

**WEST JEFFERSON SCHOOL DISTRICT #253**

**SCHOOL COUNSELING**

**RESOURCE GUIDE**

**FOR STUDENTS, PARENTS, FACULTY, & COMMUNITY MEMBERS**

# **INTRODUCTION**



Dear West Jefferson Students, Parents, Faculty, and Community Members,

Our school district deserves to be treated with the best of professional service that Eastern Idaho has to offer. Given the rural demographic of the many students that come from our community and surrounding communities, the West Jefferson Counseling Department has created this resource guide to assist you in being knowledgeable of the services that are provided around us. While our highest priority is the students, we also want to make sure that every adult is aware of these resources should an unexpected event happen in someone’s life.

Please utilize this resource guide at your convenience and let us know of any changes, updates, and/or corrections that should be made in this document.

Thank you for your time and hard work as we look out together not only for your children but also for each other in this great community.

Sincerely,

West Jefferson School District

Counseling Department

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# **WEST JEFFERSON**

## **FIRE AND POLICE**

### ***West Jefferson Fire Control District***

***1556 N 1000 E, Terreton, ID 83450***

***Phone Number: (208) 339-4538***

### ***Sherriff’s Office***

***210 Courthouse Way***

***Rigby, ID 83442***

***Phone Number: (208) 886-2259***

## **HEALTH OFFICES**

### ***Eastern Idaho Public Health***

***1078 E. 1500 N.***

***P.O. Box 177***

***Terreton, ID 83450***

***Phone Number: (208) 663-4860***

## **CHURCH SERVICES**

### ***The Church of Jesus Christ of Latter-Day Saints***

***1297 E 1500 N***

***Terreton, Idaho 83450***

***Phone Number: (208) 663-4361***

### ***Community Church of Mud Lake***

 ***1122 E 1500 N***

***Terreton, ID 83450***

***Phone Number: (208) 663-4431***

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# **REXBURG RESOURCES**

## ***Idaho Department of Health and Welfare***

***333 Walker Drive Rexburg, ID 83440***

***Hours: 8:00am – 5:00pm***

 ***Monday through Friday (except holidays)***

**Services provided**

* **Food Stamps and other Assistance Benefits……………………………… 1-877-456-1233**
* **Children & Family Services……………………………………………….. 1-208-359-4750**
* Child Protection Reporting (24 hour) 1-855-552-5437
* Adoptions, Foster Care Licensing 208-359-4750
* **Behavioral Health Services………………………………………………... 1-208-528-5700**

**Mental Health Services / Adult & Children**

(Services for adults, children and families who are in need of mental health treatment. People will not be denied services based on inability to pay. A discounted sliding fee schedule is available based on family size and incomes.)

 Adult - After Hours Crisis Line…………………………………………………......… 208-528-5700

 Suicide Hot Line………………………………………………………………...…... 1-800-708-3474

 Children - After Hours Crisis Line………………………………………………….… 208-528-5700

 Substance Use Services………………Contact our contract provider BPA Health at 1-800-922-3406

* **Criminal History Unit…………………………………………………… 1-800-340-12469**

(Background checks for individuals who provide direct care and service to program participants or individuals who may be certified or licensed by the Department)

* **Navigation Services………………………………………….……2-1-1 or 1-800-926-2588**

(Provide information & assistance with accessing Health & Welfare and community resources, identify opportunities for prevention & early intervention)

### **Self-Reliance Benefits Programs**

(Food Stamps, Family Medical/Medicaid Assistance, Idaho Child Care Program, Temporary Assistance for Families in Idaho (TAFI), Aid for the Aged, Blind & Disabled (AABD), Personal Care Services, Home and

Community Based Services and Nursing Home Assistance)

Financial Assistance, Family Medicaid, & Food Stamps…………………………………1-877-456-1233

Home and Community Based Services (HCBS)……………………………………….….1-866-818-6463

Nursing Home Services…………………………………………………………………... 1-866-255-1190

Information taken from [Idaho Department of Health and Welfare](http://healthandwelfare.idaho.gov/ContactUs/Region7/RexburgOffice/tabid/733/Default.aspx) Website

**CHURCH SERVICES***–* Information taken from [Rexburg Chamber of Commerce](http://rexburgchamber.org/about-rexburg-2/rexburg-area-churches/) Website

**Apostolic Church**

1866 N Highway 33

Sugar City, ID 83448

208-359-2050

**The Church of Jesus Christ of Latter-Day Saints**

**Rexburg Idaho Stake**

845 W 7th S

Rexburg, ID 83440

208-356-4600

**Rexburg Idaho East Stake**

387 S 4th E

Rexburg, ID 83440

208-356-7441

**Rexburg Idaho South Stake**

2041 W 5200 S

Rexburg, ID 83440

208-359-6148

**Rexburg Idaho Center Stake**

590 Summerwood

Rexburg, ID 83440

208-356-0350

**Rexburg Idaho North Stake**

314 E 2nd North

Rexburg, ID 83440

208-356-4176

www.mormon.org

**Community Presbyterian Church**

104 College Ave

Rexburg, ID 83440

208-356-9313

**Covenant Bible Church**

36 South 2 West

Rexburg, ID 83440

208-624-7703

Worship Service:

Sundays – 11:00 am

Sunday School Class – 10:00 am

**Crown of Life Lutheran Church**

3856 E 300 N

Rigby, ID 83442

208-745-7191

Bible Classes for entire family:

Sundays – 9:45 am

Worship: 11:00 am

www.crownoflifelutheran.org

**Grace Baptist Church**

262 N 2nd W

Rexburg, ID 83440

208-356-7621

Meeting Schedule: Sundays

Sunday School – 9:45 am

Morning Service: 11:00 am

Evening Service: 6:00 pm

Wednesdays:

Prayer Time and Bible Study 7:00 pm

**Lighthouse Bible Baptist Church**

1816 N Hwy 33

Sugar City, ID 83448

208-201-9378

Meeting Schedule:

Sundays Sunday School – 10:00 am

Morning – Worship – 11:00 am

Evening – Worship – 5:00 pm

Thursday – Bible Study – 7:00 pm

**Rexburg Christian Center**

241 S 5th West

Rexburg, ID 83440

208-356-4284

Meeting Schedule: Sundays

10:00 am – Adult Worship

11:00 am – Family Worship

Thursdays:

Bible Study – 7:00 pm

**St. Patrick’s Catholic Church**

38 S 3rd West

Rexburg, ID 83440

208-624-7459

Worship Service: Rexburg

1:00 pm Sunday

St. Anthony

9:00 am Sunday

**Upper Valley Assembly of God**

PO Box 831

Rexburg ID 83440

208-356-0122

## **FOOD BANKS**

### ***REXBURG FOOD BANK (PANTRY)***

***275 Stationery Rd. West Entrance***

***Rexburg, ID - 83440***

***(208) 356-8849***

* 1st Wednesday of each month from 10 am to 3 pm. Income eligible families may pick up one time per month. USDA Commodities and donated food boxes distributed. Operated by the Eastern Idaho Community Action Partnership - Rexburg Outreach office located inside the WEST entrance of the Upper Valley Industries Building nearby Artco.
* Hours: 10:00 am to 3:00 pm
* County or Counties Served: Madison
* Agency: EICAP - Eastern Idaho Community Action Partnership
* Area covered: Madison, Fremont, Teton, Jefferson Counties
* Services offered: Energy Assistance, Crisis Assistance, Family Development Counseling & Case Management, Food Pan

Information taken from [Rexburg Food Pantry](http://www.foodpantries.org/li/eicap-rexburg-food-bank) Website

### ***MADISON COUNTY MOBILE PANTRY***

***4891 South HWY 191 (Wilcox Fresh Warehouse)***

***Rexburg, ID 83440***

***(No Listed Phone Number)***

* 3rd Tuesday of the Month
* 5:30 pm – 7:30 pm

Information taken from [Idaho Foodbank](https://idahofoodbank.org/programs/mobile-pantry/) Website

## **DEBT COUNSELING**

### ***BALLARD LAW, PLLC***

***147 2nd E. Suite #3***

***Rexburg, ID 83440***

***208-359-5532***

***ryanballardlaw@gmail.com***

* Resource for Bankruptcy, debt collection, and debt reconsolidation advice***.***

Information taken from [Ballard Law](http://ballardlawidaho.com/) Website

## **CRISIS CENTER**

“Our first priority is always geared towards helping victims of domestic violence and sexual assault.”

“We primarily serve clients in Jefferson, Madison, Fremont, and Clark county. Our clients are those who are victims of domestic violence and sexual assault. We have strict confidentiality protocols that we honor. We are required to report: child abuse, danger to self, and danger to others. Not all abuse is criminal, but we serve all victims of any type of abuse. We understand that domestic violence and sexual assault can happen to anyone, regardless of age, gender, ethnic background, economic background, orientation, or religion. Anyone in need of help is welcome to our services.”

Family Crisis Center Website

### ***FAMILY CRISIS CENTER***

***16 E Main Street***

***Rexburg, Idaho 83440***

***208-356-0065***

***crisis@ida.net***

SERVICES PROVIDED

* Domestic Violence
* Sexual Assault
* Food Bank
* Thrift Store
* Child Advocacy
* Children’s Resources
* Counseling
* Housing Lists
* Legal Assistance

Support groups are every Thursday from 5:30-7:00 pm located at Ostermiller Counselling Services, 242 E 7th N STE 4, Rexburg, Idaho 83440. This support group is open to anyone in the community and is free of charge.

Information taken from [Family Crisis Center](http://familycrisiscenter.info/) website.

### ***Alcoholics Anonymous***

***Upper Valley Friendship Club***

***359 S. 5th W. Johnson Ave.***

***Rexburg, ID 83440***

Meeting Days and Times

* Every Sunday, Tuesday, Wednesday, and Friday at 8pm
* Meetings are one hour in length and open to anyone who would like to attend

Information taken from [Alcoholics Anonymous](http://www.simeetings.com/LA/ID/EIdahoMtgs.html) website.

## **COUNSELING CENTERS**

### ***Tueller Counseling Services***

Tueller Counseling specializes in Behavioral and Mental Health Services. They are open every day of the week and have a 24/7 hotline at 1-208-520-9360.

Information taken from [Tueller Counseling](http://www.tuellercounseling.com/) Website.

***343 E. 4th N., Suite 231***

***Rexburg, ID 83440***

 ***Phone: 208-656-4017***

 ***Fax: 208-656-4018***

 ***info@tuellercounseling.org***

Centerpoint Counseling offers Individual, Group, Marriage and Couple, Family, Adult, Children, and Pornography Addiction counseling. They also offer foot-zoning therapy.

Information taken from [Centerpoint Counseling](http://www.centerpointcounseling.com/home-page.html) Website.

### ***Centerpoint Counseling Services***

***393 E. 2nd N.***

***Rexburg, ID 83440***

 ***Phone: 208-359-4840***

### ***Upper Valley Resource***

Upper Valley Counseling offers Individual, Couple, and Family Counseling. They also offer Substance Abuse, Parenting, and Community Seminars to assist the public.

Information taken from [Upper Valley Counseling](http://uvrcc.com/index.html) Website.

***& Counseling Center***

 ***1223 S. Railroad Ave.***

 ***Sugar City, ID 83448***

 ***Phone: 208-359-0519***

 ***Fax: 208-359-2493***

 ***info@uvrcc.com***

Integrated Counseling and Wellness specializes in herbal and Herbal, Mind, and Yoga Therapy. They also help establish appropriate mental, emotional and relationship goals.

Information taken from [Integrated Counseling and Wellness](http://www.integratedcounselingandwellness.com/) Website.

### ***Integrated Counseling***

***and Wellness***

 ***343 E 4th N #129***

 ***Rexburg, ID 83440***

 ***Phone: 208-357-3104***

## **REXBURG FIRE AND POLICE DEPARTMENTS**

### ***Madison Fire Department***

***26 N. Center***

***Rexburg, ID 83440***

***Phone Number: (208) 359-3010***

***Website:*** [***http://www.fdmadison.org/***](http://www.fdmadison.org/)

### ***Rexburg Police Department***

***25 E Main St***

***Rexburg, ID 83440***

***Phone Number (208) 359-3008***

***Website:*** [***http://www.rexburgpolice.com/***](http://www.rexburgpolice.com/)

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# **IDAHO FALLS RESOURCES**

## ***Idaho Falls Department of Health and Welfare***

***150 Shoup Ave.***

***Idaho Falls, ID 83402***

***Hours:    8:00am – 5:00pm***

***Monday through Friday (except holidays)***

**Services provided**

* **Food Stamps and other Assistance Benefits……………………………… 1-877-456-1233**
* **Children & Family Services……………………………………………….. 1-208-359-4750**
* Child Protection Reporting (24 hour) 1-855-552-5437
* Adoptions, Foster Care Licensing 208-359-4750
* **Behavioral Health Services………………………………………………... 1-208-528-5700**

**Mental Health Services / Adult & Children**

(Services for adults, children and families who are in need of mental health treatment. People will not be denied services based on inability to pay. A discounted sliding fee schedule is available based on family size and incomes.)

 Adult - After Hours Crisis Line…………………………………………………......… 208-528-5700

 Suicide Hot Line………………………………………………………………...…... 1-800-708-3474

 Children - After Hours Crisis Line………………………………………………….… 208-528-5700

 Substance Use Services………………Contact our contract provider BPA Health at 1-800-922-3406

* **Criminal History Unit…………………………………………………… 1-800-340-12469**

(Background checks for individuals who provide direct care and service to program participants or individuals who may be certified or licensed by the Department)

* **Navigation Services………………………………………….……2-1-1 or 1-800-926-2588**

(Provide information & assistance with accessing Health & Welfare and community resources, identify opportunities for prevention & early intervention)

### **Self-Reliance Benefits Programs**

(Food Stamps, Family Medical/Medicaid Assistance, Idaho Child Care Program, Temporary Assistance for Families in Idaho (TAFI), Aid for the Aged, Blind & Disabled (AABD), Personal Care Services, Home and

Community Based Services and Nursing Home Assistance)

Financial Assistance, Family Medicaid, & Food Stamps…………………………………1-877-456-1233

Home and Community Based Services (HCBS)……………………………………….….1-866-818-6463

Nursing Home Services…………………………………………………………………... 1-866-255-1190

Information taken from [Idaho Department of Health and Welfare](http://healthandwelfare.idaho.gov/ContactUs/Region7/IdahoFallsOffices/tabid/732/Default.aspx) Website

**FOOD BANKS – All information taken from** [**Idaho Food Bank**](http://ifbmaps.wpengine.com/) **website**

### ***BONNEVILLE COUNTY MOBILE PANTRY- IDAHO FALLS***

***1800 12th Street***

***Idaho Falls, ID 83401***

***Phone Number: 208-522-6280***

* 2nd Tuesday of the Month
* 12:00pm – 1:00 pm

### ***COMMUNITY COUNCIL OF IDAHO FALLS***

***1349 S Holmes Ave***

***Idaho Falls, ID 83404***

***Phone Number: 208-524-0980***

* Monday – Friday
* 8:30am – 5:30pm

### ***IDAHO FALLS HISPANIC FOURSQUARE CHURCH***

***211 S 45th W***

***Idaho Falls, ID 83401***

***Phone Number: 208-200-3950***

* Spanish-Speaking Every other Sunday
* 2:00pm – 3:00 pm

### ***ST VINCENT DE PAUL- IDAHO FALLS***

***805 S Holmes Ave***

***Idaho Falls, ID 83401***

***Phone Number: 208-522-6280***

* Monday, Wednesday, Friday
* 9:00am – 12:00 pm, 1:00pm – 4:00pm

### ***THE SALVATION ARMY – IDAHO FALLS***

***605 N Blvd***

***Idaho Falls, ID 83402***

***Phone Number: 208-522-7200***

* Monday, Tuesday, Thursday, Friday
* 10:30am – 1:30pm

### ***BONNEVILLE COUNTY MOBILE PANTRY- IDAHO FALLS***

***1800 12th Street***

***Idaho Falls, ID 83401***

***Phone Number: 208-522-6280***

* 2nd Tuesday of the Month
* 12:00pm – 1:00 pm

## **DEBT COUNSELING**

### ***DEBT REDUCTION SERVICES***

***2090 E 25th St***

***Idaho Falls, ID 83404***

***Phone Number: (208) 535-0800***

* Resource for Bankruptcy, debt collection, and debt reconsolidation advice***.***

**Information taken from** [**Debt Reduction Services**](https://www.debtreductionservices.org/contact/idaho/idaho-falls-credit-counseling/) **website.**

## **PUBLIC TRANSPORTATION**

### ***Targhee Regional Public Transportation Authority***

***1810 W. Broadway #7***

***Idaho Falls, Idaho 83402***

***Phone Number: 208-529-1489***

***Email:*** ***trpta@gmail.com***

***View*** [***Rider’s Guide PDF***](http://www.trpta.org/wp-content/uploads/RIDERS-GUIDE-6-5-15.pdf)

* + ***Administration Hours: Monday-Friday 8:00 am to 4:00 pm***
	+ ***Administration Phone: 208-535-0356***
	+ ***Transit Operations Hours: Monday-Friday 7:00 am to 5:00 pm***
	+ ***Dispatch Phone: 208-529-1489***
	+ ***Paratransit Administrator: 208-529-1489, ext 112 or 119***

***Route Rates***

* + ***General Public $1.75/ride***
	+ ***Seniors (62+) – May need Picture ID $0.75/ride***
	+ ***(Seniors 60+ ride for FREE while EICAP/Area Agency on Aging Funding Lasts) $0.75/ride***
	+ ***Students (18+) – Student Picture ID Required $0.75/ride***
	+ ***Disabled – TRPTA ADA Picture ID Required $0.75/ride***
	+ ***Children 5 years and under – Must be accompanied by party 12 years or older. FREE***
	+ ***10-Ride Punch Card (General Public) $17.50***
	+ ***10-Ride Punch Card (Seniors, Students, Disabled) $7.50***

**Information taken from** [**TRPTA**](http://www.trpta.org/) **website**

Primary health services we offer:

* Annual exams for men women and children
* Preventative health services
* Diabetes
* Hypertension
* Immunizations
* Mental Health
* Birth control
* Allergy shots
* Discount Imaging, Labs, and drugs
* Enrollment for insurance (O&E)
* Procedures
	+ Toenail removal
	+ IUD removal
	+ Cyst Removal

## **FREE HEALTH CLINICS**

### ***COMMUNITY FAMILY CLINIC***

***2088 East 25th Street***

***Idaho Falls, ID 83404***

***Phone: (208) 528-7655***

* ***Clinic hours: Mondays - Fridays, 8 a.m. - 7 p.m.***
* ***Saturdays 8 a.m. - 3 p.m***

### ***COMMUNITY FAMILY CLINIC***

***651 North 2858 East***

***Roberts, ID 83444***

***Phone: 208-228-2200***

* ***Clinic hours: Wednesdays & Thursdays 8 a.m. - 6 p.m.***

**Information taken from** [**Community Family Clinic**](http://www.communitycouncilofidaho.org/community_family_clinic) **website**

Medical Services Provided:

Acute Injuries

* Minor Fractions/Back Pains

Acute Illnesses

* Sore Throat / Flu

Ongoing Healthcare

* Acne / Mild Depression

Minor Surgeries

* Moles / Warts / Cysts

Lab Screening/Services

* Blood Sugar / Cholesterol

### ***COMMUNITY CARE – IDAHO FALLS EAST***

***2725 Channing Way***

***Idaho Falls, ID 83404***

***Telephone: 208-525-8448***

***Fax: 208-525-8118***

* ***Clinic hours: Monday – Friday: 8am – 9pm***
* ***Saturday – Sunday: 8am – 8pm***

***COMMUNITY CARE – IDAHO FALLS WEST***

***765 S. Utah Ave.***

***Idaho Falls, ID 83402***

***Telephone: 208-525-2600***

***Fax: 208-525-2611***

* ***Clinic hours: Monday – Saturday: 8am – 8pm***
* ***Sunday: 10am – 6pm***

**Information taken from** [**Community Care**](http://www.idahocommunitycare.com/) **Website**

## **YMCA**

### ***Idaho Falls YMCA***

**After School Program**

“After School programming is designed to help kids succeed developmentally and academically.  Research shows that children who participate in after school programs are more successful in academics, healthier, and more often maintain positive behaviors.  In the YMCA after school program, kids have the opportunity to play in the gym or playground, have a healthy afternoon snack, play in science, math or drama centers, enjoy crafts and much, much more.  Stop by to see our facility!”

**HOURS**
“After school – 7pm”

**REGISTRATION**
“Stop by the YMCA to receive registration packets and to take a tour of the facility and see program costs and benefits.”

Information taken from the [YMCA](http://www.ifymca.org/) Website

***155 North Corner***

***Idaho Falls, ID 83402***

***Phone Number: (208) 523-0600***

* ***MON - FRI: 5AM - 10PM***
* ***SAT: 8AM - 6PM***
* ***SUN: 1PM - 5PM***

### ***Indoor Soccer Arena***

***3500 South Ammon Rd.***

***Ammon, ID 83406***

* ***FALL thru SPRING:***
* ***M-F: 3:30PM - midnight***
* ***SAT: 8AM - midnight***
* ***SUN: 8AM - 5PM***

### ***YMCA Climbing Gym***

***751 South Capital***

***Idaho Falls, ID 83402***

* ***FALL thru SPRING:***
* ***M-F: 4PM - 9PM***
* ***Sat: 12pm-9PM***
* ***SUMMER:***
* ***Tues 4PM-9PM***
* ***Sat: 12PM-9PM***

### ***Big Elk Creek Camp***

***198 Big Elk Creek Camp Rd.***

***Irwin, ID 83428***

## **CRISIS CENTER**

### ***Behavioral Health Crisis Center***

***1650 N. Holmes***

***Idaho Falls, ID 83401***

***Phone Number: 208-522-0727***

* **Behavioral and Mental Health Services provided to the community. They help with Food Stamps, Medicaid, Medicare, WIC, and Housing.**

## **EASTERN IDAHO COMMUNITY ACTION PARTNERSHIP**

***935 E Lincoln Rd
Idaho Falls, ID 83401
info@eicap.org
208-522-5391***

EASTERN IDAHO COMMUNITY ACTION PARTNERSHIP (EICAP) works with:

* Churches
* Governments
* Individuals
* Community Resources

to help people become self-reliant and self-sufficient individuals.

EICAP offers the following programs to help achieve their mission:

* Education
* Health and Dental
* Low-Cost Housing
* Counseling
* Property Tax Reduction
* Food
* Neglect
* Shelters
* Volunteer Programs
* Weatherization

Information taken from [EICAP](http://www.eicap.org/) website.

### ***The Haven Shelter***

***2480 S. Yellowstone Highway***

***Idaho Falls, ID 83402***

***Phone Number: (208) 523-6413***

### ***City of Refuge Men's Shelter***

***208-552-5575***

***840 Park Avenue***

***Idaho Falls, ID 83402***

### ***CLUB, Inc.***

***208-524-8616***

***555 4th Street***

***Idaho Falls, ID 83404***

### ***FAITH***

***208-522-1056***

***737 Cleveland Avenue, Apt. #1***

***Idaho Falls, ID 83402***

### ***The Ark***

***208-552-6354***

***255 E Street***

***Idaho Falls, ID 83402***

## **COUNSELING CENTERS**

### ***Tueller Counseling Services***

Tueller Counseling specializes in Behavioral and Mental Health Services. They are open every day of the week and have a 24/7 hotline at 1-208-520-9360.

Information taken from [Tueller Counseling](http://www.tuellercounseling.com/) Website.

***2275 W. Broadway, Suite G***

***Idaho Falls, ID 83402***

***Phone: 208-524-7400***

***Fax: 208-524-8004***

***info@tuellercounseling.org***

### ***Creekside Counseling***

Creekside Counseling Creekside offers “mental health services for adults, adolescents and children in the treatment of depression, anxiety disorders, trauma recovery, couples counseling, addiction, and many other presenting concerns.”

Information taken from [Creekside Counseling](http://www.creeksidecounselingidaho.com/) Website.

***550 W. Sunnyside, Suite 1***

***Idaho Falls, ID 83402***

***Phone: 208-529-5777***

***Fax: 208-529-5778***

### ***Integrated Family Community Services***

Integrated Family Community Services provides Healthcare, Behavioral, and Addictive Counseling.

Information taken from [Integrated Family Community Services](http://www.integratedfcs.com/) Website.

***3355 S. Holmes Ave
Idaho Falls, ID 83404
Phone:  208-523-2080
Fax:  208-523-2799***

***info@integratedfcs.com***

LDS Family Services assists individuals, couples, and families in addiction recovery, pornography use, strengthening marriage and family, and adoption resources and counseling.

Information taken from [LDS Family Services](https://providentliving.lds.org/lds-family-services/find-an-office?lang=eng) Website.

### ***Idaho Falls LDS Family Services***

***1600 John Adams Parkway Suite 102***

***Idaho Falls, Idaho 83401-4300***

***Phone: 208-529-5276***

New Beginnings seeks to help individuals and families who face “anxiety, stress, depression, eating disorders, sexual abuse and trauma, divorce, pain management, and marital/family concerns.”

Information taken from [New Beginnings](http://new-beg.com/home/1758880) Website.

### ***New Beginnings Counseling***

***2235 E 25th Street***

***Suite 185***

***Idaho Falls, ID 83404***

***Phone: 208-522-1904***

***Fax: 208-522-8847***

***service@new-beg.com***

## **EATING DISORDER CENTERS**

Pearl Health has treatment groups in the following areas and times:

Body Balance- Fridays, 9:00am – 11:00am

Well-Being- Wednesdays, 4:00pm – 6:00 pm

Mindful Movement Group- Mondays 5:00pm – 6:00pm

PTSD Recovery Group- Thursdays 4:00pm – 6:00pm

Information taken from [Pearl Health Clinic](http://pearlhealth.org/home/eating-disorders/) Website

### ***PEARL HEALTH CLINIC***

***2705 E 17TH STREET***

***AMMON, ID 83406***

***Phone: (208)-346-7500***

***FAX: (208)-346-7501***

***info@pearlhealth.org***

* ***Monday through Friday 8pm – 6pm***

## **FIRE AND POLICE SERVICES**

### ***Idaho Falls Fire Department***

***625 Shoup Ave***

***P.O. Box 50220***

***Idaho Falls, ID 83405***

***Phone: (208)612-8495***

***Fax: (208)612-8513***

***Website:*** [***http://www.idahofallsidaho.gov/city/city-departments/fire-department.html***](http://www.idahofallsidaho.gov/city/city-departments/fire-department.html)

### ***Idaho Falls Police Department***

***605 N. Capital Ave.***

***Idaho Falls, ID 83402***

***Phone: (208) 529-1200***

***Website:*** [***http://www.idahofallspolice.com/***](http://www.idahofallspolice.com/)

## **SERVICIOS EN ESPAÑOL**

* Los servicios de estas ciudades son disponibles también en español, por favor póngase en contacto con el consejero, Sr. Gemar, para obtener más información. Estamos trabajando arduamente para traducir este documento al español.

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