



Self Rescue Manual

A guide to all community resources and supports in Ada County
In an effort to conserve paper, please only print necessary pages!

Please e-mail updates/feedback/information to:
selfrescuemanual@boiseschools.org

Table Of Contents

Click on a link to jump to a category

Clothing, Furniture, Hygiene	2
Counseling & Mental Health Services	4
Dental	9
Disability Services	10
Education & After-school Programs	11
Employment & Casual Labor	13
Financial & Utility Assistance	14
Food Pantries	15
Friendship Feasts/ Community Free Meals	17
Crisis / Resource Hotlines	18
Housing Assistance	19
Legal Assistance	20
Medical Assistance	21
Shelters/ Showers	24
Substance Abuse Treatment	25
Support Groups	28
Tax Resources and Questions	31
Transportation	32
Vision	33

Marjie Jacobs is the original founder of the Self Rescue Manual. The manual is now under the care of the Boise School District social workers. Thanks, Marjie, for starting this amazing document!

SELF RESCUE MANUAL - Clothing & Furniture

Agape in Action

1001 S Orchard Boise
Last Saturday of the month 1-4
Free groceries, clothing, & toiletries
For emergencies call 703-5381. Also
offers the "Toys for Tots" program.
Interview clothes available.
(208) 685-0612
agapeworship.com

Assistance League of Boise Thrift Shop

5825 Glenwood Boise
Mon 1:30-5, Tue-Fri 10-5, Sat 10-4
Reasonably priced used clothing &
household items (shoes, books,
linens, small furniture).
(208) 377-4327
boise.assistanceleague.org

Baby Needs Closet @ The Cathedral of the Rockies

717 N 11th Boise
Mon & Wed 1-4:30
Provides diapers, wipes available.
One request per month.
(208) 343-7511

The Basement - A Teen Thrift Closet (First Baptist Church)

607 N 13th Boise
Call for an appointment. Private
1-hour appointment for teens located
in "The Basement."
(208) 344-7809
fbcbasement@gmail.com
fbcboise.org

BHM Foundation for Recreational Safety

2962 E Copper Point Dr Meridian
Will give away free children's helmets.
Must call for info.
(208) 322-1730
bhmidaho.org

Birthright of Boise

1101 N 28th #A Boise
Free pregnancy test & pregnancy
support. Maternity clothes, baby
clothes to size 12 months, size 1 & 2
diapers when available, Pro-life. Call
before you come to make sure we are
open.
(208) 342-1898 or 1-800-550-4900
(24 hrs)
birthright.org

Boise Senior Center Thrift Store

690 Robbins Rd Boise
Mon-Fri 10-3
Clothes, household goods, health
aids, home décor, seasonal
merchandise.
(208) 345-9921
boiseseniorcenter.org

Cinderella's Closet

5825 Glenwood Boise (Behind
Assistance League Thrift Shop)
Fall season (Sept. & Oct.), Spring
season (April & May) Wed 3:30-5:30 &
Sat 12-4
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 \$15 fee.
(208) 377-4327 (press 5 then 2)
boise.assistanceleague.org

The Closet - Teen Thrift Store

10338 W Fairview Ave
Free clothing to teens in need. Apt
only. Private, confidential.
(208) 409-0204 (Kelly)
<https://www.facebook.com/THECLOSETBOISE/>

Deseret Industries Thrift Store

10740 W Fairview Boise
Mon 10-6, Tue-Fri 10-7, Sat 10-6.
Furniture & clothing for men, women
(maternity, wedding, & prom dresses)
& children. No delivery. Potential help
via local LDS Bishop (do not have to
be LDS). Best time to reach bishop is
all day Sun, Tue & Wed evenings.
(208) 375-4681, 1-800-453-3860

Dress for Success Boise Valley

2760 E Fairview Meridian
Tue-Thu 1-3
Agency referral only. For women 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.
(208) 288-4405
dressforsuccess.org

El-Ada Outreach

2250 S Vista Boise
Mon-Fri 8:30-4:30
Food pantry, free personal hygiene
packs as available. Undocumented ok.
(208) 345-2820
eladacap.org

Goodwill Thrift Store

1465 S Vinnell Wy (Overland)(208)
321-9172
7000 W State St Boise (208)
672-2930
1375 E Fairview Meridian (208)
288-4397
Mon-Sat 9-9, Su 11-6
New/used clothing and furniture

Good Samaritan Store

1821 W Washington
Mon-Sat 10-5
(208) 344-0649

Grandma's Treasures Thrift Store

690 Robbins Road Boise
Mon-Fri 10-3
(208) 345-9921

Habitat for Humanity ReStore

10537 W Overland Boise
Used & surplus building materials.
(208) 375-5256
hfhboise.org/restore

Holy Nativity Episcopal Church

828 W Cherry Ln Meridian
1st Wed of month free laundry,
hygiene, clothing.
(208) 888-4342
www.http://episcopalholynativity.org

Idaho Diaper Bank

Supplies diapers to local agencies,
see individual agencies or website for
disbursement days/times.
<http://www.idahodiaperbank.org/get-diapers.html>

Intermountain Hospital

303 N. Allumbaugh St. Boise
Inpatient mental health/substance
use treatment for adolescents, adults
and seniors. Must call for
appointment.
www.intermountainhospital.com
(208) 377-8400

SELF RESCUE MANUAL - Clothing & Furniture cont.

Idaho Youth Ranch Thrift Shops

Mon-Sat 9-6, Sun 12-5
 1417 S Main Boise (208) 343-2506
 250 N Orchard Boise (208) 378-8081
 2141 S Broadway Boise 376-1350
 10448 W Overland Boise 375-1242
 3840 Chinden Boise (208) 433-1661
 3621 Overland Boise (208) 331-7739
 7054 W State Boise (208) 853-1408
 10353 Fairview Boise (208) 322-3610
 231 Main Meridian (208) 895-8433
 5465 W Irving Boise (Outlet Store)
 Mon-Sat 10-4, Sun 12-4
 \$.50/clothing item & cheaper furniture
 (208) 377-2613
youthranch.org

IMSI Hope Community Phase II

963 S Orchard Suit 101 Boise
 Clothing vouchers/ housing/
 employment/ bus passes for those
 out of incarceration.
 (208) 629-8861
www.imsihopecommunityphaseii.com

Kid to Kid

1574 N Wildwood Way
 Children's clothing consignment
 (208) 376-6488

Love INC of Boise

Tues - Thursday 10-1
 In-kind assistance for clothing,
 household, diapers if available.
 One-on-one mentoring. Call to apply.
 Christian based.
 (208) 377-3502
<http://www.boiseloveinc.org/>

Mirror Image/ Cathedral of the Rockies Teen Hygiene Closet

717 N 11th St
 Referral from school nurse/
 counselor/ social worker required. All
 hygiene supplies.
mirror.image.boise@gmail.com

Meridian United Methodist Church Thrift Store

235 E Pine Ave Meridian
 Tue & Fri 11-2
 Clothing, small household items,
 some school supplies, & vouchers
 often available.
 (208) 888-2245

New Again Thrift Store at Calvary Chapel

2422 W Main Boise
 Mon-Fri 10-6, Sat 10-5
 Household items clothing for
 discount prices.
 (208) 342-7661

Redeemer Lutheran Church

2920 Cassia St. Boise
 3rd Saturday of each month 1-2:30
 Wash, Wipe, Wear: Free diapers,
 laundry soap & toilet paper.
 Use once/month.
 (208) 344-6758
redeemerboise.org

Re-Style Animal Rescue Thrift Store

5326 Overland Boise
 Mon-Fri 9-9, Sat 9-9, Sun 12-6
 Lots of sales. Mon 25% off all day.
 Blue tags are 50% off. Tue senior
 day, 30% off if 55+ years old
 (208) 350-0406
restylethriftstore.org

St. Luke's Children's Safe Kids Treasure Valley

209 W. Main Street Boise, Id 83702
 Reduced cost convertible,
 combination and booster car seats
 for purchase with proof of WIC,
 Medicaid, or CHIP.
 (208) 381-3033

St Vincent de Paul Thrift Stores

6464 W State Boise
 Mon-Sat 9:30-6
 (208) 853-4921
 2110 S Broadway Ave Boise
 Mon-Sat 9:30-6
 (208) 333-8001
 213 N Main Meridian
 Mon-Sat 9:30-6
 (208) 888-9101
 251 N Orchard st
 Boise Id 83706
 Mon-Sat 9:30-6:00
 (208) 375-7527
 Used furniture & clothing for sale.
 For clothing vouchers call 331-2208.
 St Vincent de Paul Help Line
 331-2208 Must leave phone number
 for call back.

Salvation Army Thrift Store

4306 W State Boise
 Mon-Fri 10-6
 Family Assistance office at 4308 W
 State Boise. Clothing & household
 goods assistance Tues-Fri 1-3. Must
 bring ID for everyone & proof of
 address (envelope or bill). Adults may
 receive help one time or for special
 circumstances, children every 6
 months.
 (208) 343-5429 ext. 1

Shop - a Boutique Thrift Store

720 W Washington Boise
 Mon-Fri 9-4:30
 Clothing, household, items, books,
 toys & seasonal items.
 (208) 343-3688 ext. 27

Valley Treasures Thrift Store

102 N Cole Boise
 Tue-Sat 10-6, Sun 11-4
 Furniture, appliances & household
 items.
 (208) 891-3161

Vets4Success Thrift Store

10321 W Fairview Boise
 Mon-Sat 9-7, Sun 12-6
 (208) 962-2666

Whitney United Methodist Church Joseph's Closet

3315 Overland Boise (by Owyhee)
 Sat 10:30-12:30 & 3rd Fri of each
 month 5:30-7:30
 Free winter clothing.
 (208) 343-2892

SELF RESCUE MANUAL - Counseling & Mental Health Services

Alberi Counseling

688 N 9th Street
Medicaid and private insurance.
Adolescents, adults, and couples.
Grief, anxiety, stress, anger,
relationships, self-esteem, DBT,
EMDR.

(208) 805-2034

Albericounseling.com

Ability Health and Rehabilitation

4696 W. Overland Rd. Suite 236
Medicaid, private ins. Counseling,
Medication Management, CBRS,
Case management.

208-333-9578

AbilityHRLLC@gmail.com

<http://www.abilityhealthandrehabilitation.com/>

About Balance Mental Health

6550 Emerald #108, Boise
Mon-Fri 9-5
Medicaid & sliding fee (\$40 min).
CBRS, case mgmt, counseling,
case/meds mgmt, & nurse
practitioner.

(208) 342-6300

Access Behavioral Health

1276 W. River St. #100 Boise
Mon-Fri 9-5
Medicaid & slide fee. CBRS, IBI
therapy, child dev therapy,
counseling, meds/case mgmt.

(208) 338-4699

Access Living

690 S Industry Way #45, Meridian
Mon-Fri 9-6
Medicaid, sliding fee. CBRS, IBI, child
dev therapy, counseling, adult day
trmt, meds/case mgmt. After hours
available upon phone request.

(208) 922-2207

All Seasons Mental Health

6933 W Emerald St
Medicaid, insurance, primary care,
psych testing, psychiatry, med mgmt,
counseling, case man, developmental
services, CBRS, healthy connections
provider. Evenings by appt. Bilingual.

(208) 321-0634

All Together Now

2995 N Cole Rd, Ste 270
Boise, Idaho 83704
Medicaid/Medicare, sliding fee.
Individual, family, groups, marriage,
play therapy. CBRS & payee services

(208) 336-4504

Alpine Behavioral

8590 W Fairview Ave Suite A
Medicaid, private pay, insurance,
sliding fee. Psychotherapy, case mgmt
(adults), CBRS (adults/children),
conflict res/ mediation services.
Interpreters.

(208) 672-0260

Alturas Counseling, LLC

136 Academy, Eagle
5185 W. Overland St., Boise
Most insurances, Tricare, Medicaid.
Counseling for Individuals, couples,
family, children (7+), adolescents,
elderly, developmental disabilities,
refugees, military. Clinical Supervision
to post graduates in counseling and
social work.

(208) 991-0225

<http://alturascounseling.com>

A New Leaf, Inc

2428 N. Stokesberry Pl. Meridian
Medicaid. developmental/ habilitative
intervention, habilitative supports,
mental health, full med clinic.

(208) 939-3888

Ascent Behavioral Health

366 SW 5th Ave #100 Meridian
Mon-Fri 9-6
Medicaid, insurance, self-pay (\$200
first eval, \$55 groups). Drug ed group,
individual, teen, adult dual diagnosis,
substance abuse/ mental health
treatment.

(208) 898-9755

Aspen Mental Health

7950 W King, Boise
Mon-Fri 9-6
Medicaid, insurance. CBRS,
counseling.

(208) 342-2950

Boise Rescue Mission Ministries

Free counseling & mental health
consult
Men **389-9840** (Stuart)
Women **368-9901** (Guest Services)

Bridgeway Health Services

1032 S Bridgeway Place #110, Eagle
Medicaid, insurance. Counseling &
medication management.

(208) 475-0800

Brighter Future Health

9396 W. Emerald Suite 135
Medicaid adult and child CBRS, case
management, and therapy

(208) 323-4400

brighterfuturehealth.com

Catholic Charities of Idaho

7255 Franklin Road, Boise ID 83709
No Medicaid, subsidies for low income
uninsured, won't turn away. Spanish.
Individual/group/ family/youth/children
& parent education services. Spanish,
interpreters. Depression support group.

(208) 345-6031

ccidaho.org

Center For Human Growth

1650 S Topaz Way, Meridian
Medicaid, insurance, sliding scale, self
pay, pro bono with counseling intern.
Counseling & CBRS all ages.

(208) 888-3151

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

Clearwater Rehabilitation Services

8400 W Fairview Ave. Boise
Medicaid, insurance. CBRS, case & med mgmt, counseling for adults & children.

(208) 322-5859

Community Connections

1675 S Maple Grove
Medicaid. Therapy & support services to children/adults with dev disabilities.

(208) 377-9814

cciidaho.com

Community Partnerships of ID

3076 N Five Mile Rd. Boise
Medicaid CBRS, Counseling, groups, dev therapy, Spanish, IBI, res rehab, case mgmt, employment services, behavioral & recreational therapy, habitative rehab, psychiatrist, employment.

(208) 376-4999

cp-of-idaho.com

Community Support Center

716 N Orchard
Mon –Thurs 8–4
Medicaid & insurance. Adult day treatment, groups, dual-diagnosis, skill building.

(208) 429-0330

Dr. Misty L. Wall, MSSW, LCSW

849 E. Fairview Ave (Meridian)
Medicaid, insurance, sliding scale. Psychotherapy and education.

(208) 297-9495

Easter Seals-Goodwill Adult Behavioral Health Services

8620 W Emerald #150
Medicaid. Self pay starts at \$10/class. Assessments (\$77.50), OP & IOP sub abuse treatment, anger man, CSC, family groups, MRT parenting classes & relapse prev.

(208) 672-2900

Family Counseling Services

440 W Pennwood #100, Meridian
Medicaid, sliding fee, insurance.

888-5905

Gem State Developmental Center, Inc.

818 NW 15th St., Meridian
developmental therapy for adults and habitative intervention, habitative support to children.

lpoole@gscdcca.com

(208) 888-5566 x106

Ginny Marie Wellness/ A Better Life

6025 West Clinton
No Medicaid, yes State Reimbursement, some insurance, sliding scale. CBRS, education. Court approved programs available.

www.ginnymwellness.com

GSwellness2008@aol.com

(208) 562-7050

Healthy Place Counseling

2589 S Five Mile Boise
Medicaid, UBH, IPN, BI Cross, sliding fee. Counseling, CBRS, case mangmt, med mangmnt. Adults, kids & family.

(208) 376-4929

Human Supports of Idaho

4477 W Emerald #C100, Boise
Medicaid CBRS, meds mgmt, payee services, service coordination, individual therapy

(208) 321-0160

humansupports.com

Idaho Behavioral Health

2273 S Vista #190 Boise
Medicaid, private insurance, EAP, private pay. Counseling adults, children, married, individuals, CBRS, case/med mgmt.

(208) 343-2737

Idaho Federation of Families for Children's Mental Health

704 N 7th St
Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.

(208) 433-8845

idahofederation.org

InRoads CBRS Services

3288 E. Pine Ave. Meridian
Medicaid. CBRS & case management

888-8887

Intermountain Hospital

303 Allumbaugh
Free assessments. Inpatient substance use / mental health treatment. New Start for adults. Clean & Sober Teens for adolescents.

IntermountainHospital.com

(208) 377-8400

ISU Boise Counseling Clinic

1311 E Central Dr, Meridian
\$15 copay for individuals & \$20 for couples. Hours vary, call for info. Counseling interns counsel individuals, couples, & families.

(208) 373-1719

Katherine Medina-Guillen LPC, NCC

1111 S Orchard St Ste 155
Insurance, one day / week \$50 for 30 mini session.

440-3744

Kuna Counseling Center

190 W Main St (Kuna)
Medicaid, sliding fee. Counseling, CBRS, case management, service coordination, adult and kids. Spanish interpreters available.

(208) 922-9001

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

LDS Family Social Services

10740 Fairview
Mon-Fri 8-5
Bishop may pay fees, insurance.
Individual & birth parent counseling,
adoption services.
(208) 376-0191

Leyline Advocates

1525 S. David Lane
Adult & children with Medicaid. CBRS,
case & meds mgmt, service coord,
peer support and family support,
counseling, refugees, 30 interpreters
speaking 18 languages.
(208) 344-9797

Lifepath Counseling & Wellness

10112 W Overland Rd
Private insurance, Medicare,
Medicaid sliding fee. Counseling,
Med Management, Peer Support,
CBRS, CM for adults, children and
families.
(208) 780-3900
www.lifepathidaho.com

Living Hope Clinic

3308 N Cole #A
Mon-Thurs 9-5, Fri 9-3 & nights
Medicaid/Medicare, insurance,
sliding fee scale.
Marriage/family/children therapy,
learning/behavioral.
(208) 378-1122

Medina-Guillen Counseling, LLC

Katherine Medina-Guillén
1111 S Orchard Ste 155
One day a week private practice at
low-cost. \$30 individual, \$50
couples.
(208) 440-3744

Maitri Community Services

3709 N. Locust Grove Suite 100
Medicaid, insurance, self-pay.
Individual or family psychotherapy,
play therapy, hypnotherapy, parent
education, EMDR trauma therapy,
support groups
(208) 957-5360, (208) 284-8450

Methodist Counseling Center

4444 Taft Street
Mon - Friday 8 -5,
weekends/evenings by appointment.
Insurance, sliding scale, pro bono
with intern, and scholarships based
on income.
(208) 501-2181

Mountain View Behavioral Health

5593 N Glenwood
M-F 8:30-5
Medicaid, Medicare, most private
insurances and private pay.
Provide case mgmt, CBRS, clinic
services including med mgmt, therapy
for adults and children.
(208) 322-5354
mountainviewbehavioralhealth.com

One Love Agency

121 E 39th St, Suite A
Medicaid, Blue Cross, and sliding fee.
Sexual offender treatment for juvenile
offenders. Individual, family, groups,
case management & CBRS.
(208) 991-4296 (Jeremy)

Perma Mental Health

950 West Overland Ste. 101
Medicaid, private pay, insurance.
Medication management,
psychotherapy, CBRS, case
management, telepsychiatrist
available for private pay clients.
(208) 922-6538

Pioneer Health Resources

5583 N Glenwood
890 N Cole
Medicaid/Medicare. CBRS,
case/meds mgmt, counseling for
adults/children.
(208) 322-1026

Progressive Behavior Systems

2176 E Franklin Rd. Suite # 100
Medicaid. Individ/Fam counseling,
CBRS, res hab, devl srvc, case
mgmt, respite, habilitative supports.
(208) 436-4911

Quality Care Counseling Center

2316 N. Cole Rd Suite A
Medicaid. Counseling, CBRS, med
mgmt, case mgmt, psych testing.
(208) 323-CARE (2273)

Real Solutions Counseling

1011 W Williams St. #G
Medicaid, Medicare, sliding fee.
Adult & children services. Individual
and family therapy, CBRS, case
management. Services for refugees
with interpreters speaking all
languages.
(208) 991-0222
www.realsolutionsidaho.com

RH Mental Health, LLC

1111 S. Orchard Street, Suite 290
Medicaid. Case mgmt, CBRS,
counseling and psychiatric services.
Representative Payee Services at no
charge.
(208) 343-2770

Riverside Rehab

7711 W Riverside
Medicaid & insurance. Psychiatrist,
nurse practitioner (med
management), reduced rate.
Counseling all ages,
play therapy, case mgmt, CBRS.
Spanish.
853-8536

Robert Rhodes, LCSW

3152 S. Bown Way Suite 105, Boise
Insurance/Medicaid, specializes in
teen counseling
rrhodes.lcsw@gmail.com
boiseteencounseling.com
(208) 900-8500

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

Safe Haven Hospital of Treasure Valley

8050 Northview
Medicaid, Medicare, insurance.
Outpatient therapy & nurse pract.
(med mgmnt), all ages. In-patient
ages 18 & older. Spanish for
inpatient.
(208) 327-0504

Safe Place Ministries

723 N Mitchell #101
Donations. None denied for inability
to pay. Christian based education &
counseling for victims of dom
violence & sexual assault. Legal aid
referrals.
(208) 323-2169
Safeplaceministries.com

St Alphonsus Behavioral Health Outpatient

131 N Allumbaugh
Mon - Fri 8-5:30
Medicaid. Therapy for kids/ adults,
groups, meds mgmt, MD. Inpatient
for kids under 12, adult inpatient.
(208) 367-6500

St Luke's Psychiatric Wellness Services

703 S Americana Blvd, Ste 150 Boise
Mon-Fri 8-4 (phones until 5)
Medicaid/Medicare, insurance,
self-pay. Therapy, med mgmt for 18+
(208) 706-6375
<http://www.slhs.org/clinic/psychiatry/boise/>

St Luke's Children's Center for Neurobehavioral Medicine

610 W Hays St, Boise, ID 83702
M-F 8-5
Medicaid, private insurance, self-pay.
Therapy, med mgmt. for 18 and
under.
(208) 381-5970
<https://www.stlukesonline.org/communities-and-locations/facilities/clinics/st-lukes-childrens-center-for-neurobehavioral-medicine>

SANE SOLUTIONS & Family Violence Prevention for victims

Mon - Thurs 8-12, 1-5 office hours
Insurance, Medicaid, Victim's Comp,
sliding fee, self-pay, & some grants.
Counseling for sexual abuse victims,
juvenile & adult, protective parenting,
& personal safety classes.
(208) 323-9600

SANE SOLUTIONS & Family Violence Prevention (cont) for offenders

Medicaid, self-pay, individual & group
insurance. Treatment groups for dom
violence offenders and juvenile &
adult sexual offenders.
(208) 345-1170

S.T.A.R.R. Family Behavioral Health

8100 W. Emerald St. Suite 150
Medicaid. Insurance. Psychiatrist
medication management, family,
individual (all ages), couples
counseling, play and trauma therapy,
sub abuse, EMDR, home-based
counseling. CBRS, parent-ed.
Spanish.
(208) 908-6399
Starrfbh.com

S.T.E.P.S.

1111 S Orchard #174 Bldg 6
Mon-Fri 9-5, Sat 10-5
Individuals \$25/hr, group \$10, intake
\$50. No Medicaid. Sub abuse,
compulsive gambling,
codependency, parenting, MRT,
anger mgmt. Adults/teens/family
(208) 340-3274

Table Rock Counseling

Sliding fee down to \$40. Bilingual
Spanish/Eng counseling. Counseling
individuals, couples & families.
(208) 890-8391

Thrive Counseling of Idaho

3023 E Copper Point 108, Meridian
Mon-Fri 9 - 5
Medicaid, Insurance, Self Pay.
Counseling and Med Mgmt.
Addiction issues, co-occurring
disorders, grief and loss, depression,
anxiety and parenting issues.
(208) 914-8924
www.idahothrive.org

Tidwell Social Work Services

5999 W State
Mon-Fri 8-5
Medicaid, Medicare, sliding fee, \$45
min, insurances, free with interns.
Individual, marriage, family, art play
therapy, CBRS, MD. Interpreters for
all languages.
(208) 853-5095

To Infinity and Beyond, LLC Joe Seiders, LCSW

410 S Orchard Ste 124A
Medicaid, insurance, self-pay.
Psychotherapy and information for
children, teens, and adults.
(208) 391-3849
joe@toinfinityandbeyond.org

Treasure Wellness

1655 Fairview Ave #115
Mon- Fri 9-6
\$20 / hr with interns. Private Insurance
with professional Counselors.
Counseling, education & support
groups for individuals, couples,
families. Couples communication, grief
and loss, DBT, divorce recovery,
anger/stress management.
(208) 515-7661
Treasurewellness.net

Unity Health Center

745 S Progress Ave, Meridian
W-Sat by appointment.
Sliding scale (minimum \$40),
insurance. Counseling individuals,
couples & families.
(208) 895-6729

Veterans Center

2424 Bank Dr (Vista/N Overland)
Free. Readjustment counseling
services for vets who served in war
zones or have been sexually
traumatized in military. Individual,
group, couples, family counseling.
(208) 342-3612

Veterans Medical Center

500 W Fort
Outpatient & inpatient. Behavioral
health & family counseling, groups,
temp housing for active duty &
reserve. Homeless program available.
Veterans only.
(208) 422-1000 x1145

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.**Warm Springs Counseling Center**

740 Warm Springs Ave, Boise
1833 S. Millennium Way, Suite 120
Meridian
Mon-Fri 8-5 (eves & weekends by apt)
Insurance, Medicaid, Subsidy.
Behavioral health services. Spanish.
(208) 343-7797
childrenshomesociety.com

Women's & Children's Alliance

720 W Washington
24 hour Hotline counseling abuse
victims. 120 day residential program.
(208) 343-7025

SELF RESCUE MANUAL - Dental

Basic Dental Care

870 N Linder, Meridian
Closed Fri (Call before noon M-TH).
No Medicaid. Office calls \$17, X-ray
\$13 (plus \$6 for additional xrays),
extractions start at \$88-\$225,
porcelain to metal crowns \$548, root
canals \$323 to \$578. Quality dentistry
at lower fees for children & adults.
Full payment required at
appointment.

(208) 888-3384

Dr. Brock Bohlman

5993 W State
All insurance, no new adult Medicaid
patients, Medicaid for children only
ages 4–21. Call for appointment.
Undocumented citizens will be
served.

(208) 384-0577

Boise Schools- Children's Free Dental Clinic

1609 S Owyhee - Whitney Elementary
Mon, Tues, Friday 8:30-3:30
No Medicaid or insurance patients
(students of Boise School District).
Cleanings, sealants, restorations, &
extractions. Referral from BSD nurse
& have appointment. Basic dental
work.

(208) 854-6627

Caring Smiles Dental Clinic

8744 W. Fairview Ave (between
Milwaukee and Maple Grove)
Mon-Thurs 8:00-5:00
All Medicaid, cash, and private
insurances. Adult and child. Sliding
fee dependent on income for cash
patients. Call for appointment, will
work in emergency cases same day.
Spanish.

(208) 893-5000

Carrington College

1122 N Liberty
Mon-Wed 9-12, 1-4, 5-8,
Thurs 9-12, 1-4
Free dental hygiene exams, cancer
screenings, blood pressure checks,
cleanings, & x-rays. Apt averages 2.5
hrs. Spanish. If dental treatment is
needed referrals can be made to local
dentists & dental specialists. Free
toothbrush, floss, & toothpaste given
at first visit.

(208) 947-6821

carrington.edu

Dental Dental GrinWell

For adults age 60-79, income limits
and no current dental benefits.
\$1,250 free dental coverage in one
year. Application and paperwork
needed.

1-866-894-3563

Dr. Wayne Claiborne

10552 W Garverdale Ct #902
Medicaid & Insurance. Emergencies
OK. Accepts all patients over the age
of 4. Serving undocumented citizens.

(208) 336-4777

Genesis Community Health

215 W 35th St
Mon, Tues, Thur, and Fri 8-2pm.
For low income and uninsured
patients; including no Medicaid,
Medicare or VA benefits.
By referral only from both Saint
Alphonsus and St.Luke's
emergency rooms.
Basic dental services provided.

(208) 384-5200

Healthy Smiles

8590 Fairview
Mon, Wed, Fri 8–5 Tues,Turs 11–7
Closed Fridays
Sliding fee & Medicaid, Idaho Smiles
21 & under, adult emergency only,
pregnancy and waiver program
(Medicaid) (Medicaid). First
appointment includes full exam &
X-rays is \$60 (without Medicaid). No
orthodontics. Spanish. Will serve
undocumented citizens.

(208) 472-2020

ISU Family Dentistry

1311 E. Central Dr., Meridian
Tues–Fri 8:30–4
Medicaid, sliding fee, \$33 for 15
minute screening. Children & adults
under 21. Advanced general dentistry
services.

(208) 373-1855

Small Smiles Dental Clinic

8744 Fairview (Fairview Tech Center
between Milwaukee & Maple Grove)
Mon-Fri 8–6:30
Medicaid, Cash and accepts many
private insurances. Children under 21
only. Prefer appointments but will
accept some walk-ins. Spanish.

(208) 322-3010

Terry Reilly Health Services Boise Dental

2301 N 36th #102
Mon –Fri 7:30-6
Medicaid & sliding fee depending on
income. Emergency dental must
schedule. Non-emergency call at
8am for appointments. Extractions &
fillings. Bring \$30 deposit & 4 weeks
pay stubs. Spanish & Bosnian
speaking translating available.
Undocumented citizens welcome.

(208) 336-8801

Terry Reilly Health Services Boise Dental - Express Care

Focus is on pregnant women & other
Medicaid patients with diabetes or
heart disease, can be seen within 4
working days. New patients \$75, \$30
walk-ins (deposit). Spanish & Bosnian
speaking translating available.
Undocumented citizens welcome.

(208) 331-5049

Treasure Valley Pediatric Dentistry (Dr. Roy Rogers)

1564 S Timesquare Ln. (Overland
near Maple Grove)
Monday 8 – 5
Tue-Thur 7:30-5
Medicaid for children ages 0–20,
Idaho Smiles Program, new Medicaid
patients up to age 10. Works with
children with special needs.

(208) 376-8873

SELF RESCUE MANUAL - Disability Services

Disability Rights Idaho

4477 W. Emerald Suite B100
Non-profit advocacy agency to assist families through education, information, and individual assistance.

(208) 336-5353

(866) 262-3462

Idaho Parents Unlimited, Inc

4619 Emerald St. Ste E, Boise
Idaho's Parent Training and Information Center & Idaho's Family 2 Family Health Information Center. Serve families of children ages birth to age 26 years, helping navigate health systems.

(208) 342-5884

www.idahoparentsunlimited.org

parents@ipulidaho.org

Idaho State Council on Developmental Disabilities

Advocacy and policy for individuals and families with development disabilities.

700 W. State St. 1st floor

(208) 334-2178

(800) 772-1213

Idaho State Independent Living Council

380 South 4th Street, Ste. 102
P.O. Box 83720 Boise, ID 83720-960

Assist with independent living advocacy and resource referrals.

(208) 334-3800

(800) 487-4866

Northwest ADA Center - Idaho

(208) 841-9422

Provide information, training and guidelines on ADA rights.

<http://nwadacenter.org/idaho>

Social Security Office

(800) 772-1213

<https://www.ssa.gov/>

Idaho Commission on Aging

Provide information on long term care support programs and services. For people of all incomes and ages.

(208) 334-3833

SELF RESCUE MANUAL - Education, After-School Programs

Art Without Boundaries (Good Samaritan Boise Village)

3115 Sycamore Dr
Ppl with motor/ cognitive challenge receive free whole brain therapy through the arts.
(208) 859-6231 (Mary)

BabySteps

518 N. 8th St (St Michael's Episcopal Cathedral)
Tues 1-3& 6-8 Thurs 4-6.
Education program for limited income pregnant & parenting mothers. Provide diapers, wipes, clothing, & misc baby items. Free parenting class Tuesdays 6-7pm in both English & Spanish with free childcare.
(208) 342-5601 x212
babystepsidaho.org

Big Brothers/Big Sisters of SW

110 N 27th Boise
Screened volunteers participate in mentoring program with children. Wait list. Volunteer opportunities for high school students.
(208) 377-2552
bbsidaho.org

Boise City Child Care Licensing

150 N Capitol Blvd 1st Floor City Hal
Mon-Fri 8-5
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. Spanish interpreter available with appointment.
(208) 384-3710

BOISEINTERPRETERS.COM

Language interpreter & translator services for folks serving limited English speaking people.
MiroslavBarac@BoiseState.Edu or do website request.

Boise Parks & Recreation's Mobile Recreation Unit

Call for more information.
(208) 854-4917

Boise Parks & Recreation Community Centers

Grace Jordan Community Center
6411 W Fairfield
854-4910 (Chris Camacho)
Morley Nelson Community Center
7701 W Northview
(208) 854-4917 (Joey Ward)
Whitney Community Center
1609 S Owyhee
(208) 854-6625 (Barbara English)
cityofboise.org/parks

Boise Schools Preschool Screening

3-5 yr olds. Screenings are August - February. Must call for appt. For possible problems with self-help skills, speech, language, emotional vision, social & motor skills, concepts, & hearing.
(208) 854-5520

Boys & Girls Club of Ada County After School Program (age 6-18)

610 E 42nd Garden City 321-9157
911 N Meridian Rd Meridian
Mon-Fri 3-8, (1-7 on half school days). open on no school days / summer from 11-6 (7am- \$5/day). \$10 / year. Offers free meals daily. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation.
bgclubidaho.org for more info & orientation times.
(208) 888-5392

Computers for Kids

8540 W Elisa (off Victory, btwn Cole & Maple Grove)
Mon-Fri 9-4
Low cost refurbished computers for students, grades K-14. \$100 fee, few scholarships available. \$185 fee for college students.
(208) 345-0346
cfkidaho.org

Catholic Charities of Idaho

7255 N. Franklin Rd
Parenting, English, financial education, and citizenship classes, case management, parenting classes, employment, resume writing.
(208) 345-6031
ccidaho.org

College of Western Idaho (Boise & Nampa)

Adult Basic Education (ABE) Program - free classes in Language Arts, English as Second Language (ESL), math, GED / Compass preparation. Free lab time with access to tutoring and computer/internet study.
(208) 562-2571 Boise ESL
(208) 562-2575 Boise ABE
(208) 562-2014 Nampa ESL
(208) 562-2068 Nampa ABE
cwidaho.cc/abe
www.cwidaho.cc/esl

Education & Training Voucher Casey Family Programs (Julie Stevens)

6441 Emerald, Boise
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.
(208) 377-1771

El-Ada Community Partnerships

2250 S Vista
Mon-Fri 9-4
Payment for GED testing through the College of Western Idaho. School/registration fee assistance for junior high and high school students. Undocumented citizens will be served.
(208) 345-2820
cwidaho.cc/adult-basic-education

FAFSA (Federal Student Aid)

<https://fafsa.gov/help/fftoc03a.htm>

SELF RESCUE MANUAL - Education, After-School Programs cont.

Family Advocate Programs: Home Visiting

3010 W State #104

Free and voluntary home-based parent education services on child development, effective parenting skills, nutrition & more. Serves families & children ages 0-5.

(208) 345-3344 x1011 (Solyar)

familyadvocate.org

Head Start & Early Head Start

4709 Camas

Tues-Fri 8-12 or 12-4

Children from birth to age 5.

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).

(208) 344-9187

ID Assistive Technology Project

Statewide program assists people with disabilities with assistive technology they need to live more independent lives. Free services available to all ages & disabilities

1-800-432-8324

idahoat.org

idaho.at4all.com

Idaho CareLine 211

Provides list of child care providers.

2-1-1 or 1-800-926-2588

www.211.idaho.gov/

ID Department of Labor WIA Youth & Adult Program

219 W Main Boise (208) 332-3575

205 E Watertower Meridian (208)

364-7785

Youth ages 16-21 & Adults 18+; Must meet eligibility requirements. Provide help in getting GED/High School Diploma.

labor.idaho.gov

Idaho Family Assistance Center at Gowen Field

Offers all branches of military families services & referrals for various issues.

(208) 272-4355 or (208) 272-4355

Idaho Federation of Families for Children's Mental Health

704 N 7th St

Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.

(208) 433-8845

idahofederation.org

Idaho National Guard Youth Program Gowen Field

Issues that face youth who live in military families including deployment education. Community training available. Goodwill Staffing Services.

272-4387 Tanya Chin

Idaho Parents Unlimited

500 S 8th, Boise

1-1 help by phone or in office to families with children with disabilities, workshops designed to inform families on special education laws & other topics. Spanish.

(208) 342-5884

Job Corps

2323 S Vista Ave. #203

Mon-Fri 8-5, Closed 12-1

Ages 16-24 Full time program, usually residential. Closest center in Nampa. Please call for eligibility & orientation times. Spanish speaker.

(208) 375-9414

jobcorps.gov

Learning Lab

308 E 36th St Garden City, ID 83714

Computer-assisted learning center for adults and families with 0-6 year old children. Basic skills instruction including math, reading, writing, spelling, GED prep and workplace skills. Children enrolled in an Infant/Toddler or Preschool Program. Students learn to touch-type and use a computer while improving their basic skills.

learninglabinc.org

(208) 344-1335

Lee Pesky Center

3324 Elder St

Not-for-profit specializes in evaluation and treatment of learning disabilities. Sliding scale.

(208) 577-1108

Life's Kitchen

1025 S Capitol Blvd

A nonprofit employment-training organization offering 16 week employment-training program to young adults ages 16-20, covering not only culinary training but teaching life skills classes as well.

(208) 331-0199

Parent Project

Call for schedule & sign-up. Parenting skills program to help parents prevent & intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook cost of \$25

570-6404

Salvation Army Life Skills

4308 W State St.

Jan-Oct. Incentives such as store credit, bus passes, gas for attendance.

(208) 433-4427 (Wendy)

wendy.wong@usw.salvationarmy.org

TRiO Education Opportunity Center University of Idaho (Boise)

322 E. Front St. Suite 190

Assist adults with returning to school. GED/ college/ trade/ technical school programs. Career counseling, researching schools & programs, college and financial aid apps, entrance tests, reg assistance, academic advising, counseling on default loans.

(208) 364-9925

Email: eoc@uidaho.edu

Website: www.uidaho.edu/eoc

YMCA

1050 W State (208) 344-5502

5959 N Discovery PI (208) 377-9622

5959 N. Discovery PI (208) 377-4886

936 Taylor Avenue Meridian (208)

855-5711

Financial aid available.

SELF RESCUE MANUAL - Employment and Casual Labor

Maximus

600 N Steelhead Way #110

Mon-Fri 8-5

Case management, job search preparation, related classes, 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 & Welfare** to receive gas vouchers & bus passes.

(208) 322-9675

Idaho Department of Labor Job

219 W Main Boise **332-3575**

205 E Watertower Meridian **364-7785**

Mon -Thurs 9-5, Fri 9-12

Register for work & apply for unemployment insurance on-line or in office. Search available jobs online, get resume assistance & free job search workshops. Spanish.

www.labor.idaho.gov

Idaho Department of Labor WIA Youth & Adult Program

Youth ages 16-21 and adults 18+: possible financial help with GED & job training. Must meet eligibility requirements, call for appointment.

Provide assistance in obtaining GED or High School Diploma. Spanish.

(208) 332-3575 X3621 or 3590

www.labor.idaho.gov

People Ready Temporary Service

10 W Franklin Rd, Meridian

Mon-Fri 6-5:30, Sat 7-10, 5-6

After application process is complete, employee is asked to come into office at 6am if desiring employment.

Application time & dates may vary, please call office for current application times. Applicant will need to have 2 forms of ID such as a state photo ID, SSN Card, certified birth certificate or passport. Spanish interpreters sometimes.

(208) 331-3606

Pro People Staffing Services

10369 W Emerald Boise #100

Mon-Fri 9-2 (for applications)

Temporary employment. Applications taken, need 1-2 hours to do application or online. Dress nicely for interview process, free training & skills testing. Temp to hire based on work, pay averages \$8-\$10/hour.

(208) 345-5747

propeplestaffing.com

SOS Staffing

8708 Fairview

Mon-Fri 8-5

Clerical, skilled trades, production & technical work, & labor work available. Temp to hire based on work & pay averages \$8-10/hour.

(208) 327-1000

Treasure Valley Community Resource Center

Mon-Fri 8-5

Information & referral on human services in Idaho & Eastern Oregon via phone.

(208) 459-9263

idahconnections.org

Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

Vocational Rehabilitation

10200 W Emerald #101

Vocational assistance for individuals with disabilities who require help finding or maintaining employment.

(208) 327-7411

vr.idaho.gov

Volt Services Group

101 S Capitol Blvd #501

Temporary work, temp to hire, short & 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.

(208) 375-9930

SELF RESCUE MANUAL - Financial and Utility Assistance

Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.

(208) 287-7960

www.adacounty.id.gov

Assurance Wireless

Help with free cell phone if receiving state benefits and no other cell.

Limited minutes, unlimited text.

<https://www.assurancewireless.com/SecureApplication/Address.aspx>

Advocates Payee Services, Inc.

Representative Payee Services
Serving the whole Treasure Valley

(208) 571-6095,

www.advocatespayee.org

Debt Reduction Services

6213 N Cloverdale #100

Free credit & debt counseling, free credit report review financial ed family budget help. Bankruptcy counseling & certificates available. Walk-ins OK or call for appt.

(208) 378-0200

Department of Health & Welfare Self-Reliance

1720 Westgate (off Fairview behind Pojos) Mon-Fri 8-5

Food Stamps, Medicaid, TAFI, Idaho Child Care Program (ICCP), Grandparent Grant, telephone help, navigators can help with rent/utility. Must apply at office & set up interview. Come early to apply & walk-in apts available. Language assistance is available.

MyBenefits@dhw.idaho.gov

(208) 334-6700

El-Ada-Outreach Water Assistance/ UW Cares

2250 S Vista Ave

Available once/year for Suez Water or Meridian Water customers who are facing shut off. Please bring shut off notice. Eligibility is based on income.

(208) 345-2820

El-Ada-Outreach Energy Assistance and Home Weatherization

701 E 44th

Mon-Fri 8-4:30

Energy Assistance: wood & propane OK. Open Oct-March. Home weatherization: eligible homes for once in lifetime use. Need appt. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord.

(208) 322-1242

El-Ada-Outreach Services

2250 S. Vista Ave

Information, Referral & Service Coordination - phone or walk-in info available about low-income services in Treasure Valley. Written referrals, vouchers & arranged appointments for basic & emergency needs.

Assistance completing applications for services. Telephone bill help for T-Mobile, supportive services for veterans, food pantry, educational help, HIV testing and counseling.

(208) 345-2820

HISway, LLC

Payee service

(208) 322-0262

Idaho CareLine 2-1-1 Navigator Program

Referrals and financial help if qualify.

idahocareline.org/

211 or 1-800-926-2588

Idaho Power and Intermountain Gas "Moratorium"

Dec 1st to March 1st; Must call tell them you have children, & continue paying bill and they will not shut off service. Power will be turned off after March 1st if nothing has been paid on the bill.

Idaho Power: (208) 388-2323

Intermountain Gas: (208) 377-6840

IMSI Hope Community Phase II

1775 W State St Ste 191 Boise

Resources for those returning from incarceration. Pay for calls from IDOC

(208) 629-8861

www.imsihopecommunityphaseii.com

Neighborhood Housing Services

3380 W Americana Terrace #120

Homebuyer Education **258-6225**

Foreclosure Prevention **258-6224**

Down payment help **258-6226**

(208) 343-4065

www.nhsid.org

Love INC of Boise

Tues - Thursday 10-1

Budgeting & life skills, in-kind assistance for clothing, household, diapers if available. One-on-one mentoring. Call to apply. Christian based.

(208) 377-3502

<http://www.boiseloveinc.org/>

Salvation Army Project Share

4308 W State

Help with Idaho Power & Intermountain Gas bills. Call and leave message with your name and phone #, will be put on wait list. Call backs done at first of month until funding gone. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. From October to April.

(208) 433-4424

St Vincent de Paul Help Line

Various help for utility, rent, etc. Must leave voicemail with first & last name, phone number, zip code, & what kind of assistance you are requesting so that you can be referred to the appropriate volunteers.

(208) 331-2208

Social Security Administration

1249 S Vinnell Way #101 (off Overland by Wal-Mart)

Mon/Tues 9-4, Wed 9-12, Thurs/Fri

9-4. Retirement, educational outreach & survivors, disability, Medicare info. May call for appt.

Arrive early, possible line.

1-855-377-9316

socialsecurity.gov

SELF RESCUE MANUAL - Food Pantries

Agape in Action

1001 S Orchard Boise
Free groceries, clothing, & toiletries last Saturday of month from 1–4pm or call. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September- December. Provide Thanksgiving & Christmas food boxes.

(208) 685-0612

agapeworship.com

a.i.p.h.a. Choice Food Pantry (Allies linked for the Prevention of HIV & AIDS)

575 N 8th Street LL Boise
Thurs 2-8, Fri 2-5
For individuals infected with or directly affected by HIV and AIDS. This includes people living with HIV and AIDS, their direct family members, and caregivers.

(208) 424-7799

alphaidaho.org

Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall) Boise
Sat 10–2

Limited supplies. Non-perishable & some perishable foods. One visit/month. Need to show drivers license & fill out a form.

(208) 321-7440

City Hope Food Pantry

8401 W. Fairview Ave. Boise
9:30-11:30 Monday - Thursday.
\$10 donation if able. Once / week.
No ID needed.

376-7272

Community Ministries Center

3000 Esquire (S of Ustick) Boise
Mon- Thursday 12–3:15
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. Need to live in Ada County.

(208) 378-7774

Eagle Food Bank

Eagle Performing Arts Center
149 West State St Eagle
1st & 3rd Thursday of the month
10am–12

Last Tuesday of the month 6-7:30pm.
Available to Eagle & Star residents.

(208) 631-0702

El-Ada Community Resource Center Food Pantry

2250 S Vista Boise
M-F 8:30-4:30
May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.

(208) 345-2820

El-Ada Community Action Partnership Food Pantry

701 E 44th #2 Boise
Mon-Fri 8:30-4:30
May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.

(208) 377-0700

First Baptist Church Food Bank

607 N. 13th Boise
Sat 9-11am
Bread, cans, cheese, butter, milk, some meat. Show ID, every 30 days.

(208) 344-7809

First Bible Missionary Church

375 N Roosevelt Boise
Nonperishable food. Call for an appointment.

376-2439

First Presbyterian Church Friendship Food Pantry

950 W State Boise
Mon 5-7
Once per month.

Foothills Christian Church Food Pantry

9655 W State Street Boise
Fridays 12-3

(208) 853-0011

foothills.org

Friendship Food Pantry

950 W State St Boise
Mon 5-7

(208) 345-3441

Heritage Bible Church Food Pantry

7071 W Emerald Boise
3rd Sun 12:30-2:30

(208) 891-9538

Hope Lutheran Church Food Pantry Give Hope Food Pantry

331 N Linder Rd Meridian
Mon-Wed 10-1

(208) 939-9181

Idaho CareLine 211

Free summer lunch, food referrals.

211 or 1-800-926-2588

www.idahocareline.org/

The Idaho Foodbank

Refers to food pantries. Call 211 for a list of pantries.

(208) 336-9643

idahofoodbank.org

Meridian Food Bank

133 W Broadway Meridian
Mon/ Wed 12-6 Thurs 12- 4
May visit twice/month. Cans & dry goods produce in season, meat & eggs when available. Bring ID & proof of address.

(208) 888-5102

SELF RESCUE MANUAL - Food Pantries cont.

Mountain View Church of the Brethren

2823 N Cole Boise
Tues-Thurs 10:30-1:30
(208) 375-0604

Salvation Army Food Pantry

4308 W State Boise
Tues - Friday 9-1
Every 60 days. Non-perishables and perishables. Bring proof of address & photo ID for every family member & must live in Ada Co. Senior Day is second Friday of the month at 1:00 for Seniors 62 and older (food, utility assistance, vouchers and gasoline help available)
(208) 343-5429 X1

St John's Cathedral

815 Hays Boise
Mon-Thurs 1-3
Cans, staples, food boxes. Need ID
(208) 342-3511

St Mark's Food Bank

7960 Northview Boise
Mon-Fri 10-2
Boise residents only. Cans, milk, eggs, bakery, meat, grains, cereals, & snacks for families. Every 45 days. Bring ID.
(208) 327-0345

St Mary's Food Bank

3890 W State Boise
Mon, Wed, Fri 11-3
Every 30 days. Serves NW Boise/ Garden City/St Mary's Parish area (83703, 83714, 83702). ID & proof of address. Food boxes, frozen foods, dairy & eggs, diapers. Spanish.
(208) 850-6818 or (208) 345-2734

St. Paul's Catholic Student Center Food Pantry

1915 University Dr. Boise
Tues 4-6, Sat 9:30-11:30
For BSU students, employees, faculty & neighboring colleges.
(208) 343-2128

SVdeP- Holy Apostles Food Pantry

6300 N Meridian (Chinden - double wide with blue awning) Meridian
Mon, Wed, Fri 1-4; Thurs 5:30-7
May visit every 30 days. Bring ID. Serves Meridian, Eagle, Star, West Boise (83713), & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available.
svdpha@gmail.com

St Vincent de Paul -Food Pantry

3209 W Overland Boise
Tues, Thurs, Fri 10-2, W 2:30-6:30, Sat 9-noon (Closed Sunday/Monday)
May visit every 30 days. When available eggs, perishables, fresh produce, meat, dairy, eggs, canned goods, & bakery. Food assessed by family size, large families OK. Undocumented citizens OK, bring ID for each family member.
333-1460
svdpid.org

Sulamita Food Pantry

1021 W 8th St Meridian
2nd & 4th Sat 10-12
(208) 409-7206

Vineyard Christian Fellowship

4950 N Bradley Boise
W & SA 10-noon
Every 30 days. Bakery goods, canned foods, & meat. Photo ID & proof of address. Undocumented citizens welcome. Interpreters sometimes available. Only Ada County residents
(208) 377-1477

WIC (Women, Infants & Children)

707 N Armstrong (Central District Health) Boise
Appointment only. Pregnant & breast feeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice & fresh fruits/vegetables. Pregnant woman need proof of address, proof of income for last 30 days, & proof of pregnancy. Child needs ID, SS card or birth certificate, proof of income, & immunization card.
(208) 327-7488

SELF RESCUE MANUAL - Friendship Feast/Community Free Meals

<p>Baptist Campus Ministries 1327 W Beacon Boise Lunch Wednesdays 11-1 BSU Stu.</p>	<p>Idaho Foodbank Picnic in the Park Program SUMMER MONTHS ONLY Free lunch is provided to ALL children, ages 1-18. Adults can buy lunch for \$1.</p>	<p>St Michael's Cathedral Church 518 N 8th Boise Limited sack lunches available. Lunch Mon-Fri 9-3. Summer lunches are Mon-Thurs 9-3 & Fri 9-1. Last Saturday of month "Come to the Banquet" 12 -1:00 lunch. Undoc OK. (208) 342-5601</p>
<p>Biblical Studies Center 1025 Belmont Boise BSU Students ONLY! Lunch Thursdays 11:20-1</p>	<p>King of Glory Lutheran Church 3430 N Maple Grove (N door, by Maple Grove) Boise Last Sat of month 12-1:30 lunch (208) 377-0220</p>	<p>Vineyard Christian Fellowship Feeding God's Children Food on Sun 2 - 4 at Julia Davis Park Boise. Undocumented OK. (208) 377-1477</p>
<p>The Cathedral of the Rockies 717 N 11th Boise Sack lunches available daily 11:30-1 (208) 343-7511</p>	<p>Latter-day Saints Stu Assoc Lunch 1929 University Dr Boise \$1.50</p>	<p>Whitney United Methodist Church 3315 Overland (Owyhee) Boise Saturday sack lunch (Zip code 83705 only) Sat 11-12:30 (208) 343-2892</p>
<p>City Light for Women & Children 1404 W Jefferson(Boise Rescue Mission) Boise Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily (208) 368-9901</p>	<p>River of Life Boise Rescue Mission 575 S 13th (by River St) Boise Breakfast 6:30 am daily Lunch Mon-Sat 12:00, Sat/Sun at 1 Dinner 5 pm for guests staying outside of River of Life Dinner 7 pm for Guests staying at River of Life. Undocumented OK. (208) 389-9840</p>	
<p>Holy Nativity Episcopal Church 828 W Cherry Ln Meridian 1st and 2nd Wed 5:30-7, dinner (208) 888-4342 http://wwepiscopalholynativity.org</p>		

3rd Thurs Sunday	6 pm 1pm	Cathedral of the Rockies Boise	717 N 11th	(208) 343-7511
Mond/Tues/Thurs Sat/Sun 1 x / month	6 pm	St Vincent de Paul Boise	3209 Overland	(208) 333-1460
Tuesdays	6-7pm	Immanuel Lutheran Boise	707 Fort St.	(208) 344-3011
1st/last Thurs	6pm	First Presbyterian Boise	950 W State	(208) 345-3441
1st Fri	6pm	All Saints Episcopal Boise	704 S Latah	(208) 344-2537
2nd Thur	6pm	St John's Cathedral Boise	807 N 8th (basement)	(208) 342-3511
2nd Fri	6pm	Sacred Heart Catholic Boise	811 S Latah	
3rd Tues	6pm	Red Rock Christian Boise	1124 S Roosevelt	(208) 342-2380
3rd Fri	6pm	Whitney United Methodist Boise	3315 Overland (by Owyhee)	
4th Thurs	6pm	Wright Community Congregational Boise	4821 W Franklin	
Last Wed	6pm	Hillview United Methodist Boise	8525 Ustick Rd	(208) 375-0392
1st/ 2nd Wed	5:30-7	Holy Nativity Epis. Church Meridian	828 W. Cherry Ln	(208) 888-4342

SELF RESCUE MANUAL - Hotlines for Crisis/ Resource

American Red Cross

146 South Cole
Mon - Thurs 9-4, Fri 9-1
Offers family disaster & emergency assistance 24/7.
1-800-853-2570 X 803

City Light for Women & Children

1404 W Jefferson
Safe place for victims of domestic violence, or any kind of violence, to go for protection.
(208) 368-9901

Combat Call Center

24 hour hotline for combat Veterans to provide support, information about services/benefits available to them & referral to local resources.
1-877-927-8387

FACES Family Justice Center

417 S. 6th Street (corner of 6th and Myrtle)
Provides multiple no cost services in one location for victims of Child Abuse, Domestic Violence, Elder Abuse, and Sexual Assault for women, children, men and the elderly. All services are voluntary. (Free parking on myrtle side, enter through the alley)
www.Facesofadacounty.org
(208) 577-4403

Hays Youth Help Line operated by Hays Shelter Home

24 hour Hays Hotline for Youth in Crisis
(208) 322-2308 or 1-877-805-2308

Health and Welfare Adult Protection

Crisis line for reporting adult/ elderly abuse.
(208) 332-1745

Health and Welfare Child Protection

Crisis line for reporting child abuse
(208) 334-5437

Health & Welfare Mobile Crisis Unit Suicide Prevention

24 hour crisis line for adults, also available for children after regular business hours.
(208) 334-0808 or 1-800-600-6474

Hotlines for Information on Substance Abuse

Al-Anon **(208) 344-1661**
Al-Ateen **1-888-425-2666**
Alcohol Drug Helpline
1-800-821-4357 Alcoholics Anonymous **(208) 344-6611**
Call St. Luke's (for class registration & referrals) **(208) 381-9000**
Drug Information Help/National Clearinghouse for Alcohol & Drug Information **1-800-729-6686**
Narcotics Anonymous **(208) 391-3823**
RADAR (Alcohol & Other Drug Resources) **(208) 426-3471 or 1-800-937-2327**

Idaho Careline 2-1-1

Referral to medication/ medical resources, community resources, child care, substance abuse, etc. Spanish.
211 or 1-800-926-2588

Idaho Domestic Violence Hotline

1-800-669-3176

Idaho Housing and Finance Hotline

331-4877
1-866-432-4066

Idaho Suicide Prevention & Hotline (24 hour)

1-800-273-8255
spanidaho.org/idahosuicideprevention.org/#&panel1-1

National Alliance on Mental Illness Helpline

1-800 950-6264

National Child Abuse 24 hour Hotlines

1-800-4-A-CHILD

National Runaway 24 hour Hotline

1-800-786-2929 or

1-899-RUNAWAY

National Teen Dating Abuse Hotlines

1-866-331-9474

loveisrespect.org

SAMHSA Disaster Distress Hotline

Crisis counseling and support to people following disasters including but not limited to: wildfires, earthquakes, mass violence.
(800)985-5990 or text TalkWithUs to **66746**
(800) 985-5990 opt 2 (other languages) or text Hablanos to **66746** (for Spanish)
www.samhsa.gov/find-help/disaster-distress-helpline

Treasure Valley Community Resource Center

Mon – Fri 8–5
Phone referrals.
(208) 459-9263

Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.
Google above title.

Women & Children's Crisis Center (WCA)

343-3688
Domestic Violence Hotline (24 hr)
343-7025
Rape Crisis Hotline (24 hr) **(208) 345-7273**

Veterans Crisis Line

1-800-273-8255 X 1

SELF RESCUE MANUAL - Housing Resources

Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.

(208) 287-7960

www.adacounty.id.gov

Boise City/Ada County Housing Authority

1276 River #300

Subsidized housing for families, disabled, & elderly (2-4 year waiting list). Public Housing (project based housing) for the elderly & disabled (9-12 month wait list). For available rental units from various landlords in the community please visit website.

(208) 345-4907

housingidaho.com/

City of Boise Housing & Community Development

150 N. Capitol Blvd.

Office on the 2nd Floor of City Hall Manage over 300 affordable rental units, including studios, 1-3 bedroom units, and several single family houses. The majority of units are studios, which are remodeled motel rooms. Rent includes all utilities. No application fee. Please call for availability and/or length of the waiting list.

(208) 570-6833

<http://hcd.cityofboise.org/housing/rentals/>

Community Resource for Families Program - Boise School District

Some elementary schools in Boise School District have Community Resource Workers who have access to rental/utility assistance and other community referrals. Contact your child's elementary school or the Idaho Careline for more information.

IDHW Emergency Assistance/ Navigator Program

Rent, utility assistance to families with children if sustainable income. Call Idaho Careline for referral.

2-1-1 or 1-800-926-2588

Good Samaritan Home

3501 W State

Mon-Fri 9-5

Provides affordable (on a sliding scale based upon income) housing (both permanent & temporary) for adults of all ages.

(208) 343-6051

Idaho Housing and Finance Association

565 W Myrtle

Assists new homeowners with low-interest mortgages for eligible first-time homebuyers, income based, potential help with down payments & closing costs. Homebuyer Education classes both live & on line. Counseling services include pre-purchase, post purchase non-default, homeless prevention, & foreclosure prevention counseling.

(208) 331-4877

1-866-432-4066

ihfa.org

idamortgage.com

Idaho Housing and Finance Association

Mon-Fri 8:30-5:30

A searchable registry of housing with accessibility features, affordable rental housing, age-restricted rental housing, & market-rate rental housing. The Housing Hotline is a free information & referral service.

A searchable registry of housing with accessibility features, affordable rental housing, age-restricted rental housing, & market-rate rental housing.

1-877-428-8844

housingidaho.com

Spanish:

<http://viviendaidaho.com/index.html>
[ESP](http://www.viviendaidaho.com/index.html)

Jesse Tree of Idaho

1121 Miller St (11th & Myrtle)

Mon, Tues, Wed, Thurs 11-2

Emergency rent assistance. Call for screening for emergency rental assistance. Must have paid rent for 3 consecutive months on time (does not need to be the last 3 months), must have eviction notice, must participate in case management, have proof of income and Ada County resident.

(208) 383-9486

Neighborworks Boise

3380 W Americana Terrace #120

Below-market apartment rental units (based on income) -2,3,& 4 bedroom.

(208) 322-5855, (208) 386-9818

Below market mobile home space rental, based on income **(208)**

573-0258

Home Foreclosure Prevent **258-6224**

Licensed mortgage lending, Mortgage down-payment assistance **(208) 258-6788**

Financial Counseling **(208) 258-6225**

For more information **(208) 343-4065**

www.nwboise.org.

Our Path Home

Starting place for people in homelessness to get stability. Staff to help see if qualify for homelessness prevention, rapid rehousing, transitional or permanent supportive housing services and help make referral connections to these programs.

(208) 495-4240

Provenance House

Transitional housing from prison for men, sex offenders ok. \$385 for rent and utilities with no extra fees. Clean bedding, pillows, towels and toiletries provided as needed. Nice homes in residential neighborhoods that are close to bus stops.

(208) 577-7700 Doug Hardy

dougwhardy@gmail.com

Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5

Information & referral on services in Idaho & Eastern Oregon via phone.

(208) 459-9263

SELF RESCUE MANUAL - Legal Assistance, Refugee Agency

Ada County Court Assistance/Self-Help Center

200 W Front Room 158
Mon–Fri 8:30-3 (In Ada County
Courthouse)

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. Free notary available for Ada County Courthouse paperwork only (Will not notarize vital stats paperwork). 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.

(208) 287-6963 & (208) 287-6944
courtselphelp.idaho.gov

Agency for New Americans

1614 W Jefferson
Mon–Fri 8:30–3

Resettlement agency. Provide refugees, asylees & victims of trafficking with case mgmt, employment, referral & limited immigration services. Some other services available based on eligibility. Spanish speaking.

(208) 338-0033
anaidaho.org

CASI Foundation for Children

2308 N Cole #E

Mon- Tues 8:30-3:30, Fri 8:30-1
Private, non-profit adoption agency. Offer help low-income & homeless pregnant women & their partners. Free & confidential.

(208) 376-0558
adoptcasi.org

Catholic Charities of Idaho

7255 N Franklin Rd

Immigration & legal counseling. Spanish. To qualify: have no back child support, no IRS liens, no felonies, no prior false claims of citizenship, & less than 2 misd in last 5 years. Family based system. No employer sponsors.

(208) 345-6031
catholiccharitiesidaho.org

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

4696 Overland #228

Mon–Fri 9–5

Low cost help w/ family immigration issues. Health resources education & parent education. Not for deportation hearings. Spanish.

(208) 378-1368

DisAbility Rights Idaho (was Co-Ad)

4477 Emerald #B100

Advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have rights violations or discrimination because of their disability. Assistive technology/services, & in applying for, or receiving services from rehab programs, & SSI/SSDI beneficiaries with return to work issues.

Information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish.

336-5353 or 1-866-262-3462

Idaho Dad's, Inc.

Free. Nonprofit to educate Dads of parental rights.

(208) 353-1537
www.idahodadsinc.org

Idaho State Council on Developmental Disabilities

700 W. State Street, 1st Floor

(208) 334-2178 or 1-800-544-2433
info@icdd.idaho.gov

Idaho Legal Aid

310 N 5th

Mon-Fri 8:30-5

Family law (divorce, custody & protection orders with domestic violence), & landlord- tenant problems, mortgage foreclosure issues. Based on income & type of problem. Walk-ins OK. 3 statewide toll free advice lines: Domestic Violence Legal Advice Line 1-877-500-2980, Fair Housing Legal Advice Line [1-866-345-0106], Senior Legal Hotline age 60+ 1-866-345-0106. Spanish line: 1-866-954-2591.

(208) 345-0106 X 0
idaholegalaid.org

Idaho Volunteer Lawyers

Mon–Fri 8–5

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 corps. Priority is domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement.

1-800-221-3295 & (208) 334-4510
isb.idaho.gov/ilf/ivlp/ivlp.html

Idaho Volunteer Lawyers Foreclosure Aid Project

Mon–Fri 8–5

works to address the legal concerns of families facing foreclosure.

1-855-955-8296
isb.idaho.gov/ilf/ivlp/ivlp.html

ITLA Street Law Clinic

Boise Public Main Library
715 S. Capitol Blvd.

Hayes Auditorium

Street Law Clinic 2nd and 4th
Mondays, 4-6pm, check in by 5:30
Family Law Clinic 4th Monday of
month, 4-6, check in by 5:30

<https://www.itla.org/index.cfm?pg=StreetLawClinic>
(208) 345-1890

SELF RESCUE MANUAL - Medical Assistance

Ada County - NACo Prescription Drug Discount Card Program

Free cards may lower up to 22 % of cost for most meds. No paperwork or income guidelines. Use card like coupon. Available at most pharmacies such as Walgreens & Rite Aid.

Advanced Chiropractic

6720 W Overland
\$20 Sports physicals for junior high and high school students. Same day appointments available.
(208) 323-1440

Ada County Indigent Services

252 E Front #199 (2 buildings East of Courthouse, parking East side of Courthouse or parking garage; 1st hr free and \$1.00 after 1st free hr)
Monday – Friday 8:00-5:00
Fill out app, bring to office to schedule apt. Need current written prescriptions, may take 2+ days to OK. Help with long term medical bills based on indigency staying within time frames from 1st date of service.
(208) 287-7960
www.adacounty.id.gov

All Seasons Health

8050 W Rifleman #100
Medicaid, insurance. Primary care, meds mgmt, counseling, Injections, screenings. Non-emergency care, outside referrals for surgeries. Call for appointment. Can get interpreters.
(208) 321-0634

Allies Linked for the Prevention of HIV and AIDS

575 N 8th Street LL
Mon - Friday, 2-8:00
Food Pantry: Thur 2-8, Fri 2-5
Free confidential rapid HIV and Hep C testing, counseling, and referral. No cost STD testing. HIV education, outreach, and support. Hep C support group, free condoms, safer injection and harm reduction materials avail.
(208) 424-7799
Alphaidaho.org

Amador Medical

5674 W. State Street
Medicaid. Medical equipment provider specializes in incontinence supplies, ages 4 years and up.
www.AmadorMedical.com
(208) 514-0173

Bridges to Access

Free prescription assistance for GlaxoSmithKline's medicines.
www.bridgestoaccess.com

Cair Project

Abortion fund that services the Northwest.
1-888-644-2247
<https://cairproject.org/info/idaho/>

Central District Health

707 N Armstrong Pl (Emerald)
Teen Clinic walk-in Thurs 2:30–5:30.
Family Planning **327-7400** Apt only.
Pregnancy tests apt only. Times vary.
WIC **327-7488** apt only. Pregnant & breastfeeding women, infants & children age 1-5.
Immunizations for Children **327-7450**
By appt only.
(208) 375-5211

Covering Idaho Kids at Mountain States

1607 W Jefferson
Mon-Fri 8:30-4:30
Sign eligible kids up for Medicaid. Outreach workers will help fill out applications, ensuring proper documentation, & make home visits to pick up or drop off paperwork.
(208) 336-5533 X233
coveringidahokids.wordpress.com/

EI-Ada Outreach HIV testing

2250 S Vista
Mon–Fri 8:30–4
HIV testing, counseling, groups, & education. Free OraQuick Advance rapid testing & results for HIV with counseling on site & at various outreach van locations. HIV prevention and risk reduction education.
(208) 345-2820

Family Care Clinic

6933 W Emerald St.
Medicaid, Medicare, all major insurances, sliding scale. Full service health clinic including primary care, family care, medmanagement, weight loss and walk ins.
(208) 321-1028

Family Medicine Health Center

777 N Raymond
6565 Emerald; 121 E Fort;
2275 S Eagle Rd #120 Meridian
Medicaid, Medicare, sliding fee, private ins. Beginning of life through end of life care. Women's Health, Chronic Disease Management, Hep C, HIV, mental health and more. Community Health Workers and Certified Enrollment Counselors.
(208) 514-2500
<http://www.fmridaho.org/patients/services/>

Fred Meyer Pharmacy

3527 Federal Way **(208) 424-7533**
5230 W Franklin **(208) 429-6433**
5425 Chinden **(208) 323-7036**
10751 W Overland **(208) 373-5233**
1850 E Fairview Meridian **887-5273**
Generic med approx \$4 for 30 days or \$10 for 90 days. Free insurance card at Fred Meyer. Ask for it at the counter.

Friendship Clinic at All Saints Episcopal Church

704 S Latah
Mondays & 2nd/4th Tuesday. 5:30-8:30
Free basic health care services for underinsured & uninsured. No Medicaid or Medicare. Appointments only. Acute non-emergent care, limited mental health & no children services. No interpreters available.
(208) 429-6678
friendshipclinic.com

Family Wize by United Way

Prescription discounts with free downloadable card. See website for details.
<https://www.unitedwaytv.org/work/familywize-prescription-savings/>

SELF RESCUE MANUAL - Medical Assistance cont.

Garden City Community Clinic (Genesis World Mission)

215 W 35th

Free. Call anytime. Apts scheduled for Tues & Thurs 4 - 6 or Wed 9:-11. Free medical clinic for low income & uninsured patients. Financial eligibility remains at 200% of Federal Poverty Guidelines. Services: treatment of acute non-emergent illnesses, basic chronic care & counseling, medications as available. Dental clinics Mon, Tues, Wed, Fri. 8-2. Complex mental illness care & complex chronic care are referred to other providers. Ladd's Pharmacy is partnering with GCCC to fill any meds not in formulary & all \$4 generic medications. Bring interpreter.
(208) 384-5200

Idaho CareLine

Referral to medication/ medical resources. Spanish.

211 or 1-800-926-2588

idahocareline.org
RxIdaho.org

Kmart Pharmacy

10477 Fairview

Certain generic medicines \$5-15 for 90 days, Spanish interpreters possible.

377-5153

kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite

Knights of Columbus Council #12854

Free wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, other medical equipment.

Dick DeLeonard (208) 362-3710, Dale (208) 888-3782, Robert (208) 377-0874

Leukemia & Lymphoma Society

2404 W Bank Dr #103

Patient financial aid available for all blood cancer patients in active treatment, including co-pay assistance up to \$5,000 per year.

(208) 658-6662

lls.org

Living Independence Network Corporation

1878 W Overland

Loans & gives away wheelchairs, walkers, etc. No financial help. Interpreters available.

336-3335

lincidaho.org

North End Children's Health Clinic

1655 W Fairview #206

Medicaid, insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).

(208) 395-0000

Omega Health

5985 W State

M-1-3:15, T, W, Thurs 9:15-3:15, F 9:15-2:45

Medicaid, Medicare, & insurance. For teens (age 12+) & adults.

853-0071

Partnership for Prescription Assistance

Medicare, Medicaid. Help getting prescriptions. Income guidelines. Spanish.

1-888-477-2669

pparx.org/en/about_us
kids.pparx.org

Pharmaceutical Company Patient Assistance Programs

Website with information, news, & database designed to find ways to get affordable or free medications to low-income patients. Must register for a free user account.

rxassist.org/Search.cfm

Planned Parenthood

3668 N Harbor (off State St)

Mon 9-7, Tues 11-7, Wed 9-5, Thurs, Fri 8-4, Sat 10-4

Medicaid, sliding fee & insurance. Birth control, STD tests, pregnancy tests, emergency contraception (EC). Walk-ins accepted for some services. Call for appt. Abortion services. Early pregnancy loss services. Spanish

(208) 376-9300

ppgnw.org

Praxis Medical Group

3080 E Gentry Way # 200, Meridian
Mon-Fri 8-5

Medicare, no Medicaid, \$35 school physical. Cash discount (not for physicals).

378-2840

Primary Health Walk-in Clinics

1907 S Broadway **345-1222**

Mon-Sun 8-8

300 W Myrtle **(208) 472-9082** Mon-Fri 7-8, Sat- Sun 8-6

6052 W State St **(208) 344-7799**

Mon-Fri 8-8, Sat-Sun 8-6

8971 W Overland **(208) 378-4288**

Mon-Sun 8-8

6348 Emerald St **3(208) 77-4400**

Mon-Fri 8-5 (Pediatrics)

125 E Idaho St (OB/GYN) **(208)**

385-9330 Mon-Fri 8-4:30

11197 W Fairview **(208) 378-8011**

Mon-Sat 8-8, Sun 8-6

3115 E Florence St **(208) 895-8670**

Mon-Sun 8-8

1130 E Fairview **(208) 888-9393**

Mon-Sat 8-8, Sun 8-6

435 S Eagle #100 **(208) 939-8200**

Mon-Fri 8-8, Sat 8-6

Medicaid. Undocumented people welcome. All clinics have Spanish interpreters & language lines except the Eagle location.

Rite Aid Pharmacy Savings Card

\$9.99/30-days generics, \$15.99/90 days, save 15% on other name brand/generics.

1-866-317-4286

riteaid.com/pharmacy

Stanton Healthcare

3684 N. Harbor Ln.

No charge for services.

Call for appointment.

Early detection pregnancy verification,

free ultrasounds, options counseling, sexual integrity info., post abortion support, STD Testing, practical assistance, client advocacy, confidentiality.

(208) 855-5095

contact@stantonhealthcare.org

SELF RESCUE MANUAL - Medical Assistance cont.

St Alphonsus Express Care

Rite Aid 1515 W State
Albertsons 4700 N Eagle Road
(McMillan)
Mon–Fri 9–8, Sa & Sun 10–6
Medicaid, Medicare, insurance. Nurse practitioner assesses & treats basic medical conditions for flat fee of \$75 & school physicals (\$25). Adults & children 12 months & older. Medicaid patients need to fill out Healthy Connections form.
(208) 367-7264

St Luke's Internal Medicine

701 E Park Center
Mon–Fri 8–5
Medicaid, may slide fees. Adults 18+, primary care.
(208) 381-6400

St Mark's Crisis Center

7960 Northview
Mon-Fri 10-2
Emergency only. Need prescription, \$50 max, use only once. Photo ID. No pain killers or controlled substances. Must use Shopko pharmacy (get price quote, then given a voucher).
(208) 327-0345

St Vincent de Paul Patient Assistance Program

3217 W Overland
Mon–Thurs 10–12, 1-4
Maintenance meds. Call for info & appt first. No application fee. Meds usually arrive in 4–6 wks after app sent to drug company. Patient must have written prescription.
(208) 344-9737

St Vincent de Paul Help Line

Must leave name, phone, zip code for call back
331-2208

Senior Health Insurance Benefits Advisors (SHIBA)

Provides free help about Medicare. Clients can get help with plans, financial assistance programs, or filing complaints.
1-800-247-4422

Shriner Hospital Referrals

Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital. No charge for services, arrange & pay for travel.
(208) 343-0571

Sonshine Family Health

2308 N Cole #H
Mon, Tues, Thurs 8–12, 1:15–5:15,
Wed 8–1, 2:15–7, Fri 8–1
Medicaid, self-pay, no insurance. Payment due at visit, simple visits start at \$63. Nurse practitioner. Undocumented citizens served. Interpreters available with notice.
(208) 375-8806

St Alphonsus Family Center CARE Clinic

900 N. Liberty #100
Pregnant refugee 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 & baby. Help in applying for Medicaid, pregnancy tests, prenatal exams, well-baby checks, immunizations, & education classes.
(208) 367-2126

State St Immediate Care

4902 W State
Mon, Wed 8-5
Medicaid. Walk-in clinic. Office visit \$65 deposit remaining amt will be billed out to patient. Can bill out for labs/tests. Limited Spanish serves.
(208) 853-3100

"Su Familia" National Hispanic Family Health Helpline

Call Mon-Fri 9-6. Offers Hispanic consumers with health info, local referral services to MDs, bilingual advisors, receive bilingual fact sheets (cancer, child & adult immunizations, diabetes, HIV/AIDS, autism, mental health)
1-866-783-2645 or 866-SU-FAMILIA

Terry Reilly Medical Boise Clinic

300 S 23rd St
Mon, Tues, Thurs 8-8, Wed 9:30-8, Fri 8-5, Sat 9-5
Medicaid, Medicare, sliding fee, insurance, homeless grant. Primary Care, call for appt, including same day appointment. Bring proof of income & SS cards. Express Care sees minor acute issues with same day appointments or walk-in. Requires \$31 access fee/sliding fee. Spanish. Undocumented citizens served.
(208) 344-3512

Together RX Access Card

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.
1-800-444-4106
togetherrxaccess.com

Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources
police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

Unity Health Center

745 S Progress Ave Meridian
Mon-Sat 8 am-8 pm, Sun 10-7
Sliding scale fees. Need photo ID.
(208) 895-6729
uhcidaho.com

Vineyard Christian Church

4950 N Bradley
Wed & Sat 9:30–11:30
Free for non- insured. Walk-in, medical, & gynecology. Spanish interpreters.
(208) 954-2059

Wal-Mart Pharmacy

8300 W Overland Boise **(208) 321-9080**
7319 W State Boise **(208) 853-4780**
4051 E Fairview Meridian **(208) 373-0024**
Bring Rx, some generic meds. \$4 for 30 days.

SELF RESCUE MANUAL - Shelters and Showers

City Light for Women & Children

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 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.

(208) 368-9901

City Light for Women & Children Emergency Shelter

1404 W Jefferson (Boise Rescue Mission)
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 Mon–Fri, 9 am Sunday, brunch 10:30 am Saturday, dinner at 5 daily. Open to public, including people who are not homeless.

(208) 368-9901

City Light New Life Recovery Program

Free 1+ year intensive program. Residential shelter. 1-on-1 counseling for women & children. Meals daily.

(208) 368-9901

Cathedral of the Rockies

711 N 11th Street
Provides free shower vouchers to YMCA by request.

(208) 343-7511

Corpus Christi House Day Shelter

525 Americana Blvd
Mon–Sat 7-11:45, 12:45–4:30, Sun 9-11 Worship Service.
Have washers & dryers, showers, some clothing, phones available, may use their address for a mailing address, free coffee & food twice a day. Education center for GED & computer use.

(208) 426-0045

El-Ada Community Resource Center

2250 S Vista
Supportive Services for Veterans Families (SSVF) (Eligibility up to 50% of HUD Area Median Income). Case management & supportive services to help Veterans experiencing homelessness prepare to succeed in permanent housing & achieve stability goals. Walk-in to apply or call for an appointment.

(208) 345-2820

www1.va.gov/homeless/ssvf.asp

Hays Shelter Home

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

(208) 322- 2308 & 1-877-805-2308

Interfaith Sanctuary

1620 W River
Mon-Sun 6 pm–7 am
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.

(208) 343-2630

interfaithsanctuary.org

Pioneer Neighborhood Community Center Day Shelter

500 S Ash St Boise
Boise Parks & Recreation offers day shelter for homeless families. Room for 15 families. Youth activities will be offered. Open December 1st thru March 31st. Open daily 8-3 for preschool children & their parents, after school drop-in for school aged youth.

(208) 384-4069

River of Life Men's Mission

575 S 13th (by River St)
Can call to 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. 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.

(208) 389-9840

YMCA

Downtown 1050 W State **(208) 344-5501**

West 5959 N Discovery Plc **(208) 377-9622**

Homecourt 936 Taylor Avenue, Meridian **(208) 855-5711**
\$2.00 Showers Individuals & families may apply for financial assistance for membership.

Women & Children's Alliance (WCA)

720 W Washington
Call & assess first. Must be domestic violence or sexual assault, women & children only, 120-day program, required classes, waiting list. Parenting, life skills, safety management, & financial planning classes. Court advocacy & safety planning.

(208) 343-7025

SELF RESCUE MANUAL - Substance Abuse Treatment

A New Day-Safe & Sober Living

BPA and IDOC approved and funded \$450 self-pay rent with no initial/move in fee. Prorated rent if starting in the middle of the month. Clean and comfortable sober living for men. 3 convenient locations (Boise; Meridian) (720) 212-7446
anewdaysoberliving@gmail.com

Access to Recovery Hotline

Mon-Fri 8-6
 State funding. Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for outpatient & inpatient, residential, recovery support services (case mangmt, transportation & childcare), safe/sober housing, family, marriage/life skills education & emergency housing.
 1-800-922-3406 X 2
bpahealth.com

AA-Alcoholics Anonymous

Call for information.
 (208) 344-6611

Allumbaugh House

400 N Allumbaugh
 Voluntary facility open for detox & mental health services 24 / 7. No walk-in. Detox can be self-referral. Call for appt. 18+, reside within Ada, Boise, Elmore, & Valley Counties. Low income &/or lack of health insurance coverage. Referral for mental health services by designated professionals for admission. (208) 377-9669

Ambitions of Idaho, Inc

6550 Emerald #108, Boise
 Medicaid, BPA funding, Medicaid. Behavioral, substance abuse treatment
 (208)466-7443
www.cocofidaho.com

Ascent Behavioral Health Service

366 SW 5th Ave #100 Meridian
 Self pay, private insurance, and state funding accepted. Medicaid through state funding for substance abuse treatment. Substance abuse treatment for adolescents & adults. Dual diagnosis, anger management, & cognitive self change courses.
 (208) 898-9755

Business Psychology Associates

Mon-Fri 8-6
 Provider of state funding for drug/alcohol treatment. Based on eligibility.
 1-800-922-3406 or 947-4393

Calvary Chapel Outreach Words of Freedom

123 Auto Drive
 Thurs @ 7, 12 Step Program (Christian)
 (208) 321-7440
pureword.org

Celebrate Recovery Dinners Christian Based "8 Recovery Principles"

Vineyard Christian Fellowship
 4950 W Bradley Boise
 Fridays @ 6, groups 7-9
 (208) 377-1477
vineyardboise.org
 Sacred Heart Church Celebrate Recovery
 811 S Latah
 Thursdays Dinner 6, 7-8 large group teachings & 8-9 small group's gender specific. 12 steps of AA. Drop in/ call.
 Randy (208) 602-5667 or Mike (208) 344-8311 sacredheartboise.org

First Baptist Church
 607 N 13th
 Monday's @ 6pm, 7-9 groups
 (208) 344-7809
fbcboise.org
 River Valley Community Church
 1115 N Garden St
 Sundays at 6pm. Groups 7-9 pm
 (208) 342-1751

rivervalleyministries.com
 Ten Mile Christian Church Celebrate Recovery
 3500 W Franklin Rd Meridian
 Meets Fri 6-9:30pm, dinner at 6pm.
tenmilechurch.org/

Center for Behavioral Health

92 S Cole (208) 376-5021
 1965 S Eagle #180 Meridian (208) 288-0649
 Mon-Fri 5a-12:30 p, Sat/Sun 6-8a
 No insurance. Self-pay only.
 Methadone clinic, outpatient treatment for suboxone & methadone & other addictions.

Chrysalis Home Women's Transitional Living

2501 W State
 No treatment. Support service for women. Must be clean & sober, not a shelter, 12-18 month stay, must be in school or work full-time. \$350/month fee, 41 beds.
 (208) 424-1323
chrysaliswomenidaho.org

City Light for Women & Children New Life Recovery Program

1404 W Jefferson
 Free Substance abuse treatment, 1+ year intensive program. Residential shelter. Counseling, women & children only, provide meals daily.
 (208) 368- 9901

Community Services Counseling

963 S Orchard #B
 Mon -Thurs 10:30-8
 Adults 18+, self-pay, voc rehab funding, state funded. Chemical dependency matrix, relapse prevntn, cognitive self change, anger mgmt, women's trauma recovery.
 (208) 336-6792
www.cocofidaho.com

Community Support Center

716 N Orchard
 Mon-Thurs 8-4
 Medicaid. Adult day treatment for mentally challenged adults age 18+. Art & play therapy, substance abuse, group therapy, dual diagnosis, skill building symptom mgmt. Must have diagnosed mental disorder.
 (208) 429-0330

SELF RESCUE MANUAL - Substance Abuse Treatment cont.

Easter Seals-Goodwill Adult Behavioral Health Services

8620 W Emerald #150

Mon-Fri 9-6

State funding .Self pay starts at \$10/class. Assessments OP & IOP sub abuse treatment, anger man, CSC, MRT parenting classes & relapse prevention.

(208) 672-2900

Harmony House

Meridian, ID

State funding. Need assessment first. Residential 90-day treatment for teens 13–17. Few beds, possible wait list.

(208) 288-1079

Idaho Quit-Net

Free website to stop smoking. Advice on quitting, online support from other smokers, possible medication aid.

idaho.quitnet.com/f/community/talk

Intermountain Hospital

303 N. Allumbaugh St. Boise

Inpatient mental health/substance use treatment

for adolescents, adults and seniors. Must call for appointment.

www.intermountainhospital.com

208-377-8400

Narcotics Anonymous

Helpline number.

(208) 391-3823

Pioneer Health Resources

545 N. Benjamin STE. 185 ,
Boise, ID 83704

Intensive Outpatient
Treatment/Outpatient

Services, Substance use case management services, Symptom management/early recovery groups, Relapse prevention, Recovery planning groups, Individual and conjoint therapy, Aftercare Services

(208) 322-1026

www.pioneerhealthresources.com

Recovery 4 Life

8950 W Emerald #178

Mon-Thurs 9-6, Fri 9-2

State funding, self pay, sliding scale, & insurance. Recovery support services case man. Intensive outpatient to adults & adolescents, individual, group & family therapy.

(208) 376-7083

Refuge Recovery

Mindfulness-based addiction recovery community using Buddhist philosophy. Meetings include guided meditation and sharing.

Thursday – 7:30pm to 8:30pm

Compassion and Insight Center

1627 S. Orchard St., # 200

Saturday – 4:30pm to 5:30pm

Boise Institute for Buddhist Studies

660 N 9th St.

refugerecoveryboise@gmail.com

<https://www.facebook.com/refugerecoveryboise/>

<http://www.refugerecovery.org/>

River of Life

575 S 13th

Free residential recovery for men

(208) 389-9840

Rising Sun Sober Living

Monthly fee is \$400 with \$50 processing fee. Clean & sober housing for men & women in recovery. Serving Ada & Canyon Counties. Men & women houses are separate. Caldwell men only.

(208) 338-0861 or (208) 898-4668

risingsunsoberliving.org

Road to Recovery (Boise Methamphetamine Clinic)

4795 Emerald, Bldg A

Mon–Thurs 9:30–5:30

State funded, must be age 18 or older, no history of sexual abuse or violent offenses. Substance abuse outpatient treatment. Separate male & female intensive 12 month program. Spanish speaker.

(208) 384-4234

Sage Recovery Services

2995 N Cole #200A Boise **(208)**

287-3285

1323 N Main Meridian **(208) 888-0375**

\$15/group; sliding scale. Substance abuse evaluations are \$40.

Alcohol/drug education, relapse prevention education, Idaho Model CSC, Thinking for a Change, anger mgmt, parenting, & individual sessions.

Supportive Housing & Innovative Partnerships (SHIP)

1405 Grove

State funding from BPA, private pay, & program for homeless. Safe & sober housing for single men & single women. Case mgmt, random drug testing & life skills recovery support. Housing program for homeless veterans with substance use.

(208) 331-0900

Ten Mile Christian Church Celebrate Recovery

3500 W Franklin Rd. Meridian

Meets every Fri 6–9:30pm, dinner at 6pm. Outpatient recovery support group services, Christ centered, family, marriage, life skills training, case mgmt.

(208) 888-3101

Tenmilecc.com

Tobacco Cessation

Free telephone counseling service. Spanish, deaf & hard of hearing.

Free tobacco cessation classes **(208) 342-0308 Nancy Caspersen. 1-800-QuitNow (1-800-784-8669)**

<http://idaho.quitnet.com>

SELF RESCUE MANUAL - Substance Abuse Treatment cont.

<p>Ustick House 8050 Ustick & 9230 Ustick Sliding fee.12-step structured sober living house for men, 90-day min. (208) 322-0474</p> <hr/> <p>Veterans Medical Center RSAT (Residential Substance Abuse Treatment) 500 W Fort Provide detoxification & 21-day residential & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling, & transitional housing for veterans completing RSAT. Eligible vets only. (208) 422-1000 X7515</p> <hr/> <p>"Victory over Sin" IMSI Hope Community Phase II Recovery/Addiction Meetings 963 S Orchard Suite 101 Boise Tues/Wed 7pm (208) 629-8861 www.imsihopecommunityphaseii.com</p>		
---	--	--

SELF RESCUE MANUAL - Support Groups

A New Beginning Wellness Center
8660 W. Emerald Street, #142 - Boise
Medicaid, EAP, IPN, Blue Cross,
Pacific Source, Cigna, Private Pay,
Victims Compen. Ins. and more

Bullying/Anger Group -4th/5th grade
bullying behaviors and how to stick
up for self, managing anger. 6 wks.

**Foster care/Adoption parent
support** - support complex trauma
Youth Advisory Board - Designed for
kids 12-18 who have been adopted.
More information contact Quincy at
2028-939-3865 or
quincy@anbwellnesscenter.org

Adoption Support Group

Call or email for information. For
families who have adopted children to
share tips and find support,
especially with regards to attachment
disorders.

(208) 949-3834 (Mandy)
m_maidhoff@hotmail.com

Adult Children of Alcoholics

St Paul's Catholic Center
1915 University 2nd Floor -back of
library.

Tuesdays @ 7:30
(208) 344-1661, (208)
284-5377(español)

AA-Alcoholics Anonymous

Call for information.
(208) 344-6611 or 1-800-627-9103

Al-Anon Family Groups

1524 S Vista
24-hour info schedules & information
visit volunteers to talk with. Daily
noon & evening meetings.

(208) 344-1661
Al-Anon Literature Discussion Group
111 S Orchard #238 (corner of
Kootenai & Orchard, entrance 5).
323-0141(Will) for ACOA meetings.
al-anon-idaho.org/

Al-Ateen

Call for meeting times & locations.
(208) 344-1661

Alzheimer's

Call for info, resources & referrals on
support groups for family
members/caregivers. 24/7 Helpline. 5
on-going support groups.

(208) 914-4719
alz.org/idaho

Asthma Education

100 E Idaho
St Luke's Tower ([Anderson Ctr # 2](#))
3rd Thurs 7-8:30
Asthma ed, how it affects airways,
triggers, meds, making plan with MD
(208) 381-2155

Baby and Me Support Group

900 N Liberty #204 (St Al's Family
Center)
Tues 10-11am
For new parents & babies 0-12 mo.
(208) 367-7380
saintalphonsus.org

Bereavement Support Group

Horizon Home Health and Hospice
63 W. Willowbrook Dr. Meridian
Mondays 5:15 p.m, except holidays.
This group is open to the community
for anyone facing a loss of a loved
one. To enroll call Darren Woods,
LMSW (208) 888-7877.

Better Breathers Club

People/families with respiratory
issues.
Complex Care Hospital of ID Meridian
2131 S Bonita Way 1st Wed 11-1,
(208) 345-2209
St. Alphonsus (McCleary Center) 2nd
Wed 3:30, (208) 367-3199 (Michelle)
ALA Office 1111 S. Orchard #245
2nd Wed 3:30 (208) 336-2373 (Kera
Yost)

Birth Parent Support

10740 Fairview
LDS Social Services
(208) 376-0191

Breastfeeding Bunch

103 W State (St Luke's Women's
Life) Wed 10-12
520 S Eagle (St Luke's Meridian
Shoshone Room). Thurs 1-3 pm.
Breastfeeding moms & babies share
experiences, concerns & information.
Lactation experts will offer advice,
Q&A
(208) 381-9000

Breastfeeding Support & Encouragement

900 N Liberty #100 (St Al's Family
Center)
Tues 11-12
(208) 367-7380
saintalphonsus.org

Cancer (Living Through)

100 E Idaho St Luke's MSTI
Cancer patients, caregivers, & family.
(208) 381-2760 Jeni

Cancer Grief Support Group

Call to register for class & to get more
information.
(208) 381-2760

Cardiac Support Group

100 E Idaho (St Luke's South Tower
[Anderson Center](#))
Call for dates & topics
(208) 381-9000

CHADD (Children with ADHD/ADD)

717 11th St (Cathedral of the Rockies)
3rd Thursday 7-8:30
(208) 484-8100 Denise
ada-gem-counties@chadd.net

Children's Group for Children in Families with Cancer

100 E Idaho St Luke's MSTI
Children ages 7-11.
Call for more info.
(208) 381-3161

CLIMB

A six week support program for
children and teens who have a loved
one with cancer. Free to all families in
the Treasure Valley.
(208) 367-7785, (208) 367-3150

SELF RESCUE MANUAL - Support Groups cont.

Compassus Hospice

680 S. Progress Ave Meridian
For anyone grieving.
Thursdays 1:00pm
Jay Ralphs-Bereavement Coordinator
(208) 895-8686

Compassionate Friends

520 S Eagle (St Luke's-Meridian Hospital basement)
2nd Thursday of month 7:15
Group is for families who have lost a child. Adults bring a friend if nervous.
(208) 855-2137 (Rae Ann)
tcfboise.org

Dad's Matter (Family Advocates)

St. Michael's Cathedral (Baby Steps)
518 N. 8th Street
Thursdays 4-5
A stress-free place for Dad's to unwind

Down Syndrome Group

Call for info & meeting times.
Support for families with Down Syndrome.
(208) 378-9912
idahodownsyndrome.org

Families Anonymous

12-step program for parents, family & friends (ages 15+) concerned about loved one's use of drugs/alcohol or behavior problems. Helps deal with co-dependency & learn to stop enabling. familiesanonymous.org/ (click on E-meetings)

Gamblers Anonymous

1820 N Hartman (New Apostolic basement)
Sat 4-5
12-step program.
(208) 342-0672 (Tony/Jim)

Grandparents As Parents

3852 N Eagle 2nd floor Community Center (First Church of Nazarene). 1st Mon 6:30-8:30.
5312 Overland (Park behind on Phillipi) 1st Mon 7-9
Meridian Elementary School 1035 NW 1st St, Meridian. 1st Monday 7-9
Support group for grandparents & other relatives raising children whose parents are unable or unwilling to do so.
(208) 323-7538 (Tracee Crawford)
idahograndparentsasparents.org&grandsplace.org/gp4/id.html

Grief & Loss Recovery Group via Align Hospice

940 E. Carol Street Meridian (208) 639-1122 (Stephanie)

Grief & Loss

Idaho Home Health and Hospice
3356 E. Goldstone Way Meridian
3rd Wed 6-7:30
(208) 887-6633 Shawn Reiling

HIV Support Group

6094 W Emerald Boise
Tues 6-7
Call for details
(208) 371-3671 (Ryan)

Huntington's Disease Society of America-Idaho Chapter

Wright Community Church
4821 Franklin Rd. 83705
Every second Wednesday of the month at 6:30pm
(208) 570-3175

Idaho Asperger's Support Group

Online meetings for families with children & adults with Asperger's Syndrome.
991-2170

IFAD (Idaho Families of Adults with disAbilities)

Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters
(208) 991-2608
ifad.us
ifad@ifad.us

Idaho Mom's Network

Activities for stay-at-home moms.
(208) 884-3773
idahomomsnetwork.org

Idaho Quit-Net

Website to stop smoking. Advice on quitting, online support from other smokers, possible medication aid.
idaho.quitnet.com/f/community/talk

Leukemia & Lymphoma Society

2404 W Bank Dr #103
Monthly support groups for blood cancer patients & families. Call for information.
(208) 658-6662
lls.org

Narcotics Anonymous

(208) 391-3823

NAMI Friends and Family Support Group

El-Ada program Building
2250 S. Vista Ave
1st, 2nd & 3rd Wed 7:00-8:30pm.
4th Wed is education night. Support group for family & friends of those with mental illness.
(208) 376-4304
www.namiboise.org

NAMI Connection Recovery Support Group for Veterans

500 W Fort Building 114 (room 2)
Tues 1-2:30pm. Support group for veterans with mental illness.
(208) 376-4304
www.namiboise.org

NAMI Connection Recovery Support

Omega Mental Health System
5985 W State St
1st and 3rd Wed 5:30-7.
Peer Wellness Center
963 S Orchard St Suite 102
Thursdays 5:30-7
Support groups for those suffering with mental illness.
(208) 376-4304
www.namiboise.org

SELF RESCUE MANUAL - Support Groups cont.

New Moms' Group

103 W State at St Luke's Women Life
Thurs 10:30-12

St Luke's Meridian 520 S Eagle Rd
Tues 10:30-12

Support group for new moms &
babies.

(208) 381-9000 or (208) 381-1510

Overeaters Anonymous

All Saints Episcopal 704 N Latah
Kate 406-450-3111 Mon 7pm

1st Congregational 2301 Woodlawn
Janeen 863-7816 Wed 12pm

5 Mile Nazarene 2701 S 5 Mile
Dave 921-6083 Thurs 7pm (childcare)

Eagle Senior Center 312 E.State St
Linda Sue 229-2199 Fri 8:45am

Vertical Church 2620 36th St (N of
State St)

Gina 850-0357 Sat 1:30pm

Boise Church of Christ 2000 Eldorado

Genna 440-8927 Sun 6:30pm

Group for any eating disorder

oa.org

Parents Anonymous (Family Advocates)

Tuesday 6:30-8 (free dinner at 6)
518 N. 8th St. (St. Michael's)

Thursday 6:30-8 (free dinner at 6)

1177 N. Roosevelt (Discovery Church)

Free and voluntary confidential
support group

(208) 345-3344 x1020 (Alicia)

www.strongandsafe.org

parentsanonymous.org

Parents, Families & Friends of Lesbians & Gays (PFLAG)

Boise First Congregational
2201 Woodlawn

Meets 2nd Fri 7:30-9

Recovery International

Cathedral of the Rockies
Room B12

717 North 11th Street

Mondays 7:00-8:00

(208) 345-9631

Scleroderma Foundation

Southern Idaho Scleroderma
Support Group for patients,

family & friends

Anderson Center St.Luke's 100 E.
Idaho St.

10:00 – 11:30 see website for days

SCLERODERMA.IDAHO@GMAIL.CO

M WWW.SCLERODERMA.ORG

Share Miscarriage & Infant Loss Support Group

900 N Liberty (Breast Care

Center—Entrance Facing Emerald)

First Tues 6:30-8

saintalphonsus.org

(208) 367-7380

SHARE of Idaho

103 W State @ St Luke's Women Life

For parents who have had early
pregnancy loss, stillbirth, or newborn
death. 3rd M at 7.

(208) 388-8834 (Chrissy Group)

Smart Recovery

4444 Taft St

Tues, Thurs, Saturday at 6pm

(208) 514-8120 John

Survivors of Suicide

Cathedral of Rockies 717 N 11th,
(Kirby & Susan)

2nd Fri 7-9.

Church of the Apostles 6300 N
Meridian Rd, Meridian (Cynthia)

4th Monday 7-8:30

Survivors Supporting Survivors

2676 S Vista

1st Monday 6-7:30 For adolescent
survivors ages 11-18 with cancer
diagnosis regardless of being in
active treatment or remission.

(208) 422-0174 (Heather)

Ten Mile Christian Church

3500 W Franklin, Meridian

Fridays 6-9. Issue specific, gender
specific, Christ centered support
group. Dinner, children's program.

(208) 888-3101

tenmilecc.com

Touchstone Center for Grieving Children & Adolescents

740 Warm Springs Ave (Warm
Springs Counseling Center)

2nd & 4th Tues 6:30-8:30 thru school
year. Help grieving children (ages

5-18) & families recover from loss of
loved one. No drop-ins.

(208) 343-7797 X 1359

touchstone@childrenshomesociety.com

Tourette's Syndrome

Email or call to meet 1-1 for info.

(208) 376-3409

tsa-usa.org/

Shoffman3409@msn.com (Stephanie)

Trauma Recovery Program

Maitri Community Services

3709 N. Locust Grove Suite 100

Questions and program registration
call/email. Groups meet Tuesdays

4-6pm and Thursdays 11-1pm

(208) 957-5360 (208) 284-8450

jasonpatrickjohnson@gmail.com

Treasure Valley Autism Society

520 S Eagle (St Luke's basement)

1st Monday 7-9pm.

(208) 336-5676

asatvc.org

Twins & Multiples (Mothers of)

Annual membership fee.

boisemom.org

Women & Children's Alliance Domestic Violence Counseling & Support Groups

720 W Washington at WCA

Wed 6-7:15. Orientation & fill out
paperwork at 4:30 5-6 class. Open to
public. Free limited childcare. RAP

support group for women survivors of
domestic violence. Wed 6-7p

(208) 343-3688 & (208) 343-7025

YAD (Youth Alliance for Diversity) The Center

280 N 8th Street suite 130 Boise
(enter from Bannock)

Support group (gay, lesbian, bisexual
& transgender) for youth dealing with
sexual orientation. Sun 4-6

(208) 336-3870

tccidaho.org/youth-social-stuff

SELF RESCUE MANUAL - Tax Preparation and Questions

IRS Telephone Assistance for Individuals

Mon – Fri 7am - 10 pm
Free income tax assistance is available for basic income tax returns.
1-800-829-1040

Internal Revenue Service

550 W Fort
Mon-Fri 8:30am-4:30pm
Face-to-Face assistance with IRS & to get copies of reported income, visit
(208) 387-2847
www.irs.gov

Idaho State Tax Commission

800 Park Blvd, Plaza IV
(208) 334-7660 or 1-800-972-7660
www.tax.idaho.gov

H&R Block Tax Professionals

1510 S Orchard Boise
Available to provide Free Answers to Tax Related Questions.
(208) 344-7665

Access Idaho Unclaimed Taxes

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
accessidaho.org/apps/tax/ucpsearch/

Old Unclaimed Refund Search

sto.idaho.gov/unclaimedproperty/Search.aspx Search for old refunds.

Free Tax Help Local Search

Call 211 or 1-800-926-2588
Monday – Friday 8am – 5pm
www.idahocareline.org/. Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. Available Feb. 1 to April 15.

Search for Old Refunds

boisepubliclibrary.org/research/government-information/tax-information/

BSU Volunteer Income Tax Assistance (VITA)

715 S Capitol Blvd.
BSU & Boise Public Library! have partnered to provide a VITA site at the public library auditorium. BSU students have been trained to prepare tax returns for taxpayers with income less than \$51,000. Feb -April
5:00 - 8:00

CEI-CWI Vista FSA

2323 S. Vista
Mon. 9- 12, Fri. 12-4. Feb - April

BSU VITA

715 S Capital
Mon. 5-8 Feb - April

Boise Senior Citizens Center

690 Robbins Rd
Feb-April Walk-in
Tues & Thurs 8:30am– 12:30pm

Garden City Library

6015 Glenwood
Walk-in. Sat. 10:30- 2:30. Feb-April

Willow Park Assisted Living

2600 N Milwaukee
Mon & Wed.10- 2. Feb-April

Eagle Public Library

100 Stierman Way
Feb – April Walk-in only
Limit to first 13 clients.

Eagle Senior Center

312 E State
Feb - April

Meridian City Hall

33 E Broadway Ave #202
Feb - April Tues & Thurs 10–2
Walk-In

CEI - ICON Credit Union 4

85 W. Overland Rd. Meridian
Sat. 10- 2 Feb-April

AARP Idaho State Office

3080 E Gentry Way # 100 Meridian
By appointment only (208) 855-4010

Myfreetaxes.com by United Way

If income under \$62,000 can file free online

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 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.

SELF RESCUE MANUAL - Transportation

Boise Bike Project

1027 Lusk St (by Ann Morrison Park & Jim's Appliance & Furniture)
Open shop hours Wed-Sat 12-6.
Safe cycling course for kids 2nd Sat of every month, & free bicycle for any participant who may need one.
Registration for these classes begins on the 1st of each month, ages 12 & under.
Work-trade program for repairs. One hour of work in the shop for one hour of work on bike, varies according to the situation. Cannot be used for upgrades or cosmetic alteration.
(208) 429-6520

Cathedral of the Rockies

717 N 11th St
Free \$24 stored value bus passes given every 1st and 3rd Wednesday at 2pm. Arrive at 1:30pm to qualify.
Eligible every two months.
(208) 343-7511

EI-Ada Outreach

2250 S Vista
Mon-Fri 11:30-4
Daily bus passes for medical appointments are given out on the 1st of the month at 8am. One-day bus pass per month for adults only. Undocumented citizens will be served.
(208) 345-2820

Idaho CareLine

Referrals for transportation
211 or 1-800-926-2588

Kool Kab

Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance for Medicaid users.
(208) 703-5666 (Medicaid)
(208) 454-9982 (Private Pay)

Medicaid Transportation

For Medicaid clients, can provide transportation to/from medical appointments if no other options available. Call ahead of time to schedule.
877-503-1261
<http://healthandwelfare.idaho.gov/Medical/Medicaid/MedicalCare/MedicalTransportation/tabid/704/Default.aspx>

Salvation Army

4308 W State St.
Gas vouchers as one-time assistance. Must have valid driver's license, insurance, current registration on vehicle. Vouchers for job searching, job attendance, medical and court related appointments. Bring paper proof for why voucher is needed. Tuesday-Friday 9-3 monthly until funding runs out. Bus passes may be available for attendance of life skills class.
(208) 343-5429 ext 2

Transylvania Express

Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance for Medicaid users. Accept all major credit cards. Open early, closes late.
(208) 906-3393

Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5
Information & referral on human services in ID & Eastern OR via phone.
(208) 459-9263

Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.
police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

Valley Ride City Bus

Ada & Canyon County. Senior high school students in the Boise School District can ride for free during the school year. Students, faculty & staff at Boise State University & The College of Western Idaho can ride Valleyride buses for free year-round with a valid ID. Monthly youth passes age 6-18 is \$18, adult pass \$36, persons with disabilities, seniors (age 65+) and valid Medicaid cardholders, pass is \$18.
Individual fares are \$0.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors (age 65+), persons with disabilities and valid Medicaid cardholders are \$0.50.
(208) 345-RIDE (7433)
www.valleyride.org

SELF RESCUE MANUAL - Vision

Boise Family Eye Center

3417 N Cole

Will do Medicaid eye exam but will not dispense Medicaid glasses.

(208) 377-1102

Boise Mountain Eye

13075 Persimon Lane

Will do Medicaid eye exam but will not dispense Medicaid glasses.

Medicare.

(208) 938-9900

Commission for the Blind & Visually Impaired

(208) 334-3220

Dr. Terri Haley

Free eye exams for Purple Heart recipients and ½ price eye exams to all other vets, active duty, guard.

(208) 375-3030

Gem State Family Eyecare

3815 W State St.

Medicaid for eye exam & glasses.

(208) 345-6886

Idaho CareLine

Vision referrals

211 or 1-888-477-2669

Dr. Katherine Lee & Dr. Daniel Brooks

222 N 2nd #215

Medicaid eye exam but will not dispense Medicaid glasses. Healthy Connections required. Will get interpreter for Spanish speakers.

Written referral needed for all new patients.

(208) 381-6910

Lifetime Optometry

10454 Overland (by 5 Mile & Albertsons)

Mon-Fri 10-6

Medicaid eye exam for adults and children and Medicaid glasses for children only.

(208) 672-1370

Lion's Sight & Hearing Foundation

Referrals are made to individual coordinators at local chapters, if that chapter has money available.

Coordinators will determine financial eligibility & will make arrangements for eye exams & glasses.

(208) 338-5466

Family Eye-Wear

222 N 2nd Street #215 Boise **(208)**

381-5973 (specialize in children)

1648 W 2nd Street Meridian **(208)**

888-2200

Medicaid eye exam and glasses.

Meridian Vision

Medicaid & private insurances. Large selection of frames, thorough eye exams including eye health.

(208) 888-5252

Pearl Vision

7447 W Emerald #105

Will do Medicaid eye exam & dispense Medicaid glasses for 21 & younger. Spanish speaker.

(208) 322-1642

Dr. D.H. Pitkin

6700 W Emerald

Will do Medicaid eye exams, dispense glasses. Will not accept other optometrist's prescriptions for dispensing glasses.

(208) 376-3550

Sight for Students/ VSP Vision Referral

Boise School District students can access voucher through school nurse for eye exam and glasses if they do not have insurance/ Medicaid.

Contact school nurse directly at child's school. Eligibility is less than 200% of federal poverty level, higher than free lunch program.

Shopko Optical

8105 Fairview **(208) 323-9303**

2655 S Broadway Ave **(208)**

345-8812

Medicaid eye exam and glasses. Will not accept other optometrist's prescriptions for glasses.

Wal-Mart Vision

8300 W. Overland Boise **(208)**

321-2713

7319 W. State Boise **(208) 853-4786**

4051 E Fairview Meridian **(208)**

373-7926

No Medicaid. Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$65.