

# Family Resource Guide

## 2012-2013



This project brought to you by:

123 Invest in Me!  
*A Best Beginnings Community Council*



# NOTES

# Emergency Numbers

## **POLICE, FIRE, AMBULANCE**

# **911**

Non-Emergency Dispatch	363-2100
After Hours & Weekends	363-3033
Poison Control	1-800-525-5042
Convenient Care at Hospital	363-0597
Marcus Daly Memorial Hospital	363-2211
First Call For Help-Information Line	211 or 549-5555
<b>SAFE Crisis Line (Domestic Violence)</b>	<b>363-4600</b>
SAFE Office Line	363-2793
<b>Centralized Intake</b>	1-866-820-5437
<b>To report child abuse or neglect</b>	
American Red Cross-Disaster Relief	549-6441

**Our Family Doctor:**

**Our Family Dentist:**

**Our Emergency Contact:**

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## Abuse, Neglect and Violence

- **Bitterroot CASA** **961-4535**  
**127 West Main St. Suite D Hamilton, MT**  
Provides a Guardian Ad Litem for children who have been victims of abuse and neglect under the protection of district court.
- **Child Protective Services** **363-1961 or**  
**108 Pinckney Ave. Hamilton, MT** **363-7553**  
The Child Protective Services Division investigates reports of abuse and neglect of children.
- **Domestic Violence Hotline** **1-800-799-7233**  
Available 24 hours a day, 365 days a year. Advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states.
- **Emma's House** **363-7216**  
**800 North Second St. Hamilton, MT**  
A multidisciplinary team of professionals provide assessment, treatment, education, and prevention for child abuse in Ravalli County. Emma's House coordinates with nurses, mental health providers, social service professionals, advocates, law enforcement, and prosecutors to investigate and intervene on behalf of the child.
- **S.A.F.E. (Supporters of Abuse Free Environments)** **363-2793**  
**Crisis Line (Family Member Abuse)** **363-4600**  
**150 Morning Star Way Hamilton, MT**  
Crisis intervention for women and children. S.A.F.E. provides resources for victims of domestic violence such as a safe shelter, counseling and referrals.
- **Sexual and Violent Offender Registry: [doj.mt.gov/svor](http://doj.mt.gov/svor)**

## Addiction Assistance

- **Al-Anon/Al-Ateen**

**721-5518 or  
888-425-2666**

Al-Anon and Al-Ateen are support groups to help friends and family members of alcoholic and problem drinkers.

- **Alcoholics Anonymous**

**Hamilton-**

**523-5542**

**Missoula-**

**543-0011**

**[www.aa-montana.org](http://www.aa-montana.org)**

AA is a self-help organization for people fighting alcoholism. Please call or visit the website for meeting times, locations and information.

- **Gamblers Anonymous**

**No Phone Listed**

**Wednesday 6:30pm at 411 S. 5th St. Hamilton, MT**

A self-help group for people who are trying to overcome a gambling addiction.

- **Montana Tobacco Quit Line**

**1-800-QUIT-NOW**

- **Narcotics Anonymous**

**1-800-990-6262**

**Thursday 6:30pm Corner of 5th St. and Madison (St. Francis Parish) in Hamilton, MT**

**Tuesday 6:30pm 20075 Old Hwy 93 (Florence Carlton Community Center-Back building)  
Florence, MT**

- **Over Eaters Anonymous**

**363-2512**

**Saturday 10:00am 1220 West Main St. Hamilton , MT**

This is a self-help group that assists people who have an issue with overeating.

- **Western Montana Addiction Services**

**532-9140**

**209 N. 10th St. Suite C. Hamilton, MT**

Provides treatment programs, in-patient and out-patient care, group and individual programs, counseling services and adolescent services.

## Clothing Assistance and Thrift Stores

- **A Little Hope** **363-4669**  
304 N. Main St. Hamilton, MT
- **Birthright** **363-6710**  
259 Van Blaricom St. Hamilton, MT
- **Commodity Center** **363-2134**  
215 N. 6th St. Hamilton, MT
- **Free Clothing Store** **No Phone Listed**  
3614 ALC Way Stevensville, MT  
Open M,W and F 1-4pm
- **Goodwill** **549-6969**  
2300 Brooks Missoula, MT
- **Kids Crossing** **829-8808**  
1940 Harve Ave. Missoula, MT
- **Little Britches** **363-3187**  
239 N. 2nd St. Hamilton, MT
- **Ravalli Services** **363-3573**  
950 N. 1st. St. Hamilton, MT
- **Repeat Performance** **777-0882**  
3948 Eastside Hwy Stevensville, MT
- **Safe on 1st** **363-4422**  
410 N. 1st. St. Hamilton, MT





## Disability Assistance

- **Bitterroot Valley Education Cooperative** **777-2494**  
**300 Park Ave Stevensville, MT**  
Provides Consultation and direct services for children in the school districts which include speech, occupational, physical therapy, special-education preschool and school based mental health services.
- **Haven's Horses** **381-6611**  
Incorporates horses in emotional growth and learning for those facing challenges such as depression, anxiety, trauma and grief.
- **Marcus Daly Pediatric Rehab** **363-2211**  
**Occupational and Physical Therapy-** **375-4434**  
**Speech and Language Therapy-** **375-4578**  
**1200 Westwood Dr. Hamilton , MT**
- **Medicare** **1-800-MEDICARE**  
**[www.medicare.gov](http://www.medicare.gov)**  
Medicare is health insurance for people age 65 or older and for age under 65 with certain disabilities.
- **Opportunity Resources** **363-5032**  
**316 N. 3rd St. Hamilton, MT**  
Case managers help people with developmental disabilities obtain the support they need and also to find work, housing, medical care, training and financial assistance.
- **PLUK (Parents Let's Unite for Kids)** **327-4645**  
**2200 N. Reserve #402 Missoula, MT**  
Nonprofit coalition for parents of children with disabilities.
- **Vocational Rehabilitation** **375-0203**  
**316 N. 3rd St. Suite 109 Hamilton, MT**  
Voc. Rehab provides a broad range of services to assist, find or maintain employment for eligible individuals with disabilities.

## Education

### Adult Education

- **Bitterroot College** 375-0100
- **College of Technology  
University of Montana** 243-7882 or  
243-7886
- **Hamilton Adult Education** 375-6060
- **MSU College of Technology** 1-800-446-2698
- **Stevensville Adult Education** 777-5481
- **University of Montana** 243-0211
- **Victor Adult Education** 642-3221

### Public Schools

- **Corvallis-  
Primary School-  
Middle School-  
High School-  
[www.corvallis.k12.mt.us](http://www.corvallis.k12.mt.us)  
School District #1** 961-3201  
961-3261  
961-3007  
961-3201
- **Darby-  
Elementary-  
Middle and High School-  
[www.darby.k12.mt.us](http://www.darby.k12.mt.us)  
School District #9** 821-3841  
821-3643  
821-3841
- **Florence-  
Elementary School-  
Middle School-  
High School-  
[www.florence.k12.mt.us](http://www.florence.k12.mt.us)  
School District #5** 273-6751  
273-6741  
273-0587  
273-6301

- **Hamilton -** 363-2280  
**Daly Elementary-** 363-2122  
**Grantsdale Elementary-** 363-1889  
**Washington Elementary-** 363-2144  
**Middle School-** 375-2121  
**High School-** 375-6060  
[www.hsd3.org](http://www.hsd3.org)  
 School District #3

- **Lolo-** 273-0451  
**Elementary School-** 273-6686  
**Woodman Elementary-** 273-6770  
**Middle School-** 273-6141  
[www.lolo.k12.mt.us](http://www.lolo.k12.mt.us)  
 School District #7

- **Lone Rock Elementary School-** 777-3314  
[www.lonerockschool.org](http://www.lonerockschool.org)  
 School District # 13

- **Stevensville-** 777-5613  
**Bitterroot Valley Cooperative Preschool-** 777-5509  
**Elementary School grades K-3-** 777-5613  
**Elementary School grades 4-6-** 777-5822  
**Middle School-** 777-5533  
**High School-** 777-5481  
[www.stevensvilleschool.net](http://www.stevensvilleschool.net)  
 School District #2

- **Victor** 642-3221  
**Elementary School-** 642-3551  
**Middle and High School-** 642-3221  
[www.victor.k12.mt.us](http://www.victor.k12.mt.us)  
 School District #7

- **West View Alternative School** 363-2992

## Other Education Resources

- **Literacy Bitterroot** 363-2900  
**316 N. 3rd St. #156 Hamilton, MT**  
 Provides free, confidential tutoring to those 16 and older who need to gain basic skills in reading, writing, math or English as a second language.



## Employment / Unemployment

- **A2Z Personnel**  
**Hamilton-** 363-0723  
**Stevensville-** 777-1662  
Private Employment Agency
- **Bitterroot Job Services** 363-1822  
274 Old Corvallis Road, Suite D Hamilton, MT  
Aids job seekers in looking for employment.
- **Bitterroot Staffing and Recruiting** 642-3998  
2036 Hwy 93 North Victor, MT  
Aids in job coaching, placing and creating for the Bitterroot Valley.
- **SS Staffing Inc.** 363-7668  
610 N 1st St. Hamilton, MT  
Locally owned and operated as an employment coordinator.
- **Trapper Creek Job Corps** 821-3286  
5139 West Fork Rd. Darby, MT  
A training center for disadvantaged youth between the ages of 16 and 24. Services include career training, GED completion, driver's education and placement services.
- **Unemployment Insurance** 444-2545 or  
1-800-207-0667
- **WoRC Program** 363-6101  
Ext. 236,237 or 239  
This is part of the TANF program. Provides work readiness classes, job training, job coaching, interview clothing and childcare while in the program.

# Energy Assistance

- **Energy Share**

**728-3710**

Helps households facing an immediate energy emergency when they have exhausted all other resources.

- **LIEAP**

**363-6101**

**Ext 307 or 308**

Benefit is determined by type of fuel, type of dwelling, number of persons living there and the amount of income earned by all persons living in the home regardless of relationship. Household income must be no more than 200% of the federal poverty guidelines.

- **Commodity Center**

**363-2134**

May be able to help with heat bills with a referral from the office of public assistance.

- **Salvation Army**

**363-6101**

May be able to help with assistance.

**Ext. 248**



## Entertainment

### Aquatic Centers

- **Bitterroot Aquatic Center** **375-8200**  
**59 Kurtz Lane Hamilton, MT**  
This center offers a variety of swimming activities and lessons as well as free swim times for the whole family. An outdoor water park is open in the summer as well as a heated indoor pool for the winter months.
- **Currents Aquatic Center** **552-6257**  
**600 Cregg Ln. McCormick Park Missoula, MT**  
This center offers many water fun activities and lessons. A large indoor waterpark for all ages operates year round.

### Family Fun

- **A Carousel for Missoula** **549-882**  
**Carousel Dr. Missoula, MT**  
A community run carousel that is inexpensive and fun for the whole family. There are many community and family activities that take place throughout the year..
- **Bitterroot Aquatic Center** **375-8200**  
**59 Kurtz Lane Hamilton, MT**  
Family swim activities and lessons available all year.
- **Bitterroot Valley Lanes** **363-6172**  
**300 Skeels Ave. Hamilton, MT**  
This is a bowling facility that is open to the public. Please call for hours and more information.
- **Children's Museum** **541-7529**  
**225 West Front St. Missoula, MT**  
The Children's Museum is located in Downtown Missoula. They offer affordable prices and hands on activities for the whole family.
- **Carmike Cinemas** **576-3400**  
**3640 Mullan Rd. Missoula, MT**  
Carmike is a movie theater that runs year round. They offer all the latest movies for all ages. Please call for current pricing and movie times.
- **Currents Aquatic Center** **552-6257**  
**McCormick Park, 600 Cregg Lane Missoula, MT**  
This is an indoor water park and swim facility that runs all year. They offer many lessons and activities for the whole family.

- **Five Valley's Bowling Center** **549-4158**  
**1515 Dearborn Ave. Missoula, MT**  
 This is a bowling facility that offers fun for the whole family. Please call for current hours, pricing and any specials that may be running through the week.
- **Glacier Ice Rink** **728-0316**  
**1101 South Ave West Missoula, MT**  
 Glacier Ice Rink is a year round ice skating rink. They offer multiple classes and hockey leagues as well as free skating for the whole family. Please call for current pricing and skate rental information.
- **Hamilton Players** **375-9050**  
**100 Ricketts Rd. Hamilton, MT**  
 This is a live production theater that offers a variety of shows and plays year round. Please call for current productions and pricing as well as any auditions.
- **Hot Springs**

  - Lolo-** **273-2290**  
**38500 W. Hwy 12 Lolo, MT**
  - Lost Trail-** **821-3574**  
**8321 Hwy 93 South Sula, MT**  
 The hot springs offers camping, hiking and a great spot for swimming and relaxation. Please call for current pricing and availability of cabins and hours of operation.
- **Lake Como** **821-3913**  
**Hwy 93 South Darby, MT**  
 This is a year round park that offers fishing, snow shoeing, camping, swimming, boating and many more family activities. \$5 per vehicle a day or \$30 per vehicle for the season.
- **Pharaohplex Movie Theater** **961-3456**  
**582 Old Corvallis Rd. Corvallis, MT**  
 This is a fully functioning movie theater that offers all the up to date movies, affordable pricing for both 2D and 3D movies and a concession stand. Please call for current pricing and movie availability.
- **Splash Montana Water Park** **542-9283**  
**Playfair Park, 3001 Bancroft Missoula, MT**  
 This is an outdoor family fun water park for all ages that operates only in the summer months. Please call for pricing and hours.
- **Stevensville Historical Museum** **777-1007**  
**517 Main St. Stevensville, MT**  
 This museum offers a fun history and overview of the historical town of Stevensville MT. All ages welcome. Call for pricing and hours.

- **Stevensville Playhouse** **777-2722**  
**319 Main St. Stevensville, MT**  
 Stevensville Playhouse is a live performance theater. Please call for a current pricing and performance schedule.

- **Village 6 Theaters** **251-4140**  
**3804 South Reserve Missoula, MT**  
 Village 6 is a fully operating movie theater. They offer the newly released movies as well as a concession stand. Please call for current pricing and movie times.

- **Westside Lanes Bowling Center** **721-5263**  
**1615 Wyoming St. Missoula, MT**  
 This is a family friendly bowling center for all ages. Please call for current pricing and hours of operation.

## Hiking and Skiing

- **Bitterroot Forest Service**  
**Darby-** **821-3913**  
**Hamilton-** **363-7100**  
**Stevensville-** **777-5461**  
[www.fs.usda.gov](http://www.fs.usda.gov)
- **Lee Metcalf Wildlife Refuge** **777-5552**  
**4567 Wildfowl Lane Stevensville, MT**
- **Lookout Pass** **208-744-1301**  
**I-90 Exit 0 Mullan, ID 83846**  
 Located on the Northern Idaho/Montana border. This is a ski resort that offers a free ski school, many ski lifts, and a bike trail in the summer.
- **Lost Trail Powder Mountain** **821-3211**  
**Hwy 93 South Where Montana and Idaho meet.**  
 Lost trail offers affordable family skiing and snowboarding.
- **Snowbowl Ski and Summer Resort** **549-9777**  
**1700 Snow Bowl Rd. Missoula, MT**  
 Snowbowl is a ski resort that also offers a 6 week ski school. It is also open in the summer and offers biking and hiking for the whole family.



# Financial Assistance

- **Consumer Credit Counseling** **543-1188**
- **Office of Public Assistance**  
**Hamilton– 310 N 3rd St. 363-1944**  
**Missoula- 2677 Palmer suite 100 329-1200**
- **United Way** **549-6104**  
**412 West Alder Missoula, MT**  
United Way offers assistance in many ways. Some of the services offered include food, housing, financial, gas, clothing and training.



## Food Assistance

- **City Food Bank** 721-7804  
2811 Latimer Missoula, MT
- **Darby Bread Box** 821-2081  
206 East Tanner Ave. Darby, MT
- **Haven House Food Bank** 363-2450  
316 N. 3rd St. #162 Hamilton, MT
- **Women, Infant and Children (WIC)**  
Hamilton- 205 Bedford Suite P 375-6685  
Missoula– 301 West Alder 258-4740
- **Meals on Wheels** 363-5690  
310 Old Corvallis Rd. Hamilton, MT or  
820 N. 4th St. Hamilton, MT
- **Pantry Partners** 777-0351  
616 Park St. Stevensville, MT
- **Missoula Food Bank** 549-0543  
219 S. 3rd St. West Missoula, MT
- **Salvation Army** 363-6101  
ext.248
- **Supplemental Nutrition Assistance (SNAP)**  
Hamilton- 310 N. 3rd St. 363-1944  
Missoula- 2677 Palmer Suite 100 329-1200

## Government

- **Chamber of Commerce** **363-2400**  
105 E Main St. Hamilton, MT
  
- **Clerk and Recorder** **375-6555**  
**Regina Plettenberg**  
215 S 4th St. Hamilton, MT  
Voter information, birth and death certificates, district maps and  
declaration of homestead.
  
- **County Commissioner Information** **375-6500**  
215 S 4th St. Suite A Hamilton, MT
  
- **County Website-**
- **Darby City Hall** **821-3753**  
101 East Tanner Ave. Darby, MT  
[www.rc.mt.gov](http://www.rc.mt.gov)
  
- **Governor** **444-3111**  
Brian Schweitzer- Office of the Governor- Montana State Capital Bldg. P.O. Box 200801  
Helena, MT 59620
  
- **Hamilton District Court Clerk's Office** **375-6710**
  
- **Hamilton District Court Judge's Office** **375-6780**
  
- **Hamilton City Hall** **363-0191**  
223 S. 2nd St. Hamilton, MT
  
- **Legislature** **444-4800**  
Representative– Montana House of Representatives– P.O. Box 200400 Helena, MT 59620  
Senator– Montana Senate– P.O. Box 200500 Helena, MT 59620
  
- **Ravalli County Attorney's Office** **375-6222**
  
- **Ravalli County Justice Court**
- **#1. Justice Robin Clute- Suite E** **375-6755**
- **#2. Justice Jim Bailey- Suite F** **375-6765**  
205 Bedford St. Hamilton MT

## Health

### Dental

- **Dr. Andy Kehmeier** 363-5200  
710 S 1st Street Hamilton, MT  
Accepts HMK and HMK+
- **Dr. Chet Nelson** 363-4010  
421 State Street Hamilton, MT  
Accepts HMK & HMK+
- **Dr. Carl Shepp** 273-2015  
5460 NW Highway 93 Florence, MT  
Accepts HMK and HMK+
- **Canyon View Dental** 375-1192  
710 N 1st Street Hamilton, MT
- **Dr. Dennis Lacey** 273-6266  
5872 Eastside Hwy Florence, MT  
Accepts HMK and HMK+
- **Dr. Eli Johnson** 363-2421  
215 N. 10th Street Suite A. Hamilton, MT  
Accepts HMK and HMK+
- **Dr. Greg Seltzer** 363-5300  
215 N 10th Street Suite D Hamilton, MT  
Accepts HMK only
- **Dr. Jamie Crossman** 363-1911  
299 Fairgrounds Rd. Suite 2 Hamilton, MT  
Accepts HMK only
- **Dr. Jeremy Anderson** 642-3771  
2412 Meridian Rd. Victor, MT  
Accepts HMK only
- **Dr. Joseph Hylton– Pediatric Dentist** 549-2395  
3817 Stephens Ave. Missoula, MT  
Accepts HMK and HMK+

- **Dr. Lynn Seamons** **363-4010**  
421 State Street Hamilton, MT
  
- **Dr. Michael Taylor** **363-4411**  
215 N 10th Street Suite B Hamilton, MT  
Accepts HMK only
  
- **Dr. Molly Gannon** **363-1211**  
512 Old Corvallis Rd. Hamilton, MT  
Accepts HMK only
  
- **Partnership Health Center** **258-4185**  
401 W Railroad Missoula, MT  
Accepts HMK and HMK+ and sliding fee scale
  
- **Missoula Pediatric Dentistry** **541-7334**  
1300 S Reserve St. Suite B Missoula, MT  
Accepts HMK and HMK+ 9 and under for new patients
  
- **Dr. Ray Damerl** **375-9218**  
1150 Westwood Dr. Suite F Hamilton, MT
  
- **Yaskus Dentistry** **777-5582**  
203 Barbara St. Stevensville, MT  
Accepts HMK and HMK+ sees children only if parents are patients

## Hospitals

- **Community Medical Center** **728-4100**  
2827 Fort Missoula Rd. Missoula, MT
  
- **Marcus Daly Memorial Hospital** **363-2211**  
1200 Westwood Dr. Hamilton, MT
  
- **St. Patrick Hospital** **543-7271**  
500 West Broadway Missoula, MT

## Mental Health

- **Aleta Sisson, LCPC** **363-3353**
- **Becky Laugel, LCPC** **381-6611**
- **Bob VanMarle, LCSW** **363-6900**
- **Debra Ruggiero, Licensed Psychologist** **777-3800**
- **Families First** **721-7690**  
**227 West Front St. Missoula, MT**  
Families First does whatever it takes to help children and their families in crisis. They are recognized for innovative mental health treatments, foster care and social services that help families recover.
- **Full Circle Counseling Solutions** **532-1615**  
**1501 N Avenue West Missoula, MT**
- **Mental Health America of Montana** **1-877-927-6642**
- **Montana Mental Health Services Plan** **1-800-624-3958**
- **Riverfront Mental Health Center** **532-9101**  
**209 N 10th St. Suite A Hamilton, MT**  
Offers counseling, community support, children's case management and family based services.
- **Turtle Gap Counseling** **363-1217**  
**81 Kurtz Lane Hamilton, MT** **ext. 18**

## Pharmacy

- **Bitterroot Drug** **363-3611**  
211 W Main St. Hamilton, MT
- **Calvary Chapel** **363-3431**  
700 N 4th St. Hamilton, MT  
Limited Supply
- **Commodity Center** **363-2134**  
215 N 6TH St. Hamilton, MT  
Referrals on church letterhead and identification of specific need required.
- **Corvallis Drug Store** **961-3221**  
1029 Main St. Corvallis, MT
- **Costco Pharmacy** **542-3807**  
3220 N Reserve St. Missoula, MT
- **CVS Pharmacy** **728-1380**  
1914 Brooks St. Missoula, MT
- **Family Pharmacy** **777-5002**  
3804 Eastside Hwy Stevensville, MT
- **Florence Community Pharmacy** **273-6565**  
5549 Old Hwy 93 Florence, MT



- **Lolo Drug** **273-2322**  
103 Glacier Dr. Lolo, MT
  
- **Salvation Army** **363-6101**  
**ext. 248**  
**363-9003**
  
- **Timber Ridge Pharmacy**  
In Super 1– 1131 N 1st St. Hamilton, MT **363-9003**
  
- **Walgreens**  
**Hamilton– 901 N 1st St.** **552-4698**  
**Missoula– 2100 Brooks St.** **203-4960**  
**2527 N Reserve St.** **552-0475**
  
- **Valley Drug and Variety** **777-5591**  
301 Main St. Stevensville, MT

## Physicians

- **Bitterroot Clinic** **363-1100**  
1224 W Main St. Hamilton, MT  
Accepts HMK and HMK+
  
- **Convenient Care** **363-0597**  
1200 Westwood Dr. Suite H Hamilton, MT  
Accepts HMK and HMK+
  
- **Corvallis Family Medicine** **961-4661**  
1037 Main St. Corvallis, MT  
Accepts HMK and HMK+
  
- **Hamilton Obstetrics & Gynecology** **375-4777**  
1200 Westwood Dr. Suite C Hamilton, Mt
  
- **Family Medicine Center** **363-3627**  
1201 Westwood Dr. Hamilton, MT  
HMK and HMK+
  
- **Florence Family Practice** **273-4923**  
5549 Old Hwy 93 Florence, MT
  
- **First Choice** **375-9555**  
186 S 3rd St. Hamilton, MT  
Walk-In clinic-Does not accept or bill insurance



- **Lifespan Family Medicine** **777-5522**  
 715 Main Street Stevensville, MT
- **Partnership Health Center** **258-4789**  
 323 W. Alder Missoula, MT  
 Accepts HMK, HMK+ and sliding fee scale
- **Physicians Clinic** **363-5101**  
 1170 Westwood Dr. Suite B Hamilton, MT  
 Accepts HMK and HMK+
- **Ravalli Family Medicine** **363-5104**  
 411 W Main St. Hamilton, MT  
 Accepts HMK and HMK+
- **Ravalli County Public Health Dept.** **375-6670**  
 205 Bedford Suite L (county court house) Hamilton, MT  
 Accepts HMK, HMK+ and sliding fee scale
- **Stevensville Community Medical Center** **777-2775**  
 3800 Eastside Hwy. Stevensville, MT  
 Accepts HMK and HMK+

## Walk-In Clinics

- **Convenient Care** **363-0597**  
 1200 Westwood Dr. Hamilton, MT  
 Monday-Friday 11:00am-6:00pm and Saturday 10:00am to 3:00pm
- **Cost Care** **721-5513**  
 1001 E Broadway Missoula, MT  
 Monday-Friday 8:30am-7:00pm
- **2819 Great Northern Loop Missoula, MT** **541-3046**  
 Monday-Friday 8:30am-7:00pm, Saturday 10:00am-5:00pm and  
 Sunday 12:00pm-4:00pm
- **3031 Russell St. Missoula, MT** **728-5841**  
 Monday-Friday 8:30am-7:00pm
- **First Choice Medical** **375-9555**  
 186 S 3rd St. Hamilton, MT  
 Monday-Friday 8:00am-6:00pm and Saturday 10:00am-6:00pm

## Vision

- **Big Sky Eye Care** **363-2020**  
820 W Main ST Hamilton, MT
- **Bitterroot Valley Eye Associates**  
**Hamilton– 300 N 10th St. Suite A** **363-5434**  
**Stevensville– 401 Main St. Suite A** **777-3107**
- **Montana Valley Eye Clinic** **728-0044**  
601 W Spruce St. Suite E Missoula, MT
- **Ravalli Family Eye Care** **363-1530**  
109 N 4th St. Suite 105 Hamilton, MT
- **Rocky Mountain Eye Center**  
**Hamilton-120 S 5th St. Suite 104** **363-3366**  
**Missoula-700 W Kent Ave.** **541-3937**



## Housing

### Housing Information

- **First Time Home Buyers Program** 728-3710
- **Habitat for Humanity Ravalli County** 375-1926  
131 Old Corvallis Rd. Hamilton, MT
- **Homeowner Education** 363-5450  
Bitter Root RC&D– 1709 N. 1st St. Hamilton, MT
- **Homeowner Rehab and Repair Loans** 728-3710  
This organization is located in Missoula, MT. They assist with installing energy saving measures, improve health and safety for occupants and long term preservation of a single family home.
- **Housing Urban Development (HUD)** 549-4113
- **Human Resource Council District XI** 363-6101  
316 N 3rd St. #114 Hamilton, MT  
Information on Section 8 housing and Subsidized housing
- **Montana Fair Housing** 542-2611  
This is a private non-profit organization that helps in the reduction and eradication of housing discrimination in the state of Montana.

### Homeless Shelters

- **The Lighthouse in Hamilton** 363-5000  
116 Bowman Rd. Hamilton, MT
- **Bitterroot Youth Home** 363-0619  
196 Providence Way Hamilton, MT
- **Gateway Center** 549-0710  
339 W Broadway Missoula, MT
- **Poverello Center** 728-1809  
535 Ryman Missoula, MT
- **Summit Independent Living Center** 363-5242  
316 N 3rd St. Suite 113 Hamilton, MT

- **Teen Challenge** **543-1912**  
**Montana Women Outreach**  
**3815 S 7th St. W Missoula, MT**

## Safe Housing and Shelters

- **SAFE** **363-2793(office)**  
**363-4600(crisis line)**  
**150 Morning Star Way Hamilton, MT**
- **YWCA** **542-1944 or**  
**1-800-483-7858**  
**1130 W Broadway Missoula, MT**

## Insurance

- **Children’s Special Health Services** **800-762-9891**  
Covers specific medical conditions that are not covered by other insurances.
- **Healthy Montana Kids** **1-877-543-7669**  
HMK is a free or low-cost health coverage plan. The plan provides health coverage to eligible Montana children and teenagers up to age 19. A child can qualify for HMK based on family size and income.
- **Medicaid** **363-1944 or**  
**1-800-362-831**
- **Medicare** **1-800-633-4227**
- **Ravalli County Office of Public Assistance** **363-1944**  
**310 N 3rd St. Hamilton, MT**  
Processes applications for Healthy Montana Kids and Medicaid
- **Social Security Disability** **542-1665**

## Legal Assistance

- **Children’s Justice Center** **No Phone Listed**  
**P.O. Box 201417 Helena, MT 59620**
- **Children and Family Services** **363-7553**

- **Citizen’s Advocate** 444-3468 or  
1-800-332-2272
- **Disability Rights** 1-800-245-4743
- **Hamilton Public Defender** 363-7999  
300 S 2nd St. Hamilton, Mt
- **Montana Legal Services** 543-8343 or  
1-800-666-6899
- **People’s Law Center** 1-800-406-5567
- **Probation and Parole** 363-2882  
1707 N 1st St. Suite A Hamilton, MT
- **Ravalli Count Victim Assistance Program** 363-4007  
310 N 4th St. Suite D Hamilton, MT
- **State Law Library** 444-3660  
Courts.mt.gov/library
- **Supervised Visitation Ravalli County** 546-5344

## Libraries

- **Bitterroot Public Library** 363-1670  
306 State Street Hamilton, MT
- Corvallis School Library** 961-3261  
1020 Eastside Hwy Corvallis, MT  
Open during school hours
- **Darby Public Library** 821-4771  
101 S Marshall St. Darby, MT
- **North Valley Public Library** 777-5061  
208 Main St. Stevensville, MT
- **Ravalli Head Start Lending Library** 363-1217  
81 Kurtz Lane Hamilton, MT  
Open during school hours

## Newspapers

- **Bitterroot Star** 777-3928
- **Missoulian** 523-5200
- **Missoula Independent** 534-6609
- **Ravalli Republic** 363-3300

## News Stations

- **KECI-NBC Channel 13** 721-2063
- **KPAX-CBS Channel 8** 542-4400
- **KTMF-ABC Channel 23** 542-8900



## Parenting and Child Resources

### Childcare

- **Childcare Resources** 728-6446  
105 E Pine St. Missoula, MT

### Grandparent Resources

- **The Montana Grandparents Raising Grandchildren Project** 994-3395  
grg@montana.edu

### Pregnancy and Infants

- **Baby Your Baby Referral Line** 1-800-421-6667
- **Birthright of the Bitterroot** 363-6710  
259 Van Blaricom St. Hamilton, MT  
Birthright provides free and confidential pregnancy testing, support, referrals and help with pregnancy questions.
- **Bitterroot Breastfeeding Coalition** 375-4680  
1200 Westwood Dr. Hamilton, MT
- **Blue Mountain Clinic** 721-1646 or 1-800-727-2548  
610 N California Missoula, MT
- **Childbirth Education** 375-4654  
1200 Westwood Dr. Hamilton, MT  
These are courses that help prepare for childbirth by teaching Lamaze breathing techniques, guest speakers and infant CPR.
- **Follow Me/ MIAMI Project** 363-1217  
1200 Westwood Dr. Hamilton, MT  
These are follow up services to high risk pregnancies, women and families with newborns, provides assistance with obtaining prenatal care and other appropriate community resources.
- **Healthy Mothers Healthy Babies Coalition** 449-8611 or 1-800-421-6667

- **Heidi Kestrel** **550-3475**  
 Heidi helps with obtaining and safely using car seats.
  
- **La Leche League** **239-5039**  
**Bitterroot Valley-** **493-1813**  
**Missoula-**
  
- **Planned Parenthood of Missoula** **728-5490**  
 219 E Main St. Missoula, MT
  
- **Ravalli County Family Planning** **375-6670**  
 205 Bedford Suite L Hamilton, MT  
 Low or no cost pregnancy testing and counseling, contraceptive education and counseling, Reproductive medical exams, STD counseling and referrals
  
- **Women, Infants and Children (WIC)** **375-6685**  
**Hamilton-** 205 Bedford St. Suite P **258-4740**  
**Missoula–** 301 West Alder Missoula, MT  
 This is a supplemental nutrition program for women, children under 5, and infants. They also help with breastfeeding education and support with breastfeeding



## Preschool and Toddlers

- **The MOMS Club of the Bitterroot** **777-5149**
- **MOPS**  
**Hamilton-** **363-4244**  
**Stevensville-** **777-2592**  
MOPS stands for Mothers of Preschoolers. This is a group of moms that meet weekly for scheduled activities, crafts, fundraisers and much more
- **The Parenting Place** **728-5437**  
1644 S 8th St. W Missoula, MT

## Teens

- **B.E.A.R.'s Venture Out Program** **375-9110**  
This is for ages 10-17, family outreach programs, one-on-one and group mentoring
- **Bitterroot Youth Home** **363-0619**  
196 Providence Way Hamilton, MT
- **Boys and Girls Club** **542-3116**  
1515 Fairview Ave # 243 Missoula, MT
- **Covenant House Crisis Line for Teens** **1-800-999-9999**
- **Teen Line** **1-800-852-8336**

## Other Resources

- **Center for Missing and Exploited Children** **1-800-843-5678**
- **Child Protective Services** **363-1961 or 363-7553**



## Pet Adoption

- **Animeals** **721-4710**  
**1700 Rankin Missoula, MT**  
This is a no-kill shelter, adoption center and animal food bank
- **Bitterroot Humane Association** **363-5311**  
**262 Fairgrounds Rd. Hamilton, MT**  
This is a no-kill shelter and adoption center for animals as well as a pet store where all proceeds go to the shelter
- **Humane Society of Western Montana** **549-3934**  
**5930 Hwy 93 S Missoula, MT**
- **Missoula Animal Control** **541-7387**  
**6700 Butler Creek Rd. Missoula, MT**
- **Montana Companion Animal Network** **961-3029**  
**Mtcan.org**

## Pet Supply Stores

- **8 Paws Pet Shop** **363-6616**  
**119 Big Corral Rd. Hamilton, MT**
- **Animania** **543-0100**  
**1530 Livingston Missoula, MT**
- **Feed and Farm** **777-5527**  
**3673 Eastside Hwy Stevensville, MT**
- **Go Fetch** **728-2275**  
**627 Woody St. Missoula, MT**
- **Lakeland Feed and Supply** **363-2334**  
**110 Mill St. Hamilton, MT**
- **Murdoch's**  
**Hamilton— 1189 S 1st St.** **363-7644**  
**Missoula— 2801 W Broadway St.** **549-2355**

## Veterinarians

- **Bitterroot Pet Mobile** **360-7387**  
Linda Perry DVM-Makes house calls in the Bitterroot Valley
- **Burnt Fork Veterinary Clinic** **777-3844**  
3682 Eastside Hwy Stevensville, MT
- **Companion Pet Clinic** **363-6802**  
801 S 1st St. Hamilton, MT
- **Florence Veterinary Clinic** **273-3111**  
5391 Hwy 93 Florence, MT
- **Horizon Mobile Vet Hospital** **273-7000**  
Florence and Lolo
- **Noah's Ark** **642-3471**  
Hwy 93 and 100 Critter Way Victor, MT
- **Pet Emergency Center** **829-9300**  
1914 S Reserve St. Missoula, MT  
Open 7 days a week for after hours emergencies
- **Southgate Animal Hospital** **543-3785**  
2405 Brooks St. Missoula, MT
- **Western Montana Equine** **728-5667**  
4414 Deschamps Lane Missoula, MT  
Horses and Mules
- **Valley Pet Clinic** **363-5390**  
1420 S 1st St. Hamilton, MT
- **Willow Mountain Veterinary Hospital** **961-3077**  
1039 Main St. Corvallis, Mt

## Other Resources

- **Fox Hollow Animal Project** **273-6007**  
Low cost spay, neuter and rabies vaccinations

## Post Offices

- **Conner** 821-4776
- **Corvallis** 961-3821
- **Darby** 821-3441
- **Florence** 273-2731
- **Grantsdale** 363-0670
- **Hamilton** 363-1445
- **Lolo** 273-2251
- **Stevensville** 777-5812
- **Sula** 821-3852
- **Victor** 642-3361

## Public Assistance

- **The Office of Public Assistance**  
**Hamilton- 310 N 3rd St.** 363-1944  
**Missoula- 2677 Palmer St. Suite 100** 552-6000  
The Office of Public Assistance helps residents apply for and get services such as food assistance (SNAP), cash assistance (TANF) and Medicaid.

## Safety

### Fire Departments

- **Corvallis Rural fire Station** 961-5339
- **Darby Volunteer Fire Department** 821-3100
- **Florence Rural Fire District** 273-2357
- **Hamilton Volunteer Fire Department** 363-6338
- **Missoula Fire Department** 552-6210
- **Stevensville Volunteer Fire Department** 777-5273
- **Three Mile Volunteer Fire Department** 777-0629
- **Victor Volunteer Fire Department** 642-3180



## Law Enforcement

**\*\*\*CALL 911 FOR EMERGENCY\*\*\***

- **Darby Police Department** 821-3753
- **Department of Corrections-Probations and Parole** 363-2882
- **Hamilton Police Department** 363-2100
- **Non-Emergency Dispatch Hamilton Police** 363-2100
- **After Hours and Weekends Hamilton Police** 363-3033
- **Ravalli County Detention Center** 375-4080
- **Ravalli County Sherriff's Office** 375-4060
- **Stevensville Police Department** 777-3011
- **Youth Court-Ravalli County** 363-4300

## Other Information

- **Car Seat Safety** 550-3475  
Heidi Kestrel– Helps with obtaining and safely using car seats.
- **Center for Missing and Exploited Children** 1-800-843-5678
- **Child Protective Services**  
**Hamilton-** 363-1961  
**Missoula-** 523-4100
- **Poison Control Center** 1-800-525-5042
- **Sexual and Violent Offender Registry**  
[Doj.mt.gov/svor](http://Doj.mt.gov/svor)
- **Victim Witness Advocate** 363-4007 or 531-8845

## School Supply Assistance

- **United Way** **549-6104**

## Senior and Veterans

- **Adult Protective Services**  
**Hamilton- 108 Pinckney** **363-1543**  
**Missoula- 2681 Palmer St.** **329-1309**
- **Council on Aging** **363-5690**  
**310 Old Corvallis Rd. Hamilton, MT**
- **Elder Abuse Hotline** **1-800-551-3191**
- **Hamilton Senior Center** **363-5181**  
**820 N 4th St. Hamilton, MT**
- **Retired Seniors Volunteer Program** **363-1102**  
**Ravalli County**
- **Social Security Administration** **1-800-772-1213**
- **Stevensville Senior Center** **777-5681**  
**100 Mission St. Stevensville, MT**
- **Valley Veterans Service Center** **363-9838**  
**299 Fairgrounds Rd. Hamilton, MT**
- **Veterans Assistance** **447-6052**  
**Helena, MT**
- **Victor Senior Center** **642-3320**  
**242 5th Ave. Victor, MT**
- **Vocational Rehabilitation** **375-0203**  
**316 N 3rd St. Suite 110 Hamilton, MT**



## Sports and Fitness

- **Absolute Fitness** 961-8700  
1026 Main St. Corvallis, MT
- **Access Fitness** 728-5515  
1906 1/2 Brooks St. Missoula, MT
- **Ballet Bitterroot** 961-1818  
Corner of Bowman and W. River Rd. Hamilton, MT
- **Bitterroot Dragon Brigade-Martial Arts** 360-5420  
472 Tammany Lane Hamilton, MT
- **Canyons Athletic Club** 363-1555  
472 Tammany Lane Hamilton, MT
- **Curves** 363-0393  
924 Adirondac Ave Hamilton, MT
- **Dance EFX** 360-4912  
1406 Hwy 93 South Hamilton, MT
- **Figure Skating** 543-5889  
Glacier Ice Rink-1101 South Ave W Missoula, MT
- **Gold's Gym** 549-9181  
2425 W Central Ave. #100 Missoula, MT
- **Groovz Fitness and Dance** 375-5226  
810 S 1st St. Hamilton, Mt
- **Iron Horse Athletic Club** 363-0300  
99 Marcus St. Hamilton, MT
- **J.R. Playmakers Flag Football** 552-6266  
Missoula
- **Peak Health and Wellness** 251-3344  
5000 Blue Mountain Rd. #1 Missoula, MT

## Transportation

### Bus and Taxi

- **Bitterroot Bus-Bitterroot Valley** 363-7484
- **Bitterroot Taxi Service-Bitterroot Valley** 381-9399
- **Disabled American Veterans Van** 642-3871
- **Harlow's Bus Service- Stevensville** 777-2189
- **iRide Van and Carpool** 327-8515
- **Medi Cab** 327-1510
- **Mountain Express Taxi- Missoula** 363-5353

### Other Services

- **Drivers Services** 777-4388  
102 Main St. Suite A Stevensville, MT
- **Highway Patrol** 1-800-525-5555
- **Registration and Title Information**  
Hamilton- 215 S 4th St. Suite A 375-6585  
Missoula- 200 W Broadway 258-4747
- **Road Reports/Weather Information** 1-800-226-7623  
or 511

## Utilities

- **Bitter Root Disposal** 363-3630
- **Hamilton City Water and Sewage** 363-6717
- **Northwestern Energy** 542-5950  
24/7 Emergency Services Line- 1-888-467-2669
- **Ravalli County Electric** 961-3001
- **Ravalli County Sanitation** 375-6268
- **Recycling- Pacific Recycling** 543-7280  
131 Old Corvallis Rd. Hamilton MT





- **PeeWee Soccer** **363-1688**  
Evergreen Kids Corner– 201 S 8th St. Hamilton, MT
- **Red Bird Yoga** **375-5764**  
3972 Hwy 93 Stevensville, Mt
- **Right To Bare Arms Gym** **821-1100**  
501 Main St. Darby, MT
- **River Street Dance** **363-1203**  
421 N 2nd St. Hamilton, MT
- **Sapphire Dance** **777-4400**  
217 Main St. Stevensville, MT
- **Simple Yoga** **544-2101**  
111 N 2nd St., In back of Liason’s Coffee Shop, Hamilton, MT
- **Ski School** **821-3211**  
Lost Trail Powder Mountain Sula, MT
- **Summit Cheerleading** **721-1766**  
1920 Montana St. Missoula, MT
- **Swimming Lessons** **375-8200**  
Bitterroot Aquatic Center– 59 Kurtz Lane Hamilton, MT
- **T-Ball** **360-6188**  
Hamilton
- **Velocity Gymnastics** **363-5398**  
104 Fabers Way Hamilton, MT
- **YMCA** **721-9622**  
3000S Russell St. Missoula, MT
- **Yoga Fitness Center** **728-6770**  
123 W Alder St. Missoula, MT
- **Yoga in the Root** **777-7011**  
4071 Eastside Hwy Suite A Stevensville, MT
- **Youth Hockey** **880-9007**  
Glacier Ice Rink-1101 South Ave W Missoula, MT



**123 Invest in Me!**  
*A Best Beginnings Community*

123 Invest In Me! A Best Beginnings Community Council's mission is to invest in the lifelong wellbeing of children and families in our community by strengthening resources and supports that foster essential and high quality 'best beginnings' for children 0 through age 5.

The intent of the Best Beginnings approach is to have a comprehensive, coordinated early childhood system that provides a governance structure and leads to strong collaboration in order to best meet the needs of Montana's youngest citizens.

**123 Invest In Me! A Best Beginnings Council**, has many devoted and respected members. Each had a hand in helping to assemble this resource. We could not have reached our goal without the commitment, expertise and collaborative spirit of the following individuals:

Anne Anderson  
Ravalli Head Start

Julie Barcus  
Corvallis Primary School

Sally Blevins  
Bitterroot Public Library

Jennifer Chavez  
Parent Representative

Kelly Conway  
Ravalli Head Start

Christina Dunbar  
Ravalli Head Start

Marylou deRoulhac  
Riverfront Counseling

Judy Griffin  
Ravalli County Public Health

LaRee Jessop  
Bitterroot Early Learning Center

Char Jones  
Ravalli Head Start

Shawna Kientz  
Washington Elementary School

Connie McDonald  
SAFE

Brittany McKenzie  
Ravalli Early Head Start

Dee Hansley-Maclena  
PTA

Lucy Marose  
Child Care Connections

Brittany Park  
Ravalli Early Head Start

Michelle Parks  
Child Care Resources

Linda Seed  
Ravalli Early Head Start

Kristin Segall  
Ravalli Head Start

Janice Stranahan  
Corvallis Primary School

Marjorie Vegoren  
Ravalli Head Start

Shelly Verwolf  
Child & Family Services

Tisha Weber  
Parent Representative

***Thank you to all those that shared their resource lists!***

*\*Special thanks to Kingdom Kids Christian Childcare for use of children in cover photo\**

# NOTES