## Meals & Food Pantries

### Missoula Food Bank & Community Center - 1720 Wyoming St. (406) 549-0543; Store Hours: Mon-Tue-Thurs: 10 am-7 pm, Wed & Fri: 10 am-1 pm.

**Lolo Pantry:** Lolo Community Center

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

**Bonner Pantry:** Our Savior Lutheran Church; 1st and 3rd Wednesday of each month, 4-6 pm.

**Clinton Pantry:** 20397 E. Mullan Rd., Clinton; 1st and 3rd Wednesday of each month, 4-6 pm.

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

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

### Missoula Senior Citizen Center - 705 S Higgins

Lunch served 11:30 am-12:30 pm. Seniors $5, General Public $8.

### ****Heart Church - 4 Square Church - 1001 Cleveland Street****

### **(406) 721-6884**;**** Thurs: 10 am-1 pm. Food, clothing, and supplies.

### ****Christian Life Center - 3801 Russell St.****

### **(406) 542-0353; 2nd and 4th Mondays of every month 4:30-6 pm**

**Around the very back of the church.**

## UM Food Pantry - Room 119, University Center

## (406) 243-5125 - Students only!

Tuesdays 12 pm-5 pm; Fridays 10 am-5 pm

Summer: Mondays & Thursdays 10 am-4 pm

### ****REVIVE Church - 2811 Latimer St****

**(406) 721-7804; Sat: 10 am-12 pm**

### ****River of Life Food Bank - 4007 Hwy 200 E. Missoula****

(844) 447-6568 or (406) 214-3803;Sat: 12-3 pm; Food and clothing. Deliveries available to those with a great need and transportation difficulties.

### Potomac Pantry: Potomac Greenough Community Center Last two Sundays of each month, 5-7:00 pm.

## Feed the Need Food Truck - 766 Michigan Ave

Free kid lunches in Jun, Jul & Aug; Bonner, Hellgate: M-F: 11 am-Noon; Lion Park, Bonner: M-F: 12:15-1:15 pm

## Crisis Hotlines

|  |
| --- |
| Suicide/Crisis Hotline: 1-800-273-8255 or dial 988 **Montana Crisis Text Line: Text “MT” to 741741**  **Montana Recovery Warmline: 1-877-688-3377** Poverello Center Homeless Outreach Team: (406) 493-7955YWCA Domestic Violence 24-Hour Crisis Line: (406) 542-1944 |

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

**National Domestic Violence Hotline**

Text “START” to 88788 or call 1-800-799-SAFE (7233)

Hotline.org to chat with live support

### MT Adult Protective Services Hotline: 1-844-277-9300

### Missoula Police/Sheriff’s Department: 911

24-hour non-emergency: (406) 552-6300

**Monthly Assistance**

# First Call for Help (406) 549-5555 or dial 211

# 24-hour Help Line - With a Complete Listing of Community Resources at montana211.org

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

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

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

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

### ****WIC (Women, Infants, and Children) -**** 301 W. Alder

(406) 258-4740; M-F: 8 am-5 pm. WIC gives access to healthy food, nutrition education, and breastfeeding guidance for pregnant women, caregivers, and moms with a child under 5. **Walk-in hours at Missoula Food Bank on Mondays and Thursdays 9 am-5 pm.**

## Housing and Employment Assistance

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

### Job placement, training, and employment counseling.

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

Helps clients apply for subsidized and affordable housing, navigate homeless programs, and connect Veterans, the disabled, victims of domestic violence, and foster youth with resources and housing.

### Human Resource Council - 1801 S. Higgins, (406) 728-3710 LIHEAP (energy/heat assistance), Section 8 and rental assistance, employment and training opportunities. M-F: 9 am-5 pm. Closed Wednesdays at 2pm.

### Missoula Interfaith Collaborative - 2205 34th St., (406) 207-8228 Located downstairs of Atonement Lutheran. M-F: 9 am-4 pm.

**Missoula Works -** Supportive employment for folks wanting to get back in the workforce. Open office hours 10 am-Noon at MIC.

**Housing Advocate Network -** Resource assistance for individuals searching for housing. Open office hours Mon-Thurs 10 am-Noon at MIC and at Missoula Food Bank on Tuesdays from 2-4 pm.

## Legal Assistance

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

Open M-F: 9 am-4:30 pm. Closed 12-1 pm. Help Line: 1-800-666-6899. Free legal assistance and advice.

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

M-F: 8:30 am-4:30 pm. Closed Wednesdays at 3pm. Help with temporary order of protection, advocacy for crime victims.

### Missoula Self-Help Law Center - 200 W. Broadway

Missoula County Courthouse, Rm 271. (406) 258-3428**.**

M-Th: 8:30 am-4:30 pm. Closed Noon-1pm. Directs individuals to legal information and proper forms.

## Clothing

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

Clothing vouchers (limited number avail/month), shower/laundry facilities, some transportation services. Teen drop-in service.

### Hope Thrift Boutique - 702 SW Higgins Ave., (406) 728-5538

Clothing, shoes, jewelry, art, household goods, furniture, and antiques. Open Tuesday-Saturday: 10 am-5:30 pm.

### Heart Church Clothing Closet - 1001 Cleveland Street

Heart Church Lodge, (406) 721-6884

Free clothing is available every Thursday from 10 am-1 pm.

### River of Life Clothing Closet - ****4007 Hwy 200 E. Missoula****

**(844) 447-6568 or (406) 214-3803**

Free clothing every Wednesday 1-3 pm and the last two Saturdays of every month 12:30-2:30 pm.

## Emergency Shelter for Individuals

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

**Johnson Street Shelter - 1919 North Ave W**

**Emergency shelter for homeless adults. Supportive services 6am–8pm; nightly check-in 8:45 pm, Showers and Laundry available.**

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

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

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

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

## Emergency Shelter for Families

### Transitional Housing through YWCA - (406) 543-6691

### **Housing, case management, and support services for survivors of domestic violence and their families.**

### Family Housing Center - 1800 South 3rd St W., (406) 543-6691

Emergency housing, referrals, and supportive services for homeless families and domestic violence survivors. M-F: 10 am-2 pm.

### Mountain Home Montana - 2606 South Ave. W., (406) 541-4663

Offers shelter for young mothers who need housing and a network of support. Must be 16-24 year old, in need of housing, pregnant or parenting, and able to live in community. M-F: 9 am-5 pm.

## Health Care

### ****Partnership Health Center - 401 Railroad St. W.****

**Primary medical, dental, behavioral care. Sliding fee scale based on household income and family size.**Medical Clinic **(406) 258-4789**: M,W,F: 8 am-6 pm; Tu: 9 am-6 pm. Dental Clinic (406) 258-4185: M,W,F: 7:15 am-5 pm; Tu: 9 am-5 pm. Walk-in for emergencies.

**PHC Clinic at Missoula Food Bank - 1720 Wyoming Street.** (406) 258-3663. Monday, Tuesday, Thursday: 10 am-7 pm. Wednesday, Friday: 10 am-3 pm. Walk-ins welcome and accepting new patients. Medical, dental, and behavioral health services.

### ****Poverello - Partnership Health Center - 1110 W.**** Broadway

(406) 728-1809; Free healthcare for those who are houseless.

M, W, Th: 8 am-6 pm. Tu: 9 am-6 pm. F: 8 am-**12:30 pm**.

### Community Medical Center Nurse On-Call; (406) 327-4770

Free hotline to speak to a registered nurse to determine if symptoms require immediate or emergency care.

### All Nations Health Center - 830 W. Central., (406) 829-9515 Culturally competent care for American Indian and Alaska Natives. Primary care, family planning, and more. M-Th: 7 am-5 pm.

### Western Montana Mental Health Center - 1315 Wyoming St.

(406) 532-9700; Addiction services, case management, youth crisis diversion, and mental illness treatment. M-F: 9 am-5 pm.

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

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

### Missoula Vet Center - 910 Brooks St., (406) 721-4918.

Counseling/support for military Veterans. M-F: 7 am-4:30 pm.

### Greater Good Health - 2230 Reserve St. N #110., 406-637-6709.

Senior-focused primary healthcare. M-F: 8 am-5pm.

### Immigration & Refugee Services:

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

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

**Soft Landing Missoula - 939 Stephens Ave. Ste. C,**

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

## Resources for Families

### Parenting Place - 1644 South 8th St. W., (406) 728-5437

Parenting programs/classes and support and free respite care for

children ages 0-10 and their caregivers. Mon-Thurs: 9 am-5 pm.

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

### Planned Parenthood - 219 E. Main St., (406) 728-5490

Female and male annual exams, pregnancy & STD testing, birth control info/supplies on sliding fee scale. M-F: 9 am-6 pm.

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

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

### Boys and Girls Club - 130 E. Broadway St., (406) 542-3116

The Boys & Girls Club of Missoula County offers low cost educational out-of-school-time activities for elementary and middle school aged kids. M-F: 10 am-6 pm.

### Partnership for Children - 2825 Stockyard Rd. #A11

(406) 543-5531. Helps to develop healthy relationships for families with significant early childhood trauma. M-F: 9 am-5 pm.

### YMCA - 3000 S Russell St., (406) 721-9622

After-school care and summer camps with financial assistance available. M-F: 5 am-10 pm. Sa: 7 am-8 pm. Su: 8 am-6 pm.

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

**Families First Learning Lab - 455 E Main St.,** **(406) 721-7690**

2nd Floor of Missoula Public Library.

Free programming & consultations to strengthen family bonds through education, connection, play & partnership.

## Seniors & People with Disabilities

### Missoula Aging Services - 337 Stephens Ave. (406) 728-7682;

### M-F: 8 am-5 pm. Meals on Wheels, Senior Help Line; info about housing, transportation, health care, legal issues, and Medicare and Medicaid assistance. Also, farmer’s market vouchers, meal vouchers, and meals for homebound elderly and disabled.

### ROOTS Program through Missoula Food Bank

Provides food to low-income, homebound seniors (60+). For more info, call Senior Nutrition Coordinator, Faith Cornett at (406) 541-0770 ext. 216; fcornett@missoulafoodbank.org.

### Social Security Office - 3701 American Way

(800) 772-1213 (national). Open M-F: 9 am-4 pm.

### Summit Independent Living - 700 SW Higgins Ave, #101

(406) 728-1630; Support, such as peer advocacy, skills training, and benefit assistance, for people with disabilities.

### Missoula Senior Citizen Center - 705 S Higgins

(406) 543-7154; M-F: 9 am-4 pm, Saturday 10 am-3 pm. Weekly community activities, vacation planning, and The Underground Thrift Shop open M-Sa: 10 am-3 pm.