



Self Rescue Manual

****Due to pandemic, some information may be incorrect due to changes for safety reasons. Please verify before using a resource!****

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

5555 Glenwood Street
Last Saturday of the month 1-4
Free groceries, clothing, & toiletries
For emergencies call 703-5381. Also offers the "Toys for Tots" program.
Interview clothes available.
(208) 685-0612
agapeworship.com

Assistance League of Boise Thrift Shop

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

Baby Needs Closet @ The Cathedral of the Rockies

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

The Basement - A Teen Thrift Closet (True Hope First Baptist)

607 N 13th Boise
Call for an appointment.
(208) 344-7809
Jesusistruehope.com

BHM Foundation for Recreational Safety

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

Birthright of Boise

1101 N 28th #A Boise
Free pregnancy test & support.
Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available, Pro-life. Call before you come to make sure we are open.
(208) 391-4331 or 1-800-550-4900
(24 hrs)
birthright.org

Boise Senior Center Thrift Store

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

Cinderella's Closet

5825 Glenwood Boise (Behind Assistance League Thrift Shop)
Fall season (Sept. & Oct.), Spring season (April & May) Wed 3:30-5:30 & Sat 12-4
Local high school students with Ada County High School I.D., may borrow from large selection of donated formal wear (gowns & tuxedos), for a non-refundable \$15 fee.
(208) 377-4327 (press 5 then 2)
boise.assistanceleague.org

The Closet - Teen Thrift Store

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

Deseret Industries Thrift Store

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

Dress for Success Boise Valley

2760 E Fairview Meridian
Tue-Thu 1-3
Agency referral only. For women only. Once referred, 1 interview suit will be provided as well as hair/make-up for job interview. After being hired, can return for 1 more outfit.
(208) 288-4405
dressforsuccess.org

El-Ada Outreach

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

Goodwill Thrift Store

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

Good Samaritan Store

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

Grandma's Treasures Thrift Store

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

Habitat for Humanity ReStore

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

Holy Nativity Episcopal Church

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

Idaho Diaper Bank

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

SELF RESCUE MANUAL - Clothing & Furniture cont.**Idaho Youth Ranch Thrift Shops**

Affordable prices on gently used clothing, home goods, toys, and more.

5465 W. Irving St, Boise
10448 W. Overland Rd, Boise
2142 Broadway Ave, Boise
10485 Fairview Ave, Boise
1417 Main, Boise, ID 83706
300 W. State St., Eagle
231 N. Main St, Meridian, ID
<https://www.iyrthriftstores.org/>

IMSI Hope Community Phase II

1775 W State St. #191
Clothing vouchers/ housing/
employment/ bus passes for those
out of incarceration.

(208) 629-8861

www.imsihopecommunityphaseii.com

Joseph's Closet

Whitney Methodist Church
3315 Overland Rd
Open mid Oct to mid Feb annually
Coats, hats, scarves, gloves for men,
women, children for free.

(208) 343-2892

Kid to Kid

1574 N Wildwood Way
Mon-Sat 9-8
Children's clothing consignment

(208) 376-6488

Love INC of Boise

Capital Church
2760 E. Fairview Ave Meridian
Tues - Thursday 10-1
In-kind assistance for clothing,
household, diapers if available.
One-on-one mentoring. Call to apply.
Christian based.

(208) 377-3502

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

Mirror Image/ Cathedral of the Rockies Teen Hygiene Closet

717 N 11th St
Referral from school nurse/
counselor/ social worker required. All
hygiene supplies.

mirror.image.boise@gmail.com

Meridian United Methodist Church Thrift Store

235 E Pine Ave Meridian
Tue & Fri 11-2

Clothing, small household items,
some school supplies, & vouchers
often available (\$20 / person)

(208) 888-2245

Redeemer Lutheran Church

2920 Cassia St. Boise
3rd Saturday of each month 1-2:30

Wash, Wipe, Wear: Free diapers,
laundry soap & toilet paper.

Use once/month.

(208) 344-6758

redeemerboise.org

Re-Style Animal Rescue Thrift Store

625 S Vista Ave
Mon-Fri 9-9, Sat 9-9, Sun 12-6
Lots of sales. Mon 25% off all day.
Blue tags are 50% off. Tue senior
day, 30% off if 55+ years old

(208) 350-0406

restylethriftstore.org

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

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

(208) 381-3033

St Vincent de Paul Thrift Stores

6464 W State Boise
Mon-Sat 9:30-6

(208) 853-4921

2160 S Broadway Ave Boise
Mon-Sat 9:30-6

(208)333-8801

Furniture Store 2110 S Broadway
Mon-Sat 10-6

213 N Main Meridian

Mon-Sat 9:30-6

(208) 888-9101

Used furniture & clothing for sale.

For clothing vouchers call 331-2208.

St Vincent de Paul Helpline 331-2208

Must leave phone number for call
back.

www.svdpid.org

St. Luke's Children's Hospital

Help with Car Seats (small donation),
Pack n' Plays and Bike Helmets

(208) 381-1719

bryanj@slhs.org

Valley Treasures Thrift Store

102 N Cole Boise
Tue-Sat 10-6, Sun 11-4

Furniture, appliances & household
items.

(208) 891-3161

Vets4Success Thrift Store

10321 W Fairview Boise
Mon-Sun 12-6

(208) 322-6536

SELF RESCUE MANUAL - Counseling & Mental Health Services

A Body & Mind Health Services

148 S Cole Road Boise Idaho 83709
 Medicaid, insurance. Embrace physical fitness, nutrition, outdoor activities, and community. Therapy specialize in first responders, individual, families, and couples. CBRS, Case Mgmt, Peer and Family Support, refugee population.
(208) 683-8320
www.abmhealthservices.com

A New Leaf, Inc

2428 N. Stokesberry Pl. Meridian
 Medicaid. developmental/ habilitative intervention, habilitative supports, mental health, full med clinic.
(208) 939-3888

Abundant Serenity, LLC

Wendy Perez, LCSW, ACADC
 925 Main Street Ste. A Meridian
 Medicaid, insurance, cash. Children, teens, adults. Trauma informed addiction, behavioral health, attachment, play therapy
 wendyperez@abundantserenity.co
www.abundantserenitywp.com
208-918-0380

Ability Health and Rehabilitation

4696 W. Overland Rd. Suite 236
 Medicaid, private ins. Counseling, Medication Management, CBRS, Case management.
208-333-9578

AbilityHRLLC@gmail.com
abilityhealthandrehabilitation.com/

About Balance Mental Health

6550 Emerald #112, Boise
 Mon-Fri 9-5
 Medicaid & sliding fee (\$40 min).
 CBRS, case mgmt, counseling, case/meds mgmt, & nurse practitioner.
(208) 342-6300

Access Behavioral Health

1276 W. River St. #100 Boise
 Mon-Fri 9-5
 Medicaid & slide fee. CBRS, IBI therapy, child dev therapy, counseling, meds/case mgmt, substance abuse.
(208) 338-4699

Access Living

690 S Industry Way #45, Meridian
 Mon-Fri 9-6
 Medicaid, sliding fee. CBRS, IBI, child dev therapy, counseling, adult day trmt, meds/case mgmt. After hours available upon phone request.
(208) 922-2207

All Seasons Mental Health

6933 W Emerald St
 Medicaid, insurance, primary care, psych testing, psychiatry, med mgmt, counseling, case man, developmental services, CBRS, healthy connections provider. Evenings by appt. Bilingual.
(208) 321-0634

All Together Now

2995 N Cole Rd, Ste 270
 Boise, Idaho 83704
 Medicaid/Medicare, sliding fee.
 Individual, family, groups, marriage, play therapy. CBRS & payee services
(208) 336-4504

Alpine Behavioral

8590 W Fairview Ave Suite A
 Medicaid, private pay, insurance, sliding fee. Psychotherapy, case mgmt (adults), CBRS (adults/children), conflict res/ mediation services. Interpreters.
(208) 672-0260

Alturas Counseling, LLC

204 S. Cole Rd.
 Most insurances, Tricare, Medicaid.
 Counseling for Individuals, couples, family, children (7+), adolescents, elderly, developmental disabilities, refugees, military. Clinical Supervision to post graduates in counseling and social work.
(208) 991-0225
<http://alturascounseling.com>

Always a Way

921 S Orchard Street, Suite 101, 201
 Insurances, Tricare, Medicaid.
 Counseling, developmental disabilities, refugees, military. Clinical Supervision to post graduates in counseling and social work.
(208) 420-3018
<https://aawcounseling.com>

Ambitions of Idaho (formerly Community Outreach Counseling)

Offices in Nampa, Caldwell, Boise, Meridian. Individuals, couples, family, children, adults and groups. CBRS. Medicaid, sliding scale, pro-bono options available.
(208) 466-7443

Ascent Behavioral Health

366 SW 5th Ave #100 Meridian
 Mon-Fri 9-6
 Medicaid, insurance, self-pay (\$200 first eval, \$55 groups). Drug ed group, individual, teen, adult dual diagnosis, substance abuse/ mental health treatment.
(208) 898-9755

Ashwood Recovery

7941 W Rifleman St
 M-F 8:30 to 9pm
 Medicaid. Outpatient Mental Health & Sub Abuse Tmt. Free assessments.
www.ashwoodrecovery.com
208-314-6220

Aspen Mental Health

7950 W King, Boise
 Mon-Fri 9-6
 Medicaid, insurance. CBRS, counseling.
(208) 342-2950

Boise Rescue Mission Ministries

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

Bridgeway Health Services

1032 S Bridgeway Place #110, Eagle
 Medicaid, insurance. Counseling & medication management.
(208) 475-0800

Brighter Future Health

9396 W. Emerald Suite 130
 Medicaid, private pay, most insurances, sliding fee, and ProBono counseling w/Intern. CBRS, Case Management, Therapy, Peer Support, Family Support, Respite Care, and Refugee services.
(208) 323-4400
brighterfuturehealth.com

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.**Catholic Charities of Idaho**

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

(208) 345-6031

Ccidaho.org

Children's Mental Health

Idaho Department of Health and Welfare

Youth support during COVID, identify needs, referrals, crisis support

(208) 334-0981

After Hrs Crisis (208)334-0808 #2

Community Connections

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

(208) 377-9814

cciidaho.com

Community Partnerships of ID

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

(208) 376-4999

www.mycpid.com

Community Support Center

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

(208) 429-0330

Dr. Misty L. Wall, MSSW, LCSW

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

(208) 297-9495

Easter Seals-Goodwill Adult Behavioral Health Services

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

(208) 672-2900

Family Counseling Services

1799 N. Lakes Place, Meridian
Medicaid, sliding fee, insurance.

(208) 888-5905

Family Social Services

10740 Fairview

Mon-Fri 8-5

Self pay or bishops may pay for fees. No sliding scale and no insurance.

Individual, couples and single expectant parent counseling.

(208) 376-0191

Gem State Developmental Center, Inc.

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

lpoole@gscdda.com

(208) 888-5566 x106

Ginny Marie Wellness/ A Better Life

2905 S Vista Boise
No Medicaid, yes State Reimbursement, some insurance, sliding scale. CBRS, education. Court approved programs available.

www.ginnymwellness.com

GSwellness2008@aol.com

(208) 562-7050

Hand in Hand LLC

6305 West Overland Road
Medicaid. Therapy, peer and youth peer support services, CBRS, case management services for all ages, LGBTQIA+ and ethnic backgrounds.

(208)605-3663

Healthy Place Counseling

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

(208) 376-4929

Human Supports of Idaho

4477 W Emerald #C100, Boise
Medicaid and interns for sliding scale/ pro bono. CBRS, meds mgmt, service coordination, individual therapy.

(208) 321-0160

Humansupports.com

Idaho Anti-Trafficking Coalition

868 East Riverside Dr., Ste 170 Eagle
Mon-Fri 9-5 Crisis Line 24 hrs/ day.

Non profit provides direct victim services through Case Mngmt, Crisis Hotline, Crisis Intervention Response Team, Transportation Assistance and Victim Advocacy.

(208) 630-6601 main line

Crisis line (208) 630-6601 ext 9

ldahoatc.org

Idaho Behavioral Health

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

(208) 343-2737

Idaho Federation of Families for Children's Mental Health

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

(208) 433-8845

Idahofederation.org

Idaho Youth Ranch

7025 W Emerald St, Boise
Medicaid. Individual, group, family, and equine therapy for youth and families. TeleMental Health and in-person options available.

(208)947-0863

<http://www.youthranch.org/get-help>

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

3288 E. Pine Ave. Meridian
Medicaid. CBRS & case management
888-8887

Integrity Mental Health

5440 Franklin Rd, Ste 108
M-F 9am-5pm
Monday & Friday 3-6pm walk-in hrs
Medicaid, Medicare, most private
insurances and private pay.
Carey Crill, NP and Brig Panther, NP
med mngmnt for adults and children.
(208) 283-7314
MentalHealthBoise.com

Intermountain Hospital

303 Allumbaugh
Inpatient substance use / mental
health treatment. New Start for
adults. Clean & Sober Teens for
adolescents.
IntermountainHospital.com
(208) 377-8400

ISU Boise Counseling Clinic

1311 E Central Dr, Meridian
Mon-thurs 11-8pm
\$20 copay for individuals & \$30 for
couples. Hours vary, call for info.
Counseling interns counsel
individuals, couples, & families.
(208) 373-1719

**Katherine Medina-Guillen LPC,
NCC**

1111 S Orchard St Ste 155
Self pay \$60 for 45 minute session
couples and \$40 for individual
(208) 440-3744

Kuna Counseling Center

145 E. Deer Flat Rd (Kuna)
Medicaid, sliding fee. Counseling,
CBRS, case management, service
coordination, adult and kids.
Developmentally Delayed DD
services. Spanish speaking counselor
available
(208) 922-9001

Leyline Advocates

921 S Orchard St. Suite 100
Adult & children with Medicaid.CBRS,
case & meds mgmt, service coord,
peer support and family support,
counseling, refugees, 30 interpreters
speaking 18 languages.
(208) 344-9797

Lifepath Counseling & Wellness

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

Lifeways Hospital

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

Living Hope Clinic

3308 N Cole #A
Mon -Fri 8-7
Medicaid/Medicare, insurance, sliding
fee scale. Marriage/family/children
therapy, learning/behavioral.
(208) 378-1122

**Logan Lamprecht, Ph.D., LCPC,
LPCC**

**Center for Counseling and Growth,
LLC**
6019 N. Eagle Rd
Medicare, Medicaid, EAP, Compsych
provider. Flexible office hours,
evening, nontraditional, walking apts,
and nature therapy.
logan@centerforcounselingandgrowth
.com
centerforcounselingandgrowth.com
(208)339-1279

Maitri Community Services

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

Methodist Counseling Center

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

Mind Over Matter

\$60 individual sessions, \$90 for
couples and family sessions. Sliding
scale.
Focus on Anxiety, Depression, and
Major Life Changes
208-391-5399
www.mindovermatteridaho.com

Mountain View Behavioral Health

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

One Love Agency

3649 N. Lake Harbor Ln
Medicaid, Blue Cross, and sliding fee.
Sexual offender treatment for juvenile
offenders. Individual, family, groups,
case management & CBRS. Peer
support specialist, therapy, group on
Mon/Wed for drug/alcohol abuse.
(208) 991-4296 (Jeremy)

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

Pathways Community Crisis Center
7192 Potomac Drive, Boise
Assessment, intervention, and referral services to 18 years and older experiencing a crisis related to mental health or substance-use disorders. Available 24/7 and by self-referral or by family, friends, law enforcement, or other concerned community members.
(833) 527-4747

Perma Mental Health
3271 N Milwaukee St
Mon-Fri 8:30-5
Medicaid, private pay, insurance. Medication management, psychotherapy, CBRS, case management, telepsychiatrist available for private pay clients.
(208) 996-1700

Pioneer Health Resources
Mon-Fri 8am-5pm
545 N Benjamin Suite 185, Boise
Medicaid/Medicare. CBRS, case/meds mgmt, counseling for adults/children.
(208) 322-1026

Pride Mental Health
9488 Fairview Ave., Boise
Mon-Fri 9am-6pm
Medicaid, Insurance, EAP, private pay, sliding fee. Adult & children services. Individual, family & couples therapy, Case Mgmt, Peer/Family Support, CBRS, EMDR ptsd/trauma therapy, home-based counseling. Services for refugees with interpreters
(208) 322-2928

Progressive Behavior Systems
2995 N Cole Suite 150, boise
Medicaid. Individ/Fam counseling, CBRS, res hab, devl srvc, case mgmt, respite, habilitative supports.
(208) 343-6558

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

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

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

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

St Alphonsus Behavioral Health Outpatient
131 N Allumbaugh
Mon –Thurs 8-5, Fri 8-3:30
Medicaid. Therapy for kids/ adults, groups, meds mgmt, MD. Inpatient for kids under 12, adult inpatient.
(208) 302-0900

St Luke's Psychiatric Wellness Services
703 S Americana Blvd, Ste 150 Boise
Mon-Fri 8-4 (phones until 5)
Medicaid/Medicare, insurance, self-pay. Therapy, med mgmt for 18+
(208) 706-6375
<https://www.stlukesonline.org>

St Luke's Children's Center for Neurobehavioral Medicine
South Entrance, 1075 E Park Blvd
Mon-Fri 8-5
Medicaid, private insurance, self-pay. Therapy, med mgmt. for 18 and under.
(208) 381-5970
<https://www.stlukesonline.org>

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

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

S.T.A.R.R. Family Behavioral Health
8100 W. Emerald Street, Ste. 150
Medicaid/Medicare, All Major Insurances, Sliding Scale. Mental Health Eval, Individual/Family/ Couple/Marital/ Counseling, Play Therapy, Early Childhood Trauma, Addiction Therapy, Trauma-Focused for children/ adults, Domestic Violence-children and adults, Home-Based Counseling, Parenting Ed., CBRS, Case Management, Med Mgmt, Children's Respite Care, Crisis Response, Referral and Consultation Services.
(208) 908-6399
www.starrfbh.com

Table Rock Counseling
Sliding fee down to \$40. Bilingual Spanish/Eng counseling. Counseling individuals, couples & families.
(208) 900-8500

Teen Hope Idaho
10020 W. Fairview Ave #204
Mon-th 10am-7pm Sat 9am-12pm
Non-profit accepts most insurances, sliding scale. Faith-based.Counseling, medication management, support groups, group therapy, parent coaching and mentoring.
(208) 991-4649
Teenhopeidaho.org

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.**Thrive Counseling of Idaho**

3023 E Copper Point 108, Meridian
 Mon–Fri 9 - 5
 Medicaid, Insurance, Self Pay.
 Counseling and Med Mgmt.
 Addiction issues, co-occurring
 disorders, grief and loss, depression,
 anxiety and parenting issues.
(208) 888-5408
www.idahothrive.org

Tidwell Social Work Services

7285 Franklin Rd
 Mon–Fri 8–5
 Medicaid, Medicare, sliding fee, \$45
 min, insurances, free with interns.
 Individual, marriage, family, art play
 therapy, CBRS, MD. Interpreters for
 all languages.
(208) 853-5095

Uzima Health Services, LLC

1111 S Orchard St #245
 Mon-Th 8-6, Fri 8-4:30 by
 appointment only.
 Medicaid. Peer Support, Case
 Management, Interpreters
 208-867-9403

Veterans Center

2424 Bank Dr (Vista/N Overland)
 Mon - Th: 8am-6pm, Fri 8am-4:30
 Free. Readjustment counseling
 services for vets who served in war
 zones or have been sexually
 traumatized in military. Individual,
 group, couples, family counseling.
(208) 342-3612

Veterans Medical Center

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

Warm Springs Counseling Center

740 Warm Springs Ave, Boise
 1833 S. Millennium Way, Suite 120
 Meridian
 Mon-Fri 8-5 (eves & weekends by apt)
 Insurance, Medicaid, Subsidy.
 Behavioral health services. Spanish.
(208) 343-7813
childrenshomesociety.com

SELF RESCUE MANUAL - Dental

Basic Dental Care

870 N Linder, Meridian
 Closed Fri (Call before noon M-TH).
 No Medicaid. Office calls \$17, X-ray \$13 (plus \$6 for additional xrays), extractions start at \$88-\$225, porcelain to metal crowns \$548, root canals \$323 to \$578. Quality dentistry at lower fees for children & adults. Full payment required at appointment.
(208) 888-3384

Dr. Brock Bohlman

5993 W State
 All insurance, no new adult Medicaid patients, Medicaid for children only ages 4–21. Call for appointment. Undocumented citizens will be served.
(208) 384-0577

Boise Schools- Children's Free Dental Clinic

1609 S Owyhee - Whitney Elementary
 Mon, Tues, Friday 8:30-3:30
 No Medicaid or insurance patients (students of Boise School District). Cleanings, sealants, restorations, & extractions. Referral from BSD nurse & have appointment. Basic dental work.
(208) 854-6627

Carrington College

1122 N Liberty
 Mon-Wed 9-12, 1-4, 5-8,
 Thurs 9-12, 1-4
 Free dental hygiene exams, cancer screenings, blood pressure checks, cleanings, & x-rays. Apt averages 2.5 hrs. Spanish. If dental treatment is needed referrals can be made to local dentists & dental specialists. Free toothbrush, floss, & toothpaste given at first visit.
(208) 947-6821
carrington.edu

Deluxe Dental

1353 N Meridian Rd #101, Kuna
 Adult Medicaid
(208) 922-1755

Dental Dental GrinWell

For adults age 60-79, income limits and no current dental benefits. \$1,250 free dental coverage in one year. Application and paperwork needed.
1-866-894-3563

Dr. Wayne Claiborne

10552 W Garverdale Ct #902
 Medicaid & Insurance. Emergencies OK. Accepts all patients over the age of 4. Serving undocumented citizens.
(208) 336-4777

Genesis Community Health

215 W 35th St
 Mon, Tues, Thur, and Fri 8-2pm.
 For low income and uninsured patients; including no Medicaid, Medicare or VA benefits. By referral only from both Saint Alphonsus and St.Luke's emergency rooms. Basic dental services provided.
(208) 384-5200

ISU Family Dentistry

1311 E. Central Dr., Meridian
 Tues–Fri 8:30–4
 Medicaid, sliding fee, \$33 for 15 minute screening. Children & adults under 21. Advanced general dentistry services.
(208) 373-1855

Small Smiles Dental Clinic

8744 Fairview (Fairview Tech Center between Milwaukee & Maple Grove)
 Mon-Fri 8–6:30
 Medicaid, Cash and accepts many private insurances. Children under 21 only. Prefer appointments but will accept some walk-ins. Spanish.
(208) 322-3010

Terry Reilly Health Services Boise Dental

2301 N 36th #102
 Mon –Fri 7:30-6
 Medicaid & sliding fee depending on income. Emergency dental must schedule. Non-emergency call at 8am for appointments. Extractions & fillings. Bring \$30 deposit & 4 weeks pay stubs. Spanish & Bosnian speaking translating available. Undocumented citizens welcome.
(208) 336-8801

Terry Reilly Health Services Boise Dental - Express Care

Focus is on pregnant women & other Medicaid patients with diabetes or heart disease, can be seen within 4 working days. New patients \$75, \$30 walk-ins (deposit). Spanish & Bosnian speaking translating available. Undocumented citizens welcome.
(208) 331-5049

Town Square Dental

8660 Emerald St., #152
 Children's Medicaid accepted
(208) 639-4390

Treasure Valley Pediatric Dentistry (Dr. Roy Rogers)

1564 S Timesquare Ln. (Overland near Maple Grove)
 Monday 8 – 5
 Tue-Thur 7:30-5
 Medicaid for children ages 0–20, Idaho Smiles Program, new Medicaid patients up to age 10. Works with children with special needs.
(208) 376-8873

SELF RESCUE MANUAL - Disability Services

Disability Rights Idaho

4477 W. Emerald Suite B100

Non-profit advocacy agency to assist families through education, information, and individual assistance.

(208) 336-5353

(866) 262-3462

Family Caregiver Navigator

Assessment, Care Plan, Referral, and Follow-Up to help prevent caregiver burnout. Focus is on the caregiver to offer support and improve quality of life. Help to preserve natural family support systems.

(208)426-5899

caregivernavigator.org

Idaho Parents Unlimited, Inc

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

(208) 342-5884

www.idahoparentsunlimited.org

parents@ipulidaho.org

Idaho State Council on Developmental Disabilities

Advocacy and policy for individuals and families with developmental disabilities.

700 W. State St. 1st floor

(208) 334-2178

(800) 772-1213

Idaho State Independent Living Council

380 South 4th Street, Ste. 102
P.O. Box 83720 Boise, ID 83720-960
Assist with independent living advocacy and resource referrals.

(208) 334-3800

(800) 487-4866

Northwest ADA Center - Idaho

(208) 841-9422

Provide information, training and guidelines on ADA rights.

<http://nwadacenter.org/idaho>

Social Security Office

(800) 772-1213

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

Idaho Commission on Aging

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

(208) 334-3833

HISway, LLC

Payee service

(208) 322-0262

SELF RESCUE MANUAL - Education, After-School Programs

Art Without Boundaries (Good Samaritan Boise Village)

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

BabySteps

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

Big Brothers/Big Sisters of SW

7609 W. Emerald St.
Screened volunteers participate in mentoring program with children. Wait list. Volunteer opportunities for high school students.
(208) 377-2552
bbsidaho.org

Boise City Child Care Licensing

150 N Capitol Blvd 1st Floor City Hall
Mon-Fri 8-5
Parents must make a public records request in writing at the City Clerk's office, can view files on all licensed child care providers in Boise. Will provide a list of providers broken out by zip code & facility type. Spanish interpreter available with appointment.
(208) 384-3710

BOISEINTERPRETERS.COM

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

Boise Parks & Recreation's Mobile Recreation Unit

Call for more information.
(208) 854-4917

Boise Parks & Recreation Community Centers

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

Boise Schools Preschool Screening

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

Boys & Girls Club of Ada County

After School Program (Grades 1-12)
610 E. 42nd St. Garden City
911 N. Meridian Rd. Meridian
Peregrine Elementary (Meridian)
School days open until 8pm.
No-School days open until 6pm.
\$25 / school year.
Offers free meals daily.
Open to school-aged youth with a variety of programs offered daily.
New families must attend orientation.
www.adaclubs.org for more info & orientation times.

BYRT

2995 N Cole Rd. Suite 230
Support Group and cultural exchange group for refugee and adolescent refugees. Transportation provided.
(208) 343-6558
www.pbsofidaho.com

The Christian Children's Ranch with Ekklesia Christian School

2421 W Duck Alley Road Eagle
Residential boarding school. Won't turn anyone away because of inability to pay.
(208)888-5235
www.christianchildrensranch.org

Catholic Charities of Idaho

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

College of Western Idaho (Boise & Nampa)

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

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.
(208) 345-0346
Cfkidaho.org

Create Common Good

2513 S Federal Way #100
Foodservice skills training and job placement assistance for adults. Training in commercial kitchen includes basic instruction in kitchen math, food safety, kitchen sanitation, beginning kitchen math, recipe preparation and plating. In addition to our 8-week training program, provide 3 months of job placement support.
www.createcommongood.org
(208)258-6800

SELF RESCUE MANUAL - Education, After-School Programs cont.**Education & Training Voucher
Dept of Health and Welfare**

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/GED.

IL-ETV@dhw.idaho.gov

208-334-4932

EI-Ada Community Partnerships

2250 S Vista

Mon-Fri 8-4

Payment for GED testing through the College of Western Idaho.

School/registration fee assistance for junior high and high school students. Undocumented citizens will be served.

(208) 345-2820

cwidaho.cc/adult-basic-education

FAFSA (Federal Student Aid)

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

Family Advocate Programs: Home Visiting

3010 W State #104

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

(208) 345-3344

familyadvocate.org

Head Start & Early Head Start

4709 Camas

Mon - Fri 8am - 5pm

Children from birth to age 5.

Transportation provided for some classes. Breakfast & lunch, & afternoon snacks. Early Head Start; Expectant parents & families with infants to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).
(208) 344-9187

ID Assistive Technology Project

Assists people with disabilities with assistive technology. Free services available to all ages & disabilities

1-800-432-8324

idahoat.org

idaho.at4all.com

Idaho CareLine 211

Provides list of child care providers.

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

www.211.idaho.gov/

ID Department of Labor WIA Youth & Adult Program

219 W Main Boise **(208) 332-3575**

205 E Watertower Meridian **(208)**

364-7785

Youth ages 16-21 & Adults 18+;

Provide help in getting GED/High School Diploma.

Labor.idaho.gov

Idaho Family Assistance Center at Gowen Field

4087 W Harvard St

Mon - Fri 7am - 4pm

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

(208) 422-5367

Idaho Federation of Families for Children's Mental Health

704 N 7th St

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

(208) 433-8845

idahofederation.org

Idaho National Guard Youth Program Gowen Field

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

272-4387 Tanya Chin

Idaho Parents Unlimited

4619 W Emerald St Suite E

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

(208) 342-5884

Job Corps

2323 S Vista Ave. #203

Mon-Fri 8-5, Closed 12-1

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

(208) 375-9414

Jobcorps.gov

SELF RESCUE MANUAL - Education, After-School Programs cont.**Learning Lab**

308 E 36th St Garden City, ID 83714
Computer-assisted learning center for adults and families with 0-6 year old children. Basic skills instruction including math, reading, writing, spelling, GED prep and workplace skills. Students learn to touch-type and use a computer while improving their basic skills.

learninglabinc.org

(208) 344-1335

Lee Pesky Center

3324 Elder St
Not-for-profit specializes in evaluation and treatment of learning disabilities, AD/HD, and Level 1 Autism. Sliding scale.

(208) 333-0008

Life's Kitchen

1025 S Capitol Blvd
A nonprofit employment-training organization offering 16 week employment-training program to young adults ages 16-20, covering not only culinary training but teaching life skills classes as well.

(208) 331-0199

Parent Project

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

570-6404

Tuck Sleep

Aims to improve sleep hygiene, health, and wellness through the creation and dissemination of comprehensive, unbiased, free resources

www.tuck.com

TRiO Educational Opportunity Center**University of Idaho (Boise)**

322 E. Front St. Suite 190
Assist adults with returning to school. GED/ college/ trade/ technical school programs. Career counseling, researching schools & programs, college and financial aid apps, entrance tests, reg assistance, academic advising, counseling on default loans.

(208) 364-9925

Email: eoc@uidaho.edu

Website: www.uidaho.edu/eoc

YMCA

1050 W State **(208) 344-5502**
5959 N Discovery Pl **(208) 377-9622**
5155 S Hillside Ave **(208) 331-9622**
Financial aid available.

SELF RESCUE MANUAL - Employment and Casual Labor

Maximus

600 N Steelhead Way #110
Mon-Fri 8-5

Case management, job search preparation, related classes, resume & cover letter aid, faxes, phones, copies & computer time . Required for those who receive food stamp and cash assistance who are mandatory to look for work. Interpreters available. **MUST BE REFERRED BY** Department of Health & Welfare to receive gas vouchers & bus passes.
(208) 322-9675

IMSI Hope Community Phase ii.

8620 W. Emerald Suite 140

Offers assistance with employment challenges for ex-offenders.
Cindi Real **(208) 850 6889**

Idaho Department of Labor Job

219 W Main Boise **332-3575**

205 E Watertower Meridian **364-7785**

Mon -Thurs 9-5, Fri 9-12

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

www.labor.idaho.gov

Idaho Department of Labor WIA Youth & Adult Program

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

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

(208) 332-3575 X3621 or 3590

www.labor.idaho.gov

Idaho Youth Ranch YOUTHWORKS!

Paid job-training and career-readiness services for youth ages 16-24. Visit website for information about upcoming sessions and to apply.

<http://www.youthranch.org/youthworks>

People Ready Temporary Service

10 W Franklin Rd, Meridian

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

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

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

(208) 331-3606

Pro People Staffing Services

10369 W Emerald Boise #100

Mon-Fri 9-2 (for applications)

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

(208) 345-5747

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.

(208) 327-1000

Treasure Valley Community Resource Center

Mon-Fri 8-5

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

(208) 459-9263

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.

(208) 327-7411

vr.idaho.gov

Volt Services Group

101 S Capitol Blvd #501

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

(208) 375-9930

SELF RESCUE MANUAL - Financial and Utility Assistance

Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

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

(208) 287-7960

www.adacounty.id.gov

Assurance Wireless

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

Limited minutes, unlimited text.

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

Money Fit by DRS

6213 N Cloverdale #100

Free budget, credit, debt and student loan counseling, free credit report review and financial education. Debt management, bankruptcy certificates also available. Walk-ins OK or apt.

(800) 432-0310

www.MoneyFit.org

Education@MoneyFit.org

Department of Health & Welfare Self-Reliance

1720 Westgate, Mon-Fri 8-5

Food Stamps, Medicaid, TAFI, Idaho Child Care Program (ICCP),

Grandparent Grant, telephone help, navigators help with rent/utility. Must apply at office & set up interview.

Come early to apply & walk-in apts available. Language assistance.

MyBenefits@dhw.idaho.gov

(208) 334-6700

1-877-456-1233

EI-Ada-Outreach Water Assist/ UW Cares

2250 S Vista Ave

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

(208) 345-2820

EI-Ada-Outreach Energy Assistance and Home Weatherization

701 E 44th Garden City

Mon-Fri 8-4:30

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

(208) 322-1242

EI-Ada-Outreach Services

2250 S. Vista Ave

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

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

(208) 345-2820

Idaho CareLine 2-1-1 Navigator Program

Referrals and financial help if qualify.

idahocareline.org/

211 or 1-800-926-2588

Idaho Housing and Finance Association

Mon-Fri 8:30-5:30

New funding to help pay rent during COVID.

1-877-428-8844

housingidaho.com

Spanish:

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

[ESP](#)

Idaho Power and Intermountain Gas "Moratorium"

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

Idaho Power: (208) 388-2323

Intermountain Gas: (208) 377-6840

IMSI Hope Community Phase II

1775 W State St Ste 191 Boise

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

(208) 629-8861

msihopecommunityphaseii.com

Love INC of Boise

Tues - Thursday 10-1

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

(208) 377-3502

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

Salvation Army Project Share

4308 W State

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

(208) 343-5429

St Vincent de Paul Help Line

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

(208) 331-2208

www.svdpid.org

Social Security Administration

1249 S Vinnell Way #101 (off Overland by WalMart)

Mon/Tues 9-4, Wed 9-12, Thurs/Fri 9-4. Retirement, educational outreach & survivors, disability, Medicare info. May call for appt. Arrive early, possible line.

1-855-377-9316

socialsecurity.gov

SELF RESCUE MANUAL - Food Pantries

Agape in Action

5232 Fairview Ave Boise
Free groceries, clothing, & toiletries
last Saturday of month from 1–4pm
or call. For emergencies call
703-5381 for help. Also offers the
"Toys for Tots" program in the months
of September- December. Provide
Thanksgiving & Christmas food
boxes.

(208) 685-0612

agapeworship.com

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

537 W. Bannock St #100
Thurs 2-8, Fri 2-5
For individuals infected with or
directly affected by HIV and AIDS.
This includes people living with HIV
and AIDS, their direct family
members, and caregivers.

(208) 424-7799

alphaidaho.org

Boise School District

Curbside Meals during virtual school.
See website for locations and times
or call your school.

<http://www.schoolnutritionandfitness.com/index.php?sid=1467319096128&page=CurbsideMeals>

Borah High School/ El Ada Community Action Mobile Food Pantry

3rd Thursday of every month
4:00-6:00
6001 Cassia Street
(208)377-0700

Cathedral of the Rockies Amity Campus

4464 S Maple Grove Rd
Food bank 5:30-7:30 Mondays
(208) 362-2168

Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall) Boise
Mon-Friday 9:30-4:30
Limited supplies. Non-perishable
& some perishable foods. One
visit/month. Need to show drivers
license & fill out a form.
(208) 321-7440

City Hope Food Pantry

8401 W. Fairview Ave. Boise
9:30-11:30 Monday - Thursday.
\$5 donation if able for large box, bag
always free. Once / week. No ID
needed.

376-7272

Community Ministries Center

3000 Esquire (S of Ustick) Boise
Mon- Thursday 12–3:15
Cans, produce meats when
available. Call ahead for baby items
such as baby formula, & diapers &
social services. Use every 45 days.
Bring proof of address & ID (photo ID
or birth certificate) for family
members needing food. Need to live
in Ada County.

(208) 378-7774

Eagle Food Bank

Eagle Performing Arts Center
149 West State St Eagle
1st & 3rd Thursday of the month
10am–12
Last Tuesday of the month 6-7:30pm.
Available to Eagle & Star residents.

(208) 631-0702

El-Ada Community Resource Center Food Pantry

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

(208) 345-2820

El-Ada Community Action Partnership Food Pantry

701 E 44th #2 Boise
Mon-Fri 8:30-4:00
May use every 60 days. Food boxes
have 2-4 days of food. USDA
commodities - call for more info.
Undocumented welcome. Interpreter
available upon request.

(208) 377-0700

First Baptist Church Food Bank

607 N. 13th Boise
Sat 9-11am
Bread, cans, cheese, butter, milk,
some meat. Show ID, every 30 days.
(208) 344-7809

First Bible Missionary Church

375 N Roosevelt Boise
Nonperishable food. Call for an
appointment.
208-297-8292

First Presbyterian Church Friendship Food Pantry

950 W State Boise
Mon 5-7
Once per month.
(208)345-3441

Foothills Christian Church Food Pantry

9655 W State Street Boise
Fridays 12-2
(208) 853-0011
Foothills.org

Friendship Food Pantry

950 W State St Boise
Mon 5-7
(208) 345-3441

Heritage Bible Church Food Pantry

7071 W Emerald Boise
3rd Sun 12:30-2:30
(208) 353-4036

Hope Lutheran Church Food Pantry Give Hope Food Pantry

331 N Linder Rd Eagle
Mon-Wed 10-1
(208) 939-9181

Horsebit Community Pantry Euclid Church of the Nazarene

1308 W. Hale St
Monday 4:30-6:00 PM
Saturday 11:00 AM-12:30 PM
No ID needed-Open to the public
(208)907-5619

Idaho CareLine 211

Free summer lunch, food referrals.
211 or 1-800-926-2588
www.idahocareline.org/

SELF RESCUE MANUAL - Food Pantries cont.**The Idaho Foodbank**

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

(208) 336-9643

idahofoodbank.org

Kuna Community Food Bank

Kuna United Methodist Church
260 W 4th St (enter parking lot in back)

Serving residents in the Kuna School District by appointment Tues-Thurs 1-4pm (or by other arrangements). Call for appointment. May visit every 2 months (approximate).

kunaumc.org

(208) 922-4745 (Leave message on food bank line #1)

Meridian Food Bank

133 W Broadway Meridian
Mon/ Wed 12-6 Thurs 12- 4

May visit twice/month. Cans & dry goods produce in season, meat & eggs when available. Bring ID & proof of address.

(208) 888-5102

Mountain View Church of the Brethren

2823 N Cole Boise
Tues-Thurs 10:30-1:30

(208) 375-0604

Salvation Army Food Pantry

9492 W Emerald St
Tuesday – Thursday 12pm-4pm and
Fridays 10am-2pm

Every 60 days. Bring proof of address & photo ID for every family member & must live in Ada Co.

(208) 433-4423

SHIP Food Bank

Every Saturday 10am – 3pm
1423 Grove St. Boise Idaho 83702
(Second Chance Building Materials Center). Open to the Public. Can come back weekly.

St John's Cathedral Food Bank

775 N. 8th St, Boise, ID 83702
Mondays and Wednesdays 1-3
Eggs, produce, meat, dairy, cans.
Need ID.

(208) 342-3511

Star Outreach Neighbors Helping Neighbors

10775 West State Street (Star)
Distribution Days and Times:
Tuesday 1:30 – 3:30pm
(Bread, Produce and Prepared Meals)
Thursday 3:00 – 5:30pm
(Month Food Box Distribution and Bread and Produce)

208-779-0046

St Mark's Food Bank

7960 Northview St. Boise
Mon-Fri 10am-1pm, except holidays.
Entrance in back. Boise and Garden City residents. Every 30 days.
Milk, eggs, canned goods, bread, meat, diapers. Photo ID required each visit. Recent proof of address req'd.

(208) 327-0345

St. Mary's Food Bank

3890 W. State St. Boise
Mon and Fri. 11am-3pm. New registrations please, arrive no later than 2pm. May visit every 30 days. Serves these zip codes only: 83703, 83714, 83702, 83706. We require ID for all members of family. Photo ID and proof of address dated within 60 days for family members 18 years and older. We also serve all veterans and active duty military. Veteran/military ID required. Food boxes, frozen foods, dairy, eggs, & diapers. See our website for more information on registration requirements.

(208)345-2734

stmarysfoodbankboise.com

St. Vincent de Paul Food Pantry - Meridian

6300 N Meridian (Chinden - double wide with blue awning) Meridian
Mon, Wed, Fri 1-4; Thurs 5:30-7
May visit every 30 days. Bring ID. Serves Meridian, Eagle, Star, Kuna (83634), West Boise (83713), & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available.

(208) 995-6697

www.svdpid.org

St Vincent de Paul Food Pantry - Boise

3209 W Overland Boise
Tuesday, Fri 10-12
May visit every 30 days. Drive thru system. Bring ID.

(208) 333-1460

svdpid.org

Sulamita Food Pantry

1021 W 8th St Meridian
2nd & 4th Sat 10-12

(208) 409-7206

Vineyard Christian Fellowship

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

(208) 377-1477

WIC (Women, Infants & Children)

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

(208) 327-7488

Whittier Elementary Mobile Food Pantry

301 N 29th St
3rd Thursday of every month, open to public

(208) 854-6630

SELF RESCUE MANUAL - Friendship Feast/Community Free Meals

<p>Baptist Campus Ministries 1327 W Beacon Boise Lunch Wednesdays 11-1 BSU Stu.</p>	<p>City Light for Women & Children 1404 W Jefferson(Boise Rescue Mission) Boise Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily (208) 368-9901</p>	<p>River of Life Boise Rescue Mission 575 S 13th (by River St) Breakfast 6:30 am daily Lunch Mon-Sat 12:00, Sat/Sun at 1 Dinner 5 pm for public Dinner 7 pm for Guests staying at River of Life. Undocumented OK. (208) 389-9840</p>
<p>Biblical Studies Center 1025 Belmont Boise BSU Students only Lunch Thursdays 11:20-1</p>	<p>Holy Nativity Episcopal Church 828 W Cherry Ln Meridian 1st and 2nd Wed 5:30-7, dinner (208) 888-4342 http://www.episcopalholynativity.org</p>	<p>St Michael's Cathedral Church 518 N 8th Boise Limited sack lunches available. Lunch Mon-Fri 9-3. Last Sat of month "Come to the Banquet" 12 -1:00 lunch. Undoc OK. (208) 342-5601</p>
<p>Boise School District Curbside Meals during Covid and virtual school. See website for locations and times or call your home school. https://www.boiseschools.org/news/what_s_new/learning_online_curbside_meals_available</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>Vineyard Christian Fellowship Feeding God's Children Food on Sun 2 - 4 at Julia Davis Park Boise. Undocumented OK. (208) 377-1477</p>
<p>The Cathedral of the Rockies 717 N 11th Boise Sack lunches available daily 11:30-1 (208) 343-7511</p>	<p>King of Glory Lutheran Church 3430 N Maple Grove (N door, by Maple Grove) Boise Last Sat of month 12-1:30 lunch (208) 377-0220</p>	<p>Whitney United Methodist Church 3315 Overland (Owyhee) Boise Saturday sack lunch (Zip code 83705 only) Sat 10:30-12:00. (208) 343-2892</p>

3rd Thurs Sunday	6 pm 1pm	Cathedral of the Rockies Boise	717 N 11th	(208) 343-7511
Sat/Sun, 3-4 x a wk Look @ website	6 pm	St Vincent de Paul Boise	3209 Overland	(208) 333-1460 www.svdpid.org
Tuesdays	5:00pm	Immanuel Lutheran Boise	707 Fort St.	(208) 344-3011
1st/last Thurs	6pm	First Presbyterian Boise	950 W State	(208) 345-3441
1st Fri	6pm	All Saints Episcopal Boise	704 S Latah	(208) 344-2537
2nd Thur	6pm	St John's Cathedral Boise	807 N 8th (basement)	(208) 342-3511
2nd Fri	6pm	Sacred Heart Catholic Boise	811 S Latah	
3rd Tues	6pm	Red Rock Christian Boise	1124 S Roosevelt	(208) 342-2380
3rd Fri	6pm	Whitney United Methodist Boise	3315 Overland (by Owyhee)	
4th Wed	6pm	Wright Community Congregational Boise	4821 W Franklin	
Last Wed	6pm	Hillview United Methodist Boise	8525 Ustick Rd	(208) 375-0392
1st/ 2nd Wed	5:30-7	Holy Nativity Epis. Church	828 W. Cherry Ln	(208) 888-4342

SELF RESCUE MANUAL - Hotlines for Crisis/ Resource

A New Beginning Pregnancy Help

Free pregnancy tests, options counseling, referrals

208-985-5617

adoptanewbeginning.org/pregnancy

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

Children's Mental Health

Idaho Department of H&W

Youth support during COVID, identify needs, referrals, crisis support

(208) 334-0981

After Hrs Crisis (208)334-0808 #2

City Light for Women & Children

1404 W Jefferson

Safe place for victims of domestic violence, any violence for safety.

(208) 368-9901

Combat Call Center

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

1-877-927-8387

Faces of Hope Victim Center

417 S. 6th Street (6th & Myrtle)

Warm, welcoming place where people affected by interpersonal violence get judgment free help with no fees from wrap around team for individuals or family including crisis intervention for domestic violence, sexual assault, child abuse and elder abuse. (Free parking on side of building on Myrtle, after the Residence Inn Marriott)

www.Facesofadacounty.org

(208) 577-4400

Health and Welfare Adult Protection

Crisis line for reporting adult/ elderly abuse.

(208) 332-1745

Health & Welfare Child Protection

Reporting child abuse

(208) 334-5437

Health & Welfare Mobile Crisis Unit Suicide Prevention

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

(208) 334-0808 or 1-800-600-6474

Hotlines for Information on Substance Abuse

Al-Anon (208) 344-1661

Al-Ateen 1-888-425-2666

Alcohol Drug Helpline

1-800-821-4357 Alcoholics

Anonymous (208) 344-6611

Call St. Luke's (for class registration & referrals) (208) 381-9000

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

Narcotics Anonymous (208)

391-3823

RADAR (Alcohol & Other Drug Resources) (208) 426-3471 or

1-800-937-2327

Idaho Anti Trafficking Coalition Crisis Hotline

Crisis line available 24 hours a day, 365 days a year. Advocates offer confidential, non-judgmental crisis intervention, support, community referrals and information about options and services available.

(208) 630-6601 ext 9

Idahoatc.org

Idaho Careline 2-1-1

Referral to medication/ medical resources, community resources, child care, substance abuse, etc. Spanish.

211 or 1-800-926-2588

Idaho Domestic Violence Hotline

1-800-669-3176

Idaho Housing and Finance Hotline

331-4877

1-866-432-4066

Idaho Youth Ranch Hays House Youth Help Line

24/7 help for youth in crisis

208-322-2308

helpline@youthranch.org

Idaho Suicide Prevention & Hotline (24 hour)

1-800-273-8255

spanidaho.org?idahosuicideprevention.org/#&panel1-1

National Teen Dating Abuse Hotline

1-866-331-9474

loveisrespect.org

Pathways Community Crisis Center

7192 Potomac Drive, Boise

Assessment, intervention, and referral services to 18 years and older experiencing a crisis related to mental health or substance-use disorders.

Available 24/7 and by self-referral or by family, friends, law enforcement, or other concerned community members.

(833) 527-4747

SAMHSA Disaster Distress Hotline

Crisis counseling and support to people following disasters including but not limited to: wildfires, earthquakes, mass violence.

(800)985-5990 or text

TalkWithUs to 66746

(800) 985-5990 opt 2 (other

languages) or text Hablanos to 66746 (for Spanish)

www.samhsa.gov/find-help/disaster-distress-helpline

Treasure Valley Community Resource Center

Mon – Fri 8–5

Phone referrals.

(208) 459-9263

SELF RESCUE MANUAL - Hotlines for Crisis/ Resource cont.

Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.
Google above title.

The Trevor Project

24-hour, toll free confidential suicide hotline for LGBTQ+ youth.

1-866-488-7386

Women & Children's Crisis Center (WCA)

343-3688

Domestic Violence Hotline (24 hr)

343-7025

Rape Crisis Hotline (24 hr) **(208)**

345-7273

Veterans Crisis Line

1-800-273-8255 X 1

SELF RESCUE MANUAL - Housing Resources

Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

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

(208) 287-7960

www.adacounty.id.gov

Boise City/Ada County Housing Authority

1001 S Orchard Street

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

(208) 345-4907

housingidahocom/

Boise School District, School Social Workers

Some elementary schools in Boise School District have School Social 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.

City of Boise | Rental Housing Program

Office: [150 N. Capitol Blvd](http://www.cityofboise.org) – 2nd Floor
Please check the City of Boise's Rental Housing website for information related to submitting an application.

<https://www.cityofboise.org/departments/planning-and-development-services/housing-and-community-development/rental-housing/>

(208) 570-6830

City of Boise | Homeownership Program

150 N. Capitol Blvd – 2nd Floor

The City of Boise loans qualified persons of low/moderate income to up to 25% of the purchase price or \$35,000 (whichever is less) to purchase a home within Boise City limits. Applicants must annually meet income guidelines determined by the U.S. Department of Housing & Urban Development (HUD).

PLEASE NOTE: Applicants are required to obtain a commitment letter from any lender of their choice for the first deed of trust. Funds are available on a first come, first served basis. Property must be located within Boise City limits.

(208) 570-6844

Income Guidelines & Affordable Homeownership Application:

www.cityofboise.org/hcd

Emergency Rental Assistance Program (ERAP)

Help with rent and utilities for individuals and families affected by COVID.

(208) 363-9710

<https://erap.bcacha.org/>

IDHW Emergency Assistance/ Navigator Program

Rent, utility assistance to families with children if sustainable income.

Call Idaho Careline for referral.

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

Good Samaritan Home

3501 W State

Mon-Fri 9-5

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

(208) 343-6051

Idaho Housing and Finance Association

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. Free information & referral service. New funding to help pay rent.

1-877-428-8844

housingidahocom

Spanish:

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

Intermountain Fair Housing Council 4696 W Overland Rd Suite 140

Nonprofit whose mission is to ensure inclusive housing for all persons without regard to race, color, sex, religion, national origin, familial status, sexual orientation, gender identity, a source of income, or disability. The IFHC attempts to eradicate discrimination through, education on the fair housing laws, housing information and referral, housing counseling, and assistance with mediating and or filing fair housing complaints, among other things. Education and outreach on fair housing laws and practices to housing providers and others.

208-383-0695

www.ifhcidaho.org

Jesse Tree of Idaho

1121 Miller St Boise

Mon-Fri 9-5

Must be late on rent, have an income coming into the home or an income about to start, participate in emergency case management and be an Ada County resident Please call our intake line anytime at

(208) 383-9486

SELF RESCUE MANUAL - Housing Resources cont.

Neighborworks Boise

3380 W Americana Terrace #120
Below-market apartment rental units
(based on income) -2,3,& 4 bedroom.

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

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

573-0258

Home Foreclosure Prevent **258-6224**

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

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

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

www.nwboise.org.

Our Path Home

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

Services:(208) 495-4240

Admin: (208) 570-6845

Provenance House

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

(208) 577-7700

Rising Sun Sober Living

Office: 8050 Ustick Road, Boise
Clean & sober housing for individuals
in recovery. Housing is gender
specific. Many locations in Ada and
Canyon Counties. BPA and IDOC
Provider. Same day move-in and no
wait lists.

www.risingsunsoberliving.com

(208) 898-4668

Treasure Valley Community Resource Center TVCCR

Mon–Fri 8–5

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

(208) 459-9263

SELF RESCUE MANUAL - Legal Assistance

Ada County Court Assistance/Self-Help Center

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

Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, [paternity](#), guardianship, landlord/tenant disputes, & small claims court. Free forms & instructions for family law issues are also available at

www.adaweb.net/cao. Free notary available for Ada County Courthouse paperwork only (Will not notarize vital stats paperwork). Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1st floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues.

Family Court Services 4th floor of Courthouse 287-7600

Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases.

(208) 287-6963 & (208) 287-6944

courtselfhelp.idaho.gov

CASI Foundation for Children

2308 N Cole #E

Mon- Tues 8:30-3:30, Fri 8:30-1

Private, non-profit adoption agency.

Offer help low-income & homeless pregnant women & their partners.

Free & confidential.

(208) 376-0558

adoptcasi.org

Catholic Charities of Idaho

7255 N Franklin Rd

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

(208) 345-6031

catholiccharitiesidaho.org

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

4696 Overland #228

Mon–Fri 9–5

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

(208) 378-1368

Concordia Law

Free law clinics on housing and immigration.

<https://law.cu-portland.edu/5th-front/services-provided>

DisAbility Rights Idaho (was Co-Ad)

4477 Emerald #B100

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

Information & referral, negotiation & mediation, short term & technical assistance, legal

advice/representation. Spanish.

336-5353 or 1-866-262-3462

Idaho Dad's, Inc.

Free. Nonprofit to educate Dads of parental rights.

(208) 353-1537

www.idahodadsinc.org

Idaho State Council on Developmental Disabilities

700 W. State Street, 1st Floor

(208) 334-2178 or 1-800-544-2433

info@icdd.idaho.gov

Idaho Legal Aid

1447 Tyrell Ln, Boise 83706

Mon-Fri 8:30-5

Family law (divorce, custody & protection orders with domestic violence), & landlord- tenant problems, mortgage foreclosure issues. Based on income & type of problem. Walk-ins OK.

3 statewide toll free advice lines:

Domestic Violence 1-877-500-2980,

Fair Housing 1-866-345-0106],

Senior Hotline (60+)1-866-345-0106.

Spanish line 1-866-954-2591.

(208) 336-8980

idaholegalaid.org

Idaho Volunteer Lawyers

Mon–Fri 8–5

Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corps. Priority is domestic violence &/or child endangerment cases. No criminal or cash settlement.

1-800-221-3295 & (208) 334-4510

isb.idaho.gov/ilf/ivlp/ivlp.html

Idaho Volunteer Lawyers Foreclosure Aid Project

Mon–Fri 8–5

For families facing foreclosure.

1-855-955-8296

isb.idaho.gov/ilf/ivlp/ivlp.html

ITLA Street Law Clinic

Boise Public Main Library

715 S. Capitol Blvd.

Hayes Auditorium

Street Law Clinic 2nd and 4th

Mondays, 4-6pm, check in by 5:30

Family Law Clinic 4th Monday of

month, 4-6, check in by 5:30

<https://www.itla.org/index.cfm?pg=StreetLawClinic>

(208) 345-1890

SELF RESCUE MANUAL - Medical Assistance

Ada County - NACo Prescription Drug Discount Card Program

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

Ada County Indigent Services

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

www.adacounty.id.gov

Allies Linked for the Prevention of HIV and AIDS

537 W. Bannock St #100
Mon - Friday, 11-8:00
Food Pantry: Thur 2-8, Fri 2-5
Free confidential rapid HIV and Hep C testing, counseling, and referral. No cost STD testing. HIV education, outreach, and support. Hep C support group, free condoms, safer injection and harm reduction materials avail.
(208) 424-7799
Alphaidaho.org

Amador Medical

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

Bridges to Access

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

Birthright

1530 W. State St., Suite A Meridian
Free pregnancy test & pregnancy support. Pro-life. Call before you come to make sure open.
(208) 391-4331 or 1-800-550-4900
(24 hrs)
Birthright.org

Cair Project

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

Central District Health

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

Covering Idaho Kids at Mountain States

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

EI-Ada Outreach HIV testing

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

Family Care Clinic

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

Family Medicine Health Center

777 N Raymond
6565 Emerald; 325 W Idaho
2275 S Eagle Rd #120 Meridian
Medicaid, Medicare, sliding fee, private ins. Women's Health, Chronic Disease Management, Hep C, HIV, mental health and more. Community Health Workers and Certified Enrollment Counselors.
(208) 514-2500
<https://www.fmridaho.org/patients/>

Fred Meyer Pharmacy

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

Friendship Clinic at All Saints Episcopal Church

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

Family Wize by United Way

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

SELF RESCUE MANUAL - Medical Assistance cont.**Garden City Community Clinic
(Genesis World Mission)**215 W 35th

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

Hands of Hope NW

1201 S. Powerline Rd. (Nampa)
M-F 9:00 am - 2:00 pm
Loan wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, grab bars other medical equipment.
(208) 461-1473

Idaho CareLine

Referral to medication/ medical resources. Spanish.
211 or 1-800-926-2588
idahocareline.org

Leukemia & Lymphoma Society

4822 W Fairview Ave #100
Patient financial aid available for all blood cancer patients in active treatment, including co-pay assistance up to \$5,000 per year.
(208) 658-6662
lls.org

Living Independence Network Corporation

1878 W Overland
Loans & gives away wheelchairs, walkers, etc. No financial help. Interpreters available.
(208) 336-3335
lincidaho.org

Nampa Health Equipment Loan Program (H.E.L.P.)

2900 E. Railroad St. (Nampa)
Wed 10:00 -3:00, Sat 10:00-1:00
Loan wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, knee walkers, other medical equipment. Some items \$50 deposit. Call first.
(208) 461-9248
<https://www.handsofhopenw.org/what-we-do/community-loan-program/>

Omega Health

5985 W State
M-Th 9-5, Fri 8-3
Psychiatric Walk- In Clinic M-Th 5p-8pm
Medicaid, Medicare, & insurance. For teens (age 12+) & adults. Outpatient
853-0071

Partnership for Prescription Assistance

Medicare, Medicaid. Help getting prescriptions. Income guidelines. Spanish.
1-888-477-2669
pparx.org/en/about_us_kids.pparx.org

Pharmaceutical Company Patient Assistance Programs

Website with information, news, & database designed to find ways to get affordable or free medications to low-income patients. Must register for a free user account.
<https://www.rxassist.org/>

Planned Parenthood

3668 N Harbor (off State St)
Mon 11-7, Tues 10-6, Wed 9-5, Thurs, Fri 8-4
Medicaid, sliding fee & insurance. Birth control, STD tests, pregnancy tests, emergency contraception (EC). Walk-ins accepted for some services. Call for appt. Abortion services. Early pregnancy loss services. Spanish
(208) 769-0045
ppgnw.org

Primary Health Walk-in Clinics

1907 S Broadway **345-1222**
Mon-Sun 8-8
300 W Myrtle **(208) 472-9082** Mon-Fri 7-8, Sat- Sun 8-6
6052 W State St **(208) 344-7799** Mon-Fri 8-8, Sat-Sun 8-6
8971 W Overland **(208) 378-4288** Mon-Sun 8-8
6348 Emerald St **3(208) 77-4400** Mon-Fri 8-5 (Pediatrics)
125 E Idaho St (OB/GYN) **(208) 385-9330** Mon-Fri 8-4:30
11197 W Fairview **(208) 378-8011** Mon-Sat 8-8, Sun 8-6
3115 E Florence St **(208) 895-8670** Mon-Sun 8-8
1130 E Fairview **(208) 888-9393** Mon-Sat 8-8, Sun 8-6
435 S Eagle #100 **(208) 939-8200** Mon-Fri 8-8, Sat 8-6
Medicaid. Undocumented people welcome. All clinics have Spanish interpreters & language lines except the Eagle location.
<https://www.primaryhealth.com/our-clinics>

Rite Aid Pharmacy Savings Card

\$9.99/30-days generics, \$15.99/90 days, save 15% on other name brand/generics. **(800)748-3243**
riteaid.com/pharmacy

Stanton Healthcare

3684 N. Harbor Ln.
No charge for services. Call for apt. Early pregnancy verification, free ultrasounds, options counseling, sexual integrity info, post abortion support, STD testing, practical assistance, client advocacy.
(208) 629-7766
contact@stantonhealthcare.org

St Alphonsus Express Care

Rite Aid 1515 W State
Albertsons 4700 N Eagle Road
Mon-Fri 9-8, Sa & Sun 10-6
Medicaid, Medicare, insurance. Nurse practitioner assesses & treats basic medical conditions for \$75 & school physicals (\$25). Adults & kids 12 months & older. Medicaid need Healthy Connections form.
(208) 345-7684

SELF RESCUE MANUAL - Medical Assistance cont.**St Luke's Internal Medicine**

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

St Mark's Crisis Center

7960 Northview
 Mon-Fri 10-2
 Emergency only. Need prescription,
 \$50 max, use only once. Photo ID. No
 pain killers or controlled substances.
(208) 327-0345

St Vincent de Paul Patient Assistance Program

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

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.
 No Idaho location.
(208) 343-0571

Sonshine Family Health

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

St Alphonsus Family Center CARE

900 N. Liberty #100
 Pregnant refugee women, all babies,
 age 12 months & younger, with
 refugee parents, possibly pregnant
 refugee women (with no insurance or
 Medicaid) who may need help in
 providing care for themselves & baby.
 Help in applying for Medicaid,
 pregnancy tests, prenatal exams,
 well-baby checks, immunizations, &
 education classes.
(208) 367-7380

St. Vincent de Paul Prescription

Only if no private health insurance or
 Medicaid. Must meet financial criteria
 and be under care of licensed
 prescriber. Free assistance with
 securing prescription medication.
 Eligibility criteria, application, visit our
 website or call.
(208) 344-9737
www.svdpid.org

State St Immediate Care

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

"Su Familia" National Hispanic Family Health Helpline

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

Terry Reilly Medical Boise Clinic

300 S 23rd St
 M-F 8am–6pm
 Medicaid, Medicare, sliding fee,
 insurance, homeless grant. Primary
 Care, call for apt, same day apt. Bring
 proof of income & SS cards. Express
 Care sees minor acute issues with
 same day apt or walk-in. Requires
 \$31 access fee/sliding fee. Spanish.
 Undocumented citizens served.
(208) 344-3512

Together RX Access Card

Provides up to 25–40% off retail price
 300 drugs (diabetes, cancer, arthritis,
 blood pressure). Legal US residents,
 uninsured, under age 65, have
 insurance are eligible if meet income
 guidelines, Spanish speaker.
1-800-444-4106
togetherrxaccess.com

Treasure Valley Veterans Resource Network Community Services Guide

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

Unity Health Center

1130 E. Fairview Ave Meridian
 Mon-Sun 7 am–7 pm
 Sliding scale fees. Need photo ID.
 Urgent care, primary care for 0–100;
 minor procedures; management of
 chronic conditions, immunizations,
 joint injections; preventive care and
 wellness counseling.
(208) 895-6729
uhcidaho.com

Vineyard Christian Church

4950 N Bradley
 M-Th 9am–5pm
 Free for non-insured. Walk-in,
 medical, & gynecology. Spanish
 interpreters.
(208) 377-1477

Wal-Mart Pharmacy

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

SELF RESCUE MANUAL - Shelters and Showers

City Light for Women & Children

1404 W Jefferson (Boise Rescue Mission)
Chapel service (not mandatory) at 6:30–7:30 pm. Safe place for women & children who are victims of domestic or any kind of violence to go for protection. Can fully provide for women & children without possessions (such as diapers & bottles for babies) & can help report crimes & find assistance. Open 24 hours a day.

(208) 343-2389

City Light for Women & Children Emergency Shelter

1404 W Jefferson (Boise Rescue Mission)
Children under 18 must be accompanied by mom. 4 pm check-in, first come & first served, closed from 8-4 daily, 30-day max stay, case management services available. No day use allowed. Some exceptions made for women with infant children, those who are sick & bedridden, & the frail/elderly. Any person staying at shelter can receive free counseling. Resident must call to make an appointment with Rosie. Breakfast at 6:30 am Mon–Fri, 9 am Sunday, brunch 10:30 am Saturday, dinner at 5 daily. Open to public, including people who are not homeless.

(208) 368-9901

City Light New Life Recovery Program

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

(208) 368-9901

Cathedral of the Rockies

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

(208) 343-7511

Corpus Christi House Day Shelter

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

(208) 426-0045

EI-Ada Community Resource Center

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

(208) 345-2820

<https://eladacap.org/>

Idaho Youth Ranch Hays House

7721 Poplar St, Boise
24-hour short-term residential care and emergency shelter for runaway, homeless, or youth in crisis. Respite care and drop-in services available for youth, ages 9 to 17, across the Treasure Valley. Therapy, independent living classes, education support, and more are available as well.

helpline@youthranch.org

24/7 Help Line: **(208)322-2308**

<https://www.youthranch.org/hays-house>

Interfaith Sanctuary

1620 W River
Mon-Sun 6 pm–7 am
Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. Accommodate non-English speaking residents.

(208) 343-2630

interfaithsanctuary.org

Pioneer Neighborhood Community Center Day Shelter

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

(208) 384-4069

River of Life Men's Mission

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

(208) 389-9840

YMCA

Downtown 1050 W State **(208)**

344-5501

West 5959 N Discovery Plc **(208)**

377-9622

Homecourt 936 Taylor Avenue,

Meridian **(208) 855-5711**

\$2.00 Showers Individuals & families may apply for financial assistance for membership.

Women & Children's Alliance (WCA)

720 W Washington
M,T,Th: 8am-5:40pm W: 8am-6pm F:
8am-5pm

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. Court advocacy & safety planning.

(208) 343-3688

SELF RESCUE MANUAL - Substance Abuse Treatment

A New Day-Safe & Sober Living

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

Ashwood Recovery

7941 W Rifleman St
 M-F 8:30 to 9pm
 Medicaid. Outpatient Mental Health & Substance Abuse Treatment. Free assessments.
www.ashwoodrecovery.com
208-314-6220

Access Behavioral Health

1276 W. River Street Ste 100
 Intensive Outpatient, Outpatient, Drug Education, Pre-Treatment and Parolee Aftercare Treatment as well as Drug and Alcohol (GAIN) Assessments, Co-Occurring Enhanced Groups, Gender Specific Groups as well as groups that focus on PTSD and Anger Management for both Adults and Adolescents (14+)
(208)338-4699

Access to Recovery Hotline

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

AA-Alcoholics Anonymous

Call for information.
(208) 344-6611

Allumbaugh House

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

Ambitions of Idaho, Inc

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

Ascent Behavioral Health Service

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

Balance Recovery

1491 S. Tyrell #102
 Medicaid, private pay, sliding scale. GAIN assessments, DUI/Court evals, and approved for surrounding states. Apts within 72 hrs.
(208)287-3285

Beyond the Yellow Ribbon Counseling Services

4250 Cessna St. Building 270
 Counseling and case mgmt to veterans
(208)272-8802

Business Psychology Associates

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

Calvary Chapel Outreach Words of Freedom

123 Auto Drive
 Thurs @ 7, 12 Step Program, Christian
(208) 321-7440
calvaryboise.com/freedom-ministries

Celebrate Recovery Dinners Christian Based "8 Recovery Principles"

Vineyard Christian Fellowship
 4950 W Bradley Boise
 Fridays @ 6, groups 7–9
(208) 377-1477
vineyardboise.org
 Sacred Heart Church Celebrate Recovery
 811 S Latah
 Thursdays Dinner 6, 7-8 large group teachings & 8-9 small group's gender specific. 12 steps of AA. Drop in/ call.
Randy (208) 602-5667 or Mike (208) 344-8311 sacredheartboise.org
 River Valley Community Church
 1115 N Garden St
 Sundays at 6pm. Groups 7-9 pm
(208) 342-1751
rivervalleyministries.com
 Ten Mile Christian Church Celebrate Recovery
 3500 W Franklin Rd Meridian
 Meets Fri 6-9:30pm, dinner at 6pm.
tenmilechurch.org/

SELF RESCUE MANUAL - Substance Abuse Treatment cont.**Center for Behavioral Health**

92 S Cole (208) 376-5021

1965 S Eagle #180 Meridian (208)

288-0649

Mon–Fri 5a–12:30 p, Sat/Sun 6–8a

No insurance. Self-pay only.

Methadone clinic, outpatient

treatment for suboxone & methadone

& other addictions.

**Chrysalis Home Women's
Transitional Living**

2501 W State

No treatment. Support service for women. Must be clean & sober, not a shelter, 12–18 month stay, must be in school or work full-time. \$350/month fee, 41 beds.

(208) 424-1323Chrysaliswomenidaho.org**City Light for Women & Children
New Life Recovery Program**

1404 W Jefferson

Free Substance abuse treatment, 1+ year intensive program. Residential shelter. Counseling, women & children only, provide meals daily.

(208) 368- 9901

jeanl@boiserm.org

Community Services Counseling

963 S Orchard #B

Mon –Thurs 10:30–8

Adults 18+, self-pay, voc rehab funding, state funded. Chemical dependency matrix, relapse prevntn, cognitive self change, anger mgmt, women's trauma recovery.

(208) 336-6792**Community Support Center**

716 N Orchard

Mon-Thurs 8-4

Medicaid. Adult day treatment for mentally challenged adults age 18+. Art & play therapy, substance abuse, group therapy, dual diagnosis, skill building symptom mgmt. Must have diagnosed mental disorder.

(208) 429-0330**Easter Seals–Goodwill Adult
Behavioral Health Services**

8620 W Emerald #150

Mon-Fri 9-6

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

(208) 672-2904**Harmony House**

4615 S Locust Grove Rd Meridian

State funding. Need assessment first.

Residential 90-day treatment for teens 13–17. Few beds, possible wait list.

(208) 288-1079**Help.org**

Online resource for substance abuse rehabilitation information and education.

www.help.org**Human Supports of Idaho, Inc.**

4477 W Emerald Suite C100

Medication mgmt, individual substance abuse counseling, SUD groups, recovery coaching and UA service through Precision Diagnostics.

(208) 321-0160**Idaho Quit-Net**

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

<https://www.livebetteridaho.org/health/her/help-quit-smoking-0>**Intermountain Hospital**

303 N. Allumbaugh St. Boise

Inpatient mental health/substance use treatment for adolescents, adults and seniors. Call for appointment.

www.intermountainhospital.com**208-377-8400****Narcotics Anonymous**

Helpline number.

(208) 391-3823<https://na.org/>**Northpoint Recovery**

10787 W Ustick Rd

Medicaid. 24/7 Inpatient Medical Detox & Residential for Substance Abuse Treatment. Free assessments.

www.northpointrecovery.com**208-716-0841****Pathways Community Crisis Center**

7192 Potomac Drive, Boise

Assessment, intervention, and referral services to 18 years and older experiencing a crisis related to mental health or substance-use disorders.

Available 24/7 and by self-referral or by family, friends, law enforcement, or other concerned community members.

(833) 527-4747**Pioneer Health Resources**545 N. Benjamin STE. 185 ,
Boise, ID 83704Intensive Outpatient
Treatment/Outpatient

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

(208) 322-1026
www.pioneerhealthresources.com**Recovery 4 Life**

8950 W Emerald #178

Mon-Thurs 9-6, Fri 9-2

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

(208) 376-7083

SELF RESCUE MANUAL - Substance Abuse Treatment cont.**Refuge Recovery**

660 N 9th St. (Downstairs)
Mindfulness-based addiction recovery community using Buddhist philosophy. Meetings include guided meditation and sharing.
Online groups.
refugerecoveryboise@gmail.com
<https://www.facebook.com/refugerecoveryboise/>
<http://www.refugerecovery.org/>

River of Life

575 S 13th
Free residential recovery for men
(208) 389-9840

Road to Recovery (Boise Methamphetamine Clinic)

4795 Emerald, Bldg A
Mon–Thurs 9:30–5:30
State funded, must be age 18 or older, no history of sexual abuse or violent offenses. Substance abuse outpatient treatment. Separate male & female intensive 12 month program. Spanish speaker.
(208) 384-4234

Supportive Housing & Innovative Partnerships (SHIP)

1405 Grove
State funding from BPA, private pay, & program for homeless. Safe & sober housing for single men & single women. Case mgmt, random drug testing & life skills recovery support. Housing program for homeless veterans with substance use.
(208) 331-0900

S.T.E.P.S

Cannabis Youth Treatment
DBT - Adolescent Group
Alcoholism & Codependency (Self-Pay) Ind. \$35, Grp.\$10, Eval \$125 By Appt.
(208) 724-4505

Ten Mile Christian Church Celebrate Recovery

3500 W Franklin Rd. Meridian
Meets every Fri 6–9:30pm, dinner at 6pm. Outpatient recovery support group services, Christ centered, family, marriage, life skills training, case mgmt.
(208) 888-3101
Tenmilecc.com

The Phoenix

511 S Americana Blvd, Boise
Free Sober Active Community. 48 hours of continuous sobriety or more. Fitness and activity events daily (Yoga, Mt. Bike, Strength Training, and more). 16 and older.
(208) 807-5050 or
sjones@thephoenix.org
thephoenix.org

Tobacco Cessation

Free telephone counseling service. Spanish, deaf & hard of hearing. Free tobacco cessation classes
(208) 342-0308 Nancy Caspersen.
1-800-QuitNow (1-800-784-8669)
<http://idaho.quitnet.com>

Ustick House

8050 Ustick & 9230 Ustick
Sliding fee. 12-step structured sober living house for men, 90-day min.
(208) 322-0474

River Sober Living

12517 W. Avanti Dr.
9022 W. Brookview Ct.
BPA Health funding, scholarships to live in house, with expectations that the resident will work a recovery program, find a job, etc. and work towards being able to pay our residency fee on their own.
(208)576-9527
riversoberliving.com

Veterans Medical Center RSAT (Residential Substance Abuse Treatment)

500 W Fort
Provide detoxification & 21-day residential & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling, & transitional housing for veterans completing RSAT. Eligible vets only.
(208) 422-1000 X7515

"Victory over Sin"**IMSI Hope Community Phase II**

Recovery/Addiction Meetings
963 S Orchard Suite 101 Boise
Tues/Wed 7pm
(208) 629-8861
www.imsihopecommunityphaseii.com

SELF RESCUE MANUAL - Support Groups

Adoption Support Group

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

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

Adult Children of Alcoholics

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

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

AA-Alcoholics Anonymous

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

AI-Anon Family Groups

1524 S Vista
 24-hour info schedules & information visit volunteers to talk with. Daily noon & evening meetings.
 (208) 344-1661

AI-Anon Literature Discussion Group

1111 S Orchard #172
 Mon-Fri 11am-5pm Sat 10am-2pm
 208-344-1661
ai-anon-idaho.org/

AI-Ateen

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

Alzheimer's

Call for info, resources & referrals on support groups for family members/caregivers. 24/7 Helpline. 5 on-going support groups.
 (208) 914-4719
alz.org/idaho

Asthma Education

305 E. Jefferson St.
 Mon-th 8am-4pm Fri 8am-12pm
 Asthma ed, how it affects airways, triggers, meds, making plan with MD
 (208) 381-7011

Baby and Me Support Group

900 N Liberty #204 (St Al's Family Center)
 Tues 10-11am
 For new parents & babies 0-12 mo.
 (208) 367-3454
<https://www.saintalphonsus.org/event/baby-and-me-support-group-boise>

Bereavement Support Group

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

Better Breathers Club

People with respiratory issues.
 Complex Care Hospital of ID Meridian
 2131 S Bonita Way 1st Wed 11-1,
 (208) 4899500
 St. Alphonsus (McCleary Center) 2nd Wed 3:30, (208) 367-3199 (Michelle)
 ALA Office 1111 S. Orchard #245
 2nd Wed 3:30 (208) 336-2373 (Kera Yost)

Birth Mother Support Group - Connections

A New Beginning Adoption Agency
 For women who have chosen adoption plan for their babies. Online support group, monthly meetings, annual events. Mentorship & support.
 208-939-3865
admin@adoptanewbeginning.org
www.adoptanewbeginning.org

Birth Parent Support

10740 Fairview
 LDS Social Services
 (208) 376-0191

Breastfeeding Bunch

St.Luke's Community
 Mon 6-7 pm
 (208)205-7329
 Wednesdays 10am-11am
 (208) 381-2592
 Meridian (208) 706-3119

Breastfeeding Support & Encouragement

900 N Liberty #100
 Tues 11-12
 (208) 367-7380
Saintalphonsus.org

Cancer (Living Through)

100 E Idaho St Luke's MSTI
 Cancer patients, caregivers, & family.
 (208) 463-6009

Cancer Grief Support Group

Call to register for class & for info
 (208) 381-2760
<https://www.saintalphonsus.org/for-patients/after-your-visit/community-resource-maternials/social-work/support-groups>

Cardiac Support Group

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

CHADD (Children with ADHD/ADD)

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

Children's Group for Children in Families with Cancer

100 E Idaho St Luke's MSTI
 Children ages 7-11.
 (208) 381-2782

CLIMB

A six week support program for children and teens who have a loved one with cancer. Free to all families in the Treasure Valley.
 (208) 367-3131

Compassus Hospice

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

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.

(208) 848-2601

Tcfboise.org

Dad's Matter (Family Advocates) St. Michael's Cathedral (Baby Steps)

518 N. 8th Street

Thursdays 4-5

A stress-free place for Dads

Down Syndrome Group

Call for info & meeting times. Support for families with Down Syndrome.

(208) 954-7448

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 codependency & stop enabling.

1-800-736-9805

familiesanonymous.org/ (click on E-meetings)

Foster Care/Foster-Adopt Support Group

A New Beginning Adoption Agency
8660 W. Emerald Street, Suite 142
Foster Care/Adoptive Parent support group – Meets monthly

208-985-5617

Gamblers Anonymous

Alano Club of Boise

3820 W. Cassia St

Open meeting Tues 7pm

12-step program.

(208) 342-0672 (Tony/Jim)

Grandparents As Parents

3852 N Eagle 2nd floor Community Center (First Church of Nazarene).

1st Mon 6:30-8:30.

5312 Overland (Park behind on Phillipi) 1st Mon 7-9

Meridian Elementary School 1035

NW 1st St, Meridian. 1st Monday 7-9

Support group for grandparents & other relatives raising children.

(208) 323-7538 (Tracee Crawford)

idahograndparentsasparents.org&grandsplace.org/gp4/id.html

Grief & Loss Recovery Group via Align Hospice

940 E. Carol Street Meridian (208)

639-1122 (Stephanie)

Grief & Loss

Idaho Home Health and Hospice

3356 E. Goldstone Way Meridian

3rd Wed 6-7:30

(208) 887-6633 Shawn Reiling

HIV Support Group

6565 W Emerald Boise

(208) 514-2505

IMSI Hope Community Phase ii

8620 W. Emerald Suite 140

Offers resources and support to returning citizens on their first day out and beyond. Victory over Sin meets on Tues and Wed 7-8:30 pm and is open to all men and women who suffer from any type of addiction and want to connect with others to strengthen their christian walk.

(208) 629-8861

Huntington's Disease Society of America-Idaho Chapter

Wright Community Church

4821 Franklin Rd. 83705

Every second Wednesday of the month at 6:30pm

(760)566-9622

Idaho Asperger's Support Group

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

800-252-4785

IFAD (Idaho Families of Adults with disAbilities)

Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters

(208) 991-2608

ifad@ifad.us

Idaho Mom's Network

Activities for stay-at-home moms.

(208) 884-3773

<https://idahomomsnetwork.wixsite.com/moms>

IdahoMomsNetwork@gmail.com

Leukemia & Lymphoma Society

2404 W Bank Dr #103

Monthly support groups for blood cancer patients & families. Call for information.

(800)955-4572

lls.org

NAMI Friends and Family Support Group

El-Ada program Building

2250 S. Vista Ave

1st, 2nd & 3rd Wed 7:00-8:30pm.

4th Wed is education night. Support group for family & friends of those with mental illness.

(208) 947-4288

NAMI Connection Recovery Support Group for Veterans

500 W Fort Building 114 (room 2)

Tues 1-2:30pm. Support group for veterans with mental illness.

(208) 947-4288

www.namiboise.org

NAMI Connection Recovery Support

Omega Mental Health System

5985 W State St

Thursdays 5pm-8pm

Support groups for those suffering mental illness

(208) 853-0071

(208) 376-4304

SELF RESCUE MANUAL - Support Groups cont.**New Moms' Group**

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

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

Support group for new moms &
babies.

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

Overeaters Anonymous

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

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

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

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

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

Gina 850-0357 Sat 1:30pm

Boise Church of Christ 2000 Eldorado

Genna 440-8927 Sun 6:30pm

Group for any eating disorder

oa.org

Parents Anonymous (Family Advocates)

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

518 N. 8th St. (St. Michael's)

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

1177 N. Roosevelt (Discovery Church)

Free and voluntary confidential
support group

(208) 345-3344 x1020 (Alicia)

www.strongandsafe.org

parentsanonymous.org

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

Boise First Congregational

2201 Woodlawn

Meets 2nd Fri 7:30-9

Recovery International

Cathedral of the Rockies

Room B12

717 North 11th Street

Mondays 7:00-8:00

(208) 345-9631

Scleroderma Foundation

Southern Idaho Scleroderma

Support Group for patients,
family & friends

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

10:00 – 11:30 see website for days
SCLERODERMA.IDAHO@GMAIL.CO
M WWW.SCLERODERMA.ORG

Share Miscarriage & Infant Loss Support Group

900 N Liberty (Breast Care

Center—Entrance Facing Emerald)

First Tues 6:30-8

saintalphonsus.org

(208) 367-7380

SHARE of Idaho

103 W State @ St Luke's Women Life

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

(208) 388-8834 (Chrissy Group)

Smart Recovery

4444 Taft St

Tues, Thurs, Saturday at 6pm

(208) 514-8120 John

Survivors of Suicide

Cathedral of Rockies 717 N 11th,

(Kirby & Susan)

2nd Fri 7-9.

Church of the Apostles 6300 N

Meridian Rd, Meridian (Cynthia)

4th Monday 7-8:30

Survivors Supporting Survivors

2676 S Vista

1st Monday 6-7:30 For adolescent

survivors ages 11-18 with cancer

diagnosis regardless of being in

active treatment or remission.

(208) 422-0174 (Heather)

Ten Mile Christian Church

3500 W Franklin, Meridian

Fridays 6-9. Issue specific, gender

specific, Christ centered support

group. Dinner, children's program.

(208) 888-3101

tenmilecc.com

Touchstone Center for Grieving Children & Adolescents

740 Warm Springs Ave (Warm
Springs Counseling Center)

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

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

(208) 343-7797 X 1359

touchstone@childrenshomesociety.com

Tourette's Syndrome

Email or call to meet 1-1 for info.

(208) 376-3409

tsa-usa.org/

Shoffman3409@msn.com (Stephanie)

Trauma Recovery Program

Maitri Community Services

3709 N. Locust Grove Suite 100

Questions and program registration

call/email. Groups meet Tuesdays

4-6pm and Thursdays 11-1pm

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

jasonpatrickjohnson@gmail.com

Treasure Valley Autism Society

520 S Eagle (St Luke's basement)

1st Monday 7-9pm.

(208) 336-5676 asatvc.org

Twins & Multiples (Mothers of)

Annual membership fee.

boisemom.org

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

720 W Washington at WCA

Wed 6-7:15. Orientation & fill out

paperwork at 4:30 5-6 class. Open to

public. Free limited childcare. RAP

support group for women survivors of

domestic violence. Wed 6-7p

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

YAD (Youth Alliance for Diversity) The Center

280 N 8th St. suite 130 Boise

(enter from Bannock) Support group

(gay, lesbian, bisexual & transgender)

for youth dealing with sexual

orientation. Sun 4-6

(208) 336-3870

tccidaho.org/youth-social-stuff

SELF RESCUE MANUAL - Tax Preparation and Questions

IRS Telephone Assistance for Individuals

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

Internal Revenue Service

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

Idaho State Tax Commission

11321 W Chinden Blvd
(208) 334-7660 or 1-800-972-7660
www.tax.idaho.gov

H&R Block Tax Professionals

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

Access Idaho Unclaimed Taxes

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

Old Unclaimed Refund Search

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

Free Tax Help Local Search

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

Search for Old Refunds

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

BSU Volunteer Income Tax Assistance (VITA)

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

CEI-CWI Vista FSA

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

BSU VITA

715 S Capital
Mon. 5-8 Feb - April

Boise Senior Citizens Center

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

Garden City Library

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

Willow Park Assisted Living

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

Eagle Public Library

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

Eagle Senior Center

312 E State
Feb - April

Meridian City Hall

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

CEI - ICON Credit Union 4

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

AARP Idaho State Office

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

Myfreetaxes.com by United Way

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

If you worked at all, you may qualify for a refund of all or part of your withholding, the earned income credit, or other tax credits, depending on your circumstances. Many people who have not filed are entitled to refunds & if they do not file within three years of the due date of the return, they will lose that refund. If there is a refund coming there are no penalties. If there is a balance due, there will be penalties but IRS can either set up a payment plan or delay collection until you are able to make payments. Free income tax assistance is available for basic income tax returns. The IRS can provide copies of income information if you have lost or never received your Forms W-2 or other income information.

University of Idaho Tax Clinic

The College of Law Boise Legal Aid Clinic offers a Low Income Taxpayer Clinic for those facing IRS Controversies. Cases include Audits and Appeals, Innocent Spouse Relief, Offers in Compromise, Installment Agreements and Tax Court Cases. Unfortunately we are not able to help file returns. Please visit our website to fill out our online application for assistance.

www.uidaho.edu/taxclinic
208-364-6166

SELF RESCUE MANUAL - Transportation

Boise Bike Project

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

Cathedral of the Rockies

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

Idaho CareLine

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

Kool Kab

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

Medicaid Transportation

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

Salvation Army

4308 W State St.
Gas vouchers as one-time assistance. Must have valid driver's license, insurance, current registration on vehicle. Vouchers for job searching, job attendance, medical and court related appointments. Bring paper proof for why voucher is needed. Tuesday-Friday 9-3 monthly until funding runs out. Bus passes may be available for attendance of life skills class.
(208) 433-4435

Treasure Valley Community Resource Center TVCCR

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

Treasure Valley Veterans Resource Network Community Services Guide

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

Valley Ride City Bus

Ada & Canyon County. Senior high school students in the Boise School District can ride for free during the school year. Students, faculty & staff at Boise State University & The College of Western Idaho can ride Valleyride buses for free year-round with a valid ID. Monthly youth passes age 6-18 is \$21, adult pass \$42, persons with disabilities, seniors (age 65+) and valid Medicaid cardholders, pass is \$21.
Individual fares are \$0.75 for youth age 6-18, ages 5 & under is free, adults are \$2.50, seniors (age 65+), persons with disabilities and valid Medicaid cardholders are \$0.75.
(208) 345-RIDE (7433)
www.valleyride.org

SELF RESCUE MANUAL - Vision**Boise Mountain Eye**

13075 Persimon Lane
Will do Medicaid eye exam but will not dispense Medicaid glasses. Medicare.
(208) 938-9900

Boise Vision Care

3293 N Milwaukee St
Take VSP certificates. Medicaid. Comprehensive exams only and child friendly..
208-322-2020

Commission for the Blind & Visually Impaired

(208) 334-3220

Dr. Terri Haley

Free eye exams for Purple Heart recipients and ½ price eye exams to all other vets, active duty, guard.
(208) 375-3030

The Frame Joint

7905 W Ustick Rd S
Medicaid. Frames only.
(208) 322-6211

Gem State Family Eyecare

11513 W Fairview Ave, Ste 106
Medicaid, Medicare and Private Insurance eye exams. Medicaid glasses will not be dispensed and a Healthy Connections referral is required for adult Medicaid patients. Participates in the Sight for Students program or VSP gifts certificates. Discounts available for cash pay.
(208)322-8439

Idaho CareLine

Vision referrals
211 or 1-888-477-2669

Dr. Katherine Lee & Dr. Daniel Brooks

222 N 2nd #215
Medicaid eye exam but will not dispense Medicaid glasses. Healthy Connections required. Will get interpreter for Spanish speakers. Written referral needed for all new patients. **(208) 381-6910**

Lifetime Optometry

10454 Overland (by 5 Mile and Albertsons)
Mon-Fri 10-6
Medicaid eye exam for adults and children and Medicaid glasses for children only.
(208) 672-1370

Lion's Sight & Hearing Foundation

Referrals are made to individual coordinators at local chapters, if that chapter has money available. Coordinators will determine financial eligibility & will make arrangements for eye exams & glasses.
(208) 338-5466

Family Eye-Wear

222 N 2nd Street #215 Boise **(208) 381-5973** (specialize in children)
1648 W 2nd Street Meridian **(208) 888-2200**
Medicaid eye exam and glasses.

Meridian Vision

Medicaid & private insurances. Large selection of frames, thorough eye exams including eye health.
(208) 888-5252

Pearl Vision

7447 W Emerald #105
Will do Medicaid eye exam & dispense Medicaid glasses for 21 & younger. Spanish speaker.
(208) 322-1642

Dr. D.H. Pitkin

6700 W Emerald
Will do Medicaid eye exams, dispense glasses. Will not accept other optometrist's prescriptions for dispensing glasses.
(208) 376-3550

Sight for Students/ VSP Vision Referral

Boise School District students can access voucher through school nurse for eye exam and glasses if they do not have insurance/ Medicaid. Contact school nurse directly at child's school. Eligibility is less than 200% of federal poverty level, higher than free lunch program.

Wal-Mart Vision

8300 W. Overland Boise **(208) 321-2713**
7319 W. State Boise **(208) 853-4786**
4051 E Fairview Meridian **(208) 373-7926**
No Medicaid. Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$65.