

Health and Development Resources

Catholic Social Services of Montana (CSSM)

- <https://www.cssmt.org>
- Phone: (800) 222-9383
- Professional counseling for expectant mothers and adoptive parents.

Benchmark Human Services - Child development services for children aged 0 - 3 years.

- Phone: (406) 403-0087 | (406) 204-3054 | 1728 9th Ave, Helena MT

Kids Health

- <https://kidshealth.org/>
- Kids Health is the largest and most-visited site on the web, providing doctor-approved health information about children from before birth through adolescence. This site offers numerous easy-to-read articles on kids' health, written for parents, teens and kids.

Montana Asthma Program

- <https://dphhs.mt.gov/publichealth/asthma/>
- Providing help for children with Asthma.

AWARE

- <https://www.aware-inc.org>
- AWARE Inc. helps people live independent lives, birth through adulthood. Founded in 1976 as a nonprofit corporation, AWARE delivers services for children and families as well as people with challenging mental health, emotional, and in some instances, physical disabilities in 37 communities across Montana.
- Empowering Abilities, Building Community Administrative Office for Family Outreach Services - children aged 3 to 16 years
- Phone: (406) 443-3083 | 1236 Helena Ave, Helena MT

Hope Family Resource Center

- Phone: (406) 257-6006 | 940 1st Ave East, Kalispell MT
- Hope Family Resource Center is a refuge for many growing families in need of material assistance, emotional support and guidance through the journey of



parenting. The Earn While You Learn program is designed to provide education about pregnancy and parenting for both moms and dads from early pregnancy until their child is two years old. Parents can earn points to use to purchase items in the Baby Boutique – baby clothes, diapers, formula, cribs, strollers, car seats etc.

Healthy Montana Families

- Phone: (406) 751-8110 | (406) 751-751-8120 | Flathead City County Health Department – 1035 1st Ave West 1st Floor, Kalispell MT
- Professional, trained parent educators partner with parents and/or parents to be to meet the needs and goals of the family, connect the family to resources and promote the physical and emotional health of the child and family. Ages prenatal to five years old.

Youth Dynamics

- <https://www.youthdynamics.org/>
- Phone: (406) 751-8017 | 450 Corporate Dr, Ste 105 & 106, Kalispell MT
- Mental and behavioral health services for Montana children and families.

Montana Asthma Home Visiting Program

- <https://dphhs.mt.gov/publichealth/asthma/>
- Phone: (406) 751-8110 | 1035 1st Ave West, Kalispell MT
- Provides education, in-home consultation and free home air filters and allergen proof pillow and mattress covers.

Childhood Lead Poisoning Prevention Program

- Phone: (406) 751-8110 | Flathead County Health Department: 1035 1st Ave West, Kalispell MT
- Provides information and free lead testing for children.

Education.com

- <https://www.education.com/>
- Online source for free printable worksheets, interactive games, educational activities and much more.

1000 Books Before Kindergarten

- <https://1000booksbeforekindergarten.org/find-a-program/montana/>
- Promotes reading to newborns, infants, and toddlers with the goal of reading 1000 books before kindergarten.

