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# Topeka Resource Guide

Serving Kansas since 1972.

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ANIMAL	ADDRESS	PHONE	SERVICES	NOTE
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 1st Saturday of month at our Forbes Field warehouse facility)	www.shawneecaart.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	5720 SW 21st Street Topeka, KS 66604.	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.	
5. 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
6. Topeka Animal Control	320 S Kansas Ave #100 Topeka, KS 66603	785-368-9484	The officers of this Unit are responsible for enforcing various city ordinances regarding animals, including the leash law, vaccination and licensing requirements, the cruelty ordinance, and checking on neglected or abused animals.	
DISABILITY	ADDRESS	PHONE	SERVICES	NOTES
1. Jayhawk Aging & Disability Resource Center	JAAA, 2910 Southwest Topeka Blvd., Topeka, KS 66611	1-855-200-2372	The ADRC is designed to empower older adults and persons with disabilities to make informed choices about their services and supports. The ADRC provides objective information and assistance to help people access private or publicly funded service programs.	<a href="http://www.jhawkaaa.org/services/jayhawkadrce/">http://www.jhawkaaa.org/services/jayhawkadrce/</a>
2. Kansas Commission for the Deaf and Hard of Hearing	555 S Kansas Ave 3 <sup>rd</sup> Floor, Topeka, KS 66603	800-432-0698	Rehabilitation services.	
3. Kansas Vocational Rehabilitation	555 S Kansas Ave 3 <sup>rd</sup> Floor, Topeka, KS 66603	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
4. Social Security Administration	600 SW Commerce Place (I-70, Exit 356 North on Wanamaker, West on 6 <sup>th</sup> )	888-327-1271	Disability for those unable to engage in substantial gainful activity due to physical or mental impairments. (12 month or longer in duration).	M/T/TH/F 9am-4 pm Wed 9am-12pm <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
5. SLI (formerly known as Sheltered Living, Inc.)	3401 SW Harrison St Topeka, KS 66611	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 <sup>th</sup> #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	<a href="http://www.cancer.org">www.cancer.org</a>
2. American Diabetes Association	3625 SW 29 <sup>th</sup> St.	785-271-6010	Provides the latest, most accurate information	<a href="http://www.diabetes.org">www.diabetes.org</a>
3. American Heart Association	5375 SW 7 <sup>th</sup> St.	785-272-7056	Provides the latest, most accurate information	<a href="http://www.americanheart.org">www.americanheart.org</a>
4. American Legion	3029 NW Hwy 24	785-296-9400	Durable medical equipment (wheelchairs, walkers, commodes, etc. (loaned free to veterans.	
5. American Lung Association		913-353-9165	Provides the latest, most accurate information	<a href="http://www.lung.org">www.lung.org</a>
6. American Red Cross	1221 SW 17 <sup>th</sup>	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	455 SE Golf Park Blvd	785-836-4500	Parenting programs, elderly nutrition and durable medical, school based health related services. Help with prescription costs. Weatherization, utility assistance	
10. DCF	500 SW Van Buren	785-296-2500	Medical assistance programs, food stamps, childcare, medical cars, summer & winter LIEAP. Assistance with meal preparation, light housekeeping, shopping and laundry for people who cannot help themselves.	Call for information.
11. Grace Med	Capitol Family Clinic: 1615 SW 8 <sup>th</sup> Ave  Highland Park Clinic: 2025 SE California	785-861-8800	Health care on a sliding scale, based on income, if minimum or no insurance. Accept patients with and without insurance. Provide primary care, disease and chronic illness management, prenatal, women's health and pediatric services.	There is a fee for services.  <a href="http://www.gracemed.org">www.gracemed.org</a>
12. KanCare (State of Kansas)	PO Box 3599 Topeka, KS 66601	800-792-4884	For children in families with limited incomes that provides health insurance at little or no cost	Under 19 and resident of Kansas; income guidelines
13. Kansas Services for the Blind/Visually Impaired	2601 SW East Circle Dr. N	785-296-3311	Train blind and visually impaired to be able to re-enter work force.	
14. Lion's Club		(w) 633-8321	Glasses	Contact – Spencer Smith
15. Marian Dental Clinic	3164 East 6 <sup>th</sup> Street	785-233-2800	Provides dental care for people living in Shawnee county who are financially unable to obtain dental care elsewhere.	
16. SCMS Health Access	PO Box 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, KanCare or other state/federal medical benefits, or not covered by other insurance.	Referred by doctors & nurses

HOMELESS	ADDRESS	PHONE	SERVICES	NOTES
1. Topeka Rescue Mission	600 N. Kansas	785-354-1744	Emergency shelter, meals, and clothing	Emergency need No charge.
2. Quincy House (for Vets)	1318 Ne Quincy St.	785-783-8051	Providing housing for homeless vets. Cameron Taylor, Director	Quincyhouse4vets @ gmail.com
HOUSING	ADDRESS	PHONE	SERVICES	NOTES
1. Accessibility Program (City of Topeka)		368-3711	Handicapped ramps, bath and home modifications. Application required.	Income- based. <a href="http://www.topeka.org/pdfs/accessibilityprogram.pdf">www.topeka.org/pdfs/accessibilityprogram.pdf</a>
2. American Red Cross	1221 SW 17 <sup>th</sup> St.	785-234-0568	Emergency aid to families and individuals in fire, flood, tornadoes and other natural disasters. Some seasonal funding for fire alarms, fans, etc.	
3. Center for Safety and Empowerment (previously Battered Women's Shelter)	YWCA, 225 W. 12 <sup>th</sup> St. (Back door)	1-888-822-2983 785-354-7927	Emergency shelter for women and children, counseling, assistance with restraining orders, support groups.	24 hr. helpline: 1-888-822-2983
4. Cornerstone of Topeka	1195 SW Buchanan #103	785-232-1650	Affordable Housing Program – long-term rentals for persons below 60% of median income.	Call for Information and availability
5. 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.) <a href="http://www.topeka.org/hnd/HousingRehabilitationProgram.shtml">www.topeka.org/hnd/HousingRehabilitationProgram.shtml</a>	Income-based.
6. 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.	
7. Habitat for Humanity	121 NE Gordon St	785-234-4322	Helps build affordable homes for lower income families who purchase homes through a no-interest mortgage, make monthly payments, requires "sweat equity" in building and care of the home while living there.	<a href="http://www.topekahabitat.org">www.topekahabitat.org</a>
8. 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
9. Quincy House (for Vets)	1318 Ne Quincy St.	785-783-8051	Providing housing for homeless vets. Cameron Taylor, Director	Quincyhouse4vets @ gmail.com
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	<b>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 .</b>	
12. Topeka Rescue Mission	600 N. Kansas Ave.	785-354-1744	Emergency shelter for individuals and families. <b>NOTE:</b> Staying at the Shelter puts them at the top of the waiting list for Section 8 Housing	

LEGAL	ADDRESS	PHONE	SERVICES	NOTES
1. <b>Kansas Legal Services</b>	712 S. Kansas #201	785-354-8531	Legal aid in civil cases. Application required. Sliding scale fees. Free legal forms on website: <a href="http://www.kansaslegalservices.org">http://www.kansaslegalservices.org</a>	Financial guideline
2. <b>Call-A-Lawyer</b> Service provided by Kansas Bar Association, Lawyer Referral Service		800-928-3111	<ul style="list-style-type: none"> <li>• Free 2nd Thursday of each month from 6:00-8:00 p.m.</li> <li>• \$2 a minute (max\$50)</li> </ul>	
3. <b>Justice Advice Line</b>		800-675-5860	Open to Income-eligible Kansas residents, help with civil or domestic legal matters.	
4. <b>Kansas Elder Law Hotline</b>		888-353-5337	Access to attorney about legal questions in civil cases	
5. <b>Washburn Law Clinic</b>	1700 College	785-670-1191	Legal aid	
MENTAL HEALTH	ADDRESS	PHONE	SERVICES	NOTES
1. <b>Breakthrough House</b>	1195 SW Buchanan Suite 202	785-232-6807	Deal with mental health related issues for clients – services are limited due to funding	Severe mental illness
2. <b>Family Service &amp; Guidance Center</b>	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.
3. <b>NAMI</b>	610 SW 10 <sup>th</sup> Ave..	785-233-0755	Provides advocacy services for the mentally ill, especially regarding community services and court system.	
4. <b>Prevention &amp; Recovery Services</b>	2209 SW 29 <sup>th</sup> St.	785-266-8666	Drug and Alcohol screening, addition counseling & education.	M&W 8-8, T&TH 8-5, F- 8-4:30
5. <b>Shawnee County Mental Health Center</b>		785-233-1730	Emergency mental health services, outpatient therapy, crisis stabilization.	24 hr. service
6. <b>Stormont Vail West</b>	3707 SW 6 <sup>th</sup> Ave.	785-270-4600	Psychiatric hospitalization, emergency care.	M-F 8 a.m. to 5 p.m. Closed weekends
7. <b>Valeo Behavioral Health Care</b> (same as SN CO Mental Health Cntr. – just different locations for services)	330 SW Oakley Ave.	785-233-1730	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. <b>Catholic Charities</b>	234 S. Kansas Ave.	785-233-6300	Call Wednesday at 1pm for rent and utility assistance. Individuals must have an eviction notice or disconnect notice. Pantry open 10AM-2PM (MON, TUE, THU, FRI only)	
2. <b>Community Action</b>	1000 SE Hancock	785-836-4500	Parenting programs, elderly nutrition and durable medical, school-based health related services, weatherization, utility assistance	
3. <b>Department of Children and Families (DCF)</b> (Previously SRS)	500 SW Van Buren	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.
4. <b>Doorstep</b>	1119 SW 10 <sup>th</sup> Ave.	785-357-5341	Food bank, clothing, rent, med, trans, utilities & deposit assist	Emergency need
5. <b>El Centro of Topeka</b>	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.	
6. <b>Fellowship, Inc.</b> (E. Topeka Unit. Meth Church)	708 SE Lime	785-354-7262	Food pantry, diapers, hygiene kits and classes	
7. <b>Harvesters (SNAP assistance)</b>	215 SE Quincy St.	785-861-7700	Distributes food and household products through monthly mobile pantries and a network of food pantries, shelters and kitchens. Also provides assistance applying for SNAP (Food Stamp) benefits. Find food distribution locations at <a href="http://www.harvesters.org">www.harvesters.org</a> under “Get Help”.	

8. I Care, Inc.	2914 SE Michigan Ave	785-267-5910	Emergency Food	SE Topeka/Shawnee Co.
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 (accept SNAP)	7215 SW Topeka Blvd.	785-862-1919	Food packs for \$25 and variety of foods each month. Some volunteer activity required. No income requirements. Accept SNAP.	June Glasgow 800-998-9436 or by email <a href="mailto:june@prairielandfood.com">june@prairielandfood.com</a>
11. Salvation Army	1320 E. 6 <sup>th</sup>	785-233-9648	Food, clothes, rent, medicine, transportation, evening meals	Meals: M-F 4:30-5:30 pm
12. 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. Catholic Charities Friendly Visitor Program	234 S Kansas Ave	785-233-6300 ext 1313	Volunteers can provide Ring-A-Day calls to senior shut-ins, M-F For services and more information: contact Friendly Visitor Coordinator at number provided.	
2. East Topeka Senior Center	432 SE Norwood	785-232-7765	Meals and transportation	
3. 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
4. Kansas Long-Term Care Ombudsman	900 SW Jackson St.	785-926-3017	Investigate and work to resolve complaints and concerns for residents in nursing homes, assisted living, and other long-term care homes – <a href="http://ombudsman.ks.gov">http://ombudsman.ks.gov</a>	
5. Meals on Wheels of SN & Jefferson Co.	5724 SW Huntoon	785-670-2434	Delivered noon meals	Elderly or homebound
6. Papan's Landing Senior Center	619 NW Paramore St	785-232-1968	Transportation, recreation, home visiting, telephone reassurance	<a href="mailto:Debbie@papanslanding.com">Debbie@papanslanding.com</a>
7. Social Security Administration	600 SW Commerce Place (I-70, Exit 356 North on Wanamaker, West on 6 <sup>th</sup> )	888-327-1271	Disability for those unable to engage in substantial gainful activity due to physical or mental impairments. (12 month or longer in duration).	M-F 9am-3:30 pm <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>
8. 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. Capital City Thrift Store	605 SW 6 <sup>th</sup>	785-246-6066	Household items and furniture	Mon- Fri 9 - 7, Sat 9 -6, Sun closed
2. 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.
3. Goodwill	5515 SW 21 <sup>st</sup> St.	785-228-9774	Clothing and household items at a low price.	
4. God's Storehouse	2111 Sw Chelsea Dr.	785-608-6743	Clothing and household items at a low price.	M-F 9 – 8 & Sat 10-5
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 <sup>th</sup> St.	785-234-0568	Free medical transportation (have to be ambulatory).	Allow 2 day advance notice.

<b>2. Topeka Transit ('Lift' services)</b>	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.	
<b>WOMEN</b>	<b>ADDRESS</b>	<b>PHONE</b>	<b>SERVICES</b>	<b>NOTES</b>
<b>1. Birthright</b>	512 SW 7 <sup>th</sup> ST	785-234-0701	Anonymous pregnancy tests, referrals to shelter homes, community resource information, maternity and baby clothes, emergency diaper supplies, referrals.	800-550-4900 (Pregnancy Hotline)
<b>2. Caring Pregnancy Options</b>	2041 SW McAlister AVE	785-249-6130	Pregnancy counseling, baby and maternity clothes, diapers, referral services, support groups.	
<b>3. Child Support Payment Center</b>		1-877-572-5722	Help when dealing with non-payment of child support.	
<b>4. Childcare Aware (previously called ERC)</b>	1100 SW Wanamaker	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
<b>5. Center for Safety and Empowerment (previously Battered Women's Shelter)</b>	YWCA, 225 W. 12 <sup>th</sup> St. (Back entrance)	1-888-822-2983 or 785-354-7927	Emergency shelter for women and children, counseling, assistance with restraining orders, support groups.	24 hr. helpline: 1-888-822-2983
<b>6. Mary's Choices</b>	551 NW Broad Street, Topeka	785.246.6805 or 800.712.HELP	For women experiencing an unplanned pregnancy in Kansas. Free and confidential pregnancy testing, 3D ultrasounds (some restrictions may apply), resources.	www.maryschoices.com.
<b>7. Maternal &amp; Infant Care (M &amp; I)</b>	2115 SW 10 <sup>th</sup> ST	785-368-2000	A department of Shawnee County Health Dept., offering pre-natal and post-natal medical services, plus social work follow-up.	
<b>8. Safe Families for Children/Lifeline Children's Services</b>	4745 NW Hunter's Ridge Circle, Suite C	785-783-4577	Provides a secure, temporary home for children whose parents are in a crisis situation. Available to children 0-18 years of age including pregnant and parenting teens. Parents are reunited with children as soon as possible. Family coaches and volunteers work with the entire family.	
<b>YOUNG CHILDREN</b>	<b>ADDRESS</b>	<b>PHONE</b>	<b>SERVICES</b>	<b>NOTES</b>
<b>1. Kansas Children's Service League</b>	3545 SW 5 <sup>th</sup> ST	785-274-3100	Parenting education, counseling, adoption, foster care/family planning.	
<b>2. Big Brothers/Big Sisters</b>	1119 SW 10 <sup>th</sup> Ave #3	785-234-5524	Offers youth mentoring programs that match children ages 5-18 with carefully screened adults.	
<b>3. Boys &amp; Girls Clubs</b>	550 SE 27 <sup>th</sup> 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
<b>4. KanCare (State of Kansas)</b>	PO Box 3599 Topeka, KS 66601	800-792-4884	For children in families with limited incomes that provides health insurance at little or no cost	Under 19 and resident of Kansas; income guidelines
<b>5. Kid's Quest (YWCA)</b>	25 SW 12 <sup>th</sup> Street	785-233-1750	Program provides safe and affordable extended child care during the school year and summer for children ages 5-12. Schools served include: McCarter, McClure, McEachron, Meadows, and Williams Science and Fine Arts Magnet School.	
<b>6. Safe Families for Children/Lifeline Children's Services</b>	4745 NW Hunter's Ridge Circle, Suite C	785-783-4577	Provides a secure, temporary home for children whose parents are in a crisis situation. Available to children 0-18 years of age including pregnant and parenting teens. Parents are reunited with children as soon as possible. Family coaches and volunteers work with the entire family.	SafeFamilies.Lifelinechild.org

<b>7. Shawnee County Health Agency</b>	1615 SW 8 <sup>th</sup> Ave.	785-368-2000 785-251-2000	WIC (Women, infants and children) commodity program. (Also see additional information for this agency under Health Care.)	
<b>8. USD 501 Parents as Teachers</b>	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
<b>9. Diaper Depot at Let's Help</b>	200 S. Kansas Ave.	785-234-6208	Distributes diapers collected by Junior League of Topeka. Distribution is on first Friday of each month 1 – 3 pm	<a href="http://www.letshelpinc.org">www.letshelpinc.org</a> and <a href="http://www.jltopeka.org">www.jltopeka.org</a>
<b>10. TARC</b>	2701 SW Randolph	785-232-0597	Children's Services provides programs to support and enhance families affected by intellectual, developmental, and related disabilities.	<a href="http://www.tarc.org">www.tarc.org</a>