

Helena Community Family Resources, August 2026

What is it?	Name	Address / Email Address	Phone number	Website Address	Description	Important information
Crisis Services						
Crisis & Emergency	National Suicide Hotline		(800) 273-8255			
Crisis & Emergency	Montana Suicide and Mental Health Crisis Prevention Hotline		Call or text 988		Free confidential emotional support to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week, across Montana.	
Crisis & Emergency	The Friendship Center	1430 N Sanders St, Helena, MT 59601	406-442-6800	www.thefriendshipcenter.org	Crisis intervention Legal advocacy Limited financial assistance to include emergency and transitional housing Safety planning Education and referrals	24/7 emergency crisis line for those impacted by domestic violence, sexual assault and stalking
Mental Health						
Mental Health	AWARE, Inc.	347 North Last Chance Gulch Helena, MT 59601	(406) 449-3120	www.aware-inc.org	Community-based support for children, adults and families impacted by mental health, substance use and / or developmental disabilities	
Mental Health	Many Rivers Whole Health	900 North Jackson Helena, MT 59601	(406) 443-7151	https://manyriverswholehealth.org/	Mental health and substance abuse counseling	

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Mental Health	NAMI (National Alliance on Mental Illness)	1331 Helena Ave. Helena, MT 59601	406-443-7871	www.namimt.org	Mental health counseling	Monday – Friday 8am – 5pm
Mental Health	Intermountain		406-442-7920	Intermountain.org	Mental and behavioral health services adults, children and families	Case management, medication management, Occupational therapy inpatient and outpatient services
Mental Health	Shodair Children's Hospital	2620 Shodair Drive Helena, MT 59601	406-444-7500	www.shodair.org	Inpatient and outpatient psychiatric services for children and families	
Mental Health	Family Outreach	1236 Helena Ave Helena, MT 59601	406-443-3083	Familyoutreach.org	Children and adults with developmental disabilities	Early intervention, Support services and ABA
Health Services						
Health Insurance	Health Coverage Assistance (Healthy Montana Kids)	Helena Field Office 111 N Sanders Street, Room 109 Helena MT 59601 Email: hhshcsopalewis&clark@mt.gov	Eligibility Public Assistance Helpline (888) 706-1535	https://apply.mt.gov/ or https://dphhs.mt.gov/hmk/	Free or Low-cost health insurance (medical, dental, and vision) to eligible Montana children up to age 19.	Office Hours: Monday - Friday 8:00 am - 5:00 pm
Health Insurance	Montana Medicaid (DPHHS)		406-444-4545 406-444-2590 877-296-1197	dphhs.mt.gov	Provide healthcare to low income or disabled Montanans	Office Hours Monday-Friday 8:00am -5:00pm

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Dental	Pure View Dental Care	630 North Last Chance Gulch, Suite 1100 Helena, MT 59601	(406) 457-0000 Pharmacy – (406) 558-3000	www.pureviewhealthcenter.org	Dental Care for all people regardless of insurance or ability to pay (HealthCare for the Homeless)	There is a Spanish-speaking dentist. Monday – Thursday, 7:30AM – 5:00PM Friday, 7:30AM – Noon Walk-In Appointments available on a first-come, first served basis, 8 a.m. to 11 a.m., Monday through Friday.
Health	Lewis & Clark County Public Health	Murray Building 1930 9th Ave. 59601	406-457-8900	https://www.lccounty.mt.gov/Government/Public-Health	Immunizations, vaccines, dental care, pregnancy classes, etc.	Monday – Friday 08:00AM–05:00 PM No Walk-Ins. Appointments Necessary.
Health	Helena Indian Alliance	501 Euclid Ave, Helena, MT 59601	(406) 449-5796	https://hia-mt.org/	Health Center providing primary care and mental health services.	Monday – Thursday 8am – 5pm Friday 8am – 4pm
Health	St. Peter's Health	2475 Broadway Helena, MT 59601	(406) 457-4180	www.sphealth.org	Hospital	
Health	Planned Parenthood	1500 Cannon St. Helena, MT 59601	(406) 443-7676	www.plannedparenthood.org/health-center/montana/helena/59601/planned-parenthood-helena-2443-90790	Women's Health organization	Monday – Friday 9am – 6pm
Health	St. Peter's Urgent Care North	3330 Ptarmigan Lane Helena, MT 59601	(406) 457-4180	https://www.sphealth.org/locations/st-peters-health-urgent-care-north-clinic	Urgent Care Walk-In Clinic	Monday-Friday 7am-6pm Saturday-Sunday 7am-4pm
Health	Best Med Urgent Care	2231 N. Montana Ave. Helena, MT	406-389-8009	https://www.bestmedclinics.com/montana/find-a-clinic/helena/	Urgent Care Walk-In Clinic	Monday-Friday 7am– 7pm Saturday-Sunday 8am-3pm

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Health	Benefis Health Urgent Care	2960 N. Washington St. Helena, MT	406-389-2555	https://www.benefis.org/	Urgent Care Walk-In Clinic	
Employment						
Job Help	Helena Job Service	715 Front Street, Helena, MT 59620	(406) 447-3200 (406) 447-3224	https://www.facebook.com/JobServiceHelena/ https://montanaworks.gov/job-service-montana/	Job matching services to help people find and apply for jobs. Private rooms for working on computers or online interviews.	Monday 8 AM–5 PM Tuesday 8 AM–5 PM Wednesday 11 AM–5 PM Thursday 8 AM–5 PM Friday 8 AM–5 PM
Job placement	A 2 Z Staffing Solutions	50 W 14th St Suite 300, Helena, MT 59601	(406) 443-7664	https://a2zmontana.com/	Staffing, job recruiting, and career training programs.	
Job placement	WeStaff	204 E. Lyndale Helena, MT 59601	(406) 443-7169	https://www.westaff.com/locations/helena-mt/	Staffing, job recruiting and career training programs	
Job placement	Express Employment	821 N Last Chance Gulch, Helena, MT 59601	(406) 442-7501	https://www.expresspros.com/helenamt/	Staffing and job recruiting	
Food						
Food Pantry	Food Share	1280 Boulder Ave. Helena, MT 59601 info@helenafoodsshare.org	(406) 443-3663	https://helenafoodsshare.org/	Fresh, frozen, and canned foods open to everyone. There are NO income requirements.	Some information in Spanish Monday & Thursday 12:30pm – 6:30pm Tuesday, Wednesday & Friday 12:30pm – 3:30pm
Food Pantry	Salvation Army	1330 Hudson St, Helena, MT 59601	(406) 442-8244	https://helena.salvationarmy.org/helena_corps/	Food and clothing assistance	

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Food Help	Amy's Mess	Amys.mess@yahoo.com	406-616-2848	www.amysmess.org	Provide meals and resources and supply needs pantries in Helena schools	Serves homeless families with school aged children
Food Help	WIC	316 N Park Ave Helena, MT 59601	406-457-8912	wic@lccountymt.gov	Supplemental nutrition program	Lower income pregnant and breastfeeding mothers and guardians of children 5 and under
Food Help	SNAP (Supplemental Nutrition Assistance Program)	Office of Public Assistance 111 N Sanders Street, Room 109 Helena MT 59601	1-888-706-1535	https://dphhs.mt.gov/HCSNAP	Food stamps for US citizens and legal resident aliens.	Monday - Friday 8:00 am - 5:00 pm
Food Help	Helena Community Gardens		406-438-6049	www.helenagardens.org	Provides plots, tools and gardening knowledge	Increases access to healthy and affordable food
Food Help	Gods Love	533 North Last Chance Gulch Helena, MT 59601	406-442-7000	https://godsloveshelter.org/	3 hot meals per day are provided to folks in need	
Food Help	Farm Connect	Email address: community@farmconnectmontana.org	406-926-1625	www.Farmconnectmontana.org	Double SNAP dollars on fresh produce.	Expands access to fresh and affordable healthy food
Housing						
Housing	Helena Housing Authority	812 Abbey St. Helena, MT 59601	(406) 442-7970	https://hhamt.org/	The Helena Housing Authority, "HHA" provides safe and affordable housing and services to eligible, low-income families, the	Monday - Thursday, 8:30AM - 5:00PM Friday 8:30AM - 1:00PM

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					elderly, and the disabled.	
Housing	Family Promise	PO Box 939, Helena MT 59624 Family Advocate Kimberly Woods advocate@familypromisehelena.org	(406) 465-9467	www.familypromisehelena.org	Helping children and their families overcome homelessness	
Housing	YWCA	501 North Park Ave. Helena, Montana 59601	Phone: (406) 442-8774	www.ywcahelena.org	Transitional housing and supportive services for homeless women and their children.	Monday – Friday 8:00 am – 4:00 pm
Housing	Salvation Army	1330 Hudson St Helena, MT 59601	406-442-8244	www.helena.salvationarmy.org	Rental Assistance Transitional housing	Faith based organization
Housing	Volunteers of America	2001 11 th Ave Helena, MT	406-996-1138		Provide rental assistance in the form of HUD/VASH vouchers	Must be a qualified armed forces veteran to qualify
Housing	Rocky Mountain Development Council	200 S Cruse Ave Helena, MT 59601	406-558-9342	www.rmhc.net	Affordable housing in the tri-county area Red Alder Eagle Manor North Helena	Application process Income requirements
Housing	Life Houses		406-800-1210	https://life-houses.org/	Faith based organization that supports young adults ages 18-25 transitioning to adulthood	
Housing	Broadwater Village		406-442-2429	https://hhamt.org	Housing for low and moderate income for families	Monday - Friday, 9AM - 4PM

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Housing	God's Love Homeless Shelter	533 North Last Chance Gulch Helena, MT 59601	406-442-7000 ext. 4	https://godsloveshelter.org/	Homeless shelter with meals 3 times a day. Clothing and financial assistance. Family transitional housing.	
Housing	Helena Area Habitat for Humanity		406-449-4663	www.helenahabitat.org	Building affordable housing for home buyers in need	Applications required
English Language Learning						
English classes	Lewis and Clark Literacy Council	Project for Alternative Learning (PAL) 815 Front St. Helena, MT 59601 lcliteracy@gmail.com	(406) 324-2111	www.lcliteracy.org/students	Free English language classes, literacy classes, work and life skills classes. To register for these classes call 406-324-2111 or email lcliteracy@gmail.com	Free English lessons, literacy tutoring, and basic adult education. Classes are Tuesdays at 6:00-7:00pm at 815 Front Street and Fridays from 8:30-8:30am at Kessler Elementary School 2420 Choteau St.
English classes	Helena Area Refugee Resettlement Team (HARRT)	2712 Billings Ave., Helena, MT 59601	406-437-3746		Free conversation and reading / literacy classes with occasional visits around town to learn about Helena	Classes are Mondays from 1:15pm-2:15pm until June 2026 at the HARRT Office. Text or WhatsApp Alicia at 406-437-3746 to tell her you are coming.
English Classes	Adult conversation class	PAL 815 Front St., Helena, MT 59601			Free English conversation classes open to all	Classes are Wednesdays from 4:00pm – 5:00pm at PAL

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Services and Public Assistance						
Public Transit	Capital T (Capital Transit)	1415 North Montana Avenue Helena MT 59601	(406) 447-8080	https://www.helenamt.gov/Departments/Transportation-Systems/Capital-Transit	Public transportation system and ride scheduling service (like Uber).	Monday-Friday 6:30am – 6pm Download the Capital Transit App or call in to schedule rides
Energy Assistance	Low Income Energy Assistance Program	LIHEAP Office 648 North Jackson P O Box 1717 Helena, MT 59626-1717	(406) 447-1625 (800) 356-6544	https://dphhs.mt.gov/HCSd/energyassistance/index	Pays part of Winter electricity bills for low-income families and helps families improve heating efficiency of their homes.	
Cash Assistance	TANF (Temporary Assistance for Needy Families)	Helena Field Office 111 N Sanders Street, Room 109 Helena MT 59601	1-888-706-1535	https://dphhs.mt.gov/HCSd/tanf	Temporary financial assistance for needy families.	Monday - Friday 8:00 am - 5:00 pm
Refugee Assistance	Helena Area Refugee Resettlement Team (HARRT)	2712 Billings Ave. Helena, MT 59601	406-439-3580	https://handsonglobal.org/refugee-work-helena-montana/		
Social Services	Montana 211		211	Montana211.org	Website or call for local resources	24/7
Social Services	United Way of Lewis and Clark County	75 E. Lyndale Ave. Helena, MT 59601 info@unitedwaylca.org	(406) 442-4360	https://unitedwaylca.org/our-work	Social services organization	Pantry on outside of building. Call ahead of visiting not always open to public
Social Services	Salvation Army	1330 Hudson St, Helena, MT 59601	(406) 442-8244	https://helena.salvationarmy.org/helena_contacts/	Social service organization offering food and clothing	Dial 211 for essential services

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					donations and youth volleyball and basketball programs	
Social Services	Good Samaritan's Thrift Store	3067 N. Montana Ave., Helena, MT 59601	(406) 442-0780	https://www.goodsamhelena.org/	Thrift store plus assistance with housing, rent, childcare, utilities, bills, transportation, etc.	Monday - Saturday 9 AM – 6 PM Sunday 10 AM - 5 PM
Attorney	Border Crossing Law Firm	618 Highland Street Helena, MT 59601	406-594-2004 888-595-2004 attorney@bordercrossinglaw.com	Bordercrossinglaw.com	Advocate for immigrants with visas, green cards. Asylum, citizenship, deportation etc....	Offers flat fee with monthly payments to make it more affordable
Attorney	JMG	203 N Ewing Helena, MT 59601	406-442-1300	infor@jmgattorneys.com	Attorney Group	Knowledgeable in sensitive legal topics
Attorney	Crowley & Fleck	900 N. Last Chanc-e Gulch Helena, MT 59601	406-449-4165	Crowleyfleck.com	Attorney group Application for pro-bono mediation on website	Does have a pro bono mediation program
Legal Services	Montana Legal Services Association	616 Helena Ave., Suite 100 Helena, MT 59601	800-666-6899	www.mtlsa.org	Legal assistance	Tuesday - Thursday 9:00 am – 1:00 pm.
Paralegal	Cabin Creek Paralegal		406-422-2241	Cabincreekparalegal.com	Prepares legal documents. Divorces, Parenting plans and more	*does not provide legal advice
Hygiene	St Paul's Church	512 Logan St Helena, MT 59601	406-442-5643	Unitedwaylca.org (partners with United Way and Good Sams)	Showers for unsheltered folks	Tuesdays 8:30- 11:30 Use the Cruse St entrance

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						Sometimes free haircuts
Personal Care products	GFWC Helena Women's Club	Good Samaritan Thrift Store 3067 N. Montana Ave. Helena			Free full-size personal care products like soap, shampoo, toothbrushes and toothpaste, deodorant, laundry soap, feminine hygiene products, etc.	Tuesday 4:30 - 5:30pm Saturday 10am - 11am
Thrift Stores and Services						
Thrift Store	New Vision Thrift Store	1429 Helena Ave Helena, MT 59601	406-422-0556	Facebook	Faith based thrift store Owner is the kindest human	Closed Sun-Mon Tues – Sat 9-4 50% off on Thursday
Thrift Store	Helena Used Furniture	1440 Gallatin Ave	406-593-8212	Facebook	Used furniture	
Thrift Store	Good Samaritan's Thrift Store	3067 N. Montana Ave., Helena, MT 59601	(406) 442-0780	https://www.goodsamhelena.org/	Thrift store plus assistance with housing, rent, childcare, utilities, medical bills, transportation, etc.	Monday - Saturday 9 AM – 6 PM Sunday 10 AM - 5 PM
Thrift Store	Habitat for Humanity Restore	1320 Market Avenue, Helena MT 59602	(406) 449-4663	https://helenahabitat.org/about-the-restore/	Home improvement and secondhand furniture store	Monday - Closed Tuesday – Saturday 10:00 am – 5:00 pm Sunday – Closed
Thrift Store	Goodwill Industries	3575 Ptarmigan Ln. Helena, MT 59602	(406) 457-1325	https://www.esgw.org/goodwill-stores/	Used clothing and household items	Monday - Saturday 10 AM–7 PM Sunday 11 AM–6 PM
Women and Children						
Childbearing	Florence Crittenton	3404 Cooney Drive	(406) 442-6950	https://www.florencecrittenton.org/	Therapeutic and treatment-based	

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	Family Services	Helena, Montana 59602			residential care for mental health and substance use disorders for caregivers of all ages and/or their children	
Childbearing	Healthy Mothers, Healthy Babies	318-320 N Last Chance Gulch Helena, MT	406-449-8611	Hmhmb-mt.org	Pregnancy, Parenting and Grandparents Connections, Car Seats	Provides information and resources for mothers
Childcare	Childcare Resources	2409 Dearborn Ave, Suite L Missoula, MT 59801	Office (406) 728-6446 Toll Free 800-728-6446	www.childcareresources.org	Helps families apply for the best beginnings scholarship Provide childcare referrals for your area	The Best Beginnings Childcare Scholarship (BBS) helps low-income families with childcare.
Childcare	Early Childhood Collaborative	316 N. Park Avenue, Helena MT 59623	(406) 447-8200	www.ecchelena.org	A network of organizations working to connect families to health, safety, childcare, and education resources	
Pre-school	HeadStart – Rocky Mountain Development Council	200 South Cruse Avenue, Helena, MT 59601	(406) 457-7308	www.rmdc.net/what-we-do/child-family/	Pre-school for 3–5-year-old children	
Pre-school / Childcare	Center for Early Childhood HeadStart / AWARE	330 Lola St., Helena, MT 59601	(406) 422-1815	www.aware-inc.org/ecs	Early childhood services to families and children 0-8 years old.	

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Baby essentials	Little Essentials Catholic Social Services	St. Helena's Cathedral Center 530 N. Ewing Helena, MT 59601			Free baby essentials like diapers, wipes, formula, baby food, baby & kids clothes	Tuesday and Thursday 11am-1pm
Arts, Culture, and Leisure						
Library	Lewis and Clark County Library	120 South Last Chance Gulch Helena, MT 59601	406-447-1690	Lclibrary.org	Books, media, ebooks, classes and book clubs	Mon- Fri 10:00a- 8:00p Sat-Sun 11:00a-5:00p
Children's activities	YMCA	1200 N Last Chance Gulch, Helena, MT 59601	(406) 442-9622	https://helenaymca.org/	Summer camps, children and adult sports teams, group fitness, swim lessons, tutoring, childcare	Monday -Thursday: 6am – 7pm Friday: 6am – 6pm
Bicycles	Queen City Wheelhouse	1015 Poplar St. Helena, MT 59601 USA qcwheelhouse@gmail.com		https://queencitywheelhouse.com/	Free bicycles for children 5 and under (limit 2 bikes per family). Low priced (\$125-\$175) bikes for boys and girls	Wednesday – Friday 3:30 PM - 5:30 PM Saturday 9:00 AM - 12:00 PM
Before/After-School Programs	School Aged Child Care (SAAC)	HSD Elementary Schools jmerrill@helenaschools.org	(406) 324-2119	https://helenaschools.org/departments/school-age-child-care/	Children must be a Helena Public School student <i>entering</i> 1st-6th grades.	
Museum	Holter Museum of Art	12 E. Lawrence St. Helena, MT 59601	(406) 442-6400	https://holtermuseum.org/	Local art museum with educational programs for children year-round	Museum Hours: Tues – Sat: 10 am – 5:30 pm Sunday: 12 pm – 4pm

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Museum	Exploration Works	995 Carousel Way Helena, MT 59601 info@explorationworks.org	(406) 457-1800	www.explorationworks.org	Children's science museum with educational programs and camps for children	Tuesday - Sunday 10:00 a.m. - 5:00 p.m.
Museum	Montana Historical Society	225 North Roberts, P.O. Box 201201, Helena, MT 59620-1201,	406-444-2694	https://mhs.mt.gov/	Free Montana History Museum	
Philosophy	Merlin CCC	119 Reeder's Alley, Helena, MT 59601	(406) 502-2122	https://merlinccc.org/	For those who like to listen to or participate in philosophical discussions and workshops	
Summer Camps	Summer SACC – School-aged child care	HSD Elementary Schools jmerrill@helenaschools.org	(406) 324-2119	https://helenaschools.org/departments/school-age-child-care/	Children must be a Helena Public School student <i>entering</i> 1st-6th grades.	
Summer Camps	Kay's Kids	Memorial Park (1005 Last Chance Gulch)	406-447-8077	https://www.helenamt.gov/Departments/Parks-Recreation-and-Open-Lands/Free-Summer-Camp	Kay McKenna Youth Foundation affordable summer camps for kids ages 6-9. Camp is \$25 per week. If you need a scholarship, just select the option at checkout and it will automatically be applied.	Mid June to Mid August Monday-Thursday / 7:45 a.m. to 3:00 p.m.

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Summer SAAC	Summer SAAC	HSD Elementary Schools jmerrill@helenaschools.org	(406) 324-2119	https://helenaschools.org/departments/school-age-child-care/	Children must be a Helena Public School student <i>entering</i> 1st-6th grades.	
The Ceramic Arts	The Archie Bray Foundation	2915 Country Club Ave, Helena, MT 59602	(406) 443-3502	https://archiebray.org/	The Bray is open to artists, students, and the general public for classes, gallery visits, self-guided tours.	
Theatre	Grand Street Theatre	325 N Park Ave, Helena, MT 59601	(406) 442-4270	https://grandstreettheatre.com/	Grand Street holds regular theatrical productions and classes.	
Concerts	The Civic Center	340 Neill Ave, Helena, MT 59601	(406) 447-8481	https://www.helenamt.gov/Community/Civic-Center	The Civic Center holds regular symphonies, book readings, and other showings.	
Lake	Spring Meadow Lake State Park	2715 Country Club Ave, Helena, MT 59620		https://fwp.mt.gov/spring-meadow-lake	This small lake is within city limits and free to the public. Life jackets are free to borrow	
Adult Education						

Adult Learning Centere	Helena College	1115 North Roberts Street, room 117, Helena, MT 59601 dapeterson@helenaschools.org	(406) 447-6387	https://adultlearningcenter.helenaschools.org/	Focuses on preparing students for employment and/or college. This includes preparation for	
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What is it?	Name	Address / Email Address	Phone number	Website Address	Description	Important information
						the HiSET (High School Equivalency Test).