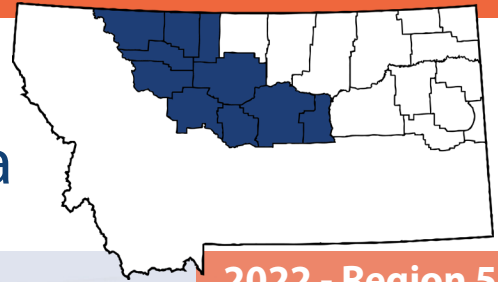


family--connections

FAMILY RESOURCE GUIDE

helping children, families, and providers thrive

Find Great Local Resources for Families
and Children in North Central Montana



2022 - Region 5



**DID YOU
KNOW?**

80% of the brain
develops by age 3

**CHILD CARE
CHECK LIST:**

A Guide to Choosing
Quality Child Care

QUALITY CHILD CARE MATTERS

FamilyConnectionsMT.org



CARING FOR MONTANA'S FUTURE

**Become a licensed child care provider.
No one will do more important work.**

As a licensed child care provider, you can stay home with your children, have your own business, and make a difference in the lives of children in our community.
Family Connections can help support your business!

LEARN MORE! FamilyConnectionsMT.Org



Region 5 Office: 202 2nd Ave S Suite 201 **Great Falls**, 59405
761-6010 | 800-696-4503 | Fax: 453-8976

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin,
Liberty, Petroleum, Pondera, Teton, Toole

Region 6 Office: 2229 5th Ave **Havre**, 59501
265-6743 | 800-640-6743 | Fax: 265-1312

Counties: Blaine, Daniels, Dawson, Garfield, Hill, McCone,
Phillips, Prairie, Richland, Roosevelt, Sheridan, Valley, Wibaux

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A MESSAGE FROM FAMILY CONNECTIONS:

Family Connections believes all children deserve a successful future. Our mission is to be the community childhood resource promoting the success of children. We created this resource guide to help families have access to local services and programs in their communities. In this guide, you will find a listing of community resources that offer valuable services and provide enriching experiences essential to the success of children and families. Whether you are a parent, family member, or friend; we encourage you to share this guide. We are aware that communities may have additional resources not included in this guide. If you have information or services to share, please email us at fcinfo@familyconnectionsmt.org

SERVICES FOR FAMILIES AND CHILDREN

EARLY CHILDHOOD EDUCATION

STATEWIDE/REGIONAL

Family Connections familyconnectionsmt.org 800-696-4503

Great Falls 202 2nd Ave S Ste 201, Great Falls 59405 | 761-6010

Resources to start or expand a child care business.

Financial Assistance to help families pay for child care.

Free Referrals to help families find quality licensed child care.

Professional Development training for child care providers.

School Readiness skills to prepare children for success.

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin, Liberty, Petroleum, Pondera, Teton, Toole.

Child Care Aware childcareaware.org

Information on quality child care.

Child Care Licensing

dphhs.mt.gov/ecfsd/childcare/childcarelicensing

Regulate and monitor childcare facilities, establish guidelines for health, safety, and well-being of children enrolled.

Great Falls 2300 12th Ave S Ste 126, Great Falls 59404 | 453-0526

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin, Petroleum, Pondera, Teton, Toole

Havre 48 2nd Ave Ste 207, Havre 59501 | 262-9790

County: Liberty

Head Start / Early Head Start nhsa.org

Federally funded preschool program promoting school readiness in young children from low-income families through local programs. Support mental, social, and emotional development of ages 0-5.

Montana Head Start Association 522-3819 | mtheadstart.org

Blackfeet Early Childhood Center blackfeetheadstart.org

Babb 3 Babb St, Babb 59411 | 732-5514

Browning 615 S Piegan St, Browning 59417 | 338-7370

Browning 574 Starr School Rd, Browning 59417 | 338-2727

Cut Bank Seville 30 Golf Course Rd, Cut Bank 59427 | 873-4858

East Glacier 204 Rita St, East Glacier Park 59434 | 226-9336

Heart Butte 40 Sweat Lodge Dr, Heart Butte 59448 | 338-5215

Head Start / Early Head Start; continued

Opportunities Inc. oppinccchanginglives.org/education-services

Conrad 312 S Wisconsin St, Conrad 59425 | 453-5415

Cut Bank 202 5th Ave SW, Cut Bank 59427 | 453-5415

Great Falls 1220 3rd Ave S, Great Falls 59405 | 453-5415

Shelby 1000 Oilfield Ave, Shelby 59474 | 453-5415

Vaughn PO Box 386, Vaughn 59487 | 453-5415

Central Montana Head Start cmheadstart.org

Lewistown 25 Meadowlark Lane, Lewistown 59457 | 535-7751

Montana Early Childhood & Family Support Services

dphhs.mt.gov/ecfsd

Helena PO Box 4210, Helena 59604 | 444-1958

Services and resources for early childhood, health support, special needs, nutrition, prevention & early intervention, teen & young adults.

Montana KIDS COUNT montanakidscount.org

Data on child/family in Montana counties: demographics, health, education, family and community, economic well-being, and safety.

Montana Public Schools Directory opi.mt.gov/schooldirectory

Listing of Montana Public Schools and contact information.

Raise Montana raisemt.org

Supports Child Care Resource and Referral agencies to build child care supply and quality, education on child care issues, and advocate for child care professionals and families.

Zero To Five zerotofive.org

Gives children a great start in life and a promising future.

Vroom vroom.org

Free brain building tips at anytime for your child from Vroom!



GREAT FALLS

Great Falls Early Childhood Coalition gfps.k12.mt.us/Page/171

PO Box 1477, Great Falls 59403 | 761-9897

To ensure focused efforts on coordinated and comprehensive systems of care to best meet the needs of families, women and children, prenatal to age eight.

Great Falls Public Schools gfps.k12.mt.us

1100 4th St S, Great Falls 59403 | 268-6000

Early Learning Family Center: gfps.k12.mt.us/Domain/91

3300 3rd St NE, Great Falls 59404 | 268-6400

Gifted Education: gfps.k12.mt.us/domain/94

Little Buddies: Free monthly play group for ages 0-5. | 268-6778

Special Education: gfps.k12.mt.us/domain/189

Young Parents Education Center (YPEC):

2400 Central Ave, Great Falls 59401 | 268-6665

Opportunities, Inc oppincchanginglives.org/education-services

1220 3rd Ave S, Great Falls 59405 | 453-5415

Quality comprehensive preschool and early childhood services for prenatal mothers and children birth to 5 years. Free program for low-income families. Part-day, full-day, and home-based services.

School Readiness: Evidence-based curriculum, age appropriate approaches to learning, preparing the child and the family, cultural and linguistic responsiveness, Parents as Teachers (PAT) program.

Family Services: Family advocates assist families and children, referrals for assistance, family well-being and positive parent-child relationships, parent, family, and community engagement.

Health Services: Promoting physical development, acquiring providers, disability and mental health services.

Nutrition Services: Nutrition and cooking classes, special diet and accommodations for children.

Parent Involvement Activities: Fatherhood and male involvement activities, parent leadership/policy council, parent meetings and education.

Transportation Services: To and from school for part-day services, monthly field trips.

Toby's House Crisis Nursery tobyshousemt.org

421 5th St N, Great Falls 59401 | 770-3191

Crisis, respite and transitional care for children 0-6. No income requirements for services.



STATEWIDE/REGIONAL

Boys and Girls Clubs bgcalliancemontana.org

Promote academic success, healthy lifestyles, good character, and citizenship through life changing programs in Clubs across Montana.

Browning 517 SE Boundary St, Browning 59417 | 338-2748

Great Falls 600 1st Ave SW, Great Falls 59404 | 761-1330

Lewistown 134 Park St, Lewistown 59457 | 535-2257

Shelby 131 6th Ave N, Shelby 59474 | 424-8825

GREAT FALLS

Big Brothers and Big Sisters bigcentral.org

1601 2nd Ave N Room 519, Great Falls 59401 | 453-5521

Mailing: 1434 N Roberts St, Helena 59601

Enrolling children ages 6-16, FREE, no income requirements. BBBS creates and supports one-to-one mentoring relationships that ignite the power and promise of youth.

Community Program: Meet with pre-screened adult volunteer 6 to 8 hours/month, 1 year commitment.

School Program: Meet with pre-screened adult/high school volunteer at the child's school for the school year.

Community Recreation Center

greatfallsmt.net/recreation/community-recreation-center

801 2nd Ave N, Great Falls 59401 | 727-6099

School's out fun days, summer camps, art & sports camps, fitness center, basketball, home school PE.

HANDS handschildcare.org

3800 1st Ave S Room 8, Great Falls 59405 | 268-6932

Before and after school child care and summer programs for ages 5-12 in Great Falls elementary schools. Mon-Fri 6-8:30am and 3-6pm.

ADULT EDUCATION

STATEWIDE/REGIONAL

Montana State University Extension msuextension.org

Statewide educational outreach resources: ag, natural resources, family & consumer sciences, and 4-H & youth development.

Blackfeet 338-2650 | blackfeet.msuextension.org

Cascade 454-6980 | cascade.msuextension.org

Chouteau 622-3751 | chouteau.msuextension.org

Fergus & Petroleum 535-3919 | fergus.msuextension.org

Glacier 873-2239 | glacier.msuextension.org

Judith Basin 566-2277 Ext 104/105 | judithbasin.msuextension.org

Liberty 759-5625 | liberty.msuextension.org

Pondera 271-4054 | pondera.msuextension.org

Teton 466-2491 | teton.msuextension.org

Toole 424-8350 | toole.msuextension.org

University of Providence uprovidence.edu

Great Falls 1301 20th St S, Great Falls 59405 | 800-856-9544

Lewistown Campus 773 Airport Rd, Lewistown 59457

BROWNING

Blackfeet Community College bfcc.edu

504 SE Boundary St, Browning 59417 | 338-5441

ADULT EDUCATION

LEWISTOWN

District 6 HRDC hrdc6.org/adulteducation

300 1st Ave N, Lewistown 59457 | 535-7488

GREAT FALLS

Apollos University apollos.edu

600 Central Ave, Great Falls 59401 | 799-1515 | 844-476-5567

Accredited, affordable, online and hybrid classes university level academic institution. M-F 9am-5pm.

GFPS-Career and College Readiness Center

gfps.k12.mt.us/GFCCRC

GF MSU | 2100 16th Ave S, Great Falls 59405 | 771-5108

Great Falls College MSU gfcmsu.edu

2100 16th Ave S, Great Falls 59405 | 771-4300

Park University park.edu

7521 4th Ave N, Malmstrom AFB 59402 | 761-7540



RECREATION

STATEWIDE/REGIONAL

4-H montana4h.org

Education in over 60 different projects; robotics, interior design, citizenship, home arts, nature, ecology, dog obedience, photography, and leadership. Ages 6-18.

Cascade County MSU Extension 4-H & Youth Development Agent

Allyssa Peak, Great Falls | allyssa.zoern@montana.edu

Chester 111 First St E, Chester 59522 | 759-5625

Choteau 1 Main Ave S, Choteau 59422 | 466-2491

Conrad 20 4th Ave SW, Conrad 59425 | 271-4052

Cut Bank 1210 E Main, Cut Bank 59427 | 873-2239

Fort Benton 1308 Franklin St, Fort Benton 59442 | 622-3751

Great Falls 3300 3rd St NE, Great Falls 59404 | 454-6980

Lewistown 712 W Main, Lewistown 59457 | 535-3919

Shelby 226 1st St S, Shelby 59474 | 424-8350

Stanford 91 3rd St N, Stanford 59479 | 566-2277 x104

GREAT FALLS

AMC Theatres amctheatres.com

Brush Crazy brushcrazy.com

Chase Your Dreams VR chaseyourdreamsvr.com

Escape the Falls escapethefalls.com

Flippin Family Fun flippinfamilyfun.com

Game Night Lounge gamenightlounge.com

RECREATION

GREAT FALLS

Girl Scouts of Montana and Wyoming gsmw.org

Girl Scouts is the perfect place for girls to explore interests, build skills and character, and make friends in a supportive environment, while positively influencing themselves, their communities, and the world.

Great Falls Ice Plex greatfallsiceplex.com

Kaboom kaboomgf.com

Little's Lanes facebook.com/Littles-Lanes-115662338456954

Scouts BSA montanabsa.org

Youth programs build good character and better communities through hands-on activities. Cub Scouts: K-10 years, Scouts BSA: 11-17 years, Venturing Program: 14-20 years, and Learning for Life Program.

Valley View Mini Golf

facebook.com/Valley-View-Garden-Golf-512442942138419

Wheels of Thunder Family Roller Skating Rink

facebook.com/Wheels-of-Thunder-1570168923288134

LEWISTOWN

Charlie Russell Chew Choo montanadinnertrain.com

Chamber of Commerce, NE Main St, Lewistown 59457 | 535-5436

Montana Dinner Train and North Pole Adventure Train.

Tickets available for purchase in the online gift shop.

GYMS

CUT BANK

Cut Bank Civic Center

800 E Railroad St, Cut Bank 59427 | 873-5581

GREAT FALLS

Fit Republic fitrepublic.com

1200 10th Ave S, Great Falls 59401 | 315-8301

Great Falls Gymnastics Academy greatfallsgymnastics.com

815 1st Ave N, Great Falls 59401 | 727-8782

Golden Triangle Gym gotrigym.com

Heisey Youth Center heiseygreatfalls.net

313 7th St N, Great Falls 59401 | 453-1211

Peak Health and Wellness Center peakgreatfalls.com

1800 Benefis Ct, Great Falls 59405 | 727-7325

401 3rd St SW, Great Falls 59404 | 604-4428

Planet Fitness planetfitness.com/gyms/great-falls-mt

726 10th Ave S, Great Falls 59405 | 641-2111

Salvation Army Youth and Family Center

greatfalls.salvationarmy.org

1000 17 Ave S, Great Falls 59405 | 453-0391

The Hi-Line Climbing Center hilineclimbingcenter.com

608 1st Ave S, Great Falls 59401 | 315-1613

LEWISTOWN

Fitness Central Lewistown fitnesscentrallewistown.com

410 W Main St, Lewistown 59457 | 535-2348

SHELBY

Shelby Civic Center shelbymt.com/recreation-department

669 Park Ave, Shelby 59474 | 434-5114

LIBRARIES

Library Directory mslservices.mt.gov/ASPeN

Belt Public Library beltlibrary.org

404 Millard St, Belt 59412 | 277-3136

Big Sandy Branch Library chouteaucountylibrary.net

230 1st Ave N, Big Sandy 59520 | 378-2161

Browning Public Library

214 1st St NW, Browning 59417 | 338-7105

Choteau/Teton Public Library choteau-tetonpubliclibrary.com

17 N Main Ave, Choteau 59422 | 466-2052

Conrad Public Library conradlibrary.com

15 4th Ave SW, Conrad 59425 | 271-5751

Denton Public Library

russellcountry.com/denton-public-library.html

515 Broadway, Denton 59430 | 567-2571

Dorothy Asbjornson Community Library

110 Main St, Winifred 59489 | 462-5425

Fort Benton Library chouteaucountylibrary.net

1518 Main St, Fort Benton 59442 | 622-5222

Geraldine Branch Library chouteaucountylibrary.net

254 S Main St, Geraldine 59446 | 737-4331

Glacier County Library glaciercountylibrary.pbworks.com

21 1st Ave SE, Cut Bank 59427 | 873-4572

Great Falls Public Library greatfallslibrary.org

301 2nd Ave N, Great Falls 59401 | 453-0349

Highwood School and Community Library

chouteaucountylibrary.net

160 West St S, Highwood 59450 | 733-2058 x230

Hobson Library

russellcountry.com/hobson-community-library.html

210 Central, Hobson 59452 | 423-5453

Judith Basin County Free Library judithbasinlibrary.com

93 3rd St N, Stanford 59479 | 566-2277 x123

Lewistown Public Library lewistownlibrary.org

701 W Main St, Lewistown 59457 | 538-5212

Liberty County Library co.liberty.mt.us/liberty-county-library

110 East First St, Chester 59522 | 759-5445

Moore Memorial Public Library moore-library.business.site/?utm_source=gmb&utm_medium=referral

403 Fergus Ave, Moore 59464 | 374-2364

Petroleum County Library

petroleumcolibrary.wixsite.com/petroleum-county

205 Broadway Ave, Winnett 59087 | 429-2451

Toole County Library toolecountylibrary.com

229 2nd Ave S, Shelby 59474 | 424-8345

Toole County Library (Sunburst Branch)

toolecountymt.gov/library_sunburst.html

201 1st St N, Sunburst 59482 | 937-6980

Valier Public Library townofvalier.com/public-library

400 Teton Ave, Valier 59486 | 279-3366

Wedsworth Memorial Library

cascademtwedsworthlibrary.wordpress.com

13 N Front St, Cascade 59421 | 468-2848

MUSEUMS

Big Sandy Historical Museum bigsandy1887.org

86 Johannes Ave, Big Sandy 59520 | 378-2640

Geraldine Milwaukee Depot

digitalvault.mhs.mt.gov/items/show/20393

Off Highway 80, Geraldine 59446 | 737-4368

Glacier County Historical Museum glaciarmuseum.org

107 Old Kevin Hwy, Cut Bank 59247 | 873-4904

Judith Basin County Museum

centralmontana.com/listings/3119.htm

93 3rd St S, Stanford 59479 | 566-2277 x130

Marias Museum of History and Art

toolecountymt.gov/museum.html

1129 1st St N, Shelby 59474 | 424-2551

Museum of the Plains Indian doi.gov/iacb/museum-plains-indian

19 Museum Loop, Browning 59417 | 338-2230

The River and Plains Society fortbentonmuseums.com

1205 20th St, Fort Benton 59442 | 622-5316

Utica Museum centralmontana.com/listings/515.htm

Main Street, Utica 59452 | 423-5538

Winifred Museum winifredmontana.com/#/winifred-museum

Winifred Community Center 210 Main St, Winifred 59489 | 462-5425



CHESTER

Awesome Autos Etc. Museum visitmt.com/listings/general/museum/awesome-autos-etc-museum.html

347 E Washington, Chester 59522 | 759-5291

Liberty County Museum co.liberty.mt.us/museum

230 2nd St E, Chester 59522 | 759-5256 summer or 759-5627 winter

Liberty Village Art Center and Gallery

centralmontana.com/listings/11668.htm

410 Main St, Chester 59522 | 759-5652

GREAT FALLS

Children's Museum of Montana childrensmuseumofmontana.org

22 Railroad Square, Great Falls 59401 | 452-6661

CM Russell Museum cmrussell.org

400 13th St N, Great Falls 59404 | 727-8787

The History Museum thehistorymuseumgreatfalls.com

422 2nd St S, Great Falls 59405 | 452-3462

Paris Gibson Square Art Museum the-square.org

1400 1st Ave N, Great Falls 59401 | 727-8255

MUSEUMS

LEWISTOWN

Central Montana Historical Museum

centralmtmuseum.weebly.com

408 NE Main, Lewistown 59457 | 535-3642

Lewistown Art Center lewistownartcenter.net

323 W Main, Lewistown 59457 | 535-8278



RECREATION CENTERS

Community Recreation Center

greatfallsmt.net/recreation/community-recreation-center

Great Falls 801 2nd Ave N, Great Falls 59401 | 727-6099

School's out fun days, summer camps, art and sports camp, fitness center, basketball, and home school PE.

Great Falls Parks and Recreation greatfallsmt.net/recreation

Great Falls 1700 River Dr N, Great Falls 59401 | 771-1265

Aquatics: Swim lessons 6 months-adults, open swim, Junior Life Guard, CPR/First Aid.

Special Events: Ice Breaker Road Race, Easter Egg Hunt, Pet and Doll Parade.

Lewistown Parks and Recreation

hiddenmt.com/lewistown-parks-and-recreation-and-civic-center

Lewistown 309 5th Ave S, Lewistown 59457 | 535-3045

STATE/NATIONAL PARKS, ETC

Ackley Lake State Park stateparks.mt.gov/ackley-lake

Hobson 989 Ackley Lake Rd, Hobson 59452 | 727-1212

First Peoples Buffalo Jump State Park

stateparks.mt.gov/first-peoples-buffalo-jump

Ulm 342 Ulm-Vaughn Rd, Ulm 59485 | 866-2217

Giant Springs State Park stateparks.mt.gov/giant-springs

Great Falls 4803 Giant Springs Rd, Great Falls 59405 | 727-1212

Glacier National Park nps.gov/glac/index.htm

West Glacier PO Box 128, West Glacier 59936 | 888-7800

Sluice Boxes State Park stateparks.mt.gov/sluice-boxes

Belt 38 Evans Riceville Rd, Belt 59412 | 454-5840

SWIMMING/LAKES/HOT SPRINGS/ETC

Atkinson Pool cascademontana.com/atkinson-pool

Cascade 147 3rd Ave N, Cascade 59421 | 468-2808

Big Sandy City Pool facebook.com/BigSandyCityPool

Big Sandy 1057 3rd St, Big Sandy 59520 | 378-3114

SWIMMING/LAKES/HOT SPRINGS/ETC

Belt Pool Corporation facebook.com/beltpool

Belt 78 Castner St, Belt 59412 | 277-3386

Chester Memorial Pool chester-montana.com/pool

Chester 759-POOL(7665)

Choteau Lions Club Swim Pool facebook.com/choteaupool

Choteau 29 W Division St, Choteau 59422 | 466-3300

City of Cut Bank Pool

facebook.com/City-of-Cut-Bank-Pool-930681323707952

Cut Bank 214 3rd St SW, Cut Bank 59427 | 873-2828

Conrad Municipal Pool cityofconrad.com/new-page-5

Conrad 601 S Virginia St, Conrad 59425 | 271-5717

Crystal Lake fs.usda.gov/recarea/hlcnf/recarea/?recid=61526

Lewistown Crystal Lake Rd, Lewistown 59457 | 566-2292

Denton Swimming Pool

centralmontanasports.com/denton-swimming-pool

Denton 111 Main Ave, Denton 59430 | 567-2582

Dutton Pool townofdutton.com/swimming-pool

Dutton 476-3091

Ernie Thorn Memorial Pool facebook.com/Ernie-Thorn-Memorial-Pool-Fairfield-Swimming-Pool-1500482820166388

Fairfield 519 1st Ave N, Fairfield 59436 | 467-2244

Fort Benton City Pool

Fort Benton 2010 River St, Fort Benton 59442 | 622-9943

Geraldine Swimming Pool

facebook.com/Geraldine-Swimming-Pool-103231443876361

Geraldine 445 Broadway, Geraldine 59446 | 737-4306

Glenn Heavy Runner Swimming Pool facebook.com/pages/Glenn-Heavy-Runner-Swimming-Pool/1022196844546573

Browning 5th Ave SW, Browning 59417 | 338-7440

Hobson Swimming Pool

centralmontanasports.com/hobson-swimming-pool

Hobson 406 2nd St E, Hobson 59452 | 350-0681

Lewistown City Pool cityoflewistown.com/services/city-pool

Lewistown 1401 6th Ave S, Lewistown 59457 | 535-4503

Shelby Swimming Pool visitmt.com/listings/general/water-park/shelby-swimming-pool-splash-park

Shelby 105 12th Ave, Shelby 59474 | 434-5311

Stanford Pool centralmontanasports.com/stanford-swimming-pool

Stanford 209 1st Ave N, Stanford 59479 | 566-2456

Sunburst Swimming Pool centralmontana.com/listings/1977.htm

Sunburst 937-7171

Tiber Reservoir centralmontana.com/listings/1977.htm

Chester PO Box 220, Chester 59522 | 759-5077

Valier Swimming Pool townofvalier.com/facilities

Valier 279-3613

Warm Springs

enjoylewistown.com/montana-outdoors/warm-springs

Lewistown 749 Warm Spring Lane, Lewistown 59457 | 538-9825

Winifred Community Swimming Pool facebook.com/Winifred-Community-Swimming-Pool-1418552405080918

Winifred 462-539



ADDICTION SERVICES

STATEWIDE/REGIONAL

Alcoholics Anonymous Montana Hotline aa-montana.org
alcoholicsanonymous.com/aa-meetings/montana
 833-800-8553 | 800-839-1686

AL-ANON al-anon.org
Montana AL-ANON/Alateen
al-anon-montana.org | mtalanon@hotmail.com
 Support groups for family and friends of alcoholics.

Narcotics Anonymous namontana.com **Helpline:** 800-990-6262
Browning Blackfeet Community Hospital | IHS Family Room
Choteau Trinity Lutheran Church 38 1st Avenue SW | Upstairs
Conrad Pondera Valley Lutheran Church 518 S Delaware St
Great Falls Gateway Drop-In Center 319 1st Avenue N
Lewistown First Presbyterian Church 215 5th Ave S | Sunshine Room
Shelby Sheriffs Office 235 Deer Lodge Ave | Meeting Room

Montana Tobacco Prevention dphhs.mt.gov/publichealth/mtupp
 Personal quitting coach 800-784-8669 montana.quitlogix.org
Blackfeet Tribal 855-524-7848 mt-americanindian.quitlogix.org
Cascade County 115 4th St S, Great Falls 59401 | 761-9892
Chouteau County 1020 13th St, Fort Benton 59442 | 622-3771
Fergus & Judith Basin Counties
 712 W Main St, Lewistown 59457 | 535-7433
Glacier County 1210 E Main St, Cut Bank 59427 | 873-2924
Judith Basin County 301 1st Ave N, Lewistown 59457 | 535-3983
Liberty County 618 E Adams, Chester 59522 | 759-5517
Pondera County 311 S Virginia St Ste 1, Conrad 59425 | 271-3247
Teton County 905 4th St NW, Choteau 59422 | 466-2562
Toole County 402 1st St S, Shelby 59474 | 424-5169

GREAT FALLS

Gateway Community Services gatewayrecovery.org
 26 4th St N, Great Falls 59405 | 727-2512 | **Crisis Line:** 799-5911
 Outpatient addiction services for Cascade County residents. Safe, intimate place to overcome addiction with a skilled, experienced, and professional staff of licensed addiction and mental health counselors, and certified peer support services.

Rocky Mountain Treatment Center rehabrocky.com
 920 4th Ave N, Great Falls 59401 | 727-8832 | 800-521-6572

AltaCare altacareofmontana.com
 497-7907 | **After Hours Crisis Line:** 877-999-5558
 Montana in-school mental health services. Intensive outpatient treatment for children and adolescents while they attend school, causing little-to-no disruption to their normal lives.

Benchmark Human Services benchmarkhs.com 866-253-4700
Great Falls 18 6th St N Ste 100D, Great Falls 59401 | 403-0087
Montana Milestones: Support/services for families & children 0-3 with a medical diagnosis, delay in development, or at risk for a delay.
Family Education & Support: Services at no cost for ages 3-21 with a medical diagnosis or a delay in development. Provided in their natural environment or via tele-health. Speech/physical/occupational therapy and other services.

Counties: Cascade, Chouteau, Glacier, Liberty, Pondera, Teton, Toole, Blaine, Hill.

Benefis Community Care
benefis.org/services-specialties/home-health

Great Falls 1411 9th St S, Great Falls 59405 | 455-2660
 Home medical equipment, foot health services, licensed home healthcare, private pay in-home care, outpatient palliative care, certified nursing assistant (CNA), home health aide (HHA), medication aide training. **Counties:** Cascade, Chouteau, Fergus, Glacier, Judith Basin, Liberty, Petroleum, Pondera, Teton, Toole.

Developmental Disabilities Program
dphhs.mt.gov/dsd/developmentaldisabilities

Great Falls 201 1st St S Ste 3 Great Falls, 59405 | 454-6085
Counties: Cascade, Chouteau, Glacier, Liberty, Pondera, Teton, Toole.
Billings 2121 Rosebud Drive, Suite H, Billings 59102 | 259 8122
Counties: Fergus, Judith Basin, Petroleum.

Disability Rights Montana disabilityrightsmt.org
Helena 1022 Chestnut St, Helena 59601 | 449-2344 | 800-245-4743
 Federally-mandated civil rights protection and advocacy representing Montanans with a disability.

Family Planning Montana dphhs.mt.gov/ecfsd/familyplanning
 Accessible, quality reproductive and sexual health services.
 Local county and tribal health department office locator:
dphhs.mt.gov/publichealth/fcss/countytribalhealthdepts

Healthy Montana Kids dphhs.mt.gov/hmk
 Free or low cost health coverage for kids.

Healthy Mothers Healthy Babies hmhb-mt.org
 Support for the health, safety, well-being of mothers and babies 0-3.
LIFTS: hmhb-lifts.org Linking Montana families who are expecting or raising young ones to supports, resources, and other families.

Indian Health Clinic ihs.gov
Blackfeet Community Hospital
 760 Hospital Circle, Browning 59417 | 338-6100
Heart Butte Health Station 81 Disney, Heart Butte 59448 | 338-2151

Mental Health America of Montana mhaofmt.org
Mailing: PO Box 88, Bozeman 59771 | 587-7774
Crisis Counseling: 877-503-0833 | montanacrisisrecovery.com
 Free, anonymous confidential crisis counseling & resources.
Recovery Warmline: 877-688-3377 | montanawarmline.org
Virtual Drop-in: Home-based mental illness support services.
Tools: Mental health tests, back to school and outreach toolkits.

Montana Adolescent Health

dphhs.mt.gov/ecfsd/adolescenthealth

Healthy Young Parent Program (HYPP):

Serves adolescents (10-24). Flexible, quality schooling, case management, family support, referrals: prenatal care, reproductive health, quality child care, preventive care, nurturing parenting, life skills, father involvement, direct services (diapers, gas cards for appointments, baby formula, etc.).

Sexual Violence Prevention & Victim Services (SVPVS):

Prevention to reduce risk factors and increase protective factors. Optimal Health For Montana Youth (OHMY) Education: healthy relationships, STDs, HIV/AIDS, peer pressure, alcohol/drug use, dating/relationships/sexual violence, teen pregnancy prevention, personal boundaries, communication/listening skills, goal setting, healthy decision making.

Montana Association For The Blind mabsop.org

Promotes self-sufficiency of blind Montanans through education and training opportunities. Fosters a positive understanding of blindness. Local support chapters throughout the state. Questions? 442-9411

Montana Blind and Low Vision Services (BLVS)

dphhs.mt.gov/detd/blvs

Services for Montanans with blindness or visual disabilities. Vocational Rehabilitation, Business Enterprise, and Older Blind programs assist with employment, living with low vision or blindness, and increasing independence.

Great Falls 201 1st St S Ste 2, Great Falls 59405 | 454-6060
888-279-7527

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin, Liberty, Pondera, Teton, Toole.

Billings 2121 Rosebud Drive, Ste C, Billings 59102 | 248-4801
888-279-7532

County: Petroleum.

Montana Deaf and Hard of Hearing Services (MDHHS)

montanadeaf.org/service

Great Falls 11 38th St S, Great Falls 59405 | 771-9053
Advocate for accessibility and empowerment for Deaf/Hard of Hearing, interpreter referrals, employment, and community education.

Great Falls Club of the Deaf

montanadeaf.org/great-fall-club-of-the-deaf

Meetings 7pm at MSDB 3911 Central Ave, 3rd Saturdays in September, November, January, March and May.



Montana Empowerment Center mtempowermentcenter.org

Mailing: 221 Parkway Dr, Kalispell MT 59901 | 877-870-1190
Montana's Parent Training Information Center (PTI). The MEC's mission is to empower, encourage and educate all Montana families across the state with children and young adults (0-26) with disabilities.

Montana Hands and Voices mthandsandvoices.org

Mailing: PO Box 836, Stevensville 59870 | 239-3076

Guide By Your Side: Specially trained parent guide provides support to families with children who are deaf or hard of hearing.

Advocacy Support & Training: Trained advocates provide resources and support for child education services and communication access.

Montana Public County and Tribal Health Departments

Local county and tribal health office locator:

dphhs.mt.gov/publichealth/fcss/countytribalhealthdepts

Montana Suicide Prevention dphhs.mt.gov/suicideprevention

Text MT or TALK to 741 741

Montana Suicide Prevention Lifeline: 800-273-TALK (8255)

American Foundation for Suicide Prevention:

afsp.org/chapter/montana

National Suicide Prevention Lifeline: suicidepreventionlifeline.org

Veteran Suicide Prevention:

mentalhealth.va.gov/suicide_prevention/

Montana Thrive — Cognitive Behavioral Therapy Skills

thriveformontana.com | mytimetothrive.com

Free, confidential, online program improves emotional well-being for happier, more satisfying lives. Cognitive behavior therapy helps with stress, depression, and anxiety.

Montana Warm Line montanawarmline.org

For rural Montanans needing support for mental illness without traveling long distances. Call 877-688-3377 for home-based support services by trained individuals with lived experience.

North Central Independent Living Services, Inc. ncils.org

Information and referrals, personal assistance services, advocacy, peer support, social security (SAA) work incentives, youth transition services, living well with a disability classes.

Main: 120 25th Ave NE, Black Eagle 59414 | 452-9834 | 800-823-6245

Branch: 315 So Main St Suite E, Conrad 59425 | 271-2013

Quality Life Concepts qlc-gft.org

Conrad 3 S Minnesota, Conrad 59425 | 278-3238

Great Falls 215 Smelter Ave NE Ste 1, Great Falls 59404 | 452-9531

0208 Waiver Services (for children, teens, and adults): Intensive services to meet the exceptional needs of eligible children aged 18-months and older and enhance a family's ability to maintain their children in the family home.

Counties: Cascade, Chouteau, Glacier, Liberty, Pondera, Toole, Teton

VA Community Clinics montana.va.gov

Cut Bank 8 2nd Ave SE, Cut Bank 59427 | 873-9047

Great Falls 1417 9th St S Ste 200 & 300, Great Falls 59405 | 791-3200

Lewistown 629 NE Main St Ste 1, Lewistown 59458 | 535-4790

Veterans Crisis Line veteranscrisisline.net

Call 800-985-5990 and Press 1. Text 838255. Caring, qualified responders with the Department of Veterans Affairs.

HEALTH AND SPECIAL NEEDS

STATEWIDE/REGIONAL

Youth Dynamics youthdynamics.org Toll Free: 877-458-7022

Family behavioral health treatment to provide comprehensive, progressive behavioral health services for youth and families. Individual and family counseling, mentoring/family support assistance, in-home services, support teams, youth case management, respite care, therapeutic foster care, supervised visits, therapeutic youth group homes, independent living and independent living skills.

Great Falls 225 7th Ave S Suite 1, Great Falls 59401 | 453-5592

Shelby 222 Main St #E, Shelby 59474 | 434-7028

BIG SANDY

Big Sandy Medical Center bsmc.org

166 Montana Ave E, Big Sandy 59520 | 378-2189

Critical access hospital, acute-care hospitalization, laboratory testing, radiology services, physical therapy, skilled nursing care, long term care, rural health clinic.

BROWNING

Blackfeet Community Hospital

ihs.gov/billings/healthcarefacilities/blackfeet

760 Hospital Circle, Browning 59417 | 338-6100

Behavior health Mon-Fri 8am-5pm, Emergency/on-call; Mon-Fri 8am-5pm and Sat-Sun 8am-12pm. Comprehensive health care facility, computer tomography (CT) unit, fully digitalized radiology and lab services, behavioral health, social services, community health nursing, contract health services, diabetes program, ear nose and throat (ENT) clinic, emergency care, medical recordings, nursing department, office of environmental health, physical therapy, risk management, utilization review and compliance.

Crystal Creek Lodge

Old Hospital Hill, Browning 59417 | 877-338-3784

Mon-Fri 8am-4:30pm | After hours 338-6320

Culturally based chemical dependency services to all Blackfeet tribal members and others in need of these services.

CHESTER

Liberty Medical Center libertymedicalcenter.org

315 W Madison Ave, Chester 59522 | 759-5181

Medical care, critical access hospital facility, and assisted living facility. Medicare and Medicaid approved, provide services 7 days a week, 24 hours a day, quality healthcare services.

Liberty Medical Center Clinic libertymedicalcenter.org/clinic

418 W Monroe Ave, Chester 59522 | 759-5194

Mon-Fri 9am-5pm Rural Health Clinic department of Liberty Medical Center: family practice clinic, acute illnesses, supports preventative medicine, manages chronic conditions, well child visits, DOT exams, sports physicals, medicare wellness visits, physicals, and female health appointments.

Chester Wheat Country Estates Assisted Living

111 6th Street West, Chester 59522 | 759-5787

Serving families in Liberty County and along the Hi-line.

Liberty County Health Nurse co.liberty.mt.us/services

Community and Senior Center, SE Entrance

618 E Adams, Chester 59522 | 759-5517

Hours: 9:30am-3pm | Summer: May to August: M-W 8:30am-3pm

CHOTEAU

Benefis Teton Medical Center

benefis.org/teton-medical-center/benefis-teton-medical-center

915 4th St NW, Choteau 59422 | 466-5763

Enhancing Behavioral Health Access through Technology (EBAT System) | 466-6085

Choteau Activities Inc.

109 Main Ave N, Choteau 59422 | 466-5311

Quality care and assistance for adults with developmental disabilities. Community homes, work/day services, supported living.

Teton County Counseling Services

teton.msuextension.org/FCSMentalHealthResources.html

Eastern Front Counseling

21 1st St NW Ste 2, Choteau 59422 | 868-6902

Front Range Family Psychiatry frontrangefamilypsych.com

124 N Main Ave, Choteau 59422 | 478-5510

Heart & Mind Counseling

28 1st St NW, Choteau 59422 | 466-2011

New Roots, PLLC meganburton@montanaonlinecounseling.com

Fairfield 59436 | 590-6991

Summit Counseling Services, PLLC montanaonlinecounseling.com

Choteau 59422 | Fairfield 59436 | 590-9177

Teton Counseling betterhelp.com/angela-dailey

Choteau 59422 | 467-2700



CONRAD

Eastern Front Counseling

600 S Main St Ste 10, Conrad 59425 | 278-0440

Marias Healthcare mariashealth.org

1st 4th Ave SE, Conrad 59425 | 271-2007

Nurse Advice Hotline: 844-811-7358

Medical/Behavioral Health, and Podiatry services.

Logan Health — Conrad logan.org/conrad

805 Sunset Blvd, Conrad 59425 | 271-3211

Hospital: Critical access hospital, 24/7 emergency room, ambulance service, laboratory & testing, imaging/radiology, helipad transport, TeleStroke.

Rural Health Clinic: Walk-in, physicals & wellness checks, pediatrics, well child, OB/GYN, pre and postnatal care, immunizations, women's & men's health, occupational/physical/respiratory therapy, eye care, pulmonary and cardiac rehab. M-F 8am-5pm.

Home Health Care: Skilled nursing, rehabilitation, health management, and infusion services.

HEALTH AND SPECIAL NEEDS

CUT BANK

Glacier Community Health Center glacierchc.org

519 E Main, Cut Bank 59427 | 873-5670 | 877-873-5675

Medical: Comprehensive health services provided by board-certified physicians and nurse practitioners. M-F 7am-6pm.

Mental Health: Mental health counseling for individuals, families and couples, M-F 7am-5pm.

Dental: M-W 7am-6pm and Thu-F 7am-5pm.

Logan Health — Cut Bank

DBA Northern Rockies Medical Center nrmcinc.org

802 2nd St SE, Cut Bank 59427

Hospital: 873-2251 | **Clinic:** 873-5507 | **Physical Therapy:** 873-3670

Lab, diagnostic imaging, maternity, rural health clinic, swing bed program, emergency medicine, physical therapy and surgical services.

VROOM TIP!

Music helps your child listen for sounds
which is an early reading skill!

FORT BENTON

Chouteau County Health Department chouteaucountyph.com

1020 13th St, Fort Benton 59442 | 622-3771

Breast feeding assistance, flu clinics, school screenings, foot clinic, vision screening, tobacco prevention, child car seat program, new mom and baby visits.

Chouteau County Mental Health chouteaucountyph.com

1023 13th St, Fort Benton 59442 | 622-3771

Mental health services to residents of Chouteau county: counseling services, assessments and referrals for adults, adolescents and children with mental health issues, facilitates access and authorizes reimbursement to providers.

Missouri River Medical Center mrmcfb.org

1501 Saint Charles St, Fort Benton 59442 | 622-3331

Critical access hospital that provides 24 hour care 7 days a week with an emergency room, acute care, swing bed, long term swing beds, lab, x-ray, EKG, mammograms, physical and occupational therapy. M-F 9am-5pm our Rural Health Clinic Benton Medical Center has family practice clinic, acute illnesses, supports preventative medicine, manages chronic conditions, well child visits, DOT exams, sports physicals, Medicare wellness visits, physicals, and female health appointments.

GREAT FALLS

A Healthy Horizon ahealthyhorizon.com

824 2nd St S, Great Falls 59404 | 268-8480

AWARE aware-inc.org

600 6th St. NW, Great Falls 59404 | 563-8117 | 800-481-8980

Therapeutic clinical services for families and their children ages birth to 9. Outpatient, individual, and family therapy using various treatment modalities such as parent-child interaction therapy and trauma-focused cognitive behavioral therapy; visit coaching and supervised visitation services; in-home support services; and assessments such as ACES and Protective Factor Survey.

GREAT FALLS

Alluvion — Community Health Care Center alluvionhealth.org

Sliding Fee Discount Program. After Hour Care: 454-6973

Medical: 115 4th St S, Great Falls 59401 | 454-6973

M-Thu 7am-6pm, Fri 7am-5pm. Family primary medical care, Physical exams, well child checkups, school/sports physicals, diagenesis and treatment for STD, referrals for specialty care, minor surgical procedures, lab work, immunizations, health education, Pharmaceutical Assistance Program.

Behavioral Health: 115 4th St S, Great Falls 59401 | 454-6973

M-Thu 7am-6pm, Fri 7am-5pm. Individual counseling, couples counseling, family counseling, licensed addiction counseling services, EMDR (Eye movement desensitization and reprocessing).

Dental: 202 2nd Ave S Ste 203, Great Falls 59401 | 791-9267

M-F 7:30am-5pm. Checkups, cleanings, x-rays, fillings, extractions with a sliding fee discount program.

Benefis Adult Behavioral Health

benefis.org/services-specialties/behavioral-health/behavioral-health

1101 26th St S, Great Falls 59405 | 455-5000

Inpatient:

benefis.org/services-specialties/behavioral-health/inpatient-behavioral-services

Adult round-the-clock care treatment for emotional/mental disorders or medical treatment for withdrawal.

Outpatient: 455-2368

benefis.org/services-specialties/behavioral-health/outpatient-behavioral-services

Outpatient care evaluation, therapy, intensive and partial hospitalization. Mental health neuropsychological assessments, diagnostic, pre-surgical and chemical dependency evaluations, treatment plans and recommendations.

Outpatient Counseling Services: 455-2367

Psychology: 455-2760



Benefis Pediatrics benefis.org/bhs/pediatric-services**Medical Office:** Entrance 11, Floor 2

1300 28th St S Ste 6, Great Falls 59405 | 731-8865

Benefis NW: 25 14th Ave NW, Great Falls 59405 | 455-4777

Medical care for children birth to young adulthood: immunizations, well child care, assessment of growth and development, screening of mental and social well-being, hearing and vision screening, routine screening lab work, camp, and sports physicals.

Our office welcomes children with special health care needs.

Comprehensive assessment and management: disorders of the respiratory and GI systems, endocrine and neurological systems, disorders of the skin, disorders of the musculoskeletal systems, disorders of the ears, eyes, and mouth, including congenital and infectious causes. We perform minor procedures; diagnosis and management of sprain and strains; and treatment for pediatric mental health or behavioral issues.

Benefis Pediatrics Therapy Center

benefis.org/services-specialties/rehabilitation/pediatric-therapy/pediatric-therapy

Benefis West: Entrance 33, Floor 1 (flagpole entrance)

500 15th Ave S, Great Falls 59405 | 455-2661

Physical, Occupational, and Speech Language Therapy Service:

Evaluations to determine developmental levels, evaluations for augmentative or alternative communication devices, assistive technology assessments, treatment of fine and gross motor delays, treatment of swallowing, feeding, and/or eating problems, treatment of cognitive and communication delays, visual-motor and sensory integration therapy, adaptive equipment, and orthotics.

Benefis Pediatrics Specialty Center**Medical Office:** Entrance 11

1300 28th St S Ste 4, Great Falls 59405 | 455-4300

Cleft/Craniofacial: Floor 1 | 455-4306

Provided at no cost for children with cleft palate and craniofacial disorders in Great Falls, Browning, and Wolf Point.

Pediatric Behavioral Health Clinic: Floor 2 Ste 9B | 455-4300

Individualized care for a full range of mood, developmental, learning, and other disorders in kids. Dr. Floyd, Child Psychiatrist; Diane Evans, NP; Andrea Savage, LCP; John Hamilton, PhD, Pediatric Neuropsychologist.

Endocrine: Floor 2 Ste 6 | 731-8865

Children with endocrine conditions: diabetes, growth disorders, puberty disorders, and thyroid conditions. Marwan Bakhach, MD.

Genetic: Patients of any age suspected or known to have a genetic disorder. Diagnosis and evaluation, proper diet, and tendency for this disorder to recur in future pregnancies.

Specialists: Shodair Hospital 444-7530.**Orthopedic:** 455-3650

Children with conditions affecting their bones, muscles, ligaments, and spine are evaluated at this clinic. A pediatric orthopedist, a physical therapist, and a nurse make up this team.

Telehealth Clinics: To facilitate follow-up specialty care and on-going patient evaluation and communication. Clinics are offered in many of the specialty areas.

**Big Sky Therapeutic Services** bigskytherapy.com

1601 2nd Ave N, Great Falls 59405 | 205-0452

Counseling services for families, children, and individuals in the office, home, or community setting. Applied behavioral analysis services, part-child interaction therapy, family therapy, behavior modification, functional behavioral assessments and programming, trauma-focused therapy, special education programming and consultation, parent and professional training and education, parenting and individual education classes.

Center for Mental Health center4mh.org

915 1st Ave S, Great Falls 59401 | 761-2100

The Center for Mental Health partners with people and community to serve the whole person body, mind & spirit by providing wellness expertise in mental health and substance abuse services.

Youth Case Management: Connects the needs of youth and families with community resources. Supports making informed choices, timely access to needed assistance, encouragement in developing realistic, attainable life goals, and preservation of families in our community.

In-Home Family Care: Therapeutic/psycho-educational services, individual and family counseling, education regarding children's mental health, mood, behaviors, development, and therapeutic teams in the home and school.

Comprehensive School and Community Treatment (CSCT):

Promotes student's positive involvement in their community, school, and home while receiving specialized mental health services in the least restrictive environment possible on a daily basis.

Family-Based (In-Home) Services: Provide intensive services to families in danger of having a child removed from the home by the Department of Family Services of Youth Court. The goal is to stabilize the family and begin correcting the problems in order to keep the family together.

Adult Services New Directions Center: Adult behavioral health group homes, waiver homes, foster care, and day treatment.

City County Health Department

cascadecountymt.gov/174/City-County-Health-Department

115 4th St S, Great Falls 59401 | 454-6950

Women, Infant, Child (WIC) Program: 454-6953 | 868-6897

Nutrition education and food supplementation vouchers, breastfeeding support, registered dietitian services and farmers market vouchers.

WIC Breast Feeding Program: 454-6953 | 868-8414

Breastfeeding support by certified lactation counselors and WIC breastfeeding peer counselors, education, personal support, employment transition and referrals.

Buckle Up Car Seat Program: 791-9299 | 454-5072

Car seat installation instruction and car seat checks.

Immunizations: 454-6950

Vaccinations for children and adults. Insurance and all payment types are accepted. No one will be denied service due to inability to pay.

Developmental Screening: 791-9299

Free screening for ages 0-5 years.

Circle of Security Parenting Classes: 761-9896

Teaches participants about healthy attachment and positive relationships to reduce mental health issues, develop high self-esteem and improve school readiness.

Asthma Program Home Visitation: 791-9299

Asthma education and self-management during home visits.

Home assessment for reducing triggers, air purifiers and dust mite elimination.

Better Beginnings Home Visitation: 761-9295

Assist with early access to prenatal care, presumptive Medicaid, WIC, and pregnancy support to ensure healthy pregnancy and delivery. Referrals and community resourcing.

Parents as Teachers (PAT) Home Visitation: 791-9271

Enhancing parenting skills. Activities to build child's developmental skills: screenings; referrals and community resourcing. Focus on school readiness.

Safe Care Home Visitation: 761-9896

Voluntary in-home parenting program focused on health, home safety, parent-child/infant interaction.

Eagle Mount eaglemount.net

1065 Franklin Ave, Great Falls 59405 | 454-1449

Therapeutic and recreational activities for children and adults with physical, mental, or behavioral challenges, striving to improve the quality of life for them and their families. For anyone in our community age's 6 weeks old to 102 years old with a disability diagnosed by a doctor or physician.



Easterseals-Goodwill esgw.org

425 1st Ave N, Great Falls 59401 | 761-3680

Day habilitation, supported living, job training, coaching, and placement assistance for adults with disabilities. Easterseals-Goodwill also provides SCSEP (Senior Community Services Employment Program), home health care, personal care, hospice, and adult day services for individuals needing extra assistance to maintain their independence.

Eating Disorder Task Force mhagf.org

410 Central Ave Ste 509, Great Falls 59403 | 761-7079

ECHOZ echoz.org

1323 9th Ave S, Great Falls 59405 | 727-1850

FREE pregnancy testing/pregnancy verification via ultrasound. FREE Earn While You Learn Program: parents earn "credit" by completing parenting classes on-site or in the community (Echoz has over 200 classes available). Parents use this "credit" to buy items for their baby's needs free of charge: diapers, wipes, formula, cribs, etc.

Emily Wish, LLC emilywish.com

600 Central Ave Ste 201, Great Falls 59401 | 952-3772

Evidence-based and compassionate care for people struggling with eating disorders and body image dissatisfaction. We treat children, adolescents, and adults, as well as provide support to those who love them.

VROOM TIP!

Playing games helps your child see and copy what you are doing. These are important skills for school and life. It's a great brain builder!

Exceptional Family Member Program-Family Support

(EFMP-FS) Airman and Family Readiness Center

6225 Maple Street, MAFB | 731-4900 | 836-1036

The focus of EMFP-FS is to network with installation EFMP-Medical to provide information and referral to families enrolled in EFMP, including educational, social, and recreational programming. Helps families navigate local, state and federal resources. Maintains a library of educational and special needs books and other support materials available for loan. Provides education support for students with special needs via partnership with local schools and community agencies.

Gentle Beginnings Family Care and Birth Center gbfbc.com

1406 16th Ave SW, Great Falls 59404 | 770-3022

Great Falls Clinic Pediatrics gfcclinic.com

1400 29th St S, Great Falls 59405 | 454-2171

Pediatrics, same day appointments and walk-ins accepted, immunizations, sports physicals, well-child and sick-child visits, pediatric speech and language therapy, physical therapy, pediatric/young adult psychiatry, general pediatrics, newborn services, behavioral developmental pediatrics and audiology and hearing evaluations and management.

Great Falls Clinic Pediatrics: 1400 29th St S | 454-2171

Northwest Clinic Pediatrics: 1600 Division Rd | 268-1600

Pediatric Weekend Walk-in Clinic: 3000 15th Ave S | 454-7200

IFHC — Indian Family Health Clinic ifhcgf.org

1220 Central Ave, Great Falls 59401 | 268-1510

IFHC serves all people with a focus upon care for American Indian/Alaskan Natives (AI/AN). IFHC serves North Central Montana, Cascade county and city of Great Falls. IFHC services include health clinic, mental health, chemical dependency, behavioral health, peer support, anger management, community outreach and related services. IFHC's additional services include care coordination, including ACA enrollment, Medicare assistance, case management, nutrition support, and care services for patients and clients.

Inner Reflections Healthcare innerreflectionshealthcare.org

1601 2nd Ave S Ste 520, Great Falls 59401 | 453-1254

Kairos Youth Services kairosyouthservices.org

625 Central Ave W Ste 205, Great Falls 59403 | 727-0076

Operates community based youth homes to provide a healthy, structured, safe environment. Provide educational, social, cultural and recreational opportunities. Youth receive personal guidance, supervision, individual/family counseling, and referrals to community resources.

Foster Care Independence / Chafee Program (CFCIP): This program helps Montana foster youth get the life skills they need to make a successful transition into adulthood.

Montana School for the Deaf and Blind msdbmustangs.org

3911 Central Ave, Great Falls 59405 | 771-6000

Comprehensive educational opportunities for Montana's students who are deaf, hard of hearing, blind, visually impaired and deaf blind. Preschool through high school students attend as residential or day students on the Great Falls campus. Information and consultation to parents, schools and professionals statewide, at no cost to parents or school districts. Technical assistance and equipment on a short-term loan basis to school districts.

Nova Health Urgent Care

novahealth.com/locations/nova-health-great-falls

609 10th Ave S, Great Falls 59405 | 430-1040

Treatments/Services: Allergy/asthma, cough/congestion, fever/flu, dehydration, abscess care, skin rashes/infections, minor eye injuries, fractures, sprains/strains, lacerations, sutures/stitches, sports physicals, on-site lab/x-ray, EKG, vaccinations/immunizations. Appointment by walk-in or reservation.



VROOM TIP!

Are you teaching your child to use words to express their feelings? As you're out and about, ask them to notice animals, which don't use words, and see how they communicate what they want.

Does the dog bark or stare at you?
Ask them what they think the dog is trying to say.

National Alliance on Mental Illness of Montana namimt.org

PO Box 1176, Great Falls 59403 | 453-9380 | namigreatfalls.org

Supports, educates, and advocates for Montanans with mental illness and their families. County mental health resource guides. Local NAMI support groups.

NAMI Connection: Meets first & third Monday each month.

namigreatfalls@gmail.com or namifacilitatorgf@gmail.com

FaithNet Bridges of Hope: Presentation to educate faith communities about mental illness.

Family Support Group: 799-5934

Meets second Monday each month.

Family-to-Family Education Class: Free 8 session course for families, partners, and friends of individuals with mental illness.

Family and Friends Seminar: 443-7871

Monthly zoom meeting.

Northcentral Learning Resource Center nclearning.org

1601 2nd Ave N Ste 234, Great Falls 59401 | 727-6303

A special education cooperative serving rural Cascade county schools.

Peace Place Respite Care peaceplacegf.com

1315 Central Ave Ste B, Great Falls 59401 | 453-1411

Peace Place serves families with children who have medical diagnoses and/or developmental delays. We offer purposeful childcare, caregiver support, and specialized training so that at-risk children may be safe and their families may thrive. All our programming is free of charge. Offering parents the GIFT of TIME today and hope for a better tomorrow through the following programs. Morning program (0-5) and After School (5-12+).

Planned Parenthood of Montana

plannedparenthood.org/health-center/montana/great-falls/59405/

planned-parenthood-great-falls-2442-90790

211 9th St S, Great Falls 59405 | 454-3431

Telehealth Care: 443-7676

Affordable health care for women, men, and children. Physical and reproductive exams, testing, and treatment; birth control, pregnancy testing, mid-life and menopausal care, primary care and general family practice.

Scottish Rite Childhood Language Disorders Clinic

helpkidscommunicate.com

1304 13th St S, Great Falls 59405 | 727-1088

FREE speech, language, and feeding evaluations and therapy to preschool children in north central Montana.

Vocational Rehabilitation dphhs.mt.gov/detd/vocrehab

201 1st St S Ste 2, Great Falls 59405 | 454-6060 | 888-279-7527

Promotes work and independence for eligible individuals with disabilities. Services to assist, find or maintain employment.

HEALTH AND SPECIAL NEEDS

LEWISTOWN

Central Montana Family Planning cmtfp.org

300 1st Ave N Ste 202, Lewistown 59457 | 535-8811 | 877-421-8646
M-Thur 8am-5pm, Fri 8am-12pm. Health screenings and treatment; pregnancy testing, counseling and education.

Central MT Medical Center cmmc.health

408 Wendell Ave, Lewistown 59457 | 535-7711
25-bed critical access hospital. Services: rehab, home health/hospice, in/outpatient surgical services to obstetrics, emergency, intensive care, high tech radiology services and specialty physicians.

Crisis Intervention: Statewide coordinator 431-3245

24-hour crisis line: 771-6848 x3336

Helps patients & families for sudden death accidents, alcohol/drug problems, abuse, suicide crisis intervention.

Social Services: Case management for adults with developmental disabilities: assessment, planning, monitoring and advocacy services.

Fergus County Nurses' Office ferguscountynursesoffice.org

712 W Main St Ste 102, Lewistown 59457 | 535-7433
Immunizations, tobacco use prevention, safe sleep program - cribs, blood pressure checks, head lice checks, strep and COVID testing, health education and resource for residents, local registrar, drug and alcohol monitoring program, loan closet equipment rental.

Lewistown Mental Health & Addiction Services

mhcbillings.org/locations

212 Wendell St, Lewistown 59457 | 538-7483
Mental health and chemical dependency services for teens and adults, chemical dependency groups and appointments.

Montana Mental Health Nursing Care Center

dphhs.mt.gov/amdd/MMHNCC

800 Casino Creek Dr, Lewistown 59457 | 538-7451
Licensed residential facility for long term care and treatment of persons who have a mental disorder and who require a level of care not available in the community, and cannot benefit from the intensive psychiatric treatment at the Montana State Hospital. The center may discharge residents who can function in, or benefit from community settings.

One Health onehc.org/centralmontanachc

406 1st Ave S, Lewistown 59457 | 535-6545 | 888-535-6545
M, W, F: 8am-5pm and T, Th: 8am-7pm. Medical, dental, and behavioral health care for all ages. Care to all regardless of income or ability to pay. Office visits, illness, physical exams, obstetrics, well child visits, immunizations, health education, diagnosis, management, chronic illnesses, behavioral health screening, dental care, referrals to laboratory and other specialty providers, assistance applying for prescription drug assistance, and ACA health insurance. Substance abuse and addiction counseling. Mental health counseling. Counseling, case management, and evaluation for seriously emotionally disturbed youth.

Yellowstone Boys and Girls Ranch ybgr.org

481 Lower Airport Rd, Lewistown 59457 | 538-4418 | 800-726-6755
Mental health care for boys 11-18 and girls 12-18, and their families. Therapeutic youth mentor, school based and home support, case management, chemical dependency, family preservation and reunification, psychological and outpatient testing.

SHELBY

Toole County Health Department

toolecountymt.gov/departments/health.html

402 1st St S, Shelby 59474 | 424-5169 | 8:30am-5pm M-F.

Car Seats: Car seat inspections. Free for families that qualify.

Immunizations: Don't let cost be a barrier to protecting your children or yourself against vaccine preventable diseases. We bill insurance/Medicaid and have programs for uninsured/underinsured. Uninsured children qualify for free vaccines. Call 424-5169 for an appointment.

WIC: If you are pregnant, or have an infant or child under the age of 5, you may qualify for WIC services.

Cancer Screening: Call to see if you qualify for free breast and cervical screening.

Tobacco Cessation: Call 1-800-QUIT-NOW, 1-855- QAI-QUIT, or visit mylifemyquit.com.

Logan Health — Shelby logan.org/shelby

640 Park Avenue, Shelby 59474 | 434-3200
Hospital stays, emergency room, various surgeries, outpatient and rehabilitation services, extended care and retirement housing.

Marias Healthcare Dental Clinic mariashealth.org

865 Oilfield Ave, Shelby 59474 | 434-3142
Preventive dentistry, oral exams, sealants and fluoride.

Marias Healthcare Clinic mariashealth.org

Nurse Advice Hotline | 844-811-7358

Medical and Behavioral Health

670 Park Avenue, Shelby 59474 | 434-3100
Comprehensive medical and behavioral health, stress health maintenance and preventative care, as well as treatment of illness, well child, men's health, women's health, OBGYN, obstetrics and delivery, birth center.



SUNBURST & VALIER

Marias Healthcare Clinic mariashealth.org

Nurse Advice Hotline: 844-811-7358

Sunburst 13 1st Ave S, Sunburst 59482 | 937-3370

Valier 422 Montana Ave, Valier 59486 | 279-3771

STATEWIDE/REGIONAL

CHILD ABUSE HOTLINE: 866-820-5437

CASA-CAN montanacasagal.org | nationalcasagal.org

Trains and supports community volunteers to advocate for children who have suffered abuse or neglect, to ensure that they receive essential services.

CASA of Hill County, Inc. casaofhillcounty.org

2229 5th Ave Ste 135, Havre 59501 | 265-6743 x1135

Counties: Chouteau, Hill, Liberty.

Conrad Front Range CASA/GAL, Inc. frontrangecasa.org

PO Box 945, Conrad 59425 | 576-7041

Counties: Glacier, Pondera, Teton, Toole.

Great Falls CASA-CAN casacan.org

415 2nd Ave N Ste 100, Great Falls 59401 | 454-6738

County: Cascade.

Child and Family Services dphhs.mt.gov/cfsd

Protective services for abused, neglected, or abandoned children. Services for adoption, foster care, and guardianship.

Browning 605 SW Boundary St, Browning 59417 | 338-5171

Conrad 300 N Virginia St Ste 320, Conrad 59425 | 278-5142

Cut Bank 1210 E Main, Cut Bank 59427 | 873-5534

Great Falls 2300 12th Ave S Ste 211, Great Falls 59405 | 727-7746

Lewistown 312 Birch St Ste 1, Lewistown 59457 | 708-7081

L.O.V.E. lovemontana.org

Non-Profit support group for foster and adoptive families, at risk youth, and community events.

Contact: linkingourvoiceseveryday@gmail.com

Tribal Social Services dphhs.mt.gov/cfsd/icwa

Blackfeet PO Box 850, Browning 59417 | 338-5171

Fort Belknap 656 Agency Main St, Harlem 59526 | 353-8346

Fort Peck 629 27th Ave S, Wolf Point 59201 | 653-1494



GREAT FALLS

Children's Receiving Home gfcrrh.org

PO Box 1061, Great Falls 59403 | 727-4843

Emergency shelter and placement services for local children who are placed in foster care due to issues of child abuse or neglect.

Dandelion Foundation dandelionfoundation.org

PO Box 775, Great Falls 59403 | 231-1397

The Dandelion Foundation is committed to prevention of child abuse and family violence in North Central Montana. Using a variety of primary and secondary prevention tools and resources, we work to expand training and education for parents, providers and the general community on topics such as child sexual abuse prevention, support for drug endangered children and the connection between family violence and child abuse. We are committed to multiple partnerships and collaborations that support children and families.

STATEWIDE/REGIONAL

Amtrak amtrak.com/regions/west.html

amtrakguide.com/stations/amtrak-stations-in-montana

Reservations & Customer Service: 800-872-7245 | TTY 800-523-6590

Browning Heart Butte Road & Depot Road, Browning 59417

Cut Bank 101 BNSF Industrial Site, Cut Bank 59427

East Glacier Park 400 Highway 49 North, East Glacier 59434

Essex 290 Izaak Walton Rd, Essex 59916

Libby 100 Mineral Ave, Libby 59923

Shelby 230 West Central Ave, Shelby 59474

West Glacier 12544 US Highway 2 East, West Glacier 59936

Whitefish 500 Depot St, Whitefish 59937

Cascade County Law Clinic — A Pro Bono Project

courts.mt.gov/probono/Locations/8thjudicial

Great Falls 401 3rd Ave N Lower Level, Great Falls 59401 | 452-6269

Cases: Family, landlord/tenant, name changes, guardianship.

Program Structure: Cases are referred for placement on the pro bono wait list through Montana Legal Services. Clients must be eligible for Montana Legal Services Association (MLSA) services in order to qualify for the program.

Cascade County Self Help Law Center

Great Falls 600 Central Plaza, 13 6th St S, Great Falls 59401 | 205-0347

cascadecountyselfhelp@mt.gov

Montana Court Self Help Program 497-6600 | courts.mt.gov/selfhelp

Information and resources for civil legal issues.

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin, Liberty, Petroleum, Pondera, Teton, Toole.

Child Support Enforcement dphhs.mt.gov/cssd

Montana Interstate Office of Child Support

PO Box 202943, Helena MT 59620 | 444-9767

Great Falls 1201 1st St S Ste 1A, Great Falls 59405 | 727-7449

Counties: Cascade, Chouteau, Glacier, Liberty, Petroleum, Pondera, Teton, Toole

Butte 129 W Park St Ste 201, Butte 59701 | 497-6600

Counties: Fergus, Judith Basin

County Resource Guides

courts.mt.gov/selfhelp/Resources/CountyResourceGuides

Disaster Distress Helpline DisasterDistress.samhsa.gov

Call/Text 800-985-5990 or ASL button on the website.

Multi-lingual crisis counseling for emotional distress from natural or human-caused disaster.

Energy Share Montana [energyssharemt.com](http://energysharemt.com)

Helps Montanans faced with energy emergencies meet their need and move towards self-reliance.

Housing Authority housing.mt.gov

Blackfeet 625 SW Boundary St, Browning 59417 | 338-5031

Great Falls gfhousing.org

1500 Chowen Springs Loop, Great Falls 59405 | 453-4311

Job Service montanaworks.gov/job-service-montana

Cut Bank 2501 E Main, Cut Bank 59427 | 873-2191

Great Falls 1018 7th St S, Great Falls 59405 | 791-5800

Lewistown 773 Airport Drive, Lewistown 59457 | 708-7024

Montana 2-1-1 montana211.org

Mobile friendly website connecting people to resources in their community for non-emergency needs.

Montana Agencies on Aging

dphhs.mt.gov/sltc/aging/areaagenciesonaging

Montana Coalition Against Domestic and Sexual Violence

mcadsv.com

Supports and connects direct service victim advocacy programs and provides technical assistance and training.

National Domestic Violence Hotline: 800-799-SAFE (7233)

National Sexual Assault Hotline: 800-656-4673

Montana Disaster and Emergency Services des.mt.gov

Lead agency coordinating comprehensive emergency management in Montana.

Blackfeet Tribal 640 Old Chief Road, Browning 59417 | 338-7667

Cascade County 521 1st Ave NW, Great Falls 59404 | 454-6900

Chouteau County 1308 Franklin St, Fort Benton 59442 | 622-3027

Fergus County 712 W Main Ste 103, Lewistown 59457 | 535-8118

Glacier County 512 E Main St, Cut Bank 59427 | 873-3647

Judith Basin County 91 3rd St N, Stanford 59479 | 566-2277 x128

Liberty County 710 W Monroe Ave, Chester 59522 | 759-5743

Petroleum County 302 E Main, Winnett 59087 | 429-6551

Pondera County 20 4th Ave SW, Conrad 59425 | 271-4040

Teton County 19 Main Ave S, Choteau 59422 | 466-5552

Toole County 100 E Main, Shelby 59474 | 450-4892

Montana Food Bank Network mfbn.org

Missoula 5625 Expressway, Missoula | 721-3825

Montana's statewide food bank partners with neighborhood food banks, community pantries, and other organizations to end hunger in Montana. Find resources in your community at mfbn.org/get-help.

Montana Free File freefilealliance.org

mtrevenue.gov/taxes/individual-income-tax/free-file-alliance-partners

Free File Alliance helps taxpayers prepare and e-file their federal and state tax returns for free.



Montana Justice Foundation mtjustice.org

Works with donors and community partners to serve Montana's civil legal aid community. Call 523-3920.

Montana Legal Services Association (MLSA) mtlsa.org

Helena 616 Helena Ave Ste 100, Helena 59601 | 800-666-6899

Provides legal information, advice, and other civil legal services free to low-income Montanans throughout the state.

Montana Law Help montanalawhelp.org

Montana Public Transportation Systems

Regional transportation listings: mdt.mt.gov/publictransit.

Blackfeet Transit Program

fastblackfeet.org/resources/blackfeet-transit-program

200 E Hospital Rd, Browning 59417 | 338-5604 | 338-5007

Great Falls Transit District gftransit.com

3905 North Star Blvd, Great Falls 59405 | 727-0382

County: Cascade

Central Montana Shuttle fccoa.net/resources

307 W Watson St, Lewistown 59457 | 535-7486

County: Fergus

Northern Transit Interlocal northern.rural-transit.com

135 5th Ave N, Shelby | 470-0727 | 873-2207

Counties: Glacier, Pondera, Toole

Liberty Community & Senior Center

chestercommunitycenter.com/transit.htm

618 E Adams Ave, Chester 59522 | 759-5244

County: Liberty

Montana Shelter Directory

homelessshelterdirectory.org/state/montana

Comprehensive listing of shelters by city and county.

Montana Veterans Affairs dma.mt.gov/MVAD/index

877-468-8387 8am-4:30pm | After hours 844-819-0833

Statewide service network for discharged veterans and their families. Services and assistance for all veterans, surviving spouses, and dependents. Locate a clinic at va.gov/montana-health-care/locations.

Montana Victim & Witness Assistance Programs

Montana Department of Justice: dojmt.gov/victims | 800-498-6455

US Attorney's Office for the District of Montana:

justice.gov/usao-mt/victim-witness-assistance

Provides support, services, and information to victims and witnesses.

Montana Department of Corrections: dojmt.gov/victims

877-503-0833 | 888-223-6332

Person-centered, trauma-informed strategies to assist individuals who have experienced traumatic events. Hours: M-F 8am-5pm.

Montana Coalition Against Domestic & Sexual Violence:

mcadsv.com | 443-7794 x116/118

Victim Information And Notification Everyday (VINE):

vinelink.com/classic/#/home/site/27001 | 800-456-3076

Cascade County Attorney's Office: 454-6915

Victim Impact Program: 727-3065

Victim-Witness Assistance Services: vwas.org

315-1111 | 454-6820 x347

Voices of Hope: voicesofhopemt.org

268-1330 | Local Crisis Line 453-HELP (4357)

FAMILY SERVICES

STATEWIDE/REGIONAL

Montana Victim & Witness Assistance Programs; continued

YWCA Great Falls: ywcagreatfalls.org | 452-1315

Counties: Cascade, Chouteau, Glacier, Judith Basin, Liberty, Pondera, Teton, Toole.

Hi-Line's Help for Abused Spouses: hlhas.com

24 Hour Crisis Line: 800-219-7336

Counties: Chouteau, Glacier, Liberty, Pondera, Teton, Toole

Toole County Victim Advocate Program:

24 Hour Crisis Line: 450-0335

Counties: Chouteau, Liberty, Pondera, Toole

Fergus County Attorney Victim Assistance Program: 538-8127

SAVES, Inc.:

24 Hour Hotline: 535-2303

Counties: Fergus, Judith Basin, Petroleum

Montana Legal Services Association: mtlsa.org | 800-866-6899

District IV HRDC Domestic Abuse Program:

265-6743 | **24 Hour Hotline:** 265-2222

County: Liberty

Office of Public Assistance

dphhs.mt.gov/hcsd/OfficeofPublicAssistance

Provides Economic and Medical Assistance to those in need due to lack of income/employment. **Helpline:** 888-706-1535

Browning 121 1st Ave NW, 59417 | hhshcsopaglacier@mt.gov

Great Falls 201 1st St S, 59405 | hhshcsopacascade@mt.gov

Lewistown 312 Birch St Ste 1, 59457 | hhshcsopafergus@mt.gov

Opportunities, Inc. oppincchanginglives.org

Great Falls 905 1st Ave S, Great Falls 59401 | 761-0310

Community action agency providing resources and training for low-income residents.

HUD Section 8 Housing: Income-based housing.

LIEAP (Low Income Energy Assistance Program):

Help with payments on primary heating source.

Weatherization: 216-3055

Home insulation and energy saving education.

WIAO Youth Employment Program: 761-8462

Education and job skills training for youth ages 14-24.

Head Start: 453-5415

Preschool education, and early intervention services.

Community Resource Center: 216-2300

Assistance and referrals for emergency housing, food, medication, and transportation.

Counties: Cascade, Chouteau, Glacier, Pondera, Teton, Toole.

Parenting Montana parentingmontana.org

Promotes healthy mental, emotional, and behavioral development of children by actively growing their social and emotional skills.

Rural Employment Opportunities reomontana.org

Education and training to help families find permanent full-time careers. Free for those who qualify. 800-546-1140

Missoula 415 N Higgins Ave Ste 126, Missoula 59802 | 274-4172

Counties: Cascade, Chouteau, Glacier, Fergus, Judith Basin, Liberty, Pondera, Teton, Toole

Billings 2120 Grand Ave Ste 2, Billings 59102 | 839-7852

County: Petroleum

Social Security Administration ssa.gov

Process social security applications, medicare programs, supplemental security income (SSI), programs for the needy, disabled, and aged (over 65), manage earning records for anyone covered under social security to insure the correctness of reporting practices.

Billings 2900 4th Ave N Room 100, Billings 59101 | 866-895-1795

Great Falls 2008 23rd St S, Great Falls | 877-583-4114

Women Infants and Children (WIC) dphhs.mt.gov/ecfsd/wic

Supplemental nutrition program for women, infants, and children: health information, breastfeeding support, health care referrals and nutrition education. Locate your local WIC clinic at signupwic.com, call 800-433-4298, or email montanawicprogram@mt.gov.

BROWNING

Blackfeet Domestic Violence Program

101 5th Avenue NE, Browning 59417 | 338-2408 | 338-2409

Blackfeet Manpower blackfeetmanpower.wordpress.com

409 N Piegan St, Browning 59417 | 338-3821

Education, training, case management, advocacy and support services to increase employability on or near the Blackfeet reservation. Increase occupational skill attainment, improve workforce quality, reduce welfare dependency, enhance productivity and self-sufficiency to improve health, well-being and quality of life.

CHESTER

Liberty County Community and Senior Center

chestercommunitycenter.com

618 E Adams, Chester 59522 | 759-5244

M-F 8:30am-4:30pm



VROOM TIP!

Play "I Spy" with your child to find things by color or letter. Count out loud as you find each item. Games like this teach your child to notice similar things.



Alliance for Youth allianceforyouth.org

3220 11th Ave S, Great Falls 59405 | 952-001

Parenting Support:

Nicole Zimmerman | nzimmerman@allianceforyouth.org | 952-0035

Circle of Security and Nurturing Parenting: 8 evidence-based lessons designed to improve parents' understanding of the needs of their children and improve appropriate parent responses to meet their children's needs. Service provision encompasses parents with children ages 0-12 years.

Parents Forever: Parents Forever™ is a 4-hour "co-parenting" class for parents in the process of divorce, already divorced, or never married but separating.

Positive Parenting Support Group: Parenting is hard, we believe we can support one another as we navigate parenthood and all the challenges that come with it. Join us at 7pm on the first Thursday each month. We provide dinner and childcare. We are stronger together!

Parent Café's: Program helps parents build relationships with other families, community members and organization partners.

Online Parenting Support: Join Nicole from Alliance for Youth and tune in to our Parent Café Live YouTube channel youtube.com/channel/UCNbIXQU11mdkchbCd0mhNiQ

Mental Health:

Nicole Zimmerman | nzimmerman@allianceforyouth.org | 952-0035

Youth Mental Health First Aid (YMHA):

Available to adults in the community FREE of charge. It builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) to encourage youth peer to peer interaction.

Mental Health First Aid for Adults: Teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help and how to guide a person toward appropriate care if necessary.

Alliance for Youth; continued

Applied Suicide Intervention Skills Training: Two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone. Ages 16+ recommended.

Question, Persuade, and Refer (QPR): The three simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Youth Support:

Youth Advisory Board (YAB):

Beth Price Morrison | bmorrison@allianceforyouth.org | 952-0468
Cascade county high school students host drug and alcohol free events, health promotion campaigns, and healthy choices for peers and community.

Youth Resource Center (YRC):

Lisa Beavers | lbeavers@allianceforyouth.org | 952-0136
The YRC Drop-in Center is a first point of contact that provides an informal atmosphere to attract and engage youth who are disadvantaged and/or homeless. The Center offers food (one meal a day at 5pm), clothing & hygiene products, shower & laundry facilities, mental health & addiction counseling, transportation assistance, connection to employment, education/training and housing.

Alcohol & Substance Abuse Support:

The Sober Life: Dean Snow | dsnow@allianceforyouth.org | 203-0935
The Sober Life provides a healthy outlet where people in recovery can fulfill their need for connection. We are people in recovery, helping those in recovery. We offer a range of free and family friendly events and activities, where those in recovery can enjoy fellowship and build friendships in an alcohol, drug and judgement free environment.

Substance Abuse Prevention Alliance (SAPA):

Beth Price Morrison | bmorrison@allianceforyouth.org | 952-0468
SAPA is a community coalition founded on the premise that substance abuse correlates and contributes to other behaviors that interrupt youths' ability to reach their full potential. This coalition is focusing their efforts to prevent alcohol, nicotine, marijuana, prescription, opioid, heroin, and methamphetamine use.



FAMILY SERVICES

GREAT FALLS



Catholic Social Services of Montana cssmt.org

410 Central Ave Ste 601, Great Falls 59401 | 771-7805 | 800-222-9383
Licensed, non-profit adoption agency services expectant parents and families wishing to adopt.

Emilie Center facebook.com/Emilie-Center-417218889045534

1920 10th Ave S, Great Falls 59405 | 771-6695
Community donations distributed through vouchers and to the homeless. T/W 9am-12pm & 1-3pm.

Family Promise familypromisegf.org

1019 Central Ave, Great Falls 59401 | 564-5267
Helps homeless and low income families achieve lasting independence by providing shelter, meals, and support services to homeless families and children through a collaboration of local houses of worship. Partners with area social service agencies to help find housing, jobs, and other services.

Montana Kinship Navigator Program msuextension.org/mtknp

3300 3rd St S NE, Great Falls 59404 | 454-6980
MSU Extension | 833-445-3395 | mtknp@montana.edu
The Montana Kinship Navigator Program serves Kinship Caregivers for the entire state of Montana. The program was founded in 2002 to offer kinship caregivers support, education and access to resources to assist caregivers in raising their children so they can live happier, healthier lives and can, in turn, raise children who know emotional and physical safety, excel in school and social situations, and are prepared to take on the challenges of their new life.

My Neighbor / Student in Need

myneighborinneed.org | mystudentinneed.org

525 Central Ave, Great Falls 59401 | 750-2542
24 hour, 7 day/week website where anyone with a specific need can ask for help. Their need is verified and goes live on the website where anyone in the world can offer help anonymously. Needs: furniture, household items, bus passes, emergency fuel, plumbing, electrical, car repairs, and tire issues.

NeighborWorks Montana nwmt.org

17 5th St S Great Falls, 59401 | 604-4540

Lending: Homeowner loans to help with down payment and closing costs.

Homebuyer Education & Counseling Classes: Assessing readiness to buy, budgeting, credit, financing, home selection, maintaining home and financial resources.

Rescue Mission gfrm.org

408 2nd Ave S, East Entrance, Great Falls 59405 | 761-2653
Rescue. Recovery. Restoration.
Free services for adults, families, children & youth.

Rural Dynamics ruraldynamics.org

410 Central Ave Ste 401/402, Great Falls 59401 | 877-275-2227
Financial wellness and budget coaching, mortgage, eviction prevention and rental housing counseling, financial education workshops and resources, debt management, credit building utilization, assistive technology loans for individuals living with a disability, special needs trust accounts, free tax preparation, and anti-poverty volunteer projects.

Salvation Army Family Services greatfalls.salvationarmy.org

527 9th Ave S, Great Falls 59405 | 761-5660
Emergency food boxes, prescription, utility/rental assistance, hygiene needs, spiritual support and youth activities through our CORPS office and youth center.

Family Store: 616 1st Ave NW, Great Falls 59404 | 452-0616

Thrift store offering gently used clothing, furniture, and household items at a lower cost.

St. Vincent DePaul sydpncmt.org

426 Central Ave W, Great Falls 59404 | 761-0870
Emergency food, clothing, housing, and thrift store.

Voices of Hope voicesofhopemt.org

PO Box 1788, Great Falls 59403 | 268-1330

Local Crisis Line: 453-HELP(4357)

National Crisis Line: 800-273-TALK(8255)

Montana 211: Information and Referral Service

Listening: 24 hours/day, 7 days/week. Support and crisis intervention services to all, help with suicide, domestic violence, sexual assault, eating disorders, relationship problems, and mental health issues.

Connecting: Help with community resources and assistance.

Advocating: Assist sexual assault survivors in process of healing.

Teaching: Training to community and service agencies to provide the knowledge and skills to respond to and prevent all types of violence.

Building: Network of skilled and compassionate volunteers.

YWCA ywcagreatfalls.org

220 2nd St N, Great Falls 59401 | 452-1315
Mercy Home: safe, temporary shelter for women and children seeking refuge from domestic violence, sexual assault, and child abuse.
Classes and workshops, individual counseling, case management, support groups, Y's buy thrift store and fair trade boutique.

LEWISTOWN

HRDC District VI hrdc6.org

300 1st Ave N Ste 203, Lewistown 59457 | 535-7488 | 800-766-3018
Heating assistance, weatherization, adult education, employment and training, WIC, emergency housing, housing assistance, emergency services and clearinghouse connection emergency services.

Ministerial Association

423 W Montana St, Lewistown 59457 | 538-9393 | 350-0142
Assists the needy, which may include a room, meals, and gas.

SAVES, INC.

Domestic Violence / Sexual Abuse Emergency Services

505 W Main St Ste 405, Lewistown 59457 | 535-2303

24-Hour Crisis Line: 800-535-2303

Hotline for victims, safe homes, referrals, advocacy, & clothing outlet.



ParentingMontana.org provides
easy-to-use tools to support your child's
success from birth through the teen years.

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TOOLS FOR YOUR CHILD'S SUCCESS

Brought to you by the Offices of Child Care, SAMHSA, and Montana DPHHS. The Views and opinions contained in the publication do not necessarily reflect those of SAMHSA or the U.S. Department of Health and Human Services and should not be construed as such.



NEED HELP PAYING FOR CHILD CARE?

We can help you pay for a safe nurturing child care provider; giving you peace-of-mind.

While you're working to support your family, a licensed child care provider is supporting your child's development. Family Connections can help with child care expenses and also offers free referrals to find a quality child care provider.

LEARN MORE! FamilyConnectionsMT.Org



Region 5 Office: 202 2nd Ave S Suite 201 **Great Falls**, 59405
761-6010 | 800-696-4503 | Fax: 453-8976

Counties: Cascade, Chouteau, Fergus, Glacier, Judith Basin, Liberty, Petroleum, Pondera, Teton, Toole

Region 6 Office: 2229 5th Ave **Havre**, 59501
265-6743 | 800-640-6743 | Fax: 265-1312

Counties: Blaine, Daniels, Dawson, Garfield, Hill, McCone, Phillips, Prairie, Richland, Roosevelt, Sheridan, Valley, Wibaux



How do children become school ready? That is a big question! It involves more than just turning 5-years-old. It begins before birth with good neonatal care and continues after birth with supportive relationships with families and caregivers. Young children acquire social and emotional skills, foundational knowledge, and the dispositions necessary for success in school and beyond through caring connections, early experiences and a ton of play!

Children are not innately “ready” or “not ready” for school. Their skills and development are strongly influenced by their families, through their interactions with other people, and their environments.

Being a school ready child means having the skills, knowledge, and attitudes necessary for success in kindergarten, later learning, and life. This includes all domains of development – physical, social and emotional, language, literacy, and cognitive.

Just as it takes all the ingredients to have a cake turn out tasty, it takes all essential ingredients to be school ready. Supportive families, communities, and schools.

What does a school ready child look like?

- | | |
|------------------------|------------------------|
| ★ Problem solver | ★ Confidence |
| ★ Social skills | ★ Trusts |
| ★ Follows directions | ★ Builds Relationships |
| ★ Listening skills | ★ Self-control |
| ★ Communication skills | ★ Cooperates |
| ★ Can write their name | ★ Persistence |



CHILD CARE CHECKLIST

A GUIDE TO CHOOSING QUALITY CHILD CARE

CAREGIVERS & TEACHERS

- ☐ Develop positive relationships with children
- ☐ Get down on child's level when speaking
- ☐ Greet children when they arrive
- ☐ Quickly meet child's needs even when busy
- ☐ Involved in continuing education programs
- ☐ Always ready to answer questions
- ☐ Update parents on child's daily activities
- ☐ Welcome parent's ideas and involvement
- ☐ Staff and children enjoy being together
- ☐ Meet child-to-staff ratios for each age group

SETTINGS

- ☐ Bright, clean and pleasant setting
- ☐ Adequate space for each activity
- ☐ Securely fenced outdoor play area
- ☐ Variety of safe play equipment
- ☐ Play areas easily viewed by staff at all times
- ☐ Separate areas for quiet play and active play

IN GENERAL

- ☐ You agree with discipline practices
- ☐ You hear the sounds of happy children
- ☐ Children are comforted as needed
- ☐ The provider is licensed and regulated
- ☐ Surprise visits by parents are encouraged

ACTIVITIES

- ☐ Activities are age appropriate
- ☐ Daily balance of indoor/outdoor play, story & nap time
- ☐ Healthy food, snacks and physical exercise
- ☐ Variety of toys & learning materials for children

ASK THE DIRECTOR & STAFF

- ☐ What is the program's mission and philosophy?
- ☐ Is the program licensed or registered?
- ☐ May I have a copy of your policies?
- ☐ Do the policies include schedules and fees?
- ☐ What is your sick child policy?
- ☐ Do you offer any financial assistance?
- ☐ Do you have an orientation for new families?
- ☐ What are your procedures for emergencies?
- ☐ Do you practice fire drills and evacuations?
- ☐ Are all staff trained in CPR and First Aid?
- ☐ Do you Background Check ALL staff?
- ☐ How do you know where my child is at all times?
- ☐ Do you participate in the USDA sponsored Child and Adult Care Food Program (CACFP)?
- ☐ How do you support children's education & learning?
- ☐ Can children choose activities and who to play with?
- ☐ Do the children help plan activities?
- ☐ How do you accommodate children with special needs?

WARNING SIGNS

- ☐ All parent visits must be planned in advance
- ☐ There are few planned activities or guidance
- ☐ The child care is not licensed or registered
- ☐ Too many children for adequate care & supervision
- ☐ Caregivers are physical, abusive or yell at the children
- ☐ Health & Safety Licensing deficiencies



A listing in this guide does not constitute a recommendation or endorsement from Family Connections, Inc.

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