Self Rescue Manual

A guide to all community resources and supports in Ada County

In an effort to conserve paper, please only print necessary pages

Please e-mail updates/feedback/information to:

selfrescuemanual@boiseschools.org

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

SELF RESCUE MANUAL - Clothing & Furniture

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

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

Baby Needs Closet @ The Cathedral of the Rockies
717 N 11th Boise
Mon & Wed 1-4:30
Provides diapers, wipes available.
One request per month.
(208) 343-7511

The Basement - A Teen Thrift Closet (True Hope First Baptist)
607 N 13th Boise
Call for an appointment.
(208) 344-7809
Jesusistruehope.com

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

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

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

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

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

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

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

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

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

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

Grandma's Treasures Thrift Store
690 Robbins Road Boise
Mon-Fri 10-3
(208) 345-9921

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

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

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

SELF RESCUE MANUAL - Clothing & Furniture cont.

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

IMSI Hope Community Phase II
8620 W. Emerald Suite 140
Clothing vouchers/ housing/ employment/ bus passes for those out of incarceration.
(208) 629-8861
www.imsihopecommunityphaseii.com

Joseph's Closet
Whitney Methodist Church
3315 Overland Rd
Coats, hats, scarves, gloves for men, women, children for free. Wed 3:30-5, Sat 10:30-12:30, 3rd Fridays 5:30-7.
(208) 343-2892

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

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

Mirror Image/ Cathedral of the Rockies Teen Hygiene Closet
717 N 11th St
Referral from school nurse/ counselor/ social worker required. All hygiene supplies.
mirror.image.boise@gmail.com

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

New Again Thrift Store at Calvary Chapel
2422 W Main Boise
Mon-Fri 10-6, Sat 10-5
Household items clothing for discount prices.
(208)375-5098

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

Re-Style Animal Rescue Thrift Store
625 S Vista Ave
Mon-Fri 9-9, Sat 9-9, Sun 12-6
Lots of sales. Mon 25% off all day.
Blue tags are 50% off. Tue senior day, 30% off if 55+ years old
(208) 350-0406
restylethriftstore.org

St. Luke's Children's Safe Kids Treasure Valley
209 W. Main Street Boise, Id 83702
Reduced cost convertible, combination and booster car seats for purchase with proof of WIC, Medicaid, or CHIP.
(208) 381-3033

St Vincent de Paul Thrift Stores
6464 W State Boise
Mon-Sat 9:30-8
(208) 853-4921
2110 S Broadway Ave Boise
Mon-Sat 9:30-6
(208) 333-8001
213 N Main Meridian
Mon-Sat 9:30-6
(208) 888-9101
251 N Orchard st
Boise Id 83706
Mon-Sat 9:30-6:00
(208) 375-7527
Used furniture & clothing for sale.
For clothing vouchers call 331-2208.
St Vincent de Paul Helpline 331-2208
Must leave phone number for call back.
www.svdpid.org

Shop - a Boutique Thrift Store
720 W Washington Boise
Mon-Fri 9-4:30
Clothing, household, items, books, toys & seasonal items.
(208) 343-3688 ext. 227

St. Luke's Children's Hospital
Help with Car Seats (small donation), Pack n' Plays and Bike Helmets
(208) 381-1719
bryanj@slhs.org

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

Vets4Success Thrift Store
10321 W Fairview Boise
Mon-Sat 9-7, Sun 12-6
(208) 962-2666

Whitney United Methodist Church Joseph's Closet
3315 Overland Boise (by Owyhee)
Sat 10:30-12:30 & 3rd Fri of each month 5:30-7:30
Free winter clothing.
(208) 343-2892

SELF RESCUE MANUAL - Counseling & Mental Health Services

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

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

Alberi Counseling
7669 W Riverside Drive, Suite 101
Medicaid and private insurance. Adults and adolescents. Grief, anxiety, stress. anger, relationships, self-esteem.
(208) 805-2034
Albericounseling@gmail.com

Ability Health and Rehabilitation
4696 W. Overland Rd. Suite 236
Medicaid, private ins. Counseling, Medication Management, CBRS, Case management.
208-333-9578
AbilityHRLLC@gmail.com
abilityhealthandrehabilitation.com/

About Balance Mental Health
6550 Emerald #108, Boise
Mon–Fri 9-5
Medicaid & sliding fee ($40 min). CBRS, case mgmt, counseling, case/meds mgmt, & nurse practitioner.
(208) 342-6300

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

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

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

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

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

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

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

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

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

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

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

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

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

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

Catholic Charities of Idaho
7255 Franklin Road, Boise ID 83709
No Medicaid, subsidies for low income uninsured, won't turn away. Spanish. Individual/group/ family/youth/children & parent education services. Spanish, interpreters.Depression support group.
(208) 345-6031
Ccidaho.org

Community Connections
1675 S Maple Grove
Medicaid. Therapy & support services to children/adults with dev disabilities.
(208) 377-9814
cciidaho.com

Community Partnerships of ID
3076 N Five Mile Rd. Boise
Medicaid CBRS, Counseling, groups, dev therapy, Spanish, IBI, res rehab, case mgmt, employment services, behavioral & recreational therapy, habilitative rehab, psychiatrist, employment.
(208) 376-4999
www.mycpid,com

Community Support Center
716 N Orchard
Mon –Thurs 8–4
Medicaid & insurance. Adult day treatment, groups, dual-diagnosis, skill building.
(208) 429-0330

Dr. Misty L. Wall, MSSW, LCSW
849 E. Fairview Ave (Meridian)
Medicaid,insurance, sliding scale. Psychotherapy and education.
(208) 297-9495

Easter Seals-Goodwill Adult Behavioral Health Services
8620 W Emerald #150
Medicaid. Self pay starts at $10/class. Assessments ($77.50), OP & IOP sub abuse treatment, anger man, CSC, family groups, MRT parenting classes & relapse prev.
(208) 672-2900

Family Counseling Services
1799 N. Lakes Place, Meridian
Medicaid, sliding fee, insurance.
888-5905

Family Social Services
10740 Fairview
Mon-Fri 8-5
Self pay or bishops may pay for fees. No sliding scale and no insurance. Individual, couples and single expectant parent counseling.
(208) 376-0191

Gem State Developmental Center, Inc.
818 NW 15th St., Meridian
developmental therapy for adults and habilitative intervention, habilitative support to children.
lpoole@gsdcdda.com
(208) 888-5566 x106

Ginny Marie Wellness/ A Better Life
2905 S Vista Boise
No Medicaid, yes State Reimbursement, some insurance, sliding scale. CBRS, education. Court approved programs available.
www.ginnymwellness.com
GSwellness2008@aol.com
(208) 562-7050

Healthy Place Counseling
2589 S Five Mile Boise
Medicaid, UBH, IPN, BI Cross, sliding fee. Counseling, CBRS, case mangmt, med mangmnt. Adults, kids & family.
(208) 376-4929

Human Supports of Idaho
4477 W Emerald #C100, Boise
Medicaid CBRS, meds mgmt, payee services, service coordination, individual therapy
(208) 321-0160
Humansupports.com

Idaho Behavioral Health
2273 S Vista #190 Boise
Medicaid, private insurance, EAP, private pay. Counseling adults, children, married, individuals, CBRS, case/med mgmt.
(208) 343-2737

Idaho Federation of Families for Children's Mental Health
704 N 7th St
Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.
(208) 433-8845
Idahofederation.org

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

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

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

ISU Boise Counseling Clinic
1311 E Central Dr, Meridian
$20 copay for individuals & $30 for couples. Hours vary, call for info. Counseling interns counsel individuals, couples, & families.
(208) 373-1719

Katherine Medina-Guillen LPC, NCC
1111 S Orchard St Ste 155
Insurance, one day / week $50 for 30 mini session.
440-3744

Kuna Counseling Center
190 W Main St (Kuna)
Medicaid, sliding fee. Counseling, CBRS, case management, service coordination, adult and kids. Spanish interpreters available.
(208) 922-9001

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

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

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

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

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

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

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

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

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

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

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

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

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

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

Progressive Behavior Systems
2995 N Cole Suite 150, boise
Medicaid. Individ/Fam counseling, CBRS, res hab, devl srvc, case mgmt, respite, habilitative supports.
(208) 436-4911

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

Progressive Behavior Systems
2995 N Cole Suite 150, boise
Medicaid. Individ/Fam counseling, CBRS, res hab, devl srvc, case mgmt, respite, habilitative supports.
(208) 436-4911

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

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

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

Riverside Rehab
7711 W Riverside
Medicaid & insurance. Psychiatrist, nurse practitioner (med management), reduced rate. Counseling all ages,
play therapy, case mgmt, CBRS. Spanish.
(208) 853-8536

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

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

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

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

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

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

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

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

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

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

Teen Hope Idaho
10020 W. Fairview Ave #204
Non-profit accepts most insurances, sliding scale. Counseling, medication management, support groups, group therapy, parent coaching and mentoring.
(208) 991-4649
Teenhopeidaho.org

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

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

SELF RESCUE MANUAL - Counseling & Mental Health Services cont.

Unity Health Center 745 S Progress Ave, Meridian W-Sat by appointment. Sliding scale (minimum $40), insurance. Counseling individuals, couples & families. **(208) 895-6729** **Veterans Center** 2424 Bank Dr (Vista/N Overland) Free. Readjustment counseling services for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling. **(208) 342-3612** **Veterans Medical Center** 500 W Fort Outpatient & inpatient. Behavioral health & family counseling, groups, temp housing for active duty & reserve. Homeless program available. Veterans only. **(208) 422-1000 x1145** **Warm Springs Counseling Center** 740 Warm Springs Ave, Boise 1833 S. Millennium Way, Suite 120 Meridian Mon-Fri 8-5 (eves & weekends by apt) Insurance, Medicaid, Subsidy. Behavioral health services. Spanish. **(208) 343-7797** childrenshomesociety.com		

SELF RESCUE MANUAL - Dental

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

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

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

Caring Smiles Dental Clinic
8744 W. Fairview Ave (between Milwaukee and Maple Grove)
Mon-Thurs 8:00-5:00
All Medicaid, cash, and private insurances. Adult and child. Sliding fee dependent on income for cash patients. Call for appointment, will work in emergency cases same day. Spanish.
(208) 893-5000

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

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

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

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

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

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

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

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

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

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

SELF RESCUE MANUAL - Disability Services

Disability Rights Idaho
4477 W. Emerald Suite B100
Non-profit advocacy agency to assist families through education, information, and individual assistance.
(208) 336-5353
(866) 262-3462

Idaho Parents Unlimited, Inc
4619 Emerald St. Ste E, Boise
Idaho's Parent Training and Information Center & Idaho's Family 2 Family Health Information Center. Serve families of children ages birth to age 26 years, helping navigate health systems.
(208) 342-5884
www.idahoparentsunlimited.org
parents@ipulidaho.org

Idaho State Council on Developmental DIsabilities
Advocacy and policy for individuals and families with developmental disabilities.
700 W. State St. 1st floor
(208) 334-2178
(800) 772-1213

Idaho State Independent Living Council
380 South 4th Street, Ste. 102
P.O. Box 83720 Boise, ID 83720-960
Assist with independent living advocacy and resource referrals.
(208) 334-3800
(800) 487-4866

Northwest ADA Center - Idaho
(208) 841-9422
Provide information, training and guidelines on ADA rights.
http://nwadacenter.org/idaho

Social Security Office
(800) 772-1213
https://www.ssa.gov/

Idaho Commission on Aging
Provide information on long term care support programs and services. For people of all incomes and ages.
(208) 334-3833

SELF RESCUE MANUAL - Education, After-School Programs

Art Without Boundaries (Good Samaritan Boise Village)
3115 Sycamore Dr
Ppl with motor/ cognitive challenge receive free whole brain therapy through the arts.
(208) 859-6231 (Mary)

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

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

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

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

Boise Parks & Recreation's Mobile Recreation Unit
Call for more information.
(208) 854-4917

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

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

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

The Christian Children's Ranch with Ekklesia Christian School
2421 W Duck Alley Road Eagle
Residential boarding school. Won't turn anyone away because of inability to pay.
(208)888-5235
www.christianchildrensranch.org

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

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

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

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

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

Education & Training Voucher 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/GED.
(208) 377-1771

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

FAFSA (Federal Student Aid)
https://fafsa.gov/help/fftoc03a.htm

Family Advocate Programs: Home Visiting
3010 W State #104
Free/voluntary home-based parent education services on child development, effective parenting skills, nutrition & more. Serves families & children ages 0-5.
(208) 345-3344
familyadvocate.org

Head Start & Early Head Start
4709 Camas
Tues-Fri 8–12 or 12–4
Children from birth to age 5. Transportation provided for some classes. Breakfast & lunch, & afternoon snacks. Early Head Start; Expectant parents & families with infants to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).
(208) 344-9187

ID Assistive Technology Project
Assists people with disabilities with assistive technology. Free services available to all ages & disabilities
1-800-432-8324
idahoat.org
idaho.at4all.com

Idaho CareLine 211
Provides list of child care providers.
2-1-1 or 1-800-926-2588
www.211.idaho.gov/

ID Department of Labor WIA Youth & Adult Program
219 W Main Boise **(208) 332-3575**
205 E Watertower Meridian **(208) 364-7785**
Youth ages 16-21 & Adults 18+; Provide help in getting GED/High School Diploma.
Labor.idaho.gov

Idaho Family Assistance Center at Gowen Field
Offers all branches of military families services & referrals for various issues.
(208) 272-4355 or (208) 272-4355

Idaho Federation of Families for Children's Mental Health
704 N 7th St
Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.
(208) 433-8845
idahofederation.org

Idaho National Guard Youth Program Gowen Field
Issues that face youth who live in military families including deployment education. Community training available. Goodwill Staffing Services.
272-4387 Tanya Chin

Idaho Parents Unlimited
500 S 8th , Boise
1-1 help by phone or in office to families with children with disabilities, workshops designed to inform families on special education laws & other topics. Spanish.
(208) 342-5884

Job Corps
2323 S Vista Ave. #203
Mon–Fri 8–5, Closed 12-1
Ages 16-24 Full time program, usually residential. Closest center in Nampa. Please call for eligibility & orientation times. Spanish speaker.
(208) 375-9414
Jobcorps.gov

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

Learning Lab
308 E 36th St Garden City, ID 83714
Computer-assisted learning center for adults and families with 0-6 year old children. Basic skills instruction including math, reading, writing, spelling, GED prep and workplace skills. Students learn to touch-type and use a computer while improving their basic skills.
learninglabinc.org
(208) 344-1335

Lee Pesky Center
3324 Elder St
Not-for-profit specializes in evaluation and treatment of learning disabilities, AD/HD, and Level 1 Autism.Sliding scale.
(208) 333-0008

Life's Kitchen
1025 S Capitol Blvd
A nonprofit employment-training organization offering 16 week employment-training program to young adults ages 16-20, covering not only culinary training but teaching life skills classes as well.
(208) 331-0199

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

Salvation Army Life Skills
4308 W State St.
Jan-Oct. Incentives such as store credit, bus passes, gas for attendance.
(208) 433-4427 (Wendy)
wendy.wong@usw.salvationarmy.org

Tuck Sleep
Aims to improve sleep hygiene, health, and wellness through the creation and dissemination of comprehensive, unbiased, free resources
www.tuck.com

TRiO Educational Opportunity Center
University of Idaho (Boise)
322 E. Front St. Suite 190
Assist adults with returning to school. GED/ college/ trade/ technical school programs. Career counseling, researching schools & programs, college and financial aid apps, entrance tests, reg assistance, academic advising, counseling on default loans.
(208) 364-9925
Email: eoc@uidaho.edu
Website: www.uidaho.edu/eoc

YMCA
1050 W State **(208) 344-5502**
5959 N Discovery Pl **(208) 377-9622**
5959 N. Discovery Pl**(208) 377-4886**
936 Taylor Avenue Meridian **(208) 855-5711**
Financial aid available.

SELF RESCUE MANUAL - Employment and Casual Labor

Maximus
600 N Steelhead Way #110
Mon-Fri 8-5
Case management, job search preparation, related classes, resume & cover letter aid, faxes, phones, copies & computer time . Required for those who receive food stamp and cash assistance who are mandatory to look for work. Interpreters available. MUST BE REFERRED BY Department of Health & Welfare to receive gas vouchers & bus passes.
(208) 322-9675

IMSI Hope Community Phase ii.
8620 W. Emerald Suite 140
Offers assistance with employment challenges for ex-offenders.
Cindi Real **(208)850 6889**

Idaho Department of Labor Job
219 W Main Boise **332-3575**
205 E Watertower Meridian **364-7785**
Mon -Thurs 9-5, Fri 9-12
Register for work & apply for unemployment insurance on-line or in office. Search available jobs online, get resume assistance & free job search workshops. Spanish.
www.labor.idaho.gov

Idaho Department of Labor WIA Youth & Adult Program
Youth ages 16-21 and adults 18+: possible financial help with GED & job training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma. Spanish.
(208) 332-3575 X3621 or 3590
www.labor.idaho.gov

People Ready Temporary Service
10 W Franklin Rd, Meridian
Mon-Fri 6-5:30, Sat 7-10, 5-6
After application process is complete, employee is asked to come into office at 6am if desiring employment. Application time & dates may vary, please call office for current application times. Applicant will need to have 2 forms of ID such as a state photo ID, SSN Card, certified birth certificate or passport. Spanish interpreters sometimes.
(208) 331-3606

Pro People Staffing Services
10369 W Emerald Boise #100
Mon–Fri 9–2 (for applications)
Temporary employment. Applications taken, need 1–2 hours to do application or online. Dress nicely for interview process, free training & skills testing.Temp to hire based on work, pay averages $8-$10/hour.
(208) 345-5747
propeoplestaffing.com

SOS Staffing
8708 Fairview
Mon–Fri 8–5
Clerical, skilled trades, production & technical work, & labor work available. Temp to hire based on work & pay averages $8–10/hour.
(208) 327-1000

Treasure Valley Community Resource Center
Mon–Fri 8–5
Information & referral on human services in Idaho & Eastern Oregon via phone.
(208) 459-9263
idahoconnections.org

Treasure Valley Veterans Resource Network Community Services Guide
Excellent resources.
police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

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Vocational Rehabilitation
10200 W Emerald #101
Vocational assistance for individuals with disabilities who require help finding or maintaining employment.
(208) 327-7411
vr.idaho.gov

Volt Services Group
101 S Capitol Blvd #501
Temporary work, temp to hire, short & long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen & background check. Must provide 2 work references & ID that proves legally able to work in the US. Paid weekly usually $8–14/hr.
(208) 375-9930

SELF RESCUE MANUAL - Financial and Utility Assistance

Ada County Indigent Services
252 E Front #199
M-Fri 8:30-3
Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.
(208) 287-7960
www.adacounty.id.gov

Assurance Wireless
Help with free cell phone if receiving state benefits and no other cell. Limited minutes, unlimited text.
https://www.assurancewireless.com/SecureApplication/Address.aspx

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Advocates Payee Services, Inc.
Representative Payee Services
Serving the whole Treasure Valley
(208) 571-6095
www.advocatespayee.org

Money Fit by DRS
6213 N Cloverdale #100
Free budget, credit, debt and student loan counseling, free credit report review and financial education. Debt management, bankruptcy certificates also available. Walk-ins OK or apt.
(800) 432-0310
www.MoneyFit.org
Education@MoneyFit.org

Department of Health & Welfare Self-Reliance
1720 Westgate, Mon–Fri 8–5
Food Stamps, Medicaid, TAFI, Idaho Child Care Program (ICCP), Grandparent Grant, telephone help, navigators help with rent/utility. Must apply at office & set up interview. Come early to apply & walk-in apts available. Language assistance.
MyBenefits@dhw.idaho.gov
(208) 334-6700

El-Ada-Outreach Water Assist/ UW Cares
2250 S Vista Ave
Available once/year for Suez Water or Meridian Water customers who are facing shut off. Please bring shut off notice. Eligibility is based on income.
(208) 345-2820

El-Ada-Outreach Energy Assistance and Home Weatherization
701 E 44th
Mon-Fri 8-4:30
Energy Assistance: wood & propane OK. Open Oct-March. Home weatherization: eligible homes for once in lifetime use. Need appt. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord.
(208) 322-1242

El-Ada-Outreach Services
2250 S. Vista Ave
Information, Referral & Service Coordination - phone or walk-in info available about low-income services in Treasure Valley. Written referrals, vouchers & arranged appointments for basic & emergency needs. Assistance completing applications for services. Telephone bill help for T-Mobile, supportive services for veterans, food pantry, educational help, HIV testing and counseling.
(208) 345-2820

HISway, LLC
Payee service
(208) 322-0262

Idaho CareLine 2-1-1 Navigator Program
Referrals and financial help if qualify.
idahocareline.org/
211 or 1-800-926-2588

Idaho Power and Intermountain Gas "Moratorium"
Dec 1st to March 1st; Must call tell them you have children, & continue paying bill and they will not shut off service. Power will be turned off after March 1st if nothing has been paid on the bill.
Idaho Power: (208) 388-2323
Intermountain Gas: (208) 377-6840

IMSI Hope Community Phase II
1775 W State St Ste 191 Boise
Resources for those returning from incarceration. Pay for calls from IDOC
(208) 629-8861
imsihopecommunityphaseii.com

Neighborhood Housing Services
3380 W Americana Terrace #120
Homebuyer Education **258-6225**
Foreclosure Prevention **258-6224**
Down payment help **258-6226**
(208) 343-4065
www.nhsid.org

Love INC of Boise
Tues - Thursday 10-1
Budgeting & life skills, in-kind assistance for clothing, household, diapers if available. One-on-one mentoring. Call to apply. Christian based.
(208) 377-3502
http://www.boiseloveinc.org/

Salvation ArmyProject Share
4308 W State
Help with Idaho Power & Intermountain Gas bills. Call and leave message with your name and phone #, will be put on wait list. Call backs done at first of month until funding gone. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. From October to April.
(208) 433-4424

St Vincent de Paul Help Line
Various help for utility, rent, etc. Must leave voicemail with first & last name, phone number, zip code, & what kind of assistance you are requesting so that you can be referred to the appropriate volunteers.
(208) 331-2208
www.svdpid.org

Social Security Administration
1249 S Vinnell Way #101 (off Overland by WalMart)
Mon/Tues 9-4, Wed 9-12, Thurs/Fri 9-4. Retirement, educational outreach & survivors, disability, Medicare info. May call for appt. Arrive early, possible line.
1-855-377-9316
socialsecurity.gov

SELF RESCUE MANUAL - Food Pantries

Agape in Action
1001 S Orchard Boise
Free groceries, clothing, & toiletries last Saturday of month from 1–4pm or call. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September- December. Provide Thanksgiving & Christmas food boxes.
(208) 685-0612
agapeworship.com

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a.l.p.h.a. Choice Food Pantry (Allies linked for the Prevention of HIV & AIDS)
537 W. Bannock St #100
Thurs 2-8, Fri 2-5
For individuals infected with or directly affected by HIV and AIDS. This includes people living with HIV and AIDS, their direct family members, and caregivers.
(208) 424-7799
alphaidaho.org

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

City Hope Food Pantry
8401 W. Fairview Ave. Boise
9:30-11:30 Monday - Thursday.
$5 donation if able for large box, bag always free. Once / week. No ID needed.
376-7272

Community Ministries Center
3000 Esquire (S of Ustick) Boise
Mon- Thursday 12–3:15
Cans, produce meats when available. Call ahead for baby items such as baby formula, & diapers & social services. Use every 45 days. Bring proof of address & ID (photo ID or birth certificate) for family members needing food. Need to live in Ada County.
(208) 378-7774

Eagle Food Bank
Eagle Performing Arts Center
149 West State St Eagle
1st & 3rd Thursday of the month 10am–12
Last Tuesday of the month 6-7:30pm.
Available to Eagle & Star residents.
(208) 631-0702

El-Ada Community Resource Center Food Pantry
2250 S Vista Boise
M-F 8:30-4:30
May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.
(208) 345-2820

El-Ada Community Action Partnership Food Pantry
701 E 44th #2 Boise
Mon-Fri 8:30-4:00
May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.
(208) 377-0700

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

First Bible Missionary Church
375 N Roosevelt Boise
Nonperishable food. Call for an appointment.
208-297-8292

First Presbyterian Church Friendship Food Pantry
950 W State Boise
Mon 5-7
Once per month.

Foothills Christian Church Food Pantry
9655 W State Street Boise
Fridays 12-2
(208) 853-0011
foothills.org

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

Heritage Bible Church Food Pantry
7071 W Emerald Boise
3rd Sun 12:30-2:30
(208) 891-9538

Hope Lutheran Church Food Pantry
Give Hope Food Pantry
331 N Linder Rd Eagle
Mon-Wed 10-1
(208) 939-9181

Horsebit Community Pantry
Euclid Church of the Nazarene
1308 W. Hale St
Monday 4:30-6:00 PM
Saturday 11:00 AM-12:30 PM
No ID needed-Open to the public

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

The Idaho Foodbank
Refers to food pantries. Call 211 for a list of pantries.
(208) 336-9643
idahofoodbank.org

Kuna Community Food Bank
Kuna United Methodist Church
260 W 4th St (enter parking lot in back)
Serving residents in the Kuna School District by appointment Tues-Thurs 1-4pm (or by other arrangements). Call for appointment. May visit every 2 months (aprox).
kunaumc.org
(208) 922-4745 (Leave message on food bank line #1)

Meridian Food Bank
133 W Broadway Meridian
Mon/ Wed 12-6 Thurs 12- 4
May visit twice/month. Cans & dry goods produce in season, meat & eggs when available. Bring ID & proof of address.
(208) 888-5102

SELF RESCUE MANUAL - Food Pantries cont.

Mountain View Church of the Brethren
2823 N Cole Boise
Tues-Thurs 10:30-1:30
(208) 375-0604

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

St John's Cathedral
815 Hays Boise
Mon–Thurs 1–3
Cans, staples, food boxes. Need ID
(208) 342-3511

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

St. Mary's Food Bank
3890 W. State St. Boise
Mon, Wed. Fri. 11am-3pm. New registrations please, arrive no later than 2pm.
May visit every 30 days. Serves these zip codes only: 83703, 83714, 83702. We require ID for all members of family. Photo ID and proof of address dated within 60 days for family members 18 years and older. Food boxes, frozen foods, dairy, eggs, & diapers. See our website for more information on registration requirements.
(208)345-2734
stmarysfoodbankboise.com

St. Vincent de Paul Food Pantry - Meridian
6300 N Meridian (Chinden - double wide with blue awning) Meridian
Mon, Wed, Fri 1–4; Thurs 5:30–7
May visit every 30 days. Bring ID. Serves Meridian, Eagle, Star, West Boise (83713), & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available.
(208) 995-6697
www.svdpid.org

St Vincent de Paul Food Pantry - Boise
3209 W Overland Boise
Tuesday, Wed 10-2, Fri 10-4, Sat 9:30-12:30 (Closed Sun/Mon/Thurs)
May visit every 30 days. When available eggs, perishables, fresh produce, meat, dairy. Also canned goods, & bakery. Food quantity based on family size, large families OK. Bring ID..
(208) 333-1460
svdpid.org

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

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

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

Whittier Elementary Mobile Food Pantry
301 N 29th St
3rd Thursday of every month, open to public
(208) 854-6630

SELF RESCUE MANUAL - Friendship Feast/Community Free Meals

Baptist Campus Ministries
1327 W Beacon Boise
Lunch Wednesdays 11-1 BSU Stu.

Biblical Studies Center
1025 Belmont Boise
BSU Students only
Lunch Thursdays 11:20-1

The Cathedral of the Rockies
717 N 11th Boise
Sack lunches available daily 11:30-1
(208) 343-7511

City Light for Women & Children
1404 W Jefferson(Boise Rescue Mission) Boise
Breakfast 6:30 am M–F, 9 am Sunday
Brunch 10:30 am Saturday
Lunch 12 pm Monday–Friday
Dinner 5 pm daily
(208) 368-9901

Holy Nativity Episcopal Church
828 W Cherry Ln Meridian
1st and 2nd Wed 5:30-7, dinner
(208) 888-4342
http://wwepiscopalholynatvitiy.org

Idaho Foodbank Picnic in the Park Program SUMMER MONTHS ONLY
Free lunch is provided to ALL children, ages 1-18. Adults can buy lunch for $1.

King of Glory Lutheran Church
3430 N Maple Grove (N door, by Maple Grove) Boise
Last Sat of month 12-1:30 lunch
(208) 377-0220

River of Life Boise Rescue Mission
575 S 13th (by River St) Boise
Breakfast 6:30 am daily
Lunch Mon-Sat 12:00, Sat/Sun at 1
Dinner 5 pm for guests staying outside of River of Life
Dinner 7 pm for Guests staying at River of Life. Undocumented OK.
(208) 389-9840

St Michael's Cathedral Church
518 N 8th Boise
Limited sack lunches available.
Lunch Mon-Fri 9-3. Summer lunches are Mon-Thurs 9-3 & Fri 9-1. Last Saturday of month "Come to the Banquet" 12 -1:00 lunch. Undoc OK.
(208) 342-5601

Vineyard Christian Fellowship Feeding God's Children
Food on Sun 2 - 4 at Julia Davis Park Boise. Undocumented OK.
(208) 377-1477

Whitney United Methodist Church
3315 Overland (Owyhee) Boise
Saturday sack lunch (Zip code 83705 only) Sat 11–12:30
(208) 343-2892

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

SELF RESCUE MANUAL - Hotlines for Crisis/ Resource

A New Beginning Pregnancy Help
Free pregnancy tests, options counseling, referrals
208-985-5617
adoptanewbeginning.org/pregnancy

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

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

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

Faces of Hope Victim Center
417 S. 6th Street (6th & Myrtle)
Wam, welcoming place where people affected by interpersonal violence get judgment free help with no fees from wrap around team for individuals or family including crisis intervention for domestic violence, sexual assault, child abuse and elder abuse. (Free parking on side of building on Myrtle, after the Residence Inn Marriott)
www.Facesofadacounty.org
(208) 577-4400

Hays Youth Help Line operated by Hays House
24 Hour Hays Hotline for Youth in Crisis
(208)322-2308 or 1-877-805-2308
helpline@youthranch.org

Health and Welfare Adult Protection
Crisis line for reporting adult/ elderly abuse.
(208) 332-1745

Health & Welfare Child Protection
Reporting child abuse
(208) 334-5437

Health & Welfare Mobile Crisis Unit Suicide Prevention
24 hour crisis line for adults, also available for children after regular business hours.
(208) 334-0808 or 1-800-600-6474

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

Idaho Careline 2-1-1
Referral to medication/ medical resources, community resources, child care, substance abuse, etc. Spanish.
211 or 1-800-926-2588

Idaho Domestic Violence Hotline
1-800-669-3176

Idaho Housing and Finance Hotline
331-4877
1-866-432-4066

Idaho Suicide Prevention & Hotline (24 hour)
1-800-273-8255
spanidaho.orgidahosuicideprevention.org/#&panel1-1

National Alliance on Mental Illness Helpline
1-800 950-6264

National Child Abuse 24 hour Hotlines
1-800-4-A-CHILD

National Runaway 24 hour Hotline
1-800-786-2929 or 1-899-RUNAWAY

National Teen Dating Abuse Hotline
1-866-331-9474
loveisrespect.org

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

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

Treasure Valley Community Resource Center
Mon – Fri 8–5
Phone referrals.
(208) 459-9263

Treasure Valley Veterans Resource Network Community Services Guide
Excellent resources.
Google above title.

The Trevor Project
24-hour, toll free confidential suicide hotline for LGBTQ+ youth.
1-866-488-7386

Women & Children's Crisis Center (WCA)
343-3688
Domestic Violence Hotline (24 hr)
343-7025
Rape Crisis Hotline (24 hr) **(208) 345-7273**

Veterans Crisis Line
1-800-273-8255 X 1

SELF RESCUE MANUAL - Housing Resources

Ada County Indigent Services
252 E Front #199
M-Fri 8:30-3
Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.
(208) 287-7960
www.adacounty.id.gov

Boise City/Ada County Housing Authority
1001 S Orchard Street
Subsidized housing for families, disabled, & elderly (2-4 year waiting list). Public Housing (project based housing) for the elderly & disabled (9-12 month wait list). For available rental units from various landlords in the community please visit website.
(208) 345-4907
housingidaho.com/

City of Boise | Rental Housing Program
Office: 150 N. Capitol Blvd – 2nd Floor
The City of Boise manages a small collection of rental properties in the Boise municipal area that include approximately: 190 studios, 56 one-bedrooms, 28 two-bedrooms, 18 three-bedroom, 9 four-bedroom, and 2 six-bedroom units. All units are filled in chronological order by date/time of received Rental Housing Application. Selection Criteria & Rental Housing Application: www.cityofboise.org/hcd
PLEASE NOTE: Because of high demand for affordable rental housing in Boise, and a comparatively low-supply, it is not uncommon to be places on the Waiting List for several years.
(208) 570-6830

City of Boise | Homeownership Program
150 N. Capitol Blvd – 2nd Floor
The City of Boise loans qualified persons of low/moderate income to up to 25% of the purchase price or $35,000 (whichever is less) to purchase a home within Boise City limits. Applicants must annually meet income guidelines determined by the U.S. Department of Housing & Urban Development (HUD).
PLEASE NOTE: Applicants are required to obtain a commitment letter from any lender of their choice for the first deed of trust. Funds are available on a first come, first served basis. Property must be located within Boise City limits.
(208) 570-6830
Income Guidelines & Affordable Homeownership Application:
www.cityofboise.org/hcd

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

IDHW Emergency Assistance/ Navigator Program
Rent, utility assistance to families with children if sustainable income. Call Idaho Careline for referral.
2-1-1 or 1-800-926-2588

Good Samaritan Home
3501 W State
Mon-Fri 9-5
Provides affordable (on a sliding scale based upon income) housing (both permanent & temporary) for adults of all ages.
(208) 343-6051

Idaho Housing and Finance Association
565 W Myrtle
Assists new homeowners with low-interest mortgages for eligible first-time homebuyers, income based, potential help with down payments & closing costs. Homebuyer Education classes both live & on line. Counseling services include pre-purchase, post purchase non-default, homeless prevention, & foreclosure prevention counseling.
(208) 331-4877
1-866-432-4066
ihfa.org
idamortgage.com

Idaho Housing and Finance Association
Mon-Fri 8:30-5:30
A searchable registry of housing with accessibility features, affordable rental housing, age-restricted rental housing, & market-rate rental housing. The Housing Hotline is a free information & referral service.
A searchable registry of housing with accessibility features, affordable rental housing, age-restricted rental housing, & market-rate rental housing.
1-877-428-8844
housingidaho.com
Spanish:
http://viviendaidaho.com/index.html.ESP

Jesse Tree of Idaho
1121 Miller St (11th & Myrtle)
Mon, Tues, Wed 11–2
Must be late on rent, have an income coming into the home or an income about to start, participate in emergency case management and be an Ada County resident Please call our intake line anytime at
(208) 383-9486

SELF RESCUE MANUAL - Housing Resources cont.

Neighborworks Boise
3380 W Americana Terrace #120
Below-market apartment rental units (based on income) -2,3,& 4 bedroom.
(208) 322-5855, (208) 386-9818
Below market mobile home space rental, based on income **(208) 573-0258**
Home Foreclosure Prevent **258-6224**
Licensed mortgage lending, Mortgage down-payment assistance
(208) 258-6788
Financial Counseling **(208) 258-6225**
For more information **(208) 343-4065**
www.nwboise.org.

Our Path Home
Starting place for people in homelessness to get stability. Staff to help see if qualify for homelessness prevention, rapid rehousing, transitional or permanent supportive housing services and help make referral connections to these programs.
(208) 495-4240

Provenance House
Transitional housing from prison for men, sex offenders ok. $385 for rent and utilities with no extra fees. Clean bedding, pillows, towels and toiletries provided as needed. Nice homes in residential neighborhoods that are close to bus stops.
(208) 577-7700 Doug Hardy
dougwhardy@gmail.com

Rising Sun Sober Living
Office: 8050 Ustick Road, Boise
Clean & sober housing for individuals in recovery. Housing is gender specific. Many locations in Ada and Canyon Counties. BPA and IDOC Provider. Same day move-in and no wait lists.
www.risingsunsoberliving.com
(208) 898-4668

Treasure Valley Community Resource Center TVCCR
Mon–Fri 8–5
Information & referral on services in Idaho & Eastern Oregon via phone.
(208) 459-9263

SELF RESCUE MANUAL - Legal Assistance, Refugee Agency

Ada County Court Assistance/Self-Help Center
200 W Front Room 158
Mon–Fri 8:30-3 (In Ada County Courthouse)
Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, & small claims court. Free forms & instructions for family law issues are also available at www.adaweb.net/cao. Free notary available for Ada County Courthouse paperwork only (Will not notarize vital stats paperwork). Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1st floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues.
Family Court Services 4th floor of Courthouse 287-7600
Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases.
(208) 287-6963 & (208) 287-6944
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.
(208) 338-0033
anaidaho.org

CASI Foundation for Children
2308 N Cole #E
Mon- Tues 8:30-3:30, Fri 8:30-1
Private, non-profit adoption agency. Offer help low-income & homeless pregnant women & their partners. Free & confidential.
(208) 376-0558
adoptcasi.org

Catholic Charities of Idaho
7255 N Franklin Rd
Immigration & legal counseling. Spanish. To qualify: have no back child support, no IRS liens, no felonies, no prior false claims of citizenship, & less than 2 misd in last 5 years. Family based system. No employer sponsors.
(208) 345-6031
catholiccharitiesidaho.org

Center for Community & Justice Neighbor's Project (Proyecto Vecinos)
4696 Overland #228
Mon–Fri 9–5
Low cost help w/ family immigration issues. Health resources education & parent education. Not for deportation hearings. Spanish.
(208) 378-1368

Concordia Law
Free law clinics on housing and immigration.
https://law.cu-portland.edu/5th-front/services-provided

DisAbility Rights Idaho (was Co-Ad)
4477 Emerald #B100
Advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have rights violations or discrimination because of their disability. Assistive technology/services, & in applying for, or receiving services from rehab programs, & SSI/SSDI beneficiaries with return to work issues. Information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish.
336-5353 or 1-866-262-3462

Idaho Dad's, Inc.
Free. Nonprofit to educate Dads of parental rights.
(208) 353-1537
www.idahodadsinc.org

Idaho State Council on Developmental Disabilities
700 W. State Street, 1st Floor
(208) 334-2178 or **1-800-544-2433**
info@icdd.idaho.gov

Idaho Legal Aid
1447 Tyrell Ln, Boise 83706
Mon-Fri 8:30-5
Family law (divorce, custody & protection orders with domestic violence), & landlord- tenant problems, mortgage foreclosure issues.Based on income & type of problem. Walk-ins OK.
3 statewide toll free advice lines: Domestic Violence 1-877-500-2980, Fair Housing 1-866-345-0106], Senior Hotline (60+)1-866-345-0106. Spanish line 1-866-954-2591.
(208) 336-8980
idaholegalaid.org

Idaho Volunteer Lawyers
Mon–Fri 8–5
Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corps. Priority is domestic violence &/or child endangerment cases. No criminal or cash settlement.
1-800-221-3295 & (208) 334-4510
isb.idaho.gov/ilf/ivlp/ivlp.html

Idaho Volunteer Lawyers Foreclosure Aid Project
Mon–Fri 8–5
For families facing foreclosure.
1-855-955-8296
isb.idaho.gov/ilf/ivlp/ivlp.html

ITLA Street Law Clinic
Boise Public Main Library
715 S. Capitol Blvd.
Hayes Auditorium
Street Law Clinic 2nd and 4th Mondays, 4-6pm, check in by 5:30
Family Law Clinic 4th Monday of month, 4-6, check in by 5:30
https://www.itla.org/index.cfm?pg=StreetLawClinic **(208) 345-1890**

SELF RESCUE MANUAL - Medical Assistance

Ada County - NACo Prescription Drug Discount Card Program
Free cards may lower up to 22 % of cost for most meds. No paperwork or income guidelines. Use card like coupon. Available at most pharmacies such as Walgreens & Rite Aid.

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

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

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

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

Birthright of Boise
1101 N 28th #A Boise
Free pregnancy test & pregnancy support. Pro-life. Call before you come to make sure open.
(208) 391-4331 or 1-800-550-4900 (24 hrs)
Birthright.org

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

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

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

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.
(208) 345-2820

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

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

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

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

Family Wize by United Way
Prescription discounts with free downloadable card. See website for details.
https://www.unitedwaytv.org/work/familywize-prescription-savings/

SELF RESCUE MANUAL - Medical Assistance cont.

Garden City Community Clinic (Genesis World Mission)
215 W 35th
Free. Call anytime. Apts scheduled for Tues & Thurs 4 - 6 or Wed 9:-11. Free medical clinic for low income & uninsured patients. Financial eligibility remains at 200% of Federal Poverty Guidelines. Services: treatment of acute non-emergent illnesses, basic chronic care & counseling, medications as available. Dental clinics Mon, Tues, Wed, Fri. 8-2. Complex mental illness care & complex chronic care are referred to other providers. Ladd's Pharmacy is partnering with GCCC to fill any meds not in formulary & all $4 generic medications. Bring interpreter.
(208) 384-5200

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

Knights of Columbus Council #12854
Free wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, other medical equipment.
Dick DeLeonard (208) 362-3710, Dale (208) 888-3782, Robert (208) 377-0874

Leukemia & Lymphoma Society
2404 W Bank Dr #103
Patient financial aid available for all blood cancer patients in active treatment, including co-pay assistance up to $5,000 per year.
(208) 658-6662
Lls.org

Living Independence Network Corporation
1878 W Overland
Loans & gives away wheelchairs, walkers, etc. No financial help. Interpreters available.
336-3335
lincidaho.org

Omega Health
5985 W State
M-1-3:15, T, W, Thurs 9:15-3:15, F 9:15-2:45
Medicaid, Medicare, & insurance. For teens (age 12+) & adults.
853-0071

Partnership for Prescription Assistance
Medicare, Medicaid. Help getting prescriptions. Income guidelines. Spanish.
1-888-477-2669
pparx.org/en/about_us
kids.pparx.org

Pharmaceutical Company Patient Assistance Programs
Website with information, news, & database designed to find ways to get affordable or free medications to low-income patients. Must register for a free user account.
rxassist.org/Search.cfm

Planned Parenthood
3668 N Harbor (off State St)
Mon 9–7, Tues 11–7, Wed 9–5, Thurs, Fri 8–4, Sat 10–4
Medicaid, sliding fee & insurance. Birth control, STD tests, pregnancy tests, emergency contraception (EC). Walk-ins accepted for some services. Call for appt. Abortion services. Early pregnancy loss services. Spanish
(208) 376-9300
ppgnw.org

Praxis Medical Group
3080 E Gentry Way # 200, Meridian
Mon–Fri 8–5
Medicare, no Medicaid, $35 school physical. Cash discount (not for physicals).
378-2840

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

Rite Aid Pharmacy Savings Card
$9.99/30-days generics, $15.99/90 days, save 15% on other name brand/generics.
1-866-317-4286
riteaid.com/pharmacy

Stanton Healthcare
3684 N. Harbor Ln.
No charge for services.
Call for appointment.
Early pregnancy verification, free ultrasounds, options counseling, sexual integrity info., post abortion support, STD Testing, practical assistance, client advocacy.
(208) 855-5095
contact@stantonhealthcare.org

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

SELF RESCUE MANUAL - Medical Assistance cont.

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

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

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

St Vincent de Paul Help Line
Must leave name, phone, zip code for call back
331-2208

Senior Health Insurance Benefits Advisors (SHIBA)
Provides free help about Medicare. Clients can get help with plans, financial assistance programs, or filing complaints.
1-800-247-4422

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

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

St Alphonsus Family Center CARE Clinic
900 N. Liberty #100
Pregnant refugee women, all babies, age 12 months & younger, with refugee parents, possibly pregnant refugee women (with no insurance or Medicaid) who may need help in providing care for themselves & baby. Help in applying for Medicaid, pregnancy tests, prenatal exams, well-baby checks, immunizations, & education classes.
(208) 367-2126

St. Vincent de Paul Prescription Assistance
Free assistance with securing prescription medication. Eligibility criteria, application, visit our website or call.
(208) 344-9737
www.svdpid.org

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

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

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

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

Treasure Valley Veterans Resource Network Community Services Guide
Excellent resources
police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

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

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

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

SELF RESCUE MANUAL - Shelters and Showers

City Light for Women & Children
1404 W Jefferson (Boise Rescue Mission)
Chapel service (not mandatory) at 6:30–7:30 pm. Safe place for women & children who are victims of domestic or any kind of violence to go for protection. Can fully provide for women & children without possessions (such as diapers & bottles for babies) & can help report crimes & find assistance. Open 24 hours a day.
(208) 368-9901

City Light for Women & Children Emergency Shelter
1404 W Jefferson (Boise Rescue Mission)
Children under 18 must be accompanied by mom. 4 pm check-in, first come & first served, closed from 8-4 daily, 30-day max stay, case management services available. No day use allowed. Some exceptions made for women with infant children, those who are sick & bedridden, & the frail/elderly. Any person staying at shelter can receive free counseling. Resident must call to make an appointment with Rosie. Breakfast at 6:30 am Mon–Fri, 9 am Sunday, brunch 10:30 am Saturday, dinner at 5 daily. Open to public, including people who are not homeless.
(208) 368-9901

City Light New Life Recovery Program
Free 1+ year intensive program. Residential shelter. 1-on-1 counseling for women & children. Meals daily.
(208) 368-9901

Cathedral of the Rockies
711 N 11th Street
Provides free shower vouchers to YMCA by request.
(208) 343-7511

Corpus Christi House Day Shelter
525 Americana Blvd
Mon–Sat 7-11:45, 12:45–4:30, Sun 9-11 Worship Service.
Have washers & dryers, showers, some clothing, phones available, may use their address for a mailing address, free coffee & food twice a day. Education center for GED & computer use.
(208) 426-0045

El-Ada Community Resource Center
2250 S Vista
Supportive Services for Veterans Families (SSVF) (Eligibility up to 50% of HUD Area Median Income). Case management & supportive services to help Veterans experiencing homelessness prepare to succeed in permanent housing & achieve stability goals. Walk-in to apply or call for an appointment.
(208) 345-2820
www1.va.gov/homeless/ssvf.asp

Hays House
7721 Poplar Street Boise
24 hour short term/ transitional youth shelter for runaway and homeless youth, and kids in crisis. Youth aged 9-17 may access residential services independently, and have access to individual, group, and family counseling, skill-building classes, and parenting education classes.
(208)322-2308 or 1-877-805-2308
helpline@youthranch.org

Interfaith Sanctuary
1620 W River
Mon-Sun 6 pm–7 am
Overnight shelter & supportive services for men, women, & families with children. No meals served at shelter but offer comfort foods & beverages. Accommodate non-English speaking residents.
(208) 343-2630
interfaithsanctuary.org

Pioneer Neighborhood Community Center Day Shelter
500 S Ash St Boise
Boise Parks & Recreation offers day shelter for homeless families. Room for 15 families. Youth activities will be offered. Open December 1st thru March 31st. Open daily 8-3 for preschool children & their parents, after school drop-in for school aged youth.
(208) 384-4069

River of Life Men's Mission
575 S 13th (by River St)
Can call to screen people at 389-9840 for beds. Men only. Overnight shelter, free meals, shower, & clothing provided to those in need. Chapel service daily at 7–8 pm. Chores assigned daily. Visibly intoxicated men will not be admitted & curfew exists. Open to public, including many people who are not homeless. Breakfast at 6:30 am, lunch at 11:50 & dinner at 5 pm & 7 pm. Jobs program, sign a contract & meet certain objectives to extend shelter stay. Substance abuse treatment.
(208) 389-9840

YMCA
Downtown 1050 W State **(208) 344-5501**
West 5959 N Discovery Plc **(208) 377-9622**
Homecourt 936 Taylor Avenue, Meridian **(208) 855-5711**
$2.00 Showers Individuals & families may apply for financial assistance for membership.

Women & Children's Alliance (WCA)
720 W Washington
Call & assess first. Must be domestic violence or sexual assault, women & children only, 120-day program, required classes, waiting list. Parenting, life skills, safety management, & financial planning classes. Court advocacy & safety planning.
(208) 343-7025

SELF RESCUE MANUAL - Substance Abuse Treatment

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

All Seasons
6933 W Emerald, Suite A
State funding, IDOC through BPA, Medicaid, most insurances, self-pay, sliding scale option. Intensive Outpatient, Relapse Prevention, Seeking Safety, Anger Management, drug testing, case management, and outpatient individual counseling
(208) 906-0345

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

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

AA-Alcoholics Anonymous
Call for information.
(208) 344-6611

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

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

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

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

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

Calvary Chapel Outreach Words of Freedom
123 Auto Drive
Thurs @ 7,12 Step Program, Christian
(208) 321-7440
calvaryboise.com/freedom-ministries

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

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

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

SELF RESCUE MANUAL - Substance Abuse Treatment cont.

City Light for Women & Children New Life Recovery Program
1404 W Jefferson
Free Substance abuse treatment, 1+ year intensive program. Residential shelter.Counseling, women & children only, provide meals daily.
(208) 368- 9901

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

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

Easter Seals-Goodwill Adult Behavioral Health Services
8620 W Emerald #150
Mon-Fri 9-6
State funding .Self pay starts at $10/class. Assessments OP & IOP sub abuse treatment, anger man, CSC, MRT parenting classes & relapse prevention.
(208) 672-2900

Harmony House
Meridian, ID
State funding. Need assessment first. Residential 90-day treatment for teens 13–17. Few beds, possible wait list.
(208) 288-1079

Idaho Quit-Net
Free website to stop smoking. Advice on quitting, online support from other smokers, possible medication aid.
idaho.quitnet.com/f/community/talk

Intermountain Hospital
303 N. Allumbaugh St. Boise
Inpatient mental health/substance use treatment for adolescents, adults and seniors. Call for appointment.
www.intermountainhospital.com
208-377-8400

Narcotics Anonymous
Helpline number.
(208) 391-3823

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

Pioneer Health Resources
545 N. Benjamin STE. 185 ,
Boise, ID 83704
Intensive Outpatient Treatment/Outpatient Services,Substance use case management services, Symptom management/early recovery groups,Relapse prevention,Recovery planning groups, Individual and conjoint therapy, Aftercare Services
(208) 322-1026
www.pioneerhealthresources.com

Recovery 4 Life
8950 W Emerald #178
Mon-Thurs 9-6, Fri 9-2
State funding, self pay, sliding scale, & insurance. Recovery support services case man. Intensive outpatient to adults & adolescents, individual, group & family therapy.
(208) 376-7083

Refuge Recovery
660 N 9th St. (Downstairs)
Mindfulness-based addiction recovery community using Buddhist philosophy. Meetings include guided meditation and sharing.
Thursday – 5:30pm to 6:30pm
Saturday – 4:30pm to 5:30pm
refugerecoveryboise@gmail.com
https://www.facebook.com/refugerecoveryboise/
http://www.refugerecovery.org/

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

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

SELF RESCUE MANUAL - Substance Abuse Treatment cont.

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

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

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

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

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

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

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

"Victory over Sin"
IMSI Hope Community Phase II
Recovery/Addiction Meetings
963 S Orchard Suite 101 Boise
Tues/Wed 7pm
(208) 629-8861
www.imsihopecommunityphaseii.com

SELF RESCUE MANUAL - Support Groups

Adoption Support Group
Call or email for information. For families who have adopted children to share tips and find support, especially with regards to attachment disorders.
(208) 949-3834 (Mandy)
m_maidhoff@hotmail.com

Adult Children of Alcoholics
St Paul's Catholic Center
1915 University 2nd Floor -back of library.
Tuesdays @ 7:30
(208) 344-1661, (208) 284-5377(español)

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

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

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

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

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

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

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

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

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

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

Birth Parent Support
10740 Fairview
LDS Social Services
(208) 376-0191

Breastfeeding Bunch
Every Wednesday in Boise
Arrive 10-10:30 a.m. and stay until 12
St. Luke's Community Education
211 W. Main Street
208-381-2592
Every Thursday in Meridian
Arrive 2-2:30 p.m. stay until 4 p.m.
St. Luke's Meridian Medical Center
520 S. Eagle Road
Shoshone Room, Lower Level
(208) 706-3119

Breastfeeding Support & Encouragement
900 N Liberty #100
Tues 11–12
(208) 367-7380
Saintalphonsus.org

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

Cancer Grief Support Group
Call to register for class & for info
(208) 381-2760

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

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

Children's Group for Children in Families with Cancer
100 E Idaho St Luke's MSTI
Children ages 7–11.
(208) 381-3161

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

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

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

SELF RESCUE MANUAL - Support Groups cont.

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

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

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

Foster Care/Foster-Adopt Support Group
A New Beginning Adoption Agency
8660 W. Emerald Street, Suite 142
Foster Care/Adoptive Parent support group – Meets monthly
208-939-3865

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

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

Grief & Loss Recovery Group via Align Hospice
940 E. Carol Street Meridian **(208) 639-1122** (Stephanie)

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

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

IMSI Hope Community Phase ii
8620 W. Emerald Suite 140
Offers resources and support to returning citizens on their first day out and beyond. Victory over Sin meets on Tues and Wed 7-8:30 pm and is open to all men and women who suffer from any type of addiction and want to connect with others to strengthen their christian walk.
(208) 629-8861

Huntington's Disease Society of America-Idaho Chapter
Wright Community Church
4821 Franklin Rd. 83705
Every second Wednesday of the month at 6:30pm
(208) 570-3175

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

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

Idaho Mom's Network
Activities for stay-at-home moms.
(208) 884-3773
idahomomsnetwork.org

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

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

Narcotics Anonymous
(208) 391-3823

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

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

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

SELF RESCUE MANUAL - Support Groups cont.

New Moms' Group
103 W State at St Luke's Women Life
Thurs 10:30–12
St Luke's Meridian 520 S Eagle Rd
Tues 10:30–12
Support group for new moms & babies.
(208) 381-9000 or (208) 381-1510

Overeaters Anonymous
All Saints Episcopal 704 N Latah
Kate 406-450-3111 Mon 7pm
1st Congregational 2301 Woodlawn
Janeen 863-7816 Wed 12pm
5 Mile Nazarene 2701 S 5 Mile
Dave 921-6083 Thurs 7pm (childcare)
Eagle Senior Center 312 E.State St
Linda Sue 229-2199 Fri 8:45am
Vertical Church 2620 36th St (N of State St)
Gina 850-0357 Sat 1:30pm
Boise Church of Christ 2000 Eldorado
Genna 440-8927 Sun 6:30pm
Group for any eating disorder
oa.org

Parents Anonymous (Family Advocates)
Tuesday 6:30-8 (free dinner at 6)
518 N. 8th St. (St. Michael's)
Thursday 6:30-8 (free dinner at 6)
1177 N. Roosevelt (Discovery Church)
Free and voluntary confidential support group
(208) 345-3344 x1020 (Alicia)
www.strongandsafe.org
parentsanonymous.org

Parents, Families & Friends of Lesbians & Gays (PFLAG)
Boise First Congregational
2201 Woodlawn
Meets 2nd Fri 7:30–9

Recovery International
Cathedral of the Rockies
Room B12
717 North 11th Street
Mondays 7:00-8:00
(208) 345-9631

Scleroderma Foundation
Southern Idaho Scleroderma Support Group for patients, family & friends
Anderson Center St.Luke's 100 E. Idaho St.
10:00 – 11:30 see website for days
SCLERODERMA.IDAHO@GMAIL.COM WWW.SCLERODERMA.ORG

Share Miscarriage & Infant Loss Support Group
900 N Liberty (Breast Care Center—Entrance Facing Emerald)
First Tues 6:30–8
saintalphonsus.org
(208) 367-7380

SHARE of Idaho
103 W State @ St Luke's Women Life
For parents who have had early pregnancy loss, stillbirth, or newborn death. 3rd M at 7.
(208) 388-8834 (Chrissy Group)

Smart Recovery
4444 Taft St
Tues, Thurs, Saturday at 6pm
(208) 514-8120 John

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

Survivors Supporting Survivors
2676 S Vista
1st Monday 6-7:30 For adolescent survivors ages 11-18 with cancer diagnosis regardless of being in active treatment or remission.
(208) 422-0174 (Heather)

Ten Mile Christian Church
3500 W Franklin, Meridian
Fridays 6–9. Issue specific, gender specific, Christ centered support group. Dinner, children's program.
(208) 888-3101
tenmilecc.com

Touchstone Center for Grieving Children & Adolescents
740 Warm Springs Ave (Warm Springs Counseling Center)
2nd & 4th Tues 6:30-8:30 thru school year. Help grieving children (ages 5–18) & families recover from loss of loved one. No drop-ins.
(208) 343-7797 X 1359
touchstone@childrenshomesociety.com

Tourette's Syndrome
Email or call to meet 1-1 for info.
(208) 376-3409
tsa-usa.org/
Shoffman3409@msn.com (Stephanie)

Trauma Recovery Program Maitri Community Services
3709 N. Locust Grove Suite 100
Questions and program registration call/email. Groups meet Tuesdays 4-6pm and Thursdays 11-1pm
(208) 957-5360 (208) 284-8450
jasonpatrickjohnson@gmail.com

Treasure Valley Autism Society
520 S Eagle (St Luke's basement)
1st Monday 7-9pm.
(208) 336-5676 asatvc.org

Twins & Multiples (Mothers of)
Annual membership fee.
boisemom.org

Women & Children's Alliance Domestic Violence Counseling & Support Groups
720 W Washington at WCA
Wed 6–7:15. Orientation & fill out paperwork at 4:30 5-6 class. Open to public. Free limited childcare. RAP support group for women survivors of domestic violence. Wed 6-7p
(208) 343-3688 & (208) 343-7025

YAD (Youth Alliance for Diversity) The Center
280 N 8th St. suite 130 Boise (enter from Bannock) Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sun 4–6
(208) 336-3870
tccidaho.org/youth-social-stuff

SELF RESCUE MANUAL - Tax Preparation and Questions

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

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

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

H&R Block Tax Professionals
1510 S Orchard Boise
Available to provide Free Answers to Tax Related Questions.
(208) 344-7665

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

Old Unclaimed Refund Search
sto.idaho.gov/unclaimedproperty/Search.aspx Search for old refunds.

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

Search for Old Refunds
boisepubliclibrary.org/research/government-information/tax-information/

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

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

BSU VITA
715 S Capital
Mon. 5-8 Feb - April

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

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

Willow Park Assisted Living
2600 N Milwaukee
Mon & Wed.10- 2. Feb-April

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

Eagle Senior Center
312 E State
Feb - April

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

CEI - ICON Credit Union 4
85 W. Overland Rd. Meridian
Sat. 10- 2 Feb-April

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

Myfreetaxes.com by United Way
If income under $62,000 can file free online

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

University of Idaho Tax Clinic
The College of Law Boise Legal Aid Clinic offers a Low Income Taxpayer Clinic for those facing IRS Controversies. Cases include Audits and Appeals, Innocent Spouse Relief, Offers in Compromise, Installment Agreements and Tax Court Cases. Unfortunately we are not able to help file returns. Please visit our website to fill out our online application for assistance.
www.uidaho.edu/taxclinic
208-364-6166

SELF RESCUE MANUAL - Transportation

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

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

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

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

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

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MTM's Medicaid Transport
Idaho Medicaid has contracted with to administer, coordinate, and manage all Non-Emergent Medical Transportation for eligible Idaho Medicaid participants.
1 (877) 503-1261

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

Treasure Valley Community Resource Center TVCCR
Mon–Fri 8–5
Information & referral on human services in ID & Eastern OR via phone.
(208) 459-9263

Treasure Valley Veterans Resource Network Community Services Guide
Excellent resources.
police.cityofboise.org/media/5675/VeteransResource%20Manual.pdf

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

SELF RESCUE MANUAL - Vision

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

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

Commission for the Blind & Visually Impaired
(208) 334-3220

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

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

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

Idaho CareLine
Vision referrals
211 or 1-888-477-2669

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

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

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

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

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

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

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

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

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