



# Resource Guide

**January 2010**

## THE NURTURING CENTER

146 3<sup>rd</sup> Avenue West, Kalispell

[info@nurturingcenter.org](mailto:info@nurturingcenter.org)

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

A family resource center that provides a clearinghouse of information and services to parents of children of all ages; Education programs, support groups, child care assistance and referrals, lending library, bi-monthly newsletter, and specialized services for overburdened and stressed families; A nutrition education program, training and technical assistance, and start-up support for child care providers; ParentShare, birth-five support groups; Gemini, a mentoring program for young women.

**1-406-756-1414**

**1-800-204-0644**

Fax 756-1410

### AMERICAN RED CROSS (CPR, First Aid)

752-6433

126 N Meridian, Kalispell

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

### BIG BROTHERS BIG SISTERS

752-0092

137 Main, Kalispell

Building caring relationships between children, volunteers, and families to enrich their lives and their communities. Fax 257-5182

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

[chrystal@bbbsfc.org](mailto:chrystal@bbbsfc.org)

### CHILD ABUSE & ELDER HELP LINE

1-866-820-5437

CENTRALIZED - INTAKE A 24-hour reporting and referral service to the community. Can only make referrals.

### CHILD AND FAMILY SERVICES DPHHS

751-5950

Department of Public Health & Human Services

121 Financial Dr., Ste. B, Kalispell

Adoption services, foster care, day care licensing, Child Protective Services. Investigation and support services for suspected child and elder abuse and neglect cases. Fax 751-5979

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

### CHILD DEVELOPMENT CENTER

755-2425

1725 Mt. Hwy. 35, Kalispell

Provides home and center based services for children, from ages 0-21 who are developmentally delayed or disabled, and their families. Provides evaluation, training and support. Fax 755-2426 Missoula 1-800-914-4774

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

### CHILD SUPPORT ENFORCEMENT DIVISION (CSED)

1-800-346-5437

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

Missoula

1-406-329-7910

### CITY PARKS AND RECREATION

758-7718

35 1<sup>st</sup> Avenue E, Kalispell PO Box 1997

Activities throughout the year for youths through seniors. City park pavilion reservations. Fax 758-7719

BRUCKERHAUSER POOL Open to the public, minimal charge. 758-7812

[www.kalispell.com/parks](http://www.kalispell.com/parks)

### COMMUNITY ALLIANCE CHURCH

257-9199

348 2<sup>nd</sup> Avenue West, Kalispell Community Kitchen

### COMPASSIONATE FRIENDS

387-5215

P.O. Box 352, Hungry Horse

Self-help organization offering friendship and understanding to bereaved parents.

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

### COUNTY 4-H EXTENSION OFFICE

758-5553

800 S. Main - East Annex, Kalispell

Cheryl Weatherell, 4-H Extension Agent. 4-H and youth educational programs to develop self-esteem and positive life skills.

[www.co.flathead.mt.us/4h](http://www.co.flathead.mt.us/4h)

### FAMILY CONCEPTS

257-4040

14 River Road Rd., Kalispell

Support for Foster Parents

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

### FLATHEAD CITY-COUNTY HEALTH DEPARTMENT

751-8100

1035 1<sup>st</sup> Avenue West Fax 751-8102

Community Health Nurses provide

breast feeding counseling, maternal child health information, limited pre-natal services, immunization clinics and home visits for families.

**FAMILY PLANNING CLINIC**

751-8150

**WOMEN, INFANTS & CHILDREN (WIC)**

751-8170

**HEALTH CLINIC**

751-8113

**CAR SEATS - Wendy Olson**

751-8106

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

### FLATHEAD COUNTY LIBRARY

758-5820

247 1<sup>st</sup> Avenue East, Kalispell

Books on child development and child management, children's books and records, story hours, exhibits. Toy lending library. Meeting room available.

**COLUMBIA FALLS BRANCH**

**892-5919**

**WHITEFISH BRANCH**

**862-6657**

**BIGFORK BRANCH**

**837-6976**

**MARION BRANCH**

**854-2333**

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

### FLATHEAD SPECIAL EDUCATION COOPERATIVE

257-1857

1001 S. Main St., Kalispell

Provides speech, language, psychological, occupational, physical therapy and preschool services to children 3-15 years old. Conducts Child Find outreach each fall and spring to identify children with special learning needs.

### FLATHEAD FOOD BANK

752-3663

1403 Hwy 2 West, Kalispell

Provides short-term emergency food assistance to people in need. Distribution centers are located in Kalispell, Evergreen, Marion, Hungry Horse and Bigfork.

**Columbia Falls Food Pantry**

**892-0241**

82 Railway St., Columbia Falls Monday 5pm - 6:30 pm, Tuesday 9:30 am - noon

### FLATHEAD VALLEY CHEMICAL DEPENDENCY CENTER

PO Box 7115, Kalispell, MT 59904-0115

756-6453

110 Nucleus Ave Ste B, Columbia Falls

892-7900

Flathead County's community-based professional outpatient alcohol and other drug counseling and prevention services agency.

[www.4drugrehab.com](http://www.4drugrehab.com)

### FLATHEAD VALLEY COMMUNITY COLLEGE

756-3822

777 Grandview Drive, Kalispell

Associates degree programs, transfer to 4-year colleges and community education.

[www.fvcc.edu](http://www.fvcc.edu)

### SNAP HOTLINE Supplemental Nutrition Assistance Program

1-800-332-2272

Basic eligibility guidelines about **food stamps**. See Office of Public Assistance

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

### GLACIER CENTER FOR FAMILIES

257-8858

945 - 4<sup>th</sup> Avenue East, Suite C, Kalispell

Supporting families in crisis by providing Parenting Education and Substance Abuse Accountability

### HEAD START

752-7011

79 7<sup>th</sup> Ave. EN, Kalispell

fax 755-1916

Head Start is a pre-school program available at no cost to income eligible families.

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

### HEARTLAND CAREGIVERS

1-800-866-6266

Domestic placement and employment agency

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

### HELP NET- FIRST CALL FOR HELP

752-8181

PO Box 8181 Kalispell

1-800-332-8425

Confidential, anonymous, free information and referral service for Northwest Montana. Referrals to all social services providers/counselors when you don't know where to turn for help.

### HOPE PREGNANCY CENTER

257-6006

940 1<sup>st</sup> Ave. East, Kalispell

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

### KALISPELL REGIONAL MEDICAL CENTER-KRMC

752-5111

310 Sunny View Lane, Kalispell

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

**KALISPELL SCHOOL DISTRICT #5** 751-3445  
233 1<sup>st</sup> Avenue East, Kalispell  
Special education services for children 3 years and up who have handicapping conditions and special needs. Elementary programs serve students in District #5 only, while high school provides services for students in Flathead County.  
[www.sd5.k12.mt.us](http://www.sd5.k12.mt.us)

**LA LECHE LEAGUE** 257-5635  
765 4<sup>th</sup> Avenue West North, Kalispell  
Offers a series of four meetings covering topics related to breast -feeding. Telephone support for breast-feeding mothers. Meets 1<sup>st</sup> Tuesday, 7 pm.  
[www.lalecheleague.org](http://www.lalecheleague.org)

**LITERACY VOLUNTEERS** 257-7323  
35 4<sup>th</sup> Street West, Kalispell  
Work with adults in the Flathead County on basic literacy skills of reading, writing and English as a second language. Offers U.S. Citizenship study. Tutoring services available in the juvenile and adult detention centers. Services are free and confidential.  
[www.familit.org](http://www.familit.org)

**LUTHERAN SOCIAL SERVICES OF MONTANA** 752-8847  
17 2<sup>nd</sup> Street East, Suite 207, Kalispell  
Statewide social service agency providing general counseling, adoption counseling, unplanned pregnancy counseling, adoption education & consultation.  
[www.lssmt.org](http://www.lssmt.org)

**LEGAL**  
**MONTANA LEGAL SERVICES ASSOCIATION** 1-800-666-6899  
616 Helena Ave., Ste. 100, Helena 59601 (442-9830)  
[www.mtlsa.org](http://www.mtlsa.org) [www.MontanaLawHelp.org](http://www.MontanaLawHelp.org)

**SELF-HELP LAW CENTER** 758-5870  
920 South Main, 3rd Floor, Kalispell  
Mail: 800 South Main, Kalispell, MT 59901

**MONTANA 211**  
2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities.  
[www.montana211.org](http://www.montana211.org)

**MONTANA PEAKS, INC.** 892-5767  
123 6<sup>th</sup> Street West, PO Box 2355, Columbia Falls  
A community-based, non-profit agency that provides education and job training programs for families and youth through partnerships with schools, businesses and human service agencies. Consulting and grant writing services for vocational and school-to-work programs. Non-traditional training programs are offered to women.

**MOTHERS OF PRE-SCHOOLERS (M.O.M.S)** 257-5683  
Support group for mothers with children. Located at Trinity Lutheran Church, Kalispell. Meets 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 9:15-11:15 am.

**MOTHERS OF TWINS** Daytime 756-6485 Evenings 752-8776  
Support group for mothers of twins. Meets 2<sup>nd</sup> Monday of the month at 7:30pm, Finnegan's Restaurant, 666 East Idaho, Kalispell. Susie Hartman 752-3547

**NEIGHBORS IN NEED** 752-8181  
PO Box 2772, Kalispell 1-800-332-8425  
Fund of last resort that is managed by church donations for emergencies such as temporary shelter, rental assistance, utilities, food, gasoline, etc. for limited income persons.  
[www.ucc.org/nin/](http://www.ucc.org/nin/)

**NORTH VALLEY HOSPITAL** 863-3500  
1600 Hospital Way, Whitefish  
[www.nvhosp.org](http://www.nvhosp.org)

**COMMUNITY ACTION PARTNERSHIP OF NORTHWEST MONTANA** 752-6565  
(Human Resources)  
214 Main Street, Kalispell  
PO Box 8300, Kalispell MT 59904  
A community based not-for profit agency providing opportunities and services to needy individuals to obtain self-sufficiency by networking available resources in the community and offering direct services.  
[www.nmhr-dist10.org](http://www.nmhr-dist10.org)

**OFFICE OF PUBLIC ASSISTANCE** 751-5900  
121 Financial Dr., Suite A, Kalispell, MT 59901  
Applications for economic assistance, Food Stamps, Medicaid.  
[www.dphhs.mt.gov](http://www.dphhs.mt.gov)

**PARENTING PLANS (ONLINE)**  
[www.montanacourts.org/library/forms/pp\\_packet/default.mcpx](http://www.montanacourts.org/library/forms/pp_packet/default.mcpx) or  
[www.mt.gov](http://www.mt.gov), Government, State Law Library (link), Forms, Parenting Plans

**PARENTS LETS UNITE FOR KIDS - PLUK** 270-1086  
Stephanie Leuhr -Parent support for children with special needs.  
[www.pluk.org](http://www.pluk.org)

**POISON INFORMATION CENTER** 1-800-525-5042  
Throughout Montana

**PATHWAYS TREATMENT CENTER** 756-3950  
200 Heritage Way, Kalispell  
In -patient treatment facility for individuals and families needing psychiatric care or chemical dependency rehabilitation. 1-800-752-3950  
[www.pathwaysprogram.org](http://www.pathwaysprogram.org) [www.krmc.org](http://www.krmc.org)

**RAY OF HOPE HOMELESS SHELTER** 755-4673  
46 – 5<sup>th</sup> Ave. W., Kalispell  
A hand up, not a hand out.  
[www.orgsites.com/mt/rayofhope](http://www.orgsites.com/mt/rayofhope)

**SALVATION ARMY** 257-4357  
110 Bountiful Drive, Kalispell  
Provides emergency welfare assistance in the form of food, temporary shelter and clothing.  
Thrift Store, 1500 South Hwy 93, Kalispell  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

**SAMARITAN HOUSE** 257-5801  
Corner of 9<sup>th</sup> Avenue West and 2<sup>nd</sup> Street west  
P.O. Box 592, Kalispell  
Provides shelter and basic needs for homeless people, while supporting their efforts to find employment and housing.  
[www.samaritanhouse.com](http://www.samaritanhouse.com)

**SEVENTH DAY ADVENTIST COMMUNITY SERVICE CENTER**  
494 9<sup>th</sup> Avenue EN, Kalispell 257-6008  
Open Tuesdays from 10:00am-3:00pm. Provides clothing, and a limited supply of furniture in emergency crisis situations. Please call to find out what furniture is needed or available.

**SHEPHERD'S HAND CLINIC** 862-2615  
Christ Lutheran Church, 233 Kalispell Avenue, Whitefish  
Monday evenings 6:00-10:00 pm. Health services for those who are not covered by any other medical plan. Well- child care, minor illnesses, and some chronic illnesses needing monitoring. First come, first serve; no appointments taken.

**STILLWATER THERAPEUTIC SERVICES** 752-6100  
418 Windward Way, Kalispell  
24-hour crisis intervention services 752-6262  
Outpatient and children's services. Provides outpatient counseling to children and families; children's case management; therapeutic foster care; family based services. Medicaid, insurance and Montana Mental Health Services Plan accepted.

**THE SUMMIT** 751-4100  
Safe Sitter Course 751-4500  
205 Sunnyview Lane, Kalispell, Mt 59901  
[www.summithealthcenter.com](http://www.summithealthcenter.com)

**TOUCH OF GRACE CLINIC** 257-4357  
110 Bountiful Drive, Kalispell  
A free weekly medical clinic for the uninsured provided by the combined efforts of the many volunteers of Flathead Valley. Acute and chronic illness, health exams, specialty referrals, and health education. Appt. necessary.

**UNITED WAY** 752-7266  
P.O. Box 7217, Kalispell, Mt 59901  
[www.national.unitedway.org](http://www.national.unitedway.org)

**VIOLENCE FREE CRISIS LINE** Hotline 752-7273  
1203 Hwy 2 W. #28, Kalispell Crisis Office 752-4735  
P.O. Box 1401  
Peer counseling, crisis intervention and advocacy for victims of battering, incest, domestic violence, child sexual abuse and rape. Offers Abused Women's Support Group, Rape Survivors Group, Adults Molested as Children Group, and Abigail Frederick Shelter for victims. Anonymous and confidential services are available 24 hours a day.

