

# COMMUNITY RESOURCES FOR TOPEKA & SHAWNEE COUNTY



## Housing Assistance

- **Equity Access Shelter** 785-368-9533
  - Individuals who are homeless or at risk of becoming homeless no longer need to contact multiple agencies to receive rent/mortgage assistance. E.A.S. staff will work with individuals to assess level of need and connect individuals with the right resources. There is a wait list.
- **East Central Kansas Economic Opportunity Corporation** 785-242-7450
  - Energy-efficient assistance to improve heating and cooling and energy savings. Eligibility is based on household income relative to federal income guidelines.
- **City of Topeka** 785-368-3711
  - Modifications to residential homes for individuals with physical disabilities. Emergency repairs to help homeowners with immediate health or safety problems. Weatherization assistance to help eligible homeowners make upgrades to their homes.
- **Impact Avenues** [impactavenues@topeka.org](mailto:impactavenues@topeka.org)
  - Wraparound support for individuals with children who are considered homeless and lack a fixed, regular, and adequate nighttime residence.
- **Topeka Housing and Credit Counseling, Inc** 785-234-0217
  - Homebuyer counseling, education, and steps to buying a home. Possible financial assistance with down payment and repairs.
- **Topeka Habitat for Humanity** 785-234-4322
  - Home repair services including accessibility modifications, weatherization, energy efficiency, critical repairs, and exterior repairs to remedy code violations. Legal resources to help individuals negotiate existing lending agreements to convert into an affordable mortgage. Bus stocked with essential tools for home maintenance to be checked out free of charge. Volunteers can also be requested to assist with completing the repairs. Home repair and maintenance classes.
- **Topeka Housing Authority** 785-357-8842
  - Section 8 and public housing based on income guidelines.
- **Valeo HOPE Connection** 785-233-1730
  - Housing assistance for those who have a severe mental health illness and/or dual diagnosis with substance abuse and lack a regular adequate nighttime residence.
- **Topeka Rescue Mission** 785-354-1744
  - Shelter, dining for guests, case management, medical assistance, housing assistance
- **Cornerstone of Topeka, Inc** 785-232-1650
  - Transitional housing and affordable housing assistance.

## Emergency Services

- **Let's Help** 785-234-6208
  - Free community lunches, food pantry, clothing assistance and career closet, comprehensive emergency services, hygiene bags, diapers, baby formula, dog and cat food, adult basic education & GED center.
- **Doorstep** 785-357-5341
  - Food pantry, clothing assistance, rent & utility support, prescription assistance, transportation.
- **Catholic Charities** 785-233-6300
  - Wrap around services, food pantry, clothing assistance, rent and utility support.
- **Salvation Army** 785-233-9648
  - Food pantry and community meals, clothing vouchers, rent and utility support, prescription assistance, eye exams and glasses, disaster relief, seasonal back to school supplies, etc.
- **God's Storehouse** 785-608-6743
  - Clothing, kitchenware, beds, couches, chairs, dining tables, bath items, linens, etc.
- **Community Resource Council** 785-233-1365
  - Food pantry, utility credit program, water assistance program, Topeka metro pass.
- **Community Action** 785-836-4500
  - Diaper depot, period pantry, rent and utility support, rapid re-housing.
- **Be Filled of South Topeka** 785-329-5225
  - Food pantry and clothing assistance
- **Topeka North Outreach** 785-286-1370
  - Bill assistance, food pantry, and other necessities.
- **Kansas Department of the American Legion** 785-232-9315
  - Temporary financial assistance to veterans and veteran families.
- **Antioch Family Life Center** 785-232-1937
  - Food pantry, rent and utility support, job placement services
- **I Care Inc, Topeka** 785-267-5910
  - Food pantry and baby essentials.
- **West Side Baptist Church** 785-233-4241
  - Baby closet, blankets, clothes, diapers, formula, wipes, etc.
- **Helping Hands Humane Society** 785-233-7325
  - Dog and cat food.

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## Resources for Parents

- **Parents as Teachers Auburn-Washburn** 785-408-8394
  - Home visits and parental education classes for parents of newborn-3 year old children.
- **TARC, Inc** 785-506-8621
  - Information, resources, and screenings for infant developmental milestone and special needs programs.
- **Car Seat Checkup** [carseat@stormontvail.org](mailto:carseat@stormontvail.org)
  - Learn how to install a car seat or booster seat and find out if it's time for a change due to recall, expiration, etc.
- **Safe Kids Shawnee County** 785-354-5428
  - Safety workshops and car seat checkups
- **Shawnee County Health Department** 785-251-5700
  - Baby basics, family health home visitations, family planning, fetal infant mortality review program, immunizations, medical records, nurse-family partnership, pregnancy testing, breastfeeding support, STD clinic, tuberculosis control clinic, women, infant, and children program (WIC). Fees are on a sliding scale based on income.
- **Birthright of Topeka** 785-234-0701
  - Resources for pregnancy and children, adoption, prenatal care, community programs, parenting skills, childcare referrals, medical support, financial resources, housing, pregnancy tests, maternity and baby items.
- **Lifeline Children's Services** 785-249-6130
  - Adoption agency.
- **Mary's Choice** 785-246-6805
  - Physician consultation, pregnancy counseling, pregnancy tests, parental training, diapers, bottles, etc.
- **Families Together** 785-233-4777
  - Assistance for parents of children with disabilities or special needs.
- **Capper Foundation** 785-272-4060
  - Children and adults special needs programs.
- **Kansas Children's Service League** 785-274-3100
  - Adoption assistance, parent support and training groups.
- **Key for Networking** 785-233-8732
  - Assisting parents of children with emotional or behavioral difficulties.

## 24-Hour Crisis Services

- **Suicide and Crisis Lifeline** 988
- **Topeka Rescue Mission** 785-354-1744
- **Topeka Police Crime Victim Assistance** 785-368-9064
- **Topeka Police Department** 785-368-9551
- **Shawnee County Sheriff's Office** 785-251-2200
- **The Trevor Project Helpline for LGBTQ+** 866-488-7386
- **Abuse and Neglect: SRS** 800-922-5330
- **National Sexual Assault Hotline** 800-656-4673
- **Human Trafficking Hotline** 888-373-7888
- **National Domestic Violence Hotline** 800-799-7233
- **YWCA Center for Safety and Empowerment for Women** 888-822-2983
- **Valeo Behavioral Health Care** 785-234-3300
- **Valeo Detox Line** 785-234-3448
- **Family Service & Guidance Center Crisis Line** 785-232-5005
- **KanQuit Smoking** 800-784-8669

## Medical Resources

- **GraceMed** 785-861-8800
  - Full range of medical services. Fees are on a sliding scale based on income.
- **Positive Connections** 785-232-3100
  - Services for individuals impacted by HIV, AIDS, STIs, and viral hepatitis.
- **Shawnee County Health Department** 785-251-5700
  - Immunizations, communicable diseases, TB testing, case management. Fees are on a sliding scale based on income.

# COMMUNITY RESOURCES FOR TOPEKA & SHAWNEE COUNTY



## Mental Health Providers

- **Family Service & Guidance Center** 785-232-5005
  - Children and family therapy, med management, case management, groups.
- **Stormont Vail Behavioral Health** 785-270-4600
  - Outpatient and inpatient adult programs, inpatient child and adolescent programs for short-term crisis stabilization.
- **Valeo Behavioral Health Care** 785-233-1730
  - Individual adult services
- **Tallgrass Counseling, LLC** 785-845-4475
  - Solution focused therapy for individuals, couples, and families. Accepts all medicaid and Blue Cross Blue Shield
- **Stonestreet Professional Offices** 785-273-7292
  - Individual therapy, marital and family counseling, medication evaluation and management, addiction counseling
- **Shunga Creek Mental Health Services** 785-273-6200
- **Thriveworks Counseling & Therapy Topeka** 785-329-4615
- **New Beginnings Behavioral Health** 785-233-7138
  - Individual and family therapy, Med management through APRNs
- **Christ First Counseling** 785-272-0778
- **Heritage Mental Health** 785-272-5566
  - Therapy, med management, groups
- **Shadow Wood Clinical Associates** 785-266-6751
- **Odyssey Group** 785-266-7980
  - In home care
- **Hope and Healing Academy, Inc.** [hopeandhealingacademy.com](http://hopeandhealingacademy.com)
  - Equine-facilitated psychotherapy for all ages and backgrounds
- **KU Medical Center for Child Health & Development** 913-588-6300
  - Neuropsychological evaluations
- **Flint Hills Neuropsychology** 785-236-1180
  - Neuropsychological evaluations
- **Meadowlark Psychology & Development Center** 913-488-6525
  - Neuropsychological evaluations for ages 18 months-adults

## Substance Use Resources

- **PARS** 785-266-8666
  - Substance use prevention, resiliency, and treatment services.
- **Blue Earth Initiatives, Inc.** 785-215-8360
  - Addiction and recovery services for Native Americans.
- **Alcoholics Anonymous** 866-783-7712
- **Narcotics Anonymous** 855-732-4673
- **Cocaine Anonymous** 316-302-9401
- **Mirror, Inc.** 785-267-0561
  - Residential and outpatient alcohol/drug prevention and treatment, mental health services, and employment program.
- **Al-Anon/Alateen** 785-215-1045
  - Program for friends and family of alcoholics and addicts.
- **New Dawn Wellness & Recovery Center** 785-266-0202
  - Treatment for alcohol, drug, or gambling addictions.
- **Sims Kemper Clinical Counseling & Recovery** 785-233-0666
  - Free consultations. Treatment for alcohol, drug, or gambling addictions.
- **Valeo Recovery Center** 785-233-1730 ext. 6380

# COMMUNITY RESOURCES FOR TOPEKA & SHAWNEE COUNTY



## Adult Education

- **Let's Help** 785-270-5267
  - Adult basic education and GED prep classes including math, reading, writing, science, social studies, and computers. Classes start every 8 weeks. There is a \$30 sign-up fee.
- **Washburn Tech Advantage Center** 785-670-2248
  - Adult education classes, GED prep, and English as a Second Language classes. Orientations are scheduled 5-6 times per year. Classes Monday through Friday for 3 hours either in the morning or afternoon for 6 weeks. Evening classes also available. There is a \$30 sign-up fee.
- **Orion Education & Training** 785-228-2336
  - Help for adults wishing to complete their high school diploma. Classes typically begin in August, November, January, and April. Enrollment is free for students over the age of 18 whose class has already graduated.
- **Topeka Rescue Mission** 785-354-1744
  - Career Readiness Training for residents. It is a 12 weeks employment program to enhance life management and job skills for long-term employment.
- **Topeka Literacy Council** 785-234-2806
  - Free one-on-one tutoring for adults struggling with reading and writing. English as a Second Language tutoring available.
- **Topeka & Shawnee County Public Library** 785-580-4632
  - GED study guides and workbooks to help adults learn basic skills in reading, writing, math, science, and social studies. Tutoring kits for tutors to use with reading tutoring or English as a Second Language tutoring. Learning Express Library with practice tests and tutorials for GED, ACT, SAT, TOEFL, and other tests.

## Government Assistance Programs

- **Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)** 785-251-5607
- **Supplemental Nutrition Assistance Program (SNAP)** 1-877-653-9522 or text SNAP to 785-333-9233
- **Supplemental Security Income (SSI)** 1-800-772-1213
- **Low-Income Home Energy Assistance Program (LIHEAP)** 785-296-3271
- **Temporary Assistance for Needy Families (TANF)** 1-888-369-4777
- **KanCare Insurance** 1-800-792-4884
- **Children's Health Insurance Program (CHIP)** 1-800-792-4884

## Other Resources

- **PANT** 785-270-8104
  - Will hold pets while owners are living at the Topeka Rescue Mission.
- **Helping Hands Pet Loss Support Group** 785-233-7325
  - Confidential monthly meetings.
- **Hoarding Task Force Reporting** 800-922-5330
- **Jayhawk Area Agency on Aging** 785-235-1367
  - Assistance for seniors and adults with disabilities needing various levels of support.
- **Topeka Independent Living Resource Center** 785-233-4572
  - Assistance for individuals with disabilities including advocacy, peer counseling, independent living skills training, housing assistance, communication/interpreting services, transition services, affordable and durable medical equipment, and social and recreational opportunities.
- **Topeka Family Legal Project** 785-284-9971
  - Free legal assistance for qualifying families in Shawnee County.