



# Self Rescue Manual

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

Please e-mail updates/feedback/information to:  
[selfrescuemanual@boiseschools.org](mailto:selfrescuemanual@boiseschools.org)

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

## SELF RESCUE MANUAL - Clothing & Furniture

### Agape in Action

1001 S Orchard Boise  
Last Sat of each month 1-4  
Free groceries, clothing, & toiletries  
For emergencies call 703-5381. Also  
offers the "Toys for Tots" program.  
Interview clothes available.

**685-0612**

[agapeworship.com](http://agapeworship.com)

### Assistance League of Boise Thrift Shop

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

**377-4327**

[boise.assistanceleague.org](http://boise.assistanceleague.org)

### Baby Needs Closet @ Boise First United Methodist Church

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

**343-7511**

### The Basement - A Teen Thrift Closet

607 N 13th Boise  
Call for an appointment.

**344-7809**

[fbcboise.org](http://fbcboise.org)

### BHM Foundation for Recreational Safety

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

**322-1730**

[bhmidaho.org](http://bhmidaho.org)

### Birthright of Boise

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

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

[birthright.org](http://birthright.org)

### Boise Senior Center Thrift Store

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

**345-9921**

[boiseseniorcenter.org](http://boiseseniorcenter.org)

### Cinderella's Closet

5825 Glenwood Boise (Behind  
Assistance League Thrift Shop)  
Fall season (Sept. & Oct.), Spring  
season (April & May) Wed 3:30-5:30 &  
Sat 12-4

Local high school students with Ada  
County High School I.D., may borrow  
from large selection of donated formal  
wear (gowns & tuxedos), for a  
non-refundable \$15 fee.

**377-4327** (press 5 then 2)

[boise.assistanceleague.org](http://boise.assistanceleague.org)

### Deseret Industries Thrift Store

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

**375-4681, 1-800-453-3860**

### Dress for Success Boise Valley

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

**288-4405**

[dressforsuccess.org](http://dressforsuccess.org)

### El-Ada Outreach

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

**345-2820**

[eladacap.org](http://eladacap.org)

### Goodwill Thrift Store

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

### Good Samaritan Store

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

### Grandma's Treasures Thrift Store

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

### Habitat for Humanity ReStore

10537 W Overland Boise  
Used & surplus building materials  
sold.

**375-5256**

[hfhboise.org/restore](http://hfhboise.org/restore)

### Idaho Youth Ranch Thrift Shops

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

**377-2613**

[youthranch.org](http://youthranch.org)

### Kid to Kid

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

**376-6488**

[kidtokid.com/boise](http://kidtokid.com/boise)

## SELF RESCUE MANUAL - Clothing & Furniture cont.

### Lazarus House Hygiene Bank

3704 Overland Boise  
2nd Sat of each month 10-2  
Distributes hygiene items (deodorant, laundry detergent, men & women's razors, shampoo, shaving gel or foam, soap, toilet paper, toothpaste, tooth brushes, & women's menstruation products) Park on Latah & walk to Lazarus House.  
**629-5306**

### Meridian United Methodist Church Thrift Store

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

### New Again Thrift Store at Calvary Chapel

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

### Other Mothers

10422 Fairview Boise  
Mon-Sat 10-7  
Used furniture, junior teen/tween clothing children & maternity clothes (sizes 0-14). Last Fri & Sat of the month there is a 25¢ sale.  
**376-4855**  
[othermothersboise.com](http://othermothersboise.com)

### Rascals Rack

4618 W State St Boise  
Mon-Fri 10-6, Sat 10-5, Sun 12-5  
Maternity clothes, 2nd hand children's clothing & accessory store. Clothing (newborn to 16 size), toys, furniture, crib bedding, shoes, kids accessories & books. 99¢ rack.  
**336-3893**  
[rascalsrack.com](http://rascalsrack.com)

### Redeemer Lutheran Church

2920 Cassia Boise  
3rd Saturday of each month 1-3  
Wash, Wipe & Wrap; Only offer Free diapers, laundry soap & toilet paper. Use once/month.  
**344-6758**

### Re-Style Animal Rescue Thrift Store

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

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

103 W State Boise  
Reduced cost infant, toddler and booster car seats for purchase with proof of WIC or Medicaid.  
**381-3033**

### St Vincent de Paul Thrift Stores

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

### Salvation Army Thrift Store

4306 W State Boise  
Mon-Fri 10-6  
Family Assistance office at 4308 W State Boise. Clothing & household goods assistance Wed at 1pm. Must bring ID for everyone & proof of address (envelope or bill). Adults may receive help every 12 months & children every 6 months.  
**343-5429 ext. 1**

### Shop - a Boutique Thrift Store

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

### The Basement, First Baptist Church

1318 W Washington Boise  
Private 1-hour appointment for teens located in "The Basement." Call for an appointment or email [fbcbasement@gmail.com](mailto:fbcbasement@gmail.com)  
**344-7809**

### Valley Treasures Thrift Store

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

### Vets4success Thrift Store

10321 W Fairview Boise  
Mon-Sat 9-7, Sun 12-6  
**962-2666**

### Whitney United Methodist Church Joseph's Closet

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

# SELF RESCUE MANUAL - Counseling & Mental Health Services

<p><b>About Balance Mental Health</b> 6550 Emerald #108, Boise Mon–Fri 9-5 Medicaid &amp; sliding fee (\$40 min). PSR, case mgmt, counseling, case/meds mgmt, &amp; nurse practitioner. <b>342-6300</b></p> <hr/> <p><b>Access Behavioral Health</b> 1276 W. River St. #100 Boise Mon-Fri 9-5 Medicaid &amp; slide fee. PSR, IBI therapy, child dev therapy, counseling, meds/case mgmt. <b>338-4699</b></p> <hr/> <p><b>Access Living</b> 690 S Industry Way #45, Meridian Mon-Fri 9-6 Medicaid, slide fee. PSR, IBI, child dev therapy, counseling, adult day trmt, meds/case mgmt. After hours available upon phone request. <b>922-2207</b></p> <hr/> <p><b>Advocates Payee Services, Inc.</b> Representative Payee Services Serving the whole Treasure Valley (208) 412-8944 <a href="http://www.advocatespayee.com">www.advocatespayee.com</a> <a href="mailto:advocatesidaho@gmail.com">advocatesidaho@gmail.com</a></p> <hr/> <p><b>Affinity</b> 8100 W Emerald #150 Mon–Fri 8–6 Medicaid &amp; insurance, individual &amp; family therapy. PSR, psychiatrist, nurse practitioner (med. management, but participate in two services), chemical dependency. <b>375-0752</b></p> <hr/> <p><b>All Seasons Mental Health</b> 8050 W Rifleman #100 Medicaid, insurance, primary care, psych testing, psychiatry, med mgmt, counseling, case man, developmental services, PSR, healthy connections provider. Evenings by appt. Bilingual. <b>321-0634</b></p>	<p><b>All Together Now</b> 411 N. Allumbaugh Medicaid/Medicare, sliding fee. Individual, family, groups, marriage, play therapy. PSR &amp; payee services <b>336-9591</b> <a href="http://alltogether-now.com">alltogether-now.com</a></p> <hr/> <p><b>Alpine Behavioral</b> 330 N Orchard Psychotherapy (Medicaid, private pay, insurance), sliding fee available, case mgmt (adults), PSR (adults/children), payee services, med mgmt, &amp; conflict resolution mediation services. Contracts with interpreters to work with refugees. <b>672-0260</b></p> <hr/> <p><b>Ascent Behavioral Health</b> 366 SW 5th Ave #100 Meridian Mon-Fri 9-6 Self-pay (\$200 first eval, \$55 groups), insurance &amp; Medicaid. Drug ed group, individual, teen, adult dual diagnosis, substance abuse treatment. <b>898-9755</b></p> <hr/> <p><b>Aspen Mental Health</b> 7950 W King, Boise Mon-Fri 9-6 Medicaid &amp; insurance. PSR &amp; counseling. <b>342-2950</b></p> <hr/> <p><b>Boise Rescue Mission Ministries</b> Free counseling &amp; mental health consultation Men call <b>389-9840</b> (ask for Stuart) Women call <b>368-9901</b> (ask for Guest Services)</p> <hr/> <p><b>Bridgeway Health Services</b> 1032 S Bridgeway Place #110, Eagle Medicaid, insurance. Counseling &amp; medication management. <b>475-0800</b></p>	<p><b>Catholic Charities of Idaho</b> 4202 W Emerald No Medicaid, subsidies available for low income uninsured, most insurances. Spanish. Individual/group/family/youth/children &amp; parent education services. <b>345-6031</b> <a href="http://catholiccharitiesidaho.org">catholiccharitiesidaho.org</a></p> <hr/> <p><b>Center For Human Growth</b> 1650 S Topaz Way, Meridian Medicaid, insurance, sliding scale, self pay, pro bono with counseling intern. Counseling &amp; PSR all ages. <b>888-3151</b></p> <hr/> <p><b>Clearwater Rehabilitation Services</b> 8400 W Fairview Ave. Boise Medicaid, insurance. PSR, case &amp; med mgmt, counseling for adults &amp; children. <b>322-5859</b></p> <hr/> <p><b>Community Connections</b> 1675 S Maple Grove Medicaid. Therapy &amp; support services to children/adults with developmental disabilities. <b>377-9814</b> <a href="http://cciidaho.com">cciidaho.com</a></p> <hr/> <p><b>Community Outreach Counseling</b> (Boise, Meridian, Nampa, Greenleaf &amp; ID City). Medicaid, insurance, sliding scale, pro-bono. Free consults. All types of counseling &amp; specialties, PSR, case mgmt, residential rehabilitation, bilingual, all ages. <b>466-7443</b></p> <hr/> <p><b>Community Partnerships of ID</b> 3076 N Five Mile Rd. Boise Medicaid PSR, Counseling, groups, dev therapy, Spanish, IBI, res rehab, case mgmt, employment services, behavioral &amp; recreational therapy, habilitative rehab, psychiatrist, employment. <b>376-4999</b> <a href="http://cp-of-idaho.com">cp-of-idaho.com</a></p>
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## SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

### Community Support Center

716 N Orchard  
Mon –Thurs 8–4  
Medicaid & insurance. Adult day treatment, groups, dual-diagnosis, skill building.  
**429-0330**

### Easter Seals-Goodwill Adult Behavioral Health Services

8620 W Emerald #150  
Medicaid. Self pay starts at \$10/class. Assessments (\$77.50), OP & IOP sub abuse treatment, anger man, CSC, family groups, MRT parenting classes & relapse prevention.  
**672-2900**

### Family Counseling Services

440 W Pennwood #100, Meridian  
Medicaid, sliding fee, insurance. Many therapy types.  
**888-5905**

### Ginny Marie Wellness Center

Boise / Meridian / Nampa  
Private \$25, Group \$15. Substance abuse, anger management, domestic violence. Adults, couples, youth. Credit Card accepted.  
**323-1290**

### Healthy Place Counseling

2589 S Five Mile Boise  
Medicaid & sliding fee. Counseling, PSR, TSC, & med management. Adults, children & families.  
**376-4929**

### Human Supports of ID

4477 W Emerald #C100, Boise  
Medicaid PSR, meds mgmt, payee services, service coordination, individual therapy  
**321-0160**  
[humansupports.com](http://humansupports.com)

### Idaho Behavioral Health

2273 S Vista #190 Boise  
Medicaid, private insurance, EAP, private pay. Counseling adults, children, married, individuals, PSR, case/med mgmt.  
**343-2737**

### Idaho CareLine 211

Referrals health & human services, meds. Medicaid, Spanish.  
[www.idahocareline.org](http://www.idahocareline.org)  
[www.211.idaho.gov](http://www.211.idaho.gov)  
**1-800-926-2588**

### Idaho Federation of Families for Children's Mental Health

704 N 7th St  
Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.  
**433-8845**  
[idahofederation.org](http://idahofederation.org)

### InRoads PSR Services

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

### Intermountain Hospital

303 Allumbaugh  
Free assessments. Inpatient substance use / mental health treatment. New Start for adults. Clean & Sober Teens for adolescents.  
[IntermountainHospital.com](http://IntermountainHospital.com)  
**377-8400**

### ISU Boise Counseling Clinic

1311 E Central Dr, Meridian  
\$15 copay for individuals & \$20 for couples. Hours vary, call for info. Counseling interns counsel individuals, couples, & families.  
**373-1719**

### LDS Family Social Services

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

### Leyline Advocates

333 W. Rossi Boise  
Adult & children with Medicaid.PSR, case & meds mgmt, service coord, counseling, refugees, 30 interpreters speaking 50 languages.  
**344-9797**

### Living Hope Clinic

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

### Methodist Counseling Center

4444 Taft Street  
Mon - Friday 8 -5, weekends/evenings by appointment  
Insurance, sliding scale and scholarships based on income.  
**501-2181**

### Mountain View Behavioral Health

5593 N Glenwood  
M-F 8:30-5  
Medicaid & most private insurances. Provide case mgmt, PSR, payee & clinic services, including med mgmt, therapy for individuals, children & families. Specialize in EMDR, CBT.  
**322-5354**

### Omega Mental Health

5985 W State St. Boise  
M-F 9–5  
Medicaid/Medicare, insurance. Adults, teens & children counseling. Psychiatric services. Substance Abuse. Spanish  
**853-0071**

### Pioneer Health Resources

5583 N Glenwood  
890 N Cole  
Medicaid/Medicare. PSR, case/meds mgmt, counseling for adults/children.  
**322-1026**

### Real Solutions Counseling

1011 W Williams St #G  
Medicaid, Medicare, slide fee. All ages. PSR, individual & family therapy, addictions & anger management.  
**991-0222**

### Riverside Rehab

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



## SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

### Safe Haven Hospital of Treasure Valley

8050 Northview

Medicaid, Medicare, insurance.

Outpatient therapy & nurse practitioner (med management), all ages.

In-patient ages 18 & older. Spanish for inpatient.

**327-0504**

### Safe Place Ministries

723 N Mitchell #101

Donations. None denied for inability to pay. Christian based education & counseling for victims of dom violence & sexual assault. Legal aid referrals.

**323-2169**

[safeplaceministries.com](http://safeplaceministries.com)

### St Alphonsus Behavioral Health Outpatient

131 N Allumbaugh

Mon – Fri 8–5:30

Medicaid. Therapy for kids and adults, groups, meds mgmt, MD. Inpatient for children under 12, adult inpatient.

**367-6500**

### SANE SOLUTIONS & Family Violence Prevention for victims

Mon - Thurs 8-12, 1-5 office hours

Insurance, Medicaid, Victim's Comp, sliding fee, self-pay, & some grants.

Counseling for sexual abuse victims, juvenile & adult, protective parenting, & personal safety classes.

**323-9600**

### SANE SOLUTIONS & Family Violence Prevention (cont) for offenders

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

**345-1170**

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

7161 Potomac Drive Boise

Medicaid. Family, individual (all ages), couples counseling, play therapy, sub abuse, home-based counseling. PSR. Referrals for medication management

**908-6399**

[starrfbh.com](http://starrfbh.com)

### S.T.E.P.S.

1111 S Orchard #174 Bldg 6

Mon-Fri 9-5, Sat 10-5

Individuals \$25/hr, group \$10, intake \$50. No Medicaid. Sub abuse, compulsive gambling, codependency, parenting, MRT, anger mgmt.

Adults/teens/family

**340-3274**

### Table Rock Counseling

Sliding fee down to \$40. Bilingual

Spanish/Eng counseling. Counseling individuals, couples & families.

**890-8391**

### Tidwell Social Work Services

5999 W State

Mon–Fri 8–5

Medicaid, Medicare, sliding fee, \$45 min, insurances. Individual, marriage, family, art play therapy, PSR, MD.

Interpreters for all languages.

**853-5095**

### Treasure Valley Community Resource Center

Mon – Fri 8–5

Phone referrals.

**459-9263**

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

Google above title

#### Treasure Wellness

1655 1655 Fairview Rd. #115

Evenings & weekends.

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

**515-7661**

[treasurewellness.net](http://treasurewellness.net)

### Unity Health Center

745 S Progress Ave, Meridian

W-Sat by appointment.

Sliding scale (minimum \$40),

insurance. Counseling individuals, couples & families.

**895-6729**

### Veterans Center

2424 Bank Dr (Vista/N Overland)

Free. Readjustment counseling services for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.

**342-3612**

### Veterans Medical Center

500 W Fort

Outpatient & inpatient. Behavioral health & family counseling, groups, temp housing for active duty & reserve. Homeless program available. Veterans only.

**422-1000 x1145**

### Warm Springs Counseling Center

740 Warm Springs Ave, Boise

3023 E Copperpoint Dr #207, Meridian

Mon-Fri 8-5 (eves & weekends by apt)

Insurance, Medicaid, Subsidy.

Behavioral health services. Spanish.

**343-7797**

[childrenshomesociety.com](http://childrenshomesociety.com)

### Women's & Children's Alliance

720 W Washington

24 hour Hotline counseling abuse

victims. 120 day residential program.

**343-7025**

## SELF RESCUE MANUAL - Dental

### Basic Dental Care

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

### Dr. Brock Bohlman

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

### Boise Schools- Children's Free Dental Clinic

1609 S Owyhee - Whitney Elementary  
Mon, Tues, Friday 8:30-3:30  
No Medicaid or insurance patients  
(must be a student of the Boise  
School District). Cleanings, sealants,  
restorations, & extractions. Must have  
referral from BSD school nurse & have  
appointment. Basic dental work only.  
**854-6627**

### Carrington College

1122 N Liberty  
Mon-Wed 9-12, 1-4, 5-8,  
Thurs 9-12, 1-4  
Free dental hygiene exams, cancer  
screenings, blood pressure checks,  
cleanings, & x-rays. Each appointment  
averages 2.5 hours & several visits are  
usually necessary. Spanish. If dental  
treatment is needed referrals can be  
made to local dentists & dental  
specialists. Free toothbrush, floss, &  
toothpaste given at first visit.  
**947-6821**  
[carrington.edu](http://carrington.edu)

### Dr. Wayne Claiborne

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

### Garden City Community Clinic Genesis World Mission

215 W 35<sup>th</sup>  
Monday, Tuesday, Wednesday and  
Friday 8-2PM.  
For low income and uninsured  
patients; including no Medicaid,  
Medicare or VA benefits available.  
By referral only from safety net clinics  
and both Saint Alphonsus and St.  
Luke's emergency rooms.  
Basic dental services provided.  
Suggested contribution \$30.00.  
**854-3932**

### Healthy Smiles

8590 Fairview  
Mon, Wed, Fri 8–5 Tues, Thurs 11–7  
Closed Fridays  
Sliding fee & Medicaid, Idaho Smiles  
21 & under, adult emergency only,  
pregnancy and waiver program  
(Medicaid) (Medicaid). First  
appointment includes full exam &  
X-rays is \$60 (without Medicaid). No  
orthodontics. Spanish. Will serve  
undocumented citizens.  
**472-2020**

### ISU Family Dentistry

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

### Small Smiles Dental Clinic

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

### Terry Reilly Health Services Boise Dental

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

### Terry Reilly Health Services Boise Dental - Express Care

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

### Treasure Valley Family Dentistry

1570 E Heritage Park #100, Meridian  
Free X-ray, exam, 2nd opinion consult  
if print coupon from web site. Cleaning  
\$84, & composite filling (\$152-\$272).  
10% discount on dental work if you  
have no insurance and pay up front  
with cash or check.  
**884.8066**  
[treasurevalleyfamilydentistry.com](http://treasurevalleyfamilydentistry.com)

### Treasure Valley Pediatric Dentistry (Dr. Roy Rogers)

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

## SELF RESCUE MANUAL - Education, After-School Programs

### After 3

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

**2-1-1 Careline**

[www.after3boise.com](http://www.after3boise.com)

### BabySteps at St Michael's Episcopal Cathedral

518 N. 8th St

Tues 1-3& 6-8 Thurs 4-6.

Education program for limited income pregnant & parenting mothers. Provide diapers, wipes, clothing, & misc baby items. Free parenting class Tuesdays 6-7pm in both English & Spanish with free childcare.

**342-5601 x212**

[babystepsidaho.org](http://babystepsidaho.org)

### Big Brothers/Big Sisters of SW

110 N 27<sup>th</sup> Boise

Screened volunteers participate in mentoring program with children. Wait list. Volunteer opportunities for high school students.

**377-2552**

[bbsidaho.org](http://bbsidaho.org)

### Boise City Child Care Licensing

150 N Capitol Blvd 1st Floor City Hal  
Mon-Fri 8-5

Parents must make a public records request in writing at the City Clerk's office, can view files on all licensed child care providers in Boise. Will provide a list of providers broken out by zip code & facility type. Spanish interpreter available with appointment.

**384-3710**

### [BOISEINTERPRETERS.COM](http://BOISEINTERPRETERS.COM)

Language interpreter & translator services for folks serving limited English speaking people.

MiroslavBarac@BoiseState.Edu or do website request.

### Boise Parks & Recreation's Mobile Recreation Unit

Call for more information.

**854-4917**

### Boise Parks & Recreation Community Centers

Grace Jordan Community Center  
6411 W Fairfield

**854-4910** (Chris Camacho)

Morley Nelson Community Center  
7701 W Northview

**854-4917** (Joey Ward)

Whitney Community Center  
1609 S Owyhee

**854-6625** (Barbara English)

[cityofboise.org/parks](http://cityofboise.org/parks)

### Boise Schools Preschool Screening

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

**854-5520**

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

610 E 42<sup>nd</sup> Garden City **321-9157**

911 N Meridian Rd Meridian **888-5392**  
Mon-Fri 3-8, (1-7 on half school days).

open on no school days / summer from 11-6 (7am- \$5/day). \$10 / year. Offers free meals daily. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation.

[bgclubidaho.org](http://bgclubidaho.org) for more info & orientation times.

### Computers for Kids

8540 W Elisa (off Victory, btwn Cole & Maple Grove)

Mon-Fri 9-4

Low cost refurbished computers for students, grades K-14. \$100 fee, few scholarships available. \$185 fee for college students.

**345-0346**

[cfkidaho.org](http://cfkidaho.org)

### College of Western Idaho (Boise & Nampa)

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

Oak Park Plaza 2323 S Vista Boise

Free ESL English classes, daytime

and evening at two Boise locations.

Call **562-2571** for upcoming registration schedule. Free classes for basic skills

& GED preparation, morning &

evening. First attend orientation &

diagnostic testing; call **562-2575** for

upcoming schedule. Min age 16.

GED testing. Call **562-2068** for

schedule & fees or check website

[cwidaho.cc](http://cwidaho.cc)

### Education & Training Voucher Casey Family Programs (Julie Stevens)

6441 Emerald, Boise

Financial aid to eligible current or ex foster youth or who were adopted age 16+, or aged out of foster care at 18.

Possible help with post secondary ed, training, books, tuition, room & board, childcare, transportation, tools, uniforms, computers. Must have diploma or GED.

**377-1771**

### El-Ada Community Partnerships

2250 S Vista

Mon-Fri 9-4

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

Undocumented citizens will be served.

**345-2820**

[widaho.cc/adult-basic-education](http://widaho.cc/adult-basic-education)



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

### Family Advocate Program Families First

3010 W State #104  
Mon–Fri 8:30–5 Free home-based parent education services on child development, effective parenting skills, nutrition & more. Parenting classes. Serves families & children ages 0-12.  
**345-3344**  
[familyadvocate.org](http://familyadvocate.org)

### Frank Church High School (Boise Public Schools)

8051 W Salt Creek St.  
Mon –Fri 8–4  
Students ages 16–20, parental permission for under age 18. Free tutoring, grade 9–12 alternative school.  
**854-5650**

### Head Start & Early Head Start

4709 Camas  
Tues-Fri 8–12 or 12–4  
Children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & family living skills are areas addressed via groups & home visits. Transportation provided for some classes. Provide food for breakfast & lunch, & afternoon snacks. Early Head Start; Expectant parents & families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).  
**344-9187**

### ID Assistive Technology Project

Statewide program assists people with disabilities with assistive technology they need to live more independent lives. Free services available to all ages & disabilities  
**1-800-432-8324**  
[idahoat.org](http://idahoat.org)  
[idaho.at4all.com](http://idaho.at4all.com)

### Idaho CareLine 211

Call & ask for child care referral in your area, get list of providers.  
**2-1-1 or 1-800-926-2588**  
[www.211.idaho.gov/](http://www.211.idaho.gov/)

### ID Department of Labor WIA Youth & Adult Program

219 W Main Boise **332-3575**  
205 E Watertower Meridian **364-7785**  
Youth ages 16-21 & Adults 18+; Must meet eligibility requirements, call for appointment. Provide help in getting GED/High School Diploma.  
[labor.idaho.gov](http://labor.idaho.gov)

### Idaho Family Assistance Center at Gowen Field

Offers all branches of military families services & referrals for various issues.  
**272-4355 or 272-4355**

### Idaho Federation of Families for Children's Mental Health

704 N 7th St  
Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.  
**433-8845**  
[idahofederation.org](http://idahofederation.org)

### Idaho National Guard Youth Program Gowen Field

Issues that face youth who live in military families including deployment education. Community training available. Goodwill Staffing Services.  
**272-4387** Tanya Chin

### Idaho Parents Unlimited

500 S 8<sup>th</sup>, Boise  
1-1 help by phone or in office to families with children with disabilities, workshops designed to inform families on special education laws & other topics. Spanish.  
**342-5884**

### Job Corps

2323 S Vista Ave. #203  
Mon–Fri 8–5, Closed 12-1  
Ages 16-24 Full time program, usually residential. Closest center in Nampa. Please call for eligibility & orientation times. Spanish speaker.  
**375-9414**  
[jobcorps.gov](http://jobcorps.gov)

### Learning Lab at Libraries

Boise Library **344-0057**  
715 S Capitol Blvd #403 (Upstairs)  
Adults only.  
Garden City Library **344-1335**  
308 E 36<sup>th</sup>  
Free computer assisted learning center for adults & families with children 0-6. Cost based on income & family size, possible scholarships. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 mo- 6 yrs) & Parents as Partners, family literacy classes.  
[learninglabinc.org](http://learninglabinc.org)

### Parent Project

Call for schedule & sign-up. Highly structured parenting skills program to help parents prevent & intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook cost of \$25  
**570-6404**

### YMCA

1050 W State **344-5502**  
5959 N Discovery PI **377-9622**  
5959 N. Discovery PI **377-4886**  
936 Taylor Avenue Meridian **855-5711**  
Financial aid available for membership.

## SELF RESCUE MANUAL - Employment and Casual Labor

### Working Solutions

600 N Steelhead Way #110

Mon-Fri 8-5

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

**322-9675**

### Idaho Department of Labor Job

219 W Main Boise **332-3575**

205 E Watertower Meridian **364-7785**

Mon -Thurs 9-5, Fri 9-12

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

[www.labor.idaho.gov](http://www.labor.idaho.gov)

### Idaho Department of Labor WIA Youth & Adult Program

Youth ages 16-21 and adults 18+: possible financial help with GED & job training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma. Spanish.

**332-3575 X3621 or 3590**

[www.labor.idaho.gov](http://www.labor.idaho.gov)

### Labor Ready Temporary Service

1088 N Orchard

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

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

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

**331-3606**

### Pro People Staffing Services

10369 W Emerald Boise #100

Mon-Fri 9-2 (for applications)

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

**345-5747**

[propeoplestaffing.com](http://propeoplestaffing.com)

### SOS Staffing

8708 Fairview

Mon-Fri 8-5

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

**327-1000**

### Treasure Valley Community Resource Center

Mon-Fri 8-5

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

**459-9263**

[idahoconnections.org](http://idahoconnections.org)

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

[police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf](http://police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf)

### Vocational Rehabilitation

10200 W Emerald #101

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

**327-7411**

[vr.idaho.gov](http://vr.idaho.gov)

### Volt Services Group

101 S Capitol Blvd #501

Temporary work, temp to hire, short & long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen & background check.

Must provide 2 work references & ID that proves legally able to work in the US. Paid weekly usually \$8-14/hr.

**375-9930**

# SELF RESCUE MANUAL - Financial and Utility Assistance

## Ada County Indigent Services

252 E Front #199

Mon–Fri 8–5

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

**287-7960**

[www.adaweb.net](http://www.adaweb.net)

## Debt Reduction Services

6213 N Cloverdale #100

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

## Department of Health & Welfare Self-Reliance

1720 Westgate (off Fairview behind Pojos)

Mon–Fri 8–5

Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant, & telephone help. Person must apply at office & set up an interview. Come early to apply & walk-in appointments available. Language assistance is available. MyBenefits@dhw.idaho.gov **334-6700**

## El-Ada-Outreach

701 E 44<sup>th</sup>

Mon-Fri 8-4:30

Telephone assistance & heat bill assistance (wood & propane OK-) **322-1242**. Open Nov 1<sup>st</sup> - March 31<sup>st</sup>. Home weatherization- eligible homes made through Energy Assistance for once in lifetime use. Need appt. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord's name.

## El-Ada-Outreach continued

701 E 44<sup>th</sup>

Mon-Fri 8-4:30

Emergency Water Utility Assistance- **345-2820** available once/year for United Water or Meridian Water customers who are facing shut-off.. Bring SSN card. Undocumented families may apply if 1 member is legal. Eligibility is based on income. Information, Referral & Service Coordination - Phone or walk-in info available about low-income services in Treasure Valley. Written referrals, vouchers & arranged appointments for basic & emergency needs. Assistance completing applications for services. Available at all El-Ada locations.

## Idaho CareLine 2-1-1

### Navigator Program

Referrals and financial help if qualify.

[idahocareline.org/](http://idahocareline.org/)

**211 or 1-800-926-2588**

## Idaho Power “Moratorium”

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

**388-2323 or 1-800-488-6151**

## Intermountain Gas “Winter Protection”

Must call to declare Winter Protection from non-pay disconnect of gas service from 12/1 thru 2/28 for those with children, elderly in household. Payment arrangements & assistance referrals available. Past due balance is eligible for disconnect after 2/28 **377-6840**

## Love INC of Boise

Tues - Thursday 10-1

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

**377-3502**

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

## Salvation Army Share

4308 W State

Help with Idaho Power & Intermountain Gas bills. Call at 9am on first Thursday of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. Program from 10/7 to 4/30.

**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.

**331-2208**

## Social Security Administration

1249 S Vinnell Way #101

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

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

**321-2901**

[socialsecurity.gov](http://socialsecurity.gov)

## Treasure Valley Community Resource Center TVCCR

Mon–Fri 8–5

Information & referral on human services via phone.

**459-9263**

## UW Cares

2250 S Vista

United Water customers, call about voucher for part of water bill.

Must qualify, have a shut-off notice. Year round.

**345-2820** (Cindy)

## SELF RESCUE MANUAL - Food Pantries

### Agape in Action

1001 S Orchard

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

**685-0612**

[agapeworship.com](http://agapeworship.com)

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

1009 W Bannock Tues 12-3

Thurs 12-3, Sat 12-3

For individuals infected & affected by HIV & AIDS.

**424-7799**

[alphaidaho.org](http://alphaidaho.org)

### Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall)

Sat 10–2

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

**321-7440**

### Community Ministries Center

3000 Esquire (S of Ustick)

Tues–Fri 12–3:30

Cans, produce meats when available. Call ahead for baby items such as baby formula, & diapers & social services. Use every 45 days. Bring proof of address & ID (photo ID or birth certificate) for family members needing food. Need to live in Ada County.

**378-7774**

### Eagle Food Bank

Eagle Performing Arts Center

149 West State St Eagle

1st & 3rd Thursday of the month

10am–12

Last Tuesday of the month 6-7:30pm.

Available to Eagle & Star residents.

**631-0702**

### El-Ada Community Resource Center Food Pantry

2250 S Vista

M-F 8:30-4:30

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

**345-2820**

### El-Ada Community Action Partnership Food Pantry

701 E 44th #2

Mon-Fri 8-4

May use every 60 days. Food boxes typically provide 2-4 days worth of food. USDA commodities 1st Wed (11:30-12:30) of odd months. Undocumented citizens will be served. Interpreter available upon request.

**377-0700**

### First Baptist Church Food Bank

607 N. 13th

Sat 9-11am

Bread, cans, cheese, butter, milk, some meat. Must show ID. Every 30 days.

**344-7809**

### First Bible Missionary Church

375 N Roosevelt

Non-perishable food. Call for an appointment.

**376-2439**

### First Presbyterian Church Friendship Food Panty

950 W State

Mon 5-7

Once per month.

### Foothills Christian Church Food Pantry

9655 W State Street

Fridays 12-3

**853-0011**

[foothills.org](http://foothills.org)

### Friendship Food Pantry

950 W State St

Mon 5-7

**345-3441**

### Grace Chapel Food Pantry

8650 W Fairview

Tues & Thurs 1-3

Bring own boxes/bags. Twice/month.

**375-5515**

[gracechapel.com](http://gracechapel.com)

### Heritage Bible Church Food Pantry

7071 W Emerald

3rd Sun 12:30-2:30

**891-9538**

### Hope Lutheran Church Food Pantry

331 N Linder Rd

Mon-Fri 9:30-1

**939-9181**

### House of Ruth

3116 Palouse St

By appointment.

**424-8324**

### Idaho CareLine 2-1-1

Free summer lunch, food referrals.

**211 or 1-800-926-2588**

[www.idahocareline.org/](http://www.idahocareline.org/)

### The Idaho Foodbank

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

**336-9643**

[idahofoodbank.org](http://idahofoodbank.org)

### Meridian Food Bank

133 W Broadway Meridian

Mon/ Wed 12-6 Thurs 12- 4

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

**888-5102**

## SELF RESCUE MANUAL - Food Pantries cont.

### Mountain View Church of the Brethren

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

### Operation Love Center

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

### Redeemer Lutheran Church

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

### St John's Cathedral

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

### St Mark's Food Bank

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

### St Mary's Food Bank

3890 W State  
Mon, Wed, Fri 11-3  
Every 45 days. Serves NW Boise/ Garden City/St Mary's Parish area. ID & proof of address. Food boxes, frozen foods, dairy & eggs. Spanish.  
**850-6818 or 344-2597**

### St. Paul's Catholic Student Center Food Pantry

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

### Salvation Army Food Pantry

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

### SVdeP- Holy Apostles Food Pantry

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

### St Vincent de Paul -Food Pantry

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

### Sulamita Food Pantry

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

### Treasure Valley Full Gospel

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

### Vineyard Christian Fellowship

4950 N Bradley  
W & SA 10-12 noon  
Every 30 days. Bakery goods, canned foods, & meat. Photo ID & proof of address. Undocumented citizens welcome. Interpreters sometimes available. Only Ada County residents  
**377-1477**

### WIC (Women, Infants & Children)

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



## SELF RESCUE MANUAL - Friendship Feast/Community Free Meals

<b>Baptist Campus Ministries</b> 1327 W Beacon Lunch Wednesdays 11-1 BSU Stu. <hr/> <b>Biblical Studies Center</b> 1025 Belmont Lunch Thursdays 11:20-1 <hr/> <b>Cathedral of the Rockies First United Methodist Church</b> 717 N 11 <sup>th</sup> Sack lunches available daily. No need to call ahead. Drop by & pick one up. <b>343-7511</b> <hr/> <b>City Light for Women &amp; Children</b> 368-9901 1404 W Jefferson(Boise Rescue Mission) Breakfast 6:30 am M–F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday–Friday Dinner 5 pm daily	<b>Idaho Foodbank Picnic in the Park Program SUMMER MONTHS ONLY</b> Free lunch is provided to ALL children, ages 1-18. Adults can buy lunch for \$1. <hr/> <b>King of Glory Lutheran Church</b> 3430 N Maple Grove (N door, by Maple Grove) Last Sat of month 12-1:30 lunch <b>377-0220</b> <hr/> <b>Latter-day Saints Student Association Lunch</b> 1929 University Dr \$1.50 <hr/> <b>River of Life Boise Rescue Mission</b> 575 S 13th (by River St) Breakfast 6:30 am daily Lunch Mon-Sat 12:00 pm Sun at 1pm Dinner 5 pm for guests staying outside of River of Life Dinner 7 pm for Guests staying at River of Life. Undocumented OK. <b>389-9840</b>	<b>St Michael's Cathedral Church</b> 518 N 8 <sup>th</sup> Limited sack lunches available. Lunch Mon-Fri 9-3 Summer lunches are Mon-Thurs 9-3 & Fri 9-1. Last Saturday of month "Come to the Banquet" 12 -1:00 lunch Undocumented OK. <b>342-5601</b> <hr/> <b>Vineyard Christian Fellowship Feeding God's Children</b> Food on Sun 2 - 4 at Julia Davis Park. Undocumented OK. <b>377-1477</b> <hr/> <b>Whitney United Methodist Church</b> 3315 Overland (Owyhee) Saturday sack lunch (Zip code 83705 only) Sat 11–12:30 <b>343-2892</b>
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Sun, 3rd Thurs	5 pm	<b>First United Methodist Church</b>	717 N 11th	<b>343-7511</b>
Mon-Thurs	6 pm	<b>St Vincent de Paul</b>	3209 Overland	
1st/last Thurs	6pm	<b>First Presbyterian</b>	950 W State	<b>345-3441</b>
1st Fri	6pm	<b>All Saints Episcopal</b>	704 S Latah	<b>344-2537</b>
2nd Thur	6pm	<b>St John's Cathedral</b>	807 N 8th (basement)	<b>342-3511</b>
2nd Fri	6pm	<b>Sacred Heart Catholic Church</b>	811 S Latah	
3rd Tues	6pm	<b>Red Rock Christian</b>	1124 S Roosevelt	<b>342-2380</b>
3rd Fri	6pm	<b>Whitney United Methodist Church</b>	3315 Overland (by Owyhee)	
4th Thurs	6pm	<b>Wright Community Congregational</b>	4821 W Franklin	
Last Wed	6pm	<b>Meridian United Methodist</b>	235 E. Pine St., Meridian	<b>888-2245</b>
Last Wed	6pm	<b>Hillview United Methodist</b>	8525 Ustick Rd	<b>375-0392</b>

## SELF RESCUE MANUAL - Crisis Hotlines

<p><b>American Red Cross</b> 146 South Cole Mon - Thurs 9-4, Fri 9-1 Offers family disaster &amp; emergency assistance 24/7. <b>1-800-853-2570 X 803</b></p> <hr/> <p><b>City Light for Women &amp; Children</b> 1404 W Jefferson Safe place for victims of domestic violence, or any kind of violence, to go for protection. <b>368-9901</b></p> <hr/> <p><b>Combat Call Center</b> 24 hour hotline for combat Veterans to provide support, information about services/benefits available to them &amp; referral to local resources. <b>1-877 927-8387</b></p> <hr/> <p><b>Hays Youth Help Line operated by Hays Shelter Home</b> 24 hour Hays Hotline for Youth in Crisis <b>322-2308 or 1-877-805-2308</b></p> <hr/> <p><b>Health &amp; Welfare Mobile Crisis Unit Suicide Prevention</b> 24 hour crisis line for children. <b>334-0808 or 1-800-600-6474</b></p>	<p><b>Hotlines for Information on Substance Abuse</b> Al-Anon <b>344-1661</b> Al-Ateen <b>1-888-425-2666</b> Alcohol Drug Helpline <b>1-800-821-4357</b> Alcoholics Anonymous <b>344-6611</b> Call St. Luke's (for class registration &amp; referrals) <b>381-9000</b> Drug Information Help/National Clearinghouse for Alcohol &amp; Drug Information <b>1-800-729-6686</b> Narcotics Anonymous <b>391-3823</b> RADAR (Alcohol &amp; Other Drug Resources) <b>426-3471 or 1-800-937-2327</b></p> <hr/> <p><b>National Alliance on Mental Illness Helpline</b> <b>1-800 950-6264</b></p> <hr/> <p><b>Idaho Domestic Violence Hotline</b> <b>1-800-669-3176</b></p> <hr/> <p><b>National Child Abuse 24 hour Hotlines</b> <b>1-800-4-A-CHILD</b></p> <hr/> <p><b>National Runaway 24 hour Hotline</b> <b>1-800-786-2929 or 1-899-RUNAWAY</b></p>	<p><b>Idaho Suicide Prevention &amp; Hotline (24 hour)</b> <b>1-800-273-8255</b> <a href="http://spanidaho.orgidahosuicideprevention.org/#&amp;panel1-1">spanidaho.orgidahosuicideprevention.org/#&amp;panel1-1</a></p> <hr/> <p><b>National Teen Dating Abuse Hotlines</b> <b>1-866-331-9474</b> <a href="http://loveisrespect.org">loveisrespect.org</a></p> <hr/> <p><b>Women &amp; Children's Crisis Center (WCA)</b> <b>343-3688</b> Domestic Violence Hotline (24 hr) <b>343-7025</b> Rape Crisis Hotline (24 hr) <b>345-7273</b></p> <hr/> <p><b>Veterans Crisis Line</b> <b>1-800-273-8255 X 1</b></p>
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## SELF RESCUE MANUAL - Housing Resources

### **Boise City/Ada County Housing Authority**

1276 River #300

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

**345-4907**

[housingidaho.com/](http://housingidaho.com/)

### **City of Boise Housing & Community Development**

1025 S Capital Blvd

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

**384-4158 X 100**

### **Community Resource for Families Program - Boise School District**

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

### **Good Samaritan Home**

3501 W State

Mon-Fri 9-5

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

**343-6051**

### **Idaho Department of Health and Welfare Emergency Assistance**

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

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

### **Idaho Housing and Finance Association**

565 W Myrtle

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

**331-4877**

**1-866-432-4066**

[ihfa.org](http://ihfa.org)

[idamortgage.com](http://idamortgage.com)

### **Idaho Housing and Finance Association**

Mon-Fri 8:30-5:30

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

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

**1-877-428-8844**

[housingidaho.com](http://housingidaho.com)

Spanish:

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

### **Jesse Tree of Idaho 3**

1121 Miller St (11<sup>th</sup> & Myrtle)

Tues, Wed, Thurs 11-2

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

**383-9486**

### **Neighborhood Housing Services**

3380 W Americana Terrace #120

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

**343-4065**

[nhsid.org](http://nhsid.org)

### **Treasure Valley Community Resource Center TVCCR**

Mon-Fri 8-5

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

**459-9263**

### **Treasure Valley Veterans Resource Network Community Services Guide**

[police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf](http://police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf)

# SELF RESCUE MANUAL - Legal Assistance, Refugee Agency

## Ada County Court Assistance/Self-Help Center

200 W Front Room 158  
Mon–Fri 8:30-3 (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ first hour free & \$1.00/hour after the first free hour.)

Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, [paternity](#), guardianship, landlord/tenant disputes, & small claims court. Free forms & instructions for family law issues are also available at [www.adaweb.net/cao](http://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 1<sup>st</sup> floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues. Family Court Services 4<sup>th</sup> floor of Courthouse 287-7600  
Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases.

**287-6963 & 287-6944**  
[courtselfhelp.idaho.gov](http://courtselfhelp.idaho.gov)

## Agency for New Americans

1614 W Jefferson  
Mon–Fri 8:30–3  
Resettlement agency. Provide refugees, asylees & victims of trafficking with case mgmt, employment, referral & limited immigration services. Some other services available based on eligibility. Spanish speaking.

**338-0033**  
[anaidaho.org](http://anaidaho.org)

## CASI Foundation for Children

2308 N Cole #E  
Mon- Tues 8:30-3:30, Fri 8:30-1  
Private, non-profit adoption agency. Offer help & hope to low-income & homeless pregnant women & their partners. Services to birth parents are free & confidential.

**376-0558**  
[adoptcasi.org](http://adoptcasi.org)

## Catholic Charities of Idaho

Monica Salazar  
1703 3rd St N Nampa  
Immigration & legal counseling. Spanish. To qualify: have no back child support, no IRS liens, no felonies, no prior false claims of citizenship, & less than 2 misd in last 5 years. Family based system. No employer sponsors.

**466-9926**  
[catholiccharitiesidaho.org](http://catholiccharitiesidaho.org)

## DisAbility Rights Idaho (was Co-Ad)

4477 Emerald #B100  
Provides advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have experienced rights violations or discrimination because of their disability. Assists persons in getting assistive technology/services, & in applying for, or receiving services from rehabilitation programs, & SSI/SSDI beneficiaries with return to work issues. Information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish.  
**336-5353 or 1-866-262-3462**

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

4696 Overland #228  
Mon–Fri 9–5  
Low cost help for immigrants w/ family immigration issues. Health resources education & parent education. Not for deportation hearings. Spanish.  
**378-1368**

## Department of Health & Welfare Self-Reliance

1720 Westgate(off Fairview behind Pojos)  
Free notary for H&W Benefits paperwork only.  
**334-6700**

## Idaho Legal Aid

310 N 5th  
Mon-Fri 8:30-5  
Help with family law such as divorce, custody & protection orders with domestic violence, & landlord- tenant problems, & mortgage foreclosure issues. Eligibility based on income & type of problem. Walk-ins OK. 3 statewide toll free advice lines: Domestic Violence Legal Advice Line 1-877-500-2980, Fair Housing Legal Advice Line [1-866-345-0106], Senior Legal Hotline age 60+ 1-866-345-0106. Spanish line: 1-866-954-2591.

**345-0106 X 0**  
[idaholegalaid.org](http://idaholegalaid.org)

## Idaho Volunteer Lawyers

Mon–Fri 8–5  
Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corps. Priority is domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement.

**1-800-221-3295 & 334-4510**  
[isb.idaho.gov/ilf/ivlp/ivlp.html](http://isb.idaho.gov/ilf/ivlp/ivlp.html)

## Idaho Volunteer Lawyers Foreclosure Aid Project

Mon–Fri 8–5  
works to address the legal concerns of families facing foreclosure.  
**1-855-955-8296**  
[isb.idaho.gov/ilf/ivlp/ivlp.html](http://isb.idaho.gov/ilf/ivlp/ivlp.html)

## SELF RESCUE MANUAL - Medical Assistance

### Ada County - NACo Prescription Drug Discount Card Program

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

### Ada County Indigent Services

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

Mon–Fri 8–5

Fill out app, bring to office to schedule apt. Need current written prescriptions, may take 2+ days to OK. Help with long term medical bills based on indigency staying within time frames from 1st date of service.

**287-7960**

[adaweb.net](http://adaweb.net)

### All Seasons Health

8050 W Rifleman #100

Medicaid, insurance. Primary care, meds mgmt, counseling, Injections, screenings. Non-emergency care, outside referrals for surgeries. Call for appointment. Can get interpreters.

**321-0634**

### 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 apt only.

**375-5211**

### Covering Idaho Kids at Mountain States

1607 W Jefferson

Mon-Fri 8:30-4:30

Sign eligible kids up for Medicaid.

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

**336-5533 X233**

[coveringidahokids.wordpress.com/](http://coveringidahokids.wordpress.com/)

### El-Ada Outreach HIV testing

2250 S Vista

Mon–Fri 8:30–4

HIV testing, counseling, groups, & education. Free OraQuick Advance rapid testing & results for HIV with counseling on site & at various outreach van locations. HIV prevention and risk reduction education.

**345-2820**

### Family Medicine Health Center

777 N Raymond

6094 Emerald; 121 E Fort;

2275 S Eagle Rd #120 Meridian

215 W 35<sup>th</sup> St in Garden City

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

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

Women's Health Check Must meet income & citizenship requirements For age 50-64 women. Cervical, breast screen & Mammogram. Ages 40-49

Breast & Cervical exam. Call (Mon-Fri 1-5pm.) for apt. **367-6638**

Wellness Center **514-2505** provides

HIV Primary Care, clinical trials, referrals to specialists, nutritional, dental, individual, & family counseling, Free confidential, HIV testing by appt.

**514-2500**

### Fred Meyer Pharmacy

3527 Federal Way **424-7533**

5230 W Franklin **429-6433**

5425 Chinden **323-7036**

10751 W Overland **373-5233**

1850 E Fairview Meridian **887-5273**

Generic med approx \$4 for 30 days or \$10 for 90 days. Free insurance card at Fred Meyer. Ask for it at the counter.

### Friendship Clinic at All Saints Episcopal Church

709 S Latah

Mondays & 2<sup>nd</sup>/4<sup>th</sup> Tuesday. 5:30-8:30

Free basic health care services for underinsured & uninsured. No Medicaid or Medicare. Appointments only. Acute non-emergent care, limited mental health & no children services. No interpreters available.

**429-6678**

[friendshipclinic.com](http://friendshipclinic.com)

### Garden City Community Clinic (Genesis World Mission)

215 W 35<sup>th</sup>

Free. Call anytime. Apts scheduled for Tues & Thurs 4 - 6 or Wed 9:-11.

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

**384-3932**

### Idaho CareLine

Referral to medication/ medical resources. Spanish.

**211 or 1-800-926-2588**

[idahocareline.org](http://idahocareline.org)

[RxIdaho.org](http://RxIdaho.org)



## SELF RESCUE MANUAL - Medical Assistance cont.

### Kmart Pharmacy

10477 Fairview

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

**377-5153**

[kmart.com/shc/s/dap\\_10151\\_10104\\_DAP\\_Kmart+Pharmacy+Microsite](http://kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite)

### Knights of Columbus Council #12854

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

**Dick DeLeonard (362-3710),**

**Dale (888-3782), Robert (377-0874)**

### Leukemia & Lymphoma Society

2404 W Bank Dr #103

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

**658-6662**

[lls.org](http://lls.org)

### Living Independence Network Corporation

1878 W Overland

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

**336-3335**

[incidaho.org](http://incidaho.org)

### North End Children's Health Clinic

1655 W Fairview #206

Medicaid, insurance & self-pay.

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

**395-0000**

### Omega Health

5985 W State

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

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

**853-0071**

### Partnership for Prescription Assistance

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

**1-888-477-2669**

[pparx.org/en/about\\_us\\_kids.pparx.org](http://pparx.org/en/about_us_kids.pparx.org)

### Pharmaceutical Company Patient Assistance Programs

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

[rxassist.org/Search.cfm](http://rxassist.org/Search.cfm)

### Planned Parenthood

3668 N Harbor (off State St)

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

Medicaid, sliding fee & insurance.

Birth control, STD tests, pregnancy tests, emergency contraception (EC).

Walk-ins accepted for some services.

Call for appt. Abortion services. Early pregnancy loss services. Spanish

**376-9300**

[ppgnw.org](http://ppgnw.org)

### Praxis Medical Group

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

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

**378-2840**

### Primary Health Walk-in Clinics

1907 S Broadway **345-1222**

Mon-Sun 8-8

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

6052 W State St **344-7799** Mon-Fri 8-8, Sat-Sun 8-6

8971 W Overland **378-4288**

Mon-Sun 8-8

6348 Emerald St **377-4400**

Mon-Fri 8-5 (Pediatrics)

125 E Idaho St (OB/GYN) **385-9330**  
Mon-Fri 8-4:30

11197 W Fairview **378-8011**

Mon-Sat 8-8, Sun 8-6

3115 E Florence St **895-8670**

Mon-Sun 8-8

1130 E Fairview **888-9393** Mon-Sat 8-8, Sun 8-6

435 S Eagle #100 **939-8200** Mon-Fri 8-8, Sat 8-6

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

### Rite Aid Pharmacy Savings Card

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

**1-866-317-4286**

[riteaid.com/pharmacy](http://riteaid.com/pharmacy)

### Stanton Health Care

3684 N. Harbor Ln

No charge for services

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

**855-5095**

[contact@stantonhealthcare.org](mailto:contact@stantonhealthcare.org)

## SELF RESCUE MANUAL - Medical Assistance cont.

### St Alphonsus Express Care

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

### St Luke's Internal Medicine

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

### St Mark's Crisis Center

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

### St Vincent de Paul Patient Assistance Program

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

### St Vincent de Paul Help Line

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

### Senior Health Insurance Benefits Advisors (SHIBA)

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

### Shriner Hospital Referrals

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

### Sonshine Family Health

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

### St Alphonsus Family Center CARE Clinic

900 N. Liberty #100  
Pregnant refugee women, all babies, age 12 months & younger, with refugee parents, possibly pregnant refugee women (with no insurance or Medicaid) who may need help in providing care for themselves & baby. Help in applying for Medicaid, pregnancy tests, prenatal exams, well-baby checks, immunizations, & education classes.  
**367-2126**

### State St Immediate Care

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

### "Su Familia" National Hispanic Family Health Helpline

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

### Terry Reilly Medical Boise Clinic

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

### Together RX Access Card

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

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources  
[police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf](http://police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf)

### Unity Health Center

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

### Vineyard Christian Church

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

### Wal-Mart Pharmacy

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

## SELF RESCUE MANUAL - Shelters and Showers

### City Light for Women & Children

1404 W Jefferson (Boise Rescue Mission)

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

**368-9901**

### City Light for Women & Children Emergency Shelter

1404 W Jefferson (Boise Rescue Mission)

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

**368-9901**

### City Light New Life Recovery Program

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

**368-9901**

### Corpus Christi House Day Shelter

525 Americana Blvd

Mon–Sat 7–11:45, 12:45–4:30, Sun

9–11 Worship Service.

Have washers & dryers, showers, some clothing, phones available, may use their address for a mailing address, free coffee & food twice a day. Education center for GED & computer use.

**426-0045**

### El-Ada Community Resource Center

2250 S Vista

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

**345-2820**

[www1.va.gov/homeless/ssvf.asp](http://www1.va.gov/homeless/ssvf.asp)

### Hays Shelter Home

7221 Poplar Boise

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

**322- 2308 & 1-877-805-2308**

### Interfaith Sanctuary

1620 W River

Mon–Sun 6 pm–7 am

Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. Accommodate non-English speaking residents.

**343-2630**

[interfaithsanctuary.org](http://interfaithsanctuary.org)

### Pioneer Neighborhood Community Center Day Shelter

500 S Ash St Boise

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

**384-4069**

### River of Life Men's Mission

575 S 13th (by River St)

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

**389-9840**

### YMCA

Downtown 1050 W State **344-5501**

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

Homecourt 936 Taylor Avenue, Meridian **855-5711**

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

### Women & Children's Alliance (WCA)

720 W Washington

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

**343-7025**

# SELF RESCUE MANUAL - Substance Abuse Treatment

## Access to Recovery Hotline

Mon–Fri 8–6

State funding. Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for outpatient & inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage/life skills education classes, & emergency housing.

**1-800-922-3406 X 2**

[bpahealth.com](http://bpahealth.com)

## AA-Alcoholics Anonymous

Call for information.

**344-6611**

## Allumbaugh House

400 N Allumbaugh

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

## Ascent Behavioral Health Service

366 SW 5th Ave #100 Meridian

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

**898-9755**

## Business Psychology Associates

Mon–Fri 8–6

Provider of state funding for drug/alcohol treatment. Based on eligibility.

**1-800-922-3406 or 947-4393**

## Calvary Chapel Outreach Words of Freedom

123 Auto Drive

Thurs @ 7, 12 Step Program (Christian)

**321-7440**

[pureword.org](http://pureword.org)

## Celebrate Recovery Dinners Christian Based "8 Recovery Principles"

Vineyard Christian Fellowship

4950 W Bradley Boise

Fridays @ 6, groups 7–9

**377-1477**

[vineyardboise.org](http://vineyardboise.org)

Sacred Heart Church Celebrate Recovery

811 S Latah

Thursdays Dinner 6, 7-8 large group teachings & 8-9 small group's gender specific. 12 steps of AA.. Drop in or call.

**Randy 602-5667 or Mike 344-8311**

[sacredheartboise.org](http://sacredheartboise.org)

First Baptist Church

607 N 13<sup>th</sup>

Monday's @ 6pm, 7-9 groups

**344-7809**

[fbcboise.org](http://fbcboise.org)

River Valley Community Church

1115 N Garden St

Sundays at 6pm. Groups 7-9 pm

**342-1751**

[rivervalleyministries.com](http://rivervalleyministries.com)

Ten Mile Christian Church Celebrate Recovery

3500 W Franklin Rd Meridian

Meets Fri 6-9:30pm, dinner at 6pm.

[tenmilechurch.org/](http://tenmilechurch.org/)

## Center for Behavioral Health

92 S Cole **376-5021**

1965 S Eagle #180 Meridian **288-0649**

Mon–Fri 5a–12:30 p, Sat/Sun 6–8a

No insurance. Self-pay only.

Methadone clinic, outpatient treatment for suboxone & methadone & other addictions.

## Chrysalis Home Women's Transitional Living

2501 W State

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

**424-1323**

[chrysaliswomenidaho.org](http://chrysaliswomenidaho.org)

## City Light for Women & Children New Life Recovery Program

1404 W Jefferson

Free Substance abuse treatment, 1+ year intensive program. Residential shelter. 1-1 counseling, women & children only, provide meals daily **368- 9901**

## Community Services Counseling

963 S Orchard #B

Mon –Thurs 10:30–8

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

**336-6792**

## Community Support Center

716 N Orchard

Mon-Thurs 8-4

Medicaid. Adult day treatment for mentally challenged adults age 18+. Art & play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. **429-0330**

## Easter Seals-Goodwill Adult Behavioral Health Services

8620 W Emerald #150

Mon-Fri 9-6

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

**672-2900**



## SELF RESCUE MANUAL - Substance Abuse Treatment cont.

### Five Mile Creek Clean and Sober Living for Men

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

**345-1485 or 375-5148**

### Harmony House

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

**288-1079**

### Idaho CareLine

Referrals  
[idahocareline.org/](http://idahocareline.org/)  
**211 or 1-800-926-2588**

### Idaho Quit-Net

Free website to stop smoking. Advice on quitting, online support from other smokers, possible medication aid.  
[idaho.quitnet.com/f/community/talk](http://idaho.quitnet.com/f/community/talk)

### Intermountain Hospital

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

**377- 8400**

[intermountainHospital.com](http://intermountainHospital.com)

### Narcotics Anonymous

Helpline number.  
**391-3823**

### Provenance Ministry

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

**287-8900 Eileen Davis**

### Recovery 4 Life

8950 W Emerald #178  
Mon-Thurs 9-6, Fri 9-2  
State funding, self pay, sliding scale, & insurance. Recovery support services case man. Intensive outpatient to adults & adolescents, individual, group & family therapy.  
**376-7083**

### Rising Sun Sober Living

Monthly guest fee is \$400 with \$50 processing fee. Quality clean & sober housing for men & women recovering from drugs & alcohol. Nice, clean houses in convenient locations. Serving Ada & Canyon Counties. Men & women houses are separate. Caldwell is men only.

**338-0861 or 898-4668**

[risingsunsoberliving.org](http://risingsunsoberliving.org)

### River of Life

575 S 13<sup>th</sup>  
Free residential recovery for men  
**389-9840**

### Road to Recovery (Boise Methamphetamine Clinic)

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

### Sage Recovery Services

2995 N Cole #200A Boise **287-3285**  
1323 N Main Meridian **888-0375**  
\$15/group; sliding scale for financial. Substance abuse evaluations are \$40. Alcohol/drug education, relapse prevention education, Idaho Model CSC, Thinking for a Change, anger management, parenting, & individual sessions.

### Supportive Housing & Innovative Partnerships (SHIP)

1405 Grove  
State funding from BPA, private pay, & program for individuals experiencing homelessness. Offers safe & sober housing for single men & single women. Case management, random drug testing & life skills recovery support services. SHIP also has a housing program for homeless veterans with Substance Use Disorders.  
**331-0900**

### Ten Mile Christian Church Celebrate Recovery

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

**888-3101**

[tenmilecc.com](http://tenmilecc.com)

### Tobacco Cessation

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

### Ustick House

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

### Veterans Medical Center RSAT (Residential Substance Abuse Treatment)

500 W Fort  
Provide detoxification & 21-day residential & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling, & transitional housing for veterans completing RSAT. Available for eligible vets only.  
**422-1000 X 1145**

### Walker Center Boise

5440 Franklin # 101  
No Medicaid, will accept state funded substance abuse treatment funding. Relapse prevention, intensive outpatient treatment for adults age 18+, chemical dependency assessments. In-patient treatment at Gooding with 1 year of aftercare.  
**336-9076**



## SELF RESCUE MANUAL - Support Groups

### **A New Beginning Adoption Agency**

8660 W Emerald #142

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

**939-3865**

[adoptanewbeginning.org](http://adoptanewbeginning.org)

### **Adult Children of Alcoholics**

St Paul's Catholic Center

1915 University 2nd Floor -back of library.

Tuesdays @ 7:30

**344-1661, 284-5377(español)**

### **AA-Alcoholics Anonymous**

Call for information.

**344-6611 or 1-800-627-9103**

### **Al-Anon Family Groups**

1524 S Vista

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

**344-1661**

Al-Anon Literature Discussion Group

111 S Orchard #238 (corner of Kootenai & Orchard, entrance 5).

**323-0141(Will)** for ACOA meetings.

[al-anon-idaho.org/](http://al-anon-idaho.org/)

### **Al-Ateen**

Call for meeting times & locations.

**344-1661**

### **Allies Linked for the Prevention of HIV & AIDS (a.l.p.h.a.)**

1009 W Bannock

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

**371-9913 (Ryan)**

[alhphaidaho.org](http://alhphaidaho.org)

### **Alzheimer's**

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

**914-4719**

[alz.org/idaho](http://alz.org/idaho)

### **Asthma Education**

100 E Idaho

St Luke's Tower ([Anderson Ctr](#) # 2)

3rd Thurs 7–8:30

Asthma ed, how it affects airways, triggers, meds, making plan with MD

**381-2155**

### **Baby and Me Support Group**

900 N Liberty #100 (St Al's Family

Center )

Tues 10–11am

For new parents & babies 0–12 mo.

**367-7380**

[saintalphonsus.org](http://saintalphonsus.org)

### **Because I Love You**

303 Allumbaugh (Intermountain Hospital)

Tuesdays 7 to 9:30.

Group for parents of troubled children of any age.

**Donna 345-1539 & Leone 853-2770**

### **Better Breathers Club**

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

**345-2209**

St. Alphonsus (McCleary Center) 2nd

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

ALA Office 1111 S. Orchard #245 2nd

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

People/families with respiratory issues.

### **Birth Parent Support**

10740 Fairview

LDS Social Services

**376-0191**

### **Breastfeeding Bunch**

103 W State (St Luke's Women's Life) Wed 10–12

520 S Eagle (St Luke's Meridian

Shoshone Room). Thurs 1–3 pm.

Breastfeeding moms & babies share experiences, concerns & information. Lactation experts will offer advice, Q&A

**381-9000**

### **Breastfeeding Support & Encouragement**

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

Tues 11–12

**367-7380**

[saintalphonsus.org](http://saintalphonsus.org)

### **Cancer (Living Through)**

100 E Idaho St Luke's MSTI

Cancer patients, caregivers, & family.

**381-2760 Jeni**

### **Cancer Grief Support Group**

Call to register for class & to get more information.

**381-2760**

### **Cardiac Support Group**

100 E Idaho (St Luke's South Tower

[Anderson Center](#))

Call for dates & topics

**381-9000**

### **CHADD (Children with ADHD/ADD)**

717 11<sup>th</sup> St (Cathedral of the Rockies)

3<sup>rd</sup> Thursday 7-8:30

**484-8100 Denise**

[ada-gem-counties@chadd.net](mailto:ada-gem-counties@chadd.net)

### **Children's Group for Children in Families with Cancer**

100 E Idaho St Luke's MSTI

Children ages 7–11.

Call for more info.

**381-3161**

## SELF RESCUE MANUAL - Support Groups cont.

### Compassionate Friends

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

### Depression Recovery

5009 Cassia Good Shepherd Church  
Mondays 7  
**375-6277**

### Down Syndrome Group

Call for info & meeting times.  
Support for families with Down Syndrome.  
**378-9912**  
[idahodownsyndrome.org](http://idahodownsyndrome.org)

### Families Anonymous

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

### Gamblers Anonymous

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

### Grandparents As Parents

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

### Grief & Loss Recovery Group via Align Hospice

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

### HIV Support Groups

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

### Idaho Asperger's Support Group

Online meetings for families with children & adults with Asperger's Syndrome.  
**991-2170**  
[idahoasg.org](http://idahoasg.org)

### IFAD (Idaho Families of Adults with disAbilities)

Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters  
**991-2608**  
[ifad.us](http://ifad.us)  
[ifad@ifad.us](mailto:ifad@ifad.us)  
[Debbie.ciulla@ifad.us](mailto:Debbie.ciulla@ifad.us)

### Idaho Mom's Network

Activities for stay-at-home moms.  
**884-3773**  
[idahomomsnetwork.org](http://idahomomsnetwork.org)

### Idaho Quit-Net

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

### IMSI Hope Community Phase II

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

### Leukemia & Lymphoma Society

2404 W Bank Dr #103  
Monthly support groups for blood cancer patients & families. Call for information.  
**658-6662**  
[lls.org](http://lls.org)

### Narcotics Anonymous

**391-3823**

### National Alliance on Mental Illness (NAMI-Boise)

4696 Overland #274  
Family & Friends Support Group  
4696 W Overland  
1st & 3rd Wed 7:00-8:30pm . Support group for family & friends of those with mental illness.  
NAMI Connection Recovery Support Group for Veterans  
500 W Fort Building 114 (room 2)  
Tues 1-2:30pm. Support group for veterans with mental illness.  
NAMI Connection Recovery Support Behavioral Health Hospital  
8050 Northview  
Wed 4:30-6 . Support group for those suffering with mental illness.  
**376-4304**  
[nami-boise.org](http://nami-boise.org)

### New Moms' Group

103 W State at St Luke's Women Life  
Thurs 10:30-12  
St Luke's Meridian 520 S Eagle Rd  
Tues 10:30-12  
Support group for new moms & babies.  
**381-9000 or 381-1510**

## SELF RESCUE MANUAL - Support Groups cont.

### Overeaters Anonymous

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

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

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

### Share Miscarriage & Infant Loss Support Group

900 N Liberty (Breast Care  
Center—Entrance Facing Emerald)  
First Tues 6:30–8  
[saintalphonsus.org](http://saintalphonsus.org)  
**367-7380**

### SHARE of Idaho

103 W State @ St Luke's Women Life  
For parents who have had early  
pregnancy loss, stillbirth, or newborn  
death. 3rd M at 7.  
**388-8834** (Chrissy Group)

### Smart Recovery

4444 Taft St Tues at 6pm  
1423 W Grove @ Second Chance  
Building Materials Center  
Mon & Wed 5pm  
**514-8120** John

### Survivors of Suicide

Cathedral of Rockies 717 N 11th,  
(Kirby & Susan)  
2<sup>nd</sup> Fri 7-9.  
Church of the Apostles 6300 N  
Meridian Rd, Meridian (Cynthia)  
4<sup>th</sup> Monday 7-8:30

### Survivors Supporting Survivors

2676 S Vista  
1<sup>st</sup> Monday 6-7:30 For adolescent  
survivors ages 11-18 with cancer  
diagnosis regardless of being in active  
treatment or remission.  
**422-0174** (Heather)

### Ten Mile Christian Church

3500 W Franklin, Meridian  
Fridays 6–9. Issue specific, gender  
specific, Christ centered support  
group. Dinner, children's program.  
**888-3101**  
[tenmilecc.com](http://tenmilecc.com)

### Touchstone Center for Grieving Children & Adolescents

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

### Tourette's Syndrome

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

### Treasure Valley Autism Society

520 S Eagle (St Luke's basement)  
1<sup>st</sup> Monday 7-9pm.  
**336-5676**  
[asatvc.org](http://asatvc.org)

### Twins & Multiples (Mothers of)

Annual membership fee.  
[boisemom.org](http://boisemom.org)

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

720 W Washington at WCA  
Wed 6–7:15. Orientation & fill out  
paperwork at 4:30 5-6 class. Open to  
public. Free limited child care. RAP  
support group for women survivors of  
domestic violence. Wed 6-7p  
**343-3688 & 343-7025**

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

305 E 37th Garden City  
Support group (gay, lesbian, bisexual  
& transgender) for youth dealing with  
sexual orientation. Sun 4–6  
**841-3220**  
[tccidaho.org/youth-social-stuff](http://tccidaho.org/youth-social-stuff)

# SELF RESCUE MANUAL - Tax Preparation and Questions

## IRS Telephone Assistance for Individuals

Mon – Fri 7am - 10 pm

Free income tax assistance is available for basic income tax returns.

**1-800-829-1040**

## Internal Revenue Service

550 W Fort

Mon-Frid 8:30am-4:30pm

Face-to-Face assistance with IRS & to get copies of reported income, visit

**387-2847**

[www.irs.gov](http://www.irs.gov)

## Idaho State Tax Commission

800 Park Blvd, Plaza IV

**334-7660 or 1-800-972-7660**

[www.tax.idaho.gov](http://www.tax.idaho.gov)

## H&R Block Tax Professionals

1510 S Orchard Boise

Available to provide Free Answers to Tax Related Questions.

**344-7665**

## Access Idaho Unclaimed Taxes

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

[accessidaho.org/apps/tax/ucpsearch/](http://accessidaho.org/apps/tax/ucpsearch/)

## Old Unclaimed Refund Search

[sto.idaho.gov/unclaimedproperty/Search.h.aspx](http://sto.idaho.gov/unclaimedproperty/Search.h.aspx) Search for old refunds.

## Free Tax Help Local Search

Call 211 or 1-800-926-2588

Monday – Friday 8am – 5pm

[www.idahocareline.org/](http://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/](http://boisepubliclibrary.org/research/government-information/tax-information/)

## BSU Volunteer Income Tax Assistance (VITA)

715 S Capitol Blvd.

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

## Boise Coalition CEI

2717 S Vista Ave

Feb-March

Mon & Wed. 10-2 , Tues & Thurs 2- 8, Saturdays 10am - 4pm

## CEI-CWI Vista FSA

2323 S. Vista

Mon. 9- 12, Fri. 12-4. Feb - April

## BSU VITA

715 S Capital

Mon. 5-8 Feb - April

## Boise Senior Citizens Center

690 Robbins Rd

Feb-April Walk-in

Tues & Thurs 8:30am– 12:30pm

## St Mark's Catholic Church

7960 Northview Walk-in.

Feb-April

Tues & Thurs 10–2

## Garden City Library

6015 Glenwood

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

## Willow Park Assisted Living

2600 N Milwaukee

Mon & Wed.10- 2. Feb-April

## Eagle Public Library

100 Stierman Way

Feb – April Walk-in only

Limit to first 13 clients.

## Eagle Senior Center

312 E State

Feb - April

## Meridian City Hall

33 E Broadway Ave #202

Feb - April Tues & Thurs 10–2

Walk-In

## CEI - ICON Credit Union 4

85 W. Overland Rd. Meridian

Sat. 10- 2 Feb-April

## AARP Idaho State Office

3080 E Gentry Way # 100 Meridian

By appointment only (208) 855-4010

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

## SELF RESCUE MANUAL - Transportation

### BHM Foundation for Recreational Safety

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

**322-1730**

[bhmidaho.org](http://bhmidaho.org)

### Boise Bike Project

1027 Lusk St (by Ann Morrison Park & Jim's Appliance & Furniture)

Open shop hours Wed-Sat 12-6.

Safe cycling course for kids 2nd Sat of every month, & free bicycle for any participant who may need one.

Registration for these classes begins on the 1st of each month, ages 12 & under.

Work-trade program for repairs. One hour of work in the shop for one hour of work on bike, varies according to the situation. Cannot be used for upgrades or cosmetic alteration.

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

**429-6520**

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

717 N 11<sup>th</sup> St

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

**343-7551**

### El-Ada Outreach

2250 S Vista

Mon-Fri 11:30-4

Daily bus passes for medical appointments are given out on the 1st of the month at 8am. One-day bus pass per month for adults only. Undocumented citizens will be served.

**345-2820**

### Idaho CareLine

Referrals for transportation

**211 or 1-800-926-2588**

### Kool Kab

Shuttle transportation door to door privately paid or Medicaid authorized.

Please call 48 hours in advance for Medicaid users.

**703-5666** (Medicaid)

**454-9982** (Private Pay)

### Medicaid Transportation

For Medicaid clients, can provide transportation to/from medical appointments if no other options available. Call ahead of time to schedule.

877-503-1261

<http://healthandwelfare.idaho.gov/Medicaid/Medicaid/MedicalCare/MedicalTransportation/tabid/704/Default.aspx>

### Salvation Army

4308 W State

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

**343-5429**

### Transylvania Express

Shuttle transportation door to door privately paid or Medicaid authorized.

Please call 48 hours in advance for Medicaid users. Accept all major credit cards. Open early, closes late.

**906-3393**

### Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5

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

**459-9263**

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

[police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf](http://police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf)

### Valley Ride City Bus

Ada & Canyon County. Senior high school students in the Boise School District can ride for free during the school year. Students, faculty & staff at Boise State University & The College of Western Idaho can ride Valleyride buses for free year-round with a valid ID. Monthly youth passes age 6-18 is \$18, adult pass \$36, persons with disabilities, seniors (age 65+) and valid Medicaid cardholders, pass is \$18.

Individual fares are \$0.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors (age 65+), persons with disabilities and valid Medicaid cardholders are \$0.50.

**345-RIDE (7433)**

[www.valleyride.org](http://www.valleyride.org)



## SELF RESCUE MANUAL - Vision

### Ada Vision

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

### Boise Family Eye Center

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

### Boise Mountain Eye

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

### Commission for the Blind & Visually Impaired

**334-3220**

### Gem State Family Eyecare

3815 W State St.  
Medicaid for eye exam & glasses.  
**345-6886**

### Idaho CareLine

Vision referrals  
**211 or 1-888-477-2669**

### Dr. Katherine Lee & Dr. Daniel Brooks

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

### Lifetime Optometry

10454 Overland (by 5 Mile &  
Albertsons)  
Mon-Fri 10-6  
Medicaid eye exam and glasses.  
**672-1370**

### Lion's Sight & Hearing Foundation

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

### Family Eye-Wear

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

### Meridian Vision

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

### Pearl Vision

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

### Dr. D.H. Pitkin

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

### Sight for Students/ VSP Vision Referral

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

### Shopko Optical

8105 Fairview **323-9303**  
2655 S Broadway Ave **345-8812**  
Medicaid eye exam and glasses. Will  
not accept other optometrist's  
prescriptions for glasses.

### Wal-Mart Vision

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