

## Community Resources

### Ada & Boise Counties

#### General

<b>WIC Nutrition Education Program</b>	<b>208-327-7488</b>
Clinics in Meridian, Garden City, Mountain Home, Glenns Ferry, McCall, Cascade, Horseshoe Bend, Idaho City, and Kuna; Please call for more info about outlying clinics.	
<b>Reproductive Health Boise</b>	<b>208-327-7400</b>
STI/HIV Screening, Wellness exams, Teen vaccines (14-18), Family Planning/Birth Control, Breast/Cervical cancer screening, Pregnancy testing, Colposcopy.	
<b>Immunizations Boise</b>	<b>208-327-7450</b>
Ages 0-18; Sliding scale fees; Accepts Medicaid.	
<b>Parents As Teachers</b>	<b>208-327-8629</b>
Free Service: Ada County residents who are pregnant or parents with children aged 0-3; peer support, Vision; hearing; developmental screenings, in-home visits.	
<b>First Teeth Matter</b>	<b>208-327-7450</b>
6 mo. to 3 years; Call for appointment. Patients w/ Medicaid are covered; Insured or uninsured patients are \$20; Fluoride varnish, dental screening and oral health education.	

#### Idaho Health & Welfare / Medicaid

Westgate Office - Mon-Fri, 8am-5pm 1720 Westgate Dr. Boise, Idaho 83704	<b>1-877-456-1233</b>
<b>Children's Health Insurance Program</b>	<i>See above</i>
<b>Temporary Assistance to Families</b>	<i>See above</i>
<b>Bureau of Vital Records and Health Statistics</b>	<b>208-334-5988</b>
Birth certificates. - 450 W. State St. Boise, ID 83702	
<b>Live Better Idaho Tool</b>	<a href="http://livebetteridaho.gov">livebetteridaho.gov</a>
Assistance finder tool tailored to your needs.	
<b>Your Health Idaho</b>	<b>1-855-YH-IDAHO</b>
Mon-Fri, 8am-6pm	<a href="http://yourhealthidaho.org">yourhealthidaho.org</a>
<b>Idaho CareLine</b>	<b>2-1-1</b> <b>or 800-926-2588</b>

#### Food Assistance

<b>Supplemental Nutrition Assistance Program</b>	<b>208-334-6700</b>
Helps low-income families buy the food they need to stay healthy - Health & Welfare - 1720 Westgate Dr. Ste. A.	
<b>Cooking Matters</b>	<b>208-336-9643</b>
Idaho Food Bank offers food prep / budgeting courses (all ages) - 3562 S. TK Ave. 83704.	
<b>FindHelp Reduced-Cost Food</b>	<a href="http://findhelp.org">findhelp.org</a>
<b>Farmer's Market Double Ups</b>	<a href="http://idahofma.org/doubleup">idahofma.org/doubleup</a>
Some farmer's markets throughout Idaho accept food stamps and some participate in program to double your money.	
<b>Food Pantry Locations</b>	<a href="http://idahofoodbank.org/locations">idahofoodbank.org/locations</a> <a href="http://foodpantries.org/st/idaho">foodpantries.org/st/idaho</a>

\*\*\* More detailed resources available at: [selfrescuemanual.com](http://selfrescuemanual.com)  
[211.idaho.gov](http://211.idaho.gov)

#### Medical Care

<b>Prescription Assistance</b>	
Family Wize Prescriptions Savings	<a href="http://familywise.org">familywise.org</a>
Idaho Rx Card	<a href="http://idahorxcard.com">idahorxcard.com</a>
<b>Clinics</b>	
<b>Primary Health Walk-in Clinics</b>	<b>Admin - 208-955-6500</b>
<i>Various locations</i>	
<b>Full Circle Health</b>	<b>208-514-2500x1</b>
777 N. Raymond	<b>208-375-2217</b>
6565 W. Emerald St.	<b>208-514-2510</b>
121 E. Fort St.	<b>208-514-2525</b>
2275 S. Eagle Rd. #120	<b>208-514-2520</b>
708 E. Wythe Creek Ct. #103	<b>208-922-5130</b>
<b>Garden City Community Clinic</b>	<b>208-384-5200</b>
<b>Terry Reilly Medical Boise Clinic</b>	<b>208-344-3512</b>
<b>St Alphonsus Express Care</b>	<b>208-367-7264</b>
<b>St Lukes Internal Medicine</b>	<b>208-381-6400</b>
<i>** Financial plans available thru St Alphonsus and St Lukes **</i>	

#### Dental Care

<b>Free Clinics</b>	
<b>Carrington College</b>	<b>208-947-6821</b>
Free dental hygiene exams, cancer screenings, blood pressure, cleanings, & x-rays. - 1122 N. Liberty	
<b>Boise Schools District Dental Clinic</b>	<b>208-854-6627</b>
Children only. Must be student at Boise School District with referral from BSK school nurse; by appointment. Basic dental.	
<b>Full Circle Health</b>	<b>208-514-2500x1</b>
Only students at West Ada School District; ages 3-18; uninsured only; no walk-ins; Free screenings, cleanings, sealants, fluoride.	
<b>Garden City Community Clinic uninsured only</b>	<b>208-854-3932</b>
<b>Clinics with Sliding Scale and accept Medicaid</b>	
<b>Terry Reilly Medical</b>	<b>Boise Clinic 208-336-8801</b> <b>Latah Clinic 208-344-0086</b>
<b>ISU Family Dentistry</b>	<b>208-373-1855</b>
<b>Caring Smiles children under 14</b>	<b>208-893-5000</b>
<b>Delta Dental</b>	<b>1-866-894-3563</b>

#### Child Care - Pre-School

<b>Head Start / Early Head Start</b>	<b>208-344-9187</b>
Birth-5yo; Provides meals & snacks; Early Head Start: Expectant parents & families with infants up to age 36 months.	
<b>Idaho STARS</b>	<b>2-1-1</b>
Child care provider search tool. <a href="http://idahostars.org">idahostars.org</a>	
<b>Child Care Assistance (ICCP)</b>	<b>1-877-456-1233</b>
Children under 13 years of age.	
<b>Preschool Developmental Screenings</b>	
Boise School District	<b>208-854-5520</b>
West Ada School District	<b>208-855-4400</b>
3-5-year-olds. Call for appt. For delays with self-help skills, speech, language, social & motor skills, concepts, & hearing.	

#### Ada & Boise County

707 N. Armstrong Pl. Boise, ID 83704  
 208-375-5211

#### Elmore County

520 E. 8<sup>th</sup> N. Mountain Home, ID 83647  
 208-587-4407

#### Valley County

703 1<sup>st</sup> St. McCall, ID 83638  
 208-614-7194

## Housing / Rent / Utilities Assistance

<b>Temporary Assistance to Families (TAFI)</b>	<b>1-877-456-1233</b>
Temporary grant and work preparation services for families to help pay for food, clothing, shelter, & other essentials.	
<b>Idaho Housing and Finance Hotline</b>	<b>1-877-438-4472</b>
Resources for help w/ homelessness. Advice for homebuyers.	
<b>Charitable Asst. to Community's Homeless</b>	<b>208-246-8830</b>
503 S. Americana Blvd.	<a href="mailto:catch@catchprogram.org">catch@catchprogram.org</a>
<b>Low Income Home Energy Asst. Program</b>	<b>208-322-1242</b>
Help low-income households make home heating more affordable, avoid disconnection of utility services during winter.	
<b>El-Ada Community Action Partnership</b>	<b>208-345-2820</b>
Emergency utility and weatherization assistance, food pantry, school supply help, counseling, and referrals – 2250 S. Vista Ave.	

## Abuse and Domestic Violence

<b>Women's &amp; Children's Alliance</b>	<b>208-343-3688</b>
Counseling & resources to men & women. – 720 W. Washington	
Domestic Violence Hotline (24 hrs)	<b>208-343-7025</b>
Rape Crisis Hotline (24 hrs)	<b>208-345-7273</b>
<b>City Light Home for Women and Children</b>	<b>208-368-9901</b>
Safe place for victims of domestic violence, or any kind of violence, to go for protection. – 1404 W. Jefferson St. Boise	
<b>National Domestic Violence Hotline</b>	<b>1-800-799-7233</b>
<b>Idaho Child Protective Services (24hrs)</b>	<b>208-334-5437</b>
<b>FACES of Ada County</b>	<b>208-577-4403</b>
One-stop triage center for victims of abuse, sexual assault, and domestic violence – 417 S. 6 <sup>th</sup> St. Boise	

## Substance Abuse

<b>Idaho Quitline</b>	<b>1-800-784-8669</b>
	<a href="http://projectfilter.org">projectfilter.org</a>
<b>Al-Anon</b>	<b>208-344-1661</b>
<b>Al-Ateen</b>	<b>1-888-425-2666</b>
<b>Alcohol Drug Helpline</b>	<b>1-800-821-4357</b>
<b>Alcoholics Anonymous</b>	<b>208-344-6611</b>
<b>Narcotics Anonymous</b>	<b>208-391-3823</b>
<b>RADAR {Alcohol &amp; Other Drug Resources}</b>	<b>208-426-3471</b>
	or <b>1-800-937-2327</b>
<b>Drug Information Help/National Clearing House for Alcohol &amp; Drug Information</b>	<b>1-800-729-6686</b>

## Behavioral / Mental Health

<b>Idaho Infant Toddler Program</b>	<b>208-334-5514</b>
Up to age 3; developmental delay, physical/medical condition.	
<b>Developmental Milestones</b>	<b>208-334-6530</b>
Questionnaire and evaluation for child development.	
<b>Access Behavioral Health</b>	<b>208-338-4699</b>
All ages; Accepts Medicaid or sliding fee.	<a href="http://accessbhs.com">accessbhs.com</a>
1276 W. Siver St. #100 or 3307 Caldwell Blvd. #104	
<b>About Balance</b>	<b>208-342-6300</b>
Trauma-Focused Cognitive Behavior Therapy. Accepts Medicaid.	
6550 Emerald St. Boise	
<b>Idaho Suicide Prevention Hotline</b>	<b>208-398-4357</b>

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## Parent Resources

<b>Text 4 Baby</b>	Text "BABY" to 511411. Free messages about infant care.
<b>Family Advocates</b>	<b>208-345-3344</b>
Family Strengthening Program focusing on parenting skills, child education, support groups, and financial literacy.	
Call to make an appointment. <a href="http://strongandsafe.org">strongandsafe.org</a>	
<b>Center for Early Literacy Learning</b>	<a href="http://earlyliteracylearning.org">earlyliteracylearning.org</a>
CELLcasts: Audio/visual versions of CELL Parent Practice Guides.	
<b>St Luke's Children's Safe Kids Treasure Valley</b>	<b>208-381-3033</b>
Reduced cost convertible, combination, and booster car seats for purchase with proof of WIC, Medicaid, or CHIP. By appt.	
<b>Custom Rx Pharmacy</b>	<b>208-922-4400</b>
Free vitamins for children 2+ years. 173 W. 4 <sup>th</sup> St. Kuna, ID.	
	<a href="http://customrxidaho.com">customrxidaho.com</a>
<b>Bountiful Baskets Food Co-op</b>	<a href="http://bountifulbaskets.org">bountifulbaskets.org</a>
Food co-operative that provides fresh produce and bread at very low costs to participants. Please visit site for details.	
<b>Idaho Preferred</b>	<a href="http://idahopreferred.com">idahopreferred.com</a>
Find local fresh produce of Idaho and seasonal availability.	
<b>Choose My Plate</b>	<a href="http://choosemyplate.gov">choosemyplate.gov</a>
An online resource for healthy food options, tools for tracking diet and weight, and much more.	
<b>Super Cook</b>	<a href="http://supercook.com">supercook.com</a>
Recipe ideas based on ingredients currently in your cabinets.	
<b>Idaho Diaper Bank drop-off locations</b>	<b>208-996-3575</b>
These resources offer diapers when available and other great assistance. <a href="http://idahodiaperbank.org">idahodiaperbank.org</a>	
<b>Breastfeeding Resource Web Links</b>	
• <a href="https://youtu.be/ysntQ9g7zyo">youtu.be/ysntQ9g7zyo</a>	
The Central District Breastfeeding Coalition has produced a video entitled "Nursing is Normal."	
• <a href="http://idahobreastfeeding.com">idahobreastfeeding.com</a>	
• <a href="http://coffective.com">coffective.com</a>	
• <a href="http://cdh.idaho.gov/health/wic/breastfeeding/">cdh.idaho.gov/health/wic/breastfeeding/</a>	
<b>Clothed By Grace Kid's Closet</b>	<b>208-939-0661</b>
A community organization set up to distribute free clothing and diapers to families in need.	
<b>Baby Needs Closet</b>	<b>208-343-7511</b>
9am-5pm Available once per month, per family. Bring ID for each child (birth certificate, SS card, vaccination record, etc.) – Cathedral of the Rockies First United Methodist Church, 717 N. 11th. St.	
<b>Birthright Boise</b>	<b>208 342-1898 / 1-800-550-4900</b>
Maternity clothes, baby clothes to size 12 months, size 1 & 2 diapers when available. Call for times. <a href="http://birthright.org">birthright.org</a>	
<b>Baby Steps</b>	<b>208 342-5601 x 212</b>
Program assists w/ diapers, clothing, and baby furnishings. 518 N. 8 <sup>th</sup> St. Boise ID, Tue 1-3pm & Thur 4-6pm.	
<b>Boise Parks &amp; Rec</b>	<a href="http://cityofboise.org">cityofboise.org</a>
Local activities, classes, and other resources in the area.	
<b>Idaho Legal Aid Services</b>	<b>208-336-8980</b>
	<a href="http://idaholegalaid.org">idaholegalaid.org</a>

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