



# Self Rescue Manual

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

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

**Please e-mail updates/feedback/information to:**

**[selfrescuemanual@boiseschools.org](mailto:selfrescuemanual@boiseschools.org)**

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

### Assistance League of Boise Thrift Shop

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

### Boise Senior Center Thrift Store

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

### Cinderella's Closet

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

### The Closet - Teen Thrift Store

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

### Deseret Industries Thrift Store

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

### Dress for Success Boise Valley

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

### El-Ada Outreach

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

### Goodwill Thrift Store

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

### Good Samaritan Store

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

### Grandma's Treasures Thrift Store

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

### Habitat for Humanity ReStore

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

### Holy Nativity Episcopal Church

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

**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](http://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](http://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](http://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](mailto: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](http://www.abmhealthservices.com)

### A New Leaf, Inc

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

### Abundant Serenity, LLC

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

### Ability Health and Rehabilitation

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

[AbilityHRLLC@gmail.com](mailto:AbilityHRLLC@gmail.com)  
[abilityhealthandrehabilitation.com/](http://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>

### Always a Way

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

### Ambitions of Idaho (formerly Community Outreach Counseling)

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

### Ascent Behavioral Health

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

### Ashwood Recovery

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

### Aspen Mental Health

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

### Boise Rescue Mission Ministries

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

### Bridgeway Health Services

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

### Brighter Future Health

9396 W. Emerald Suite 130  
Medicaid, private pay, most insurances, sliding fee, and ProBono counseling w/Intern. CBRS, Case Management, Therapy, Peer Support, Family Support, Respite Care, and Refugee services.  
**(208) 323-4400**  
[brighterfuturehealth.com](http://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](http://Ccidaho.org)**Children's Mental Health**

Idaho Department of Health and Welfare

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

**(208) 334-0981**After Hrs Crisis **(208)334-0808 #2****Community Connections**

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

**(208) 377-9814**[cciidaho.com](http://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](http://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@gscdcca.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](http://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 and interns for sliding scale/ pro bono. CBRS, meds mgmt, service coordination, individual therapy.

**(208) 321-0160**[Humansupports.com](http://Humansupports.com)**Idaho Behavioral Health**

2273 S Vista #190 Boise  
Medicaid, private insurance, EAP, private pay. Counseling adults, children, married, individuals, 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](http://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](http://MentalHealthBoise.com)**Intermountain Hospital**

303 Allumbaugh  
Inpatient substance use / mental health treatment. New Start for adults. Clean & Sober Teens for adolescents.

[IntermountainHospital.com](http://IntermountainHospital.com)**(208) 377-8400**

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

### 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**

### 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](http://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](http://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**

### Mind Over Matter

\$60 individual sessions, \$90 for couples and family sessions. Sliding scale and pro bono available.  
Focus on Anxiety, Depression, and Major Life Changes  
**208-391-5399**  
[www.mindovermatteridaho.com](http://www.mindovermatteridaho.com)

### Mountain View Behavioral Health

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

**SELF RESCUE MANUAL - Counseling & Mental Health Services cont.****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 svc, case mgmt, respite, habilitative supports. **(208) 322-2928**

**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](http://www.realsolutionsidaho.com)**Robert Rhodes, LCSW**

3152 S. Bown Way Suite 105, Boise  
 Insurance/Medicaid, specializes in teen counseling

[rrhodes.lcsw@gmail.com](mailto:rrhodes.lcsw@gmail.com)  
[boiseteencounseling.com](http://boiseteencounseling.com)

**(208) 900-8500****Safe Haven Hospital of Treasure Valley**

8050 Northview  
 Medicaid, Medicare, insurance. Outpatient therapy & nurse pract. (med mgmt), 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](http://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>

**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](http://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](http://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](http://www.Idahothrive.org)

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

745 S Progress Ave, Meridian

W-Sat by appointment.

Sliding scale (minimum \$40),

insurance. Counseling individuals, couples &amp; 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 &amp; inpatient. Behavioral

health &amp; family counseling, groups,

temp housing for active duty &amp;

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 &amp; weekends by

apt) Insurance, Medicaid, Subsidy.

Behavioral health services. Spanish.

**(208) 343-7797**[childrenshomesociety.com](http://childrenshomesociety.com)



## SELF RESCUE MANUAL - Dental

### Basic Dental Care

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

### Dr. Brock Bohlman

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

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

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

### Carrington College

1122 N Liberty  
 Mon-Wed 9-12, 1-4, 5-8,  
 Thurs 9-12, 1-4  
 Free dental hygiene exams, cancer screenings, blood pressure checks, cleanings, & x-rays. Apt averages 2.5 hrs. Spanish. If dental treatment is needed referrals can be made to local dentists & dental specialists. Free toothbrush, floss, & toothpaste given at first visit.  
**(208) 947-6821**  
[carrington.edu](http://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 35<sup>th</sup> 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 36<sup>th</sup> #102  
 Mon -Fri 7:30-6  
 Medicaid & sliding fee depending on income. Emergency dental must schedule. Non-emergency call at 8am for appointments. Extractions & fillings. Bring \$30 deposit & 4 weeks pay stubs. Spanish & Bosnian speaking translating available. Undocumented citizens welcome.  
**(208) 336-8801**

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

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

### Town Square Dental

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

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

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

## SELF RESCUE MANUAL - Disability Services

### **Disability Rights Idaho**

4477 W. Emerald Suite B100  
Non-profit advocacy agency to assist families through education, information, and individual assistance.

**(208) 336-5353**

**(866) 262-3462**

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### **Family Caregiver Navigator**

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

**(208)426-5899**

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

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### **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](http://www.idahoparentsunlimited.org)

parents@ipulidaho.org

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### **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**

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### **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>

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### **Social Security Office**

**(800) 772-1213**

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

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### **Idaho Commission on Aging**

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

**(208) 334-3833**

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### **HISway, LLC**

Payee service

**(208) 322-0262**

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

### Art Without Boundaries (Good Samaritan Boise Village)

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

### BabySteps

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

### Big Brothers/Big Sisters of SW

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

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

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

Call for more information.  
(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](http://cityofboise.org/parks)

### Boise Schools Preschool Screening

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

### Boys & Girls Club of Ada County

After School Program (Grades 1-12)  
610 E. 42<sup>nd</sup> 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](http://www.adaclubs.org) for more info & orientation times.

### BYRT

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

### The Christian Children's Ranch with Ekklesia Christian School

2421 W Duck Alley Road Eagle  
Residential boarding school. Won't turn anyone away because of inability to pay.  
(208)888-5235  
[www.christianchildrensranch.org](http://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](http://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](http://cwidaho.cc/abe)  
[www.cwidaho.cc/esl](http://www.cwidaho.cc/esl)

### Computers for Kids

8540 W Elisa (off Victory, btwn Cole & Maple Grove)  
Mon-Fri 9-4  
Low cost refurbished computers for students, grades K-14.  
(208) 345-0346  
[Cfkidaho.org](http://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](http://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**

**EI-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](http://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](http://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](http://idahoat.org)  
[idaho.at4all.com](http://idaho.at4all.com)

**Idaho CareLine 211**

Provides list of child care providers.  
**2-1-1 or 1-800-926-2588**  
[www.211.idaho.gov/](http://www.211.idaho.gov/)

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

219 W Main Boise **(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](http://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](http://idahofederation.org)

**Idaho National Guard Youth  
Program Gowen Field**

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

**Idaho Parents Unlimited**

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

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

<p><b>Learning Lab</b>  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.  <a href="http://learninglabinc.org">learninglabinc.org</a>  <b>(208) 344-1335</b></p>	<p><b>Salvation Army Life Skills</b>  4308 W State St.  Jan-Oct. Incentives such as store credit, bus passes, gas for attendance.  <b>(208) 433-4427</b> (Wendy)  <a href="mailto:wendy.wong@usw.salvationarmy.org">wendy.wong@usw.salvationarmy.org</a>  <b>Tuck Sleep</b>  Aims to improve sleep hygiene, health, and wellness through the creation and dissemination of comprehensive, unbiased, free resources  <a href="http://www.tuck.com">www.tuck.com</a></p>	
<p><b>Lee Pesky Center</b>  3324 Elder St  Not-for-profit specializes in evaluation and treatment of learning disabilities, AD/HD, and Level 1 Autism.Sliding scale.  <b>(208) 333-0008</b></p>	<p><b>TRiO Educational Opportunity Center</b>  <b>University of Idaho (Boise)</b>  322 E. Front St. Suite 190  Assist adults with returning to school. GED/ college/ trade/ technical school programs. Career counseling, researching schools &amp; programs, college and financial aid apps, entrance tests, reg assistance, academic advising, counseling on default loans.  <b>(208) 364-9925</b>  Email: <a href="mailto:eoc@uidaho.edu">eoc@uidaho.edu</a>  Website: <a href="http://www.uidaho.edu/eoc">www.uidaho.edu/eoc</a></p>	
<p><b>Life's Kitchen</b>  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.  <b>(208) 331-0199</b></p>	<p><b>YMCA</b>  1050 W State <b>(208) 344-5502</b>  5959 N Discovery PI <b>(208) 377-9622</b>  5959 N. Discovery PI<b>(208) 377-4886</b>  936 Taylor Avenue Meridian <b>(208) 855-5711</b>  Financial aid available.</p>	
<p><b>Parent Project</b>  Call for schedule &amp; sign-up. Parenting skills program to help parents prevent &amp; intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook cost of \$25  <b>570-6404</b></p>		

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

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

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

(208) 332-3575 X3621 or 3590

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

### SOS Staffing

8708 Fairview

Mon-Fri 8-5

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

(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](http://idahoconnections.org)

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

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

### Vocational Rehabilitation

10200 W Emerald #101

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

(208) 327-7411

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

### Volt Services Group

101 S Capitol Blvd #501

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

(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](http://www.adacounty.id.gov)

### Assurance Wireless

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

Limited minutes, unlimited text.

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

### Money Fit by DRS

6213 N Cloverdale #100

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

(800) 432-0310

[www.MoneyFit.org](http://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](mailto:MyBenefits@dhw.idaho.gov)

**(208) 334-6700**

### EI-Ada-Outreach Water Assist/ UW Cares

2250 S Vista Ave

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

**(208) 345-2820**

### EI-Ada-Outreach Energy Assistance and Home Weatherization

701 E 44<sup>th</sup>

Mon-Fri 8-4:30

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

**(208) 322-1242**

### EI-Ada-Outreach Services

2250 S. Vista Ave

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

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

**(208) 345-2820**

### Idaho CareLine 2-1-1 Navigator Program

Referrals and financial help if qualify.

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

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

### Idaho Housing and Finance Association

Mon-Fri 8:30-5:30

New funding to help pay rent during COVID.

**1-877-428-8844**

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

Spanish:

<http://viviendaidaho.com/index.html>.  
[ESP](http://www.espanol.org)

### Idaho Power and Intermountain Gas "Moratorium"

Dec 1st to March 1<sup>st</sup>; 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**

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

### Love INC of Boise

Tues - Thursday 10-1

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

**(208) 377-3502**

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

### Salvation Army Project Share

4308 W State

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

**(208) 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](http://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](http://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](http://agapeworship.com)

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

537 W. Bannock St #100  
Thurs 2-8, Fri 2-5

For individuals infected with or  
directly affected by HIV and AIDS.  
This includes people living with HIV  
and AIDS, their direct family  
members, and caregivers.

**(208) 424-7799**

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

### Boise School District

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

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

### Cathedral of the Rockies Amity Campus

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

### Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall) Boise  
Mon-Friday 9:30-4:30

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

**(208) 321-7440**

### City Hope Food Pantry

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

**376-7272**

### Community Ministries Center

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

**(208) 378-7774**

### Eagle Food Bank

Eagle Performing Arts Center  
149 West State St Eagle  
1st & 3rd Thursday of the month  
10am–12

Last Tuesday of the month 6-7:30pm.  
Available to Eagle & Star residents.

**(208) 631-0702**

### EI-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**

### EI-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](http://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/](http://www.idahocareline.org/)

### The Idaho Foodbank

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

**(208) 336-9643**

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



**SELF RESCUE MANUAL - Food Pantries cont.****Kuna Community Food Bank**

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

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

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

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

**Meridian Food Bank**

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

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

**(208) 888-5102**

**Mountain View Church of the Brethren**

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

**(208) 375-0604**

**Salvation Army Food Pantry**

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

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

**(208) 433-4423**

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

**(208) 327-0345**

**St. Mary's Food Bank**

3890 W. State St. Boise  
Mon, 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](http://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](http://www.svdpid.org)

**St Vincent de Paul Food Pantry - Boise**

3209 W Overland Boise  
Tuesday, Wed, Fri 10-2, 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](http://svdpid.org)

**Sulamita Food Pantry**

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

**(208) 409-7206**

**Vineyard Christian Fellowship**

4950 N Bradley Boise  
W & SA 10-noon

Every 30 days. Bakery goods, canned foods, & meat .Photo ID & proof of address. Undocumented citizens welcome. Interpreters sometimes available. Only Ada County residents

**(208) 377-1477**

**WIC (Women, Infants & Children)**

707 N Armstrong (Central District Health) Boise

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

**(208) 327-7488**

**Whittier Elementary****Mobile Food Pantry**

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

**(208) 854-6630**

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

<p><b>Baptist Campus Ministries</b> 1327 W Beacon Boise Lunch Wednesdays 11-1 BSU Stu.</p>	<p><b>City Light for Women &amp; Children</b> 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 <b>(208) 368-9901</b></p>	<p><b>River of Life Boise Rescue Mission</b> 575 S 13th (by River St) Breakfast 6:30 am daily Lunch Mon-Sat 12:00, Sat/Sun at 1 Dinner 5 pm for public Dinner 7 pm for Guests staying at River of Life. Undocumented OK. <b>(208) 389-9840</b></p>
<p><b>Biblical Studies Center</b> 1025 Belmont Boise BSU Students only Lunch Thursdays 11:20-1</p>	<p><b>Holy Nativity Episcopal Church</b> 828 W Cherry Ln Meridian 1st and 2nd Wed 5:30-7, dinner <b>(208) 888-4342</b> <a href="http://www.episcopalholynativity.org">http://www.episcopalholynativity.org</a></p>	<p><b>St Michael's Cathedral Church</b> 518 N 8<sup>th</sup> Boise Limited sack lunches available. Lunch Mon-Fri 9-3. Last Sat of month "Come to the Banquet" 12 -1:00 lunch. Undoc OK. <b>(208) 342-5601</b></p>
<p><b>Boise School District</b> Curbside Meals during Covid and virtual school. See website for locations and times or call your home school. <a href="https://www.boiseschools.org/news/what_s_new/learning_online_curbside_meals_available">https://www.boiseschools.org/news/what_s_new/learning_online_curbside_meals_available</a></p>	<p><b>Idaho Foodbank Picnic in the Park Program SUMMER MONTHS ONLY</b> Free lunch is provided to ALL children, ages 1-18. Adults can buy lunch for \$1.</p>	<p><b>Vineyard Christian Fellowship Feeding God's Children</b> Food on Sun 2 - 4 at Julia Davis Park Boise. Undocumented OK. <b>(208) 377-1477</b></p>
<p><b>The Cathedral of the Rockies</b> 717 N 11<sup>th</sup> Boise Sack lunches available daily 11:30-1 <b>(208) 343-7511</b></p>	<p><b>King of Glory Lutheran Church</b> 3430 N Maple Grove (N door, by Maple Grove) Boise Last Sat of month 12-1:30 lunch <b>(208) 377-0220</b></p>	<p><b>Whitney United Methodist Church</b> 3315 Overland (Owyhee) Boise Saturday sack lunch (Zip code 83705 only) Sat 11-12:30 <b>(208) 343-2892</b></p>

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

## SELF RESCUE MANUAL - Hotlines for Crisis/ Resource

### A New Beginning Pregnancy Help

Free pregnancy tests, options counseling, referrals  
208-985-5617

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

### American Red Cross

146 South Cole

Mon - Thurs 9-4, Fri 9-1

Offers family disaster & emergency assistance 24/7.

1-800-853-2570 X 803

### Children's Mental Health

Idaho Department of H&W

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

(208) 334-0981

After Hrs Crisis (208)334-0808 #2

### City Light for Women & Children

1404 W Jefferson

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

(208) 368-9901

### Combat Call Center

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

1-877-927-8387

### Faces of Hope Victim Center

417 S. 6<sup>th</sup> Street (6<sup>th</sup> & Myrtle)

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

[www.Facesofadacounty.org](http://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](mailto: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.org/idahosuicideprevention.org/#&panel1-1](http://spanidaho.org/idahosuicideprevention.org/#&panel1-1)

### National Teen Dating Abuse Hotline

1-866-331-9474

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

### City of Boise | Rental Housing Program

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

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

**(208) 570-6830**

### City of Boise | Homeownership Program

150 N. Capitol Blvd – 2nd Floor

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

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

**(208) 570-6830**

Income Guidelines & Affordable Homeownership Application:

[www.cityofboise.org/hcd](http://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

Mon-Fri 8:30-5:30

A searchable registry of housing with accessibility features, affordable rental housing, age-restricted rental housing, & market-rate rental housing. Free information & referral service. New funding to help pay rent.

**1-877-428-8844**

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

Spanish:

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

### Intermountain Fair Housing Council

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

**208-383-0695**

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

### Jesse Tree of Idaho

1121 Miller St (11<sup>th</sup> & 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](http://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](mailto: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](http://www.risingsunsoberliving.com)

**(208) 898-4668**

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

Mon–Fri 8–5

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

**(208) 459-9263**

## SELF RESCUE MANUAL - Legal Assistance

### Ada County Court Assistance/Self-Help Center

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

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

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

Family Court Services 4<sup>th</sup> floor of  
Courthouse 287-7600

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

**(208) 287-6963 & (208) 287-6944**  
[courtselfhelp.idaho.gov](http://courtselfhelp.idaho.gov)

### CASI Foundation for Children

2308 N Cole #E

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

Private, non-profit adoption agency.  
Offer help low-income & homeless  
pregnant women & their partners.

Free & confidential.

**(208) 376-0558**

[adoptcasi.org](http://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](http://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](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](http://www.idahodadsinc.org)

### Idaho State Council on Developmental Disabilities

700 W. State Street, 1<sup>st</sup> Floor

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

[info@icdd.idaho.gov](mailto: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](http://idaholegalaid.org)

### Idaho Volunteer Lawyers

Mon–Fri 8–5

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

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

[isb.idaho.gov/ilf/ivlp/ivlp.html](http://isb.idaho.gov/ilf/ivlp/ivlp.html)

### Idaho Volunteer Lawyers Foreclosure Aid Project

Mon–Fri 8–5

For families facing foreclosure.

**1-855-955-8296**

[isb.idaho.gov/ilf/ivlp/ivlp.html](http://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=Str  
eetLawClinic](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; 1<sup>st</sup> hr free and \$1.00 after 1<sup>st</sup> 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 1<sup>st</sup> date of service.

**(208) 287-7960**

[www.adacounty.id.gov](http://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](http://Alphaidaho.org)

### Amador Medical

5674 W. State Street

Medicaid. Medical equipment provider specializes in incontinence supplies, ages 4 years and up.

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

**(208) 514-0173**

### Bridges to Access

Free prescription assistance for GlaxoSmithKline's medicines.

[www.bridgestoaccess.com](http://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](http://Birthright.org)

### Cair Project

Abortion fund that services the Northwest.

**1-888-644-2247**

<https://cairproject.org/info/idaho/>

### Central District Health

707 N Armstrong PI (Emerald)

Teen Clinic walk-in Thurs 2:30–5:30.

Family Planning **327-7400** Apt only.

Pregnancy tests apt only. Times vary.

WIC **327-7488** apt only. Pregnant & breastfeeding women, infants & children age 1-5.

Immunizations for Children **327-7450**

By appt only.

**(208) 375-5211**

### Covering Idaho Kids at Mountain States

1607 W Jefferson

Mon-Fri 8:30-4:30

Sign eligible kids up for Medicaid.

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

**(208) 336-5533 X233**

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

### EI-Ada Outreach HIV testing

2250 S Vista

Mon–Fri 8:30–4

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

**(208) 345-2820**

### Family Care Clinic

6933 W Emerald St.

Medicaid, Medicare, all major insurances, sliding scale. Full service health clinic including primary care, family care, medmanagement, weight loss and walk ins.

**(208) 321-1028**

### Family Medicine Health Center

777 N Raymond

6565 Emerald; 325 W Idaho

2275 S Eagle Rd #120 Meridian

Medicaid, Medicare, sliding fee, private ins. Women's Health, Chronic Disease Management, Hep C, HIV, mental health and more. Community Health Workers and Certified Enrollment Counselors.

**(208) 514-2500**

<https://www.fmridaho.org/patients/>

### Fred Meyer Pharmacy

3527 Federal Way **(208) 424-7533**

5230 W Franklin **(208) 429-6433**

5425 Chinden **(208) 323-7036**

10751 W Overland **(208) 373-5233**

1850 E Fairview Meridian **887-5273**

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

### Friendship Clinic at All Saints Episcopal Church

704 S Latah

Mondays & 2<sup>nd</sup>/4<sup>th</sup> Tuesday.

5:30-8:30

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

**(208) 429-6678** [friendshipclinic.com](http://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 35<sup>th</sup>

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

**Idaho CareLine**

Referral to medication/ medical resources. Spanish.

**211 or 1-800-926-2588**[idahocareline.org](http://idahocareline.org)[RxIdaho.org](http://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](http://Lls.org)**Living Independence Network  
Corporation**

1878 W Overland

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

**336-3335**[lincidaho.org](http://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](http://pparx.org/en/about_us)[kids.pparx.org](http://kids.pparx.org)**Pharmaceutical Company Patient  
Assistance Programs**

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

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

3668 N Harbor (off State St)

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

Medicaid, sliding fee & insurance.

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

Walk-ins accepted for some services.

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

**(208) 376-9300**[ppgnw.org](http://ppgnw.org)**Praxis Medical Group**

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

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

**378-2840****Primary Health Walk-in Clinics**1907 S Broadway **345-1222**

Mon-Sun 8-8

300 W Myrtle **(208) 472-9082** Mon-Fri 7-8, Sat- Sun 8-66052 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 8-4:3011197 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](http://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](mailto:contact@stantonhealthcare.org)**St Alphonsus Express Care**

Rite Aid 1515 W State

Albertsons 4700 N Eagle Road (

Mon-Fri 9-8, Sa &amp; 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](http://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](http://togetherrxaccess.com)

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

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

**Unity Health Center**

745 S Progress Ave Meridian  
 Mon-Sat 8 am-8 pm, Sun 10-7  
 Sliding scale fees. Need photo ID.  
**(208) 895-6729**  
[uhcidaho.com](http://uhcidaho.com)

**Vineyard Christian Church**

4950 N Bradley  
 Wed & Sat 9:30–11:30  
 Free for non- insured. Walk-in,  
 medical, & gynecology. Spanish  
 interpreters.  
**(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 11<sup>th</sup> Street

Provides free shower vouchers to YMCA by request.

**(208) 343-7511**

### Corpus Christi House Day Shelter

525 Americana Blvd

Mon–Sat 7-11:45, 12:45–4:30, Sun 9-11 Worship Service.

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

**(208) 426-0045**

### EI-Ada Community Resource Center

2250 S Vista

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

**(208) 345-2820**

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

### Pioneer Neighborhood Community Center Day Shelter

500 S Ash St Boise

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

**(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](mailto: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**

### **Ashwood Recovery**

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

### **Access Behavioral Health**

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

### **Access to Recovery Hotline**

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

### **Ascent Behavioral Health Service**

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

### **Balance Recovery**

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

### **Beyond the Yellow Ribbon Counseling Services**

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

### **Business Psychology Associates**

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

### **Calvary Chapel Outreach Words of Freedom**

123 Auto Drive  
Thurs @ 7, 12 Step Program, Christian  
**(208) 321-7440**  
[calvaryboise.com/freedom-ministries](http://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](http://vineyardboise.org)  
Sacred Heart Church Celebrate Recovery  
811 S Latah  
Thursdays Dinner 6, 7-8 large group teachings & 8-9 small group's gender specific. 12 steps of AA. Drop in/ call.  
**Randy (208) 602-5667 or Mike (208) 344-8311** [sacredheartboise.org](http://sacredheartboise.org)  
River Valley Community Church  
1115 N Garden St  
Sundays at 6pm. Groups 7-9 pm  
**(208) 342-1751**  
[rivervalleyministries.com](http://rivervalleyministries.com)  
Ten Mile Christian Church Celebrate Recovery  
3500 W Franklin Rd Meridian  
Meets Fri 6-9:30pm, dinner at 6pm.  
[tenmilechurch.org/](http://tenmilechurch.org/)

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

92 S Cole (208) 376-5021

1965 S Eagle #180 Meridian (208)  
288-0649

Mon–Fri 5a–12:30 p, Sat/Sun 6–8a

No insurance. Self-pay only.

Methadone clinic, outpatient  
treatment for suboxone & methadone  
& other addictions.**Chrysalis Home Women's  
Transitional Living**

2501 W State

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

(208) 424-1323

[Chrysaliswomenidaho.org](http://Chrysaliswomenidaho.org)**City Light for Women & Children  
New Life Recovery Program**

1404 W Jefferson

Free Substance abuse treatment, 1+  
year intensive program. Residential  
shelter. 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](http://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

**Help.org**Online resource for substance abuse  
rehabilitation information and  
education.[www.help.org](http://www.help.org)**Human Supports of Idaho, Inc.**

4477 W Emerald Suite C100

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

(208) 321-0160

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

208-377-8400

**Narcotics Anonymous**

Helpline number.

(208) 391-3823

**Northpoint Recovery**

10787 W Ustick Rd

Medicaid. 24/7 Inpatient Medical  
Detox & Residential for Substance  
Abuse Treatment. Free assessments.[www.northpointrecovery.com](http://www.northpointrecovery.com)

208-314-6220

**Pathways Community Crisis Center**

7192 Potomac Drive, Boise

Assessment, intervention, and referral  
services to 18 years and older  
experiencing a crisis related to mental  
health or substance-use disorders.Available 24/7 and by self-referral or  
by family, friends, law enforcement,  
or other concerned community  
members.

(833) 527-4747

**Pioneer Health Resources**545 N. Benjamin STE. 185 ,  
Boise, ID 83704Intensive Outpatient  
Treatment/OutpatientServices, 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](http://www.pioneerhealthresources.com)**Recovery 4 Life**

8950 W Emerald #178

Mon-Thurs 9-6, Fri 9-2

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

(208) 376-7083

## SELF RESCUE MANUAL - Substance Abuse Treatment cont.

### Refuge Recovery

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

### River of Life

575 S 13<sup>th</sup>  
Free residential recovery for men  
**(208) 389-9840**

### Road to Recovery (Boise Methamphetamine Clinic)

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

### Supportive Housing & Innovative Partnerships (SHIP)

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

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

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

### Ten Mile Christian Church Celebrate Recovery

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

### The Phoenix

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

### Adult Children of Alcoholics

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

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

### AA-Alcoholics Anonymous

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

### AI-Anon Family Groups

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

### AI-Anon Literature Discussion Group

111 S Orchard #238 (corner of Kootenai & Orchard, entrance 5)  
 323-0141(Will) for ACOA meetings.  
[ai-anon-idaho.org/](http://ai-anon-idaho.org/)

### AI-Ateen

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

### Alzheimer's

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

### Asthma Education

100 E Idaho  
 St Luke's Tower ([Anderson Ctr](#) # 2)  
 3rd Thurs 7-8:30  
 Asthma ed, how it affects airways, triggers, meds, making plan with MD  
 (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](http://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](mailto:admin@adoptanewbeginning.org)  
[www.adoptanewbeginning.org](http://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](http://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 11<sup>th</sup> St (Cathedral of the Rockies)  
 3<sup>rd</sup> Thursday 7-8:30  
 (208) 484-8100 Denise  
[ada-gem-counties@chadd.net](mailto:ada-gem-counties@chadd.net)

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

100 E Idaho St Luke's MSTI  
 Children ages 7-11.  
 (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](http://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](http://idahodownsyndrome.org)

### **Families Anonymous**

12-step program for parents, family & friends (ages 15+) concerned about loved one's use of drugs/alcohol or behavior problems. Helps deal with codependency & stop enabling.  
[familiesanonymous.org/](http://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 2<sup>nd</sup> 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. 1<sup>st</sup> Monday 7-9  
Support group for grandparents & other relatives raising children.  
(208) 323-7538 (Tracee Crawford)  
[idahograndparentsasparents.org&grandsplace.org/gp4/id.html](http://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](mailto:ifad@ifad.us)

### **Idaho Mom's Network**

Activities for stay-at-home moms.  
(208) 884-3773  
[idahomomsnetwork.org](http://idahomomsnetwork.org)

### **Idaho Quit-Net**

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

### **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](http://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](http://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](http://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](http://www.strongandsafe.org)

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

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

Boise First Congregational

2201 Woodlawn

Meets 2nd Fri 7:30-9

### **Recovery International**

Cathedral of the Rockies  
Room B12

717 North 11th Street

Mondays 7:00-8:00

**(208) 345-9631**

### **Scleroderma Foundation**

Southern Idaho Scleroderma  
Support Group for patients,  
family & friends

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

10:00 – 11:30 see website for days  
SCLERODERMA.IDAHO@GMAIL.CO  
M [WWW.SCLERODERMA.ORG](http://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](http://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)

2<sup>nd</sup> Fri 7-9.

Church of the Apostles 6300 N  
Meridian Rd, Meridian (Cynthia)

4<sup>th</sup> Monday 7-8:30

### **Survivors Supporting Survivors**

2676 S Vista

1<sup>st</sup> Monday 6-7:30 For adolescent  
survivors ages 11-18 with cancer  
diagnosis regardless of being in  
active treatment or remission.

**(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](http://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](mailto:touchstone@childrenshomesociety.com)

### **Tourette's Syndrome**

Email or call to meet 1-1 for info.

**(208) 376-3409**

[tsa-usa.org/](http://tsa-usa.org/)

[Shoffman3409@msn.com](mailto: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](mailto:jasonpatrickjohnson@gmail.com)

### **Treasure Valley Autism Society**

520 S Eagle (St Luke's basement)

1<sup>st</sup> Monday 7-9pm.

**(208) 336-5676** [asatvc.org](http://asatvc.org)

### **Twins & Multiples (Mothers of)**

Annual membership fee.

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

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

720 W Washington at WCA

Wed 6-7:15. Orientation & fill out

paperwork at 4:30 5-6 class. Open to  
public. Free limited 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](http://tccidaho.org/youth-social-stuff)



## SELF RESCUE MANUAL - Tax Preparation and Questions

### IRS Telephone Assistance for Individuals

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

### Internal Revenue Service

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

### Idaho State Tax Commission

11321 W Chinden Blvd  
**(208) 334-7660 or 1-800-972-7660**  
[www.tax.idaho.gov](http://www.tax.idaho.gov)

### H&R Block Tax Professionals

1510 S Orchard Boise  
Available to provide Free Answers to Tax Related Questions.  
**(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/](http://accessidaho.org/apps/tax/ucpsearch/)

### Old Unclaimed Refund Search

[sto.idaho.gov/unclaimedproperty/Search.aspx](http://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/](http://www.idahocareline.org/). Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. Available Feb. 1 to April 15.

### Search for Old Refunds

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

### BSU Volunteer Income Tax Assistance (VITA)

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

### 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](http://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 11<sup>th</sup> St  
Free \$24 stored value bus passes given every 1<sup>st</sup> and 3<sup>rd</sup> 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>

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

### Valley Ride City Bus

Ada & Canyon County. Senior high school students in the Boise School District can ride for free during the school year. Students, faculty & staff at Boise State University & The College of Western Idaho can ride Valleyride buses for free year-round with a valid ID. Monthly youth passes age 6-18 is \$18, adult pass \$36, persons with disabilities, seniors (age 65+) and valid Medicaid cardholders, pass is \$18.  
Individual fares are \$0.50 for youth age 6-18, ages 5 & under is free, adults are \$1.00, seniors (age 65+), persons with disabilities and valid Medicaid cardholders are \$0.50.  
**(208) 345-RIDE (7433)**  
[www.valleyride.org](http://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 2<sup>nd</sup> #215  
Medicaid eye exam but will not dispense Medicaid glasses. Healthy Connections required. Will get interpreter for Spanish speakers. Written referral needed for all new patients. **(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.

