

SELF-RESCUE MANUAL

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

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

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

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

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This is the updated version of the Self-Rescue Manual for 2009 and will be updated regularly. Each edition has a date at the bottom of each page.

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

CLOTHING AND FURNITURE

If prices seem too high, ask to speak to manager to "discuss" prices.	
Agape in Action <u>685-0612</u> Last Saturday of month 1-4 1001 S Orchard Free clothing & toiletries. Interview clothes available. Call for special appointment.	★
Assistance League of Boise Thrift Shop <u>377-4327</u> 5825 Glenwood Reasonably priced used clothing & household items (shoes, books, linens, small furniture). M-F 10-5, Sa 10-4	★
BHM Foundation for Recreational Safety <u>322-1730</u> www.bhmidaho.org 2312 N Cole Gives away free bike helmets. Must call for more information.	
Birthright of Boise <u>342-1898</u> Maternity clothes, baby clothes to 1101 N 28th #A size 12 months, size 1 & 2 diapers when available, free pregnancy tests & pregnancy support. Pro-life. Call for hours.	
Cinderella's Closet <u>377-4327</u> Behind Assistance League 5825 Glenwood Thrift Shop Girls can "borrow" prom dress for \$10 (which they can get back if dress is returned cleaned). Last day to return dress is 5/17/08. Starts 4/2/08, Wednesdays 3:30-5:30 & Saturdays 12-3. 2009 dates pending.	★
City Light Home for Women & Children <u>368-9901</u> 1404 W Jefferson or Light House 472 Caldwell Blvd (Nampa) (Boise Rescue Mission); Women & children can get voucher for free clothing . Warehouse @ 368-0824 (1417 W Jefferson) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher. Spanish speakers sometimes.	★
Coats for Kids At any Idaho Youth Ranch Thrift Store. Call ahead. Adult must bring child to get coat if available. M-Sa 9-6	★
Deseret Industries Thrift Store <u>375-4681</u> 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). Call Help Line 1-800-453-3860 to give your current address. If you do not have an address then contact the Transient Bishop at 319-0476. M 10-6, T-F 10-9, Sa 10-8	★
Dress for Success at Capital Christian Center <u>288-4405</u> 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 <u>345-2820</u> 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 <u>377-0700</u> Food pantry, free blankets 701 E 44th #2 & personal hygiene packs for men, women, & children as available. Undocumented citizens will be served. M-F 9-4	★
Freedom Resource Network Clothing Pantry <u>371-4168</u> 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 <u>321-9172</u> New/used clothing 1465 S Vinnell Way (Overland/Wal-Mart) furniture for sale. M-Sa 9-9, Su 11-6	★

Idaho Youth Ranch Thrift Shops M-Sa 9-6, Su 12-5 1417 S Main <u>343-2506</u> 250 N Orchard <u>378-8081</u> 1501 S 5 Mile <u>375-1242</u> 3840 Chinden <u>433-1661</u> 3621 Overland <u>331-7739</u> 7054 W State <u>853-1408</u> & 10353 Fairview <u>322-3610</u> Only stores open Mon-Sa 9-6, Su 12-5 New Warehouse 5465 W Irving (between Curtis & Orchard) \$1/clothing item & cheaper furniture than other stores. Will deliver for \$25. Used furniture & clothing for sale. M-Sa 10-4	★
Insignia Foundation <u>412-6097</u> Kyrsten School must refer students needing new clothes. School must provide transportation for student shopping trips. For junior high students only. Kid to Kid <u>376-6488</u> Used furniture, children & maternity 1507 N Milwaukie (Fairview) clothes (sizes 0-14) M-Sa 10-8	
Meridian United Methodist Church Thrift Store <u>888-2245</u> 235 E Pine Clothing & household items, vouchers sometimes available. T & F 11-2	
Other Mothers <u>376-4855</u> 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 <u>344-6758</u> Wash, Wipe & Wrap 2920 Cassia; Free diapers, laundry soap & toilet paper. Use once/month. Open 3 rd Saturday of month 1-3pm.	
River of Life Boise Rescue Mission Men only 575 S 13th or Light House 472 Caldwell Blvd (Nampa) Men get voucher for free clothing. Warehouse @ 368-0824 (1417 W Jefferson) is open T & Th. Warehouse may have other items such as household goods for men or women with a voucher.	★
St Luke's Women's Children's Community Education <u>381-3033</u> 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 <u>331-2208</u> Zip code determines closest church where you will be referred. Must leave phone number for call back.	★
St Vincent de Paul Thrift Store 6464 W State Boise <u>853-4921</u> Used furniture & clothing. 213 N Main Meridian <u>888-9101</u> M-Sa 9:30-6	★
Salvation Army <u>343-5429</u> 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) <u>459-9263</u> Info & referral on human services - ID & East OR via phone. M-F 8-5	★
Whitney United Methodist Church <u>343-2892</u> 3315 Overland; (by Owyhee) Winter coats, hats gloves. Call first.	★
Women & Children's Alliance (WCA) Thrift Shop <u>343-3688</u> 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

About Balance Mental Health 342-6300 Medicaid & sliding fee (\$40 min) 5460 Franklin #M PSR, cm, counseling, meds mgmt, psychiatrist. M-F 9-5	Living Hope 378-1122 Medicaid, sliding fee, \$65 min, ins. M-F 8-5 & nights 3308 N Cole # A Marriage, family, children therapy, PSR, ADHD evals.
Access Behavioral Health 338-4699 Medicaid + self pay. Counseling, PSR, 411 N Allumbaugh dev therapy, meds, case management. M-F 8:30-5	Lutheran Community Services 323-0996 Families, individuals, play 2920 Cassia therapy, anxiety disorder, PTSD & bipolar, no sub abuse treat. Sliding fee, insurance \$22/hr min - interns, \$55 LPC. M-F 9-5 & nights
Access Living 922-2207 Medicaid, sliding fee. M-F 8:30-6 690 S Industry Way #45 Meridian PSR services, IBI therapy, dev therapy services for children, counseling, adult day treatment, meds management.	Meridian Counseling & Wellness Center 888-1320 Sliding fee \$10 min. 934 E 5th Meridian Individuals, families, trauma, ADHD, depression, anxiety, grief & loss, & eating disorders. Evening & weekend appointments.
AFS 658-9800 Medicaid & insurance Call for hours. 7280 W Ustick Therapy, nurse practitioner, PSR, case & meds management.	Methodist Counseling Center 343-7511 ext. 229 M-Su 8-5 & early evening ★ 717 N 11th (Hays) "Grace based" fees based on sliding scale, insurance. All accepted. Counseling & pastoral counseling for individuals, couples, families
Affinity 375-0752 Medicaid & insurance Individual, family, & play therapy 8100 W Emerald #150 Psychiatrist, nurse practitioner, \$225 for evals. M-F 8-6	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.
All Seasons Mental Health 321-0634 Medicaid, no sliding fee. 8050 W Rifleman #100 Therapy, PSR, DDA/ESC for children, case management.	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
All Together Now 336-9591 Medicaid & sliding fee. \$65/hr min, \$50 ongoing. 1111 S Orchard #17 Individual, family, groups, marriage, kids play therapy.	Pioneer Health Resources 322-1026 Medicaid PSR, case/meds mgmt, 890 N Cole #B Boise 1016 Sanetta Nampa therapy or adults & children.
Allied Mental Health Services 286-7967 Medicaid & sliding fee 11104 W State Star PSR, TSC, counseling, meds mgmt. Call for appointment.	Riverside Rehab 853-8536 Medicaid & insurance. 7735 W Riverside Psychiatrist, nurse practitioner, adults, children, family therapy, case man, PSR, sand play therapy for children.
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	Rocky Mountain Behavioral Health 336-2308 Medicaid 4802 Kootenai Individual & family counseling, PSR, meds mgmt, MD, PHD.
Aspen Mental Health 342-2950 Medicaid Counseling for individuals, 2316 N Cole couples, families, PSR, meds mgmt, psychiatrist. M-F 9-6	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
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	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
Better Life Services & Ginny Marie Wellness Center 323-1290 6003 W. Overland #L-108 Counseling flat rate \$30/hour. Drug & alcohol counseling \$8-\$10/hour. Medicaid for case management.	Salud y Provecho Clinic 454-8632 M-F 8:30-5:30 ★ 317 Happyday Blvd #180 Caldwell Domestic violence victims counseling & referrals, 24 hour help for victims, parenting class. Free. Spanish speakers, mental health /medical for individual, groups (victims & male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) substance abuse group. Medicaid assessments only.
Big Brothers/Big Sisters of SW Idaho 377-2552 Spanish volunteers ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).	SANE SOLUTIONS & Family Violence Prevention M-Th 8-12, 1-5 Counseling victims all ages for sexual abuse & sexual abuse offender both juvenile& adult. Teen victim groups, children's personal safety class, protected parenting program. Appointment only. Classes in Nampa & Boise for Family Violence Prevention. Victims self pay/sliding fee (323-9600. 408 N Allumbaugh), Medicaid, Victim's Comp, insurance, self-pay, some grants available. Juvenile/adult sexual offender groups, Medicaid, insurance, self-pay. Domestic violence offender groups. Offender office 345-1170, 5400 W Franklin #H. Protected Parenting Program.
Catholic Charities of Idaho 345-6031 No Medicaid, Sliding fee (\$10-50) ★ 4202 W Emerald Individual/group/family, parent education & senior services. Immigration & legal counseling at Hispanic Cultural Center Nampa 461-2749 (Melvin Barrientos) Spanish	SunHealth for Boise Mental Health Clinic 327-0504x232 Medicaid & Medicare. 8050 Northview Counselors, nurse practitioner for meds mgmt, age18+.
Clearwater Rehabilitation Services 322-5859 Medicaid, insurance. 8400 W Fairview PSR, case & med mgmt, therapy services for adults & children.	Terrie Towle 321-0706 Medicaid, Signs English. Individual, marriage, 1014 La Pointe family, & play therapy; PTSD; grief; adjustment; EMDR.
Community Outreach Counseling Center 466-7443 Serving individuals at 4 Treasure Valley Locations, free mental health consultations.	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.
Community Partnerships of Idaho 376-4999 Medicaid & insurance. ★ 3076 N Five Mile Provides counseling & groups, PSR, IBI, developmental therapy, job help, residential rehab, case management, behavioral & recreational therapy, finds housing for disabled. Psychiatrist.	Tidwell Social Work Services 853-5095 Medicaid, sliding fee (\$45 min), insurance 5999 W State #B Individual, marriage, family, art play therapy, MD. Spanish. M-F 9-5
Community Support Center 429-0330 Medicaid M-F 8-4 716 N Orchard; Day Treatment, Groups, dual-diagnosis, skill building, age18+.	Treasure Valley Community Resource Center (TVCCR) 459-9263 M-F 8-5 ★ Information & referral on human services in Idaho & Eastern Oregon via phone.
Cornerstone Psychological Assoc 373-0790 Medicaid & insurance 1755 Westgate #260 Individual, marriage, family, play therapy, PSR, psych evaluations, & case management. M-Th 8-5, F 8-3	Ronald Tye Psych 672-8699; 6003 Overland; Counseling. Sliding fee, insurance.
Shelly Conley-Durkin 954-0670 Medicaid, sliding scale. 3775 N Eagle Work with children & their families.	Veterans Center 342-3612 Free. Provides readjustment counseling ★ 5440 Franklin #100 services for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.
Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.	Veterans Medical Center 422-1000 ext. 1145 Outpatient, inpatient ★ 500 W Fort Community Living Center. Behavioral health & family counseling, groups, temporary housing for active duty & reserve. Homeless program available. Veterans only.
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	Warm Springs Counseling Center 343-7797 M-F 8-5 (eves & weekends by appt) 740 Warm Springs Ave 3023 E Copper Point Dr #205 Meridian Full range of behavioral health services. Services available in Spanish. Accept insurance & Medicaid. Subsidies available. www.childrenshomesociety.com
Harper Counseling 703-8688 Sliding fee \$25-100/hr. Christian based 2309 N Mountain View #220 Individuals, couples, & kids. Court ordered anger man & sub. abuse counseling at \$25/hour. www.harpercounseling.com	Women's Crisis Center (WCA) 343-7025 24 hour Hotline Counseling abused ★ 720 W Washington women, children & groups. 90 day residential program.
Human Supports of Idaho 321-0160 Medicaid, sliding scale, PSR, case & meds 7161 Potomac Dr #A mgmt, counseling, relapse prevention, day treatment.	
Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ Medicaid ★ Referrals health & human services, meds. www.RxIdaho.org for meds. Spanish	
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.	
Kuna Counseling Center 922-9001 Medicaid, insurance, sliding fee/interns, PSR 190 W Main Kuna individual, marriage, & family, counseling, play Rx, Spanish.	
LDS Social Family Services 376-0191 Bishop may pay fees, insurance. ★ 10740 Fairview Individual & birth parent counseling, adoption services. M-F 8-5	
Life Counseling Center 465-5433 Medicaid, sliding fee, insurance, Spanish. 112 12th Ave Rd Nampa Individual couple, family, play therapy, & PSR.	
Lifespan Counseling 344-0844 Medicaid, sliding fee. Animal/art therapy 1509 Robert #101 (Vista) Counseling individual, marriage & family, PTSD.	

DENTAL

<p>Apollo College 947-6821 Free dental care 1200 N Liberty Call for appointment. Each appointment averages 2.5 hours & more than one visit is usually necessary. Undocumented citizens welcome. Spanish speakers and Spanish forms.</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 Dental Care 888-3384 Sliding fee, No Medicaid 870 N Linder Meridian Quality dentistry at lower fees for children & adults. Full payment required at appointment. Call for appointment. Office calls \$17, X- ray \$12, extractions start at \$72, stainless steel crowns \$92 to \$141, porcelain to metal crowns \$540, root canals \$299 to \$462.</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. Receptionist speaks Spanish. Will serve undocumented citizens. Call for information. Open every other Sat M, W, F 8-5; & T, Th 11-7</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>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. Children under 21 only. M-Th 8-6, F 8-5</p>
<p>Boise Schools Dental Clinic 854-4860 (Pat) ★ 300 Fort at Ft Boise Mid High School Only accepts children from Boise School District. Can do cleanings & fillings. Must get referral from School Nurse & make appointment. Basic dental work performed. M-F 7-12</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 speakers. Undocumented citizens welcome. M-F 7:30 - 6</p>
<p>Dr. Brock Bohiman 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>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>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>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>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>Willow Tree Dental Medicaid 317 W Cherry Lane 888-2055 Spanish speakers. 5898 S Quamash Way 395-1000 (Columbia Village) Payment plans for patients with no insurance. Call for appointment. M 8-5, T-Th 8- 8, F 8-3, Sat 8-2</p>
<p>El-Ada Outreach 345-2820 First come, first served ★ 2250 S Vista Vouchers for emergency tooth extractions. Eligibility is based on income. One-time assistance. Undocumented citizens will be served. M-F 8-4</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>	

EDUCATION, GED, ELL, ESL, CHILD CARE

<p>After 3 http://www.cityofboise.org/after3/ Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in their neighborhood. Parents can search by age, topic & geographic location for just the right program for their child. Parents without internet access can call 211, the Idaho CareLine, to finding information.</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>Big Brothers/Big Sisters of SW ID 377-2552 ★ 2404 W Bank #302; Screened volunteers participate in 1-to-1 mentoring program with children (6-18). Wait list for boys & girls. Volunteer opportunities for high school students</p>	<p>Giraffe Laugh Child Care Center 342-1239 - 901 Resseguie 424-3387 1191 Grand Ave. Childcare, sliding fee scale ages 6 weeks to 6 years. Bilingual program extracurricular activities, accepts ICCP. Snacks, breakfast lunch provided. Accepts part-time & drop-in, call first to confirm space. Food bank at both centers only for families with children at center.</p>
<p>Boise City Child Care Licensing 384-3710 150 N Capitol Blvd 1st Floor City Hall Parents must make a public 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. http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare Map-based picture image of all licensed child care facilities in city. M-F 8-5</p>	<p>Head Start & Early Head Start 344-9187 Classes 8-12, 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 1465 S Vinnell Way Preschool programs for children with & without disabilities ages 1-6. Autism program for children up to age 13, disabled adult program. Employment assistance for temporarily & permanently disabled adults, & people w/felony convictions. M-F 6-6</p>	<p>Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ ★ Call & ask for child-care referral in your area, get a list of providers. Referrals for health issues/ meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help.</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 M-F 8-5 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7782 www.labor.idaho.gov Ages 16-21 & Adults 18+; Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>
<p>Boise Schools Preschool Screening For 3-5 yr olds ★ 854-4143 or 854-4142: Screenings are done August-March. Must call for appointment. For possible problems with speech, language, self-help skills, hearing, vision, social & emotional, motor skills, concepts. Classes are either T-F 8:40-11:30 or 12:30-3:15.</p>	<p>Idaho Family Assistance Center at Gowen Field 272-4355 Tom ★ Offers all branches of military families services & referrals for a variety of issues.</p>
<p>Boise State Sellaand College of Applied Technology ★ Adult Learning Center 426-4036 Orientation Tues at 6pm & Fri at 9:30am. 2323 S Vista #205F ESL classes, come in to register Mon 1-7pm room #205. Free orientation takes about 1.5 hours. Adult Basic Education-GED-Minimum age 16, if age 16-18, need parental release. Orientation on Tues @ 6pm (#202) & Fri at 9:30am. Do diagnostic tests, free tutoring until final GED test. American Government test \$10 extra.</p>	<p>Idaho National Guard Youth Program @ Gowen Field 272-4387 ★ Tanya Chin Learn about issues that face youth who live in military families. Deployment education. Community training available.</p>
<p>Center for New Directions 426-4026 M-F 8-5 2323 S Vista #205 Career counseling & planning, back-to-college help, classes on financial aid, career, & self-esteem. Can serve married folks unless displaced homemaker.</p>	<p>Idaho Parents Unlimited 342-5884 Spanish speakers. 600 N Curtis #145 Supports & educates parents of children with disabilities.</p>
<p>Boise Parks & Recreation's Mobile Recreation Unit 384-4917 Call Roseanne Daily for more information www.cityofboise.org/parks</p>	<p>Job Corps 375-9414 Ages 16-24 ★ 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>Grace Jordan Community Center 854-4910 (Chris Kranz) 6411 W Fairfield M-F 9am-9pm, Closed Saturday-Sunday Morley Nelson Community Center 384-4917 (Roseanne Daily) 7701 W Northview M-F 9am-9pm, Closed Saturday-Sunday</p>	<p>Learning Lab @ Boise Library 344-0057 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 but scholarships are available. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 months to 6 years, & Parents as Partners, family literacy classes. http://www.learninglabinc.org</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) 201 E Idaho 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>Life Inc. 888-0076 www.lifeincidaho.com 8620 W Emerald #130; Community-based, developmental therapy for children age 3-17 years & adults. Residential habilitation services & support, 24-hour supported living model.</p>
<p>Catholic Charities of Idaho 466-9926 ★ 1703 3rd St N. Nampa ELL/Parenting Program. Learn English language through practice & valuable info needed to navigate English speaking communities. Child care provided for kids 5+. Under 5 stay with parents during class. www.catholiccharitiesidaho.org</p>	<p>Living Independence Network Corporation (LINC) 336-3335 ★ 1878 W Overland Advocates for people with disabilities to receive services.</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 but few scholarships available. \$65 fee for college students. 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 6441 Emerald (Casey Family Program) Program offers financial aid to current or former foster youth or youth who were adopted age 16 or older, or aged out of foster care at age 18. Possible help with post secondary education, training, books tuition, room & board, childcare & transportation, tools, uniforms, computers,. Must have diploma or GED & meet eligibility.</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>El-Ada 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 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>Family Advocate Program Families First 345-3344 M-F 8:30-5 3010 W State #104 Home visits to help with free parent ed & support, resource information, budgeting, household organizing, groups, & parent ed classes. Serves families & children ages 0-12. Info at familyadvocate.org/</p>	<p>United Way's Success by Six 336-1070 ext. 106 1276 River; Resources & referrals for child care providers. M-F 8-5</p>
	<p>YMCA Downtown 1050 W State 344-5501 West Boise 5959 N Discovery Pl 377-9622 Individuals & families may apply for financial assistance for membership.</p>

EMPLOYMENT AND CASUAL LABOR

<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>Labor Finders 345-1703 www.laborfinders.com/ 4227 W Emerald Temporary, day labor, temp to hire, 2 forms of ID, arrive early for day labor. Higher skilled positions (i.e., receptionist, customer service) tests are given. No classes or other skill assessments.</p>
<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>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>Pro People Staffing Services 345-5747 10148 W Emerald #100 Temporary 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. Monday-Friday 7:30-6</p>
<p>Idaho Department of Labor Job Hotline 332-8940 219 W Main Spanish speakers. Register for work or apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance & free job search workshops. www.labor.idaho.gov Mon-Fri 8-5 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7782 WIA Youth & Adult Program 332-3575 ext. 3815 Youth ages 16-21: possible \$ help with GED & training. Adults 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</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>Job Corps 375-9414 Ages 16-24 ★ 5257 Fairview #180 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 p.m. at Commerce & Labor & in Canyon County on 2nd & 4th Tuesday of the month at 3 p.m. Spanish speaker. M-F 8-5</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>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>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 ★ 252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage: \$2.50/hr, 1st hr free). Fill out app, call for appt. Need current written prescriptions, may take 2+ days to authorize. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. One time/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 Free credit 6213 N Cloverdale #100 & 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 ★ 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>El-Ada-Garden City 377-0700 Dee M-F 8-4:30 ★ 701 E 44th #1 (Garden City) \$50 for prescription help. Telephone assistance & United Water Cares. Heat bill assistance (wood & propane OK) Call 322-1242. Open Nov 1st to March 31st. Home weatherization for eligible homes made through Energy Assistance for once in a lifetime use. Need appointment. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord's name. Bring SSN card. Undocumented families may apply if 1 member is legal. Eligibility is based on income.</p>
<p>Idaho CareLine 211 or 1-800-926-2588 ★ Referrals for information on the Earned Income Tax Credit and free tax preparation sites. Referrals for health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/</p>
<p>Idaho Power "Moratorium" 388-2323/1-800-488-6151 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 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 ★ New Hope Relational Program One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. www.loveinctv.org/ M-F 9:30-1</p>
<p>Salvation Army 343-5429 ★ 4308 W State Rent assistance. Call at 9 a.m. on first day of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address &</p>

<p>photo ID. May only use once ever. Project Share—Help with Idaho Power & Intermountain Gas bills. Call at 9am on first day of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. Program available from October 1 to April 30.</p>
<p>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.</p>
<p>Social Security Administration 321-2901 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 ★ 459-9263 Information & referral on human services in ID & Eastern Oregon via phone. M-F 8-5</p>
<p>UW Cares 377-0700 Dee (only United Water customers) ★ 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>FREE TAX TAX HELP LOCATIONS PREPARATION 2009 Call 211 or www.idahocareline.org/ for up to date information & http://ww2.unitedwaytv.org/default_2ga.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.</p>
<p>Boise County CEI VITA 2717 S Vista Ave Jan 24 – April 15 Tuesday through Thursday 2pm - 8 pm, Saturdays 2pm - 4pm Spanish, Walk-in</p>
<p>Boise Senior Citizens Center 690 Robbins Rd Feb 3 – April 9 Tuesdays 8:30am - 12:30pm Wednesdays 1 - 3pm Thursdays 8:30am - 2pm Walk-in</p>
<p>Eagle Senior Center 312 E State Feb 3 - April 7 Walk-in Tuesdays: Feb 3, 17; Mar 3, 17; April 7 ONLY 10am - 2pm</p>
<p>Eagle Public Library 100 Stierman Way Feb 14 – April 11 Saturdays: Feb 14 21; March 7, 14; April 4, 11 ONLY 10am - 2pm</p>
<p>Garden City Library 6015 Glenwood Feb 7 – April 11 Saturdays 10:30am - 2:30pm Walk-in</p>
<p>Hillcrest Retirement Center 1093 S Hilton Feb 4 – Apr 8 Wednesdays 5:30pm - 8:30pm Walk-in</p>
<p>Kuna Senior Center 229 Avenue B Feb 2 – Apr 6 Walk-in Mondays: Feb 2, 9, 23; Mar 9, 23; Apr 6 ONLY 9:30am - 2:30pm</p>
<p>Meridian Community Center 201 E Idaho Ave Feb 3 – April 9 Tuesdays & Thursdays 10am - 2pm Walk-in</p>
<p>Nampa - Hispanic Cultural Center of Idaho 315 Stampede Dr Room 100 Feb 5 – April 9 Walk-in Thursdays 10am - 2pm</p>
<p>St Mark's Catholic Church 7960 Northview Feb 3 – April 9 Tuesdays & Thursdays 10am - 2pm Walk-in</p>

FOOD PANTRIES

<p>Agape in Action 685-0612 www.agapeworship.com ★ 1001 S Orchard Free groceries last Saturday of each month from 1-4. In emergencies can call 685-0612 for help.</p>	<p>Meridian Food Bank 888-1209 May visit twice/month. 13 E Bower Meridian Cans & dry goods. Bring ID & proof of address. W & F 12-4 & W & Th 6:30-8 pm</p>
<p>Calvary Chapel of Boise 321-7440 Faithe 123 Auto Dr (Boise Auto Mall) Limited supplies. Non-perishable & some perishable foods. Church family will be given first priority. 1 visit/month/home. Sat 10-2</p>	<p>Operation Love Center 375-3226 M-Th 9:30-11:30am 1820 N Dawn Lane Call first. Bring ID. Provide proof of address, live in Ada County, & provide food boxes for 1 week.</p>
<p>Community Ministries Center 378-7774 ★ 3000 Esquire (S of Ustick) Cans, produce & 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 diapers, laundry soap & toilet paper. On 3rd Saturday of month 1-3pm.</p>
<p>Eagle Food Bank 631-0702 1st & 3rd Thursday 10 am-1 pm 149 West State St Eagle (Landing Community & Arts Center)</p>	<p>Sacred Heart Church 344-8311 ★ 811 S Latah; Use every 30 days. When available. Cans, eggs, & perishables. Fresh produce, meat, dairy, eggs, canned goods, bakery. Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 and 83706 area. M W F 9:30-11:30am</p>
<p>El-Ada Outreach 345-2820 ★ 2250 S Vista Food Pantry Use every 60 days. USDA commodities 1st Wed of month 11:30-12:30. Use monthly. Undocumented citizens will be served. M-F 8:30-4</p>	<p>St John's Cathedral 342-3511 ★ 815 Hays Cans, staples, food boxes. M-Th 1-3</p>
<p>El-Ada Garden City Food Pantry 377-0700 ★ 701 E 44th #2 Use every 60 days. USDA commodities 1st Wed of month 11:30-12:30. Call for dates & times of distribution. Undocumented citizens will be served. 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>First Baptist Church Food Bank 344-7809 Bread, cans, cheese, butter, milk, some meat. 1st visit SSN card required. Visit every 30 days. Sa 10-Noon</p>	<p>St Mary's Food Bank 375-6651 or 327-0345 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 Bible Missionary Church 376-2439 375 N Roosevelt Non-perishable food. Call for an appointment.</p>	<p>Salvation Army 343-5429 ★ 4308 W State Use every 60 days. Non-perishable food boxes. Bring proof of address (envelope/bill) photo ID for every family member & live in Ada County. M-F 1-4</p>
<p>Foundations Community Bible Church 888-6455 1450 N Ten Mile Meridian W 7 pm & Su 12:30 pm</p>	<p>The Idaho Foodbank 336-9643 Refers to food pantries. www.idahofoodbank.org</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. Bring photo ID. Th 2:30-3:30</p>	<p>Vineyard Christian Fellowship 377-1477 ★ 4950 N Bradley Bakery, cans, meat. Use every 30 days. Bring photo ID. Undocumented citizens welcome. W & Sa 10-12</p>
<p>Holy Apostles SVdeP Use every 60 days. MWF 1-4, Th 5:30-7 ★ 6300 N Meridian (by Chinden) Cans & bread. Bring ID.</p>	<p>Whitney United Methodist Church Food Bank 343-2892 ★ 3315 Overland (Owyhee) Non-perishable food box. Feed family of 4 for 3 days, visit every 30 days. Bring photo ID. M-F 9:30-12. Community dinner on 3rd Fri 6-7. Saturday sack lunch (Zip code 83705 only) 11-12:30</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>WIC (Women, Infants & Children) 327-7488 ★ 707 N Armstrong (Central District Health) Income guidelines. Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. Breast feeding women receive a larger food package.</p>
<p>Idaho Community Action Network (ICAN) 385-9146 3450 Hill Rd Must qualify & volunteer 5 hours/month (except homebound), go to monthly meeting, \$15-30 annual. Buy food & donated food programs. No emergency assistance. Call 1st week of month.</p>	

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

<u>American Red Cross</u> 146 South Cole Offers family disaster & emergency assistance.	<u>947-4357</u> M-F 8-5
<u>Domestic violence victims & victims of rape or sexual assault</u> 24 hour crisis line	<u>459-4779</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>Hotlines for Information on Substance Abuse</u>	
• Al-Anon	<u>344-1661</u>
• Alcoholics Anonymous (AA)	<u>344-6611</u>
• Call St. Luke's	<u>381-1200</u>
• Drug & Alcohol Treatment Hotline (Nampa)	<u>463-0118</u>
• Narcotics Anonymous (NA)	<u>338-4880</u>
• RADAR (Alcohol & Other Drug Resources)	<u>426-3471</u> or <u>1-800-937-2327</u>
• Alcohol Drug Helpline.....	<u>1-800-821-4357</u>
• Al-Ateen	<u>1-888-425-2666</u>
• Drug Information Help/National Clearinghouse for Alcohol & Drug Information	<u>1-800-729-6686</u>
<u>Idaho Youth Hotline</u> (24 hour hotline)	<u>1-877-805-2308</u>
<u>National Run Away & Child Abuse Hotlines</u> (24 hour hotline)	<u>1-800-621-4000</u>
<u>National Teen Dating Abuse Hotlines</u>	<u>1-866-331-9474</u>
<u>Safe Place Ministries</u> (24 hour hotline)	<u>1-888-776-4443</u>
<u>National Suicide Prevention Lifeline Hotline</u> (24 hour hotline)	<u>1-800-273-8255</u> or <u>1-800-273-TALK</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> • Domestic Violence Hotline (24 hour hotline) • Rape Crisis Hotline (24 hour hotline)	<u>343-3688 ext. 19</u> ★ <u>343-7025</u> <u>345-7273</u>

HOUSING ASSISTANCE

<u>Boise City/Ada County Housing</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. Current units available from various landlords in the community. http://www.housingidaho.com/	
<u>Boise City Housing & Community Development</u>	<u>384-4158 ext 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</u>	<u>331-4877</u>
565 W Myrtle Assists new homeowners with low-rate loans, income based, potential help with down payments & closing costs. List of affordable housing (which offers fixed below-market rents), & subsidized housing (where sliding scale rents are tied to tenant income) in Ada County.	
	M-F 8:30-5:30
List of available units can be found at: New website that lists apartments for rent: www.housingidaho.com New website that lists apartments for rent in Spanish. http://viviendaidaho.com/index.html.ESP	
<u>Idaho Legal Aid</u>	<u>345-0106 ext. 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>Salvation Army</u>	<u>343-5429</u> ★
4308 W State; Emergency rent assistance for last \$100 towards rent. Phone interview. Bring proof of address & income, & photo ID. Must live in Ada County. M-Th 9-12, 1-4, F 9-12	
<u>Sounding Board</u>	<u>336-4448</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 287-6963 & 287-6944 200 W Front 1st floor (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ \$1.50/hr after free 1st 10 minutes) Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, probate & small claims court. Free forms & instructions for family law issues are also available at www.adaweb.net/cao Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1st floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues. Family Court Services 4th floor of Courthouse 287-7600 Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases. www.courtselfhelp.idaho.gov/ M-F 8-5</p>
<p>Agency for New Americans 338-0033 1614 W Jefferson Settlement agency providing housing, cash, English classes, & employment for refugees/asylees until attaining citizenship. Children are enrolled in local schools. Families are assigned to the program by the State Department. Refugee/asylees uninvolved in program may call for services but no guarantee of help. M-F 8:30-5</p>
<p>Catholic Charities of Idaho 466-9926 ★ 1703 3rd St N Nampa Immigration help for residency & citizenship. 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>Comprehensive Advocacy Inc. (Co-Ad) 336-5353 Free. 4477 Emerald #B100 Promote, protect & advocate for those with disabilities. Handle rights violations, Social Security issues, & some legal assistance. Call for an intake appointment & an advocate will call you back. Spanish speakers & interpreters.</p>
<p>Idaho Legal Aid 345-0106 ext. 0 www.idaholegalaid.org/ 310 N 5th Help with family law, including divorce & custody with domestic violence, & landlord- tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2591 & 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 106 N 6th #220 Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.</p>
<p>Living Independence Network Corporation (LINC) 336-3335 ★ 1878 W Overland Advocates for people with disabilities to receive services.</p>
<p>Consulado de Carrera de México en Boise 343-6228/343-6227 720 Park Boulevard #260 Second Floor, Washington Group Plaza Ricardo Pineda Albarrán - Cónsul Titular. Will provide identification for Mexican nationals living abroad, such as birth certifications & passports. Will further trade& cultural relations between ID & Mexico. Mexican Consulate 1-801 521-8502 1-801-521-0534 (fax) 230 West 400 South 2nd Floor Salt Lake City, UT 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>Self-Help Legal Alternatives 344-3208 3350 Americana Terr Provides court ready forms & help for a fee (\$100-150) to do paperwork for child custody, child support modification, divorce, bankruptcy, name change, & power of attorney. A fee of (\$150-200) for adoptions, probate, & guardianships. Drop in. M-F 9-5:30</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 M-Th 9-4, F 9-1 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.</p>

MEDICAL ASSISTANCE

<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>Ada County Indigent Services 287-7960 www.adaweb.net ★ 252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage \$2.50/hr - 1st hr free). Fill out app, call for appointment. Need current written prescriptions, may take 2+ days to authorize. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. Use as last resort. M-F 8-5</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 Family Planning (327-7400) M-F appt only. Pregnancy tests by appt only. T-Th 11-7, M 8-4, F 8-3. STI clinic M 5-7:30 W & F 1-3:30. Same day appts available. WIC (327-7488) appt only, Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. Infants may receive formula, cereal and/or juice. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours. Immunizations (327-7450) appt & walk-in, W 11-7 for walk-ins. Must visit 1 hr closing. HIV testing only F 9-11, appt only.</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>Partnership for Prescription Assistance 1-888-477-2669 Help get free or nearly free prescriptions. Income guidelines, Spanish. parx.org/about.php</p> <p>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>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>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>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>St Alphonsus Express Care 367-7264 M-F 9-8, Sa & Sun 10-6 ★ Rite Aid 1515 W State Albertsons 4700 N Eagle Road (McMillan) Rite Aid 660 E Boise Ave Albertsons 6560 S Federal Way Rite Aid 2809 E Cleveland Blvd, Caldwell Nurse practitioner assesses & treats basic medical conditions or school physicals for flat fee of \$45 (\$55 on 12/1/08). Ages 2-64. Insurance, Medicaid</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>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>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>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>Shriner Hospital referrals 343-0571 Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital & travel costs.</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. M/T/Th 8-12, 1:15-5:15, W 8-1, 2:15-7, F 8-1</p> <p>State St Immediate Care 853-3100 Medicaid Walk-in clinic 4902 W State No Medicaid from patient, must be referred from doctor if have Medicaid. Office visits starting @ \$50. Limited Spanish services.</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>Terry Reilly Health Clinic - Nampa 467-5282 Medicaid ★ 223 16 Ave N & insurance, will take same day appointments, pharmacy, all medical services provided, Spanish speaking, Teen Clinic, counseling, bring proof of income & SS cards. Undocumented citizens without proof of income can receive free non-emergency treatment. Express Care Walk-ins only. Treats minor medical conditions for flat fee of \$26 cash, Medicaid, Medicare, sliding fee, insurance. M, T, Th 8-noon, 1-5, W 9-12:15, 1:15-5, 5:45-8, F 8-noon, 1-5, 5:45-8</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>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>Vineyard Christian Church 377-1477 W & Sa 9:30-11:30 Spanish? ★ 4950 N Bradley Walk-in, medical, & gynecology. Free if no insurance.</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>
<p>Community Ministries 378-7774 Referrals T 1-3:30 & F 12-3 ★</p> <p>El-Ada Outreach 345-2820 ext. 14 Fran ★ 2250 S Vista HIV testing, prevention 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>Family Practice Medical Center 367-6030 M-F 8-12, 1:15-5 Wait list. 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>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>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>Garden City Community Clinic 384-5200 (Genesis World Mission) ★ 215 W 35th Free. New & returning patients seen T & Th 4-7, call promptly at 10am on T or Th for SAME DAY appointment. 9-1pm on W for established patients ONLY! Patients can't have insurance, receive Medicaid, Medicare, or VA Benefits. New patients bring proof of income & current photo ID. Undocumented citizens welcome. Services include treatment of non-emergent illnesses, selected chronic care, limited meds, limited referrals (to specialists, for labs & x-rays), & counseling. Services DO NOT include casting or removal, weight-loss or controlled drugs, drug testing, STD testing, hospital care, surgeries, prenatal care, or 2nd opinions. NOT A PHARMACY, CAN'T FILL OUTSIDE RESCRIPTIONS. Referring agency call with "unusual" clients to check if appropriate referral.</p> <p>Humphreys Diabetes Center 331-1155 1226 W River; Diabetes medicine help. Need income proof, expenses, 2007 US tax return, last bank statement & W2.financial aid forms</p> <p>Idaho CareLine 211 or 1-800-926-2588 Referrals for health issues/meds in ★ Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/</p> <p>Kmart Pharmacy 377-5153 10477 Fairview Certain generic medicines \$15 for 90 days, bring Rx in.</p> <p>Knights of Columbus Council #12854: Dick DeLeonard (362-3710), Dale Anderson (888-3782), John Jettinger (376-0918), & Robert Gettig (377-0874) Free wheelchairs, walkers, crutches, canes, medical beds, commodes, shower benches, & other medical equipment.</p> <p>Living Independence Network Corporation 336-3335 1878 W Overland ★ Loans & gives away equipment such as wheelchairs, walkers, etc.</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>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>	

SHELTERS AND SHOWERS

<p>City Light for Women & Children 368-9901 ★ 1404 W Jefferson (Boise Rescue Mission) Mandatory? Chapel service at 6:30–7:30 pm. 2 Programs: Emergency Shelter—No over age 13 boys & girls 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 only, meals daily 5–6 pm, no children over 8.</p>	<p>River of Life Men's Mission 389-9840 ★ 575 S 13th (by River St) Boise Rescue Mission will screen people at 389-9840 for beds. Men only. Overnight shelter, up to 17-day stay in summer & unlimited stay in winter. Free meals, shower, & clothing (based on donations) provided to residents. Chapel service daily at 7–8 pm. Chores assigned daily. Visibly intoxicated men will not be admitted & curfew exists. Call first to get on waiting list, registration is 24/7. Apartments for low-income singles available. Open to public, including many people who are not homeless but working poor. Breakfast at 6:30 am, lunch at noon T-Sat, 11 am Monday, 1 pm Sunday, & dinner at 5 pm & 7 pm. Jobs program, sign a contract & meet certain objectives to extend shelter stay. Substance abuse treatment. Boise Rescue Mission service.</p>
<p>Corpus Christi House 426-0045 Day Shelter 525 Americana Blvd Have washers & dryers, showers, some clothing, computers & phones available, may use their address for a mailing address, & free coffee. May use CCH's address & phone number as your contact info. Businesses in search of day labor may call CCH. May be crowded. Open daily M–Sa 8–5, Weds close at 11:30.</p>	<p>Salvation Army (Booth) 343-5429 ext. 3 or 4 ★ 4308 W State Open to single moms or dads with children, intact married families or single women of any age. Clients must leave M–F from 8–4. May stay up to 90 days. Breakfast, sack lunch & dinner provided free 7 days a week. Call for phone interview. Probable waiting list. <div style="text-align: right;">M–F 9–4</div></p>
<p>Hays House 322-6687/1-877-805-2308 (free 24 hr Youth Hotline) 7221 Poplar; 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.</p>	<p>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.</p>
<p>Hope's Door 459-6279 Caldwell Shelter for domestic violence victims & victims of rape or sexual assault</p>	<p>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.</p>
<p>Interfaith Sanctuary 343-2630 1620 W River Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. 6 pm–7 am 7 days a week www.interfaithsanctuary.org</p>	<p>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.</p>
<p>Linden House 345-1448 Supervised shelter for young women, 7th & Fort will take 18-22 y/o females for up to 18 months. Provides case mgmt & GED assistance.</p>	
<p>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: 6:20 am daily, Lunch: 12 Mon-Sat, 1:00 pm Sun, Dinner: 7 daily. Meals open to public, including many people who are not homeless but are working poor. 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.</p>	

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 treatment, inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage & life skills education classes, & emergency housing. 8-8 M-F</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>
<p>Ada County Juvenile Court Substance Abuse Program 287-5600 7180 Barrister Dr All programs are court ordered, ages 13-18. 1 Drug Court, 13 month commitment, outpatient 2 Residential for locked down adolescents, 6 weeks</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>AA-Alcoholics Anonymous 344-6611 Call for information ★</p>	<p>Port of Hope-Nampa 463-0118 Assessments, detoxification 508 E Florida, outpatient, & inpatient treatment, sliding fee for adults age 18+.</p>
<p>Ascent Behavioral Health Service 898-9755 No Medicaid ★ 366 SW 5th Ave #100 Meridian Adolescent & adult substance abuse treatment. Assessment, intensive outpatient & relapse prevention services. Programming available for chemical dependency, dual diagnosis & prescription drug abuse. Insurance & 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 The Lighthouse 461-5030 472 Caldwell Blvd Nampa 12-18 months.</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 Boise 338-0861 State approved funding. Clean and sober living for men recovering from drugs and alcohol. Nice, clean house in convenient Boise location. On-site Management 24/7.</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>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>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>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>Chrysalis Home 424-1323 Transitional living for women, no treatment. 34 beds. Must be clean & sober, not a shelter, 12-18 month stay, life skill classes, structure & accountability, must be in school or work full-time, & attend church/synagogue weekly. \$350/month program fee, waiting list. BPA can cover \$250 of the rent. www.chrysaliswomenidaho.org</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>City Light for Women & Children 368-9901 ★ 1404 W Jefferson New Life Recovery Program. Substance abuse treatment, 1+ year intensive program. Residential shelter. Free. One on one counseling, women & children only, provides meals daily, no children over age 8.</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>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>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>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>Ustick House 322-0474 12-step structured sober living house for men, 90-day min. Sliding fee. 8050 Ustick & 9230 Ustick</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>Veterans Medical Center RSAT (Residential Substance Abuse Treatment) 422-1000 ext. 1145 500 W Fort Provide detoxification & 21-day residential substance abuse treatment & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling & transitional housing for veterans completing RSAT. Available for eligible vets only.</p>
<p>Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.</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>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>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>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>Windward House Therapeutic Community for Women 331-0900 (SHIP) Safe & sober housing focus on sobriety for women over age 18. 90 day program. Children will eventually be accepted.</p>
<p>Intermountain Hospital 377-8400 Free Assessments In-patient treatment ★ 303 Allumbaugh for mental health & substance abuse for adults.</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>

SUPPORT GROUPS (FREE)

Adolescent Cancer Survivors 422-0174 Heather ages 11 to 18 2676 S Vista 1 st Wednesday 6-7:30 For survivors with cancer diagnosis regardless of if they are receiving active treatment or are in remission.
ADHD Monthly Updates 385-0888 2nd Monday at 7-8:30 1524 S Vista Psychologists & counselors give info about ADD/ADHD.
Adult Children of Alcoholics 344-1661 Saturdays @ 5:30 St Stephan's 2206 N Cole Tuesdays @ 7:30 1915 University St Paul's Catholic Center.
AA-Alcoholics Anonymous 344-6611 or 1-800-627-9103 Call for info. ★
Al-Anon Family Groups 344-1661 24-hour info. Call for schedule. ★ 1524 S Vista Volunteers to talk with. Daily noon & evening meetings.
Alliance on Mental Illness 376-4304 1st & 3rd Wed 7-8:30 at 4696 Overland #226 Families/friends of people with mental illness. Consumer support group 2nd & 4th Thursday group at Community Support Center 716 N. Orchard. Call Ken @ 229-6699 for location.
Al-Ateen 344-1661 Call for meeting times & locations. ★
Allies Linked for the Prevention of HIV & AIDS 424-7799 M T W 5-9 419 S 13 th Referral & support for sexual health (STD/STI/HIV).Free HIV tests, counseling, ed classes. Call for appt, walk-ins OK. www.alphaidaho.org
Alzheimer's 384-1788 Call for information on support groups for family members & caregivers.
Asperger's Support Group (ID) 703-5889 Call for info. www.idahoasg.org ★ Parents: 2nd Friday of month, location changes. Teen group: Tuesdays 7-8.
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.
Autism: Parents Who Help Parents 336-5676 Call for information ★ 520 S Eagle St Luke's-Meridian basement
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
Because I Love You Donna 345-1539 & Leone 853-2770 ★ 303 Allumbaugh at Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Tuesdays 7:30 to 9:30
Better Breathers Club 345-5864 2nd Wednesday 11-1 during school year 8030 Emerald#175 People/families with respiratory issues. http://lungidaho.org
Birth Parent Support 376-0191 10740 Fairview LDS Social Services ★
Breast Cancer 376-3929 or 880-5658 (cell) Becky Hays 8800 W Emerald HealthSouth Hospital Mondays 6:30-7:30
Breastfeeding Bunch 381-1200 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.
Breastfeeding Support & Encouragement 367-7380 ★ 900 N Liberty #100 St Al's Family Center Tuesdays 11-Noon
Cancer (Living Through) 381-2760 Jeni ★ 100 E Idaho St Luke's MSTI group room Call @ groups in Meridian, Nampa, & Fruitland. Cancer patients, caregivers, & family.
Cancer Grief Support Group for Cancer Patients & their Families 381-2760 Call to register for class & to get more information.
Cardiac Support Group 381-1200 Call for dates & topics ★ 100 E Idaho (St Luke's South Tower Anderson Center)
Celebrate Recovery Dinner Christian Based "8 Recovery Principles." Capital Christian Center 888-3101 2760 E. Fairview Meridian Sundays 6 pm Vineyard Boise 377-1477 4950 W Bradley at 6 pm, meeting/groups 7-9
CHADD (Children with ADHD/ADD) 939-1455 Gayla 100 Stierman Eagle Public Library 3rd Wednesday 6-7:45
Children's Group for Children in Families with Cancer 381-3161 ★ 100 E Idaho St Luke's MSTI 381-2779, 1-800-4624 Call @ next group.
Circle of Parents Support Group St 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
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
Depression Recovery 375-6277 5009 Cassia Good Shepherd Mon 7:30 ★
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.
Domestic violence support 459-6279 Caldwell Call for location. Mondays 6-7
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.
Down Syndrome Group 378-9912 Call for info & meeting times. Support for families with Down Syndrome. www.idahodownsyndrome.org

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.
El-Ada Outreach 345-2820 ext. 20 Beck Crafts Club ★ 2250 S Vista All materials provided for folks with any disability.
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.
Families Anonymous 891-1463 Kati Call for more info. 12-step program for parents, family & friends (ages 15+) concerned about loved one's use of mind-altering substances or behavior problems. Focus on family only.
Gamblers Anonymous 342-0672 12-step program. Meeting Thursday 7:15 Gam-Anon 342-067 12-step program for families of compulsive gamblers
Grandparents & Relatives as Parents / Idaho KinCare Coalition Support grandparents & other adults who parent children during permanent absence or neglect of parents. Information & Referrals. Boise Support Group (GAP) 323-7538 Tracee 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
IFAD (ID Families of Adults with disabilities) 229-0555 Deb or 877-8106 cell & 378-4163 E-mail ifad@ifad.us Provides info, telephone & hands-on support. Parent ed group meets 3x/year. Sign up for e-newsletter www.ifad.us
ID Mom's Network 884-3773 Activities for stay-at-home moms. Information at www.idahomomsnetwork.org
Life After Loss—Psychoeducational Workshop Series for Bereaved ★ 381-2721 325 W Idaho at St Luke's Hospice Call for information.
Narcotics Anonymous 338-4880 pager
National Alliance on Mental Illness (NAMI) 376-4304 4696 Overland #254 Classes available 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Meet at 716 N Orchard. 2nd & 4th Thurs group for consumer support (Ken 229-6699). Call for info about other classes & presentations.
New Moms' Group 381-1200 or 381-1510 ★ 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.
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 #6 184 @ Middleton exit.Melanie 467-2561
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
Share Miscarriage & Infant Loss Support Group 367-7380 6200 W Emerald (Breast Care Center); First Tuesday 6:30-8
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
Survivors of Suicide Support Group 398-8231 Rich & Trudy ★ 717 N 11th (Cathedral of Rockies) Meets 2nd Friday 7 pm
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
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.
Tourette's Syndrome Stephanie 376-3409 shoffman3409@msn.com Email or call to meet one-on-one for guidance & information, & to meet someone of same age who has TS.
Twins & Multiples (Mothers of) Samantha 888-5839 & Juanita 385-9513 Call or visit web site for times & dates of meetings. www.boisemom.org
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

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>Kool Kab</u> 703-5666 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 2312 N Cole Will give away free bike helmets. Must call for more information. www.bhmidaho.org</p>	<p><u>MolinRu Transportation</u> 463-2960 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</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>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 employment or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment. Other stores are located at 3209 Overland (344-4454) and 8727 Fairview (323-1192) M–Sa 9:30–7:30</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>Transylvania Express</u> 384-1393 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>Trinity Transportation</u> 409-6850 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance.</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>	<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>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>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>	

