

# Missoula BASIC Resources

A list of local agencies and organizations that assist those in need (September 2015)

## A.

### Accessible Spaces

1-800-466-7722; Email: [info@accessiblespace.org](mailto:info@accessiblespace.org)

❖ Provides subsidized housing for head of households with physical disabilities, and/or traumatic brain injuries.

### Al-Anon

721-5818; 211 Whitaker Drive Missoula; Email: [wso@al-anon.org](mailto:wso@al-anon.org)

❖ Fellowship and support for families of alcoholics.

### Alcoholics Anonymous (Area 40) (AA)

543-0011; 888-607-2000; 1500 W. Broadway St. Missoula

[www.aa-montana.org](http://www.aa-montana.org)

❖ Fellowship and support for those recovering from alcoholism.

### American Red Cross of Montana

549-6441; 1535 Liberty Lane Missoula

Emergency line: 1-800-ARC-MONT; [www.montanaredcross.org](http://www.montanaredcross.org)

❖ Provides disaster relief including food, shelter, basic needs; safety and first-aid classes. Also offers services to military families.

### A.W.A.R.E.

251-8131; 800-432-6145; 2811 Gilbert Ave. Missoula; M-F 8-5

[www.aware-inc.org](http://www.aware-inc.org)

❖ Case management, residential and training services for adults with developmental disabilities, group homes and case management for children and adults needing treatment for emotional disturbances.

## B.

### Big Brothers and Sisters

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

❖ Volunteers spend 2-3 hours per week for at least 1 year building mentor relationships with children 6-14. Also offers school-based mentoring for 1 hour per week through the school year.

### Blind/Low-Vision Services

329-5400; 2675 Palmer Ste. A Missoula; M-F 8-5

❖ Provides low-vision testing, daily living skills training and employment services for people who are visually impaired or blind.

### Blue Mountain Clinic

721-1646; 610 N California; Mon, Tues, Thurs 9-6, W 9-5, Fri 9-4;

[www.bluemountainclinic.org](http://www.bluemountainclinic.org); Fax: (406) 543-9890

❖ Full service family medical practice providing medical care to women, men and children, including physicals, pregnancy testing, pregnancy prevention and contraception, well child care, counseling services, safe abortion care, acupuncture, and reproductive care.

## C.

### CASA of Missoula

542-1208; 412 W Alder St. Missoula \*Near the United Way Bldg.;

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

❖ Court Appointed Special Advocates instruct volunteers to become advocates for abused and/or neglected children in the child welfare system.

### Catholic Social Services

728-5429; 800-BABY-DUE; 420 West Pine Missoula; [www.cssmt.org](http://www.cssmt.org)

❖ Offers open adoption services and free, confidential parenting and adoption counseling for people of all faiths.

### Child and Family Services Abuse and Neglect Reporting

1-866-820-KIDS (5437)

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

### Child Care Resources

728-6446; 105 E. Pine Missoula ; M-F 8-5; [www.childcareresources.org](http://www.childcareresources.org)

Fax: (406) 549-1189

❖ Offers child care payment assistance for low-income families, referrals for families seeking child care providers, a resource library, nutrition reimbursement and training for child care providers.

### Child Development Center

549-6413; 800-914-4779; T-214 Fort Missoula; M-F 8-5

[www.childdevcenter.org](http://www.childdevcenter.org); Fax: (406) 755-2426

❖ Provides services and intervention for children up to age 21 who have (or are at risk of) a developmental disability. Free developmental screening for children up to the age of 5.

### Child Support Enforcement

329-7910; 2675 Palmer St., Ste. C Missoula; M-F 8-5

[www.childsupport.mt.gov](http://www.childsupport.mt.gov)

❖ Provides federally mandated child support enforcement services.

### Christian Life Center Food and Clothing Pantry

542-0353; 3801 S. Russell Missoula ; M-F 8am-4pm; [www.clc-missoula.org](http://www.clc-missoula.org)

❖ Provides food and clothing to those in need.

### City Food Ministries

721-7804; 2811 Latimer St.; Food distribution Sat 10-12 pm; [www.cfccmt.org](http://www.cfccmt.org)

❖ A program of Clark Fork City Church and member of the Montana Food Bank Network, City Food Ministries provides food to those in need

### Community Dispute Resolution Center

543-1157; 519 S Higgins, Missoula; M-F 1pm-5pm

Email: [cdrcmissoula@gmail.com](mailto:cdrcmissoula@gmail.com)

Nonprofit confidential mediation services at little or no cost. Programs specialize in solving landlord/tenant problems, parenting plans, employment disagreements, and family conflicts.

### Crime Victim Advocate Program

406-830-3830; 317 Woody St. Missoula ; M-F 8:30-4:30 (closed Wed.);

[www.co.missoula.mt.us/rvs/cva.htm](http://www.co.missoula.mt.us/rvs/cva.htm)

❖ CVA provides crisis counseling, advocacy and safety planning for victims of domestic violence, child abuse and other forms of partner family member assault (PFMA) CVA assists in obtaining orders of protection.

## E.

### Early Head Start

251-9410; 2121 39th St. Missoula ; M-F 8-5; [www.ravalliheadstart.org](http://www.ravalliheadstart.org)

❖ Serves families with children aged three and under and/or pregnant women. Child development services including home-based care, weekly home visits, bi-monthly parent-child groups and site based care (including child care from 1-3, M-F).

WORD does not discriminate on the basis of age, race, religion, gender, national origin, sexual orientation, marital status or disability.

*This publication  
is created and  
distributed by:*



**WORD's mission is to create opportunities, programs and policies that inspire and support women's development, leadership and choice for the benefit of our entire community.**

## Expanded Food & Nutrition Education Program (EFNEP)

258-4208; 2825 Santa Fe Court (County Missoula Extension Office) M-F 8-5, evenings by appointment; <http://www.missoulaeduplace.org/>

- ❖ Nutrition, meal planning and cooking instruction. Focus is on spending the food dollar wisely while providing good nutrition. Free for limited income families.

## F.

### Family Promise

529-4671; 2816 S. Ave W.; M-F 7-5

Email: [casemanager@familypromisemissoula.net](mailto:casemanager@familypromisemissoula.net); [familypromisemissoula.net](http://familypromisemissoula.net)

- ❖ Provides shelter and case management to homeless families and pregnant women through a network of churches. Please call or email for appt.

### Families First / Missoula Children's Museum

721-7690; 1-800-346-2223 [www.familiesfirstmt.org](http://www.familiesfirstmt.org)

815 E Front, Ste. 3 Missoula; Tues-Thurs 9-5, F 9-1;

- ❖ Child rearing information, guidance and support for parents. Play groups for kids and individual consultations or support groups for parents/grandparents. Fees (sliding scale) for some classes. Monthly continuing education for professionals.

### First Call For Help

549-5555, or call 211; 1801 S Higgins Missoula ; M-F 10-5

- ❖ First Call for help provides detailed information on all agencies listed in this guide, as well as additional community services, non-profit agencies and support groups. Limited financial assistance available.

### First Step

329-5776; 400 West Front Street Missoula; [www.saintpatrick.org](http://www.saintpatrick.org)

- ❖ Provides assessment, treatment, education and prevention to promote healing for child victims of abuse, neglect, endangerment, child witness to violence and adult victims of sexual assault.

### First Way Pregnancy

549-0406; 800-395-HELP; 127 E. Main St. Missoula; Mon, Tues, Fri 10-4; Wed & Thur 6:30-8pm [www.1stway.org](http://www.1stway.org)

- ❖ Provides free pregnancy testing, ultra sounds, counseling, practical help/support groups and information on all options. Offers diapers, baby and maternity clothes.

### Food Bank of Missoula

549-0543; 219 S 3rd W.; M-F 10-1 & Mon, Tues and Thurs 5-7

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

- ❖ Emergency supply of food, monthly visits allowed. Brief screening interview for information and referral.

### Friends to Youth

728-2662; 515 S. Reserve St Ste. 5 Missoula ; M-F 8-5, evenings by

appointment. [www.friendstoyouth.org](http://www.friendstoyouth.org)

- ❖ Provides individual, family and group counseling services to young people and their families; Outpatient services, family-based services and case management. All fees on a sliding scale.

## G.

### Gateway (YWCA)

Phone: 406-544-0710

Email: [mrichards@ywcaofmissoula.org](mailto:mrichards@ywcaofmissoula.org)

## H.

### Head Start

728-5460; 1001 Worden Missoula ; M-F 8-5; [www.headstartmt.org](http://www.headstartmt.org)

- ❖ Free preschool, child care, weekly home visits and supportive services for families who are income eligible or have special needs.

### Healthy Montana Kids

877-543-7669

- ❖ Help to provide comprehensive health coverage to uninsured MT children who live in families with an annual income below \$50,000.

## Home Resource

541-8300; 1515 Wyoming Missoula; Mon-Thurs 9-6; F-Sat 9-5:30; Sun 10-4 [www.homeresource.org](http://www.homeresource.org)

- ❖ A non-profit building re-use center offering workshops, volunteer opportunities and sales of salvaged and refurbished building materials.

## homeWORD

532-4663; 1535 Liberty Ln. #116a, Missoula

[www.homeword.org](http://www.homeword.org) ; Mon-Thurs 9-5

- ❖ Home ownership center offers homebuyer education & financial education classes, open to the public. One-on-one financial and foreclosure prevention counseling available. Provides unique rental housing with affordable rents for qualifying families and individuals.

## Human Resource Council

728-3710; 1801 S Higgins Missoula ; M-F 8:30-5; [www.hrcxi.org](http://www.hrcxi.org)

- ❖ Rental assistance (HUD sec. 8), energy costs (LIEAP, Energy Share) and energy conservation (weatherization) assistance, employment and training for youth and WORC teen parents, home owner rehab loans, support & assistance for disabled indigent adults.

## L.

### La Leche League

406-493-1813 [www.llli.org/web/montana.html](http://www.llli.org/web/montana.html)

Email: [Missoula111@gmail.com](mailto:Missoula111@gmail.com)

- ❖ Provides education and support to breastfeeding mothers. Meetings held 2nd & 4th Tuesdays monthly at Missoula Public Library.

### The Lifelong Learning Center

549-8765; 310 S Curtis Missoula ; M-F 8a.m.- 8p.m.;

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

- ❖ Adult Basic and Literacy Education. Basic skills classes, pre-employment program, English as second language classes, GED classes and testing and college preparation. Even Start program promotes family literacy. Some daytime and evening classes offered at no cost.

### Lutheran Social Services

549-0147; 1515 Fairview Ave. Missoula; [www.lssmt.org/](http://www.lssmt.org/)

- ❖ Mental health counseling for individuals & families. Adoption services both domestic & international. Free birth parent counseling. Medicaid accepted. Variety of support groups.

## M.

### Missoula Aging Services

728-7682; 337 Stephens Missoula ; M-F 8-5; [www.missoulaagingservices.org](http://www.missoulaagingservices.org)

- ❖ Advocates for seniors and assists with housing, medical benefits, care management, meal programs, transportation and financial management. Clearing house for seniors interested in volunteering in the community.

### Missoula City/County Health Department

258-4750; 301 W Alder Missoula; Mon, Tues, Thurs, F 9-11:30, 1-4:30; Wed 10-11:30, 1-4:30; [www.co.missoula.mt.us/healthservices/](http://www.co.missoula.mt.us/healthservices/)

- ❖ Offers maternal and child health services, including prenatal classes, home visits and breastfeeding support. Services offered at the out-patient clinic for adults and children include immunizations and pregnancy testing. Nutrition services including WIC, EatSmart and CATCH are also available.

### Missoula Forum for Children and Youth

721-3000 ext. 1021; Office of Planning and Grants, 415 N. Higgins Ste. 102 Missoula; [www.missoulaforum.org](http://www.missoulaforum.org)

- ❖ Missoula Forum for Children and Youth is the hub of five coalitions: Healthy Start Council; Media Literacy Community Action Team; Missoula Adolescent Pregnancy, Parenting & Prevention Services (MAPPPS); Missoula Underage Substance Abuse Prevention (MUSAP); and Youth Development Network.

### Missoula Housing Authority

549-4113; 1235 34th Street; Mon-Thurs 8-5; [www.missoulahousing.org](http://www.missoulahousing.org/);

- ❖ HUD-subsidized housing: Public Housing and Section 8. Intake/information sessions held Tuesdays at 5:15 p.m. and Wednesdays at noon.

### **Missoula Indian Center**

829-9515, **24-hr crisis hotline:** 406-240-3955; 830 West Central Ave. Missoula; M-F 8-5; [www.missoulaindiancenter.com](http://www.missoulaindiancenter.com); Fax: (406) 829-9519

❖ Services include outpatient chemical dependency counseling, youth tobacco prevention, assessments and group counseling. Health referral programs, diabetes/health education, private HIV testing/counseling. Sliding fee scale if determined eligible. Transportation to health services.

### **Missoula Interfaith Collaborative** - located in St. Paul Lutheran Church 202 Brooks St. Missoula 406-207-8228

Mon-Fri 9-5 The Missoula Interfaith Collaborative (MIC) was founded in 2011. It is made up of individual and congregation partners who come together with people affected by various struggles, as well as social agencies and businesses involved in addressing community challenges.

### **Missoula Job Service - Workforce Center**

728-7060; 539 S 3rd W; Mon, Wed, Thurs, Fri 7:30-6 Tues. 9-6; [www.wsd.dli.mt.gov/local/missoula/](http://www.wsd.dli.mt.gov/local/missoula/) Fax: (406) 721-7094

❖ Employment counseling, proficiency/aptitude testing, job referral training and placement. Computer Resource Center includes internet access, resume assistance, Montana Career Information System and Microsoft WORD access. Employer services. All services offered at no charge.

### **Missoula Public Library**

721-2665; 301 E Main; Mon-Wed 10-9, Thurs-Sat 10-6, Sun 1-5  
Closed on all Legal Holidays

❖ Persons may checkout reading materials, music CDs, audio and video cassettes. Story times for kids of all ages. Public access to internet.

### **Missoula Urban Demonstration Project (MUD)**

721-7513; 629 Phillips Missoula; Office: Mon-Fri 1-4pm; Tool Library: Wed 4-7, Sat 10-1

❖ Provides tool lending library, self-reliant living classes (such as organic gardening, basic construction & home improvement skills) and a community-focused demonstration site to residents of the Missoula urban area.

### **Missoula Self Help Law Center**

Missoula County Courthouse; Closed on Tuesdays  
Mon, Wed, Thurs, Fri 8:30am-4:30pm  
200 West Broadway, 2nd Floor Room 271  
Email: [missoulaselfhelp@gmail.com](mailto:missoulaselfhelp@gmail.com) 258-3428

### **Montana Community Development Corp (MCDC)**

728-9234; 110 E. Broadway, 2nd Floor Missoula; M-F 8:30-5; [www.mcdc.org](http://www.mcdc.org)

❖ Community development loan fund, lending, business consulting, training and technical support for start-up and expanding small businesses.

### **Montana Legal Services Association**

543-8343; 800-666-6899; 211 N Higgins, Ste. 401 Missoula  
Mon-Fri 9-4; [www.mtlsa.org](http://www.mtlsa.org)

❖ Services include assistance for problems related to family law, domestic violence, housing, bankruptcy law, landlord/tenant disputes, public benefits and consumer law.

### **Montana Vocational Rehabilitation**

329-5400; 1-888-279-7528; 2675 Palmer St., Suite A Missoula; Mon-Fri 8-5

❖ Helps people with permanent disabilities return to competitive employment. Variety of services including counselor on-the-job training, job location services and assessment to determine potential.

### **Mountain Home Montana**

541-4663; 2606 South Ave. W. Missoula ; [www.mountainhomemt.org](http://www.mountainhomemt.org)

❖ A transitional housing program for homeless young women ages 16-24 who are pregnant or parenting.

## **N.**

### **NAMI: National Alliance on Mental Illness**

543-3055; Helena main office: 406-443-7871;  
202 Brooks St. Rm 210 Missoula; [www.namimissoula.org](http://www.namimissoula.org)

❖ Supports, educates and advocates for Montanans with mental illnesses and their families.

### **Narcotics Anonymous Hotline**

1-800-990-6262

❖ Provides meeting times, places and directions.

## **O.**

### **Office of Public Assistance**

1-888-706-1535; Fax 1-877-418-4533; **NO LOCAL PHONE NUMBER**

2677 Palmer St. Ste. 100 Missoula ; Mon-Thurs 7-5:30

[www.dphhs.mt.gov/hcsd/snap.aspx](http://www.dphhs.mt.gov/hcsd/snap.aspx)

Access to S.N.A.P. (Supportive Nutrition Assistance Program, Child Care Assistance, Energy Assistance, Medicaid, and TANF (cash assistance). Based on income.

*WORC Program*; 329-1275; 2677 Palmer St., Ste. 222 Missoula  
Mon-Fri 7:30-5:00

❖ Provides support for TANF participants to transition into employment and become self-sufficient. Educate people on job hunting, assist with resumes, make job referrals and provide supportive services for employment-related expenses.

### **Open AID Alliance (formerly Missoula AIDS Council)**

543-4770; 1500 W. Broadway Ste. A Missoula ; Mon-Thurs 9-5; Fri 9-3  
[www.openaidalliance.org](http://www.openaidalliance.org)

❖ Offers free, anonymous HIV testing by walk-in or appointment (rapid results in 20 minutes); STI screening and syringe exchange program; case management and support to people living with HIV; outreach and education about HIV to the community.

### **Opportunity Resources**

721-2930; 2821 S Russell Missoula; M-F 8-5; [www.orimt.org](http://www.orimt.org)

❖ Training and employment services for adults with disabilities. Also offers residential and transitional living services.

## **P.**

### **Parenting Place**

728-KIDS (5437); 1644 S 8th W Missoula; M-F 9-5; programs in evenings;  
[www.parentingplace.net](http://www.parentingplace.net)

❖ Parenting classes, respite care, and volunteer parent aides and mentors. Most classes are free and provide on-site child care.

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

327-4645; [www.pluk.org](http://www.pluk.org)

❖ PLUK is a free parent training and information center offering support, assistance, referral service, workshops and a special education library to parents of children with disabilities and chronic illness.

### **Partners in Home Care**

728-8848; 2687 Palmer St., Ste. B Missoula; Mon-Fri 8-5  
[www.partnersinhomecare.org](http://www.partnersinhomecare.org)

❖ Support and care for patients diagnosed with an illness and a life expectancy of six months or less. Provides hospice care as well as palliative care for pain management.

### **Partnership For Children**

721-2704; 550 N California St. Missoula

❖ Offering short-term and longer-term group home care, guidance and treatment to children in need.

### **Partnership Health Center**

258-4789; 323 W. Alder Missoula ; Mon,Wed-Fri 8-6:30, Tues 9-6:30  
[www.co.missoula.mt.us/phc/phcweb/index.html](http://www.co.missoula.mt.us/phc/phcweb/index.html)

❖ Primary health care for all, with sliding scale fees for those not covered by Medicaid, Medicare, or insurance. Confidential HIV counseling and testing. Breast and Cervical Health Program for low-income women 50-64, Health care for the homeless, limited pharmacy, dental and mental health services also available.



## Planet Kids

542-3346; 337 Stephens Ave. Missoula; Call for more information

❖ Supervised visitation and exchange center offers on-site monitoring, exchange monitoring and referrals for resident and non-resident parents and their children.

## Planned Parenthood

728-5490; 219 E Main Missoula; Mon, Tue, Thurs, Fri 9-6 & Sat 9-2

[www.plannedparenthood.org/montana](http://www.plannedparenthood.org/montana)

❖ Reproductive health care, contraceptives, education and counseling for men and women. Testing and medical services for pregnancy and sexually transmitted infections. Fees on a sliding scale.

## Poverello Center

728-1809; 1110 W. Broadway Missoula; Open 24/7;

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

❖ Provides meals and supportive services to Missoula's homeless populations

## R.

### Rural Dynamics, Inc. dba - Consumer Credit Counseling Service

543-1188; 877-275-2227 Home Office— Great Falls

1515 Fairview Ave, Ste. 205 Missoula; Mon-Fri 9-5:00 ;

❖ Financial management, counseling and education. Debt repayment program for a small fee.

## S.

### Salvation Army

549-0710; 339 W Broadway; Mon, Tues, Wed, Fri 9-4, Thurs 9-2

❖ Emergency assistance with food, clothing, lodging, transportation, prescriptions, laundry and household necessities. Gateway entry point to family shelters in Missoula.

### Student Assault Resource Center (SARC)

406-243-4429 \*24 hr. help line 243-6559;

Curry Health Center, 634 Eddy St. Missoula; Mon-Fri 9-4

[www.umt.edu/curry/SARC](http://www.umt.edu/curry/SARC)

❖ Confidential resource center for students and community members who are survivors of sexual and relationship violence, stalking and sexual harassment.

### Social Security Administration

866-931-9029; Mon, Tues, Thurs, Fri 9-4; Wed 9-12

3701 American Way Missoula; [www.socialsecurity.gov](http://www.socialsecurity.gov)

❖ Social Security numbers, claims for retirement, disability, Medicare, and supplemental social security income benefits.

### St. Pat's Neurobehavioral Medicine

327-3020; 902 N. Orange, Ste. 102 Missoula; Mon-Fri 8-4:30

❖ Co-occurring for addiction and mental health acute stabilization.

### Summit Independent Living

Voice/TT: 728-1630; 800-398-9002; 700 SW Higgins, Ste. 101 Missoula

Mon-Fri 8-5; [www.summitilc.org](http://www.summitilc.org)

❖ Advocacy for persons with disabilities, independent living skills training, peer advocacy and information/referral for disability issues. Fiscal agent services for individuals in a self-directed Medicaid assistance program.

## T.

### Turning Point Addiction Services

❖ **\*\*See Missoula Addiction Services under Western Montana Mental Health Center.** Adult assessment, outpatient treatment services and supported living programs for persons with substance abuse problems. Assessment, outpatient and inpatient treatment services for adolescents and their families.

## U.

### Union Gospel Mission (formerly Missoula 3:16)

549-4673; Day Center 506B Toole Ave. Missoula; Open daily

Mon-Thurs 6-2; [www.ugmofmissoula.org](http://www.ugmofmissoula.org)

❖ Christian-based day mission with services including Breakfast (6-8 on

Sun), Food Pantry (1-2 Mon-Thurs), Mon-Thurs 6-2 breakfast and lunch, Fri 6-6 breakfast, lunch and dinner; Free clothing, phone service, restrooms and hygiene items.

## V.

### Veterans Center

721-4918; 500 N Higgins, Ste. 202 Missoula; Mon-Fri 8-4:30

❖ Mental health counseling for veterans from combat periods or those who have experienced sexual trauma in the military.

## W.

### Watson Children's Shelter

549-0058; 2901 Fort Missoula Rd. & 4978 Buckhouse Ln. Missoula

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

❖ 24-hour emergency shelter for children ages 0-14 in crisis situations.

### Western Montana Mental Health Center

Mental Health Emergency Hotline: 532-9710

1315 Wyoming St. Missoula; [www.wmmhconline.org](http://www.wmmhconline.org)

#### Services:

**Adult Mental Health Services:** 532-9700, 1315 Wyoming Missoula

Email: [missoulaadults@wmmhc.org](mailto:missoulaadults@wmmhc.org)

❖ Provides counseling and support for adults with mental illness.

**Child and Family Service Network:** 532-9770 Fax: 541-3034

Mon-Fri 8-5; 1305 Wyoming Missoula

Email: [missoulachildren@wmmhc.org](mailto:missoulachildren@wmmhc.org)

#### Missoula Addiction Services

532-9800; 1325 Wyoming Missoula; Mon-Thur 8:30-6 & Fri 8:30-4

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

**Flagship:** 532-9825 Fax: 541-3032; 1325 Wyoming Missoula

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

❖ Community/school partnership with a focus on prevention, bringing community resources to schools, connecting young people with community and providing after-school and summer activities.

### WIC (Women, Infants, and Children)

258-4740; 301 W. Alder Missoula;

Email: [WIC@co.missoula.mt.us](mailto:WIC@co.missoula.mt.us) Mon-Fri 8-5, (noon and evening appointments available)

Provides specific nutritious foods needed during pregnancy and early childhood. Nutrition information, one-on-one health and dietary counseling, referrals to health and social service agencies and breastfeeding support.

### Winds of Change Mental Health

721-2038; 2685 Palmer St. Ste C Missoula

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

❖ Community rehab/support and targeted case-management. Offers referral, advocacy, resources, treatment planning, monitoring and follow-up of adult mental health issues, including psychiatric medication management and outpatient therapy. Sliding fee scale-will diagnose.

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

543-3550; 2405 McIntosh Loop Missoula; Mon-Thurs 9-5; [www.wordinc.org](http://www.wordinc.org)

❖ WORD, Inc. programs provide support, education and training to empower women and their families to move from a place of need to a place of independence, participation and choice. Current programs include:

❖ **Families in Transition** provides Family Advocacy, housing counseling & parenting education with goals to strengthen families and preventing homelessness while supporting children's education.

❖ **Young Family Resource Center** offers information on parenting, education, support groups, literacy development, activities, workshops, crafts, lending library, resources and referral.

❖ **Futures** provides services to pregnant and parenting youth, age 14-23. Drop-in services at the Young Family Resource Center; Mon-Thur 12-5pm.

❖ **Mentors in Violence Prevention** provides gender awareness and violence prevention training for high school and middle school students, youth groups, teachers, coaches and community-based youth workers.

❖ **Parents as Teachers** provides parenting education and family support to families throughout pregnancy until their child enters kindergarten, usually age 5, through personal visits, parent group meetings and screenings for child development.