



# RESOURCE GUIDE

## For Whole Person Development

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### Eastern Deanery

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SODA SPRINGS • ST. ANTHONY

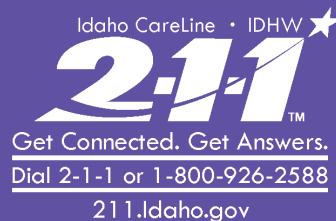
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*Inclusion of a program in this guide does not constitute endorsement of all aspects of the program, nor does it guarantee perfect alignment with Catholic values. Please review each program carefully to determine appropriateness for individual needs.*

**findhelpidaho.org**

Start your search for free and reduced-cost services here.



## From the Bishop

Dear Brothers and Sisters in Christ,

In these pages, you will find many resources to guide and support you in the journey of life. Each of us finds ourselves in different seasons and stages—sometimes secure and flourishing, sometimes weighed down by struggle or crisis. Yet in all circumstances, we are called to walk together and to seek the good of one another.

This Resource Guide was created for the sake of the common good. It gathers practical support for basic needs, mental health, and relationships, while never losing sight of the most essential need of all: our spiritual well-being. For it is in the Lord that we discover our deepest identity and our true fulfillment.

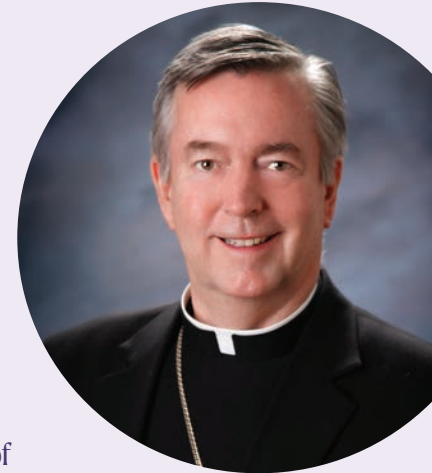
Evangelization happens in these very moments—when we extend a hand to help another, when we ourselves have the humility to seek help, and when we recognize the God-given dignity in every soul. In such acts of mercy and solidarity, we proclaim the Gospel not only with words, but with our lives.

Whether you use this guide personally, or place it in the hands of a family member, a neighbor, or a friend in need, I ask you to help spread the word. The resources contained here are meant to strengthen our communities, relieve burdens, and point us all toward the hope that comes from God.

We are all on a path toward the Lord. May this guide serve as one small but meaningful step along the way, reminding us that in Christ we lack nothing, and together we can share His love with all.

In Christ,

**Bishop Peter F. Christensen**  
*Diocese of Boise*



# Basic Needs

Every person deserves the dignity and security of having their most basic needs met. When daily necessities feel out of reach, it can be overwhelming—but you are not alone. This section offers resources for food, shelter, and clothing, providing a steady first step toward stability, restoration, and renewed hope. Caring for the body lays a foundation for healing the whole person.

## General Assistance

### Catholic Charities of Idaho

Counseling, case management, immigration legal services, financial wellness support, and community referrals:

#### Eastern Idaho Office:

611 Wilson Ave., Ste 6B, Pocatello, ID 83201  
(208) 881-0740 | [ccidaho.org/socialservices](http://ccidaho.org/socialservices)

### Idaho Low-Income Home Energy Assistance Program (LIHEAP)

Home heating and utility bill assistance:  
[healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov)

### Eastern Idaho Community Action Partnership (EICAP)

Emergency financial assistance, help with utility/rent payment support, food distribution, and family support services:  
935 E. Lincoln Rd., Idaho Falls, ID 83401  
(208) 522-5391 | [eicap.org](http://eicap.org)

### Southeastern Idaho Community Action Agency (SEICAA)

Basic needs support including financial crisis assistance, energy assistance (LIHEAP), food/security supports, and connections to other services:  
(208) 232-1114 | [seicaa.org](http://seicaa.org)

### St. Vincent de Paul (Idaho Falls)

Financial assistance for utilities, food pantry, clothing, and basic needs support:  
805 S. Holmes Ave., Idaho Falls, ID 83401  
(208) 522-6280  
[idahofallssstvincentdepaul.org](http://idahofallssstvincentdepaul.org)

### The Salvation Army (Idaho Falls / Pocatello)

Emergency financial assistance, food pantry access, utility assistance, and other basic needs services:

#### Idaho Falls:

605 N. Boulevard, Idaho Falls, ID 83402  
Pocatello:

400 N. 4th Ave., Pocatello, ID 83201  
(208) 522 7200

[idahofalls.salvationarmy.org/pocatello](http://idahofalls.salvationarmy.org/pocatello)  
[salvationarmy.org](http://salvationarmy.org)

## Looking for affordable housing?

### Start with Eastern Idaho Community Action Partnership (EICAP) / Local Housing Programs

Assists residents in Eastern Idaho with low or moderate incomes through housing navigation, family housing support, energy assistance, and stabilization services:  
(208) 522-5391 | [eicap.org](http://eicap.org)

## Food Pantries

### Aberdeen Community Food Bank (Aberdeen)

Pantry Hours: 1st Wednesday of each month  
10am-1pm, other days appointment only:  
(208) 251-2440

### Blackfoot Community Pantry (Blackfoot)

Pantry Hours: Every Wednesday 3pm-5pm  
(208) 680-8534

### Challis Office – EICAP Food Pantry (Challis)

Pantry Hours: 2nd Wednesday of each month, 11:00 AM – 1:00PM | (208) 756-3999

### Gate City Community Pantry (Chubbuck)

Pantry Hours: Tuesdays Seniors 3pm-5pm, all others 4pm-5pm | (208) 237-5002

### Idaho Falls Community Food Basket (Idaho Falls)

Pantry Hours:  
Multiple days weekly; call for schedule  
(208) 524-0994

### Benny's Pantry (Pocatello)

Pantry Hours: Tuesday–Friday (varies by day; call ahead) | (208) 282-2315

### St. Vincent de Paul Food Pantry (Pocatello)

Pantry Hours: Wednesdays,  
10:00 AM – 1:00 PM | (208) 478-2062

### Preston Community Food Pantry (Preston)

Pantry Hours: Call for hours, vary weekly and annually | (208) 852-0538

### Rexburg Outreach Office – EICAP Food Pantry (Rexburg)

Pantry Hours: Wednesdays,  
10:00 AM – 3:00 PM | (208) 356-8849

### Salmon Outreach Office – EICAP Food Pantry (Salmon)

Pantry Hours: Tuesdays, 9:00 AM – 3:00 PM  
(208) 756-3999

### Heart 2 Hand / Bingham County Pantry Box (Shelley)

Pantry Hours: Tuesdays 9:30-10:30am, 5:30-7:00pm | (208) 881-5106

### Community Council of Idaho (Blackfoot)

Pantry Hours: M-F 8:00am-4:00pm  
(208) 785-6390

### Teton Valley Food Pantry (Driggs)

Pantry Hours: M-F 8:00am-4:00pm  
(208) 354-0230

## Statewide Food Pantry Locator:

[idahofoodbank.org/get-help/getfood](http://idahofoodbank.org/get-help/getfood)



## Free & Low-Cost Clinics

### Bingham Memorial Hospital

**Financial Assistance** - Charity care and sliding-scale assistance for hospital and outpatient medical services:  
98 Poplar St., Blackfoot, ID 83221  
(208) 785-4000 | [binghamhealthcare.org](http://binghamhealthcare.org)

### Community Family Clinic

Primary medical, behavioral health, preventive care, and sliding-fee services:  
Alan St., Idaho Falls, ID 83404  
(208) 528-7655 | [idahocfc.org](http://idahocfc.org)

### Eastern Idaho Public Health

Immunizations, family planning, STI testing, preventive care, and public health services:  
1250 Hollipark Dr., Idaho Falls, ID 83401  
(208) 522-0310 | [eiph.idaho.gov](http://eiph.idaho.gov)

### Madison Memorial Hospital

**Financial Assistance** - Charity care and financial assistance for medical services, including primary and specialty care:  
450 E. Main St., Rexburg, ID 83440  
(208) 359-1000 | [madisonmemorial.org](http://madisonmemorial.org)

### Portneuf Medical Center

**Financial Assistance** - Sliding-scale and charity care programs for hospital services:  
777 Hospital Way, Pocatello, ID 83201  
(208) 239-1000 | [portneuf.org](http://portneuf.org)

### Pocatello Free Clinic

Volunteer-based free clinic offering medical, dental, mental health, and support services for uninsured/underinsured adults (appointment req. except for specific tests):  
1001 N. 7th Ave., Ste 155, Pocatello, ID 83201  
(208) 233-6245 | [pocatellofreeclinic.org](http://pocatellofreeclinic.org)

## Clothing Assistance

### Aid For Friends Shelter / Clothing Support (Pocatello)

Clothing support (donated items) as part of broader shelter and support services (call for availability):  
209 E. Lewis St., Pocatello, ID 83201  
(208) 232-0178  
[aidforfriendspocatello.com](http://aidforfriendspocatello.com)

### Idaho Falls St. Vincent de Paul (Idaho Falls)

Helps people in need with clothing, furniture, household items, and basic necessities:  
805 S. Holmes Ave., Idaho Falls, ID 83401  
(208) 528-9979  
[idahofallsstvincentdepaul.org](http://idahofallsstvincentdepaul.org)

### Idaho Youth Ranch Thrift Store (Idaho Falls)

Nonprofit thrift store selling donated clothing at low cost (proceeds support youth services):  
255 N. Woodruff Ave., Idaho Falls, ID 83401  
(208) 542-5412 | [iyrthriftstores.org](http://iyrthriftstores.org)

### Idaho Youth Ranch Thrift Store (Pocatello)

Nonprofit thrift store selling donated clothing at low cost (proceeds support youth services):  
720 Yellowstone Ave., Pocatello, ID 83201  
(208) 478-8141 | [iyrthriftstores.org](http://iyrthriftstores.org)

### SEICAA Working Closet (Pocatello)

Offers clothing items appropriate for work and special needs at no or low cost for income eligible individuals and families:  
641 N. 8th Ave., Pocatello, ID 83201  
(208) 232-1114 | [seicaa.org/clothing](http://seicaa.org/clothing)

### St. Vincent de Paul Food Pantry / Thrift (Pocatello)

Parish based thrift with low cost clothing and basic goods:  
855 S. 2nd Ave., Pocatello, ID 83201  
(208) 478-2062 | (local contact)

## Transitional Housing, Reentry & Recovery

(Longer-term stabilization, reentry support, substance use recovery)

### Hope and Recovery Resource Center (Pocatello)

210 E. Center St., Suite D, Pocatello, ID 83201  
(208) 417-1749

### Idaho Department of Correction – Idaho Falls Community Reentry Center (Idaho Falls)

3955 Bombardier Ave., Idaho Falls, ID 83402  
(208) 525-7143

### Idaho Department of Correction – Pocatello Community Reentry Center (Pocatello, Upcoming)

Pocatello, ID | Call for details

### Road to Recovery, Inc. (Pocatello)

343 E. Bonneville St., Pocatello, ID 83201  
(208) 766-7623

### Spirit of Hope Transitional Housing – NeighborWorks (Pocatello)

Pocatello, ID | (208) 232-9468 ext. 109

“*I trust in you, my Jesus. I place my poor soul in your hands— mold me according to Your Divine will.*”

—SAINT FRANCES CABRINI



## Substance Abuse Treatment & Recovery:

(Outpatient care, medication-assisted treatment, and recovery support)

### BEST, LLC (Behavioral Enhancement Services & Treatment) (Pocatello)

Outpatient behavioral health and addiction treatment offering individualized counseling, relapse prevention strategies, and supportive outpatient care tailored to clients with substance use challenges. Services focus on enhancing coping skills and long-term recovery stability for adults: [bestllc.us](http://bestllc.us)

### Brick House Recovery (Idaho Falls)

Faith-based outpatient addiction recovery center providing structured therapeutic support, including Partial Hospitalization Program (PHP), group and individual counseling, and spiritual integration to build lasting sobriety and personal foundation beyond substance use disorder: [brickhouserecovery.com](http://brickhouserecovery.com)

### Ideal Option (Pocatello)

Evidence-based outpatient addiction medicine clinic specializing in medication-assisted treatment (MAT) and addiction care for opioids, alcohol, and stimulants. Offers FDA-approved medications, counseling, relapse prevention, and flexible treatment plans: [idealoption.com](http://idealoption.com)

### Raise the Bottom (Pocatello)

Outpatient opioid addiction and recovery program providing medication-assisted treatment (Suboxone, Methadone, Vivitrol), personalized counseling, group support, and relapse prevention to help individuals and families rebuild strength and stability through holistic recovery: [raisethebottomidaho.com](http://raisethebottomidaho.com)

### Recovery Idaho – Center for HOPE – (Idaho Falls)

Recovery community center focused on peer support, social connection, education, and skill-building for individuals in recovery from substance use and addictive behaviors. Offers a supportive, non-clinical environment that complements formal treatment with community resources and ongoing peer-led encouragement: [recoveryidaho.org](http://recoveryidaho.org)

# Homeless Services & Shelter

(Short-term, crisis, & access points)

## Aid For Friends Day Resource Center (Pocatello)

Provides showers, laundry, meals, clothing, and basic support for people experiencing homelessness: (208) 232-5669

## Idaho Falls Community Resource Center (Idaho Falls)

Daytime drop-in center offering basic services, referrals, and connections to housing resources: (208) 522-5554

## Idaho Falls Rescue Mission – City of Refuge (Idaho Falls)

Men's emergency shelter providing beds, meals, hygiene services, and supportive programs: (208) 552-5575

## Idaho Falls Rescue Mission – Haven (Idaho Falls)

Emergency shelter for women and families offering safe housing, meals, and support services: (208) 523-6413

## Idaho Youth Ranch – Emergency Youth Shelter (Idaho Falls)

Crisis and emergency shelter for youth in need: (208) 523-5172

## Pocatello Day Resource Center (Pocatello)

Daytime drop-in center offering connections to housing navigation, support services, and basic resources: (208) 232-6672

## Pocatello Rescue Mission / Shelter (Pocatello)

Emergency shelter and meals for individuals experiencing homelessness: (208) 232-0178

# Family, Youth & Specialized Residential Care

## Idaho Youth Ranch – Eastern Idaho (Idaho Falls)

Residential programs and support for at-risk youth: (208) 523-5172

## St. Vincent de Paul Family Support Programs (Pocatello)

Family-focused services including case management and basic needs assistance: (208) 233-5311



# Legal Assistance

## ACLU of Idaho

Civil liberties advocacy, legal defense & rights protection:  
(208) 344-9750  
[request.acluidaho.org](http://request.acluidaho.org)

## Catholic Charities of Idaho

Offers professional immigration legal services for individuals and families. Services are available statewide, in person or online, grounded in Catholic social teaching: (208) 345-6031  
[ccidaho.org/immigrationservices](http://ccidaho.org/immigrationservices)

## Court Assistance Office (CAO)

Court forms, legal information & referrals (self-help with family, housing, and other civil cases):  
[courtsselfhelp.idaho.gov](http://courtsselfhelp.idaho.gov)

## Faces of Hope Law Clinic

Protection orders, divorce, custody, evictions & name changes for victims of abuse: (208) 986-4357  
[facesofhopevictimcenter.org](http://facesofhopevictimcenter.org)

## Idaho Court Self Help Center

Court forms, legal information & referrals:  
[courtsselfhelp.idaho.gov](http://courtsselfhelp.idaho.gov)

## Idaho Legal Aid Services (Idaho Falls)

Free civil legal help for low-income and vulnerable Idahoans:  
(208) 524-3660  
[idaholegalaid.org](http://idaholegalaid.org)

## Idaho Legal Aid Services (Pocatello)

Free civil legal help for low-income and vulnerable Idahoans:  
(208) 233-0079  
[idaholegalaid.org](http://idaholegalaid.org)

## Idaho State Bar Lawyer Referral Service

Attorney referrals with free 30-minute consultation:  
(208) 334-4500  
[idahostatebar.org](http://idahostatebar.org)

## Idaho Volunteer Lawyers Program (IVLP)

Pro bono civil legal services for low-income individuals & families (advice, brief services, representation):  
(208) 334-4510 or 1-800 221-3295  
[ilf.idaho.gov/ivlp/](http://ilf.idaho.gov/ivlp/)

## Mexican Consulate (Boise)

Assistance & rights support for Mexican nationals:  
(208) 343-6228  
[infoboise@sre.gob.mx](mailto:infoboise@sre.gob.mx)

## University of Idaho College of Law Legal Clinics

Free legal advice on a variety of civil matters (scheduled clinics; may require appointment):  
(208) 885 6541  
[uidaho.edu/law](http://uidaho.edu/law)

## Community Family Clinic (Idaho Falls)

Federally Qualified Health Center (FQHC) providing primary and specialized care for all ages. Focused on accessible, family-centered healthcare, including medical, counseling, pharmacy, and dental services:  
[idahocfc.org/idaho-falls](http://idahocfc.org/idaho-falls)

# Pregnancy Resources

## Birthright of Idaho Falls

Free and confidential pregnancy support and baby supplies for expectant mothers:  
(208) 524-8929 | [birthright.org](http://birthright.org)

## Compassion & Hope Pregnancy Center (Pocatello)

Free and confidential pregnancy services including testing, education, support, and referrals: (208) 478-4673  
[pocatellopregnancycenter.com](http://pocatellopregnancycenter.com)

## Lifeline Pregnancy Care Center

Pregnancy testing, limited ultrasounds, material support, and ongoing care:  
(208) 232-2377 | [lifelinepcc.org](http://lifelinepcc.org)

## Nest Pregnancy Care (Idaho Falls)

Pregnancy support including testing and consultation (No central website available; local resource via We Care Idaho):  
(208) 521-5488

## We Care Idaho

Pregnancy tests, ultrasounds, education, and post-birth support: (208) 384-9504  
[treasurevalleypath.org](http://treasurevalleypath.org)

## We Care Idaho (Statewide)

Network of pregnancy centers offering tests, ultrasounds, baby supplies, and ongoing support throughout Idaho:  
[wecareidaho.com](http://wecareidaho.com)

# Baby Needs

## Idaho Diaper Bank

Statewide diaper bank that supplies partner agencies (not a direct pickup location in Eastern Idaho; partners distribute diapers locally through community organizations; call 211 or local partners to find availability):  
[idahodiaperbank.org](http://idahodiaperbank.org)

## Southeast Idaho Public Health Diaper Bank (Pocatello area)

Diapers provided to families in need through Southeastern Idaho Public Health services (call ahead for sizes and current inventory):  
(208) 233-9080 | [siph.idaho.gov](http://siph.idaho.gov)

## St. Luke's Birth & Parenting Education (Idaho Falls area)

Offers parenting support and may provide diaper resources and referrals through parenting education partnerships:  
Call local St. Luke's Idaho Falls:  
[stlukesonline.org](http://stlukesonline.org)

# Public Benefits & Family Support (Eastern Idaho)

## EICAP Family & Emergency Services (Eastern Idaho Community Action Partnership)

Local support for low-income families including help with utility bills (LIHEAP energy assistance), emergency financial assistance, rental support referrals, and education assistance:  
(208) 522-5391  
[eicap.org/family-services](http://eicap.org/family-services)

## Idaho Department of Health & Welfare – Benefits Help

Statewide assistance for public benefit programs including SNAP (food assistance), Medicaid, Temporary Assistance for Families in Idaho (TAFI), child care assistance, and more; apply online via Idalink:  
(877) 456-1233  
[idalink.idaho.gov](http://idalink.idaho.gov)

## Idaho Legal Aid Services – Public Benefits Assistance

Help with denials or terminations of public benefits (Medicaid, SNAP, TAFI, child care assistance, Social Security, and more) for eligible low-income individuals and families:  
Idaho Falls:  
(208) 524-3660  
[idaholegalaid.org](http://idaholegalaid.org)

## Idaho WIC – Women, Infants & Children (Eastern Idaho clinics)

Supplemental nutrition program for women, infants, and children up to age 5 providing food benefits, nutrition education, and breastfeeding support; local WIC clinics serve Idaho Falls, Rexburg, Rigby, Driggs, Challis, St. Anthony, and Salmon:  
Idaho Falls WIC:  
(208) 522-3823  
[wic.idaho.gov](http://wic.idaho.gov)

## We Care Idaho – Family & Pregnancy Support Network

Network of pregnancy centers offering material support, parenting education, and family resource connections across Eastern Idaho:  
(208) 232-2377  
[wecareidaho.com](http://wecareidaho.com)



# [IdahoVeteransGuide.org](http://IdahoVeteransGuide.org)

Find low-or no-cost resources and support services for Idaho veterans and their families.

# Mental Health Needs

Life's burdens can weigh heavily on the heart and mind. Seeking help through counseling, therapy, or supportive services is a sign of strength, not weakness. Here you will find resources that provide compassionate care for mental health, offering a path toward peace, resilience, and renewed hope.

## Catholic Charities of Idaho

Offers professional, faith-based counseling for individuals, couples, and families. Services are statewide, in person or online, grounded in Catholic social teaching and compassionate care: (208) 345-6031 | [ccidaho.org](http://ccidaho.org)

## Counseling & Mental Health Resources

### Archangel Catholic

Catholic counseling practice dedicated to healing mind, body, and spirit. Offers therapy and spiritual support rooted in Christ-centered care and professional excellence: (208) 557-1780  
[archangelcatholic.com](http://archangelcatholic.com)

### Diocese of Boise – Mental Health Ministry

Supports parishes with education, awareness, and formation in mental health. Provides pastoral guidance and resources for integrating faith and wellness in parish life: [dioceseofboise.org/mental-health](http://dioceseofboise.org/mental-health)

### Idaho Catholic Therapists

A directory connecting individuals with licensed therapists who integrate Catholic faith and evidence-based practices, offering a trusted resource for mental, emotional, and spiritual well-being: [catholictherapistsidaho.org](http://catholictherapistsidaho.org)

### Idaho Youth Ranch

Provides youth and family services, including counseling, residential treatment, and foster care, focused on healing, growth, and resilience. Combines professional care with values-based support for children and families across Idaho: (208) 529-7600  
[idahoyouthranch.org](http://idahoyouthranch.org)

### Rachel's Vineyard – Healing Retreats

Offers confidential, faith-based retreats for individuals and families experiencing grief and trauma related to abortion. Provides spiritual and emotional healing in a compassionate, prayerful environment: (208) 375-7044  
[rachelsvineyard.org](http://rachelsvineyard.org)

### Spero Mental Health & Healing

Provides integrative Christian psychiatry, combining medical expertise with faith and compassion. Offers comprehensive care for mind, body, and spirit rooted in Catholic values: (208) 274-0035  
[speromentalhealth.com](http://speromentalhealth.com)



*“Let nothing disturb you, nothing frighten you. All things pass. God does not change. Patience achieves everything.”*

—SAINT TERESA OF AVILA

# Relational Needs

We are made for community. Whether through friendship, service, or simply walking alongside another, our relationships give life meaning. This section highlights opportunities to connect, to volunteer, and to strengthen the bonds that tie us together. In building up one another, we also build up the Body of Christ. **When in doubt, ask your local parish how you can help.**

## St. Vincent de Paul – Idaho Falls

Volunteers support the community through St. Vincent de Paul's thrift store, food pantry, and family assistance programs. They help sort donations, assist customers, prepare and distribute food, and provide essential services to families in need. Opportunities are flexible, meaningful, and impactful for all ages: (208) 528-9979 | [idahofallsstvincentdepaul.org](http://idahofallsstvincentdepaul.org)



## Volunteer Opportunities

### Aid for Friends (Pocatello)

Support shelter and services with donations, meal prep, and volunteer shifts:  
[aidforfriendspocatello.com](http://aidforfriendspocatello.com)

### Community Council of Idaho – Eastern Idaho

Family support programs, housing services, and community outreach volunteer opportunities:  
[communitycouncilofidaho.org](http://communitycouncilofidaho.org)

### Community Food Basket – Idaho Falls

Food sorting, distribution, and outreach volunteer opportunities:  
(208) 524-0994  
[feedidahofalls.org](http://feedidahofalls.org)

### Idaho Foodbank – Eastern Idaho Branch

Volunteer food sorting and distribution:  
[idahofoodbank.org](http://idahofoodbank.org)

### Idaho Youth Ranch – Eastern Idaho

Mentoring, thrift store support, events, and youth program assistance volunteers:  
[idahoyouthranch.org](http://idahoyouthranch.org)

### JustServe Idaho

Statewide platform connecting volunteers with local community projects and service opportunities:  
[justserve.org](http://justserve.org)

### Salvation Army – Idaho Falls

Volunteer roles including food distribution, shelter support, and seasonal outreach:  
(208) 522-7200  
[idahofalls.salvationarmy.org](http://idahofalls.salvationarmy.org)

### Salvation Army – Pocatello

Food pantry and volunteer support:  
(208) 232-5318  
[pocatello.salvationarmyusa.org](http://pocatello.salvationarmyusa.org)

### Sixth Judicial District CASA Program

Community volunteer advocates for abused and neglected children:  
(208) 232-2272  
[casa6id.org](http://casa6id.org)

### St. Vincent de Paul – Idaho Falls

Thrift store, food pantry, and volunteer support for community assistance programs:  
(208) 528-9979  
[idahofallsstvincentdepaul.org](http://idahofallsstvincentdepaul.org)

### St. Vincent de Paul – Pocatello

Food pantry and thrift store volunteer support:  
(208) 478-2062



“Just as water extinguishes a fire,  
so love wipes away sin.”

—SAINT JOHN OF GOD

# Spiritual Needs

At the center of every human longing is the desire for God. Here you will find resources to help you draw closer to Him—parish communities, Mass and confession times, prayer opportunities, and spiritual support. Above all else, this section points us to the One who is our ultimate source of healing, joy, and eternal life.

For Parish Mass times, please visit:



## Parishes

### Blessed Kateri Tekakwitha Chapel — Fort Hall

D Ave. & Sheepskin Rd, Fort Hall, ID 83203  
(208) 785-1935 | [stbernardscatholiccc.com](http://stbernardscatholiccc.com)

### Blessed Sacrament Chapel — Aberdeen

635 S 4th St W, Aberdeen, ID 83210  
(208) 226-5217 | [presentationofthelord.org](http://presentationofthelord.org)

### Blessed Sacrament Chapel — Montpelier

270 N 8th St, Montpelier, ID 83254  
(208) 547-3200 | [goodshepherdidaho.com](http://goodshepherdidaho.com)

### Chapel of the Pines Station — Island Park

4100 S Big Springs Loop Rd,  
Island Park, ID 83429  
(208) 624-7459 | [uppervalleycatholic.com](http://uppervalleycatholic.com)

### Good Shepherd Catholic Community Parish — Soda Springs

99 W Center St, Soda Springs, ID 83276  
(208) 547-3200 | [goodshepherdidaho.com](http://goodshepherdidaho.com)

### Good Shepherd Community Station — Driggs

2559 S Hwy 33, Driggs, ID 83422  
(208) 624-7459 | [uppervalleycatholic.com](http://uppervalleycatholic.com)

### Holy Spirit Catholic Community Parish — Pocatello

524 N 7th Ave, Pocatello, ID 83201  
(208) 232-1196 | [hsc.org](http://hsc.org)

### Pope Saint John Paul II Catholic Parish — Idaho Falls

1690 E 17th St, Idaho Falls, ID 83404  
(208) 522-4366 | [ifcatholic.net](http://ifcatholic.net)

### Mary Immaculate Parish — Saint Anthony

328 W 1st S, Saint Anthony, ID 83445  
(208) 624-7459 | [uppervalleycatholic.com](http://uppervalleycatholic.com)

### Our Lady of Lourdes Chapel — Lava Hot Springs

132 S 1st E. St., Lava Hot Springs, ID 83246  
(208) 547-3200 | [goodshepherdidaho.com](http://goodshepherdidaho.com)

### Presentation of The Lord Parish — Aberdeen/American Falls

352 Roosevelt St, American Falls, ID 83211  
(208) 226-5217 | [presentationofthelord.org](http://presentationofthelord.org)

### St. Ann's Station — Arco

342 Lost River Ave, Arco, ID 83213  
(208) 756-2432 | [catholicssalmon.com](http://catholicssalmon.com)

### St. Ann's Station — Mud Lake

1084 Highway 33, Mud Lake, ID 83450  
(208) 522-4366 | [ifcatholic.net](http://ifcatholic.net)

### St. Anthony of Padua Chapel — Pocatello

504 N 7th Ave, Pocatello, ID 83201  
(208) 232-1196 | [hsc.org](http://hsc.org)

### St. Anthony's Station — Roberts

657 N 2871 E, Roberts, ID 83444  
(208) 522-4366 | [ifcatholic.net](http://ifcatholic.net)

### St. Barbara's Station — Mackay

505 Park St, Mackay, ID 83251  
(208) 756-2432 | [catholicssalmon.com](http://catholicssalmon.com)

### St. Bernard's Parish — Blackfoot

584 W Sexton St, Blackfoot, ID 83221  
(208) 785-1935 | [stbernardscatholicc.org](http://stbernardscatholicc.org)

### St. Charles Parish — Salmon

505 Hope Ave, Salmon, ID 83467  
(208) 756-2432 | [catholicssalmon.com](http://catholicssalmon.com)

### St. John's Chapel — Pingree

1501 W 400 S., Pingree, ID 83262  
(208) 226-5217 | [presentationofthelord.org](http://presentationofthelord.org)

### St. Joseph's Chapel — Leadore

3rd St & Galena St, Leadore, ID 83464  
(208) 756-2432 | [catholicssalmon.com](http://catholicssalmon.com)

### St. Joseph's Chapel — Pocatello

459 N Hayes St, Pocatello, ID 83204  
(208) 232-1196 | [hsc.org](http://hsc.org)

### St. Louise Station — Challis

1261 E Pleasant Ave, Challis, ID 83226  
(208) 756-2432 | [catholicssalmon.com](http://catholicssalmon.com)

### St. Mary's Chapel — American Falls

352 Roosevelt St, American Falls, ID 83211  
(208) 226-5217 | [presentationofthelord.org](http://presentationofthelord.org)

### St. Mary's Chapel — Soda Springs

99 W Center St, Soda Springs, ID 83276  
(208) 547-3200 | [goodshepherdidaho.com](http://goodshepherdidaho.com)

### St. Patrick's Station — Rexburg

38 S 3rd St W, Rexburg, ID 83440  
(208) 624-7459 | [uppervalleycatholic.com](http://uppervalleycatholic.com)

### St. Peter's Chapel — Preston

302 E. Oneida St., Preston, ID 83263  
(208) 547-3200 | [goodshepherdidaho.com](http://goodshepherdidaho.com)

# Retreats & Contemplation

## Hermit Sisters of Mary– Marymount Hermitage (Mesa)

Catholic hermit sisters dedicated to prayer, solitude, and spiritual support for the Church and the world. Offers retreats, spiritual direction, and time of silence at their hermitage: (208) 256-4354  
[marymount-hermitage.org](http://marymount-hermitage.org)

## Misioneros Servidores de la Palabra (MSP) – Missionaries Servants of the Word (Jerome)

Religious community offering spiritual accompaniment, biblical courses, retreats for young people and married couples, and spiritual direction. Services available in English and Spanish: (208) 613-4594

## Order of St. Benedict (OSB)– Center for Benedictine Life at the Monastery of St. Gertrude (Cottonwood)

Benedictine community fostering prayer, education, and hospitality. Provides retreats, spiritual direction, and cultural programs rooted in Benedictine spirituality:  
(208) 962-3224  
[stgertrudes.org](http://stgertrudes.org)

## Order of St. Benedict (OSB)– Monastery of the Ascension (Jerome)

Benedictine monastic community devoted to prayer, study, and service. Offers retreats, liturgical worship, and opportunities for spiritual growth in the Benedictine tradition:  
(208) 324-2377  
[idahomonks.org](http://idahomonks.org)

## Siervas de la Inmaculada Concepcion (SIC) – Servants of the Immaculate Conception (Twin Falls)

Community of religious sisters offering accompaniment to women, retreats for young women, ministry with children and youth, spiritual direction, and prayer. Services available in English and Spanish:  
(208) 733-3907

## Verbum Spei Monastery of Our Lady of Ephesus (Boise)

Contemplative monastic community dedicated to Eucharistic adoration, prayer, and evangelization. Serves the Boise area through liturgy, catechesis, and witness of monastic life:  
4450 N. Five Mile Road, Boise, ID 83713  
(208) 453-6252  
[vsboise.org](http://vsboise.org)

# Marriage

## Catholic Engaged Encounter

### Marriage & Family Life

Provides a two-day commuter weekend for engaged couples to strengthen communication, deepen faith, and prepare for lifelong commitment. Led by volunteer married couples and clergy, weekends include talks, reflection, and discussion in a supportive parish setting. Encourages couples to invest in their marriage as a foundation for the future:  
[engagedencounter.com](http://engagedencounter.com)

## Marriage & Family Life Office– Diocese of Boise

The mission of the Marriage and Family Life Office is to serve as a resource center for parishes in their marriage and family life ministries by listening and advocating for needs. The office provides training, guidance, and resources, organizes catechetical and enrichment events, and connects couples and families with counseling and mental health support. It also includes the Diocesan Respect Life Outreach, which partners with parishes on pro-life ministry, coordinates the annual Respect Life Mass, and sponsors the Diocesan Catholic Miscarriage Ministry:  
[dioceseofboise.org/marriage-and-family-life](http://dioceseofboise.org/marriage-and-family-life)

## Retrouvaille

### Marriage Renewal Program

Supports couples in struggling or hurting marriages through a three-phase program of healing and renewal. Provides a weekend experience focused on communication, forgiveness, and trust, followed by post-sessions and ongoing community support. Encourages rebuilding relationships with hope and faith: [helpourmarriage.org](http://helpourmarriage.org)

## Worldwide Marriage Encounter

### Marriage Enrichment

Provides weekend experiences for married Christian couples to deepen communication, strengthen relationships, and renew commitment. Couples spend focused time together away from daily distractions, learning tools to build a richer, Christ-centered marriage: [idaho-wwme.org](http://idaho-wwme.org)

# Young Adult

## Youth and Young Adult Evangelization – Diocese of Boise

Youth and Young Adult Evangelization serves those who minister to youth and young adults in the Diocese of Boise by supporting authentic faith formation with the guidance of the Holy Spirit and the blessing of the Bishop. Through collaboration, events, retreats, and formation opportunities, the office helps young people encounter Christ, grow in faith, and build supportive community, while recognizing the importance of emotional and mental well-being as part of healthy discipleship:  
[evangelizeidaho.com](http://evangelizeidaho.com)

# Not Catholic?

Visit [FaithStreet.com](http://FaithStreet.com)  
to find your community.

Want to inquire about  
the Catholic faith? Look  
for your local parish's  
OCIA program.

“Our hearts are restless until they  
rest in you.”

–SAINT AUGUSTINE

# Spiritual Direction

## Idaho Spiritual Directors Network

### Monastery of Our Lady of Ephesus

Verbum Spei Boise  
4450 N. Five Mile Road  
Boise, ID 83713  
(208) 453-6252



## Christian Goods

### Reilly's Church Supply & Gift Boutique

Treasure Valley's only Christian store, offering gifts, books, and church supplies since 1951. Faith-filled products for every denomination, serving locally and shipping nationwide:

1000 S Vista Ave. Boise, ID 83705  
(208) 342-1600  
[reillyschurchsup.com](http://reillyschurchsup.com)



## Need Prayer?

For prayer requests, please visit [ccidaho.org/prayerrequests](http://ccidaho.org/prayerrequests)

## Content Providers



### Ascension Press

Catholic publisher providing books, studies, and media to help people encounter Christ. Millions worldwide grow in faith through Ascension's trusted, Christ-centered resources for individuals and groups: [ascensionpress.com](http://ascensionpress.com)



### Catholic Answers

Global media ministry dedicated to explaining and defending Catholic teaching. Offers articles, podcasts, videos, and live Q&A to help Catholics and seekers understand the faith: [catholic.com](http://catholic.com)



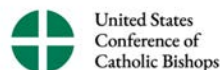
### EWTN

The Eternal Word Television Network is the world's largest religious media network. Provides 24/7 Catholic television, radio, online streaming, and print resources to spread the Gospel worldwide: [ewtn.com](http://ewtn.com)



### Formed

Catholic streaming platform with thousands of movies, studies, and audiobooks. Designed for parishes, families, and individuals to deepen their understanding and practice of the faith: [formed.org](http://formed.org)



### USCCB

The United States Conference of Catholic Bishops serves the Church in America by uniting bishops in pastoral leadership, teaching, and advocacy. Provides resources for liturgy, Scripture, and Catholic life: [usccb.org](http://usccb.org)



### Word on Fire

Catholic evangelization ministry founded by Bishop Robert Barron. Produces books, films, podcasts, and homilies that proclaim Christ's truth and beauty to the modern world: [wordonfire.org](http://wordonfire.org)

# Need a Rosary?

Ask for Rosary Makers:

St. Mark's Catholic Church  
(208) 375-6651

Holy Apostles Catholic Church  
(208) 888-1182

How to Pray the Rosary



Joyful  
Mysteries



Sorrowful  
Mysteries



Glorious  
Mysteries

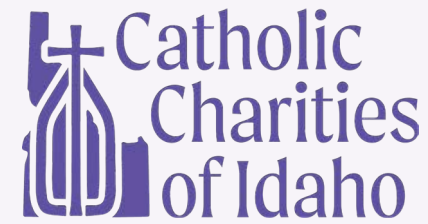


Luminous  
Mysteries



[findhelpidaho.org](https://findhelpidaho.org)

Start your search for free and reduced-cost services here. Support is available in over 100 languages.



## Our Mission

Rooted in the Gospel, Catholic Charities of Idaho shares God's love with all in need by providing services and programs that support human well-being.

## Our Vision

To love and strengthen Idaho one person at a time.

### Basic Needs

Food, Water, Shelter, Safety

Mental Health Needs  
Stability, Health, Peace

Relational Needs  
Love, Connection, Community

Spiritual Needs

Relationship with God



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