



CHILD CARE CONNECTIONS

LEWIS & CLARK COUNTY COMMUNITY RESOURCE GUIDE

Revised June 2024

CHILD CARE CONNECTIONS
2415 W MAIN, SUITE 1, BOZEMAN, MT 59718
901 N Benton Ave, Helena, MT 59601
406-587-7786 or 800-962-0418

LEWIS & CLARK COUNTY RESOURCES

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LEWIS & CLARK COUNTY RESOURCES

CHILD AND FAMILY RESOURCES

CHILD CARE AND EARLY EDUCATION

CHILD CARE CONNECTIONS

Child Care Connections supports quality care through financial assistance for child care, nutrition and wellness education, family and community outreach, and referrals for child care and community resources.

901 N. Benton Ave, Helena, MT 59601

2415 W Main St. Suite 1, Bozeman, MT 59718

406-587-7786

Toll Free: 800-962-0418

Website: cccmontana.org

AWARE INC. EARLY CHILDHOOD SERVICES

Aware offers early childhood services to families and children zero to eight. These services are available to families of all social and economic status. Programs include child & family counseling, early head start, and home visiting. Children with disabilities are welcome.

406-563-8817

EarlyHeadStart@Aware-inc.org

Website: aware-inc.org/ecs

RMDC CHILD AND FAMILY SUPPORTS

Rocky Mountain Development Council (RMDC) offers services for early childhood education through Montana Head Start for low-income families living in the tri-county area.

200 South Cruse Avenue, Helena, MT 59601

406-457-7308

Website: rmdc.net

LEWIS & CLARK COUNTY RESOURCES

PARENT SUPPORT AND EDUCATION

PARENTING MONTANA

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

Website: parentingmontana.org

HEALTHY MOTHERS HEALTHY BABIES MONTANA

Healthy Mothers Healthy Babies works to improve the health, safety, and well-being of Montana by supporting mothers and babies, age zero to three.

318-320 N Last Chance Gulch, #2c, Helena, MT 59601

406-449-8611

hmhb@hmhb-mt.org

Website: hmhb-mt.org

LEWIS & CLARK PUBLIC HEALTH

The Lewis & Clark County Public Health department offers programs to promote healthy families with parenting classes and support groups, nutrition services, emergency preparedness, family support and education, and child health and developmental screenings.

1930 Ninth Avenue, Helena, MT 59601

406-457-8912

publichealth@lccountymt.gov

Website: [lccountymt.gov/health >health promotion >pregnancy-parenting](http://lccountymt.gov/health>health%20promotion>pregnancy-parenting)

FLORENCE CRITTENTON

Florence Crittenton offers support to families through parenting classes, early intervention, and home visiting.

3404 Cooney Drive, Helena, MT 59602

406-442-6950

Website: florencecrittenton.org/

MONTANA KINSHIP NAVIGATOR PROGRAM

The Montana Kinship Navigator Program serves kinship caregivers for the entire state for Montana by offering support, education, and access to resources to assist caregivers in raising their children so they can live happier, healthier lives.

833-445-3395

mtknp@montana.edu

Website: msuextension.org/mtknp

LEWIS & CLARK COUNTY RESOURCES

YOUTH PROGRAMMING

BIG BROTHERS BIG SISTERS

As the nation's largest donor and volunteer supported mentoring network, Big Brothers Big Sisters supports life changing friendships between professionally screened adult volunteers (Bigs) & children (Littles).

1434 N Roberts, Helena, MT 59601

406-442-7479

Website: bbbs-helena.org

YOUTH HOMES

Youth Homes cares for children who are facing abuse, neglect, emotional trauma and substance abuse problems. Through emergency shelters, therapeutic group homes, foster care and adoption programs, and counseling services, they provide a safe refuge for kids while they begin the difficult process of healing.

406-721-2704

info@youthhomesmt.org

Website: youthhomesmt.org

CRISIS/EMERGENCY

CRISIS INTERVENTION AND SUICIDE PREVENTION

MONTANA SUICIDE PREVENTION LIFELINE

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. If you are in crisis and want help, call the Suicide Prevention Lifeline.

Dial 988 for support

Website: suicidepreventionlifeline.org

MONTANA CRISIS TEXT LINE

The Montana Crisis Text Line offers free and confidential emotional support to people in suicidal crisis or emotional stress. The advice line is available 24 hours a day, 7 days a week.

TEXT 'MT' 741-741

Website: suicidepreventionlifeline.org

LEWIS & CLARK COUNTY RESOURCES

THE HELP CENTER- 24 -HOUR CRISIS LINE

If you are in crisis, feeling suicidal, have been sexually assaulted, in need of resources, or just need to talk, trained staff and volunteers are ready to listen and help. All concerns are welcome, and all services are free and confidential to everyone, 24 hours a day, 365 days a year.

406-586-3333

Website: bozemanhelpcenter.org

DOMESTIC VIOLENCE

NATIONAL DOMESTIC VIOLENCE HOTLINE

Everyone deserves relationships free from domestic violence. When you're ready, we're here to listen with confidential support 24/7. Call or Text START to 88788

1-800-799-SAFE (7233)

Website: thehotline.org/get-help

NATIONAL SEXUAL ASSAULT HOTLINE

Get help 24/7. Call the toll free number to be connected with a trained staff member from a sexual assault service provider in your area.

1-800-656-4673

Website: hotline.rainn.org/online

THE FRIENDSHIP CENTER

The Friendship Center is a safe haven for those affected by domestic violence, sexual assault, and stalking. Services are available to anyone, regardless of gender or sexual orientation.

1430 Sanders, Helena, MT 59601

Friendship Center's 24-hour hotline: 406-442-6800

Website: thefriendshipcenter.org

CHILD ABUSE AND NEGLECT HOTLINE

To report a possible case of child abuse or neglect call toll free, 24 hours a day

1-866-820-5437

LEWIS & CLARK COUNTY RESOURCES

FINANCIAL

OFFICE OF PUBLIC ASSISTANCE

To apply for food, medical, or cash assistance, you can visit: apply.mt.gov

Mail forms to: Human and Community Services, PO Box 202925, Helena, MT 59601

Montana Public Assistance Helpline: 888-706-1535

Office Hours: Monday-Friday 8:00am-5:00pm

TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

TANF Cash assistance is a program providing temporary financial assistance to needy families. The receipt of TANF cash assistance is limited to 60 months in an adults lifetime. Temporary financial assistance may be provided to the follow families and individuals:

1. Minor children;
2. Specified relatives with whom the children are living;
3. The minor children's blood-related/adoptive siblings with whom the children are living;
4. Pregnant women in their last trimester who have no other eligible children; and
5. Refugees with minor dependent children.

To apply for TANF:

Apply online at: apply.mt.gov.

Visit the Helena Field Office: **111 N Sanders Street, Room 109, Helena, MT 59601**

Call the Public Assistance Helpline- 888-706-1535

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

SNAP is a program designed to help people in Montana make ends meet and afford healthy food. SNAP participants receive monthly food benefits on the Montana Access debit card.

To apply for SNAP benefits:

Apply online at: apply.mt.gov.

Visit the Helena Field Office: **111 N Sanders Street, Room 109, Helena, MT 59601**

Call the Public Assistance Helpline- 888-706-1535

LEWIS & CLARK COUNTY RESOURCES

WOMEN, INFANTS & CHILDREN (WIC)

WIC is a nutrition education program providing nutrition services and food benefits to women, infants and children. WIC services are available to:

- Women who are pregnant or have just given birth
- Women who are breastfeeding
- Infants and Children up to five years old (mothers, fathers, grandparents, foster parents, and other guardians may apply for WIC for children up to age five)

Find your local WIC office by visiting the link below and entering your location.

Website: signupwic.com/

ENERGY ASSISTANCE- WEATHERIZATION AND LIEAP

The State of Montana, through the DPHHS, offers two programs aimed at helping low-income individuals reduce their heating costs. The Low Income Energy Assistance Program (LIEAP) pays part of winter energy bills for eligible people. The Weatherization Program helps participants to improve the heating efficiency of their homes and thus reduce their energy consumption. In certain circumstances, there is assistance available to help with furnace emergencies. You may apply for weatherization assistance at the Rocky Mountain Development Council.

648 North Jackson, Helena, MT 59601

406-447-1625

Website: rmdc.net/what-we-do/energy-services

ENERGY SHARE OF MONTANA

Energy Share of Montana is a nonprofit that helps Montanans overcome energy emergencies and move toward self-reliance.

406-442-4900

Website: energysharemt.com

LEWIS & CLARK COUNTY RESOURCES

FOOD

SNAP APPLICATION ASSISTANCE

Montana's Supplemental Nutrition Assistance Program (SNAP) is a program designed to help people in Montana make ends meet and afford healthy food. Many households, families, and seniors in Montana qualify for food assistance through SNAP. The Montana Food Bank Network can provide information about SNAP and current eligibility guidelines and answer your questions about food assistance in Montana.

SNAP Hotline: 406-239-6475

snap@mfbn.org

Website: mfbn.org/snap-assistance

WOMEN, INFANTS & CHILDREN (WIC)

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- Women who are breastfeeding
- Infants and Children up to five years old (mothers, fathers, grandparents, foster parents, and other guardians may apply for WIC for children up to age five)

Find your local WIC office by visiting the link below and entering your location.

Website: signupwic.com/

SCHOOL MEALS PROGRAM

School Meal Programs help insure that children have access to a healthy lunch and breakfast each school day. Meals are available for free or at a reduced price for families on limited incomes. Parents can apply for Free and Reduced-Price (FRP) meals anytime during the school year

406-444-2501

Website: opi.mt.gov

BUY EAT LIVE BETTER

Buy Eat Live Better supports low-income Montanans in making the healthy choice the easy choice with resources and classes on nutrition education, shopping on a budget, preparing well-balanced meals, and more.

Website: buyeatlivebetter.org

LEWIS & CLARK COUNTY RESOURCES

HELENA FOOD SHARE

Helena food share serves neighbors in need by providing food in a respectful and dignified way and by working with others to eliminate hunger in the greater Helena area. Visit their website for locations and hours.

406-443-3663

Website: helenafoodshare.org

THE SALVATION ARMY

The Salvation Army supports homeless individuals and families in Lewis and Clark County by helping with basic needs: meal assistance, transportation, bill pay assistance, employment assistance, and housing assistance.

1330 Hudson Street, Helena, MT 59601

406-442-8244

Website: helena.salvationarmy.org

HEALTH

COVER MONTANA

The Cover Montana program works to connect Montanans who have questions about enrolling in health insurance options. They can help you navigate your coverage options and find free, confidential enrollment assistance.

844-682-6837

info@covermt.org

Website: covermt.org/

BIG SKY RX- MEDICARE PRESCRIPTION ASSISTANCE

Big Sky Rx (BSRx) is dedicated to helping Medicare clients pay for Medicare approved prescription drug insurance premiums. It is administered by the State of Montana.

866-369-1233

Bigskyrx@mt.gov

Website: bigskyrx.mt.gov

CHILDREN'S SPECIAL HEALTH SERVICES

Children's Special Health Services works to help children and families in Montana receive the healthcare and supportive services they need to live happy, healthy lives in their communities. We do this through programs that help educate families and providers, connect families to needed resources, and provide care for children and youth (0-21 years of age) throughout the state.

Website: dphhs.mt.gov/ecfsd/chs

LEWIS & CLARK COUNTY RESOURCES

MONTANA MEDICAID AND HEALTHY MONTANA KIDS

Healthy Montana Kids (HMK), Children's Health Insurance Plan is just one of many Montana Healthcare Programs offering a free or low-cost health insurance plan which provides coverage to eligible Montana children up to age 19. Covered services include medical, dental, eyeglasses, and other related services.

1-888-706-1535

Website:dphhs.mt.gov/MontanaHealthcarePrograms

ST. PETER'S HEALTH

St. Peter's Health serves the Greater Helena Area by providing high quality, low cost local care through emergency and primary care, family medicine, pediatrics, women's health, and specialty services. Find locations and more information on the St. Peter's Health website.

St. Peter's Hospital, 2475 Broadway, Helena, MT 59601

406-442-2480

Website:sphealth.org

PURE VIEW HEALTH CENTER

Pure View offers medical, dental, mental health, case management and pharmacy services. Medical walk-in appointments are available on a first come, first served basis, M-F 8am-11am.

Monday- Thursday, 7:30am-5:30pm, Friday, 7:30am- 5:00pm

1930 9th Avenue, Helena, MT 59601

406-457-0000

Website: pureviewhealthcenter.org

PARTNERS IN PEDIATRICS

Partners in Pediatrics is a private, physician-owned, pediatric practice providing care for Helena's children. They provide comprehensive, pediatric care from birth through 18 years.

2525 Broadway, Suite 201, Helena, MT 59601

406-447-2885

Website:piphelena.com

HELENA PEDIATRIC CLINIC

Helena Pediatric Clinic provides compassionate, comprehensive services to children in the Helena community from birth through college. Services include routine care such as well child check-ups, physicals, immunizations, illness and injury care.

1122 N. Montana Ave, Helena, MT 59601

LEWIS & CLARK COUNTY RESOURCES

406-449-5563

Website: helenapediatricclinic.com

HOUSING AND SHELTER

MONTANA HOUSING DIVISION

Montana Housing supports access to safe, affordable, and sustainable homes for Montanans whose housing needs are not met by the market. Services include rental assistance programs including:

- Housing Choice Voucher (HUD) Program
- Project Based Section 8
- Emergency rental assistance

406-841-2840

Toll Free: 800-761-6264

Website: housing.mt.gov

FAMILY PROMISE OF GREATER HELENA

Helping children and their families overcome homelessness. If you or someone you know is homeless, please contact the Family Promise team.

406-465-9476

advocate@familypromisehelena.org

Website: familypromisehelena.org

RMDC INC- AFFORDABLE HOUSING

The Rocky Mountain Development Council provides safe, healthy homes that are affordable to those living in the Tri-county area (Lewis & Clark, Jefferson, and Broadwater). RMDC also offers homebuyer education classes with in depth information on homeownership including: budgeting, finding a home, choosing a lender/closing on a loan, homeowner's insurance, and home inspections.

648 North Jackson Street, Helena, MT 59601

406-447-1625

Website: rmdc.net/what-we-do/housing-services

GOD'S LOVE INC.

God's Love emergency shelter, food, clothing, and other basic necessities for those in need. The Family Transitional Center temporarily shelters families who are seeking permanent housing.

533 N Last Chance Gulch, Helena, MT 59601

406-442-7000

Website: godsloveshelter.org

LEWIS & CLARK COUNTY RESOURCES

HELENA HOUSING AUTHORITY

Provides housing for low-income families, elderly, handicapped and disabled persons. Rent is based on an applicant's income.

406-442-7970

Website:hhamt.org

GOOD SAMARITAN MINISTRIES

Good Samaritan Ministries' Housing Navigation program provides individuals and families with the tools and resources to be successful to secure housing.

3067 North Montana Ave, Helena, MT 59601

406-442-0780

Website:goodsamhelena.org/housing-navigation

THE FRIENDSHIP CENTER

The Friendship Center is a safe haven for those affected by domestic violence, sexual assault, and stalking. Services are available to anyone, regardless of gender or sexual orientation.

1430 Sanders, Helena, MT 59601

406-442-6800

Website:thefriendshipcenter.org

THE YWCA HELENA

YWCA of Helena prevents homelessness by providing safe and supportive housing for women and children experiencing homelessness, and services that restore hope, self sufficiency, and happy and healthy lives.

406-442-8774

Website:ywcahelena.org

FLORENCE CRITTENTON

Florence Crittenton offers family based residential transitional housing for pregnant and parenting women aged 12-21.

901 N Harris St, Helena, MT 59601

406-442-6950

Website:florencecrittenton.org

LEWIS & CLARK COUNTY RESOURCES

THE SALVATION ARMY

The Salvation Army supports homeless individuals and families in Lewis and Clark County by helping with basic needs: meal assistance, transportation, bill pay assistance, employment assistance, and housing assistance.

1905 Henderson Street, Helena, MT 59601

406-442-8244

Website: helena.salvationarmy.org

LEGAL

MONTANA LEGAL SERVICES ASSOCIATION

MTLSA provides non-criminal legal information, advice, and representation. MLSA works to provide civil legal aid to low-income individuals living throughout Montana.

800-666-6899

Website: mtlsa.org

DISABILITY RIGHTS MONTANA

Disability Rights Montana's mission is to protect and advocate for the human, legal, and civil rights of Montanans with disabilities while advancing dignity, equality, and self-determination.

800-245-4743

advocate@DisabilityRightsMT.org

Website: disabilityrightsmt.gov

CHILD SUPPORT SERVICES DIVISION

The Child Support Services Division pursues financial and medical support of children by establishing, enforcing, and increasing public awareness of parental obligations.

childsupport@mt.gov- this email address is only intended for general questions about the child support program. For case related questions please contact your caseworker directly.

406-444-6856

800-346-5437

Website: dphhs.mt.gov/cssd

CHILD AND FAMILY SERVICES DIVISION

CFSD protects children who have been or are at substantial risk of abuse, neglect, or abandonment. To report a possible case of child abuse or neglect, call 1-866-820-5437.

1-866-820-5437

Website: dphhs.mt.gov/cfsd

LEWIS & CLARK COUNTY RESOURCES

MONTANA FAIR HOUSING

Montana Fair Housing is a private, full services, non-profit organization dedicated to the elimination of housing discrimination, and the advancement of civil rights.

406-782-2573

Toll Free: 800-929-2611

Website: montanafairhousing.org

MONTANA SELF-HELP PROGRAM

The Court Help Program is a free service provided by Montana Supreme Court to assist people with civil, no-criminal legal problems. The court help program does not offer legal advice or represent individuals in court but can provide legal information and direct you to resources to help resolve legal problems on your own.

406-444-9300

Statelawlibraryselfhelp@mt.gov

Website: courts.mt.gov/selfhelp

MENTAL HEALTH AND ADDICTIONS

ADDICTION RESOURCES

ALCOHOLICS ANONYMOUS

AA helps individuals struggling with alcoholism find the help they need on a local basis. Search for Alcoholics Anonymous meetings per county or city and take the next step to overcome addiction. Call for 24/7 addiction help.

800-839-1686

Website: alcoholicsanonymous.com

NARCOTICS ANONYMOUS MONTANA

A national peer support group for those that drugs had become a major problem, uses a 12- step model for people with varied substance abuse issues. Visit the website to find a meeting near you.

800-990-6262

LEWIS & CLARK COUNTY RESOURCES

Website: namontana.com

MONTANA TOBACCO QUIT LINE

Quitting tobaccos is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Montana Quit Line can help you with each step of the way.

866-787-5247

Website: quitnowmontana.com

SAMHSA NATIONAL HELPLINE

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

800-662-HELP (4357)

Website: findtreatment.gov

MONTANA PEER NETWORK

Montana Peer Network provides information, education, training, support, and resources for individuals in or seeking recovery from mental health challenges, substance abuse, trauma, and/or addictions.

406-551-1058

Website: mtpeernetwork.org

MENTAL HEALTH RESOURCES

MONTANA MENTAL HEALTH DIRECTORY- BRIGHT APP

Search for mental health professionals in Montana with the Bright App.

Website: montana211.org/bright_app_page_one/

MONTANA MENTAL HEALTH OMBUDSMAN

The office of the Mental Health Ombudsman can provide information and assistance to individuals seeking access to the public mental health services, or those currently receiving mental health services.

406-444-9669

Toll Free : 888-444-9669

Website: mhombudsman.mt.gov

LEWIS & CLARK COUNTY RESOURCES

MONTANA CHILDREN'S MENTAL HEALTH BUREAU

The Children's Mental Health Bureau administers state funded mental health services for children in Montana.

406-444-2958

Website: dphhs.mt.gov/dcd/cmb

NATIONAL ALLIANCE ON MENTAL ILLNESS MONTANA

National Alliance on Mental Illness (NAMI) supports, educates, and advocates for Montanans with Mental Illnesses and their families. NAMI Montana also developed Mental Health County Resource Guides as a tool for people who live with serious mental illness and their families:

<https://namimt.org/montana-county-mental-health-resource-guides/>

406-443-7871

Website: namimt.org

AWARE INC

AWARE strives to provide psychiatry to even the most rural Montana residents through telepsychiatry and video conferencing. AWARE's team of highly trained and experienced psychiatrists across Montana is available for assessments, ongoing treatment, medication management, and support.

406-449-3120

info@Aware-inc.org

Website: aware-inc.org

SHODAIR CHILDREN'S HOSPITAL

Shodair Children's Hospital serves children and adolescents in Montana who suffer from emotional, mental, and behavioral problems.

406-444-7500

Website: shodair.org

WESTERN MONTANA MENTAL HEALTH CENTER

Western Montana Mental Health Center serves children, teens, and adults in Montana. WMMHC offers community-based services, outpatient services, inpatient addiction recovery services, and housing options.

406-532-8400

Website: wmmhc.org

FRONTIER PSYCHIATRY

LEWIS & CLARK COUNTY RESOURCES

Frontier Psychiatry is a completely virtual telepsychiatry practice based in Montana. All appointments occur online with video conferencing technology.

406-300-8471

Website: frontier.care

ST. PETER'S HOSPITAL BEHAVIORAL UNIT

St. Peter's Health Behavioral Health Unit offers short-term, live-in care services for adults experiencing a mental health crisis through an adult inpatient program and Montana's only geriatric inpatient program.

2475 E. Broadway, Helena, MT 59601

406-495-6560

Website: sphealth.org

ST. PETER'S HOSPITAL PSYCHIATRY TEAM

St. Peter's Health Psychiatry team offers one-on-one, comprehensive care for patients facing mental health issues, providing a range of outpatient services for diagnosis, treatment, and management of psychiatric issues

2550 Broadway, Helena, MT 59601

406-457-4180

Website: sphealth.org

CENTER FOR MENTAL HEALTH

Provides professional, comprehensive mental health and substance abuse treatment services, including care coordination, adult/youth case management, in-home therapeutic services, and outpatient therapy for adults/youth.

900 North Jackson, Helena, MT 59601

406-443-7151

Website: center4mh.org

OUR PLACE DROP-IN CENTER

LEWIS & CLARK COUNTY RESOURCES

Our Place is a safe, physical space for men and women to create new beginnings. Our Place is a peer run support program specializing in behavioral challenges and those recovering from addiction.

Hours of Operation: Monday - Saturday, 10am-5pm

613 North Last Chance Gulch, Helena, MT 59601

406-389-0223

Website: goodsamhelena.org/our-place-2/

HELENA INDIAN ALLIANCE

The Helena Indian Alliance exists to advocate for and to responsibly serve the mental, physical, spiritual and social welfare of the Native American Population in the Helena community

501 Euclid Ave, Helena, MT 59601

406-442-9244

Website: hia-mt.org/

POSTPARTUM SUPPORT INTERNATIONAL

PSI promotes awareness, prevention and treatment of mental health issues related to childbearing. PSI offers support, education, advocacy, and research for people experiencing perinatal mood and anxiety disorders.

Call or Text for support: 800-944-4773

Website: postpartum.net/get-help

SPECIAL NEEDS

MONTANA MILESTONES

Montana Milestones is the Part C Early Intervention Program for Infants and Toddlers with Disabilities (0-3), part of the federal Individuals with Disabilities Education Act (IDEA). The purpose of IDEA, Part C is to support early intervention for children with development delays or disabilities. Part C is all about helping parents and families meet the developmental needs of their infants and toddlers.

406-444-5647

Website: [dphhs.mt.gov/ecfsd >childcare >Montana milestones](https://dphhs.mt.gov/ecfsd%20childcare%20Montana%20milestones)

MONTANA PARENT TRAINING AND INFORMATION CENTER

LEWIS & CLARK COUNTY RESOURCES

Montana's Parent Training Information Center provides resources and individualized assistance to help Montana parents and educators to support and enrich the lives of children with disabilities.

877-870-1190

Website: mtempowermentcenter.org

FAMILY OUTREACH, INC.

Family Outreach supports children and adults who have intellectual disabilities or developmental delays. Services and programs include developmental information and training, behavioral supports and routine based Early Intervention. We teach families the skills they need to assist their child with developmental, educational, behavioral, social, and/or self-help skills.

1212 Helena Ave, Helena, MT 59601

406-443-7370

Website: familyoutreach.org

MONTANA LIFESPAN RESPITE

The Montana Lifespan Respite (LSR) Coalition helps provide family caregivers access to quality community-based respite care services that is affordable and flexible to meet caregivers needs.

800-332-2272

Website: dphhs.mt.gov/respite

ABILITY MONTANA

Ability Montana promotes independence for people with disabilities through information and referral, transition services, peer counseling, independent living training, and systems advocacy.

825 Great Northern Blvd. Suite 105, Helena, MT 59601

406-442-5755

Toll Free: 800-735-6457

Website: abilitymt.org/

DISABILITY RIGHTS MONTANA

Disability Rights of MT provides a wide new of services to people with disabilities through advocacy and representation.

800-245-4743

Website: cccmontana.org

DISABILITY EMPLOYMENT AND TRANSITIONS

Advancing the independence and employment of Montanans with disabilities.

LEWIS & CLARK COUNTY RESOURCES

406-444-3632

Website: dphhs.mt.gov/detd

AWARE INC.

AWARE helps people live independent lives, birth through adulthood. AWARE delivers services for children and families as well as people with challenging mental health, emotional, and in some instances, physical disabilities.

406-449-3120

Website: aware-inc.org

MONTECH

MonTech provides technology, support, and services to improve the quality of life for Montanan's with disabilities. Individuals can borrow assistive technology and adaptive equipment, receive free, one-to-one help learning about the devices they loan.

406-243-5511

Website: montech.ruralinstitute.umt.edu/

WEST MONT

West Mont provides assistance and training with personal care, medication management, meal planning and cooking, and social/community in safe and secure group homes and apartments

406-447-3100

Website: westmonthelena.com/

SPRING MEADOW RESOURCES, INC.

Spring Meadow Resources is a non-profit organization providing assisted and supported living services to those with disabilities.

406-443-2376

Website: springmeadowresources.org

TRANSPORTATION

LEWIS & CLARK COUNTY RESOURCES

HELENA AREA TRANSIT SERVICES

Capital Transit, formally known as HATS offers affordable rates for riders, new routes with point-to-point travel to many of the key areas of Helena. Some of the stops are: Target Store, Carroll College, Downtown Helena, Montana's State Capitol building & campus, St. Peter's Hospital, Wal-Mart and the Transit Center. All buses are designed for new riders and experienced riders. The bus stops and buses comply with the current ADA requirements.

406-447-8080

Website:ridethecapitalt.org

RMDC SENIOR TRANSPORTATION

RMDC provides free transportation for Helena Area Senior citizens within Helena city limits. The buses are equipped with wheel chair lifts.

406-447-1680

Website:rmdc.net/what-we-do >senior-services >transportation

MEDICAID TRANSPORTATION SERVICES

Travel assistance benefits are funds that help Medicaid members with transportation costs. These funds help members get to and from medical appointments. When the member meets certain requirements, they may get help with mileage, meals, and lodging.

406-443-6100

Toll Free: 800-292-7114

Website:dphhs.mt.gov/montanahealthcareprograms >Medicaid >transportation