



# Self Rescue Manual

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

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

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

## SELF RESCUE MANUAL - Clothing & Furniture

### Agape in Action

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

**685-0612**

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

### Assistance League of Boise Thrift Shop

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

**377-4327**

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

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

717 N 11th Boise  
Mon & Wed 1-4:30  
Provides diapers, wipes available. One request per month.

**343-7511**

### The Basement - A Teen Thrift Closet (First Baptist Church)

607 N 13th Boise  
Call for an appointment. Private 1-hour appointment for teens located in "The Basement."

**344-7809**

[fcbasement@gmail.com](mailto:fcbasement@gmail.com)

[fcb Boise.org](http://fcb Boise.org)

### BHM Foundation for Recreational Safety

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

**322-1730**

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

### Birthright of Boise

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

**342-1898** or **1-800-550-4900** (24 hrs)

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

### Boise Senior Center Thrift Store

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

**345-9921**

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

### Cinderella's Closet

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

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

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

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

### The Closet - Teen Thrift Store (Boise First Community Center)

3852 N. Eagle Rd  
Free clothing to teens in need. Apt only. Private, confidential.

**409-0204** (Kelly)

### Deseret Industries Thrift Store

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

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

### Dress for Success Boise Valley

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

**288-4405**

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

### El-Ada Outreach

2250 S Vista Boise  
Mon-Fri 8:30-4:30  
Food pantry, free personal hygiene packs as available. Undocumented ok.

**345-2820**

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

### Goodwill Thrift Store

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

### Good Samaritan Store

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

### Grandma's Treasures Thrift Store

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

### Habitat for Humanity ReStore

10537 W Overland Boise  
Used & surplus building materials.

**375-5256**

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

### Holy Nativity Episcopal Church

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

### Idaho Diaper Bank

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

## SELF RESCUE MANUAL - Clothing & Furniture cont.

### Idaho Youth Ranch Thrift Shops

Mon-Sat 9-6, Sun 12-5  
 1417 S Main Boise **343-2506**  
 250 N Orchard Boise **378-8081**  
 2141 S Broadway Boise **376-1350**  
 10448 W Overland Boise **375-1242**  
 3840 Chinden Boise **433-1661**  
 3621 Overland Boise **331-7739**  
 7054 W State Boise **853-1408**  
 10353 Fairview Boise **322-3610**  
 231 Main Meridian **895-8433**  
 5465 W Irving Boise (Outlet Store)  
 Mon-Sat 10-4, Sun 12-4  
 \$.50/clothing item & cheaper furniture  
**377-2613**  
[youthranch.org](http://youthranch.org)

### Kid to Kid

1574 N Wildwood Way  
 Children's clothing consignment  
**376-6488**

### Love INC of Boise

Tues - Thursday 10-1  
 In-kind assistance for clothing,  
 household, diapers if available.  
 One-on-one mentoring. Call to apply.  
 Christian based.  
**377-3502**  
<http://www.boiseloveinc.org/>

### Mirror Image/ Cathedral of the Rockies Teen Hygiene Closet

717 N 11th St  
 Referral from school nurse/  
 counselor/ social worker required. All  
 hygiene supplies.  
[mirror.image.boise@gmail.com](mailto:mirror.image.boise@gmail.com)

### Meridian United Methodist Church Thrift Store

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

### New Again Thrift Store at Calvary Chapel

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

### Other Mothers

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

### Redeemer Lutheran Church

2920 Cassia St. Boise  
 3rd Saturday of each month 1-3  
 Wash, Wipe, Wear: Free diapers,  
 laundry soap & toilet paper.  
 Use once/month.  
**344-6758**  
[redeemerboise.org](http://redeemerboise.org)

### Re-Style Animal Rescue Thrift Store

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

### St. Luke's Children's Safe Kids Treasure Valley

209 W. Main Street Boise, Id 83702  
 Reduced cost convertible, combination  
 and booster car seats for purchase with  
 proof of WIC, Medicaid, or CHIP.  
 Please contact **381-3033** to make  
 appointment.

### St Vincent de Paul Thrift Stores

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

### Salvation Army Thrift Store

4306 W State Boise  
 Mon-Fri 10-6  
 Family Assistance office at 4308 W  
 State Boise. Clothing & household  
 goods assistance Tues-Fri 1-3. Must  
 bring ID for everyone & proof of  
 address (envelope or bill). Adults may  
 receive help one time or for special  
 circumstances, children every 6  
 months.  
**343-5429 ext. 1**

### Shop - a Boutique Thrift Store

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

### Valley Treasures Thrift Store

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

### Vets4Success Thrift Store

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

### Whitney United Methodist Church Joseph's Closet

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

## SELF RESCUE MANUAL - Counseling & Mental Health Services

### Alberi Counseling

688 N 9th Street  
Medicaid and private insurance.  
Adolescents, adults, and couples.  
Grief, anxiety, stress, anger,  
relationships, self-esteem, DBT,  
EMDR.

(208) 805-2034

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

### Ability Health and Rehabilitation

4696 W. Overland Rd. Suite 236  
Medicaid, private ins. Counseling,  
Medication Management, CBRS,  
Case management.

208-333-9578

[AbilityHRLLC@gmail.com](mailto:AbilityHRLLC@gmail.com)

<http://www.abilityhealthandrehabilitation.com/>

### About Balance Mental Health

6550 Emerald #108, Boise  
Mon-Fri 9-5

Medicaid & sliding fee (\$40 min).  
CBRS, case mgmt, counseling,  
case/meds mgmt, & nurse  
practitioner.

342-6300

### Access Behavioral Health

1276 W. River St. #100 Boise  
Mon-Fri 9-5

Medicaid & slide fee. CBRS, IBI  
therapy, child dev therapy,  
counseling, meds/case mgmt.

338-4699

### Access Living

690 S Industry Way #45, Meridian  
Mon-Fri 9-6

Medicaid, slide fee. CBRS, IBI, child  
dev therapy, counseling, adult day  
trmt, meds/case mgmt. After hours  
available upon phone request.

922-2207

### Affinity

8100 W Emerald #150  
Mon-Fri 8-6

Medicaid & insurance, individual &  
family therapy. CBRS, psychiatrist,  
nurse practitioner (med.  
management, but participate in two  
services), chemical dependency.

375-0752

### All Seasons Mental Health

6933 W Emerald St  
Medicaid, insurance, primary care,  
psych testing, psychiatry, med mgmt,  
counseling, case man, developmental  
services, CBRS, healthy connections  
provider. Evenings by appt. Bilingual.

321-0634

### Alliance Family Services

6003 W Overland Ste 101  
Medicaid, Medicare, private pay,  
insurance. Med management,  
psychotherapy, CBRS, case  
management.

922-6538

### All Together Now

411 N. Allumbaugh  
Medicaid/Medicare, sliding fee.

Individual, family, groups, marriage,  
play therapy. CBRS & payee services

336-9591

[alltogether-now.com](http://alltogether-now.com)

### Alpine Behavioral

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

672-0260

### Alturas Counseling, LLC

#### 136 Academy, Eagle

5185 W. Overland St., Boise  
Most insurances, Tricare, Medicaid.  
Counseling for Individuals, couples,  
family, children (7+), adolescents,  
elderly, developmental disabilities,  
refugees, military. Clinical Supervision  
to post graduates in counseling and  
social work.

991-0225

<http://alturascounseling.com>

### A New Leaf, Inc

2428 N. Stokesberry Pl. Meridian  
Medicaid. developmental/ habilitative  
intervention, habilitative supports,  
mental health, full med clinic.

939-3888

### Ascent Behavioral Health

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

898-9755

### Aspen Mental Health

7950 W King, Boise  
Mon-Fri 9-6  
Medicaid, insurance. CBRS,  
counseling.

342-2950

### Boise Rescue Mission Ministries

Free counseling & mental health  
consult

Men **389-9840** (Stuart)

Women **368-9901** (Guest Services)

### Bridgeway Health Services

1032 S Bridgeway Place #110, Eagle  
Medicaid, insurance. Counseling &  
medication management.

475-0800

### Brighter Future Health

9396 W. Emerald Suite 135  
Medicaid adult and child CBRS, case  
management, and therapy

323-4400

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

### Catholic Charities of Idaho

7255 Franklin Road, Boise ID 83709  
No Medicaid, subsidies for low income  
uninsured, won't turn away. Spanish.  
Individual/group/ family/youth/children  
& parent education services. Spanish,  
interpreters. Depression support group.

345-6031

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

### Center For Human Growth

1650 S Topaz Way, Meridian  
Medicaid, insurance, sliding scale, self  
pay, pro bono with counseling intern.  
Counseling & CBRS all ages.

888-3151

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

### Charly and Kat Counseling

123 E. 44th St. #A  
Garden City, ID 83714  
Medicaid, insurances, self-pay and sliding scale. Individual and Family therapy for adults and children.  
Free phone consultations available.  
Charly Read, LCSW: **921-3197**  
Kat Bowen, LCSW: **484-3017**

### Clearwater Rehabilitation Services

8400 W Fairview Ave. Boise  
Medicaid, insurance. CBRS, case & med mgmt, counseling for adults & children.  
**322-5859**

### Community Connections

1675 S Maple Grove  
Medicaid. Therapy & support services to children/adults with dev disabilities.  
**377-9814**  
[cciidaho.com](http://cciidaho.com)

### Community Outreach Counseling

(Boise, Meridian, Nampa, Greenleaf).  
Free consults. Medicaid, ins, sliding scale, pro-bono. All types of counseling & specialties, CBRS, case mgmt, med mgmt, residential rehab, developmental, bilingual, all ages. Substance abuse treatment.  
**466-7443**  
[www.cocofidaho.com](http://www.cocofidaho.com)

### Community Partnerships of ID

3076 N Five Mile Rd. Boise  
Medicaid CBRS, Counseling, groups, dev therapy, Spanish, IBI, res rehab, case mgmt, employment services, behavioral & recreational therapy, rehabilitative rehab, psychiatrist, employment.  
**376-4999**  
[cp-of-idaho.com](http://cp-of-idaho.com)

### Community Support Center

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

### Dr. Misty L. Wall, MSSW, LCSW

849 E. Fairview Ave (Meridian)  
Medicaid, insurance, sliding scale.  
Psychotherapy and education.  
**297-9495**

### Easter Seals-Goodwill Adult Behavioral Health Services

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

### Family Counseling Services

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

### Gem State Developmental Center, Inc.

818 NW 15th St., Meridian  
developmental therapy for adults and habilitative intervention, habilitative support to children.  
lpoole@gscddda.com  
**(208) 888-5566 x106**

### Ginny Marie Wellness/ A Better Life

6025 West Clinton  
No Medicaid, yes State Reimbursement, some insurance, sliding scale. CBRS, education. Court approved programs available.  
[www.ginnymwellness.com](http://www.ginnymwellness.com)  
GSwellness2008@aol.com  
**562-7050**

### Healthy Place Counseling

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

### Human Supports of Idaho

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

### Idaho Behavioral Health

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

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

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

### InRoads CBRS Services

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

### Intermountain Hospital

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

### ISU Boise Counseling Clinic

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

### Kuna Counseling Center

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

### LDS Family Social Services

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

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

### Leyline Advocates

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

### Lifepath Counseling & Wellness

10112 W Overland Rd  
Private insurance, Medicare,  
Medicaid sliding fee. Counseling,  
Med Management, Peer Support,  
CBRS, CM for adults, children and  
families.  
**780-3900**  
[www.lifepathidaho.com](http://www.lifepathidaho.com)

### Linkage and Retention to Care Allies Linked for the Prevention of HIV and AIDS

575 N 8th Street LL  
Serving newly diagnosed and those  
struggling to stay in care, access to a  
Licensed Clinical Social Worker.  
Counseling, case mgmt, housing  
help, referrals, emergency utility  
assistance, medication adherence  
counseling, a.i.p.h.a Choice Food  
Pantry, and other HIV prevention  
services.  
424-7799 ext. 103  
[alphaidaho.org](http://alphaidaho.org)

### Living Hope Clinic

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

### Maitri Community Services

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

### Methodist Counseling Center

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

### Mountain View Behavioral Health

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

### One Love Agency

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

### Perma Mental Health

950 West Overland Ste. 101  
Medicaid, private pay, insurance.  
Medication management,  
psychotherapy, CBRS, case  
management, telepsychiatrist  
available for private pay clients.  
**922-6538**

### Pioneer Health Resources

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

### Progressive Behavior Systems

2176 E Franklin Rd. Suite # 100  
Medicaid. Individ/Fam counseling,  
CBRS, res hab, devl svc, case  
mgmt, respite, habilitative supports.  
**436-4911**

### Quality Care Counseling Center

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

### Real Solutions Counseling

1011 W Williams St. #G  
Medicaid, Medicare, sliding fee.  
Adult & children services. Individual  
and family therapy, CBRS, case  
management. Services for refugees  
with interpreters speaking all  
languages.  
**991-0222**  
[www.realsolutionsidaho.com](http://www.realsolutionsidaho.com)

### RH Mental Health, LLC

1111 S. Orchard Street, Suite 290  
Medicaid. Case mgmt, CBRS,  
counseling and psychiatric services.  
Representative Payee Services at no  
charge.  
**343-2770**

### Riverside Rehab

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

### Robert Rhodes, LCSW

3152 S. Bown Way Suite 105, Boise  
Insurance/Medicaid, specializes in  
teen counseling  
[rrhodes.lcsw@gmail.com](mailto:rrhodes.lcsw@gmail.com)  
[boiseteencounseling.com](http://boiseteencounseling.com)  
**900-8500**

### Safe Haven Hospital of Treasure Valley

8050 Northview  
Medicaid, Medicare, insurance.  
Outpatient therapy & nurse pract.  
(med mgmt), all ages. In-patient  
ages 18 & older. Spanish for  
inpatient.  
**327-0504**

### Safe Place Ministries

723 N Mitchell #101  
Donations. None denied for inability  
to pay. Christian based education &  
counseling for victims of dom  
violence & sexual assault. Legal aid  
referrals.  
**323-2169**  
[safeplaceministries.com](http://safeplaceministries.com)

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

### St Alphonsus Behavioral Health Outpatient

131 N Allumbaugh  
Mon –Fri 8–5:30  
Medicaid. Therapy for kids/ adults,  
groups, meds mgmt, MD. Inpatient  
for kids under 12, adult inpatient.  
**367-6500**

### St Luke's Psychiatric Wellness Services

703 S Americana Blvd, Ste 150 Boise  
Mon-Fri 8-4 (phones until 5)  
Medicaid/Medicare, insurance,  
self-pay. Therapy, med mgmt for  
18+

**706-6375**

[http://www.slhs.org/clinic/psychiatry/  
boise/](http://www.slhs.org/clinic/psychiatry/boise/)

### SANE SOLUTIONS & Family Violence Prevention for victims

Mon - Thurs 8-12, 1-5 office hours  
Insurance, Medicaid, Victim's Comp,  
sliding fee, self-pay, & some grants.  
Counseling for sexual abuse victims,  
juvenile & adult, protective parenting,  
& personal safety classes.

**323-9600**

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

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

**345-1170**

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

7161 Potomac Drive Ste A Boise  
Medicaid. Insurance. Psychiatrist  
medication management, family,  
individual (all ages), couples  
counseling, play and trauma therapy,  
sub abuse, EMDR, home-based  
counseling. CBRS, parent-ed.  
Spanish.

**908-6399**

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

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

1111 S Orchard #174 Bldg 6  
Mon-Fri 9-5, Sat 10-5  
Individuals \$25/hr, group \$10, intake  
\$50. No Medicaid. Sub abuse,  
compulsive gambling,  
codependency, parenting, MRT,  
anger mgmt. Adults/teens/family  
**340-3274**

### Table Rock Counseling

Sliding fee down to \$40. Bilingual  
Spanish/Eng counseling. Counseling  
individuals, couples & families.  
**890-8391**

### Thrive Counseling of Idaho

3023 E Copper Point 108, Meridian  
Mon–Fri 9 - 5  
Medicaid, Insurance, Self Pay.  
Counseling and Med Mgmt.  
Addiction issues, co-occurring  
disorders, grief and loss, depression,  
anxiety and parenting issues.

**914-8924**

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

### Tidwell Social Work Services

5999 W State  
Mon–Fri 8–5  
Medicaid, Medicare, sliding fee, \$45  
min, insurances, free with interns.  
Individual, marriage, family, art play  
therapy, CBRS, MD. Interpreters for  
all languages.

**853-5095**

### Treasure Wellness

1655 Fairview Ave #115  
Mon- Fri 9-6  
\$20 / hr with interns. Private Insurance  
with professional Counselors.  
Counseling, education & support  
groups for individuals, couples,  
families. Couples communication, grief  
and loss, DBT, divorce recovery,  
anger/stress management.

**515-7661**

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

### Unity Health Center

745 S Progress Ave, Meridian  
W-Sat by appointment.  
Sliding scale (minimum \$40),  
insurance. Counseling individuals,  
couples & families.

**895-6729**

### Veterans Center

2424 Bank Dr (Vista/N Overland)  
Free. Readjustment counseling  
services for vets who served in war  
zones or have been sexually  
traumatized in military. Individual,  
group, couples, family counseling.

**342-3612**

### Veterans Medical Center

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

**422-1000 x1145**

### Warm Springs Counseling Center

740 Warm Springs Ave, Boise  
1833 S. Millennium Way, Suite 120  
Meridian  
Mon-Fri 8-5 (eves & weekends by  
apt) Insurance, Medicaid, Subsidy.  
Behavioral health services. Spanish.

**343-7797**

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

### Women's & Children's Alliance

720 W Washington  
24 hour Hotline counseling abuse  
victims. 120 day residential program.

**343-7025**

## SELF RESCUE MANUAL - Dental

### Basic Dental Care

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

**888-3384**

### Dr. Brock Bohlman

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

**384-0577**

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

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

**854-6627**

### Caring Smiles Dental Clinic

8744 W. Fairview Ave (between  
Milwaukee and Maple Grove)  
Mon-Thurs 8:00-5:00

All Medicaid, cash, and private  
insurances. Adult and child. Sliding  
fee dependent on income for cash  
patients. Please call for appointment,  
will work in emergency cases same  
day. Spanish.

**893-5000**

### Carrington College

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

**947-6821**

[carrington.edu](http://carrington.edu)

### Dr. Wayne Claiborne

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

**336-4777**

### Garden City Community Clinic Genesis World Mission

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

**854-3932**

### Healthy Smiles

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

**472-2020**

### ISU Family Dentistry

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

**373-1855**

### Small Smiles Dental Clinic

8744 Fairview (Fairview Tech Center  
between Milwaukee & Maple Grove)  
Mon-Fri 8–6:30

Medicaid, Cash and accepts many  
private insurances. Children under 21  
only. Prefer appointments but will  
accept some walk-ins. Spanish.

**322-3010**

### Terry Reilly Health Services Boise Dental

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

**336-8801**

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

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

**331-5049**

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

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

**376-8873**



## SELF RESCUE MANUAL - Disability Services

### **Disability Rights Idaho**

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

**336-5353**

**(866) 262-3462**

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### **Idaho Parents Unlimited**

500 S. 8th St

Parent-led organization to assist families and children with disabilities thru education and support.

**342-5884**

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### **Idaho State Council on Developmental Disabilities**

Advocacy and policy for individuals and families with development disabilities.

700 W. State St. 1st floor

**334-2178**

**(800) 772-1213**

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### **Idaho State Independent Living Council**

816 W. Bannock St Ste 202

PO Box 83720

Assist with independent living advocacy and resource referrals.

**334-3800**

**(800) 487-4866**

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### **Northwest ADA Center - Idaho**

**841-9422**

Provide information, training and guidelines on ADA rights.

<http://nwadacenter.org/idaho>

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### **Social Security Office**

**(800) 772-1213**

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

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### **Idaho Commission on Aging**

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

**334-3833**

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

### After 3

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

#### 2-1-1 Careline

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

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

3115 Sycamore Dr

Ppl with motor/ cognitive challenge receive free whole brain therapy through the arts.

**859-6231** (Mary)

### BabySteps

518 N. 8th St (St Michael's Episcopal Cathedral)

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

Education program for limited income pregnant & parenting mothers.

Provide diapers, wipes, clothing, & misc baby items. Free parenting class Tuesdays 6-7pm in both English & Spanish with free childcare.

**342-5601 x212**

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

### Big Brothers/Big Sisters of SW

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

Screened volunteers participate in mentoring program with children.

Wait list. Volunteer opportunities for high school students.

**377-2552**

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

### Boise City Child Care Licensing

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

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

**384-3710**

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

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

MiroslavBarac@BoiseState.Edu or do website request.

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

Call for more information.

**854-4917**

### Boise Parks & Recreation Community Centers

Grace Jordan Community Center  
6411 W Fairfield

**854-4910** (Chris Camacho)

Morley Nelson Community Center  
7701 W Northview

**854-4917** (Joey Ward)

Whitney Community Center  
1609 S Owyhee

**854-6625** (Barbara English)

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

### Boise Schools Preschool Screening

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

**854-5520**

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

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

911 N Meridian Rd Meridian

**888-5392**

Mon-Fri 3-8, (1-7 on half school days). open on no school days / summer from 11-6 (7am- \$5/day). \$10 / year. Offers free meals daily.

Open to school-aged youth with a variety of programs offered daily.

New families must attend orientation.

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

### Computers for Kids

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

Mon-Fri 9-4

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

**345-0346**

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

### Catholic Charities of Idaho

7255 N. Franklin Rd

Parenting, English, financial education, and citizenship classes, case management, parenting classes, employment, resume writing.

**345-6031**

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

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

Adult Basic Education (ABE) Program - free classes in Language Arts, English as Second Language (ESL), math, GED / Compass preparation. Free lab time with access to tutoring and computer/internet study.

**562-2571** Boise ESL

**562-2575** Boise ABE

**562-2014** Nampa ESL

**562-2068** Nampa ABE

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

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

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

6441 Emerald, Boise

Financial aid to eligible current or ex foster youth or who were adopted age 16+, or aged out of foster care at 18. Possible help with post secondary ed, training, books, tuition, room & board, childcare, transportation, tools, uniforms, computers. Must have diploma or GED.

**377-1771**

### El-Ada Community Partnerships

2250 S Vista

Mon-Fri 9-4

Payment for GED testing through the College of Western Idaho.

School/registration fee assistance for junior high and high school students. Undocumented citizens will be served.

**345-2820**

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

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

### Family Advocate Programs: Home Visiting

3010 W State #104

Free and voluntary home-based parent education services on child development, effective parenting skills, nutrition & more. Serves families & children ages 0-5.

**345-3344 x1011** (Solymar)

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

### Head Start & Early Head Start

4709 Camas

Tues-Fri 8-12 or 12-4

Children from birth to age 5.

Transportation provided for some classes. Provide food for breakfast & lunch, & afternoon snacks. Early Head Start; Expectant parents & families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).

**344-9187**

### ID Assistive Technology Project

Statewide program assists people with disabilities with assistive technology they need to live more independent lives. Free services available to all ages & disabilities

**1-800-432-8324**

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

[idaho.at4all.com](http://idaho.at4all.com)

### Idaho CareLine 211

Provides list of child care providers.

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

[www.211.idaho.gov/](http://www.211.idaho.gov/)

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

219 W Main Boise **332-3575**

205 E Watertower Meridian

**364-7785**

Youth ages 16-21 & Adults 18+;

Must meet eligibility requirements.

Provide help in getting GED/High School Diploma. [labor.idaho.gov](http://labor.idaho.gov)

### Idaho Family Assistance Center at Gowen Field

Offers all branches of military families services & referrals for various issues.

**272-4355 or 272-4355**

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

704 N 7th St

Promotes & seeks solutions for mental health well being for children & youth & respite care clearinghouse.

**433-8845**

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

### Idaho National Guard Youth Program Gowen Field

Issues that face youth who live in military families including deployment education. Community training available. Goodwill Staffing Services.

**272-4387** Tanya Chin

### Idaho Parents Unlimited

500 S 8<sup>th</sup>, Boise

1-1 help by phone or in office to families with children with disabilities, workshops designed to inform families on special education laws & other topics. Spanish.

**342-5884**

### Job Corps

2323 S Vista Ave. #203

Mon-Fri 8-5, Closed 12-1

Ages 16-24 Full time program, usually residential. Closest center in Nampa. Please call for eligibility & orientation times. Spanish speaker.

**375-9414**

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

### Learning Lab

308 E 36th St Garden City, ID 83714

Computer-assisted learning center for adults and families with 0-6 year old children. Basic skills instruction including math, reading, writing, spelling, GED prep and workplace skills. Children enrolled in an Infant/Toddler or Preschool Program. Students learn to touch-type and use a computer while improving their basic skills.

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

**344-1335**

### Lee Pesky Center

3324 Elder St

Not-for-profit specializes in evaluation and treatment of learning disabilities. Sliding scale.

**577-1108**

### Life's Kitchen

1025 S Capitol Blvd

A nonprofit employment-training organization offering 16 week employment-training program to young adults ages 16-20, covering not only culinary training but teaching life skills classes as well.

**331-0199**

### Parent Project

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

**570-6404**

### Salvation Army Life Skills

4308 W State St.

Jan-Oct. Incentives such as store credit, bus passes, gas for attendance.

**433-4427** (Wendy)

[wendy.wong@usw.salvationarmy.org](mailto:wendy.wong@usw.salvationarmy.org)

### TRiO Education Opportunity Center

**University of Idaho (Boise)**

322 E. Front St. Suite 190

Assist adults with returning to school. GED/ college/ trade/ technical school programs. Career counseling, researching schools & programs, college and financial aid apps, entrance tests, reg assistance, academic advising, counseling on default loans.

**208-364-9925**

Email: [eoc@uidaho.edu](mailto:eoc@uidaho.edu)

Website: [www.uidaho.edu/eoc](http://www.uidaho.edu/eoc)

### YMCA

1050 W State **344-5502**

5959 N Discovery PI **377-9622**

5959 N. Discovery PI **377-4886**

936 Taylor Avenue Meridian

**855-5711**

Financial aid available.

## SELF RESCUE MANUAL - Employment and Casual Labor

### Working Solutions

600 N Steelhead Way #110

Mon-Fri 8-5

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

**322-9675**

### Idaho Department of Labor Job

219 W Main Boise **332-3575**

205 E Watertower Meridian **364-7785**

Mon -Thurs 9-5, Fri 9-12

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

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

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

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

**332-3575 X3621 or 3590**

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

### Labor Ready Temporary Service

1088 N Orchard

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

After application process is complete, employee is asked to come into office at 6am if desiring employment. Application time & dates may vary, please call office for current application times. Applicant will need to have 2 forms of ID such as a state photo ID, SSN Card, certified birth certificate or passport. Spanish interpreters sometimes.

**331-3606**

### Pro People Staffing Services

10369 W Emerald Boise #100

Mon-Fri 9-2 (for applications)

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

**345-5747**

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

### SOS Staffing

8708 Fairview

Mon-Fri 8-5

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

**327-1000**

### Treasure Valley Community Resource Center

Mon-Fri 8-5

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

**459-9263**

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

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.

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

### Vocational Rehabilitation

10200 W Emerald #101

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

**327-7411**

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

### Volt Services Group

101 S Capitol Blvd #501

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

**375-9930**

## SELF RESCUE MANUAL - Financial and Utility Assistance

### Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.

**287-7960**

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

### Assurance Wireless

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

Limited minutes, unlimited text.

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

### Advocates Payee Services, Inc.

Representative Payee Services

Serving the whole Treasure Valley

**208-571-6095,**

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

### Debt Reduction Services

6213 N Cloverdale #100

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

**378-0200**

### Department of Health & Welfare Self-Reliance

1720 Westgate (off Fairview behind Pojos) Mon-Fri 8-5

Food Stamps, Medicaid, TAFI, Idaho Child Care Program (ICCP),

Grandparent Grant, telephone help, navigators can help with rent/utility.

Must apply at office & set up interview. Come early to apply & walk-in apts available. Language assistance is available.

MyBenefits@dhw.idaho.gov

**334-6700**

### El-Ada-Outreach Water Assistance/ UW Cares

2250 S Vista Ave

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

**345-2820**

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

701 E 44<sup>th</sup>

Mon-Fri 8-4:30

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

**322-1242**

### El-Ada-Outreach Services

2250 S. Vista Ave

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

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

**345-2820**

### HISway, LLC

Payee service

322-0262

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

Referrals and financial help if qualify.

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

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

### Idaho Power and Intermountain Gas "Moratorium"

Dec 1st to March 1<sup>st</sup>; Must call tell them you have children, & continue paying bill and they will not shut off service. Power will be turned off after March 1st if nothing has been paid on the bill.

**Idaho Power: 388-2323**

**Intermountain Gas: 377-6840**

### Neighborhood Housing Services

3380 W Americana Terrace #120

Homebuyer Education **258-6225**

Foreclosure Prevention **258-6224**

Down payment help **258-6226**

**343-4065**

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

### Love INC of Boise

Tues - Thursday 10-1

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

**377-3502**

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

### Salvation Army Project Share

4308 W State

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

**433-4424**

### St Vincent de Paul Help Line

Various help for utility, rent, etc. Must leave voicemail with first & last name, phone number, zip code, & what kind of assistance you are requesting so that you can be referred to the appropriate volunteers.

**331-2208**

### Social Security Administration

1249 S Vinnell Way #101 (off Overland by Wal-Mart)

Mon/Tues 9-4, Wed 9-12, Thurs/Fri

9-4. Retirement, educational outreach & survivors, disability, Medicare info. May call for appt.

Arrive early, possible line.

**1-855-377-9316**

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

## SELF RESCUE MANUAL - Food Pantries

### Agape in Action

1001 S Orchard

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

**685-0612**

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

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

575 N 8th Street LL

Tues 12-3, Thurs 12-3, Sat 12-3

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

424-7799

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

### Calvary Chapel of Boise

123 Auto Dr (Boise Auto Mall)

Sat 10–2

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

**321-7440**

### Community Ministries Center

3000 Esquire (S of Ustick)

Mon- Thursday 12–3:30

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

**378-7774**

### Eagle Food Bank

Eagle Performing Arts Center

149 West State St Eagle

1st & 3rd Thursday of the month

10am–12

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

Available to Eagle & Star residents.

**631-0702**

### El-Ada Community Resource Center Food Pantry

2250 S Vista

M-F 8:30-4:30

May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.

**345-2820**

### El-Ada Community Action Partnership Food Pantry

701 E 44th #2

Mon-Fri 8:30-4:30

May use every 60 days. Food boxes have 2-4 days of food. USDA commodities - call for more info. Undocumented welcome. Interpreter available upon request.

**377-0700**

### First Baptist Church Food Bank

607 N. 13th

Sat 9-11am

Bread, cans, cheese, butter, milk, some meat. Show ID, every 30 days.

**344-7809**

### First Bible Missionary Church

375 N Roosevelt

Nonperishable food. Call for an appointment.

**376-2439**

### First Presbyterian Church Friendship Food Panty

950 W State

Mon 5-7

Once per month.

### Foothills Christian Church Food Pantry

9655 W State Street

Fridays 12-3

**853-0011**

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

### Friendship Food Pantry

950 W State St

Mon 5-7

**345-3441**

### Heritage Bible Church Food Pantry

7071 W Emerald

3rd Sun 12:30-2:30

**891-9538**

### Hope Lutheran Church Food Pantry Give Hope Food Pantry

331 N Linder Rd

Mon-Wed 10-1

**939-9181**

### Idaho CareLine 211

Free summer lunch, food referrals.

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

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

### The Idaho Foodbank

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

**336-9643**

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

### Meridian Food Bank

133 W Broadway Meridian

Mon/ Wed 12-6 Thurs 12- 4

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

**888-5102**

## SELF RESCUE MANUAL - Food Pantries cont.

### Mountain View Church of the Brethren

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

### Operation Love Center

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

### Salvation Army Food Pantry

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

### St John's Cathedral

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

### St Mark's Food Bank

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

### St Mary's Food Bank

3890 W State  
Mon, Wed, Fri 11-3  
Every 30 days. Serves NW Boise/ Garden City/St Mary's Parish area (83703, 83714, some 83702). ID & proof of address. Food boxes, frozen foods, dairy & eggs, diapers. Spanish.  
**850-6818 or 345-2734**

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

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

### SVdeP- Holy Apostles Food Pantry

6300 N Meridian (Chinden - double wide with blue awning)  
Mon, Wed, Fri 1-4; Thurs 5:30-7  
May visit every 30 days. Bring ID. Serves Meridian, Eagle, Star, West Boise (83713), & Horseshoe Bend only. Boxed/canned food, bread/bakery items, produce & meat when available.  
[svdpha@gmail.com](mailto:svdpha@gmail.com)

### St Vincent de Paul -Food Pantry

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

### Sulamita Food Pantry

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

### Vineyard Christian Fellowship

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

### WIC (Women, Infants & Children)

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

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

<p><b>Baptist Campus Ministries</b> 1327 W Beacon Lunch Wednesdays 11-1 BSU Stu.</p>	<p><b>Idaho Foodbank Picnic in the Park Program SUMMER MONTHS ONLY</b> Free lunch is provided to ALL children, ages 1-18. Adults can buy lunch for \$1.</p>	<p><b>St Michael's Cathedral Church</b> 518 N 8<sup>th</sup> Limited sack lunches available. Lunch Mon-Fri 9-3. Summer lunches are Mon-Thurs 9-3 &amp; Fri 9-1. Last Saturday of month "Come to the Banquet" 12 -1:00 lunch. Undoc OK. <b>342-5601</b></p>
<p><b>Biblical Studies Center</b> 1025 Belmont Lunch Thursdays 11:20-1</p>	<p><b>King of Glory Lutheran Church</b> 3430 N Maple Grove (N door, by Maple Grove) Last Sat of month 12-1:30 lunch <b>377-0220</b></p>	<p><b>Vineyard Christian Fellowship Feeding God's Children</b> Food on Sun 2 - 4 at Julia Davis Park. Undocumented OK. <b>377-1477</b></p>
<p><b>Cathedral of the Rockies First United Methodist Church</b> 717 N 11<sup>th</sup> Sack lunches available daily 11:30-1 <b>343-7511</b></p>	<p><b>Latter-day Saints Stu Assoc Lunch</b> 1929 University Dr \$1.50</p>	<p><b>Whitney United Methodist Church</b> 3315 Overland (Owyhee) Saturday sack lunch (Zip code 83705 only) Sat 11-12:30 <b>343-2892</b></p>
<p><b>City Light for Women &amp; Children</b> 368-9901 1404 W Jefferson(Boise Rescue Mission) Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily</p>	<p><b>River of Life Boise Rescue Mission</b> 575 S 13th (by River St) Breakfast 6:30 am daily Lunch Mon-Sat 12:00, Sat/Sun at 1 Dinner 5 pm for guests staying outside of River of Life Dinner 7 pm for Guests staying at River of Life. Undocumented OK. <b>389-9840</b></p>	
<p><b>Holy Nativity Episcopal Church</b> 828 W Cherry Ln Meridian 1st and 2nd Wed 5:30-7, dinner <b>888-4342</b> <a href="http://wwepiscopalholynatvitiy.org">http://wwepiscopalholynatvitiy.org</a></p>		

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



## SELF RESCUE MANUAL - Hotlines for Crisis/ Resource

### American Red Cross

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

### City Light for Women & Children

1404 W Jefferson  
Safe place for victims of domestic violence, or any kind of violence, to go for protection.  
**368-9901**

### Combat Call Center

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

### FACES Family Justice Center

417 S. 6<sup>th</sup> Street (corner of 6<sup>th</sup> and Myrtle)  
Provides multiple no cost services in one location for victims of Child Abuse, Domestic Violence, Elder Abuse, and Sexual Assault for women, children, men and the elderly. All services are voluntary. (Free parking on myrtle side, enter through the alley)  
[www.Facesofadacounty.org](http://www.Facesofadacounty.org)  
**577-4403**

### Hays Youth Help Line operated by Hays Shelter Home

24 hour Hays Hotline for Youth in Crisis  
**322-2308 or 1-877-805-2308**

### Health and Welfare Adult Protection

Crisis line for reporting adult/ elderly abuse.  
**332-1745**

### Health and Welfare Child Protection

Crisis line for reporting child abuse  
**334-5437**

### Health & Welfare Mobile Crisis Unit Suicide Prevention

24 hour crisis line for adults, also available for children after regular business hours.  
**334-0808 or 1-800-600-6474**

### Hotlines for Information on Substance Abuse

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

### Idaho Careline 2-1-1

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

### Idaho Domestic Violence Hotline

**1-800-669-3176**

### Idaho Housing and Finance Hotline

**331-4877**  
**1-866-432-4066**

### Idaho Suicide Prevention & Hotline (24 hour)

**1-800-273-8255**  
[spanidaho.orgidahosuicideprevention.org/#&panel1-1](http://spanidaho.orgidahosuicideprevention.org/#&panel1-1)

### National Alliance on Mental Illness Helpline

**1-800 950-6264**

### National Child Abuse 24 hour Hotlines

**1-800-4-A-CHILD**

### National Runaway 24 hour Hotline

**1-800-786-2929 or 1-899-RUNAWAY**

### National Teen Dating Abuse Hotlines

**1-866-331-9474**

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

### SAMHSA Disaster Distress Hotline

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

### Treasure Valley Community Resource Center

Mon – Fri 8–5  
Phone referrals.  
**459-9263**

### Treasure Valley Veterans Resource Network Community Services Guide

Excellent resources.  
Google above title.

### Women & Children's Crisis Center (WCA)

**343-3688**  
Domestic Violence Hotline (24 hr)  
**343-7025**  
Rape Crisis Hotline (24 hr)  
**345-7273**

### Veterans Crisis Line

**1-800-273-8255 X 1**

## SELF RESCUE MANUAL - Housing Resources

### Ada County Indigent Services

252 E Front #199

M-Fri 8:30-3

Located 2 buildings East of Courthouse. One time/year. General Assistance includes rent, power, gas, water, & cremation assistance. Ada County. Must be last resort.

**287-7960**

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

### Boise City/Ada County Housing Authority

1276 River #300

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

**345-4907**

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

### City of Boise Housing & Community Development

150 N. Capitol Blvd.

Office on the 2<sup>nd</sup> Floor of City Hall Manage over 300 affordable rental units, including studios, 1-3 bedroom units, and several single family houses. The majority of units are studios, which are remodeled motel rooms. Rent includes all utilities. No application fee. Please call for availability and/or length of the waiting list.

**208-570-6833**

<http://hcd.cityofboise.org/housing/rentals/>

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

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

### Good Samaritan Home

3501 W State

Mon-Fri 9-5

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

**343-6051**

### Idaho Department of Health and Welfare Emergency Assistance/ Navigator Program

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

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

### Idaho Housing and Finance Association

565 W Myrtle

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

**331-4877**

**1-866-432-4066**

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

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

### Idaho Housing and Finance Association

Mon-Fri 8:30-5:30

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

**1-877-428-8844**

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

Spanish:

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

### Jesse Tree of Idaho

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

Mon, Tues, Wed, Thurs 11-2

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

**383-9486**

### Neighborworks Boise

3380 W Americana Terrace #120

Below-market apartment rental units (based on income) -2,3,& 4 bedroom.

**322-5855, 386-9818**

Below market mobile home space

rental, based on income **573-0258**

Home Foreclosure Prevent **258-6224**

Licensed mortgage lending,

Mortgage down-payment assistance

**258-6788**

Financial Counseling **258-6225**

For more information **343-4065**

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

### Provenance House

Transitional housing from prison for men, sex offenders ok. \$385 for rent and utilities with no extra fees. Clean bedding, pillows, towels and toiletries provided as needed. Nice homes in residential neighborhoods that are close to bus stops.

**577-7700** Doug Hardy

[dougwhardy@gmail.com](mailto:dougwhardy@gmail.com)

### Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5

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

**459-9263**

## SELF RESCUE MANUAL - Legal Assistance, Refugee Agency

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

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

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

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

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

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

**287-6963 & 287-6944**

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

### Agency for New Americans

1614 W Jefferson

Mon–Fri 8:30–3

Resettlement agency. Provide refugees, asylees & victims of trafficking with case mgmt, employment, referral & limited immigration services. Some other services available based on eligibility. Spanish speaking.

**338-0033**

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

### CASI Foundation for Children

2308 N Cole #E

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

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

**376-0558**

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

### Catholic Charities of Idaho

7255 N Franklin Rd

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

**345-6031**

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

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

4696 Overland #228

Mon–Fri 9–5

Low cost help w/ family immigration issues. Health resources education & parent education. Not for deportation hearings. Spanish.

**378-1368**

### DisAbility Rights Idaho (was Co-Ad)

4477 Emerald #B100

Advocacy for people with disabilities (physical, developmental, mental illness or traumatic brain injury) who have been abused/neglected, denied services or benefits, or have rights violations or discrimination because of their disability. Assistive technology/services, & in applying for, or receiving services from rehab programs, & SSI/SSDI beneficiaries with return to work issues.

Information & referral, negotiation & mediation, short term & technical assistance, legal advice/representation. Spanish.

**336-5353 or 1-866-262-3462**

### Idaho Dad's, Inc.

Free. Nonprofit to educate Dads of parental rights.

**353-1537**

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

### Idaho State Council on Developmental Disabilities

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

**334-2178 or 1-800-544-2433**

[info@icdd.idaho.gov](mailto:info@icdd.idaho.gov)

### Idaho Legal Aid

310 N 5th

Mon-Fri 8:30-5

Family law (divorce, custody & protection orders with domestic violence), & landlord- tenant problems, mortgage foreclosure issues. Based on income & type of problem. Walk-ins OK. 3 statewide toll free advice lines: Domestic Violence Legal Advice Line 1-877-500-2980, Fair Housing Legal Advice Line [1-866-345-0106], Senior Legal Hotline age 60+ 1-866-345-0106. Spanish line: 1-866-954-2591.

**345-0106 X 0**

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

### Idaho Volunteer Lawyers

Mon–Fri 8–5

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

**1-800-221-3295 & 334-4510**

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

### Idaho Volunteer Lawyers Foreclosure Aid Project

Mon–Fri 8–5

works to address the legal concerns of families facing foreclosure.

**1-855-955-8296**

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

### ITLA Street Law Clinic

Boise Public Main Library

715 S. Capitol Blvd.

Hayes Auditorium

Street Law Clinic 2nd and 4th

Mondays, 4–6pm, check in by 5:30

Family Law Clinic 4th Monday of

month, 4–6, check in by 5:30

<https://www.itla.org/index.cfm?pg=StreetLawClinic>

**345-1890**

## SELF RESCUE MANUAL - Medical Assistance

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

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

### Advanced Chiropractic

6720 W Overland  
\$20 Sports physicals for junior high and high school students. Same day appointments available.  
**323-1440**

### Ada County Indigent Services

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

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

### All Seasons Health

8050 W Rifleman #100  
Medicaid, insurance. Primary care, meds mgmt, counseling, Injections, screenings. Non-emergency care, outside referrals for surgeries. Call for appointment. Can get interpreters.  
**321-0634**

### Allies Linked for the Prevention of HIV and AIDS

575 N 8th Street LL Mon, Tue, Thur, Fri, & Sat 12-3 and Thur 5pm-8pm  
Free confidential rapid HIV and Hep C testing, counseling, and referral. No cost STD testing. HIV education, outreach, and support. Hep C support group, free condoms, safer injection and harm reduction materials avail.

**424-7799**

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

### Amador Medical

5674 W. State Street  
Medicaid. Medical equipment provider specializes in incontinence supplies, ages 4 years and up.  
[www.AmadorMedical.com](http://www.AmadorMedical.com)  
**514-0173**

### Bridges to Access

Free prescription assistance for GlaxoSmithKline's medicines.  
[www.bridgestoaccess.com](http://www.bridgestoaccess.com)

### Central District Health

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

### Covering Idaho Kids at Mountain States

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

### EI-Ada Outreach HIV testing

2250 S Vista  
Mon–Fri 8:30–4  
HIV testing, counseling, groups, & education. Free OraQuick Advance rapid testing & results for HIV with counseling on site & at various outreach van locations. HIV prevention and risk reduction education.  
**345-2820**

### Family Care Clinic

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

### Family Medicine Health Center

777 N Raymond  
6565 Emerald; 121 E Fort;  
2275 S Eagle Rd #120 Meridian  
Medicaid, Medicare, sliding fee, private ins. Beginning of life through end of life care. Women's Health, Chronic Disease Management, Hep C, HIV, mental health and more. Community Health Workers and Certified Enrollment Counselors.  
**514-2500**

<http://www.fmidaho.org/patients/services/>

### Fred Meyer Pharmacy

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

### Friendship Clinic at All Saints Episcopal Church

704 S Latah  
Mondays & 2<sup>nd</sup>/4<sup>th</sup> Tuesday. 5:30-8:30  
Free basic health care services for underinsured & uninsured. No Medicaid or Medicare. Appointments only. Acute non-emergent care, limited mental health & no children services. No interpreters available.  
**429-6678**  
[friendshipclinic.com](http://friendshipclinic.com)

### Family Wize by United Way

Prescription discounts with free downloadable card. See website for details.  
<https://www.unitedwaytv.org/work/familywize-prescription-savings/>

**SELF RESCUE MANUAL - Medical Assistance cont.****Garden City Community Clinic  
(Genesis World Mission)**215 W 35<sup>th</sup>

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

**384-5200****Idaho CareLine**

Referral to medication/ medical resources. Spanish.

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

10477 Fairview

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

**377-5153**

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

**Knights of Columbus Council  
#12854**

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

**Dick DeLeonard (362-3710),  
Dale (888-3782), Robert (377-0874)**

**Leukemia & Lymphoma Society**

2404 W Bank Dr #103

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

**658-6662**[lls.org](http://lls.org)**Living Independence Network  
Corporation**

1878 W Overland

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

**336-3335**[lincidahoh.org](http://lincidahoh.org)**North End Children's Health Clinic**

1655 W Fairview #206

Medicaid, insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).

**395-0000****Omega Health**

5985 W State

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

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

**853-0071****Partnership for Prescription  
Assistance**

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

**1-888-477-2669**[pparx.org/en/about\\_us](http://pparx.org/en/about_us)[kids.pparx.org](http://kids.pparx.org)**Pharmaceutical Company Patient  
Assistance Programs**

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

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

3668 N Harbor (off State St)

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

Medicaid, sliding fee & insurance. Birth control, STD tests, pregnancy tests, emergency contraception (EC). Walk-ins accepted for some services. Call for appt. Abortion services. Early pregnancy loss services. Spanish

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

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

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

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

Mon-Sun 8-8

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

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

8971 W Overland **378-4288**

Mon-Sun 8-8

6348 Emerald St **377-4400**

Mon-Fri 8-5 (Pediatrics)

125 E Idaho St (OB/GYN) **385-9330**

Mon-Fri 8-4:30

11197 W Fairview **378-8011**

Mon-Sat 8-8, Sun 8-6

3115 E Florence St **895-8670**

Mon-Sun 8-8

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

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

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

**Rite Aid Pharmacy Savings Card**

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

**1-866-317-4286**[riteaid.com/pharmacy](http://riteaid.com/pharmacy)**Stanton Health Care**

3684 N. Harbor Ln

No charge for services

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

**855-5095**[contact@stantonhealthcare.org](mailto:contact@stantonhealthcare.org)

**SELF RESCUE MANUAL - Medical Assistance cont.****St Alphonsus Express Care**

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

**St Luke's Internal Medicine**

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

**St Mark's Crisis Center**

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

**St Vincent de Paul Patient Assistance Program**

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

**St Vincent de Paul Help Line**

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

**Senior Health Insurance Benefits Advisors (SHIBA)**

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

**Shriner Hospital Referrals**

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

**Sonshine Family Health**

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

**St Alphonsus Family Center CARE Clinic**

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

**State St Immediate Care**

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

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

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

**Terry Reilly Medical Boise Clinic**

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

**Together RX Access Card**

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

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

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

**Unity Health Center**

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

**Vineyard Christian Church**

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

**Wal-Mart Pharmacy**

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

## SELF RESCUE MANUAL - Shelters and Showers

### City Light for Women & Children

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

**368-9901**

### City Light for Women & Children Emergency Shelter

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

**368-9901**

### City Light New Life Recovery Program

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

**368-9901**

### Corpus Christi House Day Shelter

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

**426-0045**

### El-Ada Community Resource Center

2250 S Vista  
Supportive Services for Veterans Families (SSVF) (Eligibility up to 50% of HUD Area Median Income). Case management & supportive services to help Veterans experiencing homelessness prepare to succeed in permanent housing & achieve stability goals. Walk-in to apply or call for an appointment.

**345-2820**

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

### Hays Shelter Home

7221 Poplar Boise  
Youth Help Line. Safe shelter & support services for youth who are victims of abuse or neglect, runaways, homeless, or from families experiencing crisis in the home. Private referrals accepted. Youth may access services alone. Residential care for children only, boys & girls age 9 to 17. Family, individual & group counseling, skill-building classes, & parent education classes. Daily rates based on the family's ability to pay.

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

### Interfaith Sanctuary

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

**343-2630**

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

### Pioneer Neighborhood Community Center Day Shelter

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

**384-4069**

### River of Life Men's Mission

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

**389-9840**

### YMCA

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

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

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

**343-7025**

## SELF RESCUE MANUAL - Substance Abuse Treatment

### Access to Recovery Hotline

Mon–Fri 8–6

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

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

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

### AA-Alcoholics Anonymous

Call for information.

**344-6611**

### Allumbaugh House

400 N Allumbaugh

Voluntary facility open for detox & mental health services 24 / 7. No walk-in. Detox can be self-referral. Call for appt. 18+, reside within Ada, Boise, Elmore, & Valley Counties.

Low income &/or lack of health insurance coverage. Referral for mental health services by designated professionals for admission.

**377-9669**

### Ascent Behavioral Health Service

366 SW 5th Ave #100 Meridian

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

**898-9755**

### Business Psychology Associates

Mon–Fri 8–6

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

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

### Calvary Chapel Outreach Words of Freedom

123 Auto Drive

Thurs @ 7, 12 Step Program (Christian)

**321-7440**

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

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

Vineyard Christian Fellowship

4950 W Bradley Boise

Fridays @ 6, groups 7–9

**377-1477**

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

Sacred Heart Church Celebrate

Recovery

811 S Latah

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

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

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

First Baptist Church

607 N 13<sup>th</sup>

Monday's @ 6pm, 7-9 groups

**344-7809**

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

River Valley Community Church

1115 N Garden St

Sundays at 6pm. Groups 7-9 pm

**342-1751**

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

Ten Mile Christian Church Celebrate Recovery

3500 W Franklin Rd Meridian

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

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

### Center for Behavioral Health

92 S Cole **376-5021**

1965 S Eagle #180 Meridian

**288-0649**

Mon–Fri 5a–12:30 p, Sat/Sun 6–8a

No insurance. Self-pay only.

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

### Chrysalis Home Women's Transitional Living

2501 W State

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

**424-1323**

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

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

1404 W Jefferson

Free Substance abuse treatment, 1+ year intensive program. Residential shelter. Counseling, women & children only, provide meals daily.

**368- 9901**

### Community Outreach Counseling

2399 S. Orchard #101, Boise

Medicaid, BPA funding, Medicaid.

Substance abuse treatment

**(208)466-7443**

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

### Community Services Counseling

963 S Orchard #B

Mon –Thurs 10:30–8

Adults 18+, self-pay, voc rehab funding, state funded. Chemical dependency matrix, relapse prevntn, cognitive self change, anger mgmt, women's trauma recovery.

**336-6792**

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

### Community Support Center

716 N Orchard

Mon-Thurs 8-4

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

**429-0330**

### Easter Seals-Goodwill Adult Behavioral Health Services

8620 W Emerald #150

Mon-Fri 9-6

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

**672-2900**

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

5150 W Decatur Dr, Boise

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

**345-1485 or 375-5148**



## SELF RESCUE MANUAL - Substance Abuse Treatment cont.

### Harmony House

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

**288-1079**

### Idaho Quit-Net

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

### Intermountain Hospital

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

**377- 8400**

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

### Narcotics Anonymous

Helpline number.

**391-3823**

### Pioneer Health Resources

545 N. Benjamin STE. 185 ,  
Boise, ID 83704

Intensive Outpatient

Treatment/Outpatient

Services, Substance use case management services, Symptom management/early recovery groups, Relapse prevention, Recovery planning groups, Individual and conjoint therapy, Aftercare Services  
**(208) 322-1026**

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

### Recovery 4 Life

8950 W Emerald #178

Mon-Thurs 9-6, Fri 9-2

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

**376-7083**

### Refuge Recovery

Mindfulness-based addiction recovery community using Buddhist philosophy. Meetings include guided meditation and sharing.

Thursday – 7:30pm to 8:30pm

Compassion and Insight Center

1627 S. Orchard St., # 200

Saturday – 4:30pm to 5:30pm

Boise Institute for Buddhist Studies  
660 N 9th St.

[refugerecoveryboise@gmail.com](mailto:refugerecoveryboise@gmail.com)

<https://www.facebook.com/refugerecoveryboise/>

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

### River of Life

575 S 13<sup>th</sup>

Free residential recovery for men

**389-9840**

### Rising Sun Sober Living

Monthly fee is \$400 with \$50 processing fee. Clean & sober housing for men & women in recovery. Serving Ada & Canyon Counties. Men & women houses are separate. Caldwell men only.

**338-0861 or 898-4668**

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

### Road to Recovery (Boise Methamphetamine Clinic)

4795 Emerald, Bldg A

Mon–Thurs 9:30–5:30

State funded, must be age 18 or older, no history of sexual abuse or violent offenses. Substance abuse outpatient treatment. Separate male & female intensive 12 month program. Spanish speaker.

**384-4234**

### Sage Recovery Services

2995 N Cole #200A Boise **287-3285**

1323 N Main Meridian **888-0375**

\$15/group; sliding scale. Substance abuse evaluations are \$40.

Alcohol/drug education, relapse prevention education, Idaho Model CSC, Thinking for a Change, anger mgmt, parenting, & individual sessions.

### Supportive Housing & Innovative Partnerships (SHIP)

1405 Grove

State funding from BPA, private pay, & program for homeless. Safe & sober housing for single men & single women. Case mgmt, random drug testing & life skills recovery support. Housing program for homeless veterans with substance use.

**331-0900**

### Ten Mile Christian Church Celebrate Recovery

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

**888-3101**

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

### Tobacco Cessation

Free telephone counseling service. Spanish, deaf & hard of hearing. Free tobacco cessation classes

**342-0308 Nancy Caspersen.**

**1-800-QuitNow (1-800-784-8669)**

<http://idaho.quitnet.com>

### Ustick House

8050 Ustick & 9230 Ustick

Sliding fee. 12-step structured sober living house for men, 90-day min.

**322-0474**

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

500 W Fort

Provide detoxification & 21-day residential & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling, & transitional housing for veterans completing RSAT. Eligible vets only.

**422-1000 X7515**

### "Victory over Sin"

#### Recovery/Addiction Meetings

Two Meetings each week, welcome released offenders. See link for times and locations

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

## SELF RESCUE MANUAL - Support Groups

### A New Beginning Adoption Agency

8660 W Emerald #142

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

**939-3865**

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

### Adoption Support Group

Call or email for information. For families who have adopted children to share tips and find support, especially with regards to attachment disorders.

**949-3834** (Mandy)

[m\\_maidhoff@hotmail.com](mailto:m_maidhoff@hotmail.com)

### Adult Children of Alcoholics

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

Tuesdays @ 7:30

**344-1661, 284-5377(español)**

### AA-Alcoholics Anonymous

Call for information.

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

### Al-Anon Family Groups

1524 S Vista

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

**344-1661**

Al-Anon Literature Discussion Group  
111 S Orchard #238 (corner of Kootenai & Orchard, entrance 5).

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

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

### Al-Ateen

Call for meeting times & locations.

**344-1661**

### Alzheimer's

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

**914-4719**

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

### Asthma Education

100 E Idaho

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

3rd Thurs 7-8:30

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

**381-2155**

### Baby and Me Support Group

900 N Liberty #204 (St Al's Family Center )

Tues 10-11am

For new parents & babies 0-12 mo.

**367-7380**

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

### Because I Love You

303 Allumbaugh (Intermountain Hospital)

Tuesdays 7 to 9:30.

Group for parents of troubled children of any age.

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

### Bereavement Support Group

Horizon Home Health and Hospice

63 W. Willowbrook Dr. Meridian

Mondays 5:15 p.m, except holidays.

This group is open to the community for anyone facing a loss of a loved one. To enroll call Darren Woods, LMSW **888-7877**.

### Better Breathers Club

People/families with respiratory issues.

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

**345-2209**

St. Alphonsus (McCleary Center) 2nd

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

ALA Office 1111 S. Orchard #245

2nd Wed 3:30 **336-2373** (Kera Yost )

### Birth Parent Support

10740 Fairview

LDS Social Services

**376-0191**

### Breastfeeding Bunch

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

520 S Eagle (St Luke's Meridian Shoshone Room). Thurs 1-3 pm.

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

**381-9000**

### Breastfeeding Support & Encouragement

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

Tues 11-12

**367-7380**

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

### Cancer (Living Through)

100 E Idaho St Luke's MSTI

Cancer patients, caregivers, & family.

**381-2760 Jeni**

### Cancer Grief Support Group

Call to register for class & to get more information.

**381-2760**

### Cardiac Support Group

100 E Idaho (St Luke's South Tower

[Anderson Center](#))

Call for dates & topics

**381-9000**

### CHADD (Children with ADHD/ADD)

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

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

**484-8100 Denise**

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

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

100 E Idaho St Luke's MSTI

Children ages 7-11.

Call for more info.

**381-3161**

### CLIMB

A six week support program for children and teens who have a loved one with cancer. Free to all families in the Treasure Valley.

**367-7785, 367-3150**

## SELF RESCUE MANUAL - Support Groups cont.

### Compassionate Friends

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

### Dad's Matter (Family Advocates)

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

### Down Syndrome Group

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

### Families Anonymous

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

### Gamblers Anonymous

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

### Grandparents As Parents

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

### Grief & Loss Recovery Group via Align Hospice

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

### Grief & Loss

Idaho Home Health and Hospice  
3356 E. Goldstone Way Meridian  
3rd Wed 6-7:30  
**887-6633** Shawn Reiling

### HIV Support Group

6094 W Emerald Boise  
Tues 6-7  
Call for details  
**371-3671** (Ryan)

### Huntington's Disease Society of America-Idaho Chapter

Wright Community Church  
4821 Franklin Rd. 83705  
Every second Wednesday of the month at 6:30pm  
**570-3175**

### Idaho Asperger's Support Group

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

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

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

### Idaho Mom's Network

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

### Idaho Quit-Net

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

### IMSI Hope Community Phase II

3500 Franklin Blvd Meridian  
1775 W State Street # 191 (mail)  
Connection Point Desk @ Ten Mile Christian Church.  
4-7 Sundays Connections resources & networking for offenders seeking spiritual support.  
**629-8861**  
[www.imsihopecommunityphaseii.com](http://www.imsihopecommunityphaseii.com)

### Leukemia & Lymphoma Society

2404 W Bank Dr #103  
Monthly support groups for blood cancer patients & families. Call for information.  
**658-6662**  
lls.org

### Narcotics Anonymous

**391-3823**

### NAMI Friends and Family Support Group

El-Ada program Building  
2250 S. Vista Ave  
1st, 2nd & 3rd Wed 7:00-8:30pm.  
4th Wed is education night. Support group for family & friends of those with mental illness.  
**376-4304**  
[www.namiboise.org](http://www.namiboise.org)

### NAMI Connection Recovery Support Group for Veterans

500 W Fort Building 114 (room 2)  
Tues 1-2:30pm. Support group for veterans with mental illness.  
**376-4304**  
[www.namiboise.org](http://www.namiboise.org)

### NAMI Connection Recovery Support

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

## SELF RESCUE MANUAL - Support Groups cont.

### **New Moms' Group**

103 W State at St Luke's Women Life  
Thurs 10:30-12

St Luke's Meridian 520 S Eagle Rd  
Tues 10:30-12

Support group for new moms & babies.

**381-9000 or 381-1510**

### **Overeaters Anonymous**

All Saints Episcopal 704 N Latah  
Shanna **371-3362** Mon 7:30pm  
1st Congregational 2201 Woodlawn

Jeanne **867-1434** Wed 12  
5 Mile Nazarene 2701 S 5 Mile  
Dave **921-6083** Thurs 7pm  
(childcare)

St Stephens Episcopal 2206 N Cole  
Donna **884-4487** Sat 10am

1st Congregational 2201 Woodlawn  
Av Margaret **853-5331** Sat 1:30pm  
Boise Church of Christ 2000  
Eldorado Jenna **440-8927** Sun  
6:30pm

Group for any eating disorder  
[oa.org](http://oa.org)

### **Parents Anonymous (Family Advocates)**

Tuesday 6:30-8 (free dinner at 6)

518 N. 8th St. (St. Michael's)

Thursday 6:30-8 (free dinner at 6)  
1177 N. Roosevelt (Discovery  
Church)

Free and voluntary confidential  
support group

**345-3344 x1020** (Alicia)

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

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

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

Boise First Congregational  
2201 Woodlawn

Meets 2nd Fri 7:30-9

### **Recovery International**

Cathedral of the Rockies  
Room B12

717 North 11th Street

Mondays 7:00-8:00

**345-9631**

### **Share Miscarriage & Infant Loss Support Group**

900 N Liberty (Breast Care  
Center—Entrance Facing Emerald)  
First Tues 6:30-8

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

**367-7380**

### **SHARE of Idaho**

103 W State @ St Luke's Women Life  
For parents who have had early  
pregnancy loss, stillbirth, or newborn  
death. 3rd M at 7.

**388-8834** (Chrissy Group)

### **Smart Recovery**

4444 Taft St

Tues, Thurs, Saturday at 6pm

**514-8120** John

### **Survivors of Suicide**

Cathedral of Rockies 717 N 11th,  
(Kirby & Susan)

2nd Fri 7-9.

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

4th Monday 7-8:30

### **Survivors Supporting Survivors**

2676 S Vista

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

**422-0174** (Heather)

### **Ten Mile Christian Church**

3500 W Franklin, Meridian

Fridays 6-9. Issue specific, gender  
specific, Christ centered support  
group. Dinner, children's program.

**888-3101**

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

### **Touchstone Center for Grieving Children & Adolescents**

740 Warm Springs Ave (Warm  
Springs Counseling Center)

2nd & 4th Tuesday 6:30-8:30pm thru  
school year. Groups help grieving  
children (ages 5-18) & families  
recover from loss of loved one. No  
drop-ins.

**343-7797 X1359**

[touchstone@childrenshomesociety.com](mailto:touchstone@childrenshomesociety.com)

### **Tourette's Syndrome**

Email or call to meet 1-1 for guidance  
& info.

**376-3409**

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

[Shoffman3409@msn.com](mailto:Shoffman3409@msn.com) (Stephanie)

### **Trauma Recovery Program Maitri Community Services**

3709 N. Locust Grove Suite 100

Questions and program registration  
call/email. Groups meet Tuesdays  
4-6pm and Thursdays 11-1pm

**957-5360 284-8450**

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

### **Treasure Valley Autism Society**

520 S Eagle (St Luke's basement)  
1st Monday 7-9pm.

**336-5676**

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

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

Annual membership fee.

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

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

720 W Washington at WCA

Wed 6-7:15. Orientation & fill out  
paperwork at 4:30 5-6 class. Open to  
public. Free limited childcare. RAP  
support group for women survivors of  
domestic violence. Wed 6-7p

**343-3688 & 343-7025**

### **YAD (Youth Alliance for Diversity) The Center**

280 N 8th Street suite 130 Boise  
(enter from Bannock)

Support group (gay, lesbian, bisexual  
& transgender) for youth dealing with  
sexual orientation. Sun 4-6

**336-3870**

[tccidaho.org/youth-social-stuff](http://tccidaho.org/youth-social-stuff)

## SELF RESCUE MANUAL - Tax Preparation and Questions

### IRS Telephone Assistance for Individuals

Mon – Fri 7am - 10 pm  
Free income tax assistance is available for basic income tax returns.

**1-800-829-1040**

### Internal Revenue Service

550 W Fort  
Mon-Fri 8:30am-4:30pm  
Face-to-Face assistance with IRS & to get copies of reported income, visit

**387-2847**

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

### Idaho State Tax Commission

800 Park Blvd, Plaza IV  
**334-7660 or 1-800-972-7660**  
[www.tax.idaho.gov](http://www.tax.idaho.gov)

### H&R Block Tax Professionals

1510 S Orchard Boise  
Available to provide Free Answers to Tax Related Questions.  
**344-7665**

### Access Idaho Unclaimed Taxes

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

### Old Unclaimed Refund Search

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

### Free Tax Help Local Search

Call 211 or 1-800-926-2588  
Monday – Friday 8am – 5pm  
[www.idahocareline.org/](http://www.idahocareline.org/). Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. Available Feb. 1 to April 15.

### Search for Old Refunds

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

### BSU Volunteer Income Tax Assistance (VITA)

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

### Boise Coalition CEI

2717 S Vista Ave  
Feb-March  
Mon & Wed. 10-2 , Tues & Thurs 2- 8, Saturdays 10am - 4pm

### CEI-CWI Vista FSA

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

### BSU VITA

715 S Capital  
Mon. 5-8 Feb - April

### Boise Senior Citizens Center

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

### St Mark's Catholic Church

7960 Northview Walk-in.  
Feb-April  
Tues & Thurs 10–2

### Garden City Library

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

### Willow Park Assisted Living

2600 N Milwaukee  
Mon & Wed.10- 2. Feb-April

### Eagle Public Library

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

### Eagle Senior Center

312 E State  
Feb - April

### Meridian City Hall

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

### CEI - ICON Credit Union 4

85 W. Overland Rd. Meridian  
Sat. 10- 2 Feb-April

### AARP Idaho State Office

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

### Myfreetaxes.com by United Way

If income under \$62,000 can file free online

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

## SELF RESCUE MANUAL - Transportation

### Boise Bike Project

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

**429-6520**

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

717 N 11<sup>th</sup> St  
Limited number of free \$24 store value bus passes to those who qualify every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday at 2:00 - based on lottery system.

**343-7511**

### El-Ada Outreach

2250 S Vista  
Mon-Fri 11:30-4  
Daily bus passes for medical appointments are given out on the 1st of the month at 8am. One-day bus pass per month for adults only. Undocumented citizens will be served.

**345-2820**

### Idaho CareLine

Referrals for transportation  
**211 or 1-800-926-2588**

### Kool Kab

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

### Medicaid Transportation

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

877-503-1261

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

### Salvation Army

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

**343-5429 ext 2**

### Transylvania Express

Shuttle transportation door to door privately paid or Medicaid authorized. Please call 48 hours in advance for Medicaid users. Accept all major credit cards. Open early, closes late.  
**906-3393**

### Treasure Valley Community Resource Center TVCCR

Mon-Fri 8-5  
Information & referral on human services in ID & Eastern OR via phone.  
**459-9263**

### Treasure Valley Veterans Resource Network Community Services Guide

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

### Valley Ride City Bus

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

**345-RIDE (7433)**

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

## SELF RESCUE MANUAL - Vision

### Ada Vision

1926 W State St.  
Mon, Wed, Fri 8-5, Tues & Thurs 9-  
Will do Medicaid eye exam  
but will not dispense Medicaid  
glasses. 30% off 2<sup>nd</sup> pair of glasses;  
can't be used with insurance.

**336-2020**

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

### Boise Family Eye Center

3417 N Cole  
Will do Medicaid eye exam but will  
not dispense Medicaid glasses.

**377-1102**

### Boise Mountain Eye

13075 Persimon Lane  
Will do Medicaid eye exam but will  
not dispense Medicaid glasses.  
Medicare.

**938-9900**

### Commission for the Blind & Visually Impaired

**334-3220**

### Dr. Terri Haley

Free eye exams for Purple Heart  
recipients and ½ price eye exams to  
all other vets, active duty, guard.

**375-3030**

### Gem State Family Eyecare

3815 W State St.  
Medicaid for eye exam & glasses.

**345-6886**

### Idaho CareLine

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

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

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

**381-6910**

### Lifetime Optometry

10454 Overland (by 5 Mile &  
Albertsons)  
Mon-Fri 10-6  
Medicaid eye exam for adults and  
children and Medicaid glasses for  
children only.

**672-1370**

### Lion's Sight & Hearing Foundation

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

**338-5466**

### Family Eye-Wear

222 N 2nd Street #215 Boise  
**381-5973** (specialize in children)  
1648 W 2nd Street Meridian

**888-2200**

Medicaid eye exam and glasses.

### Meridian Vision

Medicaid & private insurances. Large  
selection of frames, thorough eye  
exams including eye health.

**888-5252**

### Pearl Vision

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

**322-1642**

### Dr. D.H. Pitkin

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

**376-3550**

### Sight for Students/ VSP Vision Referral

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

### Shopko Optical

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

### Wal-Mart Vision

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