OH BABY....

Shawnee County Resource Guide

For Mothers & Families

HEALTHY BABIES

WORKGROUP
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*Please note: This is not an all-inclusive list of resources. If you have a suggestion, please contact (785) 251-5647 or HAAdmin@snco.us.

Updated February 2020
ADDICTION SUPPORT

Stormont-Vail West
3707 S.W. 6th Ave.
(785) 270-4600
www.stormontvail.org/stormontvail-west

New Dawn Wellness and Recovery Center
4015 S.W. 21st St.
(785) 266-0202
www.newdawnrecovery.org

Sims Kemper
1701 S.W. Medford Ave.
(785) 233-0666
http://sims-kemper.com/
Clinical counseling and recovery

Valeo Recovery and Behavioral Health
330 S.W. Oakley Ave.
(785) 233-1730
www.valeotopeka.org
Addiction and behavioral health Services

Mirror, Inc.
2201 S.E. 25th St.
(785) 267-0561
www.mirrorinc.org
Residential and outpatient treatment programs

Prevention and Recovery Services
2209 S.W. 29th St.
(785) 266-8666
www.parstopeka.com

First Step House at Lakeview
3014 W. 31st St., Lawrence, KS
(785) 843-9262
www.dcca.org
A women’s recovery center

Alcoholics Anonymous
24-hour hotline:
(785) 235-2226
www.aatopeka.org

Cocaine Anonymous
(316) 320-9401
https://cakansas.org/

Narcotics Anonymous
(785) 200-3446
https://www.marscna.net/

Gamblers Anonymous
(855) 222-5542
www.gamblersanonymous.org

Kansas Regional Alcohol and Drug Assessment Center
(800) 281-0029
www.hradac.com
State funded treatment for those who qualify
ALTERNATIVE EDUCATION

Washburn Rural Alternative High School
5900 S.W. 61st St.
(785) 339-4900
www.wrahs.usd437.net

Hope Street Academy
1900 S.W. Hope St.
(785) 438-4292
https://hsa.topekapublicschools.net/

Pleasant Hill Learning Campus
5830 NW Topeka Blvd.
(785) 575-8770
https://phlc.seamanschools.org/
Serves middle and high school students

BREASTFEEDING

Stormont-Vail HealthCare Breastfeeding and Follow-Up Clinic
1500 S.W. 10th Ave.
(785) 354-6261
https://www.stormontvail.org/health-care-services/centers-clinics-services/the-birthplace/

The University of Kansas Health System St. Francis Campus
First Days Breastfeeding Clinic
1700 S.W. 7th St.
(785) 270-5072
https://kutopeka.com/services/infant-and-child-health

La Leche League of Topeka
(785) 256-0260
www.lltopeka.org

Shawnee County Health Department “Milk Café”
2600 S.W. East Circle Dr.
(785) 251-5607
Peer counselors (785) 806-3258 / 785) 249-1418
WIC Clients only

CAR SEAT SAFETY

Safe Kids Shawnee County
(785) 235-9296
https://www.safekids.org/coalition/safe-kids-shawnee-county
Resources for car seat checks

Kansas Traffic Safety Resource Office
(785) 233-5885
www.ksro.org
Child passenger safety resources
CHILD CARE

Child Care Aware® of Eastern Kansas
1100 S.W. Wanamaker Road, Suite 201
(785) 357-5171
https://east.ks.childcareaware.org/

Child Care Licensing-Shawnee County Health Department
1515 N.W. Saline, Suite 221
(785) 251-5750
www.shawneehealth.org
Resources on providing child care

DENTAL CARE

Adventure Dental & Vision
400 S.W. 29th St.
(785) 236-7616
https://mydentalvisioncare.com
Hours: 8:00 am-5:00 pm

Marian Dental Clinic
3164 S.E. 6th St.
(785) 233-2800
https://www.sclhealth.org/locations/marian-dental-clinic/
If eligible, dental exams, cleaning, X-rays, crowns, and denture services. Birth to age 20, KanCare accepted

Covenant Family Dental Care
5501 S.W. 29th St., Suite 1
(785) 783-8550
www.covenantfamilydentalcare.com/

GraceMed
1400 S.W. Huntoon
(785) 861-8800
https://gracemed.org/patients/find-a-clinic/topeka-health-clinics

Vaughn Pediatric Dentistry
6231 S.W. 29th St.
(785) 272-6060
http://www.asmileisforever.com/contact-us.php
Accepts KanCare

Pine Ridge Family Wellness Center
2707 S.E. 10th St
(785) 380-6021
Accepts KanCare, Delta and BCBS insurance
Private pay $65.00 per visit

Topeka Dental Clinic
2037 S.E. 29th St.
(785) 267-9500
Accepting Medicaid, KanCare, United Concordia (TriCare), CIGNA PPO, Aetna PPO, Assurant and AmeriPlan insurances
EMERGENCY HOTLINES

Poison Control Hotline
(800) 222-1222
www.poison.org

Valeo 24-Hour Crisis Hotline
(785) 234-3300
www.valeotopeka.org

Health Connections
The Nurse Information Line – Answers to your health questions
(785) 354-5225
**Hours:** Monday through Friday – 4:30 pm-8:00 am
Saturday, Sunday and Holidays – 24 hours

EYE EXAMS

Adventure Dental & Vision
400 S.W. 29th St.
(785) 236-7616
**Hours:** 8:00 am-5:00 pm

Salvation Army
1320 S.E. 6th St.
(785) 233-9648
Emergency food and financial services, daycare, family casework.

GraceMed
1400 S.W. Huntoon
(785) 861-8800
https://gracemed.org/patients/find-a-clinic/topeka-health-clinics

FOOD ASSISTANCE/FOOD BANKS

Let’s Help
200 S. Kansas Ave.
(785) 234-6208
**Food Basket Hours:** Monday through Thursday – 9:00 am-1:00 am and 1:00 pm-3:00 pm; Fridays 9:00 am-11 am
*Emergency use only every six to eight weeks
**Lunch served:** Monday through Friday – 11:30 am-1:00 pm

Doorstep
1119 S.W. 10th Ave.
(785) 357-5341
www.doorsteptopeka.org
**Hours:** Monday through Friday – 9:00 am-1:45 pm
*Emergency use only every six to eight weeks

Expanded Food and Nutrition Education Program (EFNEP)
1740 S.W. Western
(785) 232-0062 Ext. 119
www.shawnee.ksu.edu
Nutrition and cooking classes

Topeka Rescue Mission
600 N. Kansas Ave.
(785) 354-1744
www.trmonline.org
*Emergency use only every six to eight weeks
**Meals Served:** Monday through Friday – Breakfast: 7:30 am; Lunch: noon; Dinner: 6:00 pm
Saturday – Brunch: 10:00 am; Dinner: 4:30 pm; Sunday – Breakfast: 7:30 am; Dinner: 4:30 pm
I Care, Inc.
2914 S.E. Michigan Ave.
(785) 267-5910

Salvation Army
1230 S.E. 6th Ave.
(785) 233-9648
**Pantry Hours:** Tuesday & Wednesday – 9:00 am-noon; 1:00 pm-4:00 pm
**Community Meals:** Monday through Thursday – 4:00 pm-5:00 pm – FREE (closed Dec. 16-January 5)
*Food boxes every 60 days

Fellowship and Faith Inc.
708 S.E. Lime St.
(785) 354-7262
**Food Bank Hours:** Tuesday through Friday – 9:00 am-noon and 1:00 pm-3:00 pm
*Emergency use only every six to eight months

Catholic Charities Food Pantry
234 S. Kansas Ave.
(785) 233-6300
Monday, Wednesday, Friday – 11:00 am-4:00 pm

New Hope Baptist Church - Food Pantry
404 S.W. Polk St.
(785) 246-0260
**Hours:** 2nd and 4th Monday each month – 9:00 am-noon;
1st and 3rd Saturday each month – 9:00 am-noon

Shawnee County Health Department WIC Main Health Department
2600 S.W. East Circle Dr.
(785) 251-5607

Topeka North Outreach Inc.
210 N.W. Menninger Rd.
(785) 286-1370
www.topekanorthoutreach.org
For residents of North Topeka and Oakland

**GED PROGRAMS**

Let’s Help
200 S. Kansas Ave.
(785) 234-6208

New Directions Topeka - West
21st and Fairlawn - inside Fairlawn Plaza Mall
(785) 228-2336

Washburn Tech
5724 S.W. Huntoon
(785) 670-2601

**HEALTH ASSISTANCE**

GraceMed
1400 S.W. Huntoon
(785) 861-8800
https://gracemed.org/patients/find-a-clinic/topeka-health-clinics
Pine Ridge Family Health Center  
2721 S.E. 10th St.  
(785) 783-8452  
**Hours:** Monday through Thursday – 9:00 am-1:00 pm; Friday: 8:00 am-noon

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**HOUSING**

**Topeka Housing Authority**  
2010 S.E. California Ave.  
(785) 357-8842  
[www.tha.gov](http://www.tha.gov)  
Rent based on income

**Housing and Credit Counseling, Inc.**  
1195 S.W. Buchanan St., Suite 101  
(785) 234-0217  
[www.hcci-ks.org](http://www.hcci-ks.org)

**H.O.P.E. Connection**  
2401 S.W. 6th Ave.  
(785) 357-0580  
Aid and housing for homeless Valeo clients with mental health diagnosis

**Cornerstone of Topeka, Inc.**  
1195 S.W. Buchanan St., Suite 103  
(785) 232-1650  
[www.cornerstoneoftopeka.org](http://www.cornerstoneoftopeka.org)  
Transitional program with furnished apartments to working homeless with children

**Topeka Rescue Mission**  
600 N. Kansas Ave.  
(785) 354-1744  
[www.trmonline.org](http://www.trmonline.org)  
Temporary shelter for homeless individuals including separate men, women and family shelters

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**INFANT/CHILD EDUCATION**

**Early Childhood Collaboration of Shawnee County**  
[https://www.facebook.com/SNCOecc/](https://www.facebook.com/SNCOecc/)

**Kansas Children’s Service League (KCSL) - Healthy Families**  
(785) 274-3100 or toll-free (877) 530-5275  
[www.kcsl.org](http://www.kcsl.org)  
Parenting education

**Successful Connections**  
1100 S.W. Wanamaker Road, Suite 201  
(785) 440-4509  
[https://east.ks.childcareaware.org/](https://east.ks.childcareaware.org/)

**Shawnee County Health Department**  
2600 S.W. East Circle Dr.  
(785) 251-5647  
Family Health Services- Outreach Programs  
- Nurse Family Partnership  
- First Steps  
- Newborn Home Visits
Parents as Teachers - Topeka Public Schools USD 501
Quinton Heights Education Center
2331 S.W. Topeka Blvd.
(785) 274-6480
https://www.topekapublicschools.net/domain/106

Parents as Teachers – Seaman USD 345
2032 N. Kansas Ave.
(785) 286-7103
https://www.seamanschools.org/departments/teaching_learning/birth_to_age_5

Parents as Teachers - Auburn Washburn USD 437
Farley Elementary
6701 S.W. 33rd St.
(785) 408-4762
http://usd437.net/schools/early-childhood/

Parent as Teachers - Shawnee Heights USD 450
Shawnee Heights Elementary
2410 S.E. Burton
(785)730-5379
https://www.usd450.net/parents-students/parents-as-teachers

Shawnee County Infant and Toddler Services
2701 S.W. Randolph Ave.
(785) 233-7374
www.kdheks.gov/its

Early Head Start and Community Action Head Start
2410 S.E. Highland Ave.
(785) 266-0245
www.wefightpoverty.org/head-start-early-head-start

Sheldon Head Start Pre-school
1155 S.W. Seabrook Ave.
(785) 438-4530
www.topekapublicschools.net/sheldon

Capper Foundation
3500 S.W. 10th Ave.
(785) 272-4060
https://www.capper.org/

Families Together
(800) 264-6343 or (785) 233-4777
Parenting and support for families with children with disabilities.

Period of Purple Crying
www.purplecrying.info
Help with soothing your baby.

Topeka & Shawnee County Public Library
1515 S.W. 10th Ave.
(785) 580-4400
https://tscpl.org/about
Hours: 9:00 am-9:00 pm
JOB TRAINING

Topeka Workforce Center
1430 S.W. Topeka Blvd.
(785) 235-5627
www.workforcecenters.com
Spanish speaking staff available, free employment opportunities and information.

Adult Education Center at Washburn Tech
5724 S.W. Huntoon
(785) 235-7690
www.washburntech.edu
Morning, afternoon, and evening classes, including English as a Second language

Let’s Help Family Literacy and Employment
200 S Kansas
(785) 270-5241
$30.00 Fee, evening and day classes available

LEGAL SERVICES

Kansas Legal Services
712 S.W. Kansas Ave., Suite 200
(800) 723-6953
www.kansaslegalservices.org

Washburn Legal Clinic
1700 S.W. College Ave.
(785) 670-1191
www.washburnlaw.edu

MATERNITY/CHILDREN’S ITEMS

Lifeline Children’s Services
2041 S.W. McAlister Ave.
(785) 249-6130

Doorstep
1119 S.W. 10th Ave.
(785) 357-5341
www.doorsteptopeka.org

Let’s Help
200 S. Kansas Ave.
(785) 234-6208

Mommy and Me
3703 S.W. Burlingame Rd.
(785) 266-0375
www.mommyandmetopeka.com
Hours: Monday through Friday – 10:00 am-6:00 pm; Saturday – 9:00 am-5:00 pm

Baby Closet
West Side Baptist Church
1008 S.W. 4th St.
(785) 233-4241
Free baby items: Monday – 9:00 am-11:00 am; Wednesday – 5:00 pm-7:00 pm; Thursday – 1:00 pm-3:00 pm

Diaper Depot
Community Action – Head Start
1000 S.E. Hancock St.
(785) 235-9561
50 diapers/month
Eligibility requirements

PREGNANCY/LABOR AND DELIVERY EDUCATION

Stormont-Vail Health
1500 S.W. 10th Ave.
(785) 354-5225
https://www.stormontvail.org/health-care-services/centers-clinics-services/the-birthplace/

The University of Kansas Health System St. Francis Campus
NewLife Center
1700 S.W. 7th St.
(785) 295-8270
https://kutopeka.com/events/expectant-parent-classes

Immanuel Birth Company
1412 S.W. 6th Ave.
(785) 232-6950
www.birthcompany.com

GraceMed
1400 S.W. Huntoon
(785) 861-8800
https://gracemed.org/patients/find-a-clinic/topeka-health-clinics

Birthright of Topeka
512 S.W. 7th
(785) 234-0701
www.birthright.org
Free pregnancy testing counseling and referrals

Shawnee County Health Department-Family Health Services
Baby Basics – group prenatal education classes
2600 S.W. East Circle Dr.
(785) 251-5647

Topeka Doula Project
1944 S.W. Bowman Ct
(785) 380-7899

Lifeline Children’s Services
2041 S.W. McAlister Ave.
(785) 249-6130

Mary’s Choices
306 S.W. Van Buren
(785) 246-6805
maryschoices.com
Free pregnancy testing, counseling and referrals
Hours: Monday through Thursday – noon-5:00 pm

TEXT4BABY.org
Text “BABY” to 511411
Free messages during pregnancy through baby’s first year
*Data charges may apply

SMOKING CESSATION

Kansas Tobacco Quit Line
1-866-526-7867
http://www.kdheks.gov/tobacco/cessation.html
Free; Available 24 hours

SUPPORT SERVICES

Family Service and Guidance Center
325 S.W. Frazier Ave.
(785) 232-5005
www.fsgctopeka.com
Behavioral health services

Kansas Children’s Service League (KCSL)
3545 S.W. 5th
(785) 274-3100

24-Hour Parent Hotline: (800) 244-5736

Pregnancy and Infant Loss Support Group Stormont-Vail HealthCare/St. Francis Health Center
1500 S.W. 10th Ave.
(785) 354-5225
https://www.stormontvail.org/community-health-programs/pregnancy-infant-loss-support-group/

TRANSPORTATION

1st Class Medical Transportation
(785) 266-1331

A&A Medical Transportation, Wheel Chair Van
(785) 233-8212

Capital City Cab
(785) 267-3777

Yellow Cab
(785) 357-4444
Free with KanCare, see card for more information

Topeka Metro and Bike Share
820 S.E. Quincy
(785) 783-7000
www.topekametro.org
WOMEN’S SAFETY

YWCA - Center for Safety and Empowerment
225 S.W. 12th St.
Daytime: (785) 354-7927; Evenings/Weekends: (888) 822-2983
https://www.ywcaneks.org/what-we-do/cse/

LovelsRespect.org
(800) 331-9474

TheHotline.org
(800) 799-7233
(800) 787-3224

Notes: __________________________________________________________________________
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Many thanks to the Baker School of Nursing students and Stormont-Vail Health for assembling the original resource guide.

http://www.snco.us/hd/
https://www.facebook.com/SNCOHealth/?ref=hl
https://www.instagram.com/snco_health/