

ANIMAL	ADDRESS	PHONE	SERVICES	NOTES
1. Capitol Area Animal Response Team (CAART)	c/o Topeka Community Foundation, 5431 SW 29th Street, Suite 300	785 925-3678	Crisis sheltering services; disaster response; temporary pet food supply to owners with financial hardship (distribution on the first Saturday of every month at our Forbes Field warehouse facility)	www.shawneeccart.org
2. Cat Association of Topeka (CAT)	1719 SW Gage Blvd.	785-272-4735	No-kill cat shelter, has emergency foster homes.	
3. Critter Care	PO Box 67341	785-478-9985	Provides low or no-cost spay-neuter for dogs and cats.	
4. Helping Hands Humane Society	2625 NW Rochester Rd.	785-233-7325	Educational programs, cruelty investigations, sheltering for homeless and unwanted pets, pet adoptions, spaying and neutering, emergency animal rescue, lost and found programs.	
PANT (Pet Assistance Network of Topeka, Inc.)	c/o Topeka Community Found. 5431 SW 29th St.	785-270-8104	Provide temporary placement for pets belonging to people who are temporarily homeless or fleeing from a battering situation. Pets are cared for until the owners' lives improve and they can be reunited with their pets (there are some requirements for individuals)	www.topekapant.org
DISABILITY	ADDRESS	PHONE	SERVICES	NOTES
1. Kansas Commission for the Deaf and Hard of Hearing	915 SW Harrison St.	785-368-8034	Rehabilitation services.	
2. Kansas Vocational Rehabilitation	915 SW Harrison (Docking Office Bldg.)	785-368-7471	Counselors work with people with disabilities to help them assess their skills to develop individualized plans for employment and to purchase or arrange for the services they need to become employed.	1-866-213-9079
3. Social Security (SSI)	600 SW Commerce Place (I-70, Exit 356 North on Wanamaker, West on 6 th)	785-233-5951	Disability for those unable to engage in substantial gainful activity due to physical or mental impairments. (12 month or longer in duration).	(Local) 888-327-1271 M-F 9am-4pm www.ssa.gov
4. Sheltered Living, Inc.	2044 SW Fillmore	785-233-2566	Supports men and women who are mentally challenged. Residential program offers 24-hour staff for those who are medically fragile to independent living for individuals with the ability to work and need minimal support.	
EMPLOYMENT	ADDRESS	PHONE	SERVICES	NOTES
1. Heartland Works, Inc.	5020 SW 28 th #100	785-234-0500	Adult and dislocated worker employment related services.	Must meet certain eligibility requirements.
2. Topeka Workforce Center	1430 SW Topeka Blvd.	785-235-5627	Helps employers find skilled workers and helps career seekers access the tools needed to manage careers. Utilize State of Kansas administered internet job resources, check availability of jobs and obtain information.	

HEALTH CARE	ADDRESS	PHONE	SERVICES	NOTES
1. American Cancer Society	1315 SW Arrowhead Rd.	785-273-4422	Provides the latest, most accurate information	www.cancer.org
2. American Diabetes Association	3625 SW 29 th St.	785-271-6010	Provides the latest, most accurate information	www.diabetes.org
3. American Heart Association	5375 SW 7 th St.	785-272-7056	Provides the latest, most accurate information	www.americanheart.org
6. American Legion	3029 NW Hwy 24	785-296-9400	Durable medical equipment (wheelchairs, walkers, commodes, etc. (loaned free to veterans.	
5. American Lung Association	POBOX 8630	785-246-0377	Provides the latest, most accurate information	www.lungusa.org
6. American Red Cross	1221 SW 17 th	785-234-0568	Emergency aid to families and individuals in fire, flood, tornadoes and other natural disasters.	
7. Ask-A-Nurse (evening hours)	Health Connections at Stormont Vail Hospital	785-354-5225	Health care information (night hours when are clinics are closed)	M-F 4:30 pm -8:00 am
8. Ask-A-Nurse (daytime to 8 pm)	St. Francis Hospital	719-776-5555	Health information (day hours until 8 pm)	M-F 8 am-8pm
9. Community Action	1000 SE Hancock	785-235-9561	Parenting programs, elderly nutrition and durable medical, school based health related services. Help with prescription costs. Weatherization, utility assistance	
4. HealthWave (State of Kansas)	6700 SW Topeka BLVD	785-862-0415	For children in families with limited incomes that provides health insurance at little or no cost	Under 19 and resident of Kansas; income guidelines
10. Kansas Services for the Blind/Visually Impaired	2601 E. Circle Dr. N	785-296-1491	Train blind and visually impaired to be able to re-enter work force.	
11. Lion's Club		(w) 633-8321	Glasses	Contact – Spencer Smith
12. Marian Clinic	1001 Garfield Ave.	785-233-8081	Provides health care to people in Shawnee County who are financially unable to obtain it for themselves and their families.	
13. SCMS Health Access	POBOX 615	785-235-0996	People enrolled in the program receive necessary doctor and hospital care, and medication assistance. Must be Shawnee Co. resident, income 150% or below federal poverty level, not currently receiving Medicare, Medicaid, Heathwave or other state/federal medical benefits, or not covered by other insurance.	Referred by doctors & nurses
14. SRS (Social and Rehabilitation Services)	500 SW Van Buren	785-296-2500	Medical assistance programs, food stamps, childcare, medical cars, summer & winter LIEAP. Also advise on conservatorships... HOMEMAKER'S services. Meal preparation, light housekeeping, shopping and laundry for people who cannot help themselves.	Call for information.
15. Topeka-Shawnee Co. Health Dept.	1615 W. 8 th	785-368-2000	Health care on a sliding scale, based on income, if minimum or no insurance. WIC commodity program.	Women & children

NOTE: If you ask your pharmacy who is the maker of your prescriptions, (Glasco-Smith, etc.), you can 'Google' the company's name and get contact information. Almost all pharmaceutical companies have low- or no-cost prescription programs.

HOUSING	ADDRESS	PHONE	SERVICES	NOTES
1. Accessibility Program (City of Topeka)		368-3711	Handicapped ramps, bath and home modification, etc.	Income- based.
2. American Red Cross	1221 SW 17 th St.	785-234-0568	Emergency aid to families and individuals in fire, flood, tornadoes and other natural disasters.	
3. Battered Women's Task Force (YWCA)	225 W. 12 th St.	785-233-1750	Emergency shelter for women and children, counseling, assistance with restraining orders, support groups.	24 hr. helpline: 1-888-822-2983
4. Emergency Repair Program (City of Topeka)	620 SE Madison	785-368-3711	Home repairs that affect the safety of residents (furnace, water heater, sewer, roof, etc.)	Income-based.
5. Florence Crittenton Services	2649 SW Arrowhead Rd.	785-233-0516	Girls age 13-18 with major mental illnesses, substance abuse, and/or unmanageable at-risk behaviors requiring containment and a controlled nurturing environment with active psychiatric treatment.	

HOUSING (CON'T)	ADDRESS	PHONE	SERVICES	NOTES
6. Habitat For Humanity	2907 SW Topeka BLV.	785-234-4322	Helps build affordable homes for lower income families who purchase homes through a no-interest real estate mortgage, make monthly payments, have put sweat equity into building the homes, and take care of them while living there.	www.topekahabitat.org
7. Housing and Credit Counseling, Inc.	1195 SW Buchanan #101	785-234-0217	Housing counseling for tenants, landlords, homeowners, homebuyers. Landlord/tenant publications available. Money management, budget counseling and a debt management plan.	1-800-383-0217
8. Resource Center for Independent Living, Inc.	519 SW 37 th ST.	785-267-1717	Advocacy, housing information and referral, HCBS waiver programs, counselors, living skills, personal care attendants, youth services, peer specialists, prescription drug program	Persons with disabilities 16-64; youth ages 15-21; elderly-RX program
9. Topeka City Homes	1638 Clay	785-233-3539	Low-cost rehab housing, rental – Section 8	
10. Topeka Housing Authority	2010 SE California	785-357-8842	Section 8 and public housing	Income guidelines or elderly
11. Topeka Independent Living	501 SW Jackson St. #100	785-233-4572	Advocacy and services for persons with disabilities. If accessibility modifications are needed—a ramp, wider doors, roll-in shower—they help you find the funding you need .	
12. Topeka Rescue Mission	600 N. Kansas Ave.	785-234-1024	Emergency shelter for individuals and families. NOTE: Staying at the Shelter puts them at the top of the waiting list for Section 8 Housing	
13. Weatherization (City of Topeka)	621 SE Swygart	785-235-9296	Caulking, window film, etc.	Income-based
LEGAL	ADDRESS	PHONE	SERVICES	NOTES
1. Kansas Legal Services	712 S. Kansas #201	785-354-8531	Legal aid in civil cases	Financial guideline
2. Washburn Law Clinic	1700 College	785-670-1191	Legal aid	
MENTAL HEALTH	ADDRESS	PHONE	SERVICES	NOTES
1. Breakthrough House	603 SW Topeka #100	785-232-6807	Deal with mental health related issues for clients – services are limited due to funding	Severe mental illness
2. Family Service & Guidance Center	325 SW Frazier Ave.	785-232-5005	Community mental health agency; early parenting support program, youth development center and preschool developmental center. Also offers an attention deficit program.	Fees are sliding scale.
7. NAMI	610 SW 10 th AVE.	785-233-0755	Provides advocacy services for the mentally ill, especially regarding community services and court system.	
8. Prevention & Recovery Services	2209 SW 29 th St.	785-266-8666	Drug and Alcohol screening, addition counseling & education.	M&W 8-8, T&TH 8-5 F- 8-4:30
5. Shawnee County Mental Health Center		785-233-1730	Emergency mental health services, outpatient therapy, crisis stabilization.	24 hr. service
6. Stormont Vail West	3707 SW 6 th AVE.	785-354-6391 or 270-4600	Psychiatric hospitalization, emergency care.	
7. Valeo Behavioral Health Care (same as SN CO Mental Health Cntr. –just different locations for services)	330 SW Oakley AVE.	785-234-3448	Sliding scale and 24-hour confidential mental health counseling. Crisis calls for suicide prevention, screening for psychiatric hospitalization, and conducting initial assessments.	24-hr crisis hotline: 785-234-3300

RENT – UTILITIES – FOOD PANTRIES	ADDRESS	PHONE	SERVICES	NOTES
1. Angel Food Ministries	2046 SE California	785-233-3298	Food packages at a reduced cost for anyone willing to give back some of their time to the community.	www.angelfoodministries.com
2. Community Action	1000 SE Hancock	785-235-9561	Parenting programs, elderly nutrition and durable medical, school-based health related services, weatherization, utility assistance	
3. Doorstep	1119 SW 10 th AVE	785-357-5341	Food bank, clothing, rent, med, trans, utilities & deposit assist	Emergency need
4. El Centro of Topeka	134 NE Lake ST.	785-232-8207	Individual and family social services. They maintain a bilingual staff to serve as a liaison between traditional institutions and the Hispanic community.	
5. Fellowship, Inc. (E. Topeka United Meth Chur)	708 SE Lime	785-354-7262	Food pantry, diapers, hygiene kits and classes	
6. Food Share America (Share Colorado Food and Community Network)	215 SE Quincy (warehouse #2174)	719-250-8021 (order pick up Saturday)	Cost-shared monthly food program. Wide variety of frozen meats, fresh produce, and other grocery items.	Order Tues & Thurs 10am-pm www.sharecolorado.com/index.cfm?action=host_site_locations&loc=KS
7. I Care, Inc.	2914 SE Michigan AVE	785-267-5910	Emergency Food	SE Topeka/Shawnee Co.
8. Harvesters	215 SE Quincy St.	785-861-7700	Primarily fresh food to people in need – no income guidelines. Monthly mobile food pantries	Contact Jessica Kejr jkejr@harvesters.org
9. Let's Help, Inc.	200 S Kansas AVE	785-234-6208	Food and clothing bank. Emergency services provided based on immediate need – rent, utility, medical and transportation assistance. Funds also available to assist people 60 and older.	Free lunch program 5 days a week and two Saturdays a month.
10. Prairie Land Food	7215 SW Topeka BLVD	785-862-1919	Food for \$20 plus 2 hrs of volunteer service. To place an order contact Linda Finch 232-5557.	Fri – 9 am-2 pm Sat – 7-8 am
11. Salvation Army	1320 E. 6 th	785-233-9648	Food, clothes, rent, medicine, transportation, evening meals	Meals: M-F 4:30-5:30 pm
12. SRS (Social Rehabilitation Services)	500 SW VanBuren	785-296-2500	Food stamps, childcare, medical cards, summer/winter low income energy assistance program (LIEAP). Also advise on conservatorships. Meal preparation, light housekeeping, shopping and laundry for people who cannot help themselves.	Call for information.
13. Topeka North Outreach		785-286-1370	Food, rent, utilities, medical and assist in paying bills. (North Topeka and Oakland areas only.)	Financial need provided at the Second Presbyterian Church
SENIOR CITIZEN	ADDRESS	PHONE	SERVICES	NOTES
1. East Topeka Senior Center	432 SE Norwood	785-232-7765	Meals and transportation	
2. Jayhawk Area Agency on Aging	2910 SW Topeka Blvd.	785-235-1367	Services for 60 yrs or older, case management and education. For low-income families there is in-home assistance and financial assistance to those who qualify.	1-800-798-1366
3. Meals on Wheels of SN & Jefferson Co.	5724 SW Huntoon	785-670-2434	Delivered noon meals	Elderly or homebound
4. Topeka LULAC Senior Center, Inc.	1502 N. Seward	785-234-5809	Transportation, grocery delivery & meals for N. Topeka residents	60 or handicapped

THRIFT STORE & FURNITURE	ADDRESS	PHONE	SERVICES	NOTES
1. Bargain Barn Thrift Store	3901 S.W. 21st St. (Gage and 21 st Street)	785-215-8187	Clothing, Household items and furniture, etc.	Mon - Fri: 9 - 6 pm/ Sat 9 - 5 pm/ Sun 12:00-5:00
2. Capital City Thrift Store	605 SW 6 th	785-246-6066	Household items and furniture	Mon- Fri 9 - 7, Sat 9 -6, Sun closed
3. Dove Tail Shoppe (Associated with Door Step)	1196 SW Washburn	785-234-3004	Household items and furniture	Thursday, Friday, and Saturday - 10 a.m. - 4 p.m.
4. Goodwill	5515 SW 21 st St.	785-228-9774	Clothing and household items at a low price.	
5. MAJ-R Thrift Discount Store	2020 NW Topeka Blvd	785-234-3101	Clothing, household items and furniture.	
6. Rescue Mission Thrift Store	1312 N. Kansas Ave.	785-235-9094	Clothing, household items, furniture and appliances at a low price.	M-F 9am-5pm; Sat 9am-4pm; Closed Sun
7. Salvation Army	2905 SW Topeka Blvd.	785-266-3806	Purchase goods at reasonable costs. People who have no funds can obtain a voucher at any Salvation Army social service center and receive items at no cost.	
TRANSPORTATION SERVICES	ADDRESS	PHONE	SERVICES	NOTES
1. American Red Cross	1221 SW 17 th St.	785-234-0568	Free medical transportation (have to be ambulatory).	Allow 2 day advance notice
2. Topeka Transit ('Lift' services)	820 SE Quincy ST	785-783-7000	The Lift provides door-to-door public transportation for persons who are unable to use the fixed route service due to a disability.	
WOMEN	ADDRESS	PHONE	SERVICES	NOTES
1. Birthright	512 SW 7 th ST	785-234-0701	Anonymous pregnancy tests, referrals to shelter homes, community resource information, maternity and baby clothes, emergency diaper supplies, referral to medical care, referral to legal services, referral to professional counseling, adoption information, and other services.	800-550-4900 (Pregnancy Hotline)
2. Caring Pregnancy Options	2041 SW McAlister AVE	785-272-3316	Pregnancy counseling, baby and maternity clothes, diapers, referral services, support groups.	
3. Child Support Payment Center		1-877-572-5722	Help when dealing with non-payment of child support.	
4. ERC – Resource & Referral	1710 SW 10 th #215	785-357-5171	Child care, housing, counselors and support groups, emergency assistance, resource and referrals for employment, job training and other community information	1-800-279-2ERC
5. Maternal & Infant Care (M & I)	2115 SW 10 th ST	785-368-2000	A department of Shawnee County Health Dept., offering pre-natal and post-natal medical services, plus social work follow-up.	
6. Women's Recovery Center	2930 SW Wannamaker DR.	785-233-5885	Residential treatment program to serve alcohol and drug dependent women and their children	
YOUNG CHILDREN	ADDRESS	PHONE	SERVICES	NOTES
1. Kansas Children's Service League	3545 SW 5 th ST	785-274-3100	Parenting education, counseling, adoption, foster care/family planning.	
2. Big Brothers/Big Sisters	1119 SW 10 th Ave #3	785-234-5524	Offers youth mentoring programs that match children ages 5-18 with carefully screened adults.	
3. Boys & Girls Clubs	550 SE 27 th St. 2150 SW Westport Dr.	785-234-5601 785-232-5699	A safe place to learn, grow and have fun. Promotes the social, educational, health, leadership, and character development of boys & girls during critical periods of their growth.	www.bgctopeka.org
4. HealthWave (State of Kansas)	6700 SW Topeka BLVD	785-862-0415	For children in families with limited incomes that provides health insurance at little or no cost	Under 19 and resident of Kansas; income guidelines
5. Topeka-Shawnee County Health Dept	1615 SW 8 th Ave.	785-368-2000	WIC (Women, infants and children) commodity program. Health care on a sliding scale, based on income.	Women and children
6. TDC Learning Centers, Inc.	3500 SW 10 th Ave.	785-272-5051	Child care and early learning opportunities for infants to age 6.	

7. USD 501 Parents as Teachers	2331 SW Topeka BLVD	785-274-6480	Early prenatal and childhood parenting education and support; play groups for children birth to 5 yrs of age.	bhubener@topeka.k12.ks.us
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