



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

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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 Sat of each month 1-4
Free groceries, clothing, & toiletries
For emergencies call 703-5381. Also
offers the "Toys for Tots" program.
Interview clothes available.

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).

377-4327

boise.assistanceleague.org

Baby Needs Closet @ Boise First United Methodist Church

717 N 11th Boise
Mon & Wed 1-4
Provides diapers, wipes, baby clothes
& supplies available.

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."

344-7809

fcbasement@gmail.com

fcb Boise.org

BHM Foundation for Recreational Safety

2962 E Copper Point Dr Meridian
Will give away free children's helmets.
Must call for info.

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.

342-1898 or **1-800-550-4900** (24hr.
hotline)

birthright.org

Boise Senior Center Thrift Store

690 Robbins Rd Boise
Mon-Fri 10-3
Clothes, household goods, health aids,
home décor, seasonal merchandise.

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.

377-4327 (press 5 then 2)

boise.assistanceleague.org

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.

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.

288-4405

dressforsuccess.org

El-Ada Outreach

2250 S Vista Boise
Mon-Fri 8:30-4:30
Food pantry, free personal hygiene
packs for women, men, & children, as
available. Undocumented citizens will
be served.

345-2820

eladacap.org

Goodwill Thrift Store

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

Good Samaritan Store

1821 W Washington
Mon-Sat 10-5
344-0649

Grandma's Treasures Thrift Store

690 Robbins Road Boise
Mon-Fri 10-3
345-9921

Habitat for Humanity ReStore

10537 W Overland Boise
Used & surplus building materials
sold.

375-5256

fhfboise.org/restore

Idaho Youth Ranch Thrift Shops

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

377-2613

youthranch.org

Kid to Kid

1507 N Milwaukee Boise
Mon-Sat 10-8, Sun 12-5
Gently used items for sale (furniture,
baby equip, children & maternity
clothes, shoes, toys)

376-6488

kidtokid.com/boise

SELF RESCUE MANUAL - Clothing & Furniture cont.

Lazarus House Hygiene Bank

3704 Overland Boise
2nd Sat of each month 10-2
Distributes hygiene items (deodorant, laundry detergent, men & women's razors, shampoo, shaving gel or foam, soap, toilet paper, toothpaste, tooth brushes, & women's menstruation products) Park on Latah & walk to Lazarus House.

629-5306

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.

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.

342-7661

Other Mothers

10422 Fairview Boise
Mon-Sat 10-7
Used furniture, junior teen/tween clothing children & maternity clothes (sizes 0-14). Last Fri & Sat of the month there is a 25¢ sale.

376-4855

othermothersboise.com

Rascals Rack

4618 W State St Boise
Mon-Fri 10-6, Sat 10-5, Sun 12-5
Maternity clothes, 2nd hand children's clothing & accessory store. Clothing (newborn to 16 size), toys, furniture, crib bedding, shoes, kids accessories & books. 99¢ rack.

336-3893

rascalsrack.com

Redeemer Lutheran Church

2920 Cassia Boise
3rd Saturday of each month 1-3
Wash, Wipe & Wrap; Only offer Free diapers, laundry soap & toilet paper. Use once/month.

344-6758

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

350-0406

restylethriftstore.org

St Luke's Women's & Children's Community Education

103 W State Boise
Reduced cost infant, toddler and booster car seats for purchase with proof of WIC or Medicaid.

381-3033

St Vincent de Paul Thrift Stores

6464 W State Boise
Mon-Sat 9:30-6
853-4921
2110 S Broadway Ave Boise
Mon-Sat 9:30-6

333-8001

213 N Main Meridian

Mon-Sat 9:30-6

888-9101

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 Wed at 1pm. Must bring ID for everyone & proof of address (envelope or bill). Adults may receive help every 12 months & children every 6 months.

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.

343-3688 ext. 27

Valley Treasures Thrift Store

102 N Cole Boise
Tue-Sat 10-6, Sun 11-4
Furniture, appliances & household items.

891-3161

Vets4success Thrift Store

10321 W Fairview Boise
Mon-Sat 9-7, Sun 12-6

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.

343-2892

SELF RESCUE MANUAL - Counseling & Mental Health Services

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.

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.

338-4699

Access Living

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

922-2207

Affinity

8100 W Emerald #150
Mon–Fri 8–6
Medicaid & insurance, individual &
family therapy. CBRS, psychiatrist,
nurse practitioner (med. management,
but participate in two services),
chemical dependency.

375-0752

All Seasons Mental Health

8050 W Rifleman #100
Medicaid, insurance, primary care,
psych testing, psychiatry, med mgmt,
counseling, case man, developmental
services, CBRS, healthy connections
provider. Evenings by appt. Bilingual.

321-0634

All Together Now

411 N. Allumbaugh
Medicaid/Medicare, sliding fee.
Individual, family, groups, marriage,
play therapy. CBRS & payee services

336-9591

alltogether-now.com

Alpine Behavioral

330 N Orchard
Psychotherapy (Medicaid, private pay,
insurance), sliding fee available, case
mgmt (adults), CBRS (adults/children),
payee services, med mgmt, & conflict
resolution mediation services. Contracts
with interpreters to work with refugees.

672-0260

Ascent Behavioral Health

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

898-9755

Aspen Mental Health

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

342-2950

Boise Rescue Mission Ministries

Free counseling & mental health
consultation
Men call **389-9840** (ask for Stuart)
Women call **368-9901** (ask for Guest
Services)

Bridgeway Health Services

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

475-0800

Brighter Future Health

130 S. Cole Road
Medicaid adult and child CBRS, case
management, and therapy

323-4400

brighterfuturehealth.com

Catholic Charities of Idaho

4202 W Emerald
No Medicaid, subsidies available for low
income uninsured, most insurances.
Spanish. Individual/group/
family/youth/children & parent education
services. Spanish.

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.

888-3151

Clearwater Rehabilitation Services

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

322-5859

Community Connections

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

377-9814

cciidaho.com

Community Outreach Counseling

(Boise, Meridian, surrounding areas).
Medicaid, insurance, sliding scale,
pro-bono. Free consults. All types of
counseling & specialties, CBRS, case
mgmt, residential rehabilitation,
bilingual, all ages.

466-7443

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,
habilitative rehab, psychiatrist,
employment.

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.

429-0330

Dr. Misty L. Wall, MSSW, LCSW

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

297-9495

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.**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 prevention.

672-2900**Family Counseling Services**

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

888-5905**Gem State Devlpmnt Center, Inc.**

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

lpoole@gsdcdda.com

(208) 888-5566 x106**Ginny Marie Wellness Center**

Boise / Meridian / Nampa

Private \$25, Group \$15. Substance
abuse, anger management, domestic
violence. Adults, couples, youth.
Credit Card accepted.

323-1290**Healthy Place Counseling**

2589 S Five Mile Boise

Medicaid, UBH, IPN, BI Cross, sliding
fee. Counseling, CBRS, case mangmt,
med mangmnt. Adults, kids & family.

376-4929**Human Supports of ID**

4477 W Emerald #C100, Boise

Medicaid CBRS, meds mgmt, payee
services, service coordination,
individual therapy

321-0160humansupports.com**Idaho Behavioral Health**

2273 S Vista #190 Boise

Medicaid, private insurance, EAP,
private pay. Counseling adults,
children, married, individuals, CBRS,
case/med mgmt.

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.

433-8845idahofederation.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**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.

373-1719**LDS Family Social Services**

10740 Fairview

Mon-Fri 8-5

Bishop may pay fees, insurance.
Individual & birth parent counseling,
adoption services.

376-0191**Leyline Advocates**

333 W. Rossi Boise

Adult & children with Medicaid.CBRS,
case & meds mgmt, service coord,
counseling, refugees, 30 interpreters
speaking 50 languages.

344-9797**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. **378-1122**

Methodist Counseling Center

4444 Taft Street

Mon - Friday 8 -5, weekends/evenings
by appointment

Insurance, sliding scale and
scholarships based on income.

501-2181**Mountain View Behavioral Health**

5593 N Glenwood

M-F 8:30-5

Medicaid & most private insurances.
Provide case mgmt, CBRS, payee &
clinic services, including med mgmt,
therapy for individuals, children &
families. Specialize in EMDR, CBT.

322-5354**Omega Mental Health**

5985 W State St. Boise

M-F 9-5

Medicaid/Medicare, insurance. Adults,
teens & children counseling.

Psychiatric services. Substance
Abuse. Spanish

853-0071**Pioneer Health Resources**

5583 N Glenwood

890 N Cole

Medicaid/Medicare. CBRS, case/meds
mgmt, counseling for adults/children.

322-1026**Real Solutions Counseling**

1011 W Williams St #G

Medicaid, Medicare, slide fee. All
ages. CBRS, individual & family
therapy, addictions & anger
management.

991-0222

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

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

Safe Haven Hospital of Treasure Valley

8050 Northview
Medicaid, Medicare, insurance. Outpatient therapy & nurse practitioner (med management), all ages. In-patient ages 18 & older. Spanish for inpatient.

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.

323-2169

safeplaceministries.com

St Alphonsus Behavioral Health Outpatient

131 N Allumbaugh
Mon –Fri 8–5:30
Medicaid. Therapy for kids and adults, groups, meds mgmt, MD. Inpatient for children under 12, adult inpatient.

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+

706-6375

<http://www.slhs.org/clinic/psychiatry/boise/>

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.

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.

345-1170

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

7161 Potomac Drive Boise
Medicaid. Family, individual (all ages), couples counseling, play therapy, sub abuse, home-based counseling. CBRS. Referrals for medication management

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

340-3274

Table Rock Counseling

Sliding fee down to \$40. Bilingual Spanish/Eng counseling. Counseling individuals, couples & families.

890-8391

Tidwell Social Work Services

5999 W State
Mon–Fri 8–5
Medicaid, Medicare, sliding fee, \$45 min, insurances. Individual, marriage, family, art play therapy, CBRS, MD. Interpreters for all languages.

853-5095

Treasure Wellness

1655 1655 Fairview Rd. #115
Evenings & weekends.
Reduced fees/insurance. Counseling & education to individuals, couples, families & groups. DBT, play therapy, faith-based, addictions, anger/stress management. Sign language interpreters on site.

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.

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.

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.

422-1000 x1145

Warm Springs Counseling Center

740 Warm Springs Ave, Boise
3023 E Copperpoint Dr #207, Meridian
Mon-Fri 8-5 (eves & weekends by apt)
Insurance, Medicaid, Subsidy. Behavioral health services. Spanish.

343-7797

childrenshomesociety.com

Women's & Children's Alliance

720 W Washington
24 hour Hotline counseling abuse victims. 120 day residential program.

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.
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.
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 (must be a student of the Boise School District). Cleanings, sealants, restorations, & extractions. Must have referral from BSD school nurse & have appointment. Basic dental work only.
854-6627

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. Each appointment averages 2.5 hours & several visits are usually necessary. Spanish. If dental treatment is needed referrals can be made to local dentists & dental specialists. Free toothbrush, floss, & toothpaste given at first visit.
947-6821
carrington.edu

Dr. Wayne Claiborne

10552 W Garverdale Ct #902
Medicaid & Insurance. Emergencies OK. Accepts all patients over the age of 4. Serving undocumented citizens.
336-4777

Garden City Community Clinic Genesis World Mission

215 W 35th
Monday, Tuesday, Wednesday and Friday 8-2PM.

For low income and uninsured patients; including no Medicaid, Medicare or VA benefits available. By referral only from safety net clinics and both Saint Alphonsus and St. Luke's emergency rooms. Basic dental services provided. Suggested contribution \$30.00.
854-3932

Healthy Smiles

8590 Fairview
Mon, Wed, Fri 8–5 Tues, Thurs 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.
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.
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.
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.
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.
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.
376-8873

SELF RESCUE MANUAL - Education, After-School Programs

After 3

Website enables parents & children to find safe, supervised after school programs in the neighborhood.

2-1-1 Careline

www.after3boise.com

Art Without Boundaries (Good Samaritan Boise Village)

3115 Sycamore Dr

Ppl with motor/ cognitive challenge receive free whole brain therapy through the arts.

859-6231 (Mary)

BabySteps at St Michael's Episcopal Cathedral

518 N. 8th St

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.

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.

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.

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.

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

854-4917 (Joey Ward)

Whitney Community Center
1609 S Owyhee

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.

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 888-5392
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.

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.

345-0346

cfkidaho.org

Catholic Charities of Idaho

4202 W Emerald

Parenting classes, English classes.

345-6013

ccidaho.org

College of Western Idaho (Boise & Nampa)

Adult Basic Education - classes in basic skills, GED preparation, & ESL. GED test administration.

Oak Park Plaza 2323 S Vista Boise

Free ESL English classes, daytime and evening at two Boise locations.

Call 562-2571 for upcoming registration schedule. Free classes for basic skills & GED preparation, morning & evening. First attend orientation & diagnostic testing; call 562-2575 for upcoming schedule. Min age 16.

GED testing. Call 562-2068 for schedule & fees or check website

cwidaho.cc

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.

377-1771

EI-Ada Community Partnerships

2250 S Vista

Mon-Fri 9-4

Payment for GED testing through the College of Western Idaho. Available at the Boise Resource Center, Mountain Home, & Homedale offices.

Undocumented citizens will be served.

345-2820

widaho.cc/adult-basic-education

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

Family Advocate Program Families First

3010 W State #104

Mon–Fri 8:30–5 Free home-based parent education services on child development, effective parenting skills, nutrition & more. Parenting classes. Serves families & children ages 0-12.

345-3344

familyadvocate.org

Head Start & Early Head Start

4709 Camas

Tues-Fri 8–12 or 12–4

Children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & family living skills are areas addressed via groups & home visits. Transportation provided for some classes. Provide food for breakfast & lunch, & afternoon snacks. Early Head Start; Expectant parents & families with infants up to age 36 months.

Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).

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 **332-3575**

205 E Watertower Meridian **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.

272-4355 or 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.

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.

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.

375-9414

jobcorps.gov

Learning Lab at Libraries

Boise Library **344-0057**

715 S Capitol Blvd #403 (Upstairs)

Adults only.

Garden City Library **344-1335**

308 E 36th

Free computer assisted learning center for adults & families with children 0-6. Cost based on income & family size, possible scholarships.

English Language Learning (ELL), Adult Basic Skills, GED prep.

Preschoolers (2 mo- 6 yrs) & Parents as Partners, family literacy classes.

learninglabinc.org

Lee Pesky Center

3324 Elder St

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

577-1108

Parent Project

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

Workbook cost of \$25

570-6404

TRiO Education Opportunity Center University of Idaho (Boise)

322 E. Front St. Suite 190

Assist adults who are considering returning to school. GED/ college/ trade/ technical school programs.

Career counseling, researching schools & programs, college and financial aid applications, entrance tests, registration assistance, academic advising and counseling on default loans.

208-364-9925

Email: eoc@uidaho.edu

Website: www.uidaho.edu/eoc

YMCA

1050 W State **344-5502**

5959 N Discovery PI **377-9622**

5959 N. Discovery PI **377-4886**

936 Taylor Avenue Meridian **855-5711**

Financial aid available for membership.

SELF RESCUE MANUAL - Employment and Casual Labor

Working Solutions

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.

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.

332-3575 X3621 or 3590

www.labor.idaho.gov

Labor Ready Temporary Service

1088 N Orchard

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.

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.

345-5747

propeoplestaffing.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.

327-1000

Treasure Valley Community Resource Center

Mon-Fri 8-5

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

459-9263

idahoconnections.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.

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.

375-9930

SELF RESCUE MANUAL - Financial and Utility Assistance

Ada County Indigent Services

252 E Front #199

Mon–Fri 8–5

Located 2 buildings East of Courthouse—parking East side of Courthouse, or parking garage @ first hour free & \$1.00/hour after the first free hour. Fill out application, walk-ins on Tuesday, Wednesday, Thursdays 8-11am & 1-3pm, first come first served. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County must be last resort.

287-7960

www.adacounty.id.gov

Advocates Payee Services, Inc.

Representative Payee Services
Serving the whole Treasure Valley
(208) 412-8944

www.advocatespayee.com

advocatesidaho@gmail.com

Catholic Charities of Idaho

4202 W Emerald

Financial literacy education to help with budgeting, saving money, manage finances. Case management.

345-6013

ccidaho.org

Debt Reduction Services

6213 N Cloverdale #100

Free credit & debt counseling, free credit report review financial ed focused on family budget help. Bankruptcy counseling & certificates available. Walk-ins OK or call for appt.
378-0200

Department of Health & Welfare Self-Reliance

1720 Westgate (off Fairview behind Pojos)

Mon–Fri 8–5

Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant, & telephone help. Person must apply at office & set up an interview. Come early to apply & walk-in appointments available.

Language assistance is available.

MyBenefits@dhw.idaho.gov

334-6700

El-Ada-Outreach

701 E 44th

Mon-Fri 8-4:30

Telephone assistance & heat bill assistance (wood & propane OK-) **322-1242**. Open Nov 1st - March 31st. Home weatherization- eligible homes made through Energy Assistance 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's name.

Emergency Water Utility Assistance- **345-2820** available once/year for United Water or Meridian Water customers who are facing shut-off..

Bring SSN card. Undocumented families may apply if 1 member is legal. Eligibility is based on income. 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.

Idaho CareLine 2-1-1 Navigator Program

Referrals and financial help if qualify.

idahocareline.org/

211 or 1-800-926-2588

Idaho Power “Moratorium”

Dec 1st to March 1st; Must call tell them you have children, & continue paying bill. Power will be turned off after March 1st if nothing has been paid on the bill.

388-2323 or 1-800-488-6151

Intermountain Gas “Winter Protection”

Must call to declare Winter Protection from non-pay disconnect of gas service from 12/1 thru 2/28 for those with children, elderly in household.

Payment arrangements & assistance referrals available. Past due balance is eligible for disconnect after 2/28

377-6840

Love INC of Boise

Tues - Thursday 10-1

Budgeting & life skills, assistance if they can. One-on-one mentoring. Call to apply. Christian based.

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.

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.

331-2208

Social Security Administration

1249 S Vinnell Way #101

Mon–Fri 9–4:30 (off Overland by Wal-Mart)

Retirement, educational outreach & survivors, disability, Medicare info. May call for appt. Arrive early, possible line.

321-2901

socialsecurity.gov

Treasure Valley Community Resource Center TVCCR

Mon–Fri 8–5

Information & referral on human services via phone.

459-9263

UW Cares

2250 S Vista

United Water customers, call about voucher for part of water bill. Must qualify, have a shut-off notice. Year round.

345-2820 (Cindy)

SELF RESCUE MANUAL - Food Pantries

Agape in Action

1001 S Orchard
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.

685-0612

agapeworship.com

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

1009 W Bannock Tues 12-3
Thurs 12-3, Sat 12-3
For individuals infected & affected by
HIV & AIDS.

424-7799

alphaidaho.org

Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall)
Sat 10–2
Limited supplies. Non-perishable
& some perishable foods. One
visit/month. Need to show drivers
license & fill out a form.

321-7440

Community Ministries Center

3000 Esquire (S of Ustick)
Tues–Fri 12–3:30
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.

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.

631-0702

EI-Ada Community Resource Center Food Pantry

2250 S Vista
M-F 8:30-4:30
May use every 60 days. Food boxes
typically provide 2-4 days worth of
food. USDA commodities 1st Wed of
every other odd month 11:30–12:30.
Undocumented citizens welcome.
Interpreter available upon request.
345-2820

EI-Ada Community Action Partnership Food Pantry

701 E 44th #2
Mon-Fri 8-4
May use every 60 days. Food boxes
typically provide 2-4 days worth of
food. USDA commodities 1st Wed
(11:30-12:30) of odd months.
Undocumented citizens will be served.
Interpreter available upon request.
377-0700

First Baptist Church Food Bank

607 N. 13th
Sat 9-11am
Bread, cans, cheese, butter, milk,
some meat. Must show ID. Every 30
days.
344-7809

First Bible Missionary Church

375 N Roosevelt
Non-perishable food. Call for an
appointment.
376-2439

First Presbyterian Church Friendship Food Panty

950 W State
Mon 5-7
Once per month.

Foothills Christian Church Food Pantry

9655 W State Street
Fridays 12-3
853-0011
foothills.org

Friendship Food Pantry

950 W State St
Mon 5-7
345-3441

Grace Chapel Food Pantry

8650 W Fairview
Tues & Thurs 1-3
Bring own boxes/bags. Twice/month.
375-5515
gracechapel.com

Heritage Bible Church Food Pantry

7071 W Emerald
3rd Sun 12:30-2:30
891-9538

Hope Lutheran Church Food Pantry

331 N Linder Rd
Mon-Fri 9:30-1
939-9181

House of Ruth

3116 Palouse St
By appointment.
424-8324

Idaho CareLine 2-1-1

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.
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.
888-5102

SELF RESCUE MANUAL - Food Pantries cont.**Mountain View Church of the Brethren**

2823 N Cole
Tues-Thurs 10:30-1:30
375-0604

Operation Love Center

1820 N Dawn Lane
M-TH 9:30-11:30am
Call first. Bring ID. Proof of address, live in Ada Co., food boxes for 1 week.
375-3226

Redeemer Lutheran Church

2920 Cassia
3rd SA 1-3
Wash Wipe & Wrap- Free toilet paper, diapers, & laundry soap only. Ada Co., proof of address. Must be parent or legal guardian of child.
344-6758

St John's Cathedral

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

St Mark's Food Bank

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

St Mary's Food Bank

3890 W State
Mon, Wed, Fri 11-3
Every 30 days. Serves NW Boise/ Garden City/St Mary's Parish area (83703, 83714, some 83702). ID & proof of address. Food boxes, frozen foods, dairy & eggs. Spanish.
850-6818 or 344-2597

St. Paul's Catholic Student Center Food Pantry

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

Salvation Army Food Pantry

4308 W State
Tues 9-3, Wed-Fri 9-12
Every 60 days. Non-perishables. Bring proof of address & photo ID for every family member & must live in Ada Co. Senior Day is 2nd Friday of month from 1-4. Seniors come in for food, clothing & energy assistance.
343-5429 X1

SVdeP- Holy Apostles Food Pantry

6300 N Meridian (Chinden)
Mon, Wed, Fri 1-4; Thurs 5:30-7
May visit every 60 days. Bring ID. Serves Meridian, Eagle, Star, West Boise, Kuna & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available.
holypostlesmeridian.net

St Vincent de Paul -Food Pantry

3209 W Overland
Mon, Tues, Thurs 10-2, W 2:30-6:30, Sat 9-noon
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
409-7206

Treasure Valley Full Gospel

3840 S Cole Rd
Tues 11-12:30
562-0651

Vineyard Christian Fellowship

4950 N Bradley
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
377-1477

WIC (Women, Infants & Children)

707 N Armstrong (Central District Health)
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.
327-7488

SELF RESCUE MANUAL - Friendship Feast/Community Free Meals

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Baptist Campus Ministries 1327 W Beacon 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 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. 342-5601</p> |
| <p>Biblical Studies Center 1025 Belmont Lunch Thursdays 11:20-1</p> | <p>King of Glory Lutheran Church 3430 N Maple Grove (N door, by Maple Grove) Last Sat of month 12-1:30 lunch 377-0220</p> | <p>Vineyard Christian Fellowship Feeding God's Children Food on Sun 2 - 4 at Julia Davis Park. Undocumented OK. 377-1477</p> |
| <p>Cathedral of the Rockies First United Methodist Church 717 N 11th Sack lunches available daily. No need to call ahead. Drop by & pick one up. 343-7511</p> | <p>Latter-day Saints Stu Assoc Lunch 1929 University Dr \$1.50</p> | <p>Whitney United Methodist Church 3315 Overland (Owyhee) Saturday sack lunch (Zip code 83705 only) Sat 11-12:30 343-2892</p> |
| <p>City Light for Women & Children 368-9901 1404 W Jefferson(Boise Rescue Mission) Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily</p> | <p>River of Life Boise Rescue Mission 575 S 13th (by River St) Breakfast 6:30 am daily Lunch Mon-Sat 12:00 pm Sun at 1pm Dinner 5 pm for guests staying outside of River of Life Dinner 7 pm for Guests staying at River of Life. Undocumented OK. 389-9840</p> | |

| | | | | |
|----------------|-------|----------------------------------------|---------------------------|-----------------|
| Sun, 3rd Thurs | 5 pm | First United Methodist Church | 717 N 11th | 343-7511 |
| Mon-Thurs | 6 pm | St Vincent de Paul | 3209 Overland | |
| Tuesdays | 6-7pm | Immanuel Lutheran | 707 Fort St. | 761-5695 |
| 1st/last Thurs | 6pm | First Presbyterian | 950 W State | 345-3441 |
| 1st Fri | 6pm | All Saints Episcopal | 704 S Latah | 344-2537 |
| 2nd Thur | 6pm | St John's Cathedral | 807 N 8th (basement) | 342-3511 |
| 2nd Fri | 6pm | Sacred Heart Catholic Church | 811 S Latah | |
| 3rd Tues | 6pm | Red Rock Christian | 1124 S Roosevelt | 342-2380 |
| 3rd Fri | 6pm | Whitney United Methodist Church | 3315 Overland (by Owyhee) | |
| 4th Thurs | 6pm | Wright Community Congregational | 4821 W Franklin | |
| Last Wed | 6pm | Meridian United Methodist | 235 E. Pine St., Meridian | 888-2245 |
| Last Wed | 6pm | Hillview United Methodist | 8525 Ustick Rd | 375-0392 |

SELF RESCUE MANUAL - Crisis/ Resource Hotlines

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.

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

Hays Youth Help Line operated by Hays Shelter Home

24 hour Hays Hotline for Youth in Crisis

322-2308 or 1-877-805-2308

Health & Welfare Mobile Crisis Unit Suicide Prevention

24 hour crisis line for adults, also available for children after regular business hours.

334-0808 or 1-800-600-6474

Hotlines for Information on Substance Abuse

Al-Anon **344-1661**

Al-Ateen **1-888-425-2666**

Alcohol Drug Helpline **1-800-821-4357**

Alcoholics Anonymous **344-6611**

Call St. Luke's (for class registration & referrals) **381-9000**

Drug Information Help/National Clearinghouse for Alcohol & Drug Information **1-800-729-6686**

Narcotics Anonymous **391-3823**

RADAR (Alcohol & Other Drug Resources) **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 Suicide Prevention & Hotline (24 hour)

1-800-273-8255

spanidaho.orgidahosuicideprevention.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

Treasure Valley Community Resource Center

Mon – Fri 8–5

Phone referrals.

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)

345-7273

Veterans Crisis Line

1-800-273-8255 X 1

SELF RESCUE MANUAL - Housing Resources

Ada County Indigent Services

252 E Front #199

Mon–Fri 8–5

Located 2 buildings East of Courthouse—parking East side of Courthouse, or parking garage @ first hour free & \$1.00/hour after the first free hour. Fill out application, walk-ins on Tuesday, Wednesday, Thursdays 8-11am & 1-3pm, first come first served. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County must be last resort.

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.

345-4907

housingidaho.com/

City of Boise Housing & Community Development

1025 S Capital Blvd

Located across from BSU. Have low income studios, 1 & 2 bedroom units & a few larger units. A majority of units are studios, which are remodeled motel rooms. Rent includes all utilities. \$15 application fee. Please call for availability & length of the waiting list.

384-4158 X 100

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.

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.

343-6051

Idaho Department of Health and Welfare Emergency Assistance

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

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

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. Home Buyer Education classes both live & on line. Counseling services include pre-purchase, post purchase non-default, homeless prevention, & foreclosure prevention counseling.

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.ES>

[P](#)

Jesse Tree of Idaho

1121 Miller St (11th & Myrtle)

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.

383-9486

Neighborhood Housing Services

3380 W Americana Terrace #120

Affordable rentals but must show ability to pay rent & pass rental application check. Low interest mortgage loans for families earning at or below 80% of area median income. Foreclosure, home buyer ed & pre-purchase counseling programs.

343-4065

nhsid.org

Terry Reilly - THRIVE Program

848 La Cassia St Boise 83705

Mon-Thu 8:00 – 5:00

Free supportive housing if qualify to chronic homeless and mental health/substance abuse. Includes case management, counseling, medication management.

318-1340

Treasure Valley Community Resource Center TVCCR

Mon–Fri 8–5

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

459-9263

Treasure Valley Veterans Resource Network Community Services Guide

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

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 —parking available W
side of courthouse, or parking garage
@ first hour free & \$1.00/hour after the
first free hour.)

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.

287-6963 & 287-6944
[courtselfhelp.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.

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 & hope to low-income &
homeless pregnant women & their
partners. Services to birth parents are
free & confidential.

376-0558
[adoptcasi.org](#)

Catholic Charities of Idaho

Monica Salazar
1703 3rd St N Nampa
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.

466-9926
[catholiccharitiesidaho.org](#)

DisAbility Rights Idaho (was Co-Ad)

4477 Emerald #B100
Provides advocacy for people with
disabilities (physical, developmental,
mental illness or traumatic brain injury)
who have been abused/neglected,
denied services or benefits, or have
experienced rights violations or
discrimination because of their
disability. Assists persons in getting
assistive technology/services, & in
applying for, or receiving services from
rehabilitation programs, & SSI/SSDI
beneficiaries with return to work
issues. Information & referral,
negotiation & mediation, short term &
technical assistance, legal
advice/representation. Spanish.

336-5353 or 1-866-262-3462

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

4696 Overland #228
Mon–Fri 9–5
Low cost help for immigrants w/ family
immigration issues. Health resources
education & parent education. Not for
deportation hearings. Spanish.

378-1368

Department of Health & Welfare Self-Reliance

1720 Westgate
Free notary for H&W ppwk.
334-6700

Idaho Legal Aid

310 N 5th
Mon-Fri 8:30-5
Help with family law
such as divorce, custody & protection
orders with domestic violence, &
landlord- tenant problems, & mortgage
foreclosure issues. Eligibility 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.

345-0106 X 0
[idaholegalaid.org](#)

Idaho Dad's, Inc.

Free. Nonprofit to educate Dads of
parental rights.

353-1537
[www.idahodadsinc.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 & 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](#)

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.

Ada County Indigent Services

252 E Front #199 (2 buildings East of Courthouse, parking E side of Courthouse or parking garage @ 1st hr free & \$1/hour after 1st free hr.)

Mon–Fri 8–5

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.

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.

321-0634

Bridges to Access

Free prescription assistance for GlaxoSmithKline's medicines.

www.bridgestoaccess.com

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 apt only.

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 eligible families fill out applications, ensuring proper documentation, & make home visits to pick up or drop off paperwork.

336-5533 X233

coveringidahokids.wordpress.com/

El-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.

345-2820

Family Medicine Health Center

777 N Raymond

6094 Emerald; 121 E Fort;

2275 S Eagle Rd #120 Meridian

215 W 35th St in Garden City

Medicaid & Medicare. Financial assistance programs available based on income guidelines/qualifications.

Medical care for adults & children, & prenatal care. Call to schedule a financial screening appt.

Women's Health Check Must meet income & citizenship requirements For age 50-64 women. Cervical, breast

screen & Mammogram. Ages 40-49

Breast & Cervical exam. Call (Mon-Fri

1-5pm.) for apt. **954-8718**

Wellness Center **514-2505** provides

HIV Primary Care, clinical trials, referrals to specialists, nutritional,

dental, individual, & family counseling,

Free confidential, HIV testing by appt.

514-2500

Fred Meyer Pharmacy

3527 Federal Way **424-7533**

5230 W Franklin **429-6433**

5425 Chinden **323-7036**

10751 W Overland **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.

429-6678

friendshipclinic.com

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.

384-5200

Idaho CareLine

Referral to medication/ medical resources. Spanish.

211 or 1-800-926-2588

idahocareline.org

RxIdaho.org

SELF RESCUE MANUAL - Medical Assistance cont.**Kmart Pharmacy**

10477 Fairview

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

377-5153[kmart.com/shc/s/dap_10151_10104_D AP_Kmart+Pharmacy+Microsite](http://kmart.com/shc/s/dap_10151_10104_D_AP_Kmart+Pharmacy+Microsite)**Knights of Columbus Council #12854**

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

Dick DeLeonard (362-3710), Dale (888-3782), Robert (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.

658-6662lls.org**Living Independence Network Corporation**

1878 W Overland

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

336-3335incidaho.org**North End Children's Health Clinic**

1655 W Fairview #206

Medicaid, insurance & self-pay.

Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).

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.

1-888-477-2669pparx.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

376-9300ppgnw.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 **472-9082** Mon-Fri 7-8, Sat- Sun 8-66052 W State St **344-7799** Mon-Fri 8-8, Sat-Sun 8-68971 W Overland **378-4288**

Mon-Sun 8-8

6348 Emerald St **377-4400**

Mon-Fri 8-5 (Pediatrics)

125 E Idaho St (OB/GYN) **385-9330**

Mon-Fri 8-4:30

11197 W Fairview **378-8011**

Mon-Sat 8-8, Sun 8-6

3115 E Florence St **895-8670**

Mon-Sun 8-8

1130 E Fairview **888-9393** Mon-Sat 8-8, Sun 8-6435 S Eagle #100 **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.

1-866-317-4286riteaid.com/pharmacy**Stanton Health Care**

3684 N. Harbor Ln

No charge for services

Early detection pregnancy verifications, free ultrasounds, options counseling, sexual integrity info, post abortion exams and support, practical assistance, client advocacy, confidentiality.

855-5095contact@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.

367-7264**St Luke's Internal Medicine**

701 E Park Center
 Mon–Fri 8–5
 Medicaid, may slide fees. Adults 18+, primary care.

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).

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.

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.

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.

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.

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.

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.

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.

1-800-444-4106togetherrxaccess.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.

895-6729uhcidaho.com**Vineyard Christian Church**

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

954-2059**Wal-Mart Pharmacy**

8300 W Overland Boise **321-9080**
 7319 W State Boise **853-4780**
 4051 E Fairview Meridian **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.

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.

368-9901

City Light New Life Recovery Program

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

368-9901

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.

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.

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.

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.

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.

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.

389-9840

YMCA

Downtown 1050 W State **344-5501**

West 5959 N Discovery Plc **377-9622**

Homecourt 936 Taylor Avenue, Meridian **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.

343-7025

SELF RESCUE MANUAL - Substance Abuse Treatment

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 treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage/life skills education classes, & emergency housing.

1-800-922-3406 X 2

bpahealth.com

AA-Alcoholics Anonymous

Call for information.

344-6611

Allumbaugh House

400 N Allumbaugh

Voluntary facility open for detoxification & mental health services 24 / 7 days a week. No walk-in. Detox can be self-referral. Call for appt. 18+, reside within Ada, Boise, Elmore, & Valley Counties & show potential for benefit from short-term stabilization. Low income &/or lack of health insurance coverage. Referral for mental health services by designated professionals for admission. **377-9669**

Ascent Behavioral Health Service

366 SW 5th Ave #100 Meridian

Self pay, private insurance, and state funding accepted. Medicaid accepted through state funding for substance abuse treatment. Substance abuse treatment for adolescents & adults. Dual diagnosis, anger management, & cognitive self change courses.

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)

321-7440

pureword.org

Celebrate Recovery Dinners Christian Based "8 Recovery Principles"

Vineyard Christian Fellowship

4950 W Bradley Boise

Fridays @ 6, groups 7–9

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 or call.

Randy 602-5667 or Mike 344-8311

sacredheartboise.org

First Baptist Church

607 N 13th

Monday's @ 6pm, 7-9 groups

344-7809

fbcboise.org

River Valley Community Church

1115 N Garden St

Sundays at 6pm. Groups 7-9 pm

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 **376-5021**

1965 S Eagle #180 Meridian **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.

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. 1-1 counseling, women & children only, provide meals daily

368- 9901

Community Services Counseling

963 S Orchard #B

Mon –Thurs 10:30–8

Adults 18+, self-pay, voc rehab funding & approved for state funded substance abuse treatment. Substance abuse outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, anger mgmt, women's trauma recovery.

336-6792

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 issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder.

429-0330

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.

672-2900

SELF RESCUE MANUAL - Substance Abuse Treatment cont.

Five Mile Creek Clean and Sober Living for Men

5150 W Decatur Dr, Boise
BPA/WIT funding, self pay or payment plans, nonprofit. Drug court, IDHW, dual-diagnosis, job search, transportation.

345-1485 or 375-5148

Harmony House

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

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
Inpatient substance use treatment. New Start for adults and Clean and Sober Teens for adolescents. Free assessments.

377- 8400

intermountainHospital.com

Narcotics Anonymous

Helpline number.

391-3823

Provenance Ministry

Provide faith based structured, transitional, safe & sober housing, for those willing to change their lifestyle & establish a relationship with Jesus Christ. Offering recovery support.

287-8900 Eileen Davis

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.

376-7083

River of Life

575 S 13th

Free residential recovery for men

389-9840

Rising Sun Sober Living

Monthly guest fee is \$400 with \$50 processing fee. Quality clean & sober housing for men & women recovering from drugs & alcohol. Nice, clean houses in convenient locations.

Serving Ada & Canyon Counties. Men & women houses are separate.

Caldwell is men only.

338-0861 or 898-4668

risingsunsoberliving.org

Road to Recovery (Boise Methamphetamine Clinic)

4795 Emerald, Bldg A

Mon–Thurs 9:30–5:30

State funded, must be adult (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.

384-4234

Sage Recovery Services

2995 N Cole #200A Boise **287-3285**

1323 N Main Meridian **888-0375**

\$15/group; sliding scale for financial. Substance abuse evaluations are \$40. Alcohol/drug education, relapse prevention education, Idaho Model CSC, Thinking for a Change, anger management, parenting, & individual sessions.

Supportive Housing & Innovative Partnerships (SHIP)

1405 Grove

State funding from BPA, private pay, & program for individuals experiencing homelessness. Offers safe & sober housing for single men & single women. Case management, random drug testing & life skills recovery support services. SHIP also has a housing program for homeless veterans with Substance Use Disorders.

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.

888-3101

tenmilecc.com

Tobacco Cessation

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

Free tobacco cessation classes

342-0308 Nancy Caspersen.

1-800-QuitNow (1-800-784-8669)

<http://idaho.quitnet.com>

Ustick House

8050 Ustick & 9230 Ustick

Sliding fee. 12-step structured sober living house for men, 90-day min.

322-0474

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.

422-1000 X7515

Walker Center Boise

5440 Franklin # 101

No Medicaid, will accept state funded substance abuse treatment funding. Relapse prevention, intensive outpatient treatment for adults age 18+, chemical dependency assessments. In-patient treatment at Gooding with 1 year of aftercare.

336-9076

SELF RESCUE MANUAL - Support Groups

A New Beginning Adoption Agency

8660 W Emerald #142

1) Free Birthmother Connections group meets monthly for women with an adoption plan for their child. 2) Family Connections Group meets monthly & is for children (with behavioral issues) & their parents. 3) Identity Peer Group is for adopted children. Group runs for 6 weeks & meets weekly.

939-3865

adoptanewbeginning.org

Adult Children of Alcoholics

St Paul's Catholic Center

1915 University 2nd Floor -back of library.

Tuesdays @ 7:30

344-1661, 284-5377(español)

AA-Alcoholics Anonymous

Call for information.

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.

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.

344-1661

Allies Linked for the Prevention of HIV & AIDS (a.i.p.h.a.)

1009 W Bannock

All positive support group meets Tuesdays 6-7 for those living with HIV or AIDS.

371-9913 (Ryan)

alhpahaidaho.org

Alzheimer's

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

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

381-2155

Baby and Me Support Group

900 N Liberty #100 (St Al's Family Center)

Tues 10–11am

For new parents & babies 0–12 mo.

367-7380

saintalphonsus.org

Because I Love You

303 Allumbaugh (Intermountain Hospital)

Tuesdays 7 to 9:30.

Group for parents of troubled children of any age.

Donna 345-1539 & Leone 853-2770

Better Breathers Club

Complex Care Hospital of ID Meridian 2131 S Bonita Way 1st Wed 11-1,

345-2209

St. Alphonsus (McCleary Center) 2nd

Wed 3:30, **367-3199** (Michelle)

ALA Office 1111 S. Orchard #245 2nd

Wed 3:30 **336-2373** (Kera Yost)

People/families with respiratory issues.

Birth Parent Support

10740 Fairview

LDS Social Services

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

381-9000

Breastfeeding Support & Encouragement

900 N Liberty #100 (St Al's Family Center)

Tues 11–12

367-7380

saintalphonsus.org

Cancer (Living Through)

100 E Idaho St Luke's MSTI

Cancer patients, caregivers, & family.

381-2760 Jeni

Cancer Grief Support Group

Call to register for class & to get more information.

381-2760

Cardiac Support Group

100 E Idaho (St Luke's South Tower

[Anderson Center](#))

Call for dates & topics

381-9000

CHADD (Children with ADHD/ADD)

717 11th St (Cathedral of the Rockies)

3rd Thursday 7-8:30

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.

381-3161

SELF RESCUE MANUAL - Support Groups cont.

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.
855-2137 (Rae Ann)
tcfboise.org

Down Syndrome Group

Call for info & meeting times.
Support for families with Down Syndrome.
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.
342-0672 (Tony/Jim)

Grandparents As Parents

3852 N Eagle 2nd flr 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.
323-7538 (Tracee Crawford)
idahograndparentsasparents.org & gran dsplace.org/gp4/id.html

Grief & Loss Recovery Group via Align Hospice

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

HIV Support Groups

777 N Raymond (Family Residency Wellness Center)
514-2505

Idaho Asperger's Support Group

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

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
991-2608
ifad.us
ifad@ifad.us
Debbie.ciulla@ifad.us

Idaho Mom's Network

Activities for stay-at-home moms.
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

IMSI Hope Community Phase II

3500 Franklin Blvd Meridian
Connection Point Desk @ Ten Mile Christian Church.
4:30pm Sunday Service. Connections resources & networking for offenders seeking spiritual support.
facebook.com/IMSIHopeCommunity

Leukemia & Lymphoma Society

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

Narcotics Anonymous

391-3823

National Alliance on Mental Illness (NAMI-Boise)

4696 Overland #274
Family & Friends Support Group
4696 W Overland
1st & 3rd Wed 7:00-8:30pm . Support group for family & friends of those with mental illness.
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.
NAMI Connection Recovery Support Behavioral Health Hospital
8050 Northview
Wed 4:30-6 . Support group for those suffering with mental illness.
376-4304
nami-boise.org

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.
381-9000 or 381-1510

SELF RESCUE MANUAL - Support Groups cont.**Overeaters Anonymous**

All Saints Episcopal 704 N Latah
Shanna **371-3362** Mon 7:30pm
1st Congregational 2201 Woodlawn Av
Jeanne **867-1434** Wed 12
5 Mile Nazarene 2701 S 5 Mile
Dave **921-6083** Thurs 7pm (childcare)
St Stephens Episcopal 2206 N Cole
Donna **884-4487** Sat 10am
1st Congregational 2201 Woodlawn Av
Margaret **853-5331** Sat 1:30pm
Boise Church of Christ 2000 Eldorado
Jenna **440-8927** Sun 6:30pm
Group for people with any eating
disorder
oa.org

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

Boise First Congregational
2201 Woodlawn
Meets 2nd Fri 7:30–9

**Recovery International -
Depression and Anxiety Support
Group**

Cathedral of the Rockies Bishop's
Lounge
717 North 11th Street
Thursdays 7:00-8:00
724-4854 (Debbie)

**Share Miscarriage & Infant Loss
Support Group**

900 N Liberty (Breast Care
Center—Entrance Facing Emerald)
First Tues 6:30–8
saintalphonsus.org
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.
388-8834 (Chrissy Group)

Smart Recovery

4444 Taft St
Tues, Thurs, Saturday at 6pm
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.
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.
888-3101
tenmilecc.com

**Touchstone Center for Grieving
Children & Adolescents**

740 Warm Springs Ave (Warm Springs
Counseling Center)
2nd & 4th Tuesday 6:30-8:30pm thru
school year. Groups help grieving
children (ages 5–18) & families recover
from loss of loved one. No drop-ins.
343-7797 X1359
[touchstone@childrenshomesociety.co
m](mailto:touchstone@childrenshomesociety.com)

Tourette's Syndrome

Email or call to meet 1-1 for guidance
& info.
376-3409
tsa-usa.org/
Shoffman3409@msn.com (Stephanie)

Treasure Valley Autism Society

520 S Eagle (St Luke's basement)
1st Monday 7-9pm.
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 child care. RAP
support group for women survivors of
domestic violence. Wed 6-7p
343-3688 & 343-7025

**YAD (Youth Alliance for Diversity)
Javier Community Center**

305 E 37th Garden City
Support group (gay, lesbian, bisexual
& transgender) for youth dealing with
sexual orientation. Sun 4–6
841-3220
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-Frid 8:30am-4:30pm
Face-to-Face assistance with IRS & to get copies of reported income, visit
387-2847
www.irs.gov

Idaho State Tax Commission

800 Park Blvd, Plaza IV
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.
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.h.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

Boise Coalition CEI

2717 S Vista Ave
Feb-March
Mon & Wed. 10-2 , Tues & Thurs 2- 8, Saturdays 10am - 4pm

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

St Mark's Catholic Church

7960 Northview Walk-in.
Feb-April
Tues & Thurs 10–2

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

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

BHM Foundation for Recreational Safety

2962 E Copper Point Drive Meridian
Free children's helmets. Call for more information.

322-1730

bhmidaho.org

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.

Ladies Wrench night, a workshop for women only is held on 2nd Thurs from 6-8 pm.

429-6520

Boise First United Methodist Church/Cathedral of the Rockies Methodist Church

717 N 11th St

Limited number of free 30-day bus passes & gas vouchers to those who qualify every 1st & 3rd Wednesday at 2:00.

343-7551

El-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.

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.

703-5666 (Medicaid)

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/Medicaid/Medicaid/MedicalCare/MedicalTransportation/tabid/704/Default.aspx>

Salvation Army

4308 W State

Thurs 9-noon. Get voucher for Salvation Army Thrift Stores for free bike. Arrive early as few bikes available. Bike must be needed for job or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment.

343-5429

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.

906-3393

Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5

Information & referral on human services in ID & Eastern OR via phone.

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.

345-RIDE (7433)

www.valleyride.org

SELF RESCUE MANUAL - Vision

Ada Vision

1333 W Jefferson
1926 W State St.
Mon, Wed, Fri 8-5, Tues & Thurs 9-
Will do Medicaid eye exam
but will not dispense Medicaid
glasses. 30% off 2nd pair of glasses;
can't be used with insurance.
384-5924 (Jefferson)
336-2020 (State St)
adavisioncenter.com/

Boise Family Eye Center

3417 N Cole
Will do Medicaid eye exam but will not
dispense Medicaid glasses.
377-1102

Boise Mountain Eye

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

Commission for the Blind & Visually Impaired

334-3220

Gem State Family Eyecare

3815 W State St.
Medicaid for eye exam & glasses.
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.
381-6910

Lifetime Optometry

10454 Overland (by 5 Mile &
Albertsons)
Mon-Fri 10-6
Medicaid eye exam and glasses.
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.
338-5466

Family Eye-Wear

222 N 2nd Street #215 Boise
381-5973 (specialize in children)
1648 W 2nd Street Meridian
888-2200
Medicaid eye exam and glasses.

Meridian Vision

Medicaid & private insurances. Large
selection of frames, thorough eye
exams including eye health.
888-5252

Pearl Vision

7447 W Emerald #105
Will do Medicaid eye exam &
dispense Medicaid glasses for 21 &
younger. Spanish speaker.
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.
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 **323-9303**
2655 S Broadway Ave **345-8812**
Medicaid eye exam and glasses. Will
not accept other optometrist's
prescriptions for glasses.

Wal-Mart Vision

8300 W. Overland Boise **321-2713**
7319 W. State Boise **853-4786**
4051 E Fairview Meridian **373-7926**
No Medicaid. Sells inexpensive
glasses. Frames costs start at \$10
with lenses starting at \$30. An eye
exam costs \$65.