



# Eastern Idaho Resources for Children and Families

The resources listed here are not a substitute for professional advice. We do not endorse or recommend any specific resource. This is not an exhaustive list of all available options.



# Clothing/Food Resources

Organization	Phone number	Notes
The Giving Cupboard	208-557-9089	<p>Rigby - Every Tuesday from 3:30-6:30 PM at 153 N 3900 E.</p> <p>Menan - Third Tuesday of each month from 4:00-5:00 PM in Menan City Park.</p> <p>Mud Lake/Terreton - Second and fourth Tuesdays of each month from 4:00-5:00 PM in the Terreton Stake Center parking lot.</p> <p><a href="#">the Giving Cupboard – a Choice Food Pantry in Jefferson County</a></p>
Harwood Food Pantry	208-745-7613	Monday-Thursday from 10 am to 6 pm or By Appointment

		<p>Non-perishable food, school supplies, hygiene kits, and winter clothes.</p> <p>No Identification Necessary</p> <p>200 W. 3rd N. Rigby, ID 83442</p>
<p>Jefferson County Mobile Pantry- Roberts</p>		<p>4th Tuesday - 1:00pm 653 N 2858 E (Mustang Center) Roberts, ID 83444</p>
<p>Soup Kitchen</p>	<p>208-557-5750</p>	<p>Free Hot Meals served daily from 12-1:00 pm. No identification or requirements needed</p> <p>301 S. Boulevard, Idaho Falls, 83401</p> <p><a href="http://www.ifoutreach.org/">http://www.ifoutreach.org/</a></p>
<p>Community Food Basket</p>	<p>208-524-0994</p>	<p>Offers fresh food from local stores including meat, vegetables, and dairy products. Diapers and hygiene products may be provided. Identification required. Sign up online or in person to get 6 pick-ups every 6 months.</p> <p>245 N. Placer Ave. Idaho Falls, 83402</p> <p>Hours: Monday 3-5pm, Tuesday, Wednesday, Friday 4-5pm, Thursday 5-6 pm</p> <p><a href="http://www.feedidahofalls.org">Home   Community Food Basket (feedidahofalls.org)</a></p>

<p>Rigby Senior Citizens Center</p>	<p>208-745-8211</p>	<p>391 Community Ln. Rigby, Idaho 83442</p> <p>Free to the public, food left over from Broulins that no longer can be sold.</p> <p>Open Monday, Wednesday, Friday 10-10:30 am</p> <p>Food Bank donations can be picked up the first Tuesday of each month from 1:00-1:30 pm. Call if you need to make a separate appointment time.</p>
<p>Dept. of Health and Welfare (SNAP)</p>	<p>208-528-5780</p>	<p>150 Shoup Ave. #19 Idaho Falls, Idaho</p> <p>Monday – Friday 8:00am – 5:00pm</p> <p><a href="#">About SNAP   Idaho Department of Health and Welfare</a></p>
<p>St Vincent de Paul Food Pantry</p>	<p>208-522-6280</p>	<p>Our Idaho Falls food pantry offers a wide variety of non-perishable products, canned goods, dry goods, and more.</p> <p>Monday, Wednesday, Friday 1:00pm – 4:00pm</p> <p>805 S Holmes Ave, Idaho Falls, ID 83401</p> <p><a href="#">Food Pantry &amp; Social Services - St Vincent de Paul - Idaho Falls (idahofallsstvincentdepaul.org)</a></p>
<p>Idaho Falls Rescue Mission</p>		<p>Hot meals served daily 6:00pm – 7:00pm No questions asked.</p>

		<p>380 E St. Idaho Falls, ID 83402</p> <p><a href="http://ifrescuemission.org">Serving Hope - Idaho Falls Rescue Mission (ifrescuemission.org)</a></p>
St. Vincent de Paul	208-528-9979	<p>Help with clothing, furniture, and basic needs.</p> <p>805 S Holmes Ave, Idaho Falls, ID 83401</p> <p>Monday – Saturday 9:00am – 5:00pm</p>
Finders Keepers	208-346-1791	<p>Low cost clothing and home goods available at this local thrift store. Items are often under \$1.</p> <p>Monday – Saturday 10:00am – 6:00pm</p> <p>259 E 1st S, Rigby, ID 83442</p>



# Dental/Medical Resources

Organization	Phone number	Notes
Community Family Clinic	208-228-2200	Low cost care including pharmacy, medical, counseling, and dental.  4002 E 397 N Rigby, ID 83442  Monday – Friday 7:20am – 7:00pm  <a href="http://idahocfc.org">Community Family Clinic - Medical Center (idahocfc.org)</a>
Eastern Idaho Public Health	208-745-7297	Services include immunizations, reproductive health, womens health, WIC, and healthy living.  380 Community Lane Rigby, ID 83442  Open Monday – Friday  8:00 a.m. – 12:00 p.m. 1:00 p.m. – 5:00 p.m.

		<a href="#">Welcome to Eastern Idaho Public Health</a>
Su Familia National Hispanic Family Health Helpline	1-866-783-2645	<p>Su Familia: The National Hispanic Family Health Helpline provides free reliable and confidential health information in Spanish and English to help callers navigate the health system. Staffed by bilingual health promotion advisors who provide basic information on a wide range of health topics.</p> <p>M-F 7:00am – 4:00pm</p>
Your Health Idaho	1-855-944-3246	<p>Find discounted health insurance plans.</p> <p><a href="#">Your Health Idaho » Idaho's Official Health Insurance Marketplace</a></p>
Freemed	208-528-6337	<p>Low or no cost prescription medication.</p> <p>Monday – Thursday 9:00am – 2:00pm</p> <p>301 S. Boulevard, Idaho Falls, 83401</p> <p><a href="#">Community Outreach (ifoutreach.org)</a></p>
Grand Peaks	208-356-4900	<p>Grand Peaks is committed to providing affordable, quality medical, dental, behavioral health and pharmacy services to our patients. Whether they are insured, self-pay, under-</p>

		<p>insured, or low-income, we offer affordable rates.</p> <p>72 S 1<sup>st</sup> E Suite 1 Rexburg, ID 83440</p> <p><a href="#"><u>Grand Peaks - Medical, Dental and Behavioral Care</u></a></p>
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# Employment Resources

Organization	Phone number	Notes
Idaho Department of Labor	Maria Martin – 208-557-2500 ext. 3926	<p>Job training, unemployment services, farmworker services, job opportunities.</p> <p>1515 E Lincoln Road Idaho Falls, ID 83401</p> <p><a href="#">Welcome to Idaho Department of Labor</a></p>
National Farmworker Jobs Program (NFJP)	208-524-0980	<p>Provides training and educational opportunities to eligible adult and youth farmworkers. Each of our Community Resource Centers offer job search assistance, training opportunities, skills development, and much more. All of these services are free to those who qualify.</p> <p>1349 S Holmes Ave, Idaho Falls, ID 83404</p>

		Monday – Friday 8am – 5pm <a href="#"><u>Employment &amp; Training – Community Council of Idaho</u></a>
Community Council of Idaho	(208) 524-0980	Employment training, job development, and job placement. Job placement for seasonal farm workers and their dependents.  1349 S. Holmes Ave. Idaho Falls, ID 83404  <a href="#"><u>Employment &amp; Training – Community Council of Idaho</u></a>



# Educational Resources

Organization	Phone number	Notes
Jefferson School District	(208) 745-6693 ext. 1126	Offering assistance and accommodations for migrant, homeless, and foster children.  <a href="https://jeffersonsd251.org">Special Services   Jefferson District (jeffersonsd251.org)</a>
College Assistance Migrant Program (CAMP)	208-282-4409	The College Assistance Migrant Program (CAMP) assists students who are migratory or seasonal farmworkers (or children of such workers) enrolled in their first year of undergraduate studies at Idaho State University. The program supports completion of the first year of studies funded by the federal government. Services include tutoring, skills workshops, scholarship, and academic

		<p>advising to eligible students during their first year of college.</p> <p><a href="http://isu.edu">CAMP   Idaho State University (isu.edu)</a></p>
Migrant and Seasonal Head Start (MAP)	208-524-1339	<p>Migrant Seasonal Head Start (MSHS) provides full-day, bilingual school readiness education to children of farmworkers ages 0 to 5</p> <p>3491 West 81st North Idaho Falls, ID – 83402</p> <p><a href="#">Head Start – Community Council of Idaho</a></p>
High School Equivalency Program (HEP)	208-282-1644	<p>The Highschool Equivalency Program’s (HEP) goal is to help students succeed in obtaining their high school equivalency certificate while also increasing their workforce development skills. While enrolled, students will be provided free instruction, paid testing fees, books and career exploration guidance. Eligible individuals for this program must have prior work in agriculture for the past 24 months or be a dependent of a farmworker.</p> <p><a href="#">Employment &amp; Training – Community Council of Idaho</a></p>
Eastern Idaho Community Action	(208) 522-5391	Free preschool for income eligible families.

Partnership (EICAP) Head Start		935 E Lincoln Rd Idaho Falls, ID 83401  <a href="#">EICAP</a>
Free Application for Federal Student Aid (FAFSA)	1-800-433-3243	Federal Student Aid offers grants, loans, work-study, and more to help you pay for college or career school.  <a href="#">Free Application for Federal Student Aid (FAFSA)   USAGov</a>
United Way of Idaho	(208) 522-2674	Providing various educational programs including after school programs, kindergarten readiness, reading support and summer learning  1649 Woodruff Park Idaho Falls ID 83401  <a href="#">Education Highlights (unitedwayif.org)</a>



# Housing Resources

Organization	Phone number	Notes
Family Crisis Center	208-356-0065	<p>Program services include a 24-hour crisis line, shelter, crisis intervention services, immediate on-scene intervention with Law Enforcement, referral to emergency medical services, and legal advocacy. We also provide weekly women's support groups, weekly children's support group, individual counseling resources and referral, community education and public awareness, and a community food bank and thrift store.</p> <p><a href="#">HOME   familycrisiscenter</a></p>
Club, Inc.	208-529-4673	<p>Housing for individuals and families</p> <p>1820 E 17th St #150, Idaho Falls, ID 83404</p>

		<p>Open Monday, Tuesday, Thursday, Friday from 9am-5pm</p> <p><a href="#">CLUB Inc. – Housing assistance since 1988</a></p>
<p>Haven (Idaho Falls Rescue mission)</p>	<p>208-523-6413</p>	<p>Women and children center</p> <p>2480 S. Yellowstone Hwy. Idaho Falls, ID</p> <p><a href="#">The Haven (Women &amp; Children's Shelter) - Idaho Falls Rescue Mission (ifrescuemission.org)</a></p>
<p>Idaho Care Line</p>	<p>Call 211 Text 898211</p>	<p>A free, statewide community information and referral service. Our comprehensive database includes programs that offer free or low-cost health and human services or social services. Monday – Friday, 8 a.m. – 6 p.m. MST.</p> <p><a href="#">Welcome to 2-1-1   Idaho Department of Health and Welfare</a></p>
<p>Promise Ridge</p>	<p>208-346-8320</p>	<p>Emergency center for women with children</p> <p>288 North ridge Av. Idaho falls, ID 83402</p> <p><a href="#">Promise Ridge   Facebook</a></p>
<p>ECAP Syringa Properties</p>	<p>(208) 821-0053</p>	<p>Affordable housing communities</p> <p>2 communities available in Roberts, ID</p> <p><a href="#">Idaho – Syringa Properties</a></p>

<p>Idaho Housing and Finance association</p>	<p>208-522-6002</p>	<p>Resources and information for homeownership, rental housing, homelessness assistance.</p> <p>Idaho Falls branch 1235 Jones St. Idaho Falls, ID 83401</p> <p><a href="#">Home - Idaho Housing and Finance Association</a></p>
<p>Idaho Falls Rescue Mission</p>	<p>(208) 552-5575</p>	<p>Information about men's, women's, and children's shelters available.</p> <p><a href="#">Shelter - Idaho Falls Rescue Mission (ifrescuemission.org)</a></p>
<p>Domestic Violence &amp; Sexual Assault Center (DVSAC)</p>	<p>208-529-4352</p>	<p>Shelter and support to victims of domestic violence or sexual assault</p> <p>1050 Memorial Drive Idaho Falls, Idaho 83402</p> <p>9am-5pm Monday – Friday</p> <p><a href="#">HOME (dvsacac.org)</a></p>





# Counseling Resources

If you or someone you know is in crisis, contact the [Idaho Crisis and Suicide Prevention Lifeline](#) at (208) 398-4357 or dial 911 in case of an emergency.

Organization	Phone number	Notes
Tueller Counseling Services	(208) 745-5205	295 N 3855 E, Rigby, ID 83442 <a href="#">Counseling &amp; Therapy in Idaho Falls, ID   Tueller Counseling</a>
Upper Valley Resource and Counseling	(208) 359-0519	393 East 2nd North, Rexburg, Idaho 83440 Monday – Thursday 9:00am – 8:00pm, Friday 9:00am – 5:00pm <a href="#">Centerpoint Counseling Services - Counseling, Therapy</a>
Ostermiller Counseling Services	(208) 359-9683	242 E 7th N #4, Rexburg, ID 83440 <a href="#">Ostermiller Counseling Services, Inc.</a>

<p>Teton Counseling Center</p>	<p>208-542-0352</p>	<p>615 Hoopes Av. Idaho Falls, ID</p> <p><a href="#">Teton Counseling Center   Psychotherapy Idaho Falls ID</a></p>
<p>Grand Peaks</p>	<p>(208)356-4900</p>	<p>72 S 1st E Rexburg, ID 83440</p> <p><a href="#">Grand Peaks Behavioral Health - Rexburg Services</a></p>
<p>Community Family Clinic</p>	<p>208-228-2200</p>	<p>Low cost care including pharmacy, medical, counseling, and dental.</p> <p>4002 E 397 N Rigby, ID 83442</p> <p>Monday – Friday 7:20am – 7:00pm</p> <p><a href="#">Community Family Clinic - Medical Center (idahocfc.org)</a></p>
<p>Behavioral Health Crisis Center of East Idaho</p>	<p>208-522-0727</p>	<p>We offer Case Management services to help you find the appropriate services for your situation. This can include assistance finding a counselor or a prescriber to help you with medication management. This may include a referral into assessment for substance abuse treatment and referral into that system.</p> <p>There is a wealth of free and low-cost resources throughout East Idaho. Do not allow an inability to pay to stop you from reaching out for help. Let us find the</p>

		<p>best fit for your individual care plan.</p> <p>1650 N. Holmes Ave. Idaho Falls, Idaho 83401</p> <p><a href="#"><u>Services Provided: Crisis Intervention, Case Management, Social Detox, Idaho Falls Crisis Center (eastidahocrisis.com)</u></a></p>
<p>For more information and counseling agencies in Idaho Falls, Rigby, and Rexburg Areas go to the following website.</p> <p><a href="#"><u>Mental Health Facilities in Rigby, ID</u></a></p>		



# Additional Resources

Organization	Phone number	Notes
Eastern Idaho Community Action Partnership (EICAP)	(208)522-5391	Utility and Rental Assistance <a href="https://www.eicap.org/our-programs/">https://www.eicap.org/our-programs/</a>
Upper Valley Child Advocacy Center	208-745-2612	162 N. Yellowstone Hwy. Rigby, ID 83442  A team of specially trained professionals who advocate for child victims of abuse  <a href="http://uppervalleycac.org">Upper Valley Child Advocate Center (uppervalleycac.org)</a>
LIHEAP	208-454-8604	This program makes home heating more affordable, assists with avoiding disconnection of utility services during the winter and helps to maintain a warm, safe and healthy environment for young children, the elderly and the disabled.

Sparc	208-544-4357	Connecting youth and their families to community resources.  544 4 <sup>th</sup> St, Idaho Falls, ID 83401  Monday – Friday 9am - 7pm  <a href="#">SPaRC Home - CYA Idaho</a>
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