



# KALISPELL MIDWIVES & WOMEN'S HEALTH

Name	Website	Phone Number	Notes
A Ray of Hope	<a href="https://www.arayofhopemontana.com/">https://www.arayofhopemontana.com/</a>	406-755-4673	Housing
ASSIST Neighbors Helping Neighbors	<a href="https://assistflathead.org/about-assist/">https://assistflathead.org/about-assist/</a>	406-758-1437	Assistance with transportation to appointments, filling out forms, financial aid, home care, meals or groceries, etc.
Baby Blues Support Group		406-863-3535	North Valley Hospital
Clear Choice Clinic	<a href="https://www.clearchoicelclinic.com/">https://www.clearchoicelclinic.com/</a>	406-257-5700	1281 Burns Way, Kalispell; Free STD/pregnancy testing
Community Action Partnership	<a href="https://www.capnm.net/">https://www.capnm.net/</a>	406-752-6565	Long term low-income housing support
Flathead County Health Department Breastfeeding Support		406-249-3656 (call or text)	Breastfeeding support
Flathead Food Bank	<a href="https://flatheadfoodbank.org/">https://flatheadfoodbank.org/</a>	406-752-3663	1203 Hwy 2 West, Kalispell
Feeding Our Children	<a href="https://thomasflass.com/">https://thomasflass.com/</a>		Nutrition Guides for Moms and Mom-to-be
Help Net – First Call for Help	<a href="https://www.unitedwaycares.org/help-net">https://www.unitedwaycares.org/help-net</a>	406-751-8181	Local Resource Guide
Kalispell Moms for Moms	<a href="http://www.momsformomscommunities.com/portfolio/kalispell-mt/">http://www.momsformomscommunities.com/portfolio/kalispell-mt/</a>		Community for moms
KellyMom	<a href="https://kellymom.com/">https://kellymom.com/</a>		Parenting and breastfeeding resources
Logan Health Mother-Baby Clinic		406-751-6667	Lactation and baby support

Montana Medicaid & Healthy Montana Kids (HMK) Plus	<a href="https://dphhs.mt.gov/montanahealthcareprograms/memberservices">https://dphhs.mt.gov/montanahealthcareprograms/memberservices</a>	1-888-706-1535 (for eligibility) 1-800-362-8312 (for members)	Insurance for low-income families
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Montana Nutrition Program for WIC	<a href="https://dphhs.mt.gov/ecfsd/wic/">https://dphhs.mt.gov/ecfsd/wic/</a>	1-800-433-4298	Food resources for low-income women, children & infants
MOPs	<a href="https://www.mops.org/">https://www.mops.org/</a>		Support for “mothers of preschoolers”
Mother’s Guardian – Vicki Peterson		406-755-2503	Homes for mothers
National Suicide Hotline	<a href="https://988lifeline.org/">https://988lifeline.org/</a>	988	24/7 free & confidential support for those in crisis
Neighbors in Need		406-752-8181	Hotels, gas, food, housing, etc.
Office of Public Assistance	<a href="https://dphhs.mt.gov/hcsd/officeofpublicassistance">https://dphhs.mt.gov/hcsd/officeofpublicassistance</a>	1-888-706-1535	Food stamps and cash assistance, M-F 9-5
Postpartum Resource Group	<a href="https://www.postpartumresourcegroup.org/">https://www.postpartumresourcegroup.org/</a>		Resources for parents about postpartum mood disorders.
Postpartum Support International	<a href="https://www.postpartum.net/locations/montana">https://www.postpartum.net/locations/montana</a>		Resource guides for local support groups
Recovery Warmline	<a href="https://www.mhaofmt.org/warmline">https://www.mhaofmt.org/warmline</a>	1-877-688-3377	Non-emergency mental health chat line
Samaritan House	<a href="https://samaritanhousemt.com/">https://samaritanhousemt.com/</a>	406-257-5801	Housing
Self Help Law Center	<a href="https://courts.mt.gov/selfhelp/">https://courts.mt.gov/selfhelp/</a>	406-758-2496	Downstairs of courthouse; free legal assistance – parenting plans and divorce paperwork
Shepherd’s Hand	<a href="https://shepherdshand.com/">https://shepherdshand.com/</a>	406-260-3502	5150 Rivers Lake Pkwy, Whitefish; Mondays 5:30pm – Free meal, 6pm – Free clinic
The Compassionate Friends	<a href="https://www.compassionatefriends.org/">https://www.compassionatefriends.org/</a>	406-387-5215	Support after death of child

The Nurturing Center	<a href="https://nurturingcenter.org/">https://nurturingcenter.org/</a>		Best Beginnings Child Care Scholarship, childcare services and referrals
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