

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.llltopeka.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.ktsro.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

http://www.snco.us/HD/women_infants_children.asp

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

HOUSING

Topeka Housing Authority

2010 S.E. California Ave.

(785) 357-8842

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

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

Transitional program with furnished apartments to working homeless with children

Topeka Rescue Mission

600 N. Kansas Ave.

(785) 354-1744

www.trmonline.org

Temporary shelter for homeless individuals including separate men, women and family shelters

INFANT/CHILD EDUCATION

Early Childhood Collaboration of Shawnee County

<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

Parenting education

Successful Connections

1100 S.W. Wanamaker Road, Suite 201

(785) 440-4509

<https://east.ks.childcareaware.org/>

Shawnee County Health Department

2600 S.W. East Circle Dr.

(785) 251-5647

http://www.snco.us/HD/family_health_home_visitation.asp

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://tsopl.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.doorstoptopeka.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/>

LevelsRespect.org

(800) 331-9474

TheHotline.org

(800) 799-7233

(800) 787-3224

Notes: _____

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



Public Health
Prevent. Promote. Protect.

Shawnee County Health Department

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