 ★</p>	<p>St Mark's Crisis Center 327-0345 Emergency only. Need prescription ★ 7960 Northview \$50 max, use only once. Photo ID. No pain meds. M-F 10-2</p>
<p>El-Ada Outreach 345-2820 ext. 14 Fran HIV testing, prevention ★ 2250 S Vista education, 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</p>	<p>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</p>
<p>Family Practice Medical Center 367-6030 Wait list. M-F 8-12, 1:15-5 777 N Raymond Health Access Program provides basic medical care for adults & children, OB, & prenatal care. \$26 co-pay with income guidelines. Call to schedule a financial screening appointment. 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.</p>	<p>St Vincent de Paul Help Line 331-2208 Zip code determines nearest church where you will be referred. Must leave phone # for call back.</p>
<p>Friendship Clinic All Saints Church 429-6678 709 S Latah (Cassia) Drop in medical care. Free. Proof of income/residence. 1st come, 1st served. Undocumented OK. M 5:30-8</p>	<p>Shriner Hospital referrals 343-0571 Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital & travel costs.</p>
<p>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</p>	<p>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. Monday, Tuesday, Thurs 8-12, 1:15-5:15, Wednesday 8-1, 2:15-7, Friday 8-1</p>
<p>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, 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.</p>	<p>State St Immediate Care 853-3100 Medicaid Walk-in clinic 4902 W State Medicaid patients with Healthy Connections need referrals. Office visits starting @ \$50. Limited Spanish services.</p>
<p>Humphreys Diabetes Center 331-1155 1226 W River Diabetes education, offer financial aid to those who qualify.</p>	<p>"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).</p>
<p>Idaho CareLine 211 or 1-800-926-2588 Referrals for health issues/meds in Idaho via Medicaid. Ask @ RxIdaho.org for prescription drugs idahocareline.org/</p>	<p>Terry Reilly Health Clinic - Nampa 467-5282 Medicaid & insurance, ★ 223 16 Ave N 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</p>
<p>Kmart Pharmacy 377-5153 www.kmart.com/shc/s/dap_10154_10104_DAP_Kmart+Pharmacy+Microsites 10477 Fairview Certain generic medicines \$15 for 90 days, bring prescription.</p>	<p>Terry Reilly Boise Clinic 344-3512 Medicaid, sliding fee, insurance. ★ 848 La Cassia (off Latah) 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</p>
<p>Knights of Columbus Council #12854 Dick DeLeonard (362-3710), Dale (888-3782), John (376-0918), Robert (377-0874) Free wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, other medical equipment.</p>	<p>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</p>
<p>Living Independence Network Corporation 336-3335 1878 W Overland ★ Loans & gives away equipment such as wheelchairs, walkers, etc. lincidaho.org/</p>	<p>Vineyard Christian Church 377-1477 Spanish interpreters. Walk-in, medical, ★ 4950 N Bradley & gynecology. Free if no insurance. W & Sa 9:30-11:30</p>
<p>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</p>	<p>Wal-Mart Pharmacy No Medicaid Bring Rx 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</p>

SHELTERS AND SHOWERS

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

Community Family Shelter **461-3733** (Salvation Army) ★
 1412 4th St. S Nampa Open to families with children or single women. Emergency (90 day) housing provided & transitional (4 months to 2 years) housing provided. Breakfast, lunch & dinner provided free 7 days a week. Need to fill out application & do screening to be put on the waiting list. **Probable waiting list**. Provide laundry facilities for those at risk of becoming homeless from 6-10 am everyday but Wednesday and Sunday, free.

Corpus Christi House Day Shelter **426-0045** Have washers & 525 Americana Blvd dryers, showers, some **clothing**, computers & phones available, may use their address for a mailing address, & free coffee. May use CCH's address & phone number as your contact info. Businesses in search of day labor may call CCH. Is crowded. Open daily M–Sa 8–5, Weds closes @ 11:30

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

Hays Shelter Home **322-6687 or 1-877-805-2308** ★
 7221 Poplar (24 hr Youth Help Line) Work with youth who are victims of abuse or neglect, runaways or homeless. 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** www.interfaithsanctuary.org
 1620 W River Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. Accommodate non-English speaking residents. 6 pm–7 am 7 days a week

Linden House **345-1448** Supervised shelter for young women, 7th & Fort will take 18-22 year old females for up to 18 months. Provides case management & GED assistance.

Pioneer Family Shelter **384-4069**
 500 S Ash St (between River & Grand Ave) Day shelter for homeless families through April 2010. Boise City will provide educational services for children, a place for parents to stay warm, & lunch (prepared by the Boise Rescue Mission) at the family day shelter at the Pioneer Neighborhood Community Center.

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

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

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

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

YMCA ★
Downtown 1050 W State **344-5501**
West Boise 5959 N Discovery Place **377-9622**
\$2 Showers, anytime at West Boise.
 Downtown M–F 7–8:30am 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

<p>Access to Recovery Hotline 1-800-922-3406 ext. 2 www.bpahealth.com State Funding for Drug & Alcohol Treatment. Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for outpatient & inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage & life skills education classes, & emergency housing. M-F 8-8</p>	<p>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</p>
<p>Ada County Juvenile Court Substance Abuse Program 287-5600 7180 Barrister Dr All programs are court ordered, ages 13-18. 1 Drug Court, 9 month commitment, outpatient 2 Residential for locked down adolescents, 6 weeks 3 Outpatient & an intensive outpatient program</p>	<p>Pioneer Neighborhood Community Center Day Shelter 384-4069 Boise ★ 500 S Ash St Parks & Recreation offers safe haven for homeless families. Room for 15 families. Youth activities will be offered. Open to 4/30/10. Open daily 8-3 for preschool children & their parents, after school drop-in M-F 3-7.</p>
<p>AA-Alcoholics Anonymous 344-6611 Call for information. ★</p>	<p>Port of Hope—Nampa 463-0118 portofhopecenters.org/ Assessments, detoxification. 508 E Florida Outpatient, & inpatient treatment, sliding fee for adults age 18+.</p>
<p>Ascent Behavioral Health Service 898-9755 Substance abuse treatment ★ 366 SW 5th Ave #100 Meridian for adolescents & adults. Dual diagnosis, anger management, & cognitive self change courses. Self pay, private insurance, and state funding accepted. Medicaid accepted through state funding for substance abuse treatment.</p>	<p>River of Life 389-9840 Free residential recovery for men ★ 575 S 13th Free residential recovery for men</p>
<p>Bell Counseling 376-2577 ★ 1076 N Cole Adolescent & adult outpatient, groups individuals, relationships, anger management, treat dual diagnosis. State funded treatment, sliding fee for substance abuse. Insurance.</p>	<p>Rising Sun Sober Living 338-0861 or 898-4668 Quality Clean & sober housing for men & women recovering from drugs & alcohol. Nice, clean houses in convenient locations. Serving Ada & Canyon Counties. Monthly guest fee is \$400 with \$50 processing fee.</p>
<p>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</p>	<p>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 18 years 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</p>
<p>Calvary Chapel Outreach—Pure Word Ministries 322-3073 ★ 226 S Cole 12 Step Program (Christian)</p>	<p>Sage Recovery Services 287-3285 Alcohol/Drug Education, Relapse Prevention Education, Idaho Model CSC, Thinking for a Change, anger management, parenting, & individual/couple sessions. \$15/group; sliding scale & vouchers for financial.</p>
<p>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 5 am-12:30 pm, Sat & Sun 6 am-8 am</p>	<p>St Alphonsus Addiction Recovery 367-3553 Medicaid ★ 6138 Emerald Outpatient treatment for adults. Sliding fee & insurance. Call 1st for appointment. Spanish speakers, undocumented citizens welcome. M-F 8-5</p>
<p>Chrysalis Home 424-1323 Transitional living for women, no treatment. 44 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</p>	<p>Salud y Provecho Clinic 454-8632 M-F 8:30-5:30 ★ 317 Happyday Blvd #180 Caldwell Free domestic violence 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.</p>
<p>City Light for Women & Children New Life Recovery Program 368-9901 ★ 1404 W Jefferson Substance abuse treatment, 1+ year intensive program. Free. Residential shelter. 1-1 counseling, women & children only, provide meals daily</p>	<p>Supportive Housing & Innovative Partnerships (SHIP) 331-0900 Offers safe 1405 Grove & sober housing for single men & single women. SHIP also provides case management, random drug testing & life skills recovery support services. SHIP accepts state Substance Use funding from BPA, offers an affordable private pay program & a program for individuals experiencing homelessness. SHIP also has a housing program for homeless veterans with Substance Use Disorders.</p>
<p>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</p>	<p>Ten Mile Christian Church 888-3101 ★ 2511 W. Cherry Lane Meridian Outpatient recovery support group services. Celebrate Recovery Christ centered, family, marriage, life skills training, case man. www.tenmilecc.com</p>
<p>Community Support Center 429-0330 Medicaid 716 N Orchard Adult day treatment for 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</p>	<p>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.</p>
<p>El-Ada Outreach 345-2820 Undocumented citizens OK. ★ 2250 S Vista Recovery support services & case man. Outreach Van: Mobile HIV prevention & homeless outreach. Call for location & schedule.</p>	<p>Unio Recovery Center 541-889-2490 60 bed residential treatment center 686 NW 9th St Ontario, OR provides limited, uncomplicated medical detox with an open ended length of stay. The cost \$75/day Idaho & state funding.</p>
<p>Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.</p>	<p>Ustick House 322-0474 12-step structured sober living house for men, 90-day min. Sliding fee.</p>
<p>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.</p>	<p>Veterans Medical Center RSAT (Residential Substance Abuse Treatment) ★ 422-1000 X 1145 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.</p>
<p>Idaho CareLine 211 or 1-800-926-2588 ★ Referrals for health issues & meds via Medicaid. www.RxIdaho.org for prescription help. www.idahocareline.org/</p>	<p>Vineyard Christian Church Celebrate Recovery 377-1477 Christian 12 Step ★ 4950 N Bradley (N 48/Chinden) Program. 6 pm Dinner (optional), 7 meeting.</p>
<p>Intermountain Hospital 377-8400 Free Assessments In-patient treatment ★ 303 Allumbaugh for mental health & substance abuse for adults.</p>	<p>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.</p>
<p>Kuna Counseling Center 922-9001 Substance abuse outpatient ★ 190 W Main St Kuna treatment. Groups for drug & alcohol education, relapse prevention, cognitive self change, grief & loss. Accept Medicaid & insurance for other counseling such as relationship, severe mental health. Spanish providers.</p>	<p>Women & Children's Crisis Center (WCA) ★ Call Business Psychology Associates (947-4393 or 1-800-922-3406) for screening & referral first. Levels of care include transitional, intensive outpatient, & outpatient. On-site child care available. Possible wait list.</p>
<p>Lighthouse Rescue Mission 461-5030 Free 12-18 month in-house residential program for Men only.</p>	
<p>New Hope Community Health 672-9200 9460 W Fairview between 5 Mile & Maple Grove No Medicaid, accepts state funded treatment. Christian based recovery. Safe & sober housing, case management, assessments, & court ordered classes. M-F 9-5</p>	

SUPPORT GROUPS (FREE)

<p>Adolescent Cancer Survivors 422-0174 Heather ages 11 to 18 2676 S Vista 1st Wednesday 6-7:30 For survivors with cancer diagnosis regardless of if they are receiving active treatment or are in remission.</p>	<p>Down Syndrome Group 378-9912 Call for info & meeting times. Support for families with Down Syndrome. www.idahodownsyndrome.org</p>
<p>ADHD Monthly Updates 385-0888 2nd Monday at 7-8:30 1517 W Jefferson Psychologists & counselors give info about ADD/ADHD.</p>	<p>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.</p>
<p>Adult Children of Alcoholics 344-1661 Saturdays @ 5:30 St Stephen's 2206 N Cole Tuesdays @ 7:30 1915 University St Paul's Catholic Center.</p>	<p>ElAda Outreach 345-2820 ext. 20 Beck Crafts Club ★ 2250 S Vista All materials provided for folks with any disability.</p>
<p>AA-Alcoholics Anonymous 344-6611 or 1-800-627-9103 Call for info. ★</p>	<p>Epilepsy Foundation of Idaho 344-4340 1st 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.</p>
<p>Al-Anon Family Groups 344-1661 24-hour info. Call for schedule. ★ 1524 S Vista Volunteers to talk with. Daily noon & evening meetings.</p>	<p>Families Anonymous 891-1463 Kati Call for 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. www.familiesanonymous.org/</p>
<p>Alliance on Mental Illness 376-4304 1st & 3rd Wed 7-8:30 at 4696 Overland #226 Families/friends of people with mental illness.</p>	<p>Gamblers Anonymous 342-0672 12-step program. Meeting Thursday 7:15</p>
<p>Consumer support group 2nd & 4th Thursday group at Community Support Center 716 N Orchard. Call Ken @ 229-6699 for location.</p>	<p>Gam-Anon 342-067 12-step program for families of compulsive gamblers</p>
<p>Al-Ateen 344-1661 Call for meeting times & locations. ★</p>	<p>Grandparents & Relatives as Parents / Idaho KinCare Coalition Supports grandparents & other adults who parent children during permanent absence or neglect of parents. Information & Referrals. Boise Support Group (GAP) 323-7538 Tracee 1st 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, 863-7477 cell, 454-3893</p>
<p>Allies Linked for the Prevention of HIV & AIDS (a.l.p.h.a.) 424-7799 419 S 13th Referral & support for sexual health (STD/STI/HIV).Free oral rapid HIV tests, counseling, ed classes, & support for people with HIV & AIDS. Call for appt, walk-ins OK. www.alphaidaho.org M-3-9, Sat 12-5, Sun 12</p>	<p>IDAD (ID Families of Adults with Disabilities) 991-2608 Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters. http://www.ifad.us E-mail ifad@ifad.us</p>
<p>Alzheimer's 384-1788 & 1-800-272-3900 Call for info, resources & referrals on support groups for family members/caregivers.24/7 Helpline. www.alz.org/idaho/</p>	<p>ID Mom's Network 884-3773 Activities for stay-at-home moms. Information at www.idahomomsnetwork.org</p>
<p>Asperger's Support Group (ID) Call for info. www.idahoasg.org ★ Parents 2nd Thursday of month, location changes. Teen group Tuesdays 7-8.</p>	<p>Life After Loss—Psychoeducational Workshop Series for Bereaved ★ 381-2721 325 W Idaho at St Luke's Hospice Call for information.</p>
<p>Asthma Education (Family) 381-2155 3rd Thursday 7-8:30 ★ 100 E Idaho St Luke's South Tower Anderson Center # 2; Asthma education, how it affects airways, triggers, meds, making asthma plan with MD.</p>	<p>Narcotics Anonymous 338-4880 pager</p>
<p>Autism: Parents Who Help Parents 336-5676 Call for information ★ 520 S Eagle St Luke's—Meridian basement</p>	<p>National Alliance on Mental Illness (NAMI-Boise) 376-4304 Family support ★ 4696 Overland #254 group on 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd & 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call for info about other classes & presentations. www.nami-boise.org</p>
<p>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</p>	<p>New Moms' Group 381-9000 ★ Meets Th 10:30-12 @ 103 W State at St Luke's Women Life. Meets T 10:30-12 @ St Luke's Meridian 120 S Eagle Rd, Shoshone Room.</p>
<p>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 to 9:30</p>	<p>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 1st 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 Dave 658-1496 Childcare available Tues 5:30 St. Michaels 8th & State Jeannie 867-8649 Newcomers Wed 12:00 1st Congregational 2201 Woodlawn Ave Keith 867-8649 Wed 7pm Oregon Trail Church of God #6 I84 @ Middleton exit.Melanie 467-2561</p>
<p>Better Breathers Club 345-5864 2nd Wednesday 11-1 during school year 1412 W Idaho #100 People/families with respiratory issues. lungidaho.org</p>	<p>Parents, Families & Friends of Lesbians & Gays (PFLAG) 867-5029 ★ Boise First Congregational 2201 Woodlawn Meets 2nd Friday 7:30-9 Congregational Church 55 S Midland, Nampa Meets 3rd Tuesday 7:30-9</p>
<p>Birth Parent Support 376-0191 10740 Fairview LDS Social Services ★</p>	<p>Share Miscarriage & Infant Loss Support Group 367-7380 6200 W Emerald (Breast Care Center); First Tuesday 6:30-8</p>
<p>Breast Cancer 376-3929 or 880-5658 (cell) Becky Hays 8800 W Emerald HealthSouth Hospital Mondays 6:30-7:30</p>	<p>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</p>
<p>Breastfeeding Bunch 381-9000 Lactation experts will offer advice, Q&A ★ 103 W State St Luke's Women's Life Wednesdays 10-12 520 S Eagle St Luke's Meridian Shoshone Room Thursdays 1-3 pm. Breastfeeding moms & babies share experiences, concerns & information.</p>	<p>Survivors of Suicide Support Group 398-8231 Rich & Trudy ★ 717 N 11th (Cathedral of Rockies) Meets 2nd Friday 7 pm</p>
<p>Breastfeeding Support & Encouragement 367-7380 ★ 900 N Liberty #100 St Al's Family Center Tuesdays 11-Noon</p>	<p>Ten Mile Christian Church 888-3101 Every Friday 6-9 ★ 2511 West Cherry Lane Issue specific, gender specific Christ centered support groups. Dinner & Children's Program. www.tenmilecc.com</p>
<p>Cancer (Living Through) 381-2760 Jeni Call @ groups in Meridian, Nampa, ★ 100 E Idaho St Luke's MSTI & Fruitland. Cancer patients, caregivers, & family.</p>	<p>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.</p>
<p>Cancer Grief Support Group for Cancer Patients & their Families. 381-2760 Call to register for class & to get more information.</p>	<p>Tourette's Syndrome 376-3409 Stephanie shoffman3409@msn.com Email or call to meet 1-1 for guidance & info. ID support group on Facebook & tsa-usa.org/</p>
<p>Cardiac Support Group 381-1200 Call for dates & topics ★ 100 E Idaho (St Luke's South Tower Anderson Center)</p>	<p>Twins & Multiples (Mothers of) 888-5839 Annual membership fee. Call or visit web site for times & dates of meetings. www.boisemom.org</p>
<p>Celebrate Recovery Dinner Christian Based "8 Recovery Principles." Vineyard Boise 377-1477 4950 W Bradley at 6 pm, meeting/groups 7-9</p>	<p>YAD (Youth Alliance for Diversity) 841-3220 Javier Community Center 305 E 37th Garden City Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6 www.yadiversity.org</p>
<p>Celebrate Recovery 602-5667 Randy or 344-8311 Mike Eisenbeiss Sacred Heart Church, 12 steps of AA & 8 Principals from Beatitudes. Thursday. 6:30 refreshments, 7-9 large group teachings & testimonies. Drop in or call.</p>	
<p>CHADD (Children with ADHD/ADD) 939-1455 Gayla 100 Stierman Eagle Public Library 3rd Wednesday 6-7:45</p>	
<p>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.</p>	
<p>Circle of Parents Support Group St Al's Family Center 367-7380 ★ 900 N. Liberty # 100 Support group for parents with children ages 10 months and older. Children are welcome. Mondays 10-11:00am</p>	
<p>Compassionate Friends 855-2137 Rae Ann 2nd Thursday of month 7:15 ★ 520 S Eagle (St Luke's—Meridian Hospital basement) Group is for families who have lost a child. Adults bring a friend if nervous. www.tcfboise.org</p>	
<p>Depression Recovery 375-6277 5009 Cassia Good Shepherd Church Mon 7:30 ★</p>	
<p>American Diabetes Association 331-1155 Call for details. Humphrey's Diabetes Education Center 1226 River St 3rd Monday each month 5:30-6:30pm. For adults Type 1 & Type 2.</p>	
<p>Domestic violence support 459-6279 Caldwell Call for location. Mondays 6-7</p>	
<p>Domestic Violence Survivors 343-3688 & 343-7025 (24 hr crisis hotline) ★ 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.</p>	

TRANSPORTATION

<p><u>At Your Service Transportation</u> 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.</p>	<p><u>J & A Transport</u> 284-8685 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>
<p><u>BHM Foundation for Recreational Safety</u> 322-1730 ★ Will give away free children's helmets. Must call for more information. www.bhmidaho.org</p>	<p><u>Idaho CareLine</u> 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.</p>
<p><u>Boise Bike Project</u> 429-6520 http://www.boisebicycleproject.org/Home.html 1027 Lusk St (by Ann Morrison Park, Green Belt & Jim's Appliance & Furniture) BBP gives bicycles to kids for free if referred from another charitable organization (schools, churches, after school programs, social workers, etc). Adults can get a bicycle by paying (have bikes priced from \$10-\$1000), or have an Earn-a-Bike program that makes it possible to volunteer time in exchange for a bicycle. Volunteer Orientation is <u>required</u> for Earn-a-Bike. Open shop hours W-Sat 12-6. Ladies wrench night M 6-8.</p>	<p><u>Kool Kab</u> 703-5666 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>
<p><u>Canyon County Cab</u> 703-5666 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>	<p><u>Salvation Army</u> 343-5429 ★ 4308 W State Thursday 9-noon only. Arrive early as few bikes available. Get voucher for Salvation Army Thrift Stores for free bike. Bike must be needed for job or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment. Other stores are located at 3209 Overland (344-4454) and 8727 Fairview (323-1192) M-Sa 9:30-7:30</p>
<p><u>Cornerstone Transportation</u> 860-5597 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>	<p><u>Transylvania Express</u> 384-1393 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>
<p><u>Diamond Shuttle</u> 639-6341 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance. M-F 9-4:30</p>	<p><u>Trinity Transportation</u> 409-6850 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</p>
<p><u>El-Ada Outreach</u> 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</p>	<p><u>Valley Ride City Bus</u> 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 \$0.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors & disabled are \$0.50. www.valleyride.org</p>
<p><u>ELS Transportation</u> 938-2018 or 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.</p>	

VISION

<p>Ada Vision <u>384-5924</u> 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.</p>	<p>Lion's Sight & Hearing Foundation <u>338-5466</u> Referrals are made to individual coordinators at local chapters, if that chapter has money available. Coordinators will determine financial eligibility and will make arrangements for eye exams and glasses.</p>
<p>Dr. Larry Anderson <u>344-7944</u> Medicaid 8955 W Hackmore Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>	<p>Meridian Vision <u>888-5252</u> Medicaid Does vision exam and dispense glasses</p>
<p>Boise Mountain Eye <u>938-9900</u> Medicaid 13075 Persimon Lane Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>	<p>Optometric Center <u>375-3871</u> Medicaid 700 N Raymond Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Boise Vision Care <u>322-2020</u> Medicaid 3293 N Milwaukee Will do Medicaid eye exams, but will not dispense Medicaid glasses. Spanish speaker.</p>	<p>Pearl Vision <u>322-1642</u> Medicaid 7447 W Emerald #105 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Commission for the Blind & Visually Impaired <u>334-3220</u></p>	<p>Dr. D.H. Pitkin <u>376-3550</u> Medicaid Will do Medicaid eye 6700 W Emerald exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.</p>
<p>Envision Optical <u>433-1410</u> Medicaid 1410 Broadway Will do Medicaid eye exams & dispense glasses for our patients.</p>	<p>Shopko Optical Medicaid Call for appointment. 8105 Fairview <u>323-9303</u> 2655 S Broadway Ave <u>345-8812</u> Will not accept other optometrist's prescriptions for glasses.</p>
<p>Eye Care Ass. or Cole Village Optical <u>377-1102</u> 3417 N Cole Will do Medicaid eye exam but will not dispense Medicaid glasses. Medicaid</p>	<p>University Eye Center <u>344-5832</u> Medicaid Will do Medicaid 111 W Main eye exam but will not dispense Medicaid glasses.</p>
<p>Eye Masters <u>322-2933</u> Medicaid Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.</p>	<p>Vision One <u>344-2020</u> Medicaid Will do Medicaid eye exam 610 Americana but will not dispense Medicaid glasses.</p>
<p>Family Eyecare Specialist <u>454-3366</u> Medicaid exams, frames 420 E Elm Caldwell & lenses, have over 100 Medicaid eligible frames. Accept prescriptions from other Doctors. Call for appointment for exam. M-Th 9:30-5:30, F 9-1</p>	<p>Vision Quest Medicaid 5680 Gage <u>377-3937</u> 3025 W Cherry Ln #207 Meridian <u>898-1614</u> Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Hollingshead Eye <u>336-8700</u> Medicaid 360 E Mallard Dr #110 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>	<p>Vision Specialties <u>322-8381</u> Medicaid 1205 S Five Mile; Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Idaho CareLine <u>211 or 1-888-477-2669</u> ★ Provides referrals for health issues in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help.</p>	<p>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.</p>
<p>Idaho Eye Care Center <u>384-9194</u> Medicaid 1175 W Boise Ave Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>	<p>Wal-Mart Vision Does NOT accept Medicaid ★ 321-9077 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 Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$60.</p>
<p>Intermountain Eye Clinic <u>373-1200</u> Medicaid 999 N Curtis #205 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>	
<p>Dr. Katherine Lee <u>381-7314</u> 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.</p>	
<p>Lifetime Optometry <u>672-1370</u> Medicaid Call for 10454 Overland (by 5 Mile & Albertsons) appointment for eye exam, drop-in with a prescription for glasses. M-F 10-6</p>	