

SELF-RESCUE MANUAL

Do's and Don'ts for those of us who need some help!

- This manual is for people who want to help themselves.
- You are responsible for bringing **photo identification**, passport, or some form of identification with a photo, Social Security numbers of your family, and / or a proof of address such as an envelope with your current address if your photo ID does not show your current address. If you are an **undocumented citizen**, call the agency to determine what information they need to be able to help you.
- Many of these agencies accept **Medicaid** but ask first.
- It is always best to **call first** to be sure that the agency has what you need and what papers you should bring to your appointment. You may get an answering machine so be prepared to have a phone number to leave with the agency.
- Do not expect **same day service**.
- Do not **wait** until the last minute to deal with a problem.
- **Thank** people who you talk to at the agencies. Often they are volunteers and are not getting paid!
- Each agency has **rules** and you may have to return with more information. Stay **calm!**
- Many agencies have several services and will have a star to indicate they are listed under other categories. ★

This manual has been a joint effort of many people. Marjie Jacobs recognized the need for a “user friendly” list of services in the Treasure Valley. She has had help from various Boise School District School Social Workers and BSU social work students.

Please e-mail updates to:
selfrescuemanual@gmail.com so that this will be an accurate document. Please type **Self-Rescue Manual** in the subject or your e-mail may get lost in security.

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This is the latest updated version of the Self-Rescue Manual for fall 2011. Each edition has a date at the bottom of each page. New editions will be downloaded regularly. The fall 2011 update has been completed.

Any information in this manual is intended for informational purposes only and every attempt has been made to make it accurate.

CLOTHING AND FURNITURE

If prices seem too high, ask to speak to manager to "discuss" prices.	
A Thrift Store With A Twist 429-1226 Clothes, small/large appliances, tools, 4610 W State St (Collister Shopping Center) electronics, home décor & knick knacks, kitchen items & furniture. The twist program assists people who have been recently released from jail, prisons, & institutions. Give gift certificates to be used in the store, can be used for clothing for job searching, kitchen items & furniture for housing, & used for whatever other items that will assist in starting a new life. Must live in Ada County or surrounding area. Must have proof of incarceration, or release paper work from institution	
Agape in Action 685-0612 Free groceries, clothing, & toiletries the last Saturday of each month from 1-4pm. 1001 S Orchard For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September - December. Interview clothes available. Call for special appointment. www.agapeworship.com	★
Assistance League of Boise Thrift Shop 377-4327 Reasonably priced used clothing & household items (shoes, books, linens, small furniture). 5825 Glenwood M 1:30-5, T-F 10-5, SA 10-4	★
BHM Foundation for Recreational Safety 322-1730 www.bhmidaho.org Will give away free children's helmets . Must call for more information.	★
Birthright of Boise 342-1898 1-800-550-4900 24-hour hotline 1101 N 28th #A Free pregnancy test & pregnancy support. Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available, Pro-life. Call before you come to make sure we are open. www.birthright.org	
Boise Rescue Mission Ministry Center 368-0824 Warehouse is located at 308 S 24th St. Call first to receive a voucher. Warehouse is open M-F 9-5 & Sa 9-12. Vouchers can only be redeemed M-W. Warehouse has clothing for men, women & children & may have other items such as household goods. Spanish speaker available occasionally.	★
Cinderella's Closet 377-4327 (press 5 then 2) 5825 Glenwood (Behind Assistance League Thrift Shop) 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 \$10 fee. Fall season (Sept. & Oct.), Spring season (April & May) Wednesdays 3:30 to 5:30 & Saturdays 12 to 4	★
City Light Home for Women & Children 368-9901 1404 W Jefferson or Light House 472 Caldwell Blvd (Nampa) (Boise Rescue Mission); Women & children can get voucher for free clothing ; Warehouse @ 368-0824 (308 S 24th St) is open Tuesdays & Thursdays. Warehouse may have other items such as household goods for either men or women with a voucher.	★
Deseret Industries Thrift Store 1-800-453-3860 New & used furniture 10740 Fairview clothing for men, women (maternity, wedding, & prom dresses) & children. No delivery . Potential help via local LDS Bishop (do not have to be LDS). www.mats.lds.org Best time to reach bishop is all day Sunday, or Tuesday and Wednesday evenings. If you do not have an address, then call the Transient Bishop at 319-0476. M 10-6, T-F 10-9, SA 10-8	★
Dress for Success Boise Valley 288-4405 Debi 2760 E Fairview 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. T W TH 1-3	
El-Ada Outreach 345-2820 Food pantry, free blankets & personal hygiene packs for women, men, children, as available. Undocumented citizens will be served. 2250 S Vista M-F 8-4:30	★
Goodwill Industries Thrift Store 321-9172 New/used clothing & furniture for sale. 1465 S Vinnell Way (Overland/Wal-Mart) M-Sa 9-9, Su 11-6	★
Hope's Door Thrift Store 459-2191 New & used clothing & furniture for sale. 502 Main St Caldwell Call for a voucher. Spanish speaking . M-SA 9-5	★
Idaho Youth Ranch Thrift Shops M-Sa 9-6, Su 12-5 1417 S Main 343-2506 250 N Orchard 378-8081 1501 S 5 Mile 375-1242 3840 Chinden 433-1661 3621 Overland 331-7739 7054 W State 853-1408 10353 Fairview 322-3610 231 Main, Meridian 895-8433 Outlet Store 5465 W Irving (between Curtis & Orchard) \$.50/clothing item & cheaper furniture than other stores. Used furniture & clothing for sale. Prices are firm. M-SU 10-4	★
Kid to Kid 376-6488 1507 N Milwaukie (Fairview) Gently used items for sale (furniture, baby equip, children & maternity clothes, (sizes 0-14), shoes, toys). M-SA 10-8, SU 12-5	
Lighthouse Rescue Mission 461-5030 472 Caldwell Blvd in Nampa Men can get free clothing.	★
Meridian United Methodist Church Thrift Store 888-2245 235 E Pine Ave Meridian Clothing & small household items, vouchers sometimes available. T & F 11-2	★
Other Mothers 376-4855 Used furniture, junior teen/tween clothing children & maternity clothes (sizes 0-14). Last Fri & Sat of the month there is a 25¢ sale . M-SA 10-7	★
Rascals Rack 336-3893 Maternity clothes, 2nd hand children's clothing & accessory store. Clothing (newborn to 16 size), toys, furniture, crib bedding, shoes, kids accessories, & books. 99¢ rack. www.rascalsrack.com F 10-7, SA 10-5	
Redeemer Lutheran Church 344-6758 Wash, Wipe & Wrap 2920 Cassia; Only offer Free diapers, laundry soap & toilet paper . Use once/month. Open 3 rd Saturday of month 1-3pm.	
Re-Style Thrift Store 639-5210 nacrescue.org/ 10243 W Fairview Ave (by 5 Mile) M-SA 9-9, SU 10-7	
Sara's Secondhand 331-2366 608 N Orchard St	
St Luke's Women's & Children's Community Education 381-3033 103 W State Reduced cost infant, toddler and booster car seats for purchase with proof of low-income status.	★
St Vincent de Paul Help Line 331-2208 Zip code determines closest church where you will be referred. Must leave phone number for call back.	★
St Vincent de Paul Thrift Store Used furniture & clothing for sale. 6464 W State Boise 853-4921 For clothing vouchers call 331-2208. 213 N Main Meridian 888-9101 M-SA 9:30-6	★
Salvation Army Thrift Store 433-4435 4306 W State Family Assistance office at 4308 W State Clothing & household goods assistance on Monday afternoons at 1pm. Clients must bring identification for everyone & proof of address (envelope/bill). Adults may receive help every 12 months & children every 6 months. M-F 10-6	★
Treasure Valley Community Resource Center (TVCR) 459-9263 Info & referral on human services - ID & East OR via phone. M-F 10-3	★
Whitney United Methodist Church Joseph's Closet 343-2892 3315 Overland; (by Owyhee) Free winter clothing . Open Saturdays 10:30 - 12:30 & 3 rd Friday of month 5:30 - 7:30 pm CLOSED 12/25/10 & 1/1/11	★

COUNSELING AND MENTAL HEALTH SERVICES

A Better Life/Ginny/Marie Wellness Center 323-1290 Boise / Meridian / Cascade / McCall Substance Abuse / Anger Management /Youth / Domestic Violence Private \$ 25 Group \$ 15.	ISU Boise Counseling Clinic 373-1719 Open 9/1/10 to 5/30/11 or school 1311 E Central Dr. Meridian year. Counseling interns counsel individuals, couples, & families. \$10 co pay for individuals & \$15 for couples. M-TH 12-8
About Balance Mental Health 342-6300 Medicaid & sliding fee (\$40 min) 6550 Emerald #108 Intern counseling for people with no income. PSR, case mgmt, counseling, case/meds mgmt, psychiatrist. M-F 9-5	InRoads PSR Services 888-8887 2525 N Stokesberry Pl #A Meridian Medicaid, PSR.
Access Behavioral Health 338-4699 Medicaid, Medicare, self-pay, insurance. ★ 1276 River Street #100 3307 Caldwell Blvd #104 Nampa PSR. therapy (play /EMDR/dev), meds/case mgmt.\$15-interns.Spanish.Payee services & developmental therapy. Nights/weekends by appointment .M-F 8:30-5	Kuna Counseling Center 922-9001 Medicaid, insurance, sliding fee/interns. ★ 190 W Main Kuna PSR, individual, marriage & family counseling, play Rx, Spanish
Access Living 922-2207 Medicaid, slide fee. PSR, IBI therapy, child dev therapy, 690 S Industry Way #45 Meridian counseling, adult day trmt, meds/case mgmt, PSR. M-F 8:30-6. Kuna T TH 1:30-5:30. Caldwell M & F 8-5. After hours available upon phone request.	LDS Family Social Services 376-0191 Bishop may pay fees, insurance. ★ 10740 Fairview Individual & birth parent counseling, adoption services. M-F 8-5
Affinity 375-0752 Medicaid & insurance Individual, family, & play therapy, PSR. 8100 W Emerald #150 Psychiatrist, nurse practitioner. Spanish.Chemical dependency.M-F 8-6	Leyline Advocates 344-9797 PSR, case mgmt, service coordination, counseling, 250 Bobwhite Ct #230 refugees, interpreters available. Accept adult & children with Medicaid.
All Seasons Mental Health 321-0634 Medicaid, insurance. Primary care, psych ★ 8050 W Rifleman #100 testing, psychiatry, meds mgmt, counseling, case man, developmental services, PSR, Healthy Connections provider. Boise, Nampa, Mtn Home. Evenings by appt. Bi-Lingual counseling in. Provide 14 language interpreters (Farsi, Arabic, Russian, @ Boise office).	Life Counseling Center 465-5433 Medicaid, sliding fee, insurance, Spanish. 112 12 th Ave Rd Nampa Individual, couple, family, play therapy, PSR, case/med mgmt.
All Together Now 336-9591 Medicaid/Medicare, sliding fee. Individual, family, groups, 411 N. Allumbaugh marriage/kids play therapy. For PSR, TSC, & med mgmt call 336-4504. alltogether-now.com	Living Hope Clinic 378-1122 Medicaid/Medicare, insurance, sliding fee. \$55 min, 3308 N Cole #A Marriage/family/children therapy, learning/behavioral. LD/ADHD evals. M-TH 8-5, F 9-2 & nights
Allied Mental Health Services 286-7967 Medicaid & sliding fee. Spanish. Counseling, 11104 W State Star, 220 10 th Ave South Nampa 468-0850 meds mgmt. PSR. Call for appt.	Methodist Counseling Center 319-1002 Counseling individuals, couples & ★ 1717 N 11th (Hays) families. Scholarship / slide fee, insurance. M-SU 9-6 & nights
Alpine Behavioral 672-0260 Psychotherapy (Medicaid, private pay, insurance), 330 N Orchard case mgmt (adults), payee services, med mgmt, & conflict resolution & mediation services. The agency contracts with interpreters to work with refugees. Sliding fee for psychotherapy & med mgmt. g \$10 psychotherapy sessions for clients with no income.	Mountain States Group Mental Health 336-5533 Medicaid. 1607 W Jefferson Individual counseling, meds management, psychosocial rehabilitation, targeted, service coordination, & Social Security representative payee services. Psychiatrist, Licensed Clinical Professional Counselor, social workers, & PSR specialists.
Ascent Behavior Health 898-9755 Drug Ed group, individual, teen, adult dual 366 SW 5th Ave #100 Meridian diagnosis, substance abuse treatment. Self-pay, insurance, state funding for Medicaid- \$150 first eval, \$55 groups (for self pay). M-TH 9-6, F 9-4	Mountain View Behavioral Health 322-5354 Providing case mgmt, PSR, payee & 5593 N Glenwood clinic services, including meds mgmt, therapy for individuals, children & families. Specialize in EMDR, CBT. Medicaid, TRICARE & most private insurances.
Aspen Mental Health 342-2950 Medicaid. Insurance 7950 W King Boise PSR meds mgmt, counseling. M-TH 9-6, F 9-4	Omega Mental Health 853-0071 Medicaid, Medicare, insurance. Spanish ★ 5985 W State Sub abuse, teens (12+), adults. M TH 9-8, W 9-5, F 9-4
Bell Counseling No Medicaid, insurance, state funding. Teen & adult groups, ★ anger management, family/marriage therapy, parenting, & dual diagnosis. 1076 N Cole Boise 376-2577 4615 S Locust Grove Meridian 288-1079 877 Main Caldwell 459-6557 621 S Washington Emmett 365-1060	Pioneer Health Resources 322-1026 Medicaid for PSR, case/meds mgmt, 890 N Cole Boise & 1002 W Sanetta Nampa counseling /therapy for adults/children.Slide fee.
Big Brothers/Big Sisters of SW Idaho 377-2552 ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).	Riverside Rehab 853-8536 Medicaid & insurance. Psychiatrist, nurse 7735 W Riverside practitioner, adults, reduced rate counseling & animal as Spanish assisted therapy, children, family & sand play therapy, case man, & PSR.
Boise Behavioral Health Hospital/Clinic 327-0504 Medicaid, Medicare, insurance. 8050 Northview Outpatient counselors & nurse practitioner for ages 18 & up. Spanish.	Rocky Mountain Behavioral Health 336-2308 Medicaid. : Parenting Classes 3724 N Plantation River Dr #A Individual & family counseling, PSR, MD, PHD.
Boise Rescue Mission Ministries Free counseling & mental health consultation ★ Men call 389-9840 Stuart. Women call 368-9901 & ask for Guest Services.	Safe Place Ministries 323-2169 / 1-888-776-4443 Christian based education & ★ 723 N Mitchell #101 counseling for victims of domestic violence & sexual assault. Legal aid referrals. Fee schedule is donation based. None denied for inability to pay. safeplaceministries.com
Bridgeway Health Services 475-0800 Medicaid, insurance. 1032 S Bridgeway Place #110 Eagle Counseling & medication management.	St Alphonsus Behavioral Health Outpatient 367-6500 Medicaid ★ 131 N Allumbaugh Therapy for children & adults, groups, medicine management, MD. Inpatient for children under 12, adult inpatient. M-F 8-5:30
Catholic Charities of Idaho 345-6031 No Medicaid, sliding fee (\$10-50) Spanish ★ 4202 W Emerald Individual/group/family, parent ed & senior services. Immigration/legal counseling in Nampa 466-9926 Monica Salazar CatholicCharitiesIdaho.org	St Alphonsus Family Center CARE Clinic 367-2126 Pregnant refugee women, ★ 900 N. Liberty #100 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.
Center For Human Growth 888-3151 Medicaid, insurance, self pay. 1650 S Topaz Way Meridian Counseling & PSR all ages. Adult day treatment.	Salud y Provecho Clinic 454-8632 Domestic violence victim counseling & referral. ★ 317 Happyday Blvd #180 Caldwell 24 hr help for victims, parenting class. Free. Spanish speakers, mental health/medical for individual, groups (victims & male batterers), marriage/family, service coordination for kids. Medicaid. Teens (13-17) substance abuse group. Medicaid assessments only. M-F 8:30-5:30
Clearwater Rehabilitation Services 322-5859 Medicaid, insurance. PSR, 8400 W Fairview case & med mgmt, therapy services for adults & children.	SANE SOLUTIONS & Family Violence Prevention M-TH 8-12, 1-5 front office hours Counseling for sexual abuse victims, juvenile & adult, protective parenting, & personal safety classes. Insurance, Medicaid. Victim's Compensation, sliding fee, self-pay, & some grants available. Offices in Boise 323-9600 & Nampa 463-2314. Treatment program for adult & juvenile sexual offenders, individual & group in Boise, Nampa, & Ontario 345-1170. Medicaid, self-pay. Treatment groups for domestic violence offenders. Self-pay only in Boise, Nampa, Mt. Home 345-1170
Community Connections 377-9814 Medicaid. ccidaho.com Therapy & support 1675 S Maple Grove, 158 McClure Ave-Nampa services to children /adults with developmental disabilities.	Table Rock Counseling Jacob Durtschi 890-8391 Bilingual Spanish/Eng counseling. 216 W State Counseling individuals, couples & families. Sliding fee down to \$40.
Community Outreach Counseling 466-7443 Serving 5 Treasure Valley locations (Boise, Meridian, Nampa, Greenleaf & ID City). All types of counseling & specialties, PSR, case mgmt, res habilitation, bi-lingual, all ages. Medicaid, insurance, slide scale, pro-bono. Free consults.	Terry Reilly Health Clinic Nampa 467-5282 Medicare/Medicaid/ins/sliding fee ★ 223 16 Ave N Teen Clinic, Dental Services, Behavior Health Center, Spanish, pharmacy & counseling. Undocumented citizens without proof of income can receive free non-emergency treatment. Bring 4 weeks of pay stubs.
Community Partnerships of Idaho 376-4999 Tina Barker Medicaid & ★ 3076 N Five Mile insurance. Counseling, groups, PSR, dev therapy, Spanish, IBI, residential rehab, case mgmt, employment services, behavioral & recreational therapy, finds housing for disabled, psych, employment services. cp-of-idaho.com	Tidwell Social Work Services 853-5095 Medicaid, Medicare, sliding fee. 5999 W State \$45 min, insurances. Individual, marriage, family, art play therapy, MD. We use interpreters for Spanish & all other languages. M-F 8-5
Community Support Center 429-0330 Medicaid & insurance. 716 N Orchard Day Treatment, Groups, dual-diagnosis, skill building, age18+. M-TH 8-4	Treasure Valley Community Resource Center (TVCCR) 459-9263 ★ Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5
Family Counseling Services 888-5905 Medicaid, sliding fee, insurance. 440 W Pennwood #11 Meridian	Treasure Valley Psychological 672-8699 6003 Overland Counseling.. Sliding fee, insurance.
Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting.	Vet Center 342-3612 Free. Provides readjustment counseling services ★ 2424 Bank Dr (Vista/N Overland) for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.
1st Choice Counseling (Phyllis Nodler) 577-7634 Sliding fee, art therapy, PTSD, 2596 N Stokesberry Pl #100 Meridian individuals, couples counseling, services for all ages, depression, anxiety, sleep disorders. Call for extra hours. M-F 9-6	Veterans Medical Center 422-1000 X1145 Outpatient & inpatient ★ 500 W Fort Behavioral health & family counseling, groups, temporary housing for active duty & reserve. Homeless program available. Veterans only.
Four Rivers Mental Health 454-2766 Medicaid, BPA. Mental health, behavioral 1605 S. Kimball Ave Caldwell health sub abuse, Spanish speaking, DUI evals, & PSR.	Warm Springs Counseling Center 343-7797 childrenshomesociety.com 740 Warm Springs Ave, 3023 E Copperpoint Dr #207Meridian Full range of behavioral health services. Services available in Spanish. Insurance & Medicaid. Subsidy available. M-F 8-5 (eves & weekends by appt).
Human Supports of ID 321-0160 Medicaid. www.humansupports.com 4477 W Emerald #C100 Boise PSR, meds management. Payee services, service coordination, individual therapy, (available in Boise). 709 Dearborn St Caldwell 454-8389	Women's & Children's Alliance 343-7025 24 hour Hotline Counseling abused ★ 720 W Washington men, women, children & groups. 120 day residential program.
Idaho Behavioral Health 343-2737 Medicaid, insurance, EAP, cash. 2273 S Vista #190 Boise / 1993 E 8 th N #128 Mtn Home / 524 S 9 th Ave 3101, Caldwell Counseling adults, children, married, individuals, PSR, case/med mgmt.	
Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov idahocareline.org ★ Referrals health & human services, meds. www.RxIdaho.org for meds. Medicaid, Spanish.	

DENTAL

<p>Basic Dental Care 888-3384 No Medicaid Quality dentistry 870 N Linder Meridian at lower fees for children & adults. Full payment required at appointment. Call for appointment. Office calls \$17, X-ray \$13, extractions start at \$88, porcelain to metal crowns \$548, root canals \$323 to \$578. Closed Fridays (Call before noon M-TH).</p>	<p>Milan Institute 472-2020 Sliding fee & Medicaid 8590 Fairview First appointment includes full exam & X-rays is \$60 (without Medicaid). Full services but no orthodontics. Spanish speakers. Will serve undocumented citizens. Call for information. Idaho Smiles 21 & under, adult emergency only (Medicaid). M, W, F 8-5; & T, TH 11-7</p>
<p>Dr. Brock Bohlman 384-0577 Call for appointment 5993 W State No new adult Medicaid patients. Medicaid for children only ages 4-21. Undocumented citizens will be served.</p>	<p>Small Smiles Dental Clinic 322-3010 Children under 21 only. 8744 Fairview (Fairview Tech Center between Milwaukee & Maple Grove) Prefer appointments but will accept some walk-ins. Spanish translators. Medicaid M-F 8-5</p>
<p>Boise Schools- Children's Free Dental Clinic 854-6627 ★ 1609 S Owyhee - Whitney Elementary School Amy Croy, RDH, BS or amy.croy@boiseschools.org Cleanings, sealants, restorations, & extractions. Must have referral from BSD school nurse & have appointment. Basic dental work performed only. No Medicaid or insurance patients (must be a student of the Boise School District). M, T, F 8:30-3:30</p>	<p>Terry Reilly Health Services Boise Dental 336-8801 ★ 2301 N 36th #102 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. Express Care (331-5049)—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. M-F 7:30-6</p>
<p>Caring Foundation for Children 1-866-938-0084 May receive up to \$1000 of dental care/year. Covers preventative & restorative care (exams, cleaning, x-rays, fluoride treatment, sealants, resins, space maintainers & fillings, stainless steel crowns, extractions & therapeutic root canal). Coverage for a 2-year period total throughout life. For low-income, uninsured persons up to age 18. Must meet income guidelines, call for application.</p>	<p>Terry Reilly Canyon Dental 466-0515 ★ 11136 Moss Lane Nampa (off Nampa-Caldwell Blvd., west of Middleton Road) Crowns & bridges. No walk ins for emergency dental. Must call at 8AM the day before for an appointment. Non-emergency: call at 9am for appointments. Teeth cleaning, extractions & fillings. Medicaid & sliding fee depending on income. Bring \$30 deposit & current pay stub. Call any weekday morning starting at 7:30 to schedule an appointment. Undocumented workers welcome. Must have new card from Medicaid for "Idaho Smiles". M-F 7:30- 6</p>
<p>Carrington College (formerly Apollo College) 672-0769 1200 N Liberty Free dental HYGIENE care. Call for appointment. Each appointment averages 2.5hours & several visits are usually necessary to complete full treatment. Undocumented citizens welcome. Spanish speakers & Spanish forms. OFFERS FREE dental exam, X-rays, oral cancer screening, periodontal charting, oral hygiene instructions, sealants, fluoride, periodontal scaling \$ root planning, cleaning, referrals if restorative work is needed (i.e. fillings, crowns, root canals, etc.), & free toothbrush, floss & toothpaste. Massage clinic on a sliding fee. www.carrington.edu M-TH 8-6:30</p>	<p>Treasure Valley Family Dentistry 884.8066 Free X-ray, 1570 E Heritage Park #100 Meridian exam, consult if print coupon from web site. www.treasurevalleyfamilydentistry.com Cleaning \$84, & composite filling (\$151-\$271). 20% discount on dental work if you have no insurance and pay up front.</p>
<p>Dr. Wayne Claiborne 336-4777 Medicaid 10552 W Garverdale Ct #902 Emergencies OK. Call for appointment. Accepts all patients over the age of 4. Undocumented citizens will be served.</p>	<p>Treasure Valley Pediatric Dentistry (Dr. Roy Rogers) 376-8873 1564 S Timesquare Ln. (Overland near Maple Grove) Medicaid for children ages 0-20. Only taking new Medicaid patients up to age 5. Works with children with special needs. M-TH 7:30-5</p>
<p>Discount Dental Care 442-1088 Medicaid, Spanish. Lowest 1015 Caldwell Blvd Nampa fees in the Treasure Valley. Must give 24 hour notice for cancellation. M-F 8-3, TWTH 8 to 5</p>	<p>Idaho Smiles Program for patients needing extensive treatment. M-W 7:30-4</p>
<p>Garden City Community Clinic Genesis World Mission 854.3932 ★ 215 W 35th Call 9 to 5 Monday through Friday. Dental Clinics Monday & Friday. Call for appointment. Financial eligibility remains at 200% of Federal Poverty Guidelines. GCCC is a free medical clinic for low income & uninsured patients. Dental procedures are limited to fillings, extractions, & cleanings. Must be referred by a medical clinic physician, \$30 cash only administrative fee for each appointment.</p>	<p>Willow Tree Dental Medicaid 317 W Cherry Lane 888-2055 Spanish speakers. 5898 S Quamash Way 395-1000 (Columbia Village) Call for appointment. Do accept walk-ins but prefer appointments. Don't accept True Blue insurance. M W TH-8 to 8, T-8 to 6, F 8-3, SA 8-2</p>
<p>ISU Family Dentistry 373-1855 Medicaid 1311 E. Central Dr., Meridian Children & adults. Advanced general dentistry services. Sliding fee. \$25 for 15 minute screening. T-F 8:30-4</p>	

EDUCATION, GED, ELL, ESL, CHILD CARE

After 3 www.cityofboise.org/after3/ Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in the neighborhood. Parents can search by age, topic & location for right program for their child. No internet access call 211, the Idaho CareLine, to find information. ★

Big Brothers/Big Sisters of SW 377-2552 Screened volunteers participate in 1★
110 N 27th #100 to-1 mentoring program with children (age 6-14). 15+ can participate. Wait list for boys & girls. Volunteer opportunities for high school students.

Boise City Child Care Licensing 384-3710 Parents must make a public ★
150 N Capitol Blvd 1st Floor City Hall 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. Map-based
gisweb.cityofboise.org/imf/imf.jsp?site=childcare picture image of all licensed child care facilities in city. **Spanish** interpreter available with appointment. M-F 8-5

Boise Easter Seals-Goodwill Child Development Center 378-9924 Preschool
1465 S Vinnell Way programs for children with & without disabilities ages 1-6. Autism program up to age 13, disabled adult program. Employment assistance for temp & permanently disabled adults, & people w/felony convictions. M-F 8-5

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

Boise Parks & Recreation's Mobile Recreation Unit 854-4917
Call Roseanne Daily for more information. www.cityofboise.org/parks

Grace Jordan Community Center 854-4910 (Chris Camacho) 6411 W Fairfield
Morley Nelson Community Center 384-4917 (Roseanne Daily)
7701 W Northview Open M-F 9am-9pm, Closed Saturday-Sunday
Whitney Community Center 854-6625 (Chris Kranz) 1609 S Owyhee

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

Boys & Girls Club of Ada County After School Program (age 6-18) \$10 / year
610 E 42nd Garden City 321-9157 After school 3-8, M-F (1-7 on half days)
911 N Meridian Rd Meridian 888-5392 No School, Summer, 11-6 (7am- \$5/day)
Offers free meals daily, focuses on building relationships with trusted adults in a positive setting. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation. www.bgclubidaho.org for more info & orientation times.

College of Western Idaho (Boise & Nampa) NOT ALL PROGRAMS ARE LISTED
Adult Basic Education - classes in basic skills, GED preparation, & ESL. GED test administration. <http://www.cwidaho.cc/adult-basic-education/>
Oak Park Plaza 2323 S Vista Boise:
1. Free ESL English classes, daytime and evening at two Boise locations. Call 562-2571 for upcoming registration schedule.
2. Free classes for basic skills & GED preparation, morning & evening. First attend orientation & diagnostic testing; call 562-2575 for upcoming schedule. Min age 16.
1360 S Eagle Flight Way Boise: GED testing. Call 562-2068 for schedule & fees or check website <http://www.cwidaho.cc/general-educational-development/>
2407 Caldwell Blvd, Nampa:
1. Free ESL English classes here & in outlying towns. Call 562-2014 for info.
2. Free classes for basic skills & GED preparation, morning & evening. First attend orientation & diagnostic testing; call 562-2087 for upcoming schedule. Min age 16.
3. GED testing. Check website www.cwidaho.cc

Computers for Kids 345-0346 Low cost refurbished computers for students' 8540 W Elisa (off Victory, Cole, Maple Grove) home use, grades K-14. \$35 fee, few scholarships available. \$65 fee for college students. www.cfkidaho.org M-F 9-4

Education & Training Voucher Program 377-1771 Julie Stevens Program offers 6441 Emerald (Casey Family Program) financial aid to eligible current or ex foster youth or who were adopted age 16+, or aged out of foster care at 18. Possible help with post secondary ed, training, books, tuition, room & board, childcare, transportation, tools, uniforms, computers. Must have diploma or GED.

El-Ada Community Partnerships 345-2820 GED \$ help with fees for over 18 ★
2250 S Vista Vouchers for parenting classes & employment-related certifications. Undocumented citizens will be served. M-F 9-4

Family Advocate Program Families First 345-3344 Info at familyadvocate.org/
3010 W State #104 FREE home-based parent education services on child development, effective parenting skills, nutrition & more. Parenting classes also offered. Serves families & children ages 0-12. M-F 8:30-5

Frank Church High School (Boise Public Schools) 854-5650 ★
8051 W Salt Creek St. Students ages 16-20, parental permission for under age 18. Free tutoring, grade 9-12 alternative school. M-F 8-4

Giraffe Early Learning Centers 342-1239 - 901 Resseguie
424-3387 1191 Grand Ave Childcare, sliding fee scale, ages 6 weeks to 6 years. Bilingual program, extracurricular activities, accepts ICCP. Snacks, breakfast & lunch provided. Accepts part-time & drop-in, call first to confirm space. Food bank at both centers only for families with children at center.

Girls on the Run, Treasure Valley 388-4687 Sports, self-esteem program after 1406 N Main #204 Meridian school 3-5th grade. Sliding fee. www.gotr.org/index.htm

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

ID Assistive Technology Project 1-800-432-8324 www.idaho.at4all.com ★
Statewide program assists people with disabilities with assistive technology they need to live more independent lives. Free services available to all ages & all disabilities. www.idahoat.org

Idaho CareLine 211 or 1-800-926-2588 www.211.idaho.gov/ Call & ask for ★
child care referral in your area, get list of providers. Referrals for health issues / meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help.

ID Department of Labor WIA Youth & Adult Program Youth Ages 16-21 & Adults 18+;
219 W Main Boise 332-3575, 205 E Watertower Meridian Ln 364-7785, 4514 Thomas Jefferson Caldwell 364-7782. Must meet eligibility requirements, call for appointment. Provide help in getting GED/High School Diploma. www.labor.idaho.gov M-TH 8-4, F 8-12

Idaho Family Assistance Center at Gowen Field 272-4355 Tom ★
Offers all branches of military families services & referrals for various issues.

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

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

Job Corps 375-9414 Ages 16-24 Full time program, usually residential. ★
2323 S Vista Ave. #203 Closest center in Nampa. Can be on unsupervised probation, no pending court charges, felonies or outstanding fines, & limited income. Orientation T 3pm at Commerce & Labor, orientation in Canyon County, 2nd & 4th Tues of month 3pm. centennial.jobcorps.gov Closed 12-1. M-F 8-5

Learning Lab @ Boise Library 344-0057 <http://www.learninglabinc.org>
715 S Capitol Blvd #403 (Upstairs) Same services as GC except adults only.

Garden City Library 344-1335 308 E 36th Free computer assisted learning center for adults & families with children 0-6. Cost based on income & family size, possible scholarships. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 mo- 6 yrs) & Parents as Partners, family literacy classes.

Life Inc 888-0076 Community-based, developmental therapy for children 8620 W Emerald #130 age 3-17 years & adults. Residential rehabilitation services & support, 24-hour supported living model. www.lifeincidaho.com

Living Independence Network Corp (LINC) 336-3335 Advocates for people with ★
1878 W Overland disabilities to receive services. Info & referrals. Pays for interpreters. www.lincidaho.org

Love INC of Treasure Valley New Hope Relational Program 466-7810 One-on ★
Nampa t -one mentoring, teaching budgeting & life skills. Call to apply. Christian based. Some volunteers occasionally speak Spanish. loveinctv.org M-F 9:30-1

Marian Pritchett School at Booth Memorial (Boise Schools) 343-3571 X5 ★
1617 N 24th High school for pregnant teenagers. M-F 9-12, 1-4

National Alliance on Mental Illness (NAMI-Boise) 376-4304 www.nami-boise.org ★
4696 Overland #274 Family support group on 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets Thursdays at 716 N Orchard. (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call 376-4304 for info about other classes & presentations. Depression/bipolar support group at Intermountain Hospital Mondays @7. (Annette Dunn-841-7209)

Open Gym Boise Schools Grades K-6 Whitney, Liberty, & Valley View
SA 10-2, SU 1-4, Koelsch SA & SU 10-2 Ages 12-17 East, West & South SA 9-noon, Les Bois SA 9-noon, SU 1-4, Hillside SA, 8-11 SU 1-4.

Parent Project 373-5478 Call for schedule & sign-up. Highly structured parenting skills program to help parents prevent & intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook costs.

TRIO Program: Educational Opportunity Center 364-9925 U of Idaho Boise
322 E Front #190 Assist low income 1st generation people getting into higher education, anything after high school or GED level. All services free. Assist with GED, default loan counseling, college admissions & applying for financial aid.

YMCA Downtown 1050 W State 344-5501 Individuals & families may
West Boise 5959 N Discovery Pl 377-9622 apply for \$ aid for membership.

EMPLOYMENT AND CASUAL LABOR

<p>El-Ada Outreach 345-2820 ★ 2250 S Vista Help with applications, resume writing, getting ID needed for work. Computers available for job search & job listings. Employment case management available for workers with special needs. Includes transportation assistance-(3 one day bus passes) available (go quickly). No longer accepting applicants for casual labor placements. Undocumented citizens will be served. No basic job skill development. M-F 8-4</p>	<p>Pro People Staffing Services 345-5747 10148 W Emerald Boise #100 703 2nd Street South Nampa ID 463-8552 (has Spanish staff) Temporary employment. Applications taken Monday-Friday 9-2, need 1-2 hours to do application or online at http://propeoplestaffing.com Dress nicely for interview process, free training & skills testing. Temp to hire based on work, pay averages \$8-\$10/hour.</p>
<p>ESGW-WORKING SOLUTIONS 322-9675 600 N Steelhead Way #110 Case management, job search preparation, related classes, no gas vouchers or bus passes unless referred by H&W, 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 and Welfare to receive gas vouchers & bus passes M-F 8-5</p>	<p>SOS Staffing 8708 Fairview 327-1000 2585 Caldwell Blvd #103 Nampa 468-7899 Clerical, skilled trades, production & technical work, & labor work available. Temp to hire based on work & pay averages \$8-10/hour. M-F 8-5</p>
<p>Idaho Department of Labor Job Hotline 332-8940 219 W Main Spanish speakers. Register for work & apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance & free job search workshops. Speaks Spanish. www.labor.idaho.gov Mon-Fri 8-5 Job Hotline Recording of newest job listings 332-8940 219 W Main Boise 332-3575 205 E Watertower Meridian Ln 364-7785 4514 Thomas Jefferson Caldwell 364-7781 WIA Youth & Adult Program 332-3575 X3815 Youth ages 16-21: possible \$ help with GED & job training. Adults 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>	<p>Treasure Valley Community Resource Center (TVCCR) ★ 459-9263 Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5</p> <p>Vocational Rehabilitation 327-7411 10200 W Emerald #101 Vocational assistance for individuals with Disabilities who require help finding or maintaining employment. www.vr.idaho.gov</p>
<p>Job Corps 375-9414 centennial.jobcorps.gov ★ 2323 S Vista Ave #203 Ages 16-24. Full time program, usually residential. Nampa is closest center, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation Tuesday 3 pm at Commerce & Labor, & in Canyon County on 2nd & 4th Tuesday of the month at 3 pm. Spanish speaker. Closed from 12-1 for lunch. M-F 8-5</p>	<p>Volt Services Group 375-9930 101 S Capitol Blvd #501 Temporary work, temp to hire, short and long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen & background check. Must provide 2 work references & ID that proves legally able to work in the US. Paid weekly usually \$8-14/hr. Must speak basic English.</p>
<p>Labor Ready Temporary Service 331-3606 1088 N Orchard 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. M-F 6-5:30, SA 7-10, 5-6</p>	

FINANCIAL AND UTILITY ASSISTANCE

<p>Ada County Indigent Services 287-7960 www.adaweb.net ★</p> <p>252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage @ first hour free & \$1.00/hour after the first free hour. Fill out application, walk-ins 8-11am & 1-3pm, first come first served on Tuesday, Wednesday, Thursday, 8am & 1 pm. One time/12 month rental help. General Assistance includes rent, power, gas, water, cremation assistance. Ada County must be last resort. M-F 8-5</p>
<p>Debt Reduction Services 378-0200 Spanish</p> <p>6213 N Cloverdale #100 Free credit & debt counseling, household budget review, & credit report analysis. Walk-ins OK or call for appt.</p>
<p>Department of Health & Welfare Self-Reliance 334-6700 ★</p> <p>1720 Westgate (off Fairview behind Pojos) Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant & telephone help. Person must apply at office & set up an interview. Come early to apply & walk-in appointments available. Language assistance is available. MyBenefits@dhw.idaho.gov M-F 8-5</p>
<p>El-Ada-Outreach 322-1242 Telephone assistance & Meridian Water & United Water Cares. Heat bill assistance (wood & propane OK). Call 322-1242. Open Nov 1st to March 31st. Home weatherization for eligible homes made through Energy Assistance for once in a lifetime use. Need appointment. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, & landlord's name. Bring SSN card. Undocumented families may apply if 1 member is legal. Eligibility is based on income M-F 8-4:30</p>
<p>Idaho CareLine 211 or 1-800-926-2588 ★</p> <p>Referrals for information on the Earned Income Tax Credit and free tax preparation sites. Referrals for health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. www.idahocareline.org/</p>
<p>Idaho Power "Moratorium" 388-2323 or 1-800-488-6151</p> <p>Moratorium on paying electric bills from Dec 1st to March 1st; Must call ID Power, tell them you have children, & continue paying bill. Your power will be turned off after March 1st if nothing has been paid on the bill.</p>
<p>Intermountain Gas "Moratorium" 377-6840</p> <p>Moratorium on paying gas bills from Dec 1st to March 1st. Must call Intermountain Gas, tell them you have children, and continue paying your bill. Your gas will be turned off after March 1st if nothing has been paid on the bill.</p>
<p>Love INC of Treasure Valley 377-3529 Boise 466-7810 Nampa ★</p> <p>www.loveinctv.org New Hope Relational Program One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. M-F 9:30-1</p>
<p>Salvation Army 343-5429 Project Share Help with Idaho Power ★</p> <p>4308 W State & Intermountain Gas bills. Call at 9am on first Thursday of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address & photo ID. Program available from 10/7 to April 30, 2011.</p>
<p>St Vincent de Paul Help Line 331-2208 ★</p> <p>Must leave 1st & last name, phone number, zip code, & what kind of assistance you are requesting, so that you can be referred to the appropriate volunteers.</p>
<p>Social Security Administration 321-2901 Retirement, educational outreach & 1249 S Vinnell Way #101 (off Overland by Wal-Mart) survivors, disability, Medicare information. May call for appt. Arrive early, possible line. www.socialsecurity.gov M-F 9-4:30</p>
<p>Treasure Valley Community Resource Center TVCCR Information & referral 459-9263 on human services in ID & Eastern Oregon via phone. M-F 8-5</p>
<p>UW Cares 345-2820X23 LeeAnn (only United Water customers) ★</p> <p>2250 S Vista. Call about voucher for part of water bill. Must qualify, have a shut off notice. Year round.</p>
<p>Income Tax Resources 2010</p> <p>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</p>

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.

- **IRS Telephone Assistance for Individuals** **1-800-829-1040**
Monday – Friday, 7am - 10 pm your local time.
- **Face-to-Face assistance with IRS & to get copies of reported income, visit** Boise Office in Federal Building, 550 West Fort **387-2847**
Monday-Friday 8:30am-4:30pm www.IRS.gov
- **For information regarding State Taxes:** Idaho State Tax Commission Regional Office, 800 Park Blvd, Plaza IV **334-7660** or **1-800-972-7660** www.tax.idaho.gov

H&R Block Tax Professionals are available to provide Free Answers to Tax Related Questions, on the phone or in person. District office location: 1510 S Orchard, Boise **344-7665**

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 <https://www.accessidaho.org/apps/tax/ucpsearch/>

FREE TAX HELP LOCATIONS & PREPARATION 2010

Call 211 or 1-800-926-2588 Monday – Friday 8am – 5pm. www.idahocareline.org/ or 1-888-AARPNOW for up to date information & http://www.unitedwaytv.org/default_2gaa.aspx for up to date locations. Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. La ayuda bilingue estara disponible. All sites are wheelchair accessible unless noted. ♿

Boise County CEI VITA 2717 S Vista Ave Feb 1- April 15 Walk-in
Monday through Thursday 2pm - 8 pm, Saturdays 10am - 4pm Spanish
(Please enter through the laundry room at the back of the building.)

Boise Senior Citizens Center 690 Robbins Rd Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 8:30am – 12:30pm

Caldwell Senior Center 1009 Everett St. Feb 3 – Apr 7 Walk-in
Wednesdays 9am – 1pm (Closed Feb 24th)

CEI Canyon County Site VITA Community Action Office 114 E Simplot Blvd Walk-in
Feb 8 - Apr 15 Tuesdays & Thursdays 5- 8pm Every other Saturday 10am- 4pm

College of Idaho McCain Student Center 2112 Cleveland Blvd Feb 2 – Apr 6
Tuesdays 5pm – 8pm Walk-in

Eagle Public Library 100 Stierman Way Feb 1 – April 10 Walk-in
Saturdays: Feb 13, 27; March 6, 13; April 3, 10 ONLY 1:30pm – 3:30pm

Eagle Senior Center 312 E State Feb 2 - April 6 Walk-in
Tuesdays: Feb 2, 16; Mar 2, 16; April 6 ONLY 10am – 2pm

Garden City Library 6015 Glenwood Feb 6 – April 10 Walk-in
Saturdays 10:30am – 2:30pm

Hillcrest Retirement Center 1093 S Hilton Feb 3 – Apr 7 Walk-in
Wednesdays 5:30pm - 8:30pm

Kuna Senior Center 229 Avenue B Feb 1 – Apr 5 Walk-in
Mondays: Feb 1, 8, 22; Mar 8, 22; Apr 5 ONLY 9:30am – 2:30pm

Meridian Community Center 201 E Idaho Ave Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 10am – 2pm

Mountain Home Air Force Base VITA – Active Military, Retired Military and Guard Personnel. Schedule to be announced. **Appointment Only. Call 208-828-4997**

Nampa - Hispanic Cultural Center of Idaho 315 Stampede Dr #100 Walk-in
Feb 4 – April 8 Thursdays 10am – 2pm

Placerville/ Idaho City Shut-Ins Various locations.
Feb 1 – Apr 11 **Appointment Only. Call 208 392-9934**

St Mark's Catholic Church 7960 Northview Feb 2 – April 8 Walk-in
Tuesdays & Thursdays 10am – 2pm

Star Senior Center 102 Main St Feb 20 – Mar 20 Walk-in
Friday Feb 20 and Mar 20 ONLY 1:00pm – 5:00pm

Steven Henager College VITA 1444 S Entertainment Avenue Walk-in
Feb 8 - Apr 15 Monday – Thursday 2:30pm – 5pm. Friday 8am – 4pm, Saturday 10am- 2pm. Additional hours by appointment 208-383-4540 X1832

FOOD PANTRIES

<p>Agape in Action 685-0612 Free groceries, clothing, & toiletries ★ 1001 S Orchard the last Saturday of each month from 1-4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September- December. www.agapeworship.com Provide Thanksgiving & Christmas food boxes.</p>
<p>a.i.p.h.a. Choice Food Pantry (<i>Allies linked for the Prevention of HIV & AIDS</i>) 424-7799 1009 W Bannock For individuals infected & affected by HIV & AIDS. alphaidaho.org T 8-8, SA 12-5</p>
<p>Calvary Chapel of Boise 321-7440 Limited supplies. Non-perishable 123 Auto Dr (Boise Auto Mall) & some perishable foods. Church family will be given 1st priority. 1 visit/month/home. Need to show drivers license & fill out a form. SA 10-2</p>
<p>Community Ministries Center 378-7774 Cans, produce ★ 3000 Esquire (S of Ustick) & 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. T-F noon-3:30</p>
<p>Eagle Food Bank 631-0702 in Eagle Performing Arts Center 1st & 149 West State St Eagle 3rd Thursday of the month 10 am-noon & last Tuesday of the month 6-7:30pm. Available to Eagle & Star residents.</p>
<p>El-Ada Outreach Food Pantry 345-2820 Use every 60 days. ★ 2250 S Vista USDA commodities 1st Wed of every other odd month 11:30-12:30. Undocumented citizens welcome. Interpreter available upon request. M-F 8-4</p>
<p>El-Ada Community Action Partnership 377-0700 Food Pantry ★ 701 E 44th #2 Use every 60 days. USDA commodities 1st Wed (11:30-12:30) of odd months. Undocumented citizens will be served. Interpreter available upon request. M-F 8-4</p>
<p>First Baptist Church Food Bank 344-7809 1318 W Washington Bread, cans, cheese, butter, milk, some meat.. Must show ID. Visit every 30 days. SA 10-Noon</p>
<p>First Bible Missionary Church 376-2439 375 N Roosevelt Non-perishable food. Call for an appointment.</p>
<p>First Presbyterian Church Friendship Food Pantry 950 W State Can visit once per month. Mondays 5-7</p>
<p>Foundations Community Bible Church 888-6455 1450 N Ten Mile Meridian W 7pm, SU 12:30 pm</p>
<p>Grace Chapel Food Pantry 375-5515 Bring own boxes/bags. Drop in. 8650 W Fairview May shop 2 times per month. www.gracechapel.com T & TH 1:30-3</p>
<p>Idaho CareLine 211 or 1-800-926-2588 www.idahocareline.org/ ★ Referrals for health issues/meds in ID, Medicaid. Ask @ www.RxIdaho.org for prescription drug. Free summer lunch referral.</p>
<p>The Idaho Foodbank 336-9643 www.idahofoodbank.org Refers to food pantries. Call 211 for a list of pantries. www.idahofoodbank.org/PDF%20Files/Treasure-Valley-Pantry-List.pdf</p>
<p>Kuna Community Food Bank 922-4745 (Ted Wimer) 260 W 4th Use every 6 weeks. Must be in Kuna School District or Melba. Call for appointments. T,W,TH 1-4:30</p>
<p>Lighthouse Rescue Mission 461-5030 For Canyon County residents only. Call for days, times, & qualifications. Need ID & proof of residency.</p>
<p>Meridian Food Bank 888-5102 May visit twice/month. Cans & dry, goods, produce in season, meat & eggs when available. Bring ID & proof of address. M,W, TH 12-4 & M, W & TH 6:30-8</p>
<p>Northwest Food Bank (Formerly Freedom Resource Center of ID) 949-0358 Temporarily unable to feed while we are transitioning between buildings. Check back here often for updates. If you are in need, contact the 211 care line. http://frfocfoodbank.com/Northwest_Food_Bank/Welcome.html</p>
<p>Oasis Worship/Food Center 459-6000 Food boxes given to those in ★ 506 W Simplot Blvd (corner of Kit Ave) Caldwell need. Wednesdays noon to 2pm (hot meal) & Thursdays 4-6. May receive food once a week.</p>

<p>Operation Love Center 375-3226 Call first. Bring ID. 1820 N Dawn Lane Provide proof of address, live in Ada County, will provide food boxes for 1 week. M-TH 9:30-11:30am</p>
<p>Redeemer Lutheran Church 344-6758 Wash Wipe & Wrap Free ★ 2920 Cassia toilet paper, diapers, laundry soap. Ada County only. Bring proof of address. Must be parent or legal guardian of child. 3rd SA 1-3</p>
<p>River City Foodbank 375-1328 Call Fernando for more information. 7540 Northview (3 domes) Saturdays 9am-1pm rivercityboise.com/River_City_Church_-_Home.html</p>
<p>St John's Cathedral 342-3511 ★ 815 Hays Cans, staples, food boxes. Need an ID. M-TH 1-3</p>
<p>St Mark's Food Bank 3270345 Must live in Boise. ★ 7960 Northview Cans, milk, eggs, bakery, meat, & grains, cereals, & snacks for families. Use every 45 days. Bring ID. M-F 10-2</p>
<p>St Mary's Food Bank 850-6818 or 344-2597 3890 W State Use every 30 days. Food boxes, frozen foods, dairy & eggs. Spanish speaking. Now taking appointments. M W F 12-3</p>
<p>Salvation Army 343-5429 X1 Use every 60 days. Non-perishable ★ 4308 W State food boxes. Bring proof of address (envelope/bill) & photo ID for every family member & must live in Ada County. Vouchers for clothing, household items (not furniture), & bicycles will be on Mondays @ 1. Senior Day is 2nd Friday of month from 1-4. Seniors can come in for food, clothing & energy assistance. M-F 9-noon</p>
<p>SVdeP- Holy Apostles Food Pantry May visit every 60 days. Bring ID. ★ 6300 N Meridian (Chinden) Serves Meridian, Eagle, Star, West Boise, & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available. holypostlesmeridian.net M W F 1-4; TH 5:30-7</p>
<p>SVdP-Food Pantry 333-1460 May visit every 30 days. svdpid.org ★ 3209 W Overland When available, eggs, perishables, fresh produce, meat, dairy, eggs, canned goods, & bakery. Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 & 83706 area. M T TH 10-2, W 2:30-6:30, SA 9-noon</p>
<p>SVdP - Society of St. Vincent de Paul Food Pantry 249-5511 ★ 1203 7th St North (Off 11th Street) Nampa T & TH 3-5pm</p>
<p>Treasure Valley Community Resource Center TVCCR 459-9263 ★ Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 10-3</p>
<p>Vineyard Christian Fellowship 377-1477 Bakery goods, canned foods, ★ 4950 N Bradley & meat. Use every 30 days. Bring photo ID & proof of address (utility bill etc.). Undocumented citizens welcome. Interpreters sometimes available. Only Ada County residents. W & SA 10-12 noon</p>
<p>WIC (Women, Infants & Children) 327-7488 ★ 707 N Armstrong (Central District Health) 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.</p>

FREE MEALS

<p>Celebrate Recovery Dinners Christian Based "8 Recovery Principles" ★</p> <p>Vineyard Christian Fellowship 377-1477 ★</p> <p>4950 W Bradley Boise Fridays at 6pm</p> <p>Sacred Heart Church Celebrate Recovery ★</p> <p>Randy Williams 602-5667 or Mike Eisenbeiss 344-8311 12 steps of AA, 8 Principals from Beatitudes. 811 S Latah Thursdays 6, Light meal before Celebrate Recover @6. 7-9 large group teachings & testimonies. Drop in or call. Sundays at 6pm.</p> <p>Ten Mile Christian Church Celebrate Recovery ★</p> <p>3500 W Franklin Rd Meridian Meets every Friday night from 6-9:30pm with dinner at 6pm.</p>	<p>Nampa Youth Center 467-6586 403 12th Ave S After-school snacks.</p> <p>Oasis Worship/Food Center 459-6000 ★</p> <p>615 13th St Caldwell Meals Wednesdays noon to 2pm. Food boxes given to those in need. Weekend Feeding Program in coordination with Caldwell School District (Sacajawea, Lewis & Clark, Jefferson, Wilson, & Syringa Elementary Schools). Summer feeding program.</p> <p>River of Life Boise Rescue Mission 389-9840 ★</p> <p>575 S 13th (by River St) Breakfast 6:30 am daily Lunch 11:50 am daily Dinner 5 pm for Guests staying outside of River of Life Dinner 7 pm for Guests staying at River of Life. Undocumented OK.</p> <p>Salvation Army Community Family Shelter 461-3733 ★</p> <p>1412 4th St. S Nampa Breakfast 6-9 am. Lunch 11:30 am daily Wednesdays & Sundays 6-10. Showers & laundry every day except Wednesday & Sunday.</p> <p>St Michael's Cathedral Church 342-5601 Limited sack lunches ★</p> <p>518 N 8th available. Lunches M-F 9-3 Summer lunches are M-TH from 9-3 & F 9-1. Undocumented OK.</p> <p>Vineyard Christian Fellowship Feeding God's Children 377-1477 ★</p> <p>Serves food on Sundays 2 - 4 at Julia Davis Park. Undocumented OK.</p> <p>Whitney United Methodist Church 343-2892 Saturday sack ★</p> <p>3315 Overland (Owyhee) lunch (Zip code 83705 only) SA 11-12:30</p>
<p>City Light for Women & Children 368-9901 ★</p> <p>1404 W Jefferson; Boise Rescue Mission Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily</p>	
<p>Lighthouse Rescue Mission 461-5030 Meals & food boxes ★</p> <p>472 Caldwell Blvd Nampa Open to the public in need & not just for the homeless. No warrants (do a background check). Breakfast 6:30 am Monday-Saturday, 8 am Sunday Lunch 12 pm Monday-Saturday, 1 pm Sunday Dinner 7 pm daily Undocumented only able to stay for about 3 days.</p>	

COMMUNITY SUPPERS AND FRIENDSHIP FEASTS

- Every Sunday 343-7511..... **First United Methodist Church**
1010 W Franklin 5 pm
- 1st Thursday of month 345-3441..... **First Presbyterian Church**
950 W State 6 pm
- 1st Friday of month 344-2537 **All Saints Episcopal Church**
704 S Latah..... 6 pm
- 2nd Thursday of month 342-3511..... **St John's Cathedral**
807 N 8th (basement)..... 6 pm
- 2nd Friday of month **Sacred Heart Catholic Church**
811 S Latah..... 6 pm
- 3rd Tuesday of month 342-2380 **Red Rock Christian Church**
1124 S Roosevelt (Corner of Roosevelt & Kootenai) 6 pm
- 3rd Thursday of month 343-7511..... **First United Methodist Church**
1010 W Franklin..... 6 pm
- 3rd Friday of month **Whitney United Methodist Church**
3315 Overland by Owyhee 6-7 pm
- 4th Thursday of month **Wright Community Congregational Church**
4821 W Franklin..... 6 pm **NOT IN NOVEMBER & DECEMBER 2011**
- Last Wednesday of month 888-2245 **Meridian United Methodist Church**
235 E. Pine St., Meridian..... 6pm
- Last Wednesday of month 375-0392 **Hillview United Methodist Church**
8525 Ustick Rd..... 6pm
- Last Thursday of month 343-6601 **First Presbyterian Church**
950 W State 6 pm
(Sponsored by Ahavath Beth Israel Synagogue)
- Last Saturday of month 377-0220..... **King of Glory Lutheran Church**
3430 N Maple Grove (Enter N door, by Maple Grove) 12 to 1:30 LUNCH
- Last Saturday of month **St. Michael's Cathedral "Come to the Banquet"**
518 N. 8th St..... 12 1:00 LUNCH

HOTLINES FOR CRISIS ASSISTANCE, SUICIDE, DOMESTIC VIOLENCE, AND SEXUAL ABUSE

<u>American Red Cross</u> 146 South Cole Offers family disaster & emergency assistance 24/7.	<u>947-4357</u> or <u>1-800-853-2570 X 803</u>	
	Monday - Thursday 8-4, Friday 8-1	
<u>City Light for Women & Children</u> 1404 W Jefferson Safe place for victims of domestic violence, or any kind of violence, to go for protection.	<u>368-9901</u>	★
<u>Hays Youth Help Line</u> operated by Hays Shelter Home (24 hour Hays Hotline for Youth in Crisis)	<u>322-2308</u> or <u>1-877-805-2308</u>	★
<u>Health & Welfare Mobile Crisis Unit Suicide Prevention</u> 24 hour crisis line for children.	<u>334-0808</u> or <u>1-800-600-6474</u>	★
<u>Hope's Door (Caldwell)</u> (24 hour crisis line) Domestic violence victims & victims of rape or sexual assault & Canyon & Owyhee SART (Sexual Assault Response Team)	<u>1-877-459-4779</u>	★
<u>Hotlines for Information on Substance Abuse</u>		
• Al-Anon	<u>344-1661</u>	
• Al-Ateen	<u>1-888-425-2666</u>	
• Alcohol Drug Helpline	<u>1-800-821-4357</u>	
• Alcoholics Anonymous (AA)	<u>344-6611</u>	
• Call St. Luke's (for class registration & referrals)	<u>381-9000</u>	★
• Drug & Alcohol Treatment Hotline (Nampa)	<u>463-0118</u>	
• Drug Information Help/National Clearinghouse for Alcohol & Drug Information.....	<u>1-800-729-6686</u>	
• Narcotics Anonymous (NA).....	<u>338-4880</u>	
• (NAMI) National Alliance on Mental Illness Helpline	<u>1-800 950-6264</u>	★
• RADAR (Alcohol & Other Drug Resources)	<u>426-3471</u> or <u>1-800-937-2327</u>	
<u>Idaho Domestic Violence Hotline</u>	<u>1-800-669-3176</u>	
<u>National Run Away & Child Abuse 24 hour Hotlines</u>	<u>1-800-4-A-CHILD</u> Child Abuse <u>1-800-786-2929</u> or <u>1-899-RUNAWAY</u>	
<u>National Suicide Prevention Lifeline Hotline</u> (24 hour hotline)	<u>1-800-273-8255</u> or <u>1-800-273-TALK</u>	
<u>National Teen Dating Abuse Hotlines</u>	<u>1-866-331-9474</u>	
<u>Women & Children's Crisis Center (WCA)</u>	<u>343-3688</u>	★
• Domestic Violence Hotline (24 hour hotline).....	<u>343-7025</u>	
• Rape Crisis Hotline (24 hour hotline).....	<u>345-7273</u>	
<u>Veterans Crisis Line</u>	<u>1-800-273-8255 X 1</u>	

HOUSING ASSISTANCE

<u>Boise City/Ada County Housing Authority</u> <u>345-4907</u> 1276 River #300 Process applications for subsidized housing (Section 8) for families, disabled, & elderly. Typically a 2-4 year waiting list. Public Housing (project based housing) for the elderly & disabled is typically a 9-12 month waiting list. For available rental units from various landlords in the community please visit http://www.housingidaho.com/
<u>City of Boise Housing & Community Development</u> <u>384-4158 X 100</u> <u>1025 S Capital Blvd</u> Located across from BSU. Have low income studios, 1 & 2 bedroom units & a few larger units. A majority of units are studios, which are remodeled motel rooms. Rent includes all utilities.\$15 application fee. Please call for availability & length of the waiting list.
<u>Idaho Housing and Finance Association</u> www.ihfa.org <u>331-4877</u> 565 W Myrtle Assists new homeowners with low-interest mortgages for eligible first-time homebuyers, income based, potential help with down payments & closing costs. www.idamortgage.com <u>1-866-432-4066</u>
<u>Housing Information and Referral Center (HIRC)</u> Idaho's Housing Hotline hirc@ihfa.org <u>331-4877</u> or <u>1-877-438-4472</u> The Housing Hotline is a free information & referral service. M-F 8:30-5:30 <ul style="list-style-type: none">• Website that lists units for rent: www.housingidaho.com <u>1-877-428-8844</u>• Website that lists units for rent in Spanish: http://viviendaidaho.com/index.html.ESP Español / gratis <u>1-877-428-8844</u>
<u>Idaho Legal Aid</u> <u>345-0106 X 0</u> www.idaholegalaid.org/ ★ 310 N 5 th Help with family law, including divorce & custody only for domestic violence, & information for landlord - tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2980 (open 9:30-1 & 2-4 pm),Senior Legal Hotline at 1-866-354-0106, (open M-Tue 9-12 1-3 & Wed 1-3), & Spanish Senior Hotline 1-866-954-2591, for persons 60+ regardless of income, staffed by Legal Aid attorneys. M-F 8:30-5
<u>Jesse Tree of Idaho</u> <u>383-9486</u> 1025 S Capital Blvd Emergency rent assistance. Call for screening for emergency rental assistance. Must have paid rent for 3 consecutive months on time (does not need to be the last 3 months), must have eviction notice, must participate in case management, have proof of income & be an Ada county resident. T W TH 11-2
<u>Neighborhood Housing Services</u> <u>343-4065</u> 1401 Shoreline Drive Affordable rentals but must show ability to pay rent & pass rental application check. Low interest mortgage loans for families earning at or below 80% of area median income. Foreclosure, home buyer education & pre-purchase counseling programs. www.nhsid.org
<u>Sounding Board</u> <u>336-4448</u> 1820 South Pacific Mediation Services for all neighborhood disputes & low-income housing & family disputes. Also provide conflict-coaching for those who are involved in a dispute & want to explore different approaches to conflict. http://thesoundingboard.cfsites.org/custom.php?pageid=4280

LEGAL ASSISTANCE, IMMIGRANT AND REFUGEE AGENCIES

<p>Ada County Court Assistance/Self-Help Center www.courtselfhelp.idaho.gov/ 287-6963 & 287-6944 200 W Front Room 158 (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ first hour free & \$1.00/hour after the first free hour. Provides free forms & instruction for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, & small claims court. Free forms & instructions for family law issues are also available at www.adaweb.net/cao Free notary available for Ada County Courthouse paperwork only (Will not notarize vital stats paperwork). Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1st floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues. Family Court Services 4th floor of Courthouse 287-7600 Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases. M-F 8:30-3</p>	<p>Idaho Senior Legal Hotline 345-0106 & 1-866-345-0106 1-866-954-2591 for Spanish speakers. State-wide program by telephone for seniors 60 years of age or older to obtain free legal assistance with civil legal problems (such as problems with Social Security, SSI or other government benefit programs) & need information, advice or representation. M-T 9-12, M T W 1-3, F 9-12</p>
<p>Agency for New Americans 338-0033 Settlement agency Provide 1614 W Jefferson refugees, asylees & victims of trafficking with case mgmt, employment, referral & limited immigration services. Some other services available based on eligibility. Spanish speaking. www.anaidaho.org M-F 8:30-3</p>	<p>Idaho Volunteer Lawyers 1-800-221-3295 & 334-4510 Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corps. Priority is domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement-F 8-5</p>
<p>Banks Most banks have free notaries available. You may have to be a member, & some are open to the public, but it's a great place to start.</p>	<p>International Rescue Committee 344-1792 Refugee resettlement 7188 W Potomac Dr agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.</p>
<p>CASI Foundation for Children 376-0558 Private, non-profit adoption 2308 N Cole #E agency. Offer help & hope to low-income & homeless pregnant women & their partners. Services to birth parents are FREE & confidential. www.adoptcasi.org M-T 8:30-3:30, F 8:30-1</p>	<p>Living Independence Network Corporation (LINC) 336-3335 ★ 1878 W Overland Advocates for people with disabilities to receive services. Not attorneys, does not offer legal advice. www.lincidaho.org/</p>
<p>Catholic Charities of Idaho 466-9926 Monica Salazar ★ 1703 3rd St N Nampa Immigration & legal counseling. Spanish. To qualify: Catholic Charities requires for each participant that there be no back child support, no IRS liens, no felonies, no prior false claims of citizenship, and less than 2 misdemeanors in last 5 years. Family Based system. No employer sponsors. www.catholiccharitiesidaho.org</p>	<p>Mexican Consulate (Consulado de Carrera de México en Boise) 343-6228 & 343-6237 24 hour crisis line 919-1857 720 Park Boulevard #260 Second Floor, Washington Group Plaza Ricardo Pineda Albarrán – Cónsul Titular. Will provide identification for Mexican nationals living abroad, such as birth certifications & passports. Will further trade& cultural relations between ID & Mexico.</p>
<p>DisAbility Rights Idaho (was Co-Ad) 336-5353 or 1-866-262-3462 4477 Emerald #B100 Free. Provides advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have experienced rights violations or discrimination because of their disability. Assists persons in getting assistive technology/services, & in applying for, or receiving, services from rehabilitation programs, & SSI/SSDI beneficiaries with return to work issues. DRI provides information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish speakers & interpreters</p>	<p>Mexican Consulate 1-801-521-8502 1-801-521-0534 (fax) 230 West 400 South 2nd Floor Salt Lake City, UT 84 M-F 8-1 (Undocumented citizens, will be in Boise occasionally, taking photos & will give official photo IDs.) Very long wait same day for passport. Call for appointment, which will take 2-3 months.</p>
<p>Center for Community & Justice Neighbor's Project (Proyecto Vecinos) 378-1368 4696 Overland #228 Low cost help for immigrants with family immigration issues. Health resources education & parent education. Not for deportation hearings. Call for appointment. Spanish speakers. M-F 9-5</p>	<p>Nampa Family Justice Center 475-5700 Help in filing for civil 1305 3rd protection order, refer to domestic violence shelters, counseling for family violence issues. nampafamilyjusticecenter.org/</p>
<p>Department of Health & Welfare Self-Reliance 334-6700 Free notary ★ 1720 Westgate (off Fairview behind Pojos) for H&W Benefits paperwork only.</p>	<p>Self-Help Legal Alternatives 344-3208 Provides court ready forms 3350 Americana Terrace #220 & help for a flat fee (\$150-250) relating to child custody, child support, divorce, modifications, answer & counterclaim, contempt-of-court, guardianships, step-parent adoptions, adult adoptions, probate, etc. Also, for single forms, such as Powers of Attorney, temporary guardian, last will & testament, quitclaim deeds, etc for (\$25-\$75), & name-changes (\$50-\$100). If you need bankruptcy help, don't settle for a 15 minute consultation. We work with the best bankruptcy attorney in the valley who will spend 60-90 minutes with you. Drop in, no appointment. M-F 9-5:30</p>
<p>Idaho Legal Aid 345-0106 X 0 www.idaholegalaid.org Help ★ 310 N 5th with family law, such as divorce & custody with domestic violence & landlord-tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2980 & statewide toll free Senior Legal Hotline at 1-866-345-0106 for low income persons age 60+ regardless of income, staffed by 91. M-F 8:30-4</p>	<p>Treasure Valley Community Resource Center TVCCR ★ 459-9263 Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5</p>
<p>Idaho Senior Legal Hotline 345-0106 & 1-866-345-0106 1-866-954-2591 for Spanish speakers. State-wide program by telephone for seniors 60 years of age or older to obtain free legal assistance with civil legal problems (such as problems with Social Security, SSI or other government benefit programs) & need information, advice or representation. M-T 9-12, M T W 1-3, F 9-12</p>	<p>UPS Store Charges \$2/item to notarize items. 1770 W State 384-8500 6568 S Federal Way 338-9979 7154 W State 853-6400 1533 N Milwaukie 377-3966 3355 N Five Mile 375-7002 13601 W McMillan #102 939-6590 Call ahead, as hours vary. M-F 8-6:30, SA 10-6, SU 11-4</p>
<p>Women's Crisis Center (WCA) 343-7025 www.wcaboise.org ★ 720 W Washington Counseling individuals & groups for abused women/children, Spanish speaker can be arranged, 24 hr hotline. Legal help for protection orders, in-house court advocate makes referrals.</p>	<p>World Relief 323-4964 Refugee resettlement agency 6702 Fairview provides English class referrals, work orientation, job placement, job readiness classes, crisis intervention, emergency housing intervention & refugee mentoring. Extended services are available up to 5 years from date of arrival in US for refugee families assigned by State Department for resettlement program. Donations of household items, furniture, & gift cards are welcome. M-TH 9-4, F 9-1</p>

MEDICAL ASSISTANCE

<p>Access Behavioral Health 338-4699 Medicaid (clients must have current physical), Medicare (with \$30 co-pay), insurance, self-pay. Offers uninsured low cost psychiatric med mgmt for \$45/visit/15 counseling programs. Spanish. 3370 Caldwell Blvd #104 Nampa 465-4833 no low cost counseling appts. ★</p>	<p>Omega Health 853-0071 Medicaid, Medicare, & insurance. For teens (age 12+) & adults. M-1-3:15, T W TH 9:15-3:15, F 9:15-2:45 ★</p>
<p>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.</p>	<p>Partnership for Prescription Assistance 1-888-477-2669 Help getting free (nearly free prescriptions. Income guidelines. Spanish. Medicare, Medicaid. pparx.org/en/about_us & kids.pparx.org</p>
<p>Ada County Indigent Services 287-7960 adaweb.net Use as last resort. ★ 252 E Front #199 (2 buildings East of Courthouse, parking E side of Courthouse or parking garage \$2.50/hr). Fill out app, bring app to office to schedule appointment. Need current written prescriptions, may take 2+ days to OK. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services.. M-F 8-5</p>	<p>Pharmaceutical Company Patient Assistance Programs www.rxassist.org/Search.cfm 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.</p>
<p>All Seasons Health 321-0634 Medicaid, insurance. Primary care, 8050 W Rifleman #100 meds mgmt, counseling, injections, screenings, Non-emergency care, outside referrals for surgeries. Call for appointment. Can get interpreters. ★</p>	<p>Planned Parenthood 376-9300 Medicaid, sliding fee & insurance 3668 N Harbor (off State St) Spanish. Birth control, STD tests, pregnancy tests, emergency contraception (EC). No walk-ins. Call for appt. Abortion services. Early pregnancy loss services. ppgnw.org M 9-7, T 11-7, W 9-5, TH, F 8-4, Sa 10-4</p>
<p>Aspen Mental Health 342-2950 Medicaid, insurance. 7950 W King \$65 min sliding fee for counseling & help with free meds.</p>	<p>Praxis Medical Group 378-2840 \$35 school physical. Urgent care. Cash 4809 W Fairview discount (not for physicals). Now accepting new Medicare patients. No Medicaid. Walk-ins OK. M-F 7-5, Sat 9-1</p>
<p>Canyon County Community Clinic 249-9904 Wednesdays 4-7 Call Wed 9-10am 2005 Arlington for appt, no walk-ins. No insurance/Medicaid/Medicare. 200% poverty. Can get interpreters. canyonclinic.org</p>	<p>Primary Health Walk-in Clinics Medicaid Undocumented people welcome. 1907 S Broadway M-SU 8-8 345-1222 6052 W State St M-F 8-8, SA SU 8-6 344-7799 8971 W Overland M-SU 8-8 378-4288 1130 E Fairview M-SA 8-8, SA 8-6 888-9393 435 S Eagle #100 M-F 8-8, SA 8-6 939-8200 1825 Kimball Ave Caldwell M-F 8-6 455-3545 700 Caldwell Blvd Nampa M-SU 8-8 466-6567 All clinics have Spanish interpreters & language lines except the Eagle location.</p>
<p>Central District Health 375-5211 Same day appointments available. 707 N Armstrong Pl (Emerald) Teen Clinic walk-in TH 2:30-5:30.</p>	<p>Rite Aid Pharmacy Savings Card 1-866-317-4286 \$8.99/30-days generics, \$15.99/90 days, save 15% on other name brand/generics. riteaid.com/pharmacy</p>
<p>Family Planning (327-7400) M-F appt only. Pregnancy tests by appt only. Times vary. STI clinic M 5-7:30, W & F 1-3:30. Same day appt available. WIC (327-7488) appt only. Pregnant & breastfeeding women, infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice, fresh fruits & veggies. Infants may receive formula, cereal, juice, & fresh fruits/vegetables. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours. Immunizations for Children (327-7450) by appt only. M, TU, & TH 8-5, W 11-7, F 8-4</p>	<p>St Alphonsus Express Care 367-7264 Medicaid, Medicare, insurance. ★ Rite Aid 1515 W State Albertsons 4700 N Eagle Road (McMillan) Nurse practitioner assesses & treats basic medical conditions for flat fee of \$55 & school physicals (\$25) Adults & children 12 months & older. Medicaid patients need to fill out Healthy Connections form. M-F 9-8, Sa & Sun 10-6</p>
<p>El-Ada Outreach 345-2820 HIV testing, prevention education, HIV groups for men & women, HIV rapid testing & results counseling on site & at various Outreach Van locations. M-F 8:30-4 ★</p>	<p>St Luke's Internal Medicine 381-6400 Medicaid, may slide fees. 701 E Park Center Adults 18+, primary care. No new patients now. M-F 8-5</p>
<p>Family Medicine Health Center 514-2500 5clinics: 777 N Raymond (M-F 8-5 & Sat 9am-1pm); 6094 Emerald; 121 E Fort; 2321 E Gala in Meridian (M-F 8-5); & 215 W 35th St in Garden City (Mon 8-5 & Wed 1-5). Provide medical care for adults & children, prenatal care & OB service. Accepting Medicaid & Medicare.</p>	<p>St Mark's Crisis Center 327-0345 Emergency only. Need prescription ★ 7960 Northview \$50 max, use only once. Photo ID. No pain killers or controlled substances. Must use Shopko pharmacy (get price quote, then given a voucher). No pain meds. M-F 10-2</p>
<p>Health Access Program & Sliding Fee Scale \$26 co-pay with income guidelines/qualifications. Call to schedule a financial screening appt. Women's Health Check 514-2500 X6638 for age 50-65 women. Cervical & Breast Screen. Will accept younger than age 50 women if exhibit symptoms of breast or cervical cancer or haven't had a pap smear in 5 yrs. Spanish speaker. Bring SSN. Undocumented citizens OK. Call (M & W 9-1, T & TH 9-6.) for appt. Wellness Center 514-2505 provides HIV Primary Care, clinical trials, referrals to specialists, nutritional, dental, individual, family counseling, Free confidential, HIV testing by appt..</p>	<p>St Vincent de Paul Patient Assistance Program 344-9737 Maintenance meds. Call ★ 3217 W Overland 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. M-TH 10-12, 1-4</p>
<p>Fred Meyer Pharmacy Generic med approx \$4 for 30 days or \$10 for 90 days 424-7533 3527 Federal Way 429-6433 5230 W Franklin 323-7036 5425 Chinden 373-5233 10751 W Overland 887-5273 1850 E Fairview Meridian 465-2836 50 2nd Street South Nampa Free insurance card at Fred Meyer. Ask for it at the counter.</p>	<p>St Vincent de Paul Help Line 331-2208 Zip code determines nearest church where you will be referred. Must leave phone # for call back. ★</p>
<p>Friendship Clinic at All Saints Episcopal Church 429-6678 Free basic health care 709 S Latah services for underinsured & uninsured. No Medicaid or Medicare. Appointments only. Acute non-emergent care, limited mental health & no children services. No interpreters available. friendshipclinic.com Mondays & 2nd & 4th Tuesday. M 5:30-8:30</p>	<p>Shriner Hospital referrals 343-0571 Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital. Don't charge for services, arrange & pay for travel.</p>
<p>Garden City Community Clinic 384-5200 (Genesis World Mission) Free. Call 215 W 35th anytime .Appointments scheduled for Tuesday & Thursday 4 - 6 or Wednesday 9:00am-12:00pm. Ladd's Pharmacy is partnering with GCCC to fill any meds not in formulary & all \$4 generic medications. Services: treatment of acute non-emergent illnesses, basic chronic care & counseling, & medications as available. Dental Clinics Monday & Friday. Complex mental illness care & complex chronic care are referred to other providers. Financial eligibility remains at 200% of Federal Poverty Guidelines. GCCC is a free medical clinic for low income & uninsured patients. Spanish interpreters sometimes but bring an interpreter.</p>	<p>Sonshine Family Health 375-8806 Medicaid, self-pay, no insurance. 2308 N Cole #H Payment due at visit, simple visits start at \$58. Nurse practitioner. Undocumented citizens served. Interpreters available with notice. M, T, TH 8-12, 1:15-5:15, Wednesday 8-1, 2:15-7, Friday 8-1</p>
<p>Idaho Careline 211 or 1-800-926-2588. Housing and family resources at idahocareline.org Meds in ID. Ask @ Rxdaho.org for prescription drugs. Spanish. ★</p>	<p>State St Immediate Care 853-3100 Medicaid Walk-in clinic 4902 W State Office visit \$65 deposit remaining amt will be billed out to patient. Can bill out for labs/tests. Limited Spanish serves. M W 8-5</p>
<p>Kmart Pharmacy 377-5153 kmart.com/shc/s/dap 10151 10104 DAP Kmart+Pharmacy+Microsite 10477 Fairview Certain generic medicines \$5-15 for 90 days, \$25 over 50 women's wellness prescriptions, quantity restrictions apply. Spanish interpreters sometimes.</p>	<p>"Su Familia" National Hispanic Family Health Helpline 1-866-783-2645 or 866-SU-FAMILIA) Call M-F 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)</p>
<p>Knights of Columbus Council #12854 Dick DeLeonard (362-3710), Dale (888-3782), Robert (377-0874) Free wheelchairs, walkers, canes, crutches, med beds, commodes, shower benches, other medical equipment.</p>	<p>Terry Reilly Health Clinic - Nampa 467-5282 Medicaid & insurance, ★ 223 16 Ave N Pharmacy, all medical services provided, Spanish speaking, bring proof of income & SS #. Undocumented citizens without proof of income can receive free non-emergency treatment. Express Care Walk-ins & appointments. Treats minor medical conditions for flat fee of \$30 cash, Medicaid, Medicare. No free services, only sliding fee, insurance. No flat fee, \$31 deposit & work out payment for the rest. M T TH 8-8, W 9-8, F 8-6, SA 9-5</p>
<p>Leukemia & Lymphoma Society 658-6662 Patient financial aid available ★ 2404 W Bank Dr #103 for all blood cancer patients in active treatment, including co-pay assistance up to \$5,000 per year. lls.org</p>	<p>Terry Reilly Medical Boise Clinic 344-3512 Medicaid, Medicare, sliding fee, ★ 300 S 23rd St insurance, homeless grant. Primary Care, call for appointment, including same day appointments. 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. M T TH 8-8, W 9:30-8, F 8-5, SA 9-5</p>
<p>Living Independence Network Corporation 336-3335 1878 W Overland ★ Loans & gives away equipment only such as wheelchairs, walkers, etc., not financial. Pays for Spanish interpreters. lincidaho.org/</p>	<p>Together RX Access Card 1-800-444-4106 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. Medicaid togetherrxaccess.com</p>
<p>North End Children's Health Clinic 395-0000 Anne Church Medicaid 1655 W Fairview #206 Insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).</p>	<p>Unity Health Center 895-6729 Sliding scale fees. Need photo ID. 745 S Progress Ave Meridian uhcidaho.com M-SA 8 am-8 pm, SU 10-7</p>
	<p>Vineyard Christian Church 954-2059 Spanish interpreters. Walk-in, medical, ★ 4950 N Bradley & gynecology. Free if no insurance. W & Sa 9:30-11:30</p>
	<p>Wal-Mart Pharmacy No Medicaid Bring Rx generic meds. \$4 for 30 days ★ 321-9080 8300 W Overland Boise 853-4780 7319 W State Boise 373-0024 4051 E Fairview Meridian 461-8718 5875 E Franklin Nampa 467-5159 2100 12th Avenue Nampa 455-2151 5108 E Cleveland Caldwell</p>

SHELTERS AND SHOWERS

<p>City Light for Women & Children (only) 368-9901 ★ 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 violence, 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. 2 Programs: Emergency Shelter—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 M-F, 9 am Sunday, brunch 10:30 am Saturday, dinner at 5 pm daily. Open to public, including people who are not homeless but are mothers with kids & the working poor. New Life Recovery Program—1+ year intensive program. Residential shelter. Free. 1-on-1 counseling for women & children. Meals daily.</p>	<p>The Lighthouse (Boise Rescue Mission) 461-5030 ★ 472 Caldwell Blvd in Nampa Men only, 3 meals served/day, 7 days/week. Shelter check-in starts 4 pm. Wake up at 5:45 am, chores assigned daily. Visibly intoxicated men will not be admitted. Breakfast: 6:30 am daily, 8am Sundays, Lunch: 12 Mon-Sat, 1:00 pm Sun, Dinner: 7 daily. Meals open to public & not just to the homeless. Chapel service at 6-7 pm daily. Nov-Feb accept everyone regardless of space, no time limit. March-Oct 17 day max stay & wait 30 days for more shelter time. Showers free from 4-5:30 M-F for non-shelter residents. Used clothes free. Jobs program, sign a contract & meet certain objectives to extend shelter stay. 1-year rehab program, live & work at shelter, no smoking, drinking or drugs in program.</p>
<p>Community Family Shelter 461-3733 (Salvation Army) ★ 1412 4th St. S Nampa Open to families with children or single women. Emergency (90 day) housing provided & transitional (4 months to 2 years) housing provided. Need to fill out application & do screening to be put on the waiting list. Probable waiting list. Breakfast, lunch & dinner provided daily except Wed & Sun. Provide laundry facilities for those at risk of becoming homeless from 6-10 am everyday but Wednesday and Sunday, Free showers.</p>	<p>Pioneer Neighborhood Community Center Day Shelter 384-4069 ★ 500 S Ash St 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. M-F 3-7</p>
<p>Corpus Christi House Day Shelter 426-0045 Have washers & 525 Americana Blvd dryers, showers, some clothing, computers & phones available, may use their address for a mailing address, & free coffee. May use CCH's address & phone number as your contact info. Businesses in search of day labor may call CCH. AA meetings on M & TH @ 7 pm Open daily M-Sa 8-4:45, closes on Sundays @ 11:30</p>	<p>River of Life Men's Mission 389-9840 ★ 575 S 13th (by River St) Boise Rescue Mission will 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 but working poor. 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.</p>
<p>Good Samaritan Home 343-6051 Provides affordable 3501 W State (on a sliding scale based upon income) housing (both permanent & temporary) for adults of all ages. M-F 9-5</p>	<p>Salvation Army (Booth) 343-5429 X 3 or 4 Open to single moms ★ 4308 W State or dads with children, intact married families or single women of any age. Clients must leave M-F from 8-4. May stay up to 90 days. Breakfast, sack lunch & dinner provided free 7 days a week. Call for phone interview. Probable waiting list. M-F 9-4</p>
<p>Hays Shelter Home 322- 2308 & 1-877-805-2308 ★ 7221 Poplar Boise 24 hr Youth Help Line. Safe shelter & support services for youth who are victims of abuse or neglect, runaways, homeless, or from families experiencing crisis in the home. Private referrals accepted. Youth may access services alone. Residential care for children only, boys & girls age 9 to 17. Family, individual & group counseling, skill-building classes, & parent education classes. Daily rates based on the family's ability to pay.</p>	<p>Valley Crisis Center Nampa 465-5011 24-hour crisis line, 67 beds, rules, has to be domestic violence (rape & sexual assault situation), women & children only, no boys over age 17, 90-day review program. Onsite counseling & support groups.</p>
<p>Hope's Door 459-6279 Caldwell Shelter for domestic violence victims & victims of rape or sexual assault, advocates & a case manager who speaks Spanish.</p>	<p>YMCA ★ Downtown 1050 W State 344-5501 West Boise 5959 N Discovery Place 377-9622 \$2 Showers, anytime at West Boise. Downtown M-F 7-5am-11pm, Sa 7-8, Su noon-6 Individuals & families may apply for financial assistance for membership.</p>
<p>Interfaith Sanctuary 343-2630 www.interfaithsanctuary.org 1620 W River 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. 6 pm-7 am 7 days a week</p>	<p>Women & Children's Alliance (WCA) 343-7025 ★ 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.</p>

SUBSTANCE ABUSE TREATMENT

<p>Access to Recovery Hotline 1-800-922-3406 X 2 www.bpahealth.com State Funding for Drug & Alcohol Treatment. Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for outpatient & inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage/life skills education classes, & emergency housing. M-F 8-6</p>	<p>Pioneer Health Resources Drug & alcohol outpatient service. ★ 890 N Cole Boise 322-1026 Serve adolescents & adults. 1002 W Sanetta Nampa 466-2229 State approved facility.</p>
<p>Ada County Juvenile Court Substance Abuse Program 287-5600 400 N Benjamin #201 All programs are court ordered, ages 13-18. 1. Drug Court, 9 month commitment, outpatient 2. Residential for locked down adolescents, 6 weeks 3. Outpatient & an intensive outpatient program. M-F 8-6</p>	<p>Pioneer Neighborhood Community Center Day Shelter 384-4069 ★ 500 S Ash St Boise Parks & Recreation offers day shelter for homeless families. Room for 15 families. Youth activities will be offered. Open November 28 thru March 30th. Open M-SA 8-3, SU 9-3 for preschool children & their parents. Parent must accompany child. For information about homeless day shelter, call 384-4069 or contact Paul Schoenfelder via email or 608-7688. Also serves as an after-school drop-in site from 3-7 weekdays for kids ages 5-15. For information about after-school activities, contact Sara Crawford by e-mail or 608-7652. Offers games, books & computers with Internet access.</p>
<p>AA-Alcoholics Anonymous 344-6611 Call for information. ★</p>	<p>Port of Hope Nampa 463-0118 Assessments ,outpatient, inpatient treatment, & 508 E Florida detoxification for adults age 18+. BPA funding or self-pay. portofhopecenters.org/</p>
<p>Allumbaugh House 377-9669 Voluntary facility open for detoxification & mental health services 24 hours a day, 7 days a week. Not walk-in facility. Detox can be self-referral. Call for screening appointment. Must be 18 years old, reside within Region IV (Ada, Boise, Elmore, & Valley Counties) & show potential for benefit from short-term stabilization. Priority given to clients with low income &/or lack of health insurance coverage. Referral for mental health services must be made by designated professionals for admission. Qualified professionals include the ID Department of Health & Welfare, law enforcement, hospitals or health care provider.</p>	<p>Provenance Ministry 287-8900 Eileen Davis. Provide faith based structured, transitional, safe & sober housing, for those willing to change their lifestyle & establish a relationship with Jesus Christ. Offering recovery support.</p>
<p>Ascent Behavioral Health Service 898-9755 Substance abuse treatment ★ 366 SW 5th Ave #100 Meridian for adolescents & adults. Dual diagnosis, anger management, & cognitive self change courses. Self pay, private insurance, and state funding accepted. Medicaid accepted through state funding for substance abuse treatment.</p>	<p>Recovery 4 Life 376-7083 Recovery support services case man. State funding, 1253 N. Cole #100 self pay, sliding scale, & insurance. Intensive outpatient to adults & adolescents, individual, group & family therapy. M-TH 9-6, F 9-2</p>
<p>Business Psychology Associates 1-800-922-3406 or 947-4393 Provider of state funding for drug/alcohol treatment. Based on eligibility. M-F 8-6</p>	<p>Rising Sun Sober Living 338-0861 or 898-4668 Quality Clean & sober housing for men & women recovering from drugs & alcohol. Nice, clean houses in convenient locations. Serving Ada & Canyon Counties. Men & women houses are separate. Caldwell is men only. Monthly guest fee is \$400 with \$50 processing fee. risingsunsoberliving.org</p>
<p>Calvary Chapel Outreach—Pure Word Ministries 322-3073 ★ 123 Auto Drive 12 Step Program (Christian) TH @ 7 www.pureword.org</p>	<p>River of Life 389-9840 Free residential recovery for men ★ 575 S 13th Free residential recovery for men.</p>
<p>Center for Behavioral Health Methadone Clinic Outpatient treatment for 92 S Cole 376-5021 suboxone & methadone & other addictions. No insurance. Self-pay only. 1965 S Eagle #180 Meridian 288-0649 M-F 5am-12:30 pm, SA, SU 6-8 am</p>	<p>Road to Recovery (Boise Methamphetamine Clinic) 384-4234 4795 Emerald, Bldg A Substance abuse outpatient & intensive outpatient treatment. Separate male & female intensive 12 month program. Must be at least 18 years old. State funded, must be adult (age 18 or older), no history of sexual abuse or violent offenses. Spanish speaker. M-TH 9:30-5:30</p>
<p>Chrysalis Home Women's Transitional Living 424-1323 No treatment. 2501 W State 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 program fee, 41 beds. www.chrysaliswomenidaho.org</p>	<p>Sage Recovery Services 287-3285 Alcohol/Drug Education, Relapse 2995 N Cole Rd # 200A 912 12th Ave S #204 Nampa 888-0375 1323 N Main Meridian 888-0375 Prevention Education, Idaho Model CSC, Thinking for a Change, anger management, parenting, & individual sessions. \$15/group; sliding scale for financial. Substance abuse evaluations are \$40.</p>
<p>City Light for Women & Children New Life Recovery Program 368-9901 ★ 1404 W Jefferson Free Substance abuse treatment, 1+ year intensive program. Residential shelter. 1-1 counseling, women & children only, provide meals daily</p>	<p>Supportive Housing & Innovative Partnerships (SHIP) 331-0900 Offers safe 1405 Grove & sober housing for single men & single women. Provides case management, random drug testing & life skills recovery support services. SHIP accepts state Substance Use funding from BPA, offers affordable private pay program & a program for individuals experiencing homelessness. SHIP also has a housing program for homeless veterans with Substance Use Disorders.</p>
<p>Community Services Counseling 336-6792 Substance abuse outpatient & 963 S Orchard #B intensive outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, anger mgmt, women's trauma recovery, Adults 18+, self-pay, voc rehab funding & approved for state funded substance abuse treatment. M-TH 10:30-8</p>	<p>Ten Mile Christian Church 888-3101 Outpatient recovery support group ★ 3500 W Franklin Rd. Meridian services. Celebrate Recovery Christ centered, family, marriage, life skills training, case mgmt. Meets every Friday 6-9:30pm with dinner at 6pm. www.tenmilecc.com</p>
<p>Community Support Center 429-0330 Medicaid Adult day 716 N Orchard treatment for mentally challenged adults age 18+. Art & play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. M-TH 8-4</p>	<p>Tobacco Cessation 1-800-QuitNow (1-800-784-8669) Free telephone counseling service. Spanish, deaf & hard of hearing. http://idaho.quitnet.com Free Tobacco Cessation Classes 342-0308 Call Nancy Caspersen.</p>
<p>Deer Flat Celebrate Recovery 459-3845 Carol 989-9292, Earnie 989-0576 17703 Beet Rd Caldwell Wednesdays 6 pm Dinner (\$2), 7 meeting. Christ centered 12 step recovery program (chemical dependency, anger issues, food addictions, childhood abuse victims). http://deerflat.org/#/adult/celebrate-recovery</p>	<p>Unio Recovery Center 541-889-2490 60 bed residential treatment center 686 NW 9th St Ontario, OR Provides limited, uncomplicated medical detox with an open ended length of stay. The cost \$75/day. No longer take BPA. Idaho residents need BlueCross/BlueShield or cash. 200/night, sliding fee available for OR residents. Day treatment & intensive outpatient services. 12 spaces for "mommy & me" program.</p>
<p>Family Services Center 454-5133 State funding, Spanish, counseling ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting, CSC.</p>	<p>Ustick House 322-0474 12-step structured sober living house 8050 Ustick & 9230 Ustick for men, 90-day min. Sliding fee.</p>
<p>Harmony House 288-1079 State funding. Need assessment first. Residential 90-day treatment for teens 13-17. Few beds, possible waiting list.</p>	<p>Veterans Medical Center RSAT (Residential Substance Abuse Treatment) ★ 422-1000 X 1145 Provide detoxification & 21-day residential substance abuse treatment & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling & transitional housing for veterans completing RSAT. Available for eligible vets only.</p>
<p>Idaho CareLine 211 or 1-800-926-2588 Referrals for health issues & meds via Medicaid www.RxIdaho.org for prescription help. www.idahocareline.org/ ★</p>	<p>Vineyard Christian Church Celebrate Recovery 377-1477 ★ 4950 N Bradley (N 48/Chinden) Christian 12 Step Program. Friday 6 pm dinner (optional), 7 meeting.</p>
<p>Intermountain Hospital 377- 8400 Free Assessments In-patient treatment ★ 303 Allumbaugh for mental health & substance abuse for adults.</p>	<p>Walker Center Boise 336-9076 Relapse prevention, intensive outpatient 5440 Franklin # 101 treatment for adults age 18+, chemical dependency assessments. In-patient treatment at Gooding with 1 year of aftercare. No Medicaid, will accept state funded substance abuse treatment funding.</p>
<p>Kuna Counseling Center 922-9001 Substance abuse outpatient ★ 190 W Main Kuna treatment. Groups for drug & alcohol education, relapse prevention, cognitive self change, grief & loss. Accept Medicaid & insurance for other counseling such as relationship, severe mental health. Spanish providers.</p>	
<p>Lighthouse Rescue Mission 461-5030 Free 12-18 month in-house 472 Caldwell Blvd (Nampa) residential program for Men only. Men's shelter, provide 3 meals per day to anyone, & provide food boxes to families with proof of address once/month.</p>	

SUPPORT GROUPS (FREE)

<p>Idaho Statesman Support Groups Published 06/24/11 May have more listings. idahostatesman.com/2011/06/24/1702897/support-groups-database.html</p> <p>Adult Children of Alcoholics 344-1661 Sundays @ 6pm St Stephan's Church 2206 N Cole Tuesdays @ 7:30 St Paul's Catholic Center 1915 University. Call Will @ 323-0141.</p> <p>AA-Alcoholics Anonymous 344-6611 or 1-800-627-9103 Call for information. ★</p> <p>Al-Anon Family Groups 344-1661 24-hour info Schedules & information visit 1524 S Vista al-anon-idaho.org Volunteers to talk with. Daily noon & evening meetings. Al-Anon Literature Discussion Group 111 S Orchard #238 (corner of Kootenai & Orchard, entrance 5). Call Will @ 323-0141 for ACOA meetings.</p> <p>Alliance on Mental Illness 376-4304 1st & 3rd Wed 7-8:30 4696 Overland #274 Families/friends of people with mental illness. Consumer support group meets every Thursday 6-7:30.</p> <p>Al-Ateen 344-1661 Call for meeting times & locations. ★</p> <p>Allies Linked for the Prevention of HIV & AIDS (a.l.p.h.a.) 424-7799 1009 W Bannock All Positive-support group meets Tuesdays 6-7 for those living with HIV or AIDS. (Ryan 371-9913) Referral & support for sexual health (STD /STI/HIV). Free oral rapid HIV tests, counseling, ed classes, & support for people with HIV & AIDS. Testing is M & W 5-9, walk ins OK. F 3-5 need appt. alphaidaho.org Food pantry T 8-8 & SA 12-5. Hours usually M-F 12-9, SA 12-6, SU 12-3</p> <p>Alzheimer's 1-800-272-3900 Call for info, resources & referrals on support groups for family members/caregivers.24/7 Helpline. www.alz.org/idaho/</p> <p>Asthma Education (Family) 381-2155 3rd Thursday 7-8:30 100 E Idaho St Luke's South Tower Anderson Center # 2; Asthma education, how it affects airways, triggers, meds, making asthma plan with MD.</p> <p>Baby and Me Support Group 367-7380 Tuesdays 10-11am 900 N Liberty #100 St Al's Family Center For new parents & babies 0-12 mo. Find a Class saintalphonsus.org</p> <p>Because I Love You Call Donna 345-1539 & Leone 853-2770 for schedule. ★ 303 Allumbaugh at Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Some Tuesdays 7 to 9:30.</p> <p>Better Breathers Club 345-5864 2nd Wednesday 11-1 during school year 2131 S Bonita Way @ Complex Care Hospital of Idaho People/families with respiratory issues. lungidaho.org</p> <p>Birth Parent Support 376-0191 10740 Fairview LDS Social Services ★</p> <p>Breast Cancer 376-3929 or 880-5658 (cell) Becky Hays HealthSouth Hospital No support group but can call for information.</p> <p>Breastfeeding Bunch 381-9000 Lactation experts will offer advice, Q&A 103 W State St Luke's Women's Life Wednesdays 10-12 520 S Eagle St Luke's Meridian Shoshone Room Thursdays 1-3 pm. Breastfeeding moms & babies share experiences, concerns & information.</p> <p>Breastfeeding Support & Encouragement 367-7380 ★ 900 N Liberty #100 @ St Al's Family Center Find a Class saintalphonsus.org Tuesdays 11-Noon</p> <p>Cancer (Living Through) 381-2760 Jeni Call @ groups in Meridian, Nampa, ★ 100 E Idaho St Luke's MSTI & Fruitland. Cancer patients, caregivers, & family.</p> <p>Cancer Grief Support Group for Cancer Patients & their Families. 381-2760 Call to register for class & to get more information.</p> <p>Cardiac Support Group 381-9000 Call for dates & topics ★ 100 E Idaho (St Luke's South Tower Anderson Center)</p> <p>Celebrate Recovery Dinner Christian Based "8 Recovery Principles." Vineyard Boise 377-1477 4950 W Bradley Diner 6 pm, groups 7-9 vineyardboise.org</p> <p>Celebrate Recovery 602-5667 Randy or 344-8311 Mike Eisenbeiss Sacred Heart Church, 12 steps of AA & 8 Principals from Beatitudes. Thursday 6:30 refreshments, 7-8 large group teachings & 8-9 small group's gender specific. Drop in or call.</p> <p>CHADD (Children with ADHD/ADD) 484-8100 Denise ada-gem-counties@chadd.net ★ 717 11th St Cathedral of the Rockies 3rd Thursday 7-8:30</p> <p>Children's Group for Children in Families with Cancer 381-3161 Children ages ★ 100 E Idaho St Luke's MSTI ages 7-11. 381-2779, 1-800845-4624 Call.</p> <p>Compassionate Friends 855-2137 Rae Ann 2nd Thursday of month 7:15 ★ 520 S Eagle (St Luke's-Meridian Hospital basement) Group is for families who have lost a child. Adults bring a friend if nervous. www.tcfboise.org</p> <p>Depression Recovery 375-6277 5009 Cassia Good Shepherd Church Mondays 7 ★</p> <p>Domestic Violence Support 459-6279 Caldwell Call for location. Mondays 6-7</p> <p>Down Syndrome Group 378-9912 Call for info & meeting times. Support for families with Down Syndrome. www.idahodownsndrome.org</p> <p>Families Anonymous 12-step program for parents, family & friends (ages 15+) concerned about loved one's use of drugs/alcohol or behavior problems.Helps deal with co-dependency & learn to stop enabling. www.familiesanonymous.org/ click on E-meetings</p> <p>Gamblers Anonymous 342-0672 12-step program. Meeting Saturday 4-5 1820 N Hartman New Apostolic Church basement Ask for Tony or Jim when calling for information for families of compulsive gamblers.</p>	<p>Grandparents As Parents 323-7538 Tracee Crawford (Treasure Valley GAP) 1st Boise 3852 N Eagle 2nd flr Community Center (First Church of Nazarene). Support group for grandparents & other relatives raising children whose parents are unable or unwilling to do so. Meets 1st Monday of month 6:30-8:30. idahograndparentsasparents.org</p> <p>Grandparents Rock (Raising Our Children's Kids) Chris 407-2759 or Jim 459-1159 2700 S Kimball Caldwell Grace Lutheran Church. Support group is for relatives/grandparents who are raising their children's kids! Meets 2nd Monday of month at 7pm. Child care & activities for kids during the meeting.</p> <p>Grief & Loss Recovery Group 949-9478 Stephanie or 608-4147 Marissa. 600 E State #300 Eagle Free support group open to anyone grieving a loss. Meets weekly for 8 weeks.</p> <p>HIV Support Groups 514-2505 At Family Residency Wellness Center ★ 777 N Raymond Open Tuesdays 6-7, Age 35 & under 6:30-8 Call Ryan 371-3671 Social for you & Loved One, location will change weekly. Call Jesse at 424-7799.</p> <p>Humphrey's Diabetes Center Call for details. 1226 River St, Boise 331-1155 520 S Eagle Rd #1229, Meridian 884-4220 4400 E Flamingo, (2nd floor, Saint Alphonsus Health Plaza) Nampa 884-4220 Doesn't provide free support groups. Do diabetes education & prevention training.</p> <p>IFAD (ID Families of Adults with disabilities) 991-2608 Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters. www.ifad.us E-mail ifad@ifad.us or Debbie.ciulla@ifad.us</p> <p>Idaho Asperger's Support Group 991-2170 www.idahoasg.org ★ Online meetings for families with children & adults with Asperger's Syndrome.</p> <p>ID Mom's Network 884-3773 Activities for stay-at-home moms. Information at www.idahomomsnetwork.org</p> <p>Leukemia & Lymphoma Society 658-6662 lls.org Monthly support groups for ★ 2404 W Bank Dr #103 blood cancer patients & families, none support group. Call for info.</p> <p>Narcotics Anonymous 338-4880 pager</p> <p>National Alliance on Mental Illness (NAMI-Boise) 376-4304 nami-boise.org ★ 4696 Overland #254 Connections Group (for those with a mental illness) meets Thurs 6-7. Nampa group meets @ Flying M Coffee Garage, 1314 2nd St South, upstairs, Tuesdays 6:30-8 pm. Family Support Group (for those with a loved one with a mental illness) meets 1st & 3rd Wednesdays 7-8:30 at NAMI.</p> <p>New Moms' Group 381-9000 or 381-1510 Support group for new mom's & babies ★ Meets TH 10:30-12 @ 103 W State at St Luke's Women Life. Meets T 10:30-12 @ St Luke's Meridian 520 S Eagle Rd</p> <p>Overeaters Anonymous Group for people with any eating disorder oa.org Mon 7:30pm All Saints Episcopal 704 N Latah Shanna 371-3362 Wed Noon 1st Congregational 2201 Woodlawn Ave Jeanne 867-1434 Thurs 7pm 5 Mile Nazarene 2701 S 5 Mile childcare Dave 921-6083 Sat 10am St Stephens Episcopal 2206 N Cole Donna 884-4487 Sat 1:30pm 1st Congregational 2201 Wood Lawn Ave Margaret 853-5331 Sun 6:30pm Boise Church of Christ 2000 Eldorado St Jenna 440-8927</p> <p>Parents, Families & Friends of Lesbians & Gays (PFLAG) 867-5029 ★ Boise First Congregational 2201 Woodlawn Meets 2nd Friday 7:30-9 Congregational Church 55 S Midland, Nampa Meets 3rd Tuesday 7:30-9</p> <p>Share Miscarriage & Infant Loss Support Group 367-7380 Find a Class saintalphonsus.org 900 N Liberty (Breast Care Center-Entrance Facing Emerald) First Tuesday 6:30-8</p> <p>SHARE of Idaho Chrissy 388-8834 or Jenna at rovig@slhs.org ★ 103 W State at St Luke's Women Life Group for parents who have had early pregnancy loss, stillbirth, or newborn death. 3rd Monday at 7.</p> <p>Survivors of Suicide Support Group 398-8231 Rich & Trudy ★ 717 N 11th (Cathedral of Rockies) Meets 1st Monday 7 pm.</p> <p>Survivors Supporting Survivors 422-0174 Heather Ages 11 to 18 2676 S Vista 1st Monday 6-7:30 For adolescent survivors with cancer diagnosis regardless of if they are receiving active treatment or are in remission</p> <p>Ten Mile Christian Church 888-3101 Every Friday 6-9 ★ 3500 W Franklin Meridian Issue specific, gender specific Christ centered support groups. Dinner & Children's Program. www.tenmilecc.com</p> <p>Touchstone Center for Grieving Children & Adolescents 343-7797 X1359 ★ 740 Warm Springs Ave Warm Springs Counseling Center meets 2nd & 4th Tuesday 6:30-8:30pm thru school year. Groups help grieving children (ages 5-18) & families recover from the loss of loved one. email for more information or to schedule an intake. No drop-ins. touchstone@childrenshomesociety.com</p> <p>Tourette's Syndrome 376-3409 Stephanie shoffman3409@msn.com Email or call to meet 1-1 for guidance & info. tsa-usa.org/</p> <p>Treasure Valley Autism Society 336-5676 ★ 520 S Eagle St Luke's basement 1st Monday 7-9pm. asatvc.org</p> <p>Twins & Multiples (Mothers of) Annual membership fee. Visit web for times/dates of meetings. www.boisemom.org</p> <p>Women & Children's Alliance Domestic Violence Counseling & Support Groups ★ 343-3688 & 343-7025 720 W Washington at WCA Wednesdays 7-8:15. Orientation & fill out paperwork at 4:30 5-6 class. Open to public. Free limited child care.RAP support group for women survivors of domestic violence. Wed 6-7p</p> <p>YAD (Youth Alliance for Diversity) 841-3220 Javier Community Center 305 E 37th Garden City Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6 www.yadiversity.org</p>
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TRANSPORTATION

<p><u>BHM Foundation for Recreational Safety</u> 322-1730 ★ Will give away free children's helmets. Must call for more information. www.bhmidaho.org</p>	<p><u>Kool Kab</u> 703-5666 Medicaid number <u>454-9982</u> Private pay number Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance for Medicaid users. Private pay can call day of needed ride.</p>
<p><u>Boise Bike Project</u> 429-6520 http://www.boisebicycleproject.org/Home.html 1027 Lusk St (by Ann Morrison Park, Green Belt & Jim's Appliance & Furniture) BBP gives bicycles to kids for free if referred from another charitable organization (schools, churches, after school programs, social workers, etc). To receive this bike must attend a Bike Safety Program held on the 2nd Saturday of every month @ 10:30 am for kids (12 & under). Adults can get a bicycle by paying (have bikes priced from \$10-\$1000) or have an Earn-a-Bike program that makes it possible to volunteer time in exchange for a bike. Volunteer Orientation is required for earn a bike. Earn-A-Bike's is held on the 3rd Saturday of every month at 10:30 am. Open shop hours W-Sat 12-6. Ladies Wrench night- a workshop for women is held on 2nd Thurs from 6-8 pm</p>	<p><u>Salvation Army</u> 343-5429 ★ 4308 W State Thursday 9–noon only. Arrive early as few bikes available. Get voucher for Salvation Army Thrift Stores for free bike. Bike must be needed for job or medical appointments. Bring proof of address, photo ID & proof of job search or medical appointment. Other stores are located at 3209 Overland (344-4454) and 8727 Fairview (323-1192) M–Sa 9:30–7:30</p>
<p><u>Canyon County Cab</u> 703-5666 Medicaid number <u>454-9982</u> Private pay number Shuttle transportation door to door privately paid. Please call 48 hours in advance for Medicaid users.</p>	<p><u>Transylvania Express</u> 906-3393 Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance for Medicaid users. Accept all major credit cards. Open early, close late.</p>
<p><u>El-Ada Outreach</u> 345-2820 ★ 2250 S Vista Daily bus passes for medical or medical appointments given daily as available. One-day bus pass per month for adults only. Undocumented citizens will be served. M–F 11:30–4</p>	<p><u>Valley Ride City Bus</u> 336-1010 Ada & Canyon County. Monthly youth pass age 6–18 is \$18, adult pass is \$36, disabled & seniors pass is \$18, high school students can use their school ID card to ride city bus for free during school year. Individual fares are \$0.50 for youth age 6–18, ages 5 & under is free, adults are \$1.00, seniors & disabled are \$0.50. www.valleyride.org</p>
<p><u>Idaho CareLine</u> 211 or 1-800-926-2588 Referrals for ★ health issues/meds in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help. Medicaid will reimburse medically related travel expenses if some basic criteria are identified & are preauthorized.</p>	

VISION

<p>Ada Vision 384-5924 Medicaid Will do Medicaid eye exam 1333 W Jefferson but will not dispense Medicaid glasses. \$30 off 2nd pair of glasses; can't be used with insurance.</p>	<p>Optometric Center 375-3871 Medicaid 700 N Raymond Medicaid eye exam for people under 21. Will not dispense Medicaid glasses.</p>																		
<p>Boise Mountain Eye 938-9900 Medicaid & Medicare 13075 Persimon Lane Will do Medicaid eye exam but will not dispense Medicaid glasses. "Sight for Students" can get a voucher from the school nurse for glasses.</p>	<p>Pearl Vision 322-1642 Medicaid 7447 W Emerald #105 Will do Medicaid eye exam & dispense Medicaid glasses. Spanish speaker.</p>																		
<p>Commission for the Blind & Visually Impaired 334-3220</p>	<p>Dr. D.H. Pitkin 376-3550 Medicaid Will do Medicaid eye 6700 W Emerald exams, dispense glasses, & will not accept other optometrist's prescriptions for dispensing glasses.</p>																		
<p>Envision Optical 433-1410 Medicaid 1410 Broadway Will do Medicaid eye exams & dispense glasses for their patients.</p>	<p>Shopko Optical Medicaid Call for appointment. 8105 Fairview 323-9303 2655 S Broadway Ave 345-8812 Will not accept other optometrist's prescriptions for glasses.</p>																		
<p>Eye Care Ass. or Cole Village Optical 377-1102 3417 N Cole Will do Medicaid eye exam but will not dispense Medicaid glasses. Medicaid</p>	<p>Visionworks 322-2933 Medicaid Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.</p>																		
<p>Family Eyecare Specialist 454-3366 Medicaid exams, frames 420 E Elm Caldwell & lenses, have over 100 Medicaid eligible frames. Accept prescriptions from other Doctors. Call for appointment for exam. Spanish. M-TH 9:30-5:30, F 9-1</p>	<p>Vision One 344-2020 Medicaid Will do Medicaid eye exam 610 Americana for people under 21, but will not dispense Medicaid glasses.</p>																		
<p>Hollingshead Eye 336-8700 Medicaid 360 E Mallard Dr #110 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>	<p>Vision Quest Medicaid 5680 Gage 377-3937 3025 W Cherry Ln #207 Meridian 898-1614 Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>																		
<p>Idaho CareLine 211 or 1-888-477-2669 ★ Provides referrals for health issues in Idaho via Medicaid. Ask @ www.RxIdaho.org for prescription drug help.</p>	<p>Vision Specialties 322-8381 Medicaid 1205 S Five Mile; Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish.</p>																		
<p>Idaho Eye Care Center 384-9194 Medicaid 1175 W Boise Ave Will do Medicaid eye exam but will not dispense Medicaid glasses.</p>	<p>VSP VISION REFERRALS Ask School Nurse for referral. Nurse must be a SNOI/NASN member; some nurses will share applications. Number of applications available per school is 5% of total # of kids/school. Will cover eye exam & glasses. Eligibility is less than 200% of federal poverty level, higher than free lunch program. This is for non-Medicaid uninsured families. Bring blue & white medical card to receive service.</p>																		
<p>Intermountain Eye Clinic 373-1200 Medicaid 999 N Curtis #205 Will do Medicaid eye exam but will not dispense Medicaid glasses. Spanish speaker.</p>	<p>Wal-Mart Vision Does NOT accept Medicaid ★</p> <table border="0"> <tr> <td>321-9177</td> <td>8300 W. Overland</td> <td>Boise</td> </tr> <tr> <td>853-4786</td> <td>7319 W. State</td> <td>Boise</td> </tr> <tr> <td>373-7926</td> <td>4051 E Fairview</td> <td>Meridian</td> </tr> <tr> <td>461-8724</td> <td>5875 E Franklin</td> <td>Nampa</td> </tr> <tr> <td>467-5293</td> <td>2100 12th Avenue</td> <td>Nampa</td> </tr> <tr> <td>455-2151</td> <td>5108 E Cleveland Blvd</td> <td>Caldwell</td> </tr> </table> <p>Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$65.</p>	321-9177	8300 W. Overland	Boise	853-4786	7319 W. State	Boise	373-7926	4051 E Fairview	Meridian	461-8724	5875 E Franklin	Nampa	467-5293	2100 12 th Avenue	Nampa	455-2151	5108 E Cleveland Blvd	Caldwell
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455-2151	5108 E Cleveland Blvd	Caldwell																	
<p>Dr. Katherine Lee & Dr. Daniel Brooks 381-6910 222 N 2nd #215 Will do Medicaid eye exam but will not dispense Medicaid glasses. Needs to be in Healthy Connections. Will get interpreter for Spanish speakers. Written referral needed for all new patients.</p>																			
<p>Lifetime Optometry 672-1370 Medicaid Call for 10454 Overland (by 5 Mile & Albertsons) appointment for eye exam, drop-in with a prescription for glasses. M-TH 10-6, F 10-3</p>																			
<p>Lion's Sight & Hearing Foundation 338-5466 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.</p>																			
<p>Meridian Vision 888-5252 Medicaid & private insurances. Large selection of frames, thorough eye exams including eye health.</p>																			
<p>Northwest Eye & Laser 344-3220 Medicaid for medical issues, 111 W Main but will not dispense Medicaid glasses. Eye surgery & laser correction. Medicaid by referral only.</p>																			