

Northwest Real Estate Capital Corp. *Stepping Stones*

A Guide to Resident Services



Finding the resources available to you and your family



Located within your community



The power to make decisions about the parts of your life that matter most to you



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The Purpose and Benefit of This Guide

The purpose of this booklet is to help you and your family help yourselves, by providing resources available to you within your community.

Our Vision

“Housing with Pride, Life with Dignity”. Northwest Real Estate Capital Corporation’s (NWRECC) goal is to become a “stepping stone” towards a brighter future by providing services along with superior affordable housing to enhance the quality of life for our residents.

Our Mission

We are committed to preserving affordable housing, enabling life with dignity for our residents and creating a quality work environment for employees.

We promote integrity and teamwork as the foundation for our involvement in affordable housing and with our business partners including; employees, residents, government agencies, vendors and financial stakeholders.

We strive to make our housing a part of the community by connecting the social and economic institutions to residents and employees and allowing them the chance to be productive members of that community.

We conduct our operations with the following core set of values and beliefs:

Work Ethic -- We believe a strong work ethic is the essential ingredient for achieving excellence.

Integrity -- We believe personal and corporate integrity is fundamental to building a reputable organization.

Teamwork -- We believe teamwork and open communication is the method of achieving our goals.

Respect -- We believe mutual respect must be the basis of all interaction with our employees, our resident families and our business partners.

Service -- We believe responsiveness and quality of delivery are essential.

Community -- We believe active community involvement is our duty.

Please do not forget to check out the on-site activities!

NWRECC on-site Resident Services are an integral part of our mission. These services may include after-school and summer programs for children, financial education classes for adults and health care services for seniors. Please see your site manager for a schedule of the services currently being provided at your property.

Clothing & Furniture

<p>Agape in Action: 685-0612</p> <p>1001 S. Orchard. Free clothing & toiletries. Interview clothes available. May call for special appointment. Last Sat of month 1-4 p.m.</p>
<p>Assistance League of Boise Thrift Shop: 377-4327</p> <p>5825 Glenwood. Reasonably priced used clothing & household items (shoes, books, linens, small furniture) sold. M-F 10-5 and Sat 10-4.</p>
<p>Birthright of Boise: 342-1898</p> <p>1101 N. 28th #A. Maternity clothes on loan, baby clothes, pregnancy tests & diapers. Referrals for furniture. M-F afternoons and Sat 10-noon.</p>
<p>City Light Home for Women & Children: 368-9901</p> <p>1404 W. Jefferson or Light House 472 Caldwell Blvd., Nampa. (Boise Rescue Mission) Women & children can get voucher for free clothing.</p> <p>Warehouse @ 368-0824 (1417 W. Jefferson) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher.</p>
<p>Coats for Kids: 377-2613</p> <p>At any Idaho Youth Ranch Thrift Store.</p> <p>Call ahead. Adult must bring a child to get a coat, if available. M-Sat 8-5:30.</p>

<p>Community Christian Center: 375-3921</p> <p>202 E. 42nd. Call for appointment. Bread, dairy, produce, meat, juice, clothing & furniture, 3 visits per month. Bring proof of residency, photo ID, & SSN cards. Will distribute food only if client listens to sermon or attends church.</p>
<p>Deseret Industries Thrift Store: 375-4681</p> <p>10740 Fairview. New & used furniture, men, children & women's clothing, (maternity, wedding, & prom dresses). No delivery. Potential help via local LDS Bishop (do not have to be LDS). Call 1-800-453-3860 X 23500 X 6 for bishop's name & phone #. M 10-6, T-Sat 10-9.</p>
<p>Dress for Success: 288-4405 Debbie</p> <p>2760 E. Fairview. Referral 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. T W Th 1-3.</p>
<p>EI-Ada Outreach: 345-2820</p> <p>355 N. Orchard #107. Food pantry. Free clothing, blankets & hygiene packs for women, men, & children. In Dec. coats for all ages available. Clothing vouchers to Idaho Youth Ranch Thrift Shops are available. Undocumented citizens will be served. M-F 9-4.</p>
<p>EI-Ada-Garden City: 377-0700</p> <p>701 E. 44th #2, Garden City. Free clothing, blankets & hygiene packs for men, women, & children, food pantry. In Dec. coats for all ages available. Undocumented citizens will be served. M-F 9-4.</p>

<p>Freedom Resource Network Clothing Pantry: 371-4168</p> <p>7540 Northview (3 domes at Northview Family Worship Center). Free food & some furniture available. Bring any photo ID, may use every 30 days. Undocumented citizens OK. T-Th 1:30-4.</p>
<p>Goodwill Industries Thrift Store: 321-9172</p> <p>1465 S. Vinnell Way, Next to Overland Wal-Mart. New & used furniture & clothing for sale. M-Sat 9-9 and Sun 11-6.</p>
<p>Idaho Youth Ranch Thrift Shop:</p> <p>1417 S. Main 343-2506 M-Sat 8-5:30 Sun 12-5 250 N. Orchard 378-8081 3840 Chinden 433-1661 1501 S. Five Mile 375-1242 7054 W. State 853-1408</p> <p>Will deliver for \$15. Used furniture & clothing for sale.</p> <p>New Warehouse: 5465 W Irving (between Curtis & Orchard). \$1/clothing item & cheaper furniture than stores. M-Sat 10-4.</p>
<p>Kid to Kid: 376-6488</p> <p>1507 N. Milwaukee (Fairview). Used furniture, children & maternity clothes, sizes 0-14. M-Sat 10-8.</p>
<p>Meridian United Methodist Church Thrift Store: 888-2245</p> <p>240 E. Idaho (3rd St. entrance). Clothing & household items, vouchers sometimes available. T & F 11-2.</p>

<p>Other Mothers: 376-4855</p> <p>10422 Fairview (Five Mile). Used furniture, children & maternity clothes (sizes 0-14). Last F & Sat there is a 25¢ sale. M-Sat 10-7.</p>
<p>Redeemer Lutheran Church: 344-6758</p> <p>2920 Cassia. Wash, Wipe, & Wrap. Free diapers, laundry soap & toilet paper. Open 3rd Sat of month 1-3pm.</p>
<p>River of Life Boise Rescue Mission:</p> <p><i>Men Only</i> 575 S. 13th or Light House 472 Caldwell Blvd (Nampa). Men can get voucher for free clothing.</p> <p>Warehouse @ 368-0824 (1417 W. Jefferson) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher.</p>
<p>St Luke's Children's Hospital: 381-3033</p> <p>103 W. State. Call Alissa. \$45 for infant/toddler seats & \$10 for booster seats for low-income families. If unable to pay a donation is requested. Bring Medicaid card if available.</p>
<p>St Vincent de Paul Help Line: 331-2208</p> <p>Zip code determines closest church where you will be referred. Must leave phone # for call back.</p>
<p>St Vincent de Paul Thrift Store:</p> <p>213 N. Main Meridian 888-9101 6464 W. State Boise 853-4921 M-Sat 9:30-6. Used furniture & clothing.</p>

<p>Salvation Army: 343-5429</p> <p>4306 W. State. M-Sat 9:30-6</p> <p>Family Assistance 4308 W. State. M-F 9-4</p> <p>Clothing vouchers for Salvation Army Thrift Store. Adults 1 visit/year, children 1 visit every 6 months. Visit Mon at 9 a.m. as supply is very limited. Bring proof of address (envelope/bill), photo ID for every family member & must live in Ada County.</p>
<p>Whitney United Methodist Church:343-2892</p> <p>3315 Overland (by Owyhee). Winter coats, hats, gloves. Call first.</p>
<p>Women & Children’s Alliance (WCA) Thrift Shop: 343-3688</p> <p>720 W. Washington. Clothing, no maternity. Limited # of vouchers monthly. Call ahead for availability of vouchers & clothing sizes for children & women. Avoid 12-1:00 & 1 hour prior to closing. M-F 9-4:30.</p>

Counseling

<p>About Balance Mental Health: 342-6300</p> <p>5460 Franklin #A. Medicaid & sliding fee, PSR, cm, counseling, meds management, psychiatrist. M-F 9-5.</p>
<p>Access Behavioral Health: 338-4699</p> <p>411 N. Allumbaugh. Medicaid + self pay. Counseling, PSR, dev therapy, meds management. M-F 8:30-5.</p>
<p>Access Living: 922-2207</p> <p>690 S. Industry Way #45, Meridian. Medicaid, sliding fee. PSR services, IBI therapy, dev therapy services for children, counseling, adult day treatment, meds management. M-F 8:30-6.</p>

<p>AFS: 658-9800</p> <p>7280 W. Ustick. Medicaid & insurance. Therapy, nurse practitioner, PSR, case management. M-F 8-5.</p>
<p>Affinity: 375-0752</p> <p>8100 W. Emerald, #150. Medicaid & insurance. Individual, family, & play therapy. Psychiatrist, nurse practitioner, \$225 for evals. M-F 8-5.</p>
<p>All Seasons Mental Health: 321-0634</p> <p>8601 W. Emerald #150. Medicaid, no sliding fee. Therapy, PSR, nurse practitioner, DDA/ ESC for children, case management.</p>
<p>All Together Now: 336-9591</p> <p>1111 S. Orchard #171. Medicaid & sliding fee. Family, individual. groups, marriage, & play therapy for kids. \$65/hr min.</p>
<p>Ascent Behavior Health Services: 898-9755</p> <p>366 S.W. 5th Ave #100, Meridian. Drug education group. Psych evals, individual, teen, adult, dual diagnosis, family, group & couples. MD & physicians assistants. Meds management. Insurance, self-pay, state funding, no Medicaid. M-F 9-6.</p>
<p>Bell Counseling:</p> <p>1076 N. Cole Boise 376-2577</p> <p>2005 S. Kimball Caldwell 459-6557</p> <p>4615 S. Locust Grove Meridian 288-1018,</p> <p>621 S. Washington Emmett 365-1060</p> <p>No Medicaid, insurance, state funding. Teen & adult groups, anger management, family/marriage therapy, parenting, dual diagnosis.</p>

Big Brothers/Big Sisters of SW Idaho:
377-2552

2404 W. Bank, #302. Mentoring by screened volunteers with children (6-18). *Hablo Espanol.*

Catholic Charities of Idaho: 345-6031

4202 W. Emerald. No Medicaid, sliding fee. Individual/group/family, parent education & senior services. Immigration & legal counseling at Hispanic Cultural Center Nampa: 461-2749 (Melvin Barrientos). *Hablo Espanol.*

Community Partnerships of Idaho:

376-4999

3076 N. Five Mile. Provides counseling & groups, PSR, IBI, dev therapy, job help, residential rehab, case management, behavioral & recreational therapy, finds housing for disabled. Psychiatrist, Medicaid & insurance.

Community Support Center: 429-0330

716 N. Orchard. Medicaid Day Treatment. Groups, dual-diagnosis, skill building, ages 18+. M-F 8-4.

Cornerstone Psychological Assoc.:

373-0790

1755 Westgate, #260. Medicaid & insurance. Individual, marriage, family, play therapy, PSR, psych evaluations, & case management. M-Th 8-5, F 8-3.

1st Choice Counseling:

9444 W. Fairview #C 577-7634 (Phyllis Nodler)

716 N. Orchard 429-0330

Medicaid & sliding fee. Art therapy, PTSD, individuals, couples, & children. M-F 9-4.

Harper Counseling: 658-8013

2309 N. Mountain View, #220. Sliding fee \$25-100/hr. Christian based. For individuals, couples, & kids. Court ordered anger management & sub. abuse counseling at \$25/hour.

www.harpercounseling.com

Human Supports of Idaho: 321-0160

7161 Potomac Dr., #A. Medicaid, sliding scale, PSR. Day treatment, case & meds management, counseling, relapse prevention, & dual diagnosis.

Idaho CareLine 211 or 1-800-926-2588

8100 W. Emerald, #150. Referrals. Health issues/meds in ID. Medicaid. www.RxIdaho.org for meds help www.idahocareline.org.

ISU Boise Counseling Clinic: 373-1719

12301 W. Explorer, #102 (Cloverdale/Chinden). Counseling interns counsel individuals, couples, families. \$10 co pay for individuals & \$15 for couples. M-Th 12-8.

Kuna Counseling Center: 922-9001

190 W. Main, Kuna. Medicaid, sliding fee, insurance. PSR. Individuals, families, marriage counseling, play therapy.

LDS Social Family Services: 376-0191

10740 Fairview. Individual counseling. Bishop may pay fees & insurance. Birth parent counseling. M-F 8-5.

Life Counseling Center: 465-5433

112 12th Ave Rd, Nampa. Medicaid, sliding fee, insurance, Individual, couples, family, play therapy, & PSR.

<p>Lifespan Counseling: 344-0844</p> <p>1509 Robert, #101. Medicaid, sliding fee. Animal/art therapy (Vista). Counseling individual, marriage & family, PTSD.</p>
<p>Living Hope: 378-1122</p> <p>3308 N. Cole # A. Medicaid, sliding fee, insurance. Marriage, family, children therapy, PSR, evals for ADD/ADHD. M-F 8-5, few nights.</p>
<p>Lutheran Community Services: 323-0996</p> <p>410 S. Orchard #124. Medicaid, sliding fee, insurance \$22/hr min with interns, \$45 for LPC. Families, individuals, play therapy, anxiety disorder, PTSD, & bipolar. M-F 9-5, few nights.</p>
<p>Meridian Counseling & Wellness Center: 888-1320</p> <p>934 E. 5th, Meridian. Sliding fee \$10 min. Individuals, families, trauma, ADHD, depression, anxiety, grief & loss, & eating disorders. Evening & weekend appointments.</p>
<p>Methodist Counseling Center: 343-7511 X229</p> <p>717 N. 11th (Hays) "Grace based" fees based on sliding scale, insurance. All accepted. Counseling & pastoral counseling for individuals, couples, families. M-Sun 8-5 + early evening.</p>
<p>Mountain States Counseling: 336-5533</p> <p>1607 W. Jefferson. Medicaid, Dept of Corrections & insurance. Individual, marriage & family counseling, PA, nurse practitioner, ENDR, cognitive behavioral therapy.</p>
<p>Mountain States Group: 336-5533</p> <p>1607 W. Jefferson. Medicaid, Dept of Corrections. Money & insurance. Individual, marriage & family counseling, PA, nurse practitioner, & meds management.</p>

<p>Rocky Mountain Behavioral Health: 336-2308</p> <p>1111 S. Orchard, #156. Medicaid. Individual & family counseling, PSR, parenting class, meds management, MD, PHD & psychiatrist.</p>
<p>Omega Mental Health: 853-0071</p> <p>5985 W. State. Sub abuse teens (12+), adults. Medicaid, Medicare, insurance. <i>Hablo Espanol.</i> M, T, Th 9-8, W 9-5, F 9-4.</p>
<p>Pioneer Health Resources: 322-1026</p> <p>890 N. Cole, #B. Medicaid. PSR, case management & counseling for adults & children.</p>
<p>Riverside Rehab: 853-8536</p> <p>7735 W. Riverside. Medicaid & insurance. Psychiatrist, nurse practitioner, individual & family therapy, case management & PSR. Children & adults.</p>
<p>Safe Place Ministries: 323-2169</p> <p>2645 N. Cole, #H. Must be domestic violence, sexual abuse/assault, women, no children under 18, case management, groups, MD. Free, accepts donations. Will work with/counsel children if mom is a client. Wait list 1-2 weeks but if emergency call ASAP for appointment. Christian perspective available.</p>
<p>St. Alphonsus Behavioral Health: 367-6500</p> <p>131 N. Allumbaugh. Therapy for children & adults, groups, meds management, MD. Inpatient for children under 12. Medicaid & sliding fee. M-F 8-8.</p>

<p>Salud y Provecho Clinic: 454-8632</p> <p>317 Happyday Blvd, #180, Caldwell. Domestic violence victims counseling & referrals, 24 hr help for victims, parenting class. Free, mental health/medical for individual, groups (victims & male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) sub abuse group. Medicaid assessments only. <i>Hablo Espanol.</i> M-F 8:30-5:30.</p>
<p>SANE SOLUTIONS & Family Violence Prevention:</p> <p>408 N. Allumbaugh. 323-9600</p> <p>Offender office: 5400 W. Franklin #H. 345-1170</p> <p>Counseling victims all ages for sexual abuse & sexual abuse offender both juvenile & adult. Teen victim groups, children's personal safety class, protected parenting program. Ap- pointment only. Intake \$90, placed in group. Classes in Nampa & Boise for Family Violence Prevention. Victims self pay/sliding fee \$90/hr, Medicaid, Victim's Comp, insurance, self-pay, some grants available. Juvenile / adult sexual offender groups \$35 & \$42/hour, Medicaid, insurance, selfpay. Domestic violence offender \$30 /group. Protected Parenting Program \$30 for class. M-Th 8-12, 1-5.</p>
<p>SunHealth for Boise Mental Health Clinic: 327-0504 X 232</p> <p>8050 Northview. Medicaid. Counselors, nurse practioner for meds management, ages 18+.</p>
<p>Terrie Towle: 321-0706</p> <p>1014 La Pointe. Individual. Marriage, family counseling, play therapy, PTSD.</p>

<p>Terry Reilly Health Clinic: 467-5282</p> <p>223 16th Avenue N., Nampa. Medicaid, Medicare, insurance, & sliding fee. Teen Clinic, pharmacy, & counseling. Undocumented citizens without proof of income can receive free non-emergency treatment. Bring 4 weeks of pay stubs. <i>Hablo Espanol.</i></p>
<p>Brett Thomas Ph.D.: 375-6402</p> <p>311 N. Allumbaugh. Insurance & Medicaid Family therapy for children (aggression, depression, anxiety).</p>
<p>Social Work Services: 853-5095</p> <p>5999 W. State, #B. Medicaid, sliding fee, insurance. Individual, marriage & family, art & play therapy, MD. <i>Hablo Espanol.</i> M-F 9-5.</p>
<p>Tomorrow's Hope: 319-0760</p> <p>1655 Fairview, #100. Medicaid & sliding fee Individual, family, marriage, equine (horse) therapy, groups. Physician's asst for meds, some evenings OK. M-F 7:30-4:30.</p>
<p>Ronald Tye Psych: 672-8699</p> <p>6003 Overland. Counseling. Sliding fee, insurance.</p>
<p>Veterans Center: 342-3612</p> <p>5440 Franklin, #100. Free Provides readjustment counseling services for vets who served in recognized war zones & experienced sexual trauma in military. Individual, group family counseling. Inpatient substance abuse program. <i>Hablo Espanol.</i></p>

Veterans Medical Center: 422-1000 X1145

500 W. Fort. Outpatient mental health & family counseling, groups, temporary housing for active duty & reserve. Homeless program available.

Warm Springs Counseling Center: 343-7797

740 Warm Springs. Medicaid Subsidized fee based on income (last 2 pay stubs, W2's). Therapist \$90 to 120/hour. Therapy for individuals, families, groups, play & plant therapy. MD, insurance. Hours are 8-5. *Hablo Espanol.*

Women's Crisis Center (WCA): 343-7025

720 W. Washington. 24 hour Hotline. Wait list Counseling abused women, children & groups.

Day Care Services & Assistance

After 3 <http://www.cityofboise.org/after3/> Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in their neighborhood. Parents can search by age, topic & geographic location for just the right program for their child. Parents without internet access can call 211, the Idaho Careline, for help accessing the information on the website.

Big Brothers/Big Sisters of SW ID: 377-2552

2404 W. Bank, #302. Screened volunteers participate in 1-to-1 mentoring program with children (6-18). Wait list for boys & girls.

Boise City Child Care Licensing: 384-3710

150 N. Capitol Blvd., 1st Floor City Hall. Parents must make a public records request in writing at the City Clerk's office, can view files on all licensed child care providers within the Boise City. Will provide a list of providers broken out by zip code & facility type. <http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare>. Map-based picture image of all licensed child care facilities in the city. M-F 8-5.

Boise Easter Seals-Goodwill Child Development Center: 658-5561

8211 Ustick. Early care & preschool programs for children with & without disabilities ages 1-6. M-F 6-6.

Giraffe Laugh Child Care Center Childcare:

901 Resseguie: 342-1239

1191 Grand Ave: 424-3387

Sliding Fee scale. Ages 6 weeks to 6 years. Bilingual program, extracurricular activities, accepts ICCP. Snacks, breakfast and parents bring lunches. Food bank at both centers only for families that have children at the centers.

Idaho Careline 221 or 1-800-926-2588

Call and ask for child-care referral in your area. Get list of providers. Referrals for health issues/med in Idaho via Medicaid.

Ask at www.RxIdaho.org for prescription drug help. www.idahocareline.org.

Dental

Academy of Professional Careers Dental Clinic: 472-2020

8590 Fairview. Sliding fee & Medicaid. First appointment including X-rays is \$50. Full services but no orthodontics. Receptionist speaks Spanish. Will serve undocumented.

M, W, F 8-5 & T, Th 11-7.

Apollo College: 947-6821

1200 N. Liberty. Free dental care. Call for appointment. Each appointment averages 2.5 hours.

Undocumented citizens welcome. Spanish speakers/Spanish forms.

Basic Dental Care:

Meridian: 870 N. Linder 888-3384 No Medicaid.

Nampa: 1015 Caldwell Blvd. 442-1088 Medicaid OK. Spanish speakers in Nampa only.

Sliding fee. Quality dentistry at lower fees for children & adults. Full payment required at appointment. Call for appointment. Office calls \$15, X-ray \$12, extractions start at \$65, stainless steel crowns \$84 to 128, porcelain to metal crowns \$498, root canals \$265 to \$420.

Boise Schools Dental Clinic: 854-4860 (Pat)

300 Fort at Ft Boise Middle High School. Only accepts children from Boise School District. Can do cleanings & fillings. Must get referral from School Nurse & make Appointment. Basic dental work performed. Mon-Fri 7-12.

Dr. Brock Bohlman: 384-0577

5993 W. State. Call for appointment. Accepts Medicaid for ages 4-21. No new adult patients. Undocumented citizens will be served.

Caring Foundation for Children:

1-866-938-0084

May receive up to \$1000 of dental care/year. Covers preventative & restorative care (exams, cleaning, x-rays, fluoride treatment, sealants, resins, space maintainers & fillings, stainless steel crowns, extractions & therapeutic root canal). Coverage for a 2-year period total throughout life. For low-income, uninsured persons up to age 19. Must meet income guidelines, call for paperwork & appointment.

Dr. Wayne Claiborne: 336-4777

10552 W. Garverdale Ct. Medicaid Emergencies OK. Call for appointment. Accepts all patients over the age of 5. Undocumented citizens will be served.

El-Ada Outreach: 345-2820

355 N. Orchard, #107. Vouchers (1/year) for \$45 are for emergency tooth extractions. Eligibility is based on income. Undocumented citizens will be served. M-F 9-4.

Garden City Community Clinic: 384-5200

Genesis World Mission: 215 W. 35th. Free Dental Clinic is not currently accepting new patients; must be a current Garden City Community Clinic medical patient. Patients can't have insurance, receive Medicaid, Medicare, or VA benefits. Undocumented citizens welcome. Friday dental procedures are limited to fillings, root canals, & extractions. Call for appointment.

ISU Family Dentistry: 331-0182

2033 E. Summersweet Dr. Medicaid. Children & adults. Advanced general dentistry services. Sliding fee. \$15 for 15 minute screening. Clinic open T-F 8:30-4.

Small Smiles Dental Clinic: 322-3010

8744 Fairview (Fairview Tech Center, between Milwaukee & Maple Grove). Medicaid. Prefer appointments but will accept some walk-ins. Spanish speaker. Children under age 21 only. M-F 8-5.

Terry Reilly Health Services-Boise Dental: 336-8801

103 W. Idaho, Suite A. Medicaid & sliding fee depending on income. Emergency dental, must arrive @ 8am M-F. Non-emergency - 1st Wed of month call at 8am for appointments. Do extractions & fillings. Bring \$30 deposit & 4 weeks pay stubs. Express Care (331-5049) - Focus is on pregnant women & other Medicaid patients with diabetes or heart disease, can be seen within 4 working days. Spanish speakers. Undocumented citizens welcome. M-Th 8-1, 2-5, F 8-noon.

Terry Reilly Canyon Dental: 466-0515

11136 Moss Lane, Nampa (off Nampa-Caldwell Blvd., just west of Middleton Road). Emergency dental must arrive @ 7:30 M-F. Limited # served. Non-emergency - 1st Wednesday of month call at 9am for appt. Does teeth cleaning, extractions & fillings. Medicaid & sliding fee depending on income. Bring \$30 deposit & current pay stub. Call any weekday morning starting at 7:30 to schedule appt. Undocumented workers welcome. Must have a new card from Medicaid for "Idaho Smiles". Regular hours M-F 7:30-6.

Treasure Valley Pediatric Dentistry:

376-8873 (Dr. Roy Rogers)

1564 S. Timesquare Ln (Oveland near Maple Grove). Medicaid for children ages 0-20. Works with children with special needs. M-W 7:30-5.

Idaho Smiles Program for patients needing extensive treatment. M-W 7:30-4.

Willow Tree Dental:

317 W. Cherry Lane. 888-2055. Medicaid. Spanish speakers.

5898 S. Quamash Way 395-1000 (in Columbia Village)

Call for appointment. M 8-5, T-Th 8-8, F 8-3, Sat 8-2.

Education, GED, ESL, ELL

Boise Schools Marian Pritchett School:

343-3571

1617 N. 24th. Booth Memorial High school for pregnant teenagers. M-F 9-12, 1-4.

Boise Schools Preschool Screening:

854-4143 or 854-4142

For 3-5 year olds. One screening a month. Must call for appointment. For possible problems with speech, language, self help skills, hearing, vision, social & emotional, motor skills, and concepts.

Classes are either T-F 8:40-11:30 or 12:30-3:15.

Boise State Selland College of Applied Technology Adult Learning Center:

426-4036

2323 S. Vista, #205F. Orientation Tues at 6pm & Fri at 9:30am (#202). ESL classes- come in to register Mon 1-7pm room #205F. Free orientation takes 1.5 hours. Adult Basic Education- GED-Minimum age 16, if age 16-18, need parental release. Diagnostic tests, free tutoring until final GED test. American Government test \$10 extra.

Boys and Girls Club of Ada County:

321-9157

610 E. 42nd Garden City. After School program (age 6-18) for \$10 fee.use, grades K-14. \$35 processing fee but scholarships available. M-F 9-4 or M-F 3-8.

Center for New Directions: 426-4026

2323 S. Vista, #205. Career counseling & planning, back-to-college help, classes on financial aid, career, & self-esteem. Can serve married folks unless displaced homemaker. M-F 8-5.

Computers for Kids: 345-0346

8540 W. Elisa (off Victory between Cole & Maple Grove). Low cost refurbished computers for students' home.

Education & Training Voucher Program:

377-1771 Julie Stevens

6441 Emerald (Casey Family Program). Program offers financial aid to current or former foster youth or youth who were adopted age 16 or older or aged out of foster care at age 18. Possible help with post secondary education, training, books, tuition, room & board, childcare & transportation, tools, uniforms, computers. Must have diploma or GED & meet eligibility.

EI-Ada Outreach: 377-0700 X28

701 E. 44th #2, Garden City. GED help with fees for under 18 & \$40 for Jr. & Sr. high school fees or supplies as available. July-Sept. Undocumented citizens will be served.

M-F 9-4.

Family Advocate Program: 345-3344 X10005.

3010 W. State, #104. Families First Home visits to help with free parent education & support, resource information, budgeting, household organizing, groups, & parent ed classes. Serves families & children ages 0-12. M-F 8:30-5.

More information at <http://familyadvocate.org/>

Head Start: 344-9187

4709 Camas. Accepts children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & family living skills are areas addressed via groups & home visits. Transportation provided for some classes. Provide food for break & lunch, in afternoon provide lunch & snack. Classes 8-12, 12-4 T-F

Early Head Start: 344-9187

Expectant parents & families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).

Idaho Department of Labor WIA Youth & Adult Program:

219 W. Main, Boise 332-3575

205 E. Watertower Ln., Meridian 364-7785

6107 Graye Ln., Canyon County 364-7782

Ages 16-21. Adults 18+ must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma. M-F 8-5.

www.labor.idaho.gov.

Idaho Family Assistance Center (Gowen Field): 272-4355

Tom Obstarczyk. Offers all branches of military families services & referrals.

Idaho National Guard Youth Program (Gowen Field): 272-4387.

Tanya Chin. Learn about issues that face youth who live in any militarybranch family.

Job Corps: 375-9414

5257 Fairview, #180. Ages 16-24. Full time program usually residential. Closest center in Nampa, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income.

Orientation at Commerce & Labor orientation in Canyon County, 2nd & 4th Tues of month 3pm. Call M-F 8-5.

Learning Lab: 344-0057

Boise Library. 715 S. Capitol Blvd., #403. Upstairs. Same services as GC except adults only.

308 E. 36th, Garden City Library 344-1335.

“Free” computer assisted learning center for adults & families with children 0-6. Cost based on income & family size but scholarships are available.

English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 months to 6 years) & Parents as Partners, family literacy classes.

<http://www.learninglabinc.org>

Life Inc.: 888-0076

8620 W. Emerald, #130. Community-based, developmental therapy for children age 3–17 years & adults. Residential habilitation services & support, 24–hour supported living model.

www.lifeincidaho.com

Living Independence Network Corporation (LINC): 336-3335

1878 W. Overland. Advocates for people with disabilities to receive services.

Mountain Cove (Boise Public Schools):

854-5650

911 Mountain Cove Rd. Students ages 16-20, parental permission for under age 18. Free tutoring, grade 11-12 alternative school. M-F 8-4.

Parent Challenge: 373-5478

Call for schedule & sign-up. Parenting skills program to help parents deal with negative adolescent behaviors. Runs for 10 weeks/class. \$20 fee but partial scholarships are available.

United Way's Success by Six:

336-1070 X 106

1276 River. Resources & referrals for child care providers. M-F 8-5.

YMCA Downtown:

1050 W. State. 344-5501

West Boise 5959 N. Discovery Pl. 377-9622

Individuals & families may apply for financial assistance for membership.

Emergency Fire, Flood & Natural Disaster

Center for Disease Control and Prevention (CDC):

www.bt.cdc.gov. This site is intended to increase the nation's ability to prepare for and respond to public health emergencies and helps families prepare an emergency supply kit, as well as preparedness for Agents, Disease, and Other Threats.

EAS Warnings or Alerts:

Currently in effect for the Boise area including Small Stream Flood Advisories and Urban & Stream Flood Advisories.

www.akweb.com/cgi-bin/akweb.cgi?forecast=warnings&pands=Boise%2CID

Idaho Bureau of Disaster Services:

334-3460

4040 Guard Street, Bldg 600.

www2.state.id.us/bds/

Prepare.org:

Website brought to you by the American Red Cross and other community based organizations to help you and your family prepare for natural and human-caused disasters.

Employment & Casual Labor

Arbor Education and Training: 375-2447

8414 W. Fairview (near Health & Welfare)

Required if unemployed, getting Food Stamps or TAFI if kids over age 6, case manager, gas vouchers & bus passes, help to be more employable, resume & cover letter aid, faxes, phones, copies & computertime & \$ management class, must be referred by DHW.

Spanish speaker.

Idaho Department of Labor Job Hotline:

332-8940

219 W. Main, Boise. 332-3575 M-F 8-5

205 E. Watertower Ln., Meridian. 364-7785

6107 Graye Ln. Canyon County. 364-7782

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

www.labor.idaho.gov

WIA Youth & Adult Program Youth:

219 W. Main, Boise. 332-3575

205 E. Watertower Ln., Meridian. 364-7785

6107 Graye Ln., Canyon County. 364-7782

Ages 16-21. Adults 18+ must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma. M-F 8-5.

www.labor.idaho.gov

EI-Ada Outreach: 345-2820

355 N. Orchard, #107. Casual day labor M-F 8am. Arrive early. Must be there in person to pick number, placed on list based on #, will be called as jobs appear. Call 367-0094 between 8am & 10:30am for program. Usually 4 hour's minimum of work at minimum \$8/hour. Casual labor placements. Minimum age 18. Help with job hunt, applications, resume writing, getting ID for work, basic job skill development. Can purchase work clothes or tools for folks who use our casual labor program. Provide workers with a sack lunch when they go to work. Undocumented citizens will be served.

Freedom Resource Network: 371-4168
Delmer

7540 Northview (3 domes at Northview Family Worship Center) Helps find jobs. T-Th 1:30-4.

Goodwill Staffing: 378-9924

1465 S. Vinnell Way (by Goodwill Thrift Store) Temporary work available. Must complete application & provide 2 work references & 2 ID such as driver's license, state photo ID, SSN card, passport, or certified copy/original birth certificate. Paid weekly usually \$5 or more/hour. M-F 8-5.

Job Corps: 375-9414

5257 Fairview, #180. Ages 16-24. Full time program usually residential. Closest center in Nampa, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation at Commerce & Labor & in Canyon County on 2nd & 4th Tues of month at 3pm. Spanish speaker. M-F 8-5.

Labor Finders: 345-1703

4227 W. Emerald. Temporary, day labor, temp to hire, 2 forms of ID, arrive early for day labor. Higher skilled positions (i.e. receptionist, customer service) tests are given. No classes or other skill assessments.

www.laborfinders.com.

Labor Ready Temporary Service: 331-3606

1088 N. Orchard. Temporary work available. Application, safety test 1st day prior to work, & may start that day. Paid at day's end at office, usually \$6-7/hr, arrive early as they match person to job. Need to have 2 ID such as state photo ID, SSN card, certified birth certificate, or passport. Spanish speaker. M-F 5:30 am -6 pm, Sat 6-10 am & 5-6 pm.

Pro People Staffing Services: 345-5747

10148 W. Emerald, #100. Temporary employment. Applications taken M-F 8-2, need 1-2 hours to complete application.

Dress nicely for interview process, free training & skills testing. Temp to hire. M-F 7:30-6.

SOS Staffing:

8708 Fairview. 327-1000

2585 Caldwell Blvd., #103, Nampa. 468-7899

Clerical, skilled trades, production & technical work, & labor work available.

Temp to hire based on work & pay averages \$8-10/hour. M-F 8-5.

Vocational Rehabilitation: 327-7411

10200 W. Emerald, #101.

Have medically proven disability, application, financial assessment, individual counseling & find & maintain employment.

Volt Services Group: 375-9911

8854 W. Emerald, #290. Temporary work, temp to hire, short and 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.

Must speak basic English.

Financial & Utility Assistance

Ada County Welfare: 287-7960

200 W. Front, #3131. In Ada County Courthouse (parking available west side of courthouse, or parking garage @ \$1.50/hr).

Fill out application, call for appt, need current written prescriptions, may take 2+ days to fill.

Assistance w/ long-term medical bills & one-time rental assistance. Need to go to office & fill out application. After application is completed, he/she will need to make appt with a service worker.

Utility assistance covers rent, power, gas, & water only. Use as last resort resource. M-F 8-12, 1-4.

Debt Reduction Services: 378-0200

6213 N. Cloverdale, #100. Free credit & debt counseling including household budget review & credit report analysis.

Walk-ins OK or call for appointment. Spanish speakers.

Dept of Health & Welfare Self Reliance: 334-6700

1720 Westgate (off Fairview behind Pojos).

Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant & telephone help. Person must apply at office & set up an interview. Come early to apply & walk-in appointments available. M-F 8-5.

El-Ada-Garden City: 377-0700

701 E. 44th, #1, Garden City.

\$40 for prescription assistance. Telephone assistance. Heat bill assistance (wood & propane OK) & home weatherization. Available at 322-1242.

Open Nov 1st to April 31st. for eligible homes made through Energy Assistance for once in a lifetime use. Need appointment.

Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord's name. Bring SSN card. Undocumented families may apply if 1 member is legal. Eligibility is based on income.

M-F 8-4:30.

Idaho CareLine 211 or 1-800-926-2588

Referrals for information on the Earned Income Tax Credit and free tax preparation sites. Referrals for health issues/meds in Idaho via Medicaid.

Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/.

Idaho Power "Moratorium": 388-2323 or 1-800-488-6151

Moratorium on paying electric bills from Dec 11st to March 1st. Must call ID Power, tell them you have children, & continue to pay bill. Your power will be turned off after March 1st if nothing has been paid on the bill.

Intermountain Gas "Moratorium": 377-6840

Moratorium on paying gas bills from Dec 1st to March 1st.

Must call Intermountain Gas, tell them you have children & continue to pay your bill. Your gas will be turned off after March 1st if nothing has been paid on the bill.

Salvation Army: 343-5429

4308 W. State.

Rent assistance. Call at 9am on 1st day of the month for phone interview as monthly monies are gone by end of morning.

During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. May only use once in a lifetime.

Project Share - Help with Idaho Power & Intermountain Gas bills. Call at 9am on first day of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID.

Program available from October 1 to April 30.

St Vincent de Paul Help Line: 331-2208

Zip code determines closest church where you will be referred. Must leave phone # for call back.

First Time Home Buyer Information

Boise/Ada County Assisted Home Ownership Program:

www.downpaymentsolutions.com/states/idaho.shtml.

First Time Home Buyer Education Program:

Free first time home buyer education program was designed to give you the confidence and knowledge to attain your home buying goals with minimal problems while saving you money. In most cases you will be able to receive 1 on 1 session with one of our home buying education specialists. This program was designed to promote homeownership in our local Boise market and is offered at no cost or obligation.

Please visit www.homesbylender.com/boise/buyerprogram.php for more information.

Mountain West Bank:

Provides credit repair and home buyer classes on site. Contact your Site Manager for schedules.

Food Pantries

Agape in Action: 685-0612

1001 S. Orchard. Free groceries last Saturday of each month from 1-4. In emergencies can call 685-0612 for help.

Calvary Chapel of Boise: 321-7440

123 Auto Dr. (Boise Auto Mall). Faith Limited supplies. Non-perishable & some perishable foods. Church family will be given first priority. 1 visit/month/home. Sat 10-2.

Community Ministries Center: 378-7774

3000 Esquire (S of Ustick). Cans, produce & meats, baby formula, & possible diapers, & social services. Use every 30 days. Bring proof of address & ID (photo ID or birth certificate) for family members needing food. M-F Noon-3:30.

Eagle Food Bank: 631-0702

149 West State St., Eagle (Landing Community & Arts Center). 1st & 3rd 10am-1pm.

El-Ada Outreach: 345-2820

355 N. Orchard, #107. Use every 60 days. \$ max in family. USDA commodities 1st Wed of month 10-2. Undocumented citizens will be served. USDA commodities 1st wed of each month. M-F 9-4.

El-Ada- Garden City Food Pantry:

377-0700 (Claudia)

701 E. 44th, #2, Garden City. Use every 60 days. USDA commodities. 1st Wed of month. Boxes for larger families. Undocumented citizens will be served. M-F 8:30-3:30.

First Baptist Church Food Bank: 344-7809

1318 W. Washington. Bread, cans, cheese, butter, milk, some meat. 1st visit SSN card not required but 2nd visit last four digits of SSN # required. Visit every 30 days. Sat 10-Noon.

First Bible Missionary Church: 376-2439

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

<p>Freedom Resource Network: 371-4168 Delmer</p> <p>7540 Northview (3 domes at Northview Family Worship Center). Free food, clothing, & some furniture available. Bring any photo ID, may use every 30 days. Undocumented OK. T-Th 1:30-4.</p>
<p>Foundations Community Bible Church: 888-6455</p> <p>9081 W. Mediterranean Drive. Wed 7 & Sun 12:30 pm.</p>
<p>Grace Chapel Food Pantry: 375-5515</p> <p>8650 W. Fairview. Call first. Bring photo ID. Th 2:30-3:30. www.gracechapelboise.org.</p>
<p>Holy Apostles SVdeP: 938-1711</p> <p>6300 N. Meridian. Cans & bread. Bring ID. Use every 60 days. M, W, F 1-4, Th 5:30-7.</p>
<p>Idaho CareLine 211 or 1-800-926-2588</p> <p>Referrals for health issues/meds in ID Medicaid. Ask @ www.RxIdaho.org for prescription drug. Free summer lunch referral.</p> <p>www.idahocareline.org/</p>
<p>Idaho Community Action Network (ICAN): 385-9146</p> <p>3450 Hill Rd. Must qualify & volunteer 5 hours/month (except homebound), go to monthly meeting, \$15-30 annual. Buy food & donated food programs. No emergency assistance. Call 1st week of month.</p>

<p>Meridian Food Bank: 888-1209</p> <p>58 E. Idaho, Meridian (Next to Sunrise Café). Cans & dry goods. Bring ID & proof of address. May visit twice/month. M, W, F 12-4 & W & Th 6:30-8 pm.</p>
<p>Operation Love Center: 375-3226</p> <p>1820 N. Dawn Lane. Call first. Bring ID. Provide proof of address, live in Ada County, & provide food boxes for 1 week. M-Th 9:30-11:30am.</p>
<p>Redeemer Lutheran Church: 344-6758</p> <p>2920 Cassia. Wash Wipe & Wrap. Free diapers, laundry soap & toilet paper. On 3rd Saturday of month 1-3pm.</p>
<p>Sacred Heart Church: 344-8311</p> <p>811 S. Latah. Use every 30 days. When available cans, eggs, & perishables. Fresh produce, meat, dairy, eggs, canned goods, bakery. Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 + 83706 area. M, W, F 9:30-11:30am.</p>
<p>St John's Catholic Church: 342-3511</p> <p>815 Hays. Cans, staples, food boxes. M-Th 1-3pm.</p>
<p>St Mark's Food Bank: 327-0345</p> <p>7960 Northview. Must live in Boise. Cans, milk, eggs, bakery & meat for families. Use every 45 days. Bring ID. M-F 10-2.</p>

<p>St Mary’s Food Bank: 344-2597</p> <p>2945 Chinden, #A (by W 30) Garden City. Use every 30 days. Food boxes, frozen foods, dairy & eggs. M, W, F 1-3.</p>
<p>Salvation Army: 343-5429</p> <p>4308 W. State. Use very 30 days non-perishable food boxes. Bring proof of address (envelope/bill) photo ID for every family member & live in Ada County. M-F 1-4.</p>
<p>The Idaho Foodbank: 336-9643</p> <p>Refers to food pantries. www.idahofoodbank.org</p>
<p>Vineyard Christian Fellowship: 377-1477</p> <p>4950 N. Bradley. Bakery, cans, meat. Use every 30 days. Bring photo ID. Undocumented citizens welcome. W & Sat 10-12.</p>
<p>Whitney United Methodist Church Food Bank: 343-2892</p> <p>3315 Overland (Owyhee). Non-perishable food box. Feed family of 4 for 3 days, visit every 30 days. Bring photo ID. M-F 9:30-12 Community dinner on 3rd Fri 6-7. Saturday sack lunch (Zip code 83705 only) 11-12:30.</p>
<p>WIC (Women, Infants & Children): 327-7488</p> <p>707 N. Armstrong. Central District Health Income guidelines. Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. No breastfed infants get supplemental formula, infant cereal & juice.</p>

Free Meals

<p>City Light for Women & Children: 368-9901</p> <p>Boise Rescue Mission. Breakfast 6:30am Monday-Friday, 9am Sun. Brunch 10:30am Saturday. Lunch 12pm Monday-Friday. Dinner 5pm daily.</p>
<p>River of Life Boise Rescue Mission: 389-9840</p> <p>575 S. 13th (by River St). Breakfast: 6:30 am daily. Lunch: 12 pm Tues.-Sat., 11am Monday, and 1 pm Sunday. Dinner: 6 pm daily.</p>
<p>St. Michael’s Cathedral Church: 342-5601</p> <p>518 N. 8th. Limited sack lunches available. M-F 9-3. Summers M-Th 9-1.</p>
<p>Vineyard Christian Church: 377-1477</p> <p>Feeding God’s Children serves food from 2 to 4pm. Sundays at Julia Davis Park.</p>

Community Suppers & Friendship Feasts:

First United Methodist Church:
717 N. 11th (Enter on Franklin Street). Every Sunday 5 pm. 3rd Thursday of month 6 pm.

First Presbyterian Church:
950 W. State. 1st Thursday of month 6 pm.
Last Thursday of month 6 pm. Friendship Feast Sponsored by Ahavath Beth Israel Synagogue.

Saints Episcopal Church:
704 S. Latah. 1st Friday of month 6 pm.

St. Paul's Baptist Church:
1316 Bannock (but starting on Dec 1st will return to St. John's Cathedral on 775 N 8th). 2nd Thursday of month 6 pm.

Sacred Heart Church:
811 S. Latah. 2nd Friday of month 6 pm.

Whitney United Methodist Church:
3315 Overland by Owyhee. 3rd Friday of month 6-7 pm.

Wright Community Church:
4821 W. Franklin. 4th Thursday of month 6 pm.

Hotlines for Crisis Assistance, Suicide, Domestic Violence, & Sexual Abuse

American Red Cross: 947-4357

404 South 8th, #232. Offers family disaster & emergency assistance. M-T 9-4 & Friday 9-12.

Domestic violence victims & victims of rape or sexual assault .

459-4779 (24 hour crisis line).

Health & Welfare Mobile Crisis Unit Suicide Prevention: 334-0808

1-800-600-6474

24 hour crisis line for children.

Hotlines for Information on Substance Abuse:

- Al-Anon 344-1661
- Alcoholics Anonymous (AA) 344-6611
- Call St. Luke's 381-1200
- Drug & Alcohol Treatment Hotline (Nampa) 463-0118
- Narcotics Anonymous (NA) 338-4880
- RADAR (Alcohol & Other Drug Resources) 426-3471 or 1-800-937-2327
- Alcohol Drug Helpline 1-800-821-4357
- Al-Ateen 1-888-425-2666
- Drug Information Help/National Clearinghouse for Alcohol & Drug Information 1-800-729-6686

<p>Idaho Youth Hotline: 1-877-805-2308 (24 hour hotline).</p>
<p>National Run Away & Child Abuse Hotlines: 1-800-621-4000 (24 hour hotline).</p>
<p>National Teen Dating Abuse Hotlines: 1-866-331-9474 or 1-866-331-8453 (TTY).</p>
<p>National Suicide Prevention Lifeline Hotline: 1-800-273-8255 or 1- 800-273-TALK (24 hour hotline)</p>
<p>Rape Crisis Hotline: 345-7273 (24 hour hotline).</p>
<p>Safe Place Ministries: 1-888-776-4443 (24 hour hotline).</p>
<p>Suicide Prevention Hotline: 1-800-564-2120 http://www.suicidepreventionlifeline.org/ (24 hour hotline)</p>
<p>Women & Children’s Crisis Center (WCA): 343-3688 X19 Domestic Violence Hotline: 343-7025 (24 hour hotline).</p>

Housing & Homecare Assistance

<p>Boise City/Ada County Housing: 345-4907 1276 River, #300. Process applications for subsidized housing (Section 8) for families, disabled, & elderly. Typically a 2-4 year waiting list. Public Housing (project based housing) for the elderly & disabled is typically a 9-12 month waiting list. Assisted homeownership program also available. Current units available from various landlords in the community. http://www.bcacha.org/Rental_Assistance/Section_8/Available_Units/available_units.html</p>
<p>Jesse Tree of Idaho: 383-9486 1025 S. Capital Blvd. Emergency rent assistance. Call for screening for emergency rental assistance. Must have paid rent for 3 consecutive months on time, must have eviction notice, must participate in case management, have proof of income & be an Ada County resident. T W & Th 11:00am-2:00pm.</p>
<p>Neighborhood Housing Services: 343-4065 1401 Shoreline Drive. Affordable rentals but must show ability to pay rent & pass rental application check. Affordable homes for home ownership & low interest mortgage loans for families earning at or below 80% of area median income. Help with mortgages. www.nhsid.org</p>
<p>Salvation Army: 343-5429 4308 W. State. Emergency rent assistance for last \$100 towards rent. Phone interview. Bring proof of address & income, & photo ID. Must live in Ada County. M-Th 9-12, 1-4, F 9-12.</p>

Sounding Board: 336-4448

820 S. Pacific. Mediation provided by BSU interns in the area of landlord disputes & neighborhood disputes at \$15/hour.

Idaho Housing & Finance: 331-4877

565 W. Myrtle. Assists new homeowners with low-rate loans, income based, potential help with down payments & closing costs. List of affordable housing (which offers fixed below market rents), & subsidized housing (where sliding scale rents are tied to tenant income) in Ada County. List of available units can be found at www.housingidaho.com. M-F 8:30-5:30.

New website that lists apts for rent in Spanish. <http://viviendaidaho.com/index.html>. ESP.

Agency for New Americans: 338-0033

1614 W. Jefferson. Settlement agency providing housing, cash, English classes, & employment for refugees/asylees until attaining citizenship. Children are enrolled in local schools. Families are assigned to the program by the State Department.

Refugee/asylees uninvolved in program may call for services but no guarantee of help.

M-F 8:30-5.

Catholic Charities of Idaho: 345-6031

4202 W. Emerald. Sliding fees \$5–50/hour. Spanish speaking. Immigration service (counseling & legal advice) at Hispanic Cultural Center Nampa (461-2749 Melvin Barrientos).

Center for Community & Justice Neighbor’s Project (Proyecto Vecinos): 378-1368

4696 Overland, #212. Low cost help for immigrants with family immigration issues. Not for deportation hearings. Call for appointment. Spanish speakers.

M-F 9-5.

Comprehensive Advocacy Inc. (Co-Ad): 336-5353

4477 Emerald, #B100. Free. Promote, protect & advocate for those with disabilities. Handle rights violations, Social Security issues, & some legal assistance.

Call for an intake appointment & an advocate will call you back. Spanish speakers & interpreters.

Legal Assistance, Immigrant & Refugee Agencies

Ada County Court Assistance/Self-Help Center: 287-6963 & 287-6944

200 W. Front, 4th floor. In Ada County Courthouse (parking available W side of courthouse, or parking garage @ \$1/hr). Provides forms & instruction for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, probate & small claims court. Child support issues advised to go to Family Court Services for guidance, as it is complex. Applications for Domestic Violence Protection Orders are available from Clerk of Court. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues. Notary-\$2 fee. M-F 8-5 www.courtselfhelp.idaho.gov/.

Idaho Legal Aid: 345-0106 X 0

310 N. 5th. Help with family law, including divorce & custody with domestic violence, & landlord - tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2980 & statewide toll free Senior Legal Hotline at 1-866-345-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line 1-866-345-0106. Fair Housing Line. M-F 8:30-5.

Idaho Senior Legal Hotline:

345-0106 or 1-866-345-0106

1-866-954-2591 for Spanish speakers.

State-wide program by telephone for seniors 60 years of age or older to obtain free legal assistance with civil legal problems (such as problems with Social Security, SSI or other government benefit programs) & need information, advice or representation. M-F 9-3.

www.idaholegalaid.org

Idaho Volunteer Lawyers: 334-4510 or 1-800-221-3295

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 corporations. Priority is with domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement. M-F 8-5.

International Rescue Committee: 344-1792

106 N. 6th, #220. Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.

Living Independence Network Corporation (LINC): 336-3335

1878 W. Overland. Advocates for people with disabilities to receive services.

Mexican Consulate: 1-801 521-8502 or 1-801-521-0534 (fax)

230 West 400 South, 2nd Floor, Salt Lake City, UT 84047. Undocumented citizens, will be in Boise occasionally, taking photos & will give official photo IDs. Very long wait same day for passport. Call for appointment which will take 2-3 months. M-F 8-1.

Safe Place Ministries: 1-888-776-4443 (24 hour Hotline)

Assess first. Must be domestic violence & will assist in getting protection order, faith based social services. Wait list. M-F 9-4.

Medical Assistance

Ada County Welfare: 287-7960

200 W. Front, #313 (Park @ parking garage or W side of courthouse).

Complete app and call for appt, need prescriptions. Use as last resort & only once, for rent, utility, medical or med help. Cremation via Idaho cremation services. M-F 8-12, 1-4.

Central District Health: 375-5211

707 N. Armstrong Pl (Emerald). Same day appointments available.

Teen Clinic walk-in Th 2:30-5:30.

Family Planning (327-7400) M-F appt only.

Pregnancy tests M + W 9-11 & 1-4, T 9-11, F 1-4 appt only.

STI clinic M 5-7:30 W & F 1-3:30. Same day appts available.

WIC (327-7488) appt only.

Immunizations (327-7450) appt & walk-in, W 11-7 for walk-ins. Must visit 1 hr closing.

HIV testing only F 9-11, appt only.

Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. Infants may receive formula, cereal and /or juice. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours.

Community Ministries: 378-7774

Referrals T 1-3:30 & F 12-3.

El-Ada Outreach: 345-2820 X14 Fran

355 N. Orchard #107. HIV prevention education groups for men & women, HIV testing & counseling, all services free by appointment.

HIV testing M-F 11:30-4.

Family Practice Medical Center: 367-6030

777 N. Raymond. Basic medical care for adults, call for appt, ask for Health Access Program, \$10 co-pay, income guidelines, Medicaid. Women's Health Check (367-6638) for age 50-65 women. Cervical & breast screen. Will accept younger than age 50 women if exhibit symptoms of breast or cervical cancer or haven't had a pap smear in 5 yrs. Spanish speaker. Bring SSN. Undocumented citizens OK. Call (M & W 9-1, T & Th 9-6.) for appt. HIV Services Clinic-Boise 367-6079 M-F 9-5. Free confidential, HIV test, clinical trials, referrals to specialists, nutritional, dental, individual & family counseling, Spanish. Bring proof of HIV & income. East door. M-F 8-12, 1:15-5.

Friendship Clinic @ All Saints Church:

429-6678

709 S. Latah (Cassia). Drop in medical care. Free Proof of income/residence. Undocumented citizens OK. M 6-8.

Garden City Community Clinic: 384-5200

215 W. 35th. Genesis World Mission. Free. New & returning patients seen T & Th 4-7, call promptly at 10am on T or Th for SAME DAY appt. 9-1pm on W for established patients ONLY! Patients can't have insurance, receive Medicaid, Medicare, or VA Benefits. New patients bring proof of income & current photo ID. Undocumented citizens welcome. Services include treatment of non-emergent illnesses, selected chronic care, limited meds, limited referrals (to specialists, for labs & x-rays), & counseling. Services DO NOT include casting or removal, weight-loss or controlled drugs, drug testing, STD testing, hospital care, surgeries, prenatal care, or 2nd opinions. NOT A PHARMACY, CAN'T FILL OUTSIDE PRESCRIPTIONS.

<p>Heartland Pharmacy: 323-6777</p> <p>3320 N. Milwaukee (Ustick). Medicaid, Medicare, insurance. Free delivery Was Flotos Reasonably priced meds. M-F 8-6, Sat 9-12.</p>
<p>Humphreys Diabetes Center: 331-1155</p> <p>1226 W. River. Diabetes medicine help. Pick up financial aid forms. Bring proof of income & expenses, copies of 2007 US tax return, last bank statement & W2.</p>
<p>Idaho CareLine 211 or 1-800-926-2588</p> <p>Referrals for health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/</p>
<p>K-mart Pharmacy: 377-5153</p> <p>10477 Fairview. Certain generic medicines. \$15 for 90 day supply, bring prescription in.</p>
<p>Knights of Columbus Council #12854:</p> <p>Dick DeLeonard 362-3710</p> <p>Dale Anderson 888-3782</p> <p>John Jettinger 376-0918</p> <p>Robert Gettig 377-0874</p> <p>Free wheelchairs, walkers, crutches, canes, medical beds, commodes, shower benches, & other medical equipment.</p>
<p>Living Independence Network Corporation: 336-3335</p> <p>1878 W. Overland. Loans & gives away equipment such as wheelchairs, walkers, etc.</p>
<p>Mountain States Medical Clinic: 378-2840</p> <p>4809 Fairview. \$35 physical.</p>

Nutritional Guidelines & Information

<p>North End Children’s Health Clinic: 395-0000</p> <p>1655 W. Fairview, #206. Anne Church. Medicaid Insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).</p>
<p>Omega Health: 853-0071</p> <p>5985 W. State. Medicaid For teens (age 12+) & adults, MD. Medicare & insurance. M, T, Th 9-8, W 9-5, F 9-3.</p>
<p>Planned Parenthood: 376-9300</p> <p>3668 N. Harbor (off State St). Medicaid, sliding fee & insurance. Birth control, STDs, pregnancy tests, emergency contraception (EC), no walk-ins (for EC, pregnancy tests & urinary tract infections) 1 or 2 hrs prior to close. Abortion services.</p> <p>M 9-7, T 9-7, W 11-6, Th 10-6, F 9-5, Sat 10-4.</p>
<p>Primary Health Walk-in Clinics:</p> <p>Medicaid. Undocumented people welcome.</p> <p>1209 Broadway. 345-1222 M-Sun 8-8</p> <p>435 S. Eagle. 939-8200 M-F 8-6, Sat 9-5</p> <p>1130 E. Fairview. 888-9393 M-Sat 8-8, Sun 8-6</p> <p>8971 W. Overland. 378-4288 M-F 8-8, Sat 8-6</p> <p>701 E. Park Center. 344-4391 M-F 8-6, Sat 9-4</p> <p>801 N. Stilson (Vet Park) 344-7799 (Spanish) M-F 8-8, Sat 9-4.</p> <p>10787 W. Ustick. 378-8011 M-Sat 8-8, Su 8-6.</p>

<p>Saint Alphonsus Express Care: 367-7264</p> <p>Rite Aid 1515 W. State.</p> <p>Albertsons 4700 N. Eagle Road (McMillan).</p> <p>Rite Aid 660 E. Boise Ave.</p> <p>Albertsons 6560 S. Federal Way.</p> <p>Nurse practitioner assesses & treats basic medical conditions or school physicals for flat fee of \$45. Ages 2-64. Insurance no Medicaid/Medicare. M-F 9-8, Sat & Sun 10-6.</p>
<p>Shriner Hospital: 343-0571</p> <p>Referrals. Free for children. Treats burns, skeletal problems, CP, & neuromuscular diseases.</p>
<p>St Luke’s Internal Medicine: 381-6400</p> <p>701 E. Park Center. Medicaid. Adults only 18+, primary care, heart & diabetes treatment, no sliding fee but may slide fees. M-F 8-5.</p>
<p>St Mark’s Crisis Center: 327-0345</p> <p>7960 Northview. Emergency only. Need pre-prescription \$50 max, use once/45 days. Photo ID. No pain meds. M-F 10-2.</p>
<p>St Vincent de Paul Free Med Program: 344-9737</p> <p>3217 W. Overland. Maintenance meds. Call for info & appt first. No app fee. Meds usually take 4-6 weeks to arrive after app sent to drug company. M-Th 10-4.</p>
<p>St Vincent de Paul Help Line: 331-2208</p> <p>Zip code determines nearest church where you will be referred. Must leave phone # for call back.</p>

<p>Sonshine Family Health: 375-8806</p> <p>2308 N. Cole, #H. Medicaid, self-pay, no insurance Payment due at visit, simple visits start at \$55. Nurse practioner. Undocumented citizens need ID. M T Th 8-5, W 8-7, F 8-1.</p>
<p>State St. Immediate Care: 853-3100</p> <p>4902 W. State. Medicaid. Walk-in clinic. No Medicaid from patient, must be referred from doctor if have Medicaid, \$50 self-pay for simple visits.</p>
<p>Su Familia” National Hispanic Family Health Helpline: 1-866-783-2645 or 866-SU-FAMILIA</p> <p>Call M-F 7-4. Hispanics get info to prevent & manage chronic conditions. Bilingual specialists refer to local MDs, receive bilingual fact sheets (asthma, cancer screening, heart disease).</p>
<p>Terry Reilly Health Clinic: 467-5282</p> <p>223 16 Ave N (Nampa). Medicaid & insurance, sliding fee, will take same day appointments, pharmacy, all medical services provided, Spanish speaking, Teen Clinic, counseling, bring proof of income & SS cards. Undocumented citizens without proof of income can receive free non-emergency treatment.</p>
<p>Terry Reilly Boise Clinic: 344-3512</p> <p>848 La Cassia (off Latah). Medicaid Sliding fee & insurance. No walk-ins, appointment only, bring proof of income & SS cards. Only treat shelter & homeless residents. Spanish. Undocumented citizens without proof of income can receive free non-emergency treatment. M-F 8-4:30.</p>

Together RX Access Card:

1-800-444-4106

Provides 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. Medicaid.

www.togetherrxaccess.com

Vineyard Christian Church: 377-1477

4950 N. Bradley.

Walk-in, medical & gynecology. Free if no insurance.

W & Sat 9:30-11:30.

Wal-Mart Pharmacy:

8300 W. Overland, Boise. 321-9080

7319 W. State, Boise. 853-4780

4051 E. Fairview, Meridian. 373-0024

5108 E. Cleveland, Caldwell. 455-2151

5875 E. Franklin, Nampa. 461-8718

2100 12th Avenue, Nampa. 467-5159

Generic medicines, \$4 for 30 days.

No Medicaid. Bring prescription

Substance Abuse Treatment

Access to Recovery Hotline:

1-800-922-3406 X2

State Funding for Drug & Alcohol Treatment. Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for out patient treatment, inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage & life skills education classes, & emergency housing. M-F 8-8.

<http://www.substanceabuse.idaho.gov>

Ada County Juvenile Court Substance Abuse Program: 287-5600

7180 Barrister Dr. All programs are court ordered, ages 13-18. 1 Drug Court, 13 month commitment, outpatient 2 Residential for locked down adolescents, 6 wks.

AA-Alcoholics Anonymous: 344-6611

Call for information.

Ascent Behavioral Health Service:

898-9755

366 SW 5th Ave, #100, Meridian. Medicaid. Adolescent & adult services. Assessment, intensive outpatient & relapse prevention services. Programming available for chemical dependency, dual diagnosis & prescription drug abuse. Psychiatrists, nurse practitioner, therapists providing direct care. Insurance & approved for state funded substance abuse treatment.

<p>Bell Counseling: 376-2577</p> <p>1076 N. Cole. Adolescent & adult outpatient, groups, individuals, relationships, & anger management, treat dual diagnosis. State funded treatment with sliding fee for substance abuse. Insurance.</p>
<p>Business Psychology Associates: 947-4393 or 1-800-922-3406</p> <p>Provider of state funding for drug/alcohol treatment. Based on eligibility. M-F 8-8.</p>
<p>Calvary Chapel Outreach - Pure Word Ministries: 322-3073</p> <p>226 S. Cole. 12 Step Program (Christian).</p>
<p>Chrysalis Home: 424-1323</p> <p>Transitional living for women, no treatment.</p> <p>25 beds. Must be clean & sober, not shelter, 12 -18 month stay, structure, accountability, life skill classes, must be in school or work, attend church or temple weekly, \$350/month fee, waiting list. www.chrysaliswomenidaho.org</p>
<p>City Light for Women & Children: 368-9901</p> <p>1404 W. Jefferson. 30 day Emergency Shelter. No over the age 12 boys & girls. Under 18 must be accompanied by mom, 4pm check-in, closed from 8-4 daily, case management services required. Breakfast 6:30 am. M-F 9 am.</p> <p>Sun Brunch 10:30 am. Sat Lunch M-F 12. Dinner 5 daily. Substance abuse treatment – New Life Recovery Program - 1+ year intensive program. Residential shelter. Free. One on one counseling, women & children only. Provides meals daily, no over age 8 children.</p>

<p>Community Services Counseling: 336-6792</p> <p>963 S. Orchard, #B. Substance abuse outpatient & intensive outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, relationship counseling, anger management, women's trauma recovery, & parenting classes. Adults 18+, self-pay, approved for state funded substance abuse treatment, & voc rehab funding. M-F 10:30-9.</p>
<p>Community Support Center: 429-0330</p> <p>716 N. Orchard. Medicaid. Adult day treatment for mentally challenged adults age 18+. Art & play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. M-F 8-4.</p>
<p>Crossroads: 368-0372</p> <p>1010 N. Orchard, #2. Outpatient treatment for adolescents & adults, min age 13, various groups depending on intensity of need, initial assessment is \$45, court evaluations are \$75, EAP & state funding. Groups in afternoons, nights & Saturday. Spanish speakers. M-F 9-5.</p>
<p>EI-Ada Outreach: 345-2820</p> <p>355 N. Orchard, #107. Recovery support services & case management. Undocumented citizens OK.</p>
<p>Harmony House: 288-1079</p> <p>Call first. Medicaid & state funded.</p> <p>Residential treatment for teens ages 13-17. 90-day program, family groups.</p> <p>Few beds, possible waiting list. Needs assessment first.</p>

<p>Idaho CareLine 211 or 1-800-926-2588</p> <p>Referrals for health issues & meds via Medicaid.</p> <p>www.RxIdaho.org for prescription help.</p> <p>www.idahocareline.org/</p>
<p>Intermountain Hospital: 377- 8400</p> <p>303 Allumbaugh. Free Assessments. In-patient treatment for mental health & substance abuse for adults.</p>
<p>New Hope Community Health: 672-9200</p> <p>9460 W. Fairview (past Maple Grove). Faith based recovery. Safe & sober housing, case management, assessments, & court ordered classes. No Medicaid, accepts Access to Recovery money. State funded treatment. M-F 8:30-5.</p>
<p>New Vision at Holy Rosary Hospital in Ontario Oregon: 1-800-939-2273</p> <p>Medical detoxification & stabilization.</p>
<p>Omega Mental Health: 853-0071</p> <p>5985 W. State. Medicaid, Medicare, & insurance. For teens (12+) & adults. Substance abuse & suboxone (opiate dependency) treatment via medicines. MD. M, T, Th 9-8, W 9-5, F 9-3.</p>
<p>Port of Hope-Nampa: 463-0118</p> <p>508 E. Florida. Assessments, detox, outpatient & inpatient treatment, sliding fee for adults age 18+.</p>

<p>River of Life: 389-9840</p> <p>575 S. 13th. Free residential recovery for men.</p> <p>The Lighthouse: 461-5030</p> <p>472 Caldwell Blvd, Nampa.</p>
<p>Road to Recovery (Boise Methamphetamine Clinic): 384-4234</p> <p>5460 W. Franklin, #L. Substance abuse outpatient & intensive outpatient treatment. Separate male & female intensive 12 month program. Must be at least 18 yrs old. State funded, must be adult (age 18 or older), no history of sexual abuse or violent offenses. Spanish speaker.</p>
<p>St Alphonsus Addiction Recovery: 367-3553</p> <p>6138 Emerald. Medicaid. Outpatient treatment for adults. Sliding fee & insurance. Call 1st for appointment. Spanish speakers, undocumented citizens welcome. M-F 8-5.</p>
<p>Salud y Provecho Clinic: 454-8632</p> <p>317 Happyday Blvd, #180 Caldwell. Free. Domestic violence counseling for victims & referrals, 24 hr hotline for victims, parenting classes. Spanish speakers, mental health, medical for clients, individual, groups for victims & male batterers, marriage & family counseling, service coordination for kids. Medicaid. Teens (13-17) sub abuse group. Medicaid for assessments only. M-F 8:30-5:30.</p>
<p>Tobacco Cessation: 1-800-QuitNow (1-800-784-8669)</p> <p>Free telephone counseling service. Spanish & deaf & hard of hearing. http://idaho.quitnet.com. Free Tobacco Cessation Classes 342-0308. Call Nancy Caspersen.</p>

<p>Ustick House: 322-0474</p> <p>8050 Ustick. Sober living for men. 90-day minimum. 12-step structured sober living house. Sliding fee. www.ustickhouse.com.</p>
<p>Veterans Medical Center RSAT (Residential Substance Abuse Treatment): 422-1000 X1145</p> <p>500 W. Fort. Provide detoxification & 21-day residential substance abuse treatment & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling & transitional housing for veterans completing RSAT. Free to eligible vets only.</p>
<p>Vineyard Christian Church Celebrate Recovery: 377-1477</p> <p>4950 N. Bradley (N 48 off Chinden). Christian 12 Step Program.</p>
<p>Walker Center Boise: 336-9076</p> <p>5440 Franklin, #101. Relapse prevention, intensive outpatient treatment for adults age 18+, chemical dependency evals. Inpatient treatment at Gooding with 1 year of aftercare. No Medicaid. Will accept state funded substance abuse treatment funding.</p>
<p>Windward House Therapeutic Community for Women: 331-0900</p> <p>(SHIP) Safe & sober housing focus on sobriety for women over age 18. 90 day program. Children will eventually be accepted.</p>
<p>Women & Children's Crisis Center (WCA): 343-7025</p> <p>720 W. Washington. Call & asses first. Domestic violence or sexual assault, women & children only, 90-day program, waiting list. Substance abuse treatment individually & groups at the WCA for residents.</p>

Support Groups (FREE)

<p>ADHD Monthly Updates: 385-0888</p> <p>1517 W. Jefferson. Psychologists & counselors give info about ADD/ADHD. 2nd Monday at 7-8:30.</p>
<p>Adult Children of Alcoholics: 344-1661</p> <p>2206 N. Cole. Saturdays @ 5:30 St. Stephan's 1915 University. Tuesdays @ 7:30 St. Paul's Catholic Center.</p>
<p>AA-Alcoholics Anonymous: 344-6611</p> <p>1-800-627-9103. Call for info.</p>
<p>AI-Anon Family Groups: 344-1661</p> <p>1524 S. Vista. 24-hour info. Call for schedule. & volunteers to talk with. Daily noon & evening meetings.</p>
<p>Alliance on Mental Illness: 376-4304</p> <p>4696 Overland, #254. 1st Wednesday 7-8:30 for families/friends of people with mental illness. 2nd & 4th Thursday group for people with mental illness. Call Ken @ 229-6699 for location.</p>
<p>AI-Ateen: 344-1661</p> <p>Call for meeting times & locations.</p>
<p>Allies Linked for the Prevention of HIV and AIDS (ALPHA): 424-7799</p> <p>500 W. Idaho, #220. Referral & support for sexual health (STD/STI/HIV). Free HIV testing, counseling, ed classes 9. Call for appt. walk-ins OK. M, T, W 5-9.</p>

<p>Alzheimer's: 384-1788</p> <p>Call for information on support groups for family members & caregivers.</p>
<p>Asperger's Support Group (Idaho): 703-5889</p> <p>Call for information. 2nd Friday of month but location changes. www.idahoasg.org.</p>
<p>Asthma Education (Family): 381-2155</p> <p>100 E. Idaho. St Luke's South Tower Anderson Center #2. Asthma ed, how it affects airways, triggers, meds, making asthma plan with MD. 3rd Thursday 7-8:30.</p>
<p>Autism-Parents Who Help Parents: 336-5676</p> <p>520 S. Eagle. St Luke's Meridian basement. Call for information.</p>
<p>Baby and Me Support Group: 367-7380</p> <p>900 N. Liberty, #100. St Al's Family Center. For new parents & babies 0-12 months. Tuesdays 10-11am.</p>
<p>Because I Love You Donna: 345-1539 & Leone 853-2770</p> <p>303 Allumbaugh. Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Tuesdays 7:30 to 9:30.</p>
<p>Better Breathers Club: 345-5864</p> <p>8030 Emerald, #175. People/families with respiratory issues. 2nd Wednesday 3:30-4:30 in school year.</p>
<p>Birth Parent Support Group: 376-0191</p> <p>10740 Fairview. LDS Social Family Services.</p>

<p>Breast Cancer: 373-5000</p> <p>8800 W. Emerald. Health South Hospital Mondays 6:30-7:30.</p>
<p>Breastfeeding Bunch: 381-1200</p> <p>Lactation experts will offer advice, answers questions.</p> <p>103 W. State. St. Luke's. Women's Life. Wednesdays 10am-noon.</p> <p>520 S. Eagle. St. Luke's Meridian, Shoshone Room. Thursdays 1-3 pm.</p> <p>Breastfeeding moms & babies share experiences, concerns & information.</p>
<p>Breastfeeding Support & Encouragement: 367-7380</p> <p>900 N. Liberty, #100, St. Al's Family Center. Tuesdays 11-Noon.</p>
<p>Cancer (Living Through): 381-2760 Jeni</p> <p>100 E. Idaho. St Luke's MSTI group room. Call about groups in Meridian, Nampa, & Fruitland. Cancer patients, caregivers & family. 2nd & 4th Tuesday Noon-1pm.</p>
<p>Cancer Grief Support Group for Cancer Patients & their Families: 381-2760</p> <p>Call to register for class & to get more info.</p>
<p>Cardiac Support Group: 381-1200</p> <p>100 E. Idaho. St Luke's South Tower - Anderson Center. Call for dates & topics.</p>

<p>CHADD (Children with ADHD/ADD): 939-1455 Gayla</p> <p>100 Stierman. Eagle Public Library. 3rd Wednesday 6-7:45.</p>
<p>Children’s Group for Children in Families with Cancer: 381-3161</p> <p>100 E. Idaho. St Luke’s MSTI 381-2779 or 1-800-4624. Call @ next group.</p>
<p>Circle of Parents Support Group St A’s Family Center: 367-7380</p> <p>900 N. Liberty, #100. Support group for parents with children ages 10 months + older. Children are welcome. Mondays 10-11:00am.</p>
<p>Compassionate Friends: 343-6553 (Judy)</p> <p>520 S. Eagle. St. Luke’s Meridian Hospital basement. Group is for families who have lost a child. Adults bring a friend if nervous about visit. 2nd Friday of month 7:15.</p>
<p>Depression Recovery Inc.: 375-6277</p> <p>5009 Cassia. Good Shepherd Church. Mondays 7:30.</p>
<p>American Diabetes Association: 331-1155</p> <p>1226 River St. Call for details. Humphrey’s Diabetes Education Center. 3rd Monday each month 5:30-6:30pm. For adults - Type 1 & Type 2.</p>
<p>Domestic violence support group: 459-6279</p> <p>Call for location. Caldwell. Mondays from 6:30-7:30.</p>

<p>Domestic Violence Survivors: 343-3688 & 343-7025 (24 hr crisis hot line)</p> <p>720 W. Washington at WCA. Wednesdays 7–8:15. Fill out paperwork at 5:30 & orientation 6-7. Call 1 day ahead if childcare is needed.</p>
<p>Down Syndrome Group: 378-9912</p> <p>Call for info & meeting times. Support for families with Down Syndrome.</p> <p>www.idahodownsyndrome.org.</p>
<p>Eating Disorder Support Group: 343-3131-Millie Smith</p> <p>900 N. Liberty, #100. St Al’s Family Center. Not a therapy group. Best if participants are seeing a MD & therapist while in group. Mondays at 7:30.</p>
<p>EI-Ada Outreach: 345-2820 X20</p> <p>355 N. Orchard, #107. Beck Crafts Club. All materials provided for folks with any disability.</p>
<p>Epilepsy Foundation of Idaho: 344-4340</p> <p>310 W. Idaho. Emergency financial help to buy anti-epileptic drugs, support groups, parent & family networks, counseling, advocacy, info & referral. Scholarships for students with epilepsy. First aid for epilepsy. 1st Wednesday at 7-9.</p>
<p>Families Anonymous: 891-1463 Kati</p> <p>Call for more info. 12-step program for parents, family & friends (ages 15+) concerned about loved one’s use of mind-altering substances or behavior problems. Focus on family only.</p>

<p>Gamblers Anonymous: 342-0672</p> <p>12-step program.</p>
<p>Gam-Anon: 342-0672</p> <p>12-step program for families of compulsive gamblers.</p>
<p>Grandparents & Relatives as Parents / Idaho Kinicare Coalition</p> <p>3853 N. Eagle, 2nd floor. 1st Mon 6:30-8:30. 323-7538 Tracee.</p> <p>Casey Family Programs Kinship Program. 377-1771 Robin.</p> <p>AARP Group. 323-9568 Marie</p> <p>Caldwell/Nampa. 459-0063, 863-7477cell, 454-3893</p> <p>Grandparents & other adults who parent children during permanent tor absence or neglect of parents. Information & Referrals. Boise Support Group (GAP).</p>
<p>Headache Support Group: 381-2282 & 381-1200</p> <p>3rd Thursday 6-7pm. Does not meet in June, July and Aug.</p>
<p>IFAD (ID Families of Adults with Disabilities):</p> <p>Call Deb at 229-0555 or 577-8106 (cell) & Fran at 378-4163. E-mail Deb at ciulla777@aol.com. Provides info, telephone, e-mail, and hands-on support. Visit www.ifad.us.</p>
<p>ID Mom's Network: 884-3773</p> <p>Activities for stay-at-home moms. Call for info.</p>

<p>Life After Loss: 381-2721</p> <p>325 W. Idaho. St Luke's Hospice. Runs Oct to June. Call for info.</p> <p>Psychoeducational workshop series for bereaved.</p>
<p>Motherhood Society: 371-5426</p> <p>103 W. State. St Luke's. Group for Women's Life improving lives of all moms (single or married) via support, education, & supports value of work moms do. 1st & 3rd Tuesday 7-9pm.</p>
<p>Narcotics Anonymous: 338-4880 pager</p>
<p>National Alliance on Mental Illness (NAMI): 376-4304</p> <p>4696 Overland, #252. 1st Wed 7-8:30 for families/friends of people with mental illness.</p> <p>2nd & 4th Thurs group for consumer support (Ken 229-6699).</p>
<p>Overeaters Anonymous: 336-3485</p> <p>2206 N. Cole. Group for people with any eating disorder. Sat 10am at St. Stephen's. Call Donna at 884-4487.</p> <p>2201 Woodlawn Ave. Sat 1:30pm at 1st Congregational. Call LaDonna 631-9221.</p> <p>704 N. Latah. Mon 7:30pm at All Saints. Call Julie 343-1048.</p> <p>1301 S. Capital Blvd. Wed 12:00 at Cup of Joe. Call Michelle 863-0775.</p>

<p>Parents Plus: 938-5398</p> <p>For parents of children with disabilities & chronic health issues. Has regular meetings and quarterly gatherings. Call for info.</p> <p>Parents, Families & Friends of Lesbians & Gays (PFLAG) 867-5029.</p> <p>2201 Woodlawn. Boise First Congregational meets 2nd Friday 7:30-9.</p> <p>55 S. Midland, Nampa. Congregational Church meets 3rd Tuesday 7:30-9.</p>
<p>Postpartum Adjustment Support Group: 381-1200</p> <p>St Luke's Hospital. New moms with problems adjusting.</p>
<p>Safe Place Ministries: 323-2169</p> <p>2645 N. Cole, #H.</p>
<p>Share Miscarriage & Infant Loss Support Group: 367-7380</p> <p>6200 W. Emerald. Breast Care Center. First Tuesday 6:30-8.</p>
<p>SHARE of Idaho Loretta: 343-8603 & Chrissy 388-8834</p> <p>103 W. State. St. Luke's. Women Life Group for parents who have had early pregnancy loss, stillbirth, or newborn death. 3rd Monday at 7:30.</p>
<p>Survivors of Suicide Support Group: 398-8231</p> <p>717 N. 11th. Rich & Trudy. Cathedral of Rockies meets 2nd Friday at 7.</p>

<p>Touchstone Center for Grieving Children & Adolescents: 377-3216</p> <p>Group helps grieving children (ages 6-18) & families recover from loss. Children placed in age/gender groups with facilitator to work with grieving, usually thru play therapy. Parents meet with facilitator.</p> <p>Suggest 3 months wait after death before joining. Call to talk with a facilitator. No drop-ins.</p>
<p>Tourette's Syndrome: 388-1616 (June) or 376-3409 (Stephanie)</p> <p>Email or call to meet one-on-one for guidance & information & to meet someone of same age who has TS.</p> <p>shoffman3409@msn.com</p> <p>or</p> <p>junetsparks@cableone.net</p>
<p>Twins & Multiples (Mothers of): 888-5839 (Samantha) or 385-9513 (Juanita)</p> <p>Call or visit web site for times & dates of meetings. www.boisemom.org.</p>
<p>YAD (Youth Alliance for Diversity): 841-3220 Javier</p> <p>305 E. 37th, Garden City. Community Center Support group (gay, lesbian and bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6.</p> <p>www.yadiversity.org</p>

Tax Preparation Services

Free Tax Preparation:

February 5th – April 15th

Call 211 or www.idahocareline.org/ for up to date information & http://www2.unitedwaytv.org/default_2ga.aspx for up to date locations.

Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. La ayuda bilingue estara disponible.

2717 S. Vista Ave. (by Canal Street). Boise Coalition VITA Tuesday to Thursday 2pm to 8 pm, Saturday 2pm to 4pm.

1093 S. Hilton. Hillcrest Retirement Center Monday 5:30 pm – 8:30pm Wednesday 5:30pm - 8:30pm.

690 Robbins Rd. Boise Senior Citizens Center Tuesday 8:30am– 12:30pm and Thursday 8:30am – 2pm.

7960 Northview. St. Mark's Catholic Church Tuesday 10:00am – 2pm.

6015 Glenwood. Garden City Library Saturday 10:30am – 2:30pm.

133 W. Broadway. Meridian Senior Center Thursday 10am – 1:30pm Appointments call 888-2150.

312 E. State. Eagle Senior Center Feb 5 & 19, March 4 & 18, & April 1 ONLY Tuesday 10am – 2pm.

100 Stierman Way. Eagle Public Library Feb 2 & 9, March 1 & 8, April 5 & 12 ONLY Saturday 10am – 2pm.

703 3rd St. North. CEI Canyon Site VITA Nampa Housing Authority Tuesday & Wednesday 2pm – 8pm.

Hispanic Cultural Center of Idaho

315 Stampede Dr. Thursday 10am – 1:30pm
Household earned & adjusted gross income must be no more than:

- \$37,783 (\$39,783 married filing jointly) with two or more children
- \$33,241 (\$35,241 married filing jointly) w/1 child
- \$12,590 (\$14,590 married filing jointly) with no qualifying children

Taxpayer 2007 maximum credit:

- \$4,716 with two or more children
- \$2,853 with one child
- \$428 with no children

Transportation

At Your Service Transportation: 378-1466 or 1-800-250-5815

Shuttle transportation door to door privately paid or Medicaid authorized.

Please call 48 hours in advance.

Diamond Shuttle: 639-6341

Shuttle transportation door to door privately paid or Medicaid authorized.

Please call 48 hours in advance.

M-F 9-4:30.

<p>El-Ada Outreach: 345-2820</p> <p>355 N. Orchard, #107. Daily bus passes for medical or medical appointments given daily as available. One-day bus pass per month for adults only. Bring proof of income. Undocumented citizens will be served. Possible voucher for a bicycle repair or a used bicycle limited to those participating in the Casual Labor program. M-F 11:30-4.</p>
<p>Idaho CareLine 211 or 1-800-926-2588</p> <p>Referrals for health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. Medicaid will reimburse medically related travel expenses if some basic criteria are identified & are preauthorized.</p>
<p>Salvation Army: 343-5429</p> <p>4308 W. State. Monday 9-noon only. Arrive early as few bikes available. Get voucher for Salvation Army Thrift Stores for free bike. Bike must be needed for employment or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment. Other stores are located at 3209 Overland (344-4454) and 8727 Fairview (323-1192) M-Sat 9:30-7:30.</p>
<p>Valley Ride City Bus: 336-1010</p> <p>Monthly youth pass age 6-18 is \$24, adult pass is \$36, disabled & seniors pass is \$18, BSU & high school students can use their school ID card to ride city bus for free during school year. Individual fares are \$.65 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors & disabled are \$.50.</p>

Vision

<p>Ada Vision: 384-5924</p> <p>1333 W. Jefferson. Medicaid. Will do Medicaid eye exam but will not dispense Medicaid glasses. \$30 off 2nd pair of glasses; can't be used with insurance.</p>
<p>Dr. Larry Anderson: 344-7944</p> <p>8955 W. Hackmore. Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Boise Mountain Eye: 938-9900</p> <p>13075 Persimon Lane. Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Boise Vision Care: 322-2020</p> <p>3293 N. Milwaukee. Will do Medicaid eye exams but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Envision Optical: 433-1410</p> <p>1410 Broadway. Medicaid. Will do Medicaid eye exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.</p>
<p>Eye Care Assoc. or Cole Village Optical: 377-1102</p> <p>3417 N. Cole. Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Eye Masters: 322-2933</p> <p>Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.</p>

<p>Hollingshead Eye: 336-8700</p> <p>360 E. Mallard Dr., #110. Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Idaho CareLine 211 or 1-888-477-2669</p> <p>Provides referrals for health issues in ID via Medicaid.</p> <p>Ask @ www.RxIdaho.org for prescription drug help.</p>
<p>Idaho Eye Care Center: 384-9194</p> <p>1175 W. Boise Ave. Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>In Sight Optical: 455-5433</p> <p>920 Main, #122, Caldwell. Southwest District Health.</p> <p>Medicaid. Walk-ins may bring prescription & Medicaid card to order glasses. Call for appointment for exam. M & W 9.</p>
<p>Intermountain Eye Clinic: 373-1200</p> <p>999 N. Curtis, #205. Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Dr. Katherine Lee: 381-7314</p> <p>222 N. 2nd, #111. Will do Medicaid eye exam but will not dispense Medicaid glasses. Needs to be in Healthy Connections. Will get interpreter for Spanish speakers.</p>

<p>Lifetime Optometry: 672-1370</p> <p>10454 Overland (by 5 Mile & Albertsons). Medicaid. Call for appointment for eye exam, drop-in with a prescription for glasses. M-F 10-6.</p>
<p>Lions Club: 376-8833</p> <p>Stevie Packard. Get eye exam & written prescription, call for application, fill out & wait for acceptance. Wal-Mart Optical has great prices for glasses.</p>
<p>Optometric Center: 375-3871</p> <p>700 N. Raymond. Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>
<p>Pearl Vision: 322-1642</p> <p>7447 W. Emerald, #105. Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>
<p>Dr. D.H. Pitkin: 376-3550</p> <p>6700 W. Emerald. Will do Medicaid eye exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.</p>
<p>Shopko Optical Medicaid:</p> <p>Call for appointment.</p> <p>8105 Fairview. 323-9303</p> <p>2655 S. Broadway Ave. 345-8812</p> <p>Will not accept other optometrist's prescriptions for glasses.</p>
<p>University Eye Center: 344-5832</p> <p>111 W. Main. Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>

Vision One: 344-2020

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

Vision Quest:

5680 Gage. 377-3937

3025 W. Cherry Ln., #207, Meridian. 898-1614

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

Vision Specialties: 322-8381

1205 S. Five Mile. Will do Medicaid eye exam but will not dispense Medicaid glasses.

VSP VISION REFERRALS: Ask School Nurse for referral.

Nurse must be a SNOI/NASN member; some nurses will share applications. Number of applications available per school is 5% of total # of kids/school. Will cover eye exam & glasses. Eligibility is less than 200% of federal poverty level, higher than free lunch program. This is for non-Medicaid uninsured families. Bring blue & white medical card to receive service.

Wal-Mart Vision: Does NOT accept Medicaid

8300 W. Overland, Boise. 321-9177

7319 W. State, Boise. 853-4786

4051 E. Fairview, Meridian. 373-7926

5875 E. Franklin, Nampa. 461-8724

2100 12 Avenue, Nampa. 467-5293

5108 E. Cleveland Blvd., Caldwell. 455-2151

Project Insight gives 20 elementary students free exam & glasses during year. Available via school nurse only.

Northwest Real Estate Capital Corp. 210 West Mallard Suite A Boise, ID 83706

