

Greater Gallatin Community Resource Guide

A Project of the Early Childhood Community Council
In Association with Greater Gallatin United Way

May 2013



Greater Gallatin United Way
www.GreaterGallatinUnitedWay.org



Emergency Resources

**In case of Emergency:
CALL 9-1-1**

Fire Departments

*In case of a fire always dial
911*

Bozeman

34 North Rouse.....582-2350
410 S 19th Ave.....582-2355
1705 Vaquero Pkwy...582-2355

Belgrade Area

Central Valley Fire District
Phone for all stations..388-4480
Big Sky.....995-2100
Manhattan.....284-6224
Three Forks.....285-4152
West Yellowstone.....646-9094

Police

Gallatin County Sherriff's

Office.....582-2100
Bozeman.....582-2002
Belgrade.....388-4262
Big Sky.....995-4880
Manhattan.....284-6630
Three Forks.....285-3762
West Yellowstone.....646-7600

Crisis Hotline

24 Hour Crisis Hot Line, Sexual Assault Counseling, and Suicide Outreach.....586-3333
<http://www.bozemanhelpcenter.org>

Poison Control Center

.....1-800-222-1222
<http://www.aapcc.org/>

Domestic Violence

24 hour Crisis Line for intervention in emergencies and support for victims of domestic violence.....586-4111
Havenmt.org

Shelter

The Warming Center

Offers any person or family a safe, warm place to sleep. Available Nov. 15th – March 31st, 7 days a week. Open from 7pm-7am. Located at 2104 Industrial Drive, Bozeman, MT
.....587-4486

Drop-In Center

Community members are welcome to this safe, friendly, and recovery focused environment during operating hours for warmth, shelter, support, food, coffee, or even to do laundry. Location: 699 Farmhouse Lane
Operating Hours:
Mon-Fri.....9am-5pm
Saturday.....10am-4pm
.....556-6500

Emergency Food

Always bring ID to a Food Bank

Bozeman

5 day supply of emergency food
-603 Bond St. Bozeman.
-Distribution Hours: Mon-Fri: 1pm-4pm; Tue:1-4pm;5-7pm
-www.gallatinvalleyfoodbank.org
.....586-7600

Bread and Produce Room

Available at the Food Bank on 602 Bond St.Mon-Fri...8:30am-5pm
Generally stocked with produce, bread and dairy – No forms to fill

out –you may come as frequently as you and your household needs.
.....586-7600

Community Café

Free restaurant style meals available to all. Available every day of the year from.....5-7 pm
302 7th Avenue.....586-7600

Sunday Meal

Free meal offered every Sunday from 11am-2pm off Oak St. between Walmart and K-mart. Call for more info.....570-8610

Belgrade

Emergency Food available at Living Waters United Methodist Church, 56 W. Cameron Bridge Road
-Distribution Hours:
Sat.....10:30am-1pm
.....586-7600
-www.gallatinvalleyfoodbank.org

Big Sky

Community Food Bank. 47995 Gallatin Rd. (below Bugaboo Café). Open Tues 3pm-7pm; Fri 11am-3pm.....586-7600

Three Forks

Headwaters Area Food Bank
12 East Cedar St.
-Operating Hours:
Monday.....9am-4pm
Thursday.....12pm-7pm
.....285-3559
<http://www.thehrdc.org/prograp/r/headwaters-area-food-bank/>

Energy Emergencies Including Disconnect Notices

Low-Income Energy Assistance (LIEAP)and Energy Share
-Helps households with energy related emergencies.
-For information on both programs call (406) 585-4876 or visit
<http://www.thehrdc.org/programs/energy-assistance/>

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Crisis Help / Resource Referrals

❖ The Help Center 2-1-1

- **Phone: 2-1-1**
- **Location: 421 E. Peach Street, Bozeman, MT 59715**
- **Email: *info@bozemanhelpcenter.org***
- **Hotline: (406) 586-3333**
- **2-1-1 is an easy to remember phone number available 24 hours a day. You may call this number for:**
 - **Crisis Counseling**
 - **Information and Referral regarding community resources**
 - **Suicide Intervention and Prevention**
 - **Sexual Assault Counseling**

❖ Services of the Help Center

- 24-Hour Crisis Line: 406-586-3333
 - The Help Center is available 24 hours a day for anyone in need of crisis counseling, experiencing suicidal thoughts or in need of information or referral services. If you are in crisis please call.
- Crisis Counseling
 - While the majority of the Help Center's work is done by telephone, their doors are open 8am-8pm for "walk-in" counseling and referral. They also offer free short-term crisis counseling by appointment (based on availability of counselors).
- Sexual Assault Counseling Center
 - The Help Center provides trauma recovery counseling, outreach and long term individual counseling for survivors of sexual assault and the significant people in their lives along with outreach and advocacy services.
- Information and Referral, Montana 2-1-1
 - The Help Center is part of a statewide effort to provide accurate health and human resource referral information. Resources can be accessed by calling 586-3333, dialing 2-1-1 from a local phone number or by going to the Montana 2-1-1 website at www.montana211.org
- Suicide Intervention and Prevention
 - The Help Center provides crisis counseling to individuals who are considering suicide as well as to those who know someone who is suicidal. Their services also include community education to help others understand more about the issue of suicide.
- Telecare
 - This is a service whereby the staff or the Help Center make daily telephone calls to elderly or disabled individuals who are basically homebound and alone. For some, the Help Center is their only contact with the outside world. If you know someone who would benefit from this service, please contact the Help Center.
- Crisis Answering Service
 - The Help Center acts as an Answering Service to several agencies and counselors in the local area. This provides weekend and vacation emergency contact for clientele. Please call the Help Center for more information regarding this service.
- Emergency Food Distribution

- The Help Center partners with the Gallatin Valley Food Bank to provide emergency food bags to those in need after regular Food Bank hours. Please call the Help Center for eligibility.

Food Assistance

❖ **Gallatin Valley Food Bank**

- Phone: 406-586-7600
- Address: 602 Bond St. Bozeman, MT 59715 (located at the SE corner of Bond and Gold Streets, off North Rouse)
- Additional Information: www.gallatinvalleyfoodbank.org
- Email: info@gallatinvalleyfoodbank.org
- The Gallatin Valley Food Bank's mission is to improve food security throughout Gallatin Valley with a vision and purpose of offering consumers a variety of options that will allow them to choose the most effective path to food security while offering information to raise awareness about healthy food choices.

➤ Programs

- **Emergency Food Box Program**
 - A five day supply of food, size depends on number of people in household.
 - Distribution Hours: Mon-Fri 1pm-4pm and Tuesday 1pm-4pm, 5pm-7pm
 - Limited to one use every 30 days
 - If it is your first visit, please bring identification for other members in your household such as your child(ren)'s social security number and date of birth.
- **Bread and Produce Room**
 - This room is generally stocked with produce, bread and dairy. There are no forms to fill out and you are allowed to come as frequently as necessary to meet household needs.
 - Available at the Food Bank Monday-Friday 8:30 am-5 pm
- **Community Café**
 - Phone: 406-586-7600
 - All are welcome for restaurant style meals free of charge.
 - Serving meals every day of the year from 5-7pm at 302 N. 7th Avenue
 - Direct bus line provided from 7th and Mendenhall (2 blocks north of Community Café) to the Warming Center at about 6:45 pm. Times subject to change
 - Direct bus line provided from the Warming Center to the Downtown Transfer Station (Tracy and Mendenhall) at about 6:45 am. Times subject to change.
- **Summer Lunch Program for Children**
 - For children of families having difficulty affording groceries while children are out of school in the summer months.
 - ANY child under the age of 18 can join for free lunches at the following locations:
 - Beall Park, 415 North Bozeman. June 11-August 24th (excluding July 4th). Lunch served Mon-Fri 12noon-1pm
 - The S.O.B. Barn on MSU Campus, 1400 West Garfield June 11-August 24th (excluding July 4th). Lunch served Mon-Fri 12noon-1pm
 - Hollensteiner Park in Belgrade, South Circle Drive just north of the Intermediate School. June 11-August 24 (excluding July 4) Lunch served Mon-Fri 12noon-1pm
 - Stevenson Park in Three Forks. Corner of 2nd Street and Fir. June 11-August 24th (excluding July 4th) Lunch served Mon-Fri 12noon-1pm

- Belgrade
 - Emergency Food also available at Living Waters United Methodist Church, 56 W. Cameron Bridge Road, Saturday 10:30am-1pm. Phone: 586-7600
- Big Sky
 - Community Food Bank available at 47995 Gallatin Road below Bugaboo Café
 - Distribution Hours: Tues: 3pm-7pm; Fri: 11am-3pm
- Three Forks: Headwaters Area Food Bank
 - Phone: 406-285-3559
 - 12 East Cedar Street, Three Forks, MT 59752
 - Serves the Three Forks and outlying area communities
 - Distribution Hours: Mon. 1pm-4pm; 4pm-7pm Thursdays (closed Holidays)

❖ **Sunday Meals**

- All are welcome every Sunday from 11am-2pm off of Oak St. between Walmart and K-Mart
- For more info call Jen Collins at 570-8610 or Gallatin Mental Health at 556-6500

❖ **Women, Infants, and Children Program (WIC)(Gallatin City-County Health Department)**

- Please call (406) 582-3115 for general information
- Located at 215 W. Mendenhall, Bozeman, MT 59715
- For more information on eligibility and additional WIC services please visit:
http://www.gallatin.mt.gov/Public_Documents/gallatincomt_HDHHS/WIC/WIChome
- WIC is a supplemental nutritional program designed to provide nutritious food for eligible families. The purpose of this program is to assist families with free food, nutrition education, breastfeeding support, and referrals to community resources.
- WIC serves Bozeman, West Yellowstone, Belgrade, and Livingston
- Who is eligible?
 - Women must have recently delivered a baby or must currently be pregnant or breastfeeding
 - Parents of infants and children under five years old also qualify to apply
 - Families and individuals must meet income criteria

❖ **Salvation Army Breakfast**

- All are welcome for breakfast
- Served at 32 S. Rouse, Monday-Friday from 7:30am-8:30am
- Please call (406) 586-5813

❖ **SNAP (Supplemental Nutrition Assistance Program) – Office of Public Assistance**

- Office of Public Assistance of Gallatin County
 - Location: 12 N 3rd Ave Bozeman, MT 59715
 - Phone: (406) 582-3010
- Formerly known as the federal Food Stamp Program
- Mission: To provide supplemental food and nutrition assistance to low income people. SNAP recipients use EBT cards, which are similar to debit cards, to purchase food in authorized retail stores.
- For eligibility, additional information, and SNAP application please visit
<http://www.dphhs.mt.gov/hcsd/snap/index.shtml> or visit the Office of Public Assistance (OPA)
- How do households go to apply?
 - The easiest way to apply is online
 - Or hand deliver/mail application to the OPA address above

Shelter and Short Term Housing

❖ The Warming Center

- Location: 2104 Industrial Drive, Bozeman, MT
- Phone: (406) 587-4486
- The warming Center offers any person or family a safe, warm place to sleep, as well as separate spaces for men and women.
- Availability: November 15th through March 31st from 7:00 pm – 7:00 am.
- For more information visit: <http://www.thehrdc.org/programs/warming-center/>
- Direct bus line provided from 7th and Mendenhall (2 blocks south of Community Café) to the Warming Center at about 6:45 pm. Times subject to change
- Direct bus line provided from the Warming Center to the Downtown Transfer Station (Tracy and Mendenhall) at about 6:45 am. Times subject to change.

❖ Open Arms Drop-In Center (Gallatin Mental Health Center)

- Phone: (406) 556-6500
- Location: 699 Farmhouse Lane Bozeman, MT 59715
- A peer-operated, community-based program for people 18 years and older that provides a safe, friendly, confidential, supportive and recovery oriented environment. Open-Arms Drop-in Center provides a safe place for individuals to share experiences regarding treatment and recovery journeys without fear of judgment.
- Open Arms Drop-In Center offers
 - Comprehensive support groups (including Bi-Polar Support, Depression, Panic and Anxiety, recovery, and more)
 - Peer support
 - DRA (Dual Recovery Anonymous) meetings
 - Journaling workshops
 - Meditation and relaxation training
- Services are available to anyone who just needs to talk to someone who understands – **All are Welcome**
- Hours: (next page)
 - Mon, Wed, Thurs, Fri 9:00 am – 5:00 pm
 - Tuesday 9:00 am – 9:00 pm
 - Saturday 10:00 am – 4:00 pm

❖ Family Promise of Gallatin Valley

- Location: 429 East Story Street. Bozeman, MT 59715
- Phone: (406) 582-7388
- Family Promise of Gallatin Valley (FPGV) works with homeless families to tailor individualized plans to help them take the necessary steps toward lasting independence. FPGV is a nonprofit network of interfaith organizations working together to end homelessness, one family at a time.
- Every morning guest families utilize the Family center at 429 E. Story where they are provided with access to laundry and shower facilities, phone and internet access, and work with a case manager to develop an individualized plan to regain housing and self-sufficiency.
- Every evening guest families are transported to hosting congregations where volunteers welcome them as guests into their church or synagogue, providing them with meals, hospitality, and overnight accommodations for one week on a rotating basis.

- FPGV guest families also receive: 3 meals a day, intensive case management, transportation assistance to school, work, etc., social support from volunteers, and linkage with needed social and educational services.

❖ **Hope House (Gallatin Mental Health Center)**

- Location: 701 Farmhouse Lane
- Phone: 406.556.6500
- Crisis stabilization and secure in-patient through a 24-hour monitoring of persons 18 years and older suffering from a mental health crisis, offering a safe environment in a therapeutic setting. Individuals receive medication management, individual, group, and family therapies, peer support, nursing, and case management.
- For more information visit <http://www.gallatinmentalhealth.org/services/crisis-stabilization-hope-house/>

❖ **Haven: Confidential Domestic Violence Shelter**

- If you are in a domestic violence situation and need support, please call **HAVEN's crisis line at (406) 586-4111**.
- HAVEN is a 501(c)(3) non-profit serving victims of domestic violence in the Gallatin Valley. Services include a 24-hour crisis line, 15-bed emergency shelter, legal advocacy, counseling, support groups and community education. HAVEN's mission is to reduce the incidence and minimize the impact of domestic abuse on families and communities. HAVEN serves anyone who has been a victim of domestic abuse, including men.

Housing Resources and Long-Term Housing

❖ **Home to Stay**

- Phone: (406) 587-4486
- <http://www.thehrdc.org/housing/rental-assistance/>
- A program of the HRDC, Home to Stay works with individuals and families experiencing or at risk of homelessness through a combination of case management, financial coaching and housing support along with providing emergency rental assistance and transitional housing opportunities.
- To be eligible to apply for financial assistance you must be currently homeless or have received an eviction notice resulting from a sudden or unexpected drop in income. The household must be able to show that housing will be affordable and sustainable with their current or expected income.
- *Please note: While financial assistance is not always available, everyone qualifies for case management services.

❖ **Amos House**

- Transitional Housing for those who qualify.
- For more information please call the HRDC at (406) 587-4486 or visit <http://www.thehrdc.org/programs/amos-house/>

❖ **Section 8 Rental Assistance**

- Phone: (406) 587-4486
- <http://www.thehrdc.org/housing/rental-assistance/>
- A program of the HRDC, the Section 8 Program assists low income, handicapped, elderly, and disabled persons with rental costs. Assistance is based on the household's income.

- This program allows families or individuals assistance in renting affordable, safe, and good places to live. Recipients are required to pay a portion of their income towards rent (roughly 30%). Households may utilize Section 8 Rental Assistance until 30% of their income exceeds the rent for the unit.

❖ **Resource Property Management (RPM)**

- Phone: (406) 587-4486
- For specific information please visit <http://www.thehrdc.org/housing/affordable-housing/>
- A program of the HRDC, RPM was established in 1995 as a result of the HRDC addressing the need for an affordable housing in Gallatin and Park Counties.
- RPM now manages more than 300 affordable housing units and has developed rental properties that are close to grocery stores, schools, parks and public transportation.

❖ **Road to Home**

- Phone: (406) 587-4486
- More information: <http://www.thehrdc.org/housing/affordable-housing/>
- This is the HRDC's homeownership center which provides Homebuyer's education, pre-purchase counseling, down-payment assistance, access to low-interest mortgages, post-purchase and foreclosure prevention counseling, along with other services to assist households in achieving and sustaining homeownership in Gallatin, Park and Meagher counties

❖ **West Edge Condominiums**

- Phone: (406) 587-4486
- For more information please visit <http://www.thehrdc.org/housing/west-edge-condos/> OR www.westedgecondos.com
- A program of the HRDC, provides homeownership opportunity for low and moderate income individuals and families offering 1,2, or 3 bedroom condos at a rate of 30% of a household's gross income.

Transportation

❖ **Streamline Bus Service**

- For information, bus schedules or a route map please visit www.streamlinebus.com or call (406) 587-2434
- A fare free service throughout Bozeman area to fulfill everyone's transportation needs. All buses are wheelchair accessible and are equipped with bike racks so passengers can take their bikes with them.
- Some service available in Livingston
- Bus route schedules and maps available at many locations in Bozeman. Call Streamline to find a location near you.

❖ **Galavan Bus**

- Call 587-2434 by 3:00 pm the day before your trip to schedule a ride
- Please visit <http://www.thehrdc.org/programs/galavan-transit/> or call 587-2434 with questions
- Provides door-to-door transportation service for senior citizens and persons with disabilities.
- Operates in Bozeman, with limited service available in Belgrade, Manhattan, and Three Forks.
- Must be over 59 years old or have a disability to ride the Galavan bus

❖ **West Yellowstone Foundation Bus**

- Please call: (406) 640-0244 for the following:
 - Bus schedule
 - Fees
 - To schedule a pick up
 - To cancel a ride
 - More information
- Please visit www.westyellowstonefoundation.org for more information Provides round trips between Bozeman and West Yellowstone, Montana with advance reservation. Priority passengers are seniors and those with disabilities.
- Bus has lift-equipment for people with disabilities.
- Traveling to: Bozeman, Big Sky, West Yellowstone.

❖ **Skyline Bus**

- For information about Buying Bus Passes, Schedules, and general information:
 - Visit skylinebus.com
 - Call: 406-995-6287
 - Email: info@skylinebus.com
- Welcome to Skyline, the Big Sky area bus service that also provides the Link between Bozeman and Big Sky. The year-round service offers increased travel options for the community.
- Skyline provides a service/route that connects Bozeman and Big Sky with West Yellowstone.
- Skyline charges a fare for rides on the Link between Bozeman and Big Sky, and the service to West Yellowstone. Riders can purchase passes at a variety of participating businesses. The local service around Big Sky is fare free.

Child Care Support

❖ **Child Care Connections (CCC)**

- Phone: (406) 587-7786
- Location: 1600 Ellis St, Unit 1A. Bozeman, MT
- Child Care Connections promotes quality childcare by supporting childcare professionals, families and the communities it serves. CCC is the only resource and referral agency in Gallatin, Park and Meagher Counties.
- Services/Programs
 - Scholarships for families struggling with the high cost of child care
 - Consumer education to help parents find quality child care
 - Consultation and guidance for individuals interested in starting a child care program.
 - Technical support for child care providers
 - Early childhood training and professional development for Early Childhood professionals
 - Financial reimbursement for nutritious meals served in child care and education to promote lifelong healthy eating habits
 - Safe programs dedicating to preventing childhood injuries
 - Child safety seat resources
 - Babysitting courses for area youth
- For more information please call the number provided above or visit www.bozemanccc.org or email info@bozemanccc.org

❖ **Family Connections Montana**

- Phone: (406) 761-3010 Toll-free: 1-800-696-4503
- For information please visit familyconnectionsmt.org
- Email: fcinfo@familyconnectionsmt.org
- The mission of Family Connections Montana is to promote early care and education for all children by helping families find and pay for child care, and helping child care providers meet their professional development goals.

❖ **Head Start – A program of HRDC**

- Phone: (406) 586-9652
- Location: 33 S. Tracy Ave. 59715
- Head Start provides for the healthy development of children and the strengthening of families through professional support. Working with almost 200 children annually and at no charge to qualified families, the program offers classroom style experiences for kids with a wide range of developmental needs. All classrooms are monitored by certified educators, and Head Start strives to empower both children and parents with the ability to enrich their own lives as individuals and families, and in turn to enrich our community now and in the future.
- For more information please call the number provided above or visit www.thehrdc.org/programs/headstart/ or email headstart@thehrdc.org

Family Support

❖ **kidsLINK After School Programs – Greater Gallatin United Way’s After School Initiative**

- kidsLINK is a program of Greater Gallatin United Way, for more information:
 - Please call Program Director Megan Brenna at (406) 587-2194
- Please visit <http://www.greatergallatinunitedway.org/kidslink>
- kidsLINK’s ultimate vision is to strengthen families and community; to decrease the number of children alone during out-of-school time; and provide high quality programs to promote children’s success in school and life.
- The Program has 4 goals:
 - Decrease the number of kids home alone during out-of-school time
 - Provide safe places and enrichment activities for children in out-of-school time.
 - Increase participants’ success physically, academically, emotionally, and socially.
 - Provide support to working families
- The programs center around 4 basic components daily
 - Physical activity, homework help, enhancement activities and healthy snack
- Accessible to all regardless of ability to pay

❖ **Thrive**

- Phone: (406) 587-3840
- All are welcome to stop by the Thrive office at 400 East Babcock Street, Bozeman, MT 59715
- Additional location: Belgrade Parent Place 92 North Broadway, Belgrade, MT 59714 Phone: (406) 388-1300
- Supports healthy child growth and development based on the unique climate and culture of the local community.
- Mission: Encourage healthy family and child development through community awareness, parent education and support to children and families ensuring positive outcomes for children.

- Visit www.allthrive.org
- Thrive has 5 signature programs:
 - Parent Place: Provides education, information, support and resources to Montana Parents
 - Partnership Project: Home visitations that help parents receive education, learn new life skills and encourage growth.
 - Child Advancement Project (CAP): One-on-one mentorship and support for children grades K-12
 - Parent Liaison: Parents and teachers forging a strong link in order to nurture children's success.
 - Girls for a Change: A grass-roots initiative empowering girls to embrace their future and be confident about their individuality.

❖ **Child Development Center (CDC)**

- For more information about the CDC:
 - Visit: www.childdevcenter.org
 - Phone: 406-522-4059
 - Location: 612 East Main St. Ste. D, Bozeman, MT 59715
- The CDC is a non-profit agency serving Western Montana families with children who have a developmental delay, developmental disability, or risk factors for either. CDC's screening, diagnosis, and evaluation services are primarily for children under the age of five.
- Most of CDC's programs – including screening, evaluation and diagnosis, and in-home services – are provided at no cost to families. CDC will bill insurance or Medicaid if applicable.
- Types of Evaluations include:
 - Comprehensive Developmental Evaluation, Autism Spectrum Disorder Evaluation, NICU Follow-Up Screening Clinics, Speech Evaluation, Audiological Screening, Oral Motor and Feeding Evaluation, ADHD/ADD Diagnostic Evaluation, Motor Evaluation (gross/fine/sensory processing), Psychological Evaluation (cognitive, social, emotional, behavior), Informal Consultations, Developmental Disability Eligibility Evaluations.

❖ **A.W.A.R.E.**

- Location: 1811 W. Koch
- Phone: (406) 587-1181
- Crisis Hotline: 1-800-481-8980
- AWARE Inc., a private, non-profit corporation, provides quality community-based services to persons with challenging mental, emotional, and in some cases physical needs who would otherwise be served in a more restrictive setting, or perhaps not at all. AWARE works to ensure that the people they serve achieve maximum independence, productivity, and integration into the community.

❖ **Hearts and Homes - A Program of the Help Center, Inc.**

- Location: 3316 W. Babcock, Bozeman, MT
- Phone: (406) 585-8544
- www.heartsnhomes.org
- The mission of Hearts and Homes is to provide critical support services to families who currently have children in foster, kinship, or dual custody care by providing programs and training that aim to preserve and strengthen family ties.
- Services/Programs
 - Supervised Visitation & Custody Exchange

- Crisis Care
- Nurturing Parenting Classes
- Parenting Through Separation and Divorce Workshops

❖ **Community Mediation Center**

- Visit or Mail: 101 East Mendenhall Street, Suite A, Bozeman, MT 59715
- Call: 406-522-8442
- Visit: *cmcmontana.org*
- The over 65 professionally trained volunteer mediators supported by a staff of an Executive Director and a Program Coordinator who work with schools, courts, legal services, city government, neighbors, families, and youth. Our volunteer mediators provide a framework for people in conflict to sit down together and discuss and resolve issues respectfully.
- This is in contrast to our conventional legal process. When a judge imposes a decision, often both parties are dissatisfied with the result. However, when participants communicate with each other during mediation, they are often able to create their own "win-win" solutions to disputes.
- Features include:
 - Timely Help: Mediation sessions are normally held within two months
 - Voluntary: Both (all) parties must agree to participate
 - Flexible and Creative: Parties find the solutions that work for them and make their own agreement
 - Low Cost: Services are either free or based on a reasonable fee scale
 - Confidential: All information about the dispute is confidential
 - Convenient: Mediation can be held during the day, evenings or weekends and in your neighborhood
 - Informal: Mediations are held informally at a neutral place
 -

❖ **Gallatin City County Health Department**

- 215 West Mendenhall St. Bozeman, MT
- Phone: (406) 582-3100
- www.gallatin.mt.gov/health
- Gallatin City-County Health Department provides home visitation for support and parent education to pregnant women, parents and their children up to age five by public health nurses and social workers. Most of the public health nurses are also Certified Lactation Counselors who can provide breastfeeding support and education. The Health Department also provides routine childhood vaccinations through the federal Vaccines for Children program. If eligible, children between the ages of 1-18 years can get vaccinations for a suggested donation based on their income level. The Health Department also bills all insurance and has implemented a sliding-fee scale to accommodate all incomes.
- The Health Department also holds free prenatal and parenting classes on Breastfeeding, Labor and Delivery, and Enjoying your Newborn. Registration can be made by calling the office.
- Women, Infants, and Children Program – Please see next bullet.

❖ **Women, Infants, and Children Program (WIC)(Gallatin City-County Health Department)**

- See Food Assistance Section for details on WIC

❖ **Grandparents Raising Grandchildren Project**

- Phone: (406) 994-3395
- Location: Montana State University, 316 Herrick Hall

- A program of MSU Extension Family & Human Development
- In Montana, and other areas around the country, there is a growing population of grandparents who are called upon to be the primary caregiver(s) to their grandchildren. As a result of the increasing need, MSU Extension has teamed up with Montana DPHHS, Montana AARP, and several other state agencies and organizations to provide education, services and support to grandparents who are faced with challenges associated with raising grandchildren.
- For more information please call the number above, email grg@montana.edu, or visit www.montana.edu/wwwhd/grg.html

❖ **PLUK – Parents, Let’s Unite for Kids**

- Phone: (800) 222-7585
- Email: info@pluk.org
- Web Address: pluk.org
- PLUK is a private, nonprofit organization formed by parents of children with special needs in the state of Montana for the purpose of information, support, training and assistance to aid their children at home, school and as adults.
- PLUK is an organization of parents and other caring individuals who serve families and individuals with disabilities of any age at no cost.
- No eligibility requirements; all services are free of charge.

Mental Health

❖ **Help Center 24 Hour Crisis Line and Suicide Outreach**

- Phone: (406) 586-3333
- 24 Hour Crisis hot line, sexual assault counseling, and suicide outreach

❖ **Montana Warm Line**

- Phone: 1-877-688-3377
- Email: info@mhaofmt.org
- Web: montanawarmline.org
- Do you need someone understanding to talk to? The Montana Warm Line is staffed by trained mental health consumers, ready to listen.
- The Warm Line is a non-crisis support line for people dealing with mental illness. It is designed to reach people living in rural areas where there are no mental health services available, as well as to allow for anyone to anonymously reach out and network with other Montanans living with mental illness. In addition to rural and frontier residents, those with physical disabilities, who lack transportation, who are uncomfortable going to a physical drop-in center, and seniors with limited mobility also benefit.
- Hours:
 - Monday-Friday: 4pm-10pm
 - Saturday-Sunday 10am-10pm

❖ **Open Arms Drop-In Center (Gallatin Mental Health Center)**

- Phone: (406) 556-6500
- Location: 699 Farmhouse Lane Bozeman, MT 59715
- A peer-operated, community-based program for people 18 years and older that provides a safe, friendly, confidential, supportive and recovery oriented environment. Open-Arms Drop-in

Center provides a safe place for individuals to share experiences regarding treatment and recovery journeys without fear of judgment.

- Open Arms Drop-In Center offers
 - Comprehensive support groups (including Bi-Polar Support, Depression, Panic and Anxiety, recovery, and more)
 - Peer support
 - DRA (Dual Recovery Anonymous) meetings
 - Journaling workshops
 - Meditation and relaxation training
- Services are available to anyone who just needs to talk to someone who understands – **All are Welcome**
- Hours:
 - Mon, Wed, Thurs, Fri 9:00 am – 5:00 pm
 - Tuesday 9:00 am – 9:00 pm
 - Saturday 10:00 am – 4:00 pm

❖ **Montana Suicide Prevention Lifeline**

- Phone: 1-800-2733-8255
- <http://prevention.mt.gov/suicideprevention/>

❖ **A.W.A.R.E**

- Location: 1811 W. Koch
- Phone: (406) 587-1181
- Crisis Hotline: 1-800-481-8980
- AWARE Inc., a private, non-profit corporation, provides quality community-based services to persons with challenging mental, emotional, and in some cases physical needs who would otherwise be served in a more restrictive setting, or perhaps not at all. AWARE works to ensure that the people they serve achieve maximum independence, productivity, and integration into the community.

❖ **Hope House (Gallatin Mental Health Center)**

- Location: 315 North Tracy, Bozeman
- Phone: 585-1130
- Provides crisis stabilization through a 24-hour monitoring of persons 18 years and older suffering from a mental health crisis, offering a safe environment in a therapeutic setting. Individuals receive medication management through an on-site psychiatric nurse practitioner. In addition, individuals can receive individual, group, and family therapies, peer support, nursing, and case management.
- For more information visit <http://www.gallatinmentalhealth.org/services/crisis-stabilization-hope-house/>

❖ **Youth Dynamics (YDI)**

- Phone: (406) 585-9402
- Location: 1609 W Babcock, Suite A, Bozeman, MT
- YDI is a private, non-profit agency providing mental and behavioral health services to Montana youth and families. Youth Dynamics provides a wide continuum of care that includes many options for treatment, including mentoring, therapy, case management, in-home services, day treatment/school program, and shelter/group home (see Big Sky Youth Center below.) YDI wants families to feel empowered, supported, and accepted when they work with YDI and they provide a warm, welcome environment in all their offices and group homes. Their philosophy is to “meet families where they are at” and provide support, treatment and opportunities for

families in need. Their clinical professionals are experienced, motivated, and love working with youth and families.

- For more information please call the number provided above or visit www.youthdynamics.org. You may also “Like” them on Facebook at Youth Dynamics of Montana.

❖ **Big Sky Youth Center Shelter Care/Group Home**

- Phone: (406) 586-2566
- Big Sky Youth Center (BSYC) is a Shelter Care/Group Home that offers short and long term placement for youth that are in the midst of experiencing difficulties with their family, community or current placement. BSYC also serves runaway and homeless youth, provides short-term shelter care, crisis intervention, extended group care, and transitional care.
- The Big Sky Youth Center in Bozeman offers:
 - 24-Hour awake supervision
 - 1:4 staff to youth ratio
 - Intervention and Stabilization
 - Family-style home setting for up to 8 youth
 - For youth staying an extended period of time, job programs, community events, outdoor recreation and extra-curricular activities are available
 - For more information please call the number above or email Jana McCreary at janamccr@youthdynamics.org

❖ **MSU Counseling and Psychological Services**

- Phone: (406) 994-4531
- The professional staff at Counseling & Psychological Services (CPS) offers FREE confidential counseling to eligible students, and provides counseling on a limited basis for a fee to MSU faculty/staff. CPS has a strong commitment to meeting the needs of all people, and strives to create an environment where individuals from all backgrounds feel welcome, respected and understood. While CPS helps those in crisis or distress, we also provide services to those who wish to prevent their concerns from developing into more serious problems.
- For more information please call the number provided above or visit www.montana.edu/wwwcc/docs/counseling.html

❖ **Mental Health America of Montana (MHA of MT)**

- Phone: (406) 587-7774
- MHA of MT is located at 205 Haggerty Lane in Bozeman, MT and maintains a toll free telephone number (1-877-927-6642) and an active website at www.mhaofmt.org
- MHA of MT is a recognized 501© (3) non-profit by the state of Montana and Federal government (Appendix A). MHA of MT was started in 1948 when a group of Montanans concerned about mental health in the state got together to form an advocacy and education group. MHA of MT is a statewide organization with five Affiliate Chapters located in Great Falls, Yellowstone County, Daniels County, Sheridan County, and Stillwater/Sweet Grass Counties. MHA of MT is governed by a Board of Directors consisting of concerned citizens across Montana.
- MHA of MT:
 - Offers Education and Advocacy on mental health issues for all Montanans
 - Provides two annual conferences on Children’s Mental Health and Rural/Frontier Mental Health Strategies
 - Operates a mental health peer-run Warm Line Mon-Fri from 4:00 – 10:00 p.m. and Sat-Sun from 10:00 a.m. to 10:00 p.m at 1-877-688-3377
 - Policy development through Legislative and State Government advocacy

- Housing Initiative to find housing for individuals coming back to communities after institutional placements
- Resource and referral to mental health services in Montana

❖ **Child Development Center (CDC)**

- For more information about the CDC:
 - Visit: www.childdevcenter.org
 - Phone: 406-522-4059
 - Location: 612 East Main St. Ste. D, Bozeman, MT 59715
- The CDC is a non-profit agency serving Western Montana families with children who have a developmental delay, developmental disability, or risk factors for either. CDC's screening, diagnosis, and evaluation services are primarily for children under the age of five.
- Most of CDC's programs – including screening, evaluation and diagnosis, and in-home services – are provided at no cost to families. CDC will bill insurance or Medicaid if applicable.
- Types of Evaluations include:
 - Comprehensive Developmental Evaluation, Autism Spectrum Disorder Evaluation, NICU Follow-Up Screening Clinics, Speech Evaluation, Audiological Screening, Oral Motor and Feeding Evaluation, ADHD/ADD Diagnostic Evaluation, Motor Evaluation (gross/fine/sensory processing), Psychological Evaluation (cognitive, social, emotional, behavior), Informal Consultations, Developmental Disability Eligibility Evaluations.

❖ **Family Outreach, Inc.**

- For more information:
 - Call: 406-587-2477
 - Stop by Family Outreach at 1315 E Main St, Bozeman, MT 59715
- Family Outreach is a private non-profit agency that provides education and support services to children and adults with disabilities or developmental delays. Family Outreach covers Southwestern Montana with three offices in Bozeman, Helena and Butte.
- Family Outreach provides programs that enrich the lives of those who qualify. Family Outreach strives to ensure that the needs of our families are met through our programs and resources. Services offered include, early intervention, autism insurance services, children's autism waiver, supported employment and supported living.

❖ **MSU Human Development Clinic**

- Phone: 406-994-4113
- Location: 1501 S. 3rd Avenue, Bozeman, MT 59715
- Online: www.montana.edu/hhd/humandevlopmentclinic.htm
- Mailing address: 218 Herrick Hall, MSU, Bozeman, MT 59717
- The Human Development Clinic (HDC) provides quality low-cost mental health services to adults, adolescents, and children of Gallatin Valley and surrounding areas.
- HDC offers individual, couple, and family therapy for a variety of counseling needs including but not limited to stress reduction, relationship issues, divorce, parenting, career decisions, grief and loss, anger, sexuality, depression, and anxiety. We also provide consultation and referrals.
- The Parenting Through Divorce Workshop is also offered for a nominal fee to parents in the community who are considering separation or divorce. This program intends to support effective

communication and cooperation in navigating the emotional tasks necessary in the divorce or separation process.

- HDC serves as a training facility for master's degree graduate students enrolled in the counseling program within the Department of Health and Human Development at Montana State University. All graduate student counselors are supervised by university faculty who are licensed mental health professionals.
- All requests for services remain *confidential*.
- The first appointment is FREE and costs are as low as \$5.00 per session based on a sliding scale according to income.
- **Scheduling an Appointment**: Contact the clinic at 406-994-4113. Anyone who answers will be able to assist you. If you reach the confidential voice mail, simply leave a message with your name and contact information and someone will return your call within 24 hours.
- Hours: Mon-Thurs. 9am-8pm; Fri 9am-4pm

Financial Assistance Programs

❖ **Montana Bridges to Benefits**

- Bridge to Benefits is a multi-state project sponsored by the Children's Defense Fund focused on improving the well-being of families and individuals by linking them to public work support programs and tax credits.
- To see if you or someone else may be eligible for support programs and tax credits please visit mt.bridgetobenefits.org

❖ **SNAP (Supplemental Nutrition Assistance Program) – Office of Public Assistance**

- Formerly known as the federal Food Stamp Program
- Mission: To provide supplemental food and nutrition assistance to low income people. SNAP recipients use EBT cards, which are similar to debit cards, to purchase food in authorized retail stores.
- For eligibility, additional information, and SNAP application please visit <http://www.dphhs.mt.gov/hcsd/snap/index.shtml> or visit the Office of Public Assistance (OPA)
- Office of Public Assistance of Gallatin County
 - Location: 12 N 3rd Ave Bozeman, MT 59715
 - Phone: (406) 582-3010
- How do households go to apply?
 - The easiest way to apply is online
 - Or hand deliver/mail application to the OPA address above

❖ **TANF – Temporary Assistance for Needy Families**

- TANF cash assistance is a program providing temporary financial assistance to needy families.
- Temporary financial assistance may be provided to the following families and individuals:
 - Minor Children
 - Specified relatives with whom the children are living
 - The minor children's blood-related/adoptive siblings with whom the children are living
 - Pregnant woman in their last trimester who have no other eligible children and
 - Some refugees/asylees may qualify for Refugee Cash without children in the household

- Eligibility for TANF cash assistance is determined by evaluating specific nonfinancial and financial criteria established by federal and state regulations. Please visit <http://www.dphhs.mt.gov/hcsd/tanf/tanfeligibility.shtml> for more information and eligibility requirements

❖ **Montana Medicaid**

- Montana Medicaid is health care coverage for some low-income adults. Medicaid is run by DPHHS (the Montana Department of Public Health and Human Services).
- Please visit <http://www.dphhs.mt.gov/programsservices/medicaid.shtml> for:
 - More information and/or
 - A link to apply for Montana Medicaid
- For more information you may also call the Gallatin Office of Public Assistance at 582-3010

❖ **Healthy Montana Kids Plus (HMK Plus)**

- To have an application for HMK Plus sent to you, or for more information you may call the Gallatin Office of Public Assistance at 582-3010
- Please visit <http://www.dphhs.mt.gov/programsservices/medicaid.shtml> for:
 - More information and/or
 - A link to apply for HMK Plus
- Healthy Montana Kids Plus (known as children's Medicaid before Oct. 1, 2009) is health care coverage for low-income children in Montana and is also run by DPHHS. All Medically necessary services are provided to children covered by HMK Plus.
- HMK Plus covers kids through their 19th birthday

❖ **Healthy Montana Kids (HMK)**

- For more information, eligibility requirements, and or to apply online please visit hmk.mt.gov or you may call the Office of Public Assistance at 582-3010
- Formerly known as CHIP
- A free or low-cost health coverage plan that provides health coverage to eligible Montana children and teenagers up to their 18th birthday.
- A child can qualify for HMK based on family size and income. There are no pre-existing condition limitations.

❖ **Consumer Credit Counseling –Rural Dynamics**

- Location: 8645 Huffine Ln. Bozeman, MT 59718
- Phone: (406) 582-9273
- [Cccsmt.org](http://cccsmt.org)
- The goal of consumer credit counseling is to provide the best counseling and education to help its clients improve their financial situation.
- Services/Programs:
 - Bankruptcy Counseling and Education
 - Debt Management Counseling
 - Employee Assistance Programs (EAP)
 - Housing Counseling
 - Tax Preparation and Earned Income Credit
 - Reverse Mortgage Counseling

❖ **Energy Assistance and Conservation**

- For information on the following programs **and any energy emergency including disconnect notices:**
 - Call (406) 585-4876
 - Visit <http://www.thehrdc.org/programs/energy-assistance/>

- Low-Income Energy Assistance Program (LIEAP)
 - Helps eligible renters and homeowners during the winter months (October-April) by paying a portion of their winter heating cost. Eligibility is based on the household's gross income and resources.
- Energy Share
 - Helps households with energy related emergencies.
 - Provides zero interest loans to households who are either without or soon to be without heat. Loans can be repaid for as low as \$10 monthly.
- Weatherization Assistance Program
 - Reduces a household's heating costs by installing energy saving measures on eligible renter's or owner's home. Persons qualifying for LIEAP are also eligible for home weatherization.

❖ **Financial Capability Class – a program of the HRDC**

- Financial Education Classes will help you get a handle on your money and put more in your pocket.
- Topics Covered:
 - Goal-setting and spending plan
 - Credit reports and using credit
 - Saving and Investing
- Free-registration requires. Contact Bev at (406) 585-4882 or email bjohnston@hrdc9.org

❖ **Securing Access to Financial Education (\$AFE)**

- The \$AFE Program is an innovative program created for women in financial crisis.
- Participants receive:
 - Financial literacy training to learn how to better manage money
 - A savings account in which every dollar saved is matched 1 to 1 up to \$250, providing \$500 in savings
 - A \$300 line of credit
- Who can participate?
 - In order to qualify for the \$AFE Loan Program you must be a Gallatin County woman who has experienced a recent financial crisis related to: Job loss, medical costs, change in family status, disaster (fire, theft, accident, etc.)
- For more information or to sign up:
 - Call the HRDC Bozeman at (406) 585-4840
 - Visit HRDC Bozeman at 32 South Tracy Ave. Bozeman, MT
 - Email: bjohnston@hrdc9.org

Health Care

❖ **Community Health Partners (CHP)**

- America's Health Centers are private, not-for-profit, consumer-directed health care corporations which provide high quality, cost-effective, and comprehensive primary and preventive care to all, including medically underserved and uninsured people.

- Health Center services are not free. However, to ensure that income or lack of insurance is not a barrier to care, patients who are not covered by public or private insurance are charged on a sliding fee scale according to income.
- After Hours
 - CHP has an on-call provider available after hours. To contact please call (406) 585-5000 and press “0” for the operator, who will connect you. Patients should ask for the “CHP provider on call.”
 - Please visit *chphealthmt.org* for more information
 - Interpretation services available at all sites.
- **CHP Bozeman Medical Clinic**
 - To schedule an appointment please call: (406) 585-1360
 - Location: 214 E. Mendenhall in Bozeman, MT
 - Services include: primary care visits, health education, disease screening and control, case management, laboratory services, pharmacy services, mental health counseling, and social services.
 - Hours of operation:
 - Mon, Wed, Fri: 8:00am-5:00pm
 - Tues, Thurs: 8:00 am-7:00pm
- **CHP Belgrade Medical Clinic**
 - To schedule an appointment please call: (406) 922-0820
 - Location: 19 East Main St. in Belgrade, MT
 - Services include: primary care visits, health education, disease screening and control, case management, laboratory services, pharmacy services, mental health counseling, and social services.
 - Hours of operation:
 - Mon, Wed: 8:00am-7:00p,
 - Tues, Thurs, Fri: 8:00am-5:00pm
- **CHP Bozeman Dental**
 - Location: 120 North 19th Avenue, Suite H in Bozeman, MT
 - Phone: (406) 585-8701
 - Services include: exams, x-rays, cleanings, fillings, extractions, emergency dental care, preventative care (sealants, fluoride treatment, oral health education, oral hygiene and nutrition counseling)
 - Wisdom tooth extraction is done on a limited basis, depending on their complexity. CHP can also assist with treatment planning for full and partial dentures.
 - Hours of operation:
 - Monday-Friday 7:30am-4:30pm
 - Emergency Walk in hours: Monday-Friday 7:30 am – 10:00am (Check in time at 7:30)
 - Scheduled patients: Monday-Friday 10am-4:30pm
- **CHP West Yellowstone**
 - Location: 11 S. Electric St. in West Yellowstone, MT 59758
 - To schedule an appointment, please call (406) 646-9441
 - Mailing Address: PO Box 1101, West Yellowstone, MT 59758

- Services include: primary care visits, health education, disease screening and control, laboratory services, x-ray, pharmacy services and mental health counseling.
- Hours of Operation:
 - Tues: 10:00 am – 7:00 pm
 - Wed-Fri. 8:00am – 5:00pm
 - Extended hours available during summer months

❖ **BridgerCare (formerly Bridger Clinic)**

- Location: 300 North Wilson Ave. Suite 2001 (2nd floor) Bozeman, MT 59715
- For more information:
 - Phone: (406) 587-0681
 - Email: bridgercare@bridgercare.org
 - Text: (406) 570-3047
 - www.bridgercare.org
- BridgerCare is committed to providing reproductive and related health care to both women and men in a setting which respects the dignity, wellbeing, and privacy of each individual. They also provide educational programs that enhance information and understanding about sexuality and reproductive health.
- Primary focus is to ensure access to family planning services to people who would otherwise have difficulty affording those services.
- Services are provided on a sliding fee scale based on income and household size.
- Services are never denied due to inability to pay.
- Services include:
 - Free pregnancy testing
 - Pap smears
 - Breast Exams
 - Testicular exams
 - Order mammograms and blood work
 - Sexually transmitted infection testing and treatment
 - Routine annual exams as well as problem focused exams
 - Rapid HIV testing
- Clinic Hours
 - Monday-Friday: 9am-5:30pm
 - Saturday 9am-2pm

❖ **BridgerCare Teen Clinic**

- How to get in touch with Teen Clinic
 - Text: (406) 570-3047
 - Call: (406) 587-0681
 - Walk In: Mondays 3:30-6:30pm
 - Location: 300 North Wilson Ave. Suite 2001 (2nd floor) Bozeman, MT
- Here to answer your questions, give you options, and make sure that you are comfortable with your choices about sexual health.
- All services at Teen Clinic are **free** and **confidential**. At Teen Clinic we will listen to you with respect. We will work with you and your strengths to make sure you are getting great care.
- For anyone under 20 years old, guys and girls. Whether your partner needs their own visit or comes along to support you, we want you to feel welcome. No appointments necessary Mondays 3:30-6:30 pm.
- FREE and CONFIDENTIAL. What can you get?

- Birth control, emergency contraceptive, condoms, pregnancy tests, pregnancy options counseling, STD testing and treatment, rapid HIV testing, annual exams for men and women, depression help, and sexual education counseling.

❖ **Gallatin City-County Health Department**

- 215 West Mendenhall St. Bozeman, MT
- Phone: (406) 582-3100
- www.gallatin.mt.gov/health
- The Gallatin City-County Health Department has a home visitation program for families that provides health checks, education, support, and links to many other helpful resources in our community. Through one-on-one visits with a nurse, you can build a trusted relationship, get prenatal and parenting support, and have your questions answered to better prepare you for successful parenthood. Most of the public health nurses are also Certified Lactation Counselors and can provide breastfeeding support and education in your home.
- The Health Department also provides routine childhood vaccinations through the federal Vaccines for Children program. If eligible, children between the ages of 1-18 years can get vaccinations for a suggested donation based on their income level. The Health Department also bills all insurance and has implemented a sliding-fee scale to accommodate all incomes.
- The International Travel Clinic offers pre-travel counseling, immunizations and health advice for adults and children who are planning to travel outside of the United States. Because several weeks may be required to complete a needed vaccine series, we recommend the initial appointment be made at least 4 weeks before departure time. Pre-travel consultations are available by appointment only.
- The Health Department also holds free prenatal and parenting classes on Breastfeeding, Labor and Delivery, and Enjoying your Newborn. Registration can be made by calling the office.
- The Health Department is home to the Montana Cancer Control Program (region 6). The primary focus of the Montana Comprehensive Cancer Control Program (MCCCP) is the prevention and early detection of colorectal, breast and cervical cancer. Many of the MCCCP activities focus on coalition building, education and advocacy, systems change work within medical and non-medical organizations and building partnerships in the community.
- The Health Department also runs the Montana Cancer Screening Program (MCSP), which helps pay for breast, cervical and colorectal cancer screenings for those who have no insurance and meet age & income guidelines. The MCSP supports comprehensive cancer control in Montana by providing ongoing quality screening services to Montana men and women and education in a manner that is appropriate, accessible, cost-effective and sensitive to the client's needs.

❖ **Community Care Connect-Mobile Outreach**

- Offers FREE health screenings and select immunizations for those who need it, including the uninsured and the underinsured.
- For dates and locations call (406) 595-2022
- Visit www.bozemandeaconess.org/events

❖ **Reduced-Income Mammogram Project**

- For information:
 - Call (406) 522-1644
 - Visit bozemandeaconess.org/communityprograms and click “Reduced-Income Mammogram” to download the application
- Early detection is still your best protection against breast cancer. It is our goal to make this lifesaving detection procedure available to all women.

❖ **Montana Cancer Screening Program**

- For information about low cost screenings for eligible clients call:
 - Toll Free 1 (888) 803-9343
 - Visit: www.cancer.mt.gov
- Supports comprehensive cancer control in Montana by providing ongoing quality screening services to Montana men and women and education in a manner that is appropriate, accessible, cost-effective and sensitive to the client's needs.
- Screening services include: mammograms, clinical breast exams, pap tests and pelvic exams for the early detection of breast and cervical cancers and colonoscopies and the FOBT tests for the early detection of colorectal cancer.
- Diagnostic testing is also provided for the follow-up of abnormal screening tests.

❖ **Cancer Support Community Montana**

- For more information:
 - Phone: (406) 582-1600
 - Location: 102 S. 11th Ave. Bozeman, MT 59715
 - Email: info@cancersupportmontana.org
 - Website: www.cancersupportmontana.org
- The mission of Cancer Support Community Montana is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.
- Cancer Support Community Montana is one of 52 chapters of CSC and is located in Bozeman, Montana. CSC Montana provides a full range of support programs for people with cancer and their loved ones in a comfortable home-like setting, completely free of charge. CSC MT offers drop-in and on-going support groups, networking groups for people with specific types of cancer, educational workshops, exercise activities, stress management sessions, lectures by experts in the field of oncology, and social gatherings-all with laughter, joy and hope.

❖ **FamilyWize – free prescription discount card**

- Get your card now:
 - Print online at familywize.org
 - Pick one up at Greater Gallatin United Way
 - 945 Technology Blvd. Ste. 101 F, Bozeman, MT 59718
 - Phone: 406-586-0996
- It's easy to use a FamilyWize Card. There are no forms to fill out, waiting period or registration. The card is really just like a reusable prescription coupon on all FDA approved medicines. Anyone in your family, your work, your church or your neighborhood can use it. Immediately. You can even use it if you have health insurance, both during deductible periods and for anything your insurance does not pay for.

Substance Abuse Help

❖ Montana Tobacco QUIT LINE

- 1-800-QUIT-NOW (1-800-784-8669)
- The Montana Tobacco Quit Line is a free program designed to help tobacco user fight their addiction.
- The quit line provides the following
 - A free telephone service for all Montanans
 - A free personalized quit plan
 - Free cessation coaching and nicotine replacement therapy, if appropriate, for cigarette and smokeless tobacco users
 - Additional cessation medications available at a reduced cost
 - Free educational materials for friends and family members of tobacco users
 - Trained staff that offers culturally appropriate services for American Indians, including an understanding of the difference between the sacred use of tobacco and commercial tobacco addiction
 - Health care providers can also call for free information or assistance in helping their patients quit tobacco
- Call the Montana Tobacco Quit Line today:
 - Monday-Thursday 7am-9pm
 - Friday 7am-7pm
 - Saturday-Sunday 8am-4:30pm
 - 24-hour voicemail available, please leave a message. You will be called back.

❖ Alcohol and Drug Services of Gallatin County

- Phone: (406) 586-5493
- 2310 No. 7th Avenue Bozeman, MT 59715
- Services also provided in West Yellowstone, Montana and Big Sky, Montana
- Office Hours:
 - Monday-Friday 8:00am – 5:00pm
- www.adsgc.org
- Adolescent Resource Center
 - Phone: 586-5908
- Client Services
 - Evaluations
 - Help determine the existence of a Substance Use Disorder and appropriate level of care to meet the client's needs
 - Intensive Outpatient Program
 - Topics covered include: disease of addiction, relapse process and prevention, barriers to recovers, family dynamics, and more.
 - Outpatient Program

- Same topics explored as above, with only one group session per week and one individual session every other week.
- Adult Continuing Care Program
 - Clients who successfully complete treatment and require additional treatment support participate in Continuing Care.
- Intensive Relapse Prevention
 - Continuing Care for individuals that have completed primary treatment.
- Dialectical Behavior Therapy
 - DBT helps you identify behaviors in your life that don't serve you well and will give you skills you need to change them.
- Monitoring
 - Monthly educational sessions that focus on relapse prevention to offer additional support after treatment.
- Recovery House Bozeman/Olive Branch
 - Sober living environments for female/male clients (respectively) for up to seven females/males who are currently in a treatment modality at ADSGC.
- Additional Services
 - Intervention
 - Concerned persons are provided information on treatment options available through the process of an intervention
 - Prevention/Education
 - Staff is available presenters to reach interested groups on topics related to substance abuse.
 - Referral
 - Our goal is to determine what services will best meet an individual or family needs and makes the appropriate referral to treatment and/or other programs and professionals.
 - Employee Assistance
 - Staff is available to give assistance to local employers, employees and their families
 - Adolescent Program
 - Serves adolescents up to age 20. Services provided include: screenings, evaluations, referrals, education, outpatient treatment, continuing care, monitoring and case management. We work closely with the families and other people involved in the adolescent's life to ensure a positive continuum of care.
- Court Mandated Classes Using the Prime for Life Curriculum:
 - Driving Under the Influence Program (DUI)
 - The DUI Program is provided for individuals convicted of drinking/driving offenses. State-mandated education and evaluations are provided
 - Misdemeanor Dangerous Drug Program (MDD)
 - MDD Program is for persons convicted of misdemeanor dangerous drug offence. State-mandated education and evaluations included.
 - Minor in Possession (MIP)

- MIP Educational Program is provided for minors who are convicted of possession of intoxicating substances. These services are provided at our Adolescent Resource Center

❖ **Alcoholics Anonymous**

- A.A. Hotline – Toll Free 1-888-607-2000
- Al-Anon/Alateen information line: (406) 599-8240
- For information and meeting times please visit
 - <http://mt.al-anon.alateen.org>
 - OR email: mtdistrict8@gmail.com
- “Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”
- The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness, and that changed attitudes can aid recovery.

Family/Child Activities

❖ **The Bozeman Parks & Recreation Department**

- The Bozeman Parks & Recreation Department, located at the Beall Park Recreation Center, 415 N. Bozeman and the Swim Center, 1211 W. Main Street offers a variety of programs and events for children and adults. The goal is to provide you with the highest quality service, facilities and programs possible.
- More information at:
 - www.bozeman.net/recreation or www.infobozeaman.com
- For recreation information:
 - Call 406-582-2910
- For Park information and reservations:
 - Call 406-582-3203
- Features:
 - Preschool and youth classes
 - Day Camps
 - Adult classes and leagues
 - Community Events
 - Swimming Lessons
 - Recreation and Lap Swimming
 - Water and Land Fitness
 - Boating
- Beall Park Recreation Center office hours:
 - Monday-Friday 8:30am-4:00pm.

❖ Bozeman Public Library

- Location: 626 E. Main Street, Bozeman, Montana 59715
- Phone: (406) 582-2424 (main) or (406)-582-2404 (Children's Desk)
- Hours:
 - Monday-Thursday: 10:00am-8:00pm
 - Friday: 10:00am-6:00 pm
 - Saturday: 10:00am-5:00pm
 - Sunday: 1:00 pm-5:00pm (closed Sundays Memorial Day-Labor Day)
- The Children's Room welcomes all families and children to enjoy the PlaySpace with wooden blocks, train, puzzles, and other toys, as well as educational computer games, board books, picture books, parenting information, and free weekly programs for children of all ages.
- The Bozeman Public Library also provides the community with free, open and equal access to general information on a broad array of topics; resources to promote personal growth and lifelong learning; popular materials to meet cultural and recreational needs; and the training to find, evaluate and use information effectively.
- For information please visit www.bozemanlibrary.org

❖ Museum of the Rockies

- For more information:
 - Visit: www.museumoftherockies.org
 - Call: (406) 994-2251
 - Email: museum@montana.edu
- The Museum of the Rockies (MOR) is a world-renown museum located in the heart of the Rocky Mountains in Bozeman, Montana. Known for its vast collection of dinosaur fossils, the Museum houses some of the most famous dinosaur specimens in the world including a Tyrannosaurus rex and Triceratops.
- MOR's permanent exhibits include the Siebel Dinosaur Complex, the Paugh Regional History Hall, the Martin Children's Discovery Center (a favorite for youngsters) and the Taylor Planetarium with one of the most advanced projection systems in the world.
- **The Living History Farm** (open summers) is a historically accurate recreation of a Montana homestead featuring the circa 1890's Tinsley House, Heirloom Gardens and daily demonstrations from the period.
- Hours of Operation:
 - Summer: 8am-8pm (Memorial Day through Labor Day)
 - Winter: 9am-5pm Mon-Sat.; 12:30pm-5pm Sunday (Sept.-May)
- Location: On the MSU campus at the corner of W. Kagy Blvd. and 3rd Avenue at 600 W. Kagy Blvd. Bozeman, MT 59717

❖ Children's Museum of Bozeman

- Plan a visit:
 - Admission: \$5 for visitors age 1 to 100
 - Location: 202 South Willson Ave. Bozeman, MT 59715
 - Phone: (406) 522-9087
 - Hours: Monday-Saturday 10am-5pm
- For more information please visit:
 - www.cmbozeman.org
- For more than ten years, the CMB has been engaging children and adults in the magic of shared learning and discovery through hands-on exhibits, enriching programs and educational experiences. Explore principles of flight at the Bernoulli Blower. Unlock secrets of soap film at

the Bubble Builder. Dive into sensory exploration in the Toddler Garden. Let your imagination soar in the Pretend Play Zone. Design and assemble unique creations in the MakerLab. Explore our world, and discover yours!

❖ **Emerson Center for the Arts & Culture**

- For more information about the Emerson:
 - Location: 111 South Grand Avenue, Bozeman, MT 59715
 - Phone: 406-587-9797
 - Email: office@theemerson.org
 - Website: www.theemerson.org
- The Emerson's mission is to build community by promoting art and culture, set in a historic building.
- To achieve this, the Emerson engages the public by hosting and curating exhibitions and programs of regional and national recognition along with promoting arts education through its ongoing classes and outreach to public schools and the community.
- **Education at the Emerson**
 - The Emerson believes that creative self-expression enriches people's lives and our community. Classes and workshops are taught by working artists-teachers, including artists exhibiting work in the Emerson's contemporary art galleries.
 - Established programs include open like drawing, painting, printmaking, ceramics, sculpture and mixed media classes.
- **Youth Classes**
 - The Emerson's are programs for youth include school outreach, after school classes, Summer ArtCamps and workshops. Their "Schools in the Gallery" program supports arts education in area public schools through classroom exhibit previews, class fieldtrips, and hands-on art enrichment activities.
 - Kids Scholarships are available – contact: education@theemerson.org

❖ **Montana Outdoor Science School (MOSS)**

- For more information:
 - Visit www.outdoorscience.org
 - Phone: (406) 582-0526
 - Mailing address: P.O Box 502 Bozeman, MT 59771
 - Physical Address: 4056 Bridger Canyon Drive, Bozeman, MT
- Montana Outdoor Science School focuses on getting people who live in Gallatin Valley and surrounding land outside to learn about the ecosystems in which they live. MOSS offers outstanding tailored school programs during the school year that can last anywhere from one hour to several months in duration. The Summer Camps are a Bozeman staple and offer children the chance to become more engaged in their surroundings. MOSS also offers Adult Workshops, such as Master Naturalist, year round opportunities for citizens to learn more about the amazing flora, fauna and geology that call Montana and Yellowstone National Park home.

❖ **Montana Conservation Corps (MCC)**

- For more information:
 - Visit: mtcorps.org
 - State office phone: (406) 587-4475
 - Mailing Address: 206 N. Grand, Bozeman, MT 59715

- Montana Conservation Corps is a nonprofit organization that empowers youth and young adults through hands-on conservation service and education. Each season MCC enrolls over 200 young adults from across the country, age 18 and up, in the AmeriCorps program, and more than 100 local teens, ages 15-17, in the Youth Service Expedition program. Members live, learn and serve together, in crews of six to eight members in some of our country's wildest places. Members complete conservation projects in local communities, national forests, state and national parks, wildlife refuges and federally designated wilderness areas.
- Participants receive the experience of a lifetime through challenging projects and the rigors of camp life, coupled with education aimed at creating engaged citizens and lifelong environmental stewards.

❖ Thrive

- Phone: (406) 587-3840
- All are welcome to stop by the Thrive office at 400 East Babcock Street, Bozeman, MT 59715
- Additional location: Belgrade Parent Place 92 North Broadway, Belgrade, MT 59714 Phone: (406) 388-1300
- Supports healthy child growth and development based on the unique climate and culture of the local community.
- Mission: Encourage healthy family and child development through community awareness, parent education and support to children and families ensuring positive outcomes for children.
- Visit www.allthrive.org
- Thrive has 5 signature programs:
 - Parent Place: Provides education, information, support and resources to Montana Parents
 - Partnership Project: Home visitations that help parents receive education, learn new life skills and encourage growth.
 - Child Advancement Project (CAP): One-on-one mentorship and support for children grades K-12
 - Parent Liaison: Parents and teachers forging a strong link in order to nurture children's success.
 - Girls for a Change: A grass-roots initiative empowering girls to embrace their future and be confident about their individuality.

❖ Gallatin Valley YMCA

- For more information and a complete list of summer camp opportunities:
 - Visit: Gallatinvalleyymca.org
 - Call: 406-994-9622
- Hours: 9am-5pm
- Regardless of age, race, ability or financial status, the Gallatin Valley YMCA exists to offer fun and healthy camps and programs for all. Whether it's our flag football program, our youth basketball leagues or our summer day camps, each program integrates the YMCA's core values of honesty, caring, respect and responsibility. Y's are for people of all faiths, races, abilities, ages and incomes. No one is turned away for inability to pay.
- The Gallatin Valley YMCA is about much more than just looking after kids. Our programs are designed to teach values like caring, honesty, respect and responsibility. From summer camps for K-8th grade to sport and skill camps, the Y provides healthy opportunities for kids to grow and families to bond.

❖ Gallatin Historical Society and Pioneer Museum

- For more information:
 - Website: www.pioneermuseum.org
 - Phone: 406-522-8122
- Location: 317 West Main Street.
- Since 1982, the Pioneer Museum has offered a variety of changing exhibits portraying earlier days in the Gallatin Valley.
- Visit the Pioneer museum for displays on the American Indian, Lewis and Clark, fur traders, gold miners, pioneers, and settlers. Also see jail cells, hanging gallows along with a bookstore and library.
- Summer Hours (Memorial Day through Labor Day)
 - Mon-Sat. 10am-5pm
- Winter Hours
 - Tues-Sat. 11am-4pm
- Admission: \$5 Per Person
 - School Groups, Children 12 & under, and museum members admitted without charge.
- For more information:
 - Website: www.pioneermuseum.org
 - Phone: 406-522-8122

Domestic Violence/Child Abuse

❖ Law Enforcement

- **In case of Emergency Always Call 911**
- Gallatin County Sheriff's Office: 582-2100
- Bozeman Police: 582-2002
- Belgrade Police: 388-4262
- Big Sky Police: 995-4880
- Manhattan Police: 284-6630
- Three Forks Police: 285-3762
- West Yellowstone Police: 646-7600

❖ Haven: Confidential Domestic Violence Shelter

- Do you need help? Call 1-406-586-4111
- The goal of this shelter is to provide a safe space where a woman can escape crisis and plan for a future free from violence. Our shelter offers comprehensive services including counseling, life skills and guidance on obtaining community resources. HAVEN has a 15-bed shelter in a confidential location. Motels are used for male victims, families with boys over aged 13, and when the shelter is at capacity.

❖ Child & Family Services Department of MT Dept. of Health and Human Services

- To report a possible case of child abuse or neglect call toll-free:
 - 1 (866) 820-5437
- Bozeman Phone:

- (406) 522-2263
- Provides state and federally mandated protective services to children who are abused, neglected, or abandoned. This includes receiving and investigating reports of child abuse and neglect, working to prevent domestic violence, helping families to stay together or reunite, and finding placements in foster or adoptive homes.

❖ **Sexual Assault Counseling Center**

- Call: 406-586-3333
- The Help Center provides trauma recovery counseling, outreach and long term individual counseling for survivors of sexual assault and the significant people in their lives along with outreach and advocacy services.

❖ **Gallatin County Victim Services**

- Address: 615 South 16th Avenue, Room 313, Bozeman, MT 59715
- Services:
 - **Victim Assistance Program:** assists victims of violent crime with the criminal justice process in the City of Bozeman and Gallatin County
 - Phone: 406-582-2075
 - **Legal Advocacy Office:** assists victims of domestic violence, stalking and sexual assault through the civil justice system (primarily with orders of protection).
 - Phone: 406-582-2038
 - **Guardian Ad Litem/CASA Program:** volunteers appointed by the court to represent children in child abuse and neglect proceedings.
 - Phone: 406-582-2051
- The Victim Services Center combines three programs to provide comprehensive services to victims in Gallatin County. Located in the Law and Justice Center, the center is warm, caring environment where victims can be safe and receive the assistance needed.
- The Center offers a child friendly interview room and a secure reception area for victims and witnesses.
- Address: 615 South 16th Avenue, Room 313, Bozeman, MT 59715

❖ **MSU VOICE Center**

- For more information:
 - Visit: *Montana.edu/voice/* or visit our facebook page at *https://www.facebook.com/msuvoice*
 - Call: (406) 994-7662 for office and (406) 994-7069 for confidential support.
 - Location: Strand Union Building room #370 (third floor) on the Montana State University Campus
- Victim Options in the Campus Environment
- 24-Hour Confidential Support Line (406) 994-7069
- The VOICE Center emphasizes empowerment of the survivor and peer-based services provided by staff members and trained volunteers. VOICE Center Advocates can talk to you, either on the phone or in person, about any concerns you may have regarding relationships, sexual violence, or stalking. The advocates are well-versed in reporting options, orders of protection, support groups, counseling, and medical resources available to you. They can also accompany or assist

survivors in accessing medical, legal, or other services. Services are free and confidential. You may choose to remain anonymous if you wish.

Employment

❖ Bozeman Job Service

- Location: 121 N. Wilson, Bozeman, MT
- Phone: (406) 582-9200
- Fax: (406) 582-9210
- www.montanajobs.us/bozeman
- Job Seekers
 - The Job Service staff will assist you with either one-time services or to establish a schedule of services to meet your individual needs. No prior appointments necessary
 - Public access to computers
 - Internet computers, printer, and fax machines available to assist you in your job search, Monday through Friday
 - Job Listings Boards
 - Current job openings are posted on the self-service job boards
 - Proficiency Testing
 - Clerical testing is available in data entry, spelling, math, ten-key, typing, grammar and more.
 - Resource Library and Brochures
 - Available for your use are videos, books and tapes pertaining to designing resumes and cover letters, interviewing, keyboarding lessons, labor law and more.
 - Job Fairs
 - Employers often hold mini job fairs in the Job Service Office to recruit job seekers. Watch for details on the Job Service website. Attend the annual Job Fair Jamboree to job search also.
 - Veterans Services
 - A Veterans representative is on staff to assist vets with employment as well as an array of supportive services
 - Resources for job seekers with disabilities
 - The Job Service staff can help you locate resources to support you in finding a job or going into business.
- Internet:
 - The Internet offers a seemingly endless array of business services. Job Service staff can assist you with accessing those services and also provide public access computers for your needs.

❖ Career Concepts

- Address: 2419 W. Main Street, Suite 4, Bozeman, MT 59718
- Phone: 406-586-0231
- Fax: 586-1233
- For more information:
 - Visit: www.careersinmontana.com
 - Email: info@careersinmontana.com
- From its inception, Career Concepts has operated under the philosophy that an employment agency's overriding mission is helping people, both job seekers and employers.

- Career Concepts view both candidate and company in a client relationship and believe that only by serving the best interests of both they can create a solid, lasting employment match that serves the interests of each.

❖ **Bozeman Adult Learning Center**

- For more information:
 - Visit: www.bsd7.org/able or call 406-522-6096
- Bozeman Adult Basic & Literacy Education ABE – GED – ESOL
- Do you want:
 - To get a GED?
 - To improve your reading and math skills?
 - To prepare for college level writing and math?
 - To improve computer literacy skills?
 - To find a job or perhaps a better job?
 - To set an example for your kids?
 - To learn and improve your English?
- Believing that every person has purpose, value and potential, Montana Adult Basic and Literacy Education (ABLE) provides free instruction to adults and out-of-school youth to improve their basic skills, attain the GED, transition to postsecondary education and/or improve employment status.

❖ **Career Transitions**

- Location: 189 Arden Dr. Belgrade, MT 59714
- Postal Address: PO Box 145, Belgrade, MT 59714
- Phone: 406-388-6701
- Fax: 406-388-6592
- www.careertransitions.com
- General info Email: ct@careertransitions.com
- Providing Educational, Training, and Employment Opportunities
- The mission of Career Transitions is to assist and strengthen communities, families and individuals to become self-sufficient through workforce development, education, training and employment.
- Career Transitions offers a variety of assessment tools to explore skills, interests and match to job goals, training and career paths
- Services offered:
 - Career Assessments/Counseling
 - Job Readiness/Computer Literacy
 - Computer and Office Skills Training
 - Non-Traditional Occupations/Entrepreneurship
 - Job Seeker Services
 - Employer Services
 - Community Learning Center

Government/Legal Assistance

❖ Montana Legal Services Helpline:

- 1-800-666-6899

❖ Child Support Enforcement

- Central Office:
 - 3075 North Montana Avenue, PO Box 202943, Helena, MT 59620-2943
 - Phone: 406-444-9855
 - Toll-Free: (800) 346-5437
- Field Office (includes Gallatin county)
 - 17 West Galena, Butte, MT 59701
 - Phone: 406-497-6600

❖ Gallatin County Attorney

- Location: Judge Guenther Memorial Center, 1709 West College – Suite 200, Bozeman, MT 59715
- Phone: 406-582-3745
- Civil Division Phone: 406-582-3760
- Office Hours:
 - Monday-Friday 8am-5pm (closed on all legal holidays)

❖ Steve Daines – U.S. Congressman to Montana

- For information regarding the services of the office of Congressman Steve Daines please visit:
 - <http://daines.house.gov/services>

❖ Jon Tester – U.S. Senator for Montana

- If you are a Montanan and need assistance working with or getting answers from the Federal Government, Senator Tester’s office may be able to help.
- For information please visit:
 - <http://www.testersenate.gov/?p=casework>

❖ Max Baucus – U.S. Senator for Montana

- For information about “How Max Can Help” please visit:
 - http://www.baucus.senate.gov/?p=how_can_max_help

Children and Adults with Disabilities

❖ PLUK – Parents, Let’s Unite for Kids

- Phone: (800) 222-7585
- Email: info@pluk.org
- Web Address: pluk.org
- PLUK is a private, nonprofit organization formed by parents of children with special needs in the state of Montana for the purpose of information, support, training and assistance to aid their children at home, school and as adults.

- PLUK is an organization of parents and other caring individuals who serve families and individuals with disabilities of any age at no cost.
- No eligibility requirements; all services are free of charge.

❖ **Reach**

- Phone: 406-587-1271
- Location: 322 Gallatin Park Drive Bozeman, MT 59715
- Reach is a non-profit organization that provides assistance with both work and every-day life for adults with developmental disabilities and traumatic head injuries in the Gallatin Valley.
- Reach provides a range of services including residential, vocational and transportation. Residentially, Reach offers two intensive group homes for people with intensive support needs and multiple disabilities. Reach has two regular adult group homes for people needing 24-hour supervision. Reach also has two Transitional Living Apartment Complexes where clients live one to two people in each apartment and Supported Living Services in which people are assisted in residences in the Bozeman area. Vocationally, Reach operates the Work Center, and offers supported employment, and vocational rehabilitation services.
- Reach maintains 17 vehicles for transportation services and also assists with:
 - Recreation services, coordinating vacations, and day to day activities
- Reach works cooperatively with Eagle Mount and Special Olympics

❖ **A.W.A.R.E**

- Location: 1811 W. Koch
- Phone: (406) 587-1181
- Crisis Hotline: 1-800-481-8980
- AWARE Inc., a private, non-profit corporation, provides quality community-based services to persons with challenging mental, emotional, and in some cases physical needs who would otherwise be served in a more restrictive setting, or perhaps not at all. AWARE works to ensure that the people they serve achieve maximum independence, productivity, and integration into the community.

❖ **Montana Independent Living Project (MILP)**

- For general information, information about eligibility under Medicaid, or how to apply please:
 - Visit www.milp.us
 - Call (406) 522-7300
- Bozeman Office:
 - Location: 1165 N. 14th Avenue Suite 4, Bozeman, MT 59715
 - Phone: (406) 522-7300
- MILP is a not-for-profit agency that provides services that promote independence for people with disabilities.
- Services include:
 - Information and Referral
 - Independent Living Skills Training
 - Individual and Group Advocacy
 - Peer Advocacy
 - Medicaid Self-Directed Personal Assistance Services (SDPAS) Program

❖ **Special Olympics Montana**

- For more information please:
 - Visit www.somt.org
 - Call (406) 216-5327
 - Email: info@somt.org
- Big Sky Area contact information:
 - Heather Fust, Area Director
 - Phone: (406) 599-5036
 - Email: hvfust@hotmail.com
- The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.
- Special Olympics serves competitors at all ability levels by assigning them to “competition divisions” based on both age and actual performance. Whether athletes are high or low functioning, they may advance all the way to the World Games!

❖ **Eagle Mount**

- Eagle Mount Bozeman Information:
 - Location: 6901 Goldenstein Lane, Bozeman, MT 59715
 - Phone: (406) 586-1781
- For more information please:
 - Email: eaglemount@eaglemount.org
 - Visit: eaglemount.org
- Eagle Mount Bozeman is committed to provide quality therapeutic recreational opportunities for people with disabilities and young people with cancer, and to provide support for families of participants so that “they shall mount up with wings as eagles.”
- With the help and support of a generous community, Eagle Mount opens up a world of adventures-skiing, horseback riding, swimming, camping, rock climbing, kayaking, cycling, fishing, and more – that foster freedom, joy, strength, focus, and confidence. Set under the beauty of Montana’s legendary big sky, Eagle Mount focuses on people’s abilities, while gently supporting their disabilities.

Youth Programs

❖ **Big Sky Youth Empowerment (BYEP)**

- Phone: 406-539-0399
- Mailing address: P.O. Box 6757 Bozeman, MT 58771
- Email: info@byep.org
- Website: www.byep.org
- BYEP provides local, at-risk youth with an unparalleled group mentoring program. By immersing youth in life skills curricula and outdoor adventures, participants graduate high school and have actionable plans that lead to independence through education, vocation, or service. BYEP entry is application based and 100% scholarship (no cost to the family).

- BYEP is segregated into two distinct yet interrelated parts:
 - The Approach: (the first 6 trimesters of the program) is focused on engaging youth in BYEP philosophy and methodology. Life skills include communication, trust, teamwork, respect and healthy fun.
 - The Cruc: (the concluding 7 trimesters of the program) engages veteran youth on four core pillars; academics, character, life skills and stewardship. While they continue to engage in outdoor adventures, life after high school becomes the greatest focus.

❖ **Gallatin County 4-H**

- Interested in finding out more information or joining 4-H?
 - Contact the Gallatin County Extension Office at:
 - Phone: 406-388-3213
 - Location: 201 West Madison Suite 300 Belgrade, MT 59714
 - www.gallatinextension.com
- Montana 4-H is the youth development program of Montana State University Extension.
- 4-H is the largest out-of-school youth development program in the state, reaching about 20,000 youth in all counties each year. In 4-H, if you can dream it, you can do it! 4-H offers more than 100 different projects and learning experiences that will engage you actively while you're having fun.
- 4-H projects rely on trained adult volunteers who work with you as a partner and resource for your own learning. From learning how to cook or sew, to raising an animal or camping, and everything in between, 4-H offers youth a wide range of choices and opportunities.
- Find out how 4-H is “making the best better” by exploring the website at *montana4h.org*

❖ **Boys and Girls Club of Southwest Montana – Bozeman (BGCSWMT)**

- Location: 600 Bridger Drive, Bozeman, MT 59715
- Phone: (406) 587-8442
- Website: *bgcswmt.org*
- BGCSWMT’s mission is “to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.”
- A Boys & Girls Club Provides:
 - A safe place to learn and grow
 - Ongoing relationships with caring, adult professionals
 - Life-enhancing programs and character development experiences
 - Hope and opportunity

❖ **Big Brothers Big Sisters of Gallatin County**

- The Big Brothers Big Sisters mission is to provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever.
- Big Brothers Big Sisters is a non-profit agency that matches children with adults who assist a child by simply being a special friend, mentor. They form lasting relationships that influence the lives of the child, volunteer and family.
- For general questions or information about how to become a mentor (a “big”) or how to enroll your child (a “little”):
 - Call: (406) 587-1216

- Visit: www.bbbs-gc.org
- Email: neelie.burman@bbbs-gc.org
- Main Office – Bozeman
 - 15 South 8th Avenue, Bozeman, MT 59715
 - 406-587-1216
- Ennis Branch
 - PO Box 57 Ennis, MT 59129
 - 406-682-5681
- West Yellowstone Branch
 - PO Box 655 West Yellowstone, MT 59758
 - 406-646-1015
- Big Sky Branch
 - PO Box 160084 Big Sky, MT 59716
 - 406-855-6544
- The Big Brothers Big Sisters mission is to provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever.
- Big Brothers Big Sisters is a non-profit agency that matches children with adults who assist a child by simply being a special friend, mentor. They form lasting relationships that influence the lives of the child, volunteer and family.

❖ **Youth Dynamics (YDI)**

- Phone: (406) 585-9402
- Location: 1609 W Babcock, Suite A, Bozeman, MT
- YDI is a private, non-profit agency providing mental and behavioral health services to Montana youth and families. Youth Dynamics provides a wide continuum of care that includes many options for treatment, including mentoring, therapy, case management, in-home services, day treatment/school program, and shelter/group home (see Big Sky Youth Center below.) YDI wants families to feel empowered, supported, and accepted when they work with YDI and they provide a warm, welcome environment in all their offices and group homes. Their philosophy is to “meet families where they are at” and provide support, treatment and opportunities for families in need. Their clinical professionals are experienced, motivated, and love working with youth and families.
- For more information please call the number provided above or visit www.youthdynamics.org. You may also “Like” them on Facebook at Youth Dynamics of Montana.

❖ **Girls for a Change - a program of Thrive** (see “Family Support” Section)

- A grass-roots initiative empowering girls to embrace their future and be confident about their individuality.
- Phone: (406) 587-3840
- All are welcome to stop by the Thrive office at 400 East Babcock Street, Bozeman, MT 59715
- A grass-roots initiative empowering girls to embrace their future and be confident about their individuality.

❖ **Youth Development - a program of the HRDC**

- For more information or to access an application:
 - Visit: thehrdc.org/programs/youth-development/
 - Call: 406-587-4486

- We believe the power for youth to change their path lies within them. By providing opportunities, focused direction, and inspiration for achievement, we have the means to prepare youth to live up their full potential and drive their own path to success.
- Our programs are available throughout Gallatin, Park, and Meagher counties. These programs are designed with a youth empowerment mindset to meet the challenges of the transition from adolescence into young adulthood for a lifetime of opportunities.
- Programs:
 - Career Exploration, Academic of GED completion, Basic Employment Skills Training (BEST), Employment Placement Opportunities, Interview Techniques, Computer Skills, Work Experience Programs, Goal Setting, Personal Finances and Budgeting, Guidance and Advocacy, A Support Base.
- Eligible youth for the program are between the ages of 14 and 21, and need assistance with any of the following issues: no GED or high school diploma, homeless, problems with alcohol or drugs, foster care, pregnant or parenting, legal, lacking employment or academic skills

General Support

❖ Greater Gallatin United Way

- Contact us:
 - Phone: 406-587-2194
 - Fax: 406-586-0996
 - Address: 945 Technology Blvd. Ste. 101 F, Bozeman, MT 59718
- For more information please visit: greatergallatinunitedway.org
- Since 1978 Greater Gallatin United Way has served the Greater Gallatin Area. We are responsive to current and emerging community needs and strive achieve meaningful results through support of initiatives and programs that benefit the people who live in Gallatin, Park, Madison and Meagher counties. We seek *to mobilize the caring power of local communities* so that:
 - Children can succeed in school
 - All can have their basic needs met
 - All can achieve financial stability and good health.
 - The result is more **vital**, more **stable**, more **livable** community.
- We inspire others to Give, Advocate, and Volunteer – to **Live United**.
- Goals of United Way:
 - Education – Ensuring all children have the opportunity to achieve their full potential and graduate from high school - college or career ready. The future of our community is built upon the healthy development of our children.
 - Health – Increasing knowledge, resources, access & opportunities to be healthy and make healthy choices. These programs, activities and initiatives provide safety-net services for persons in crisis, generate long-term positive impact through preventative care and education, as well as deliver treatment for existing medical, dental, mental health and substance abuse issues.
 - Income - Fulfilling basic needs and building self-sufficiency.

❖ **The Salvation Army**

- Address: 32 S. Rouse Ave. Bozeman, MT 59715
- Phone: 406-586-5813
- The Salvation Army can help provide the following (all need-based provision):
 - Tools for School (Backpack & school supplies K-12) Signups July-August
 - Christmas Assistance (Gifts & food)
 - Coats/hats/gloves during Winter months (In the office-no cost)
 - Sack lunches (During family service hours)
 - Assistance for veterans (Rent/utilities/transportation/other)
 - Diapers, toiletries, feminine hygiene, cleaning products (as supplies last)
 - Clothing, blankets, linens
 - Furniture and dishes
 - Shower coupons, phone cards (on a limited basis)
 - Summer Day Camp for ages 6-12

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What is the Early Childhood Community Council?

The Early Childhood Community Council is a group of community partners who are working together to support **children ready for life and learning**. Our work is a community-wide effort. We believe that by working closely with community members in the Gallatin area and around Montana to identify needs, build partnerships, and strengthen services, more children and families will be ready for success in school and in life.

- + Supportive families
- + High quality early care and education programs
- + Engaged communities
- = Children Ready for Life and Learning

Prepared by Eric Halverson, MSU INBRE Intern, 2013



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