

# MISSOULA RESOURCES

## **First Call for Help**

549-5555 or call 211, M-F 9-5

Provides detailed information on all agencies listed in this guide, as well as additional community services, non-profit agencies, & support groups. Limited financial assistance available.

### Children's Services

#### **Big Brothers & Sisters**

721-2380; 1520 S. Russell; M-F 8-5; [www.bbbsa.org](http://www.bbbsa.org)

Volunteers spend 2-3 hours/week for at least 1 year building mentor relationships with children 6-14 from single parent families or from families in which one parent is or has been incarcerated. Also offers school based mentoring for 1 hr/week through the school year.

#### **Child Abuse & Neglect Reporting**

Centralized Reporting 1-866-820-KIDS

Statewide toll-free number for reporting child abuse/neglect.

#### **Child Care Resources**

728-6446; 127 E Main; Suite 314; M-F;

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

Offers payment assistance for low-income families, referrals for families seeking childcare providers, a resource library, & nutrition reimbursement & trainings for childcare providers.

#### **Child Development Center**

549-6413; T-214 Fort Missoula; M-F 8-5;

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

Provides services & intervention for children up to age 21 who have or are at risk of having a developmental disability.

#### **Early Head Start**

251-9410; 2121 39<sup>th</sup> St.; M-F 8-5

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

Serves families with children ages 3 & under & pregnant women. Child development services include: home-based care; weekly home visits; bi-monthly parent-child groups; site-based care from 8-3, M-F; prenatal care & maternal wellness; child development & parenting preparation.

#### **Head Start**

728-5640; 1001 Worden; M-F; [www.headstartmt.org](http://www.headstartmt.org)

Free preschool, childcare, weekly home visits & supportive services for families who are eligible or have special needs.

### Parents

#### **Families First/Parent Helpline**

1-800-346-ABCD; 721-7690; 815 E Front, Suite 3;

M-TH 9-5, F 9-1; [www.familiesfirstmt.com](http://www.familiesfirstmt.com)

Child rearing information, guidance, & support for parents. Individual consultations or support groups for parents. Sliding scale, scholarships offered. Parent Helpline is a free phone service that answers questions about children of all ages. Sponsors the Children's Museum & continuing education for professionals.

#### **Parenting Place**

728-5437; 1644 S 8<sup>th</sup> W; M-F 9-5; [www.parentingplace.net](http://www.parentingplace.net)

Parenting classes, parent support and advocacy, and free respite child care. All classes have free on-site child care.

#### **Parents, Let's Unite for Kids**

1-877-219-9986; [mhall@pluk.org](mailto:mhall@pluk.org)

Info, support, training, & assistance for parents with children who have disabilities or chronic illness.

### Financial, food, housing assistance

#### **Child Support Enforcement**

1-800-346-5437; Federally mandated child support enforcement services.

#### **Consumer Credit Counseling**

543-1188; 2110 S Reserve; M-F 8-5:30

Financial management counseling & education. Debt repayment program for small fee.

#### **Food Bank of Missoula**

549-0543; 219- S 3<sup>rd</sup> W; M, T 5-7, W-F, 10-1;

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

Emergency supply of food, monthly visits allowed. Brief screening interview for information & referral.

#### **Human Resource Council**

728-3710; 1801 S Higgins; M-F 8:30-5;

<http://access.hrcxi.org/>

Rental assistance (HUD Sec 8), energy assistance (LIEAP, Energy Share) & weatherization assistance, employment & training (including work experience & academic tutoring) for youth & WORC teen parents, home owner rehab loans, summer free lunch program for youth, support & assistance for disabled indigent adults, information & referral.

#### **Missoula Housing Authority**

549-4113; 1235 34<sup>th</sup> St.; M-Th 8-5

HUD-subsidized housing: Public Housing & Sec. 8.

Intake/information sessions held every M & W at 3pm.

#### **Office of Public Assistance**

329-1200; 2677 Palmer; M-Th 7:30-5:30, F 7:30-5

Access to TANF Financial Assistance, Food Stamps, CHIP & Medicaid. Based on income.

#### **Salvation Army**

549-0710; 339 W Broadway; M-F 1-4, also by appt.

Emergency assistance with food, clothing, lodging, transportation, prescriptions, laundry, & household necessities. The Gateway Center Program provides case management & community referrals for families & individuals. Gateway is the entry point to family shelters in Missoula.

### TURN OVER FOR MORE RESOURCES

Thanks to W.O.R.D. for allowing us to use descriptions from their Basic Resources Guide

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

258-4740; 301 W Alder; M-W 8-5, Th 8-7, F 10-5  
Provides specific nutritious foods needed during pregnancy & early childhood. Nutrition information, classes, & one-on-one health & dietary counseling.

**Other family resources****Crime Victim Advocacy**

258-4630; 500 North Higgins; Walk-in: M-F 9-12; By appointment: M-F 1:30-4:30  
Provides crisis counseling & safety planning as well as assistance getting an order of protection for victims of domestic violence, incest, rape or stalking. Explains how the court process works & helps victims find information on what is happening with their case.

**Family Law Clinic & Montana Legal Services**

Family Law Clinic: 1-800-666-6899; 304 N Higgins; M, W-F 9-5, T 12-8  
Montana Legal Services: 304 N. Higgins; M, T, Th F 10-12 & 1-5; [www.mtlsa.org](http://www.mtlsa.org)  
Classes & legal advice offered on uncontested divorce, parenting plans, & child support calculations provided for Missoula County low-income persons who are representing themselves. Other services include assistance for problems related to domestic violence, child abuse, family law, housing & public benefits.

**Dickinson Lifelong Learning Center**

549-8765, 542-4015; 310 S Curtis; M-Th 8-4 F 6-9; [www.dllc.montana.com](http://www.dllc.montana.com)  
Adult Basic & Literacy Education. Basic skills classes, pre-employment program, English as a second language classes, GED classes & testing & college preparation. Even Start program promoting family literacy.

**Family Resource Centers (FRCs)**

543-3550; [www.wordinc.org](http://www.wordinc.org) or [www.mcps.k12.mt.us](http://www.mcps.k12.mt.us) (under "Parents" tab)  
Located in elementary & middle schools, Family Resource Centers offer information on parenting, education, support groups, workshops, crafts, lending libraries, & access to Missoula resources & social services.  
Missoula Area: Elementary school FRCs located at Franklin, Hawthorne, Lewis & Clark, Lowell, Paxson, Rattlesnake, & Russell. Middle school FRC located at CS Porter. Teen Families FRC located at WORD.

**Missoula Indian Center**

829-9515; 24-hour crisis hotline: 721-2700; Fort Missoula, Bldg 33; M-F 8-5; [www.missoulaindiancenter.org](http://www.missoulaindiancenter.org)  
Outpatient chemical dependency counseling, youth tobacco prevention, assessments, & group counseling. Health referral programs, diabetes/health education, private HIV testing/counseling & food/clothing assistance when available.

**Women's Opportunity & Resource Development (WORD)**

543-3550; 2525 Palmer Street, Suite 1; [www.wordinc.org](http://www.wordinc.org)  
WORD Family BASICS: Family advocacy, housing counseling, parenting education, & tutoring for children with the goal of strengthening families & preventing homelessness.

(continued in next column)

WORD Futures: Family support program for young mothers through age 21 and young fathers through age 24. Support groups, parenting and career classes.

**Counseling & other services****Alcoholics Anonymous**

543-0011; PO Box 841; [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)  
Fellowship & support for those recovering from alcoholism.

**A.W.A.R.E.**

543-2202; 2300 Regent St.; M-F 8-5; [www.aware-inc.org](http://www.aware-inc.org)  
In-home or office counseling services and family support. Residential & training services for adults with developmental disabilities.

**Friends to Youth**

728-2662; 1515 E Broadway; M-F 8-5, evenings by appointment; [www.friendstoyouth.org](http://www.friendstoyouth.org)  
Individual, family & group counseling services for young people & their families. Outpatient services, family-based services & case management.

**Western Montana Mental Health Center**

*Mental Health Emergency Hotline:* 532-9770; 1305 Wyoming Planning, linking & advocating for services on behalf of youth (& their families) with mental health issues. Services include children's day treatment, family-based services, psychiatric medication management, comprehensive school/community treatment & outpatient therapy.

**YWCA of Missoula**

543-6691; 542-1944 (24-hr crisis line); 1130 Broadway; walk-in hours: M-F 12-4; [www.ywcaofmissoula.org](http://www.ywcaofmissoula.org)  
Food, shelter, counseling & support groups for survivors of domestic & sexual violence. Transitional housing facilities for homeless women & children.

**Health****Blue Mountain Clinic**

721-1646; 610 N California; M-Th 9-6, F 9-4; [www.bluemountainclinic.org](http://www.bluemountainclinic.org)  
Physicals, pregnancy testing, well child care, morning-after pill, medical & counseling services, acupuncturist, reproductive care.

**Missoula City/County Health Department**

258-4750; 301 W Alder; M-F 8-5  
Immunization clinic: M, T, Th, F 9-11:30, 1-4:30; W 10-11:30, 1-4:30  
Immunizations, health screening & referral services for adults & children. Neighborhood nurse program visits pregnant women, infants, & children providing comprehensive health & social screening.

**Partnership Health Center**

258-4789; 323 W. Alder; M, W-F 8:30-6, T 9-6  
<http://www.co.missoula.mt.us/phc/>  
Primary health care with sliding scale fees for those not covered by Medicaid, Medicare, or insurance. Confidential HIV counseling & testing. Breast & cervical health program for low-income women 50-64. Dental & mental health services also available.