

COMMUNITY RESOURCES

First Call For Help 406-549-5555 or Dial 211

Meals & Food Pantries

Missoula Food Bank & Community Center - 1720 Wyoming St. (406) 549-0543; Store Hours: M, T, Th: 10-7 pm, W, F: 10-1 pm.

Market at Lowell Elementary: 1215 Phillips St. Weds: 3-5:30pm.

Lolo Pantry: Lolo Community Center - 12345 US-93.

1st and 3rd Wednesday of the month, 4-6 pm.

Bonner Pantry: Our Savior Lutheran Church - 8985 MT-200.

1st and 3rd Wednesday of each month, 4-6 pm.

Clinton Pantry: Clinton School Annex - 20397 E. Mullan Rd.

1st and 3rd Wednesday of each month, 4-6 pm.

Christian Life Center - 3801 South Russell St., (406) 542-0353

2nd and 4th Mondays of every month 4:30 pm-6 pm

Heart Church - 1001 Cleveland St., (406) 721-6884

Thurs: 10 am-1 pm. Food, clothing, and supplies.

Poverello Center - 1110 W. Broadway, (406) 728-1809

Breakfast served 6-7:30 am, Lunch served 11:30-1 pm, and Dinner served 5-6:30 pm. Sack lunches served if available. Food Pantry:

Mon, Wed, Thurs: 5:30-7 pm.

REVIVE Church - 2811 Latimer St., (406) 721-7804

CityFoods Ministries. Saturdays: 10 am-12 pm.

River of Hope Food Bank and Clothing Closet - 4007 Hwy 200

(406) 214-3803. Pantry open Sat: 12-3 pm; Deliveries available to those with a great need and transportation difficulties. Free clothing every Wed 1-3 pm and 1st and 3rd Sat of every month 12:30-2:30 pm.

UM Food Pantry - 32 Campus Drive UC 118, (406) 243-2017

Students only! Mon and Wed 10:30am -3pm; Tues and Thurs 5-7pm; Sat 11am-3pm

Crisis Hotlines

Emergency Services: 911

Suicide/Crisis Hotline:

Montana Crisis Text Line: Text "MT" to 741741

Montana Recovery Warmline: 1-877-688-3377

National Domestic Violence Hotline: Text "START" to 88788 or call 1-800-799-SAFE (7233)

YWCA Domestic Violence 24-Hour Crisis: (800) 483-7858

Poverello Center Homeless Outreach Team:

Missoula Police 24-hour Non-Emergency: (406) 552-6300

MT Adult Protective Services Hotline: (844) 277-9300

Western Montana Mental Health Center: (406) 532-9700

Monthly Assistance

Office of Public Assistance / SNAP office - 2677 Palmer #100

(888) 706-1535. Supplemental Nutrition Assistance Program provides monthly assistance for food. Apply at apply.mt.gov.

Healthy Montana Kids Health Insurance - (855) 258-3489.

Free or low-cost health coverage for children and teens up to age 19.

Women, Infants, and Children - 301 W. Alder, (406) 258-4740

WIC gives access to healthy food, nutrition education, and breastfeeding guidance for caregivers with a child under 5. Mon-Thurs 8 am-5:30 pm; Fri 8am-5pm. **Walk-in hours at Missoula Food Bank on Mon, Thurs: 8:30 am-4:30 pm.**

Housing and Employment Assistance

Human Resource Council - 1801 S. Higgins, (406) 728-3710

LIHEAP (energy/heat assistance), Section 8 and rental assistance,

employment and job training opportunities. Mon-Fri: 9 am-5 pm, No walk in traffic after 2pm on Wed

Missoula Job Service - 539 S. 3rd St. W., (406) 728-7060

Help for job searches, career training, resume building and unemployment insurance. M, Tu, Th, F: 8 am-5 pm. W: 11 am-5 pm.

Missoula Housing Authority - 1235 34th St., (406) 549-4113

Helps clients apply for subsidized and affordable housing, navigate homeless programs, and connect Veterans, the disabled, victims of domestic violence, and foster youth with housing. M-Th: 8 am-5 pm.

Missoula Interfaith Collaborative - 2205 34th St., (406) 207-8228

Located in Atonement Lutheran Church. Walk-ins Mon- Thurs: 10am-12pm.

MIC Missoula Works: Supportive employment for job seekers. Get It Done Crew, Temporary Staffing, and Sewing Ventures available.

Open office hours M-F: 10 am-12 pm.

MIC Housing Advocate Network: Peer-to-peer housing navigation assistance. Open office hours Mon-Thurs: 10 am-Noon at MIC and at Missoula Food Bank on Tuesdays from 2-4 pm.

Volunteers of America Northern Rockies- 910 Brooks St. Suite 201 Toll free line: (844) 4.VOA.Vet

Provides assistance to Veterans who are experiencing a housing crisis or houselessness as well as legal assistance, healthcare navigation, moral injury support, and SSI/SSDI help.

Legal Assistance

Crime Victim Advocates - 317 Woody St. (406) 258-3830

Free and confidential assistance to victims of relationship violence, sexual assault, and stalking in civil and criminal matters. M-F: 8:30 am-4:30 pm. Closed Weds at 3 pm

Self-Help Law Center - Missoula County Courthouse Rm. 271

200 W. Broadway (406) 258-3428. Helps direct to legal information and proper forms. M-Th: 8:30am-4pm. Closed 12pm-1pm.

Montana Legal Services Assn. - 1535 Liberty Lane #110D

Help Line: 1-800-666-6899. Free legal assistance, eviction rights, and advice. Open M-F: 9 am-4 pm Closed 12-1 pm

Clothing

Heart Church Clothing Closet - 1001 Cleveland St.

(406) 721-6884. Free clothing available Thursdays: 10 am-1 pm.

Salvation Army - 355 S Russell St., (406) 549-0710

Clothing and gas vouchers (limited availability), shower/laundry facilities, meals, and religious services. M-Th: 9 am-3 pm.

Immigration & Refugee Services:

International Rescue Committee - 3203 S Russell, (406) 926-1982

Provides families and individuals with resettlement resources such as housing, social services, English classes, and more. M-F: 9 am-5 pm.

Soft Landing Missoula - 2925 Palmer St Building A

(406) 493-0504. Resources to help refugee and immigrant families adjust and access necessities. M-Th: 10 am-5 pm. F: 10 am-2 pm.

Emergency Shelter for Individuals

The Poverello Center - 1110 W. Broadway., (406) 728-1809; and Johnson Street Shelter - 1919 North Ave. W.

Emergency shelter for homeless adults. Supportive services 6am-8pm; nightly check-in 8:45 pm, Building closed from 1pm-5pm Showers and laundry available.

Housing Montana Heroes - 1110 W. Broadway., (406) 532-6690

Supportive housing for Montana Veterans at the Poverello Center. Transitional housing available for Veterans at Valor House.

YWCA Pathways of Missoula - 1800 S 3rd St. W., (406) 543-6691

Shelter, support groups, and a 24-hour hotline for survivors of domestic and sexual violence. Walk-in Center open M-F: 12-4 pm.



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Emergency Shelter for Families

YWCA Family Housing Center- 1800 South 3rd St W 406-543-6691 Emergency housing, referrals, and supportive services for homeless families and domestic violence survivors. M-F: 10am-2pm.

Mountain Home Montana - 2606 South Ave. W., (406) 541-4663 Offers shelter for young mothers who need housing and a network of support. Must be 16-24 year old, in need of housing, pregnant or parenting, and able to live in community. M-Th: 9 am-5 pm. Fri: 9am-12pm

Transitional Housing through YWCA - (406) 543-6691 Housing, case management, and support services for survivors of domestic violence and their families.

Health Care and Substance Abuse Treatment

All Nations Health Center - 830 W. Central Ave. (406) 829-9515 Culturally competent care for American Indian and Alaska Natives. Primary care, family planning, etc..M-Th: 8am-5pm F:8am-12pm

Community Medical Center Nurse On-Call, (406) 327-4770 Free hotline to speak to a registered nurse to determine if symptoms require immediate or emergency care.

Crosswinds Recovery - 2001 S Russell St., (406) 493-0143 Provides individuals with structured, supportive, recovery-based housing and outpatient addiction therapy. M-F: 9 am-5 pm.

David J. Thatcher Outpatient VA Clinic - 3885 W Broadway (406) 215-0100; Health care services and mental health care for military Veterans. M-F: 8 am-4:30 pm.

Greater Good Health - 2230 Reserve St. N #110., (406) 637-6709 Specialized primary healthcare for older adults. M-F: 8 am-4pm.

Missoula Vet Center - 910 Brooks St., (406) 721-4918 Counseling/support for military Veterans. M-F: 8 am-4:30 pm.

Open Aid Alliance - 715 Ronan St., (406) 543-4770 HIV/STI testing, safer injection supplies, overdose prevention, case management, and syringe disposal. For free and safe syringe disposal, call (406) 209-9882. M-Th: 12pm-5 pm.

Partnership Health Center at Creamery - 401 Railroad St. W Primary medical, dental, behavioral care. Sliding fee scale based on household income and family size. Walk-in for emergencies.

Medical: (406) 258-4789; M,W,Th,F: 8 am-6 pm; Tu: 9 am-6 pm.

Dental: (406) 258-4185; M,W,Th,F: 7:15 am-5 pm; Tu: 7 am-5 pm.

PHC at Missoula Food Bank: (406) 258-3663.

Mon, Tues, Thurs: 10 am-7 pm. Wed, Fri: 10 am-3 pm.

PHC at The Poverello Center: (406) 728-1809.

M, W, Th: 8 am-6 pm. Tues: 9 am-6 pm

Western Montana Mental Health Center - 1315 Wyoming St. (406) 532-9700; Addiction services, case management, youth crisis diversion, and mental illness treatment. M-F: 8 am-5 pm.

WeCare Behavioral Health - 2809 Great Northern Loop #300 (406) 546-2301. Care for mental health and substance abuse disorders. M-F: 8 am-5 pm.

Winds of Change - 1120 Cedar St., (406) 541-4673

Therapy, case management, substance use treatment, community-based psychiatric rehab and support, wellness programs, recovery groups, and adult group home living. M-Th: 9 am-5 pm. F:9am-4pm

Resources for Families

Boys and Girls Club - 130 E. Broadway St., (406) 542-3116 The Boys & Girls Club of Missoula County offers low cost educational out-of-school-time activities for elementary and middle school aged kids. M-F: 10 am-6 pm.

Child Care Resources - 2409 Dearborn Ave # L., (406) 728-6446; Assistance for paying and finding childcare. M-F: 8 am-5 pm.

Early Head Start - 2121 39th St., (406) 251-9410 ext. 323

Parenting and child care support from 0-3 years old. M-F: 8am-4pm.

Child Start, Inc Head Start- 1001 Worden Ave. 406-728-5460 offers free child care and services to qualifying families, family services (health, dental, and behavioral), and family advocates
Families First Learning Lab - 455 E Main St., (406) 721-7690 2nd Floor of Missoula Public Library. Free programming & consultations to strengthen family bonds through education, connection, play & partnership.

Hope Rescue Mission Drop-In Center - 2811 Latimer St. #223, (406) 542-5240. Resource center for obtaining IDs, resource navigation, and life skills. Women's center for treating addiction, abuse, and homelessness. A temporary safe outdoor space for those experiencing homelessness. M-F: 9 am-4 pm.

Parenting Place - 1644 South 8th St. W., (406) 728-5437 Parenting programs/classes and support and free respite care for children ages 0-10 and their caregivers. Mon-Thurs: 9 am-5 pm.

Partnership for Children - 2825 Stockyard Rd. #A11 (406) 543-5531. Helps to develop healthy relationships for families with significant early childhood trauma. M-F: 9 am-5 pm.

Planned Parenthood - 219 E. Main St., (406) 728-5490 Female and male annual exams, pregnancy & STD testing, birth control info/supplies on sliding fee scale. M-F: 9 am-6 pm.

Seniors & Folks with Disabilities

Missoula Aging Services - 337 Stephens Ave. (406) 728-7682 Meals on Wheels, Senior Help Line; info about housing, transportation, health care, legal issues, and Medicare and Medicaid assistance. Farmer's market vouchers, meal vouchers, and meals for homebound elderly and disabled. M-F: 8 am-5 pm.

Missoula Senior Center - 705 S Higgins, (406) 543-7154 Weekly community activities, vacation planning, and thrift shop. M-F: 10 am-2pm,

ROOTs and Fresh Food Box Programs at Missoula Food Bank
ROOTs: Monthly delivery of food staples for low-income seniors.
FFB: Affordable home-deliveries of fresh food for qualifying seniors and folks with disabilities. For more info on ROOTS or Fresh Food Box, contact Senior Nutrition Coordinator Faith Cornett at (406) 541-0770 ext. 216; fcornett@missoulafoodbank.org.

Summit Independent Living - 700 SW Higgins Ave, #101 (406) 728-1630; Support, such as peer advocacy, skills training, and benefit assistance, for people with disabilities. M-F: 8 am-5 pm.

Vocational Rehabilitation and Blind Services - 2675 Palmer St. Suite A (406) 329-5400; VRBS supports individuals with disabilities seeking employment and livable wages. M-F: 8 am-5 pm.

MonTECH- 029 McGill Hall at the University of Montana in Missoula 406-243-5511; A free lending library for accessibility resources and technology as well as training resource library that is federally funded M-F: 8:15 am-5 pm.

LGBTQ2S+ Community

The Center- 500 N Higgins Ave, Ste 105 406-478-3443 Services for LGBTQ2S+ members including a clothing closet, free STI testing, community fridge, community support groups and event
Montana Two Spirit Society- 500 N Higgins Ave Ste 105 (406) 926-1104 Provides support through marches, presentations and gatherings for Native LGBTQ+ and Two-Spirited individuals.
Gay Health Task Force- 500 N Higgins Ave Ste 105 (406) 829-8075 Helps provide free STI testing for the community