### Be Able

431 S. 5<sup>th</sup> Street/Mon.-Fri. 10am-4pm

beablecommunity.com

We are a group that collectively noticed the gaps and the individuals burdened by falling through. We want to be a place for those out there who perhaps don't fit in, are reluctant to move forward, or don't know how. We each have ample experiences with the fantastic social service organizations of the Manhattan area and have taken note of the growing need to serve those in the gaps. Operating from a stance of loving your neighbor as yourself, we will serve our neighbors with compassion, dignity, and respect.

### Big Brothers/Big Sisters of Manhattan

519 Pierre/785-776-9575

https://www.kansasbigs.org

Provides an adult mentor to children who need additional support in their lives. Children must be between ages 6-17 and live in the USD 383 School District. Girl and Boy Scout troops are available for participating children.

# Frederick Douglass Community Recreation Center

925 Yuma Street/785-587-2773

mhkprd.com/192/Douglass-Community-Recreation-Center

Facility Hours: Monday thru Friday, 8:00 AM - 6:00 PM; Saturday, 10:00 AM - 2:00 PM; Closed Sunday. Gym activities include basketball, pickleball, and volleyball. Fitness Pass Program is a fee-based program for participants ages 18+. Registration required. Walking track: 13 laps = 1-mile. Visit the city's website for more detailed information.

# **Family and Child Resource Center**

2101 Claflin Road/785-587-2875

Multiple programs and services geared toward family resources. The Family Connections programs, WIC, Raising Riley, Community Playgroup, Toy and Book Lending Library, and resource information available. Office hours Monday through Friday.

## **Family Connections (Riley County Health Department)**

2101 Claflin Road/785-776-4779

raisingriley.com

<u>Maternal and Infant program</u>: Offered to all pregnant women; Prenatal education and support in a private or classroom setting, continues until baby is 1 year of age.

<u>Healthy Start Home Visitor</u>: Before and/or after the baby's birth, to include resource information, weighing baby, breastfeeding support, answering questions and referrals.

<u>Family Connections Home Visiting</u>: Weekly or less frequent home visits with parents seeking a higher level of support, prenatal through ages 0-3; includes child development information, parenting ideas, and family involvement. Staff includes RN's, social workers, and educators.

### Flint Hills Community Care Team (FHCCT)

info@flinthillswellness.org/785-341-1143

https://www.flinthillswellness.org/community-care-team.cfm

The FHCCT is a working group comprised of decision-making representatives from agencies and organizations that serve the most vulnerable members of our community. The following core principles guide the work of the FHCCT: 1) To provide patient-centered care and improve outcomes by developing wrap-around services through multi-agency partnerships and care planning; 2) Community collaboration is necessary to improve health outcomes; and 3) Psychosocial problems are community problems. No one entity alone can effectively improve outcomes for vulnerable populations.

# **Flint Hills Job Corps**

4620 Eureka Drive/785-537-7222

flinthills.jobcorps.gov

No-cost job and technical training for youth and adults ages 16-24. Educational training includes help obtaining high school diploma or GED. Students can live on-site (including single mothers with children) or in the community.

## Food and Farm Council of Riley County and City of Manhattan

https://nourishtogether.org/rileycountyfoodandfarmcouncil@gmail.com

A City/County appointed advisory Council that serves as a local food system hub for communication, networking, and education. The FFC's three areas of work are: 1. Food insecurity; 2. Food waste and solid waste associated with foods (plastics, glass, cardboard); 3. Education (Food skills, food safety and nutrition education). FFC's goals are 1) Make it easier to access local, healthy, and affordable food; 2) Support education of growing, purchasing, preparing, and eating more nutritious foods; 3) Improve health outcomes by reducing risk of diabetes, heart disease, cancer, and obesity. This work is done through a network of over 50 local food system partners. If you are interested in being part of this work, go to the website or make contact through the email address provided above.

## **Habitat for Humanity**

514 Pillsbury Drive/785-537-7545

mahfh.org

Builds affordable homes in partnership with low-income families in Riley and Pottawatomie Counties. Homebuyers sign a 30-yr interest-free mortgage. Monthly mortgage payments are typically \$450.

## **Habitat for Humanity - ReStore**

514 Pillsbury Drive/785-537-7545

mahfh.org/restore

Open every Thursday, Friday, and Saturday from 10am to 4pm. Sells new and used donated home improvement items at discounted rates. Items for sale include appliances, cabinetry, furniture, windows, doors, electrical, plumbing, flooring, tile, etc.

## **The Homestead (Westview Community Church)**

615 Gillespie Drive/dkluttz@westviewcommunity.com

Transitional housing for women who have come out of sex trafficking. Works with women on re-integration. Connects women with apprenticeships to learn trade. Helps women find housing and employment. Women can participate in programming living in-house or off-site. Must be 18+ and go through 30-day trial period to live in-house.

### Infant and Toddler Service Network of Riley County (located at Northview Elementary School)

300 Griffith Drive/785-776-6363

infant-toddler.org

Provides mandated early intervention services to infants and toddlers with special needs and their families. Services are provided at no cost to families. Families have access to a team of professional early interventionists with a wide variety of expertise.

### **KanCare**

1-866-305-5147 for information, 1-800-792-4884 to apply

The name for Medicaid Services in Kansas. Combines healthcare with community long-term services and supports. Three different care plans.

# **Manhattan Area Facebook Buy Nothing Groups**

Buy Nothing Manhattan (Northwest), KS
Buy Nothing Manhattan East, KS
Buy Nothing Manhattan (Southwest), KS
Buy Nothing Green Valley & Central Blue Township, KS
Everything Free in Manhattan Kansas and Surrounding Areas
Manhattan KS Buy Sell Trade

### Manhattan Area Housing Partnership, Inc.

5527 Stone Crest Court # 122/785-587-0613

mahpinc.org

MAHP is a CHDO (Community Housing Development Organization) dedicated to providing affordable rental housing opportunities. MAHP also provides specialized social services through their Financial Assurance program. The Financial Assurance program provides payee services for individuals who need assistance managing their monthly Social Security and Veteran's Administration benefits.

### **Manhattan Public Library**

629 Poyntz Avenue/785-776-4741

mhklibrary.org

Provides free online educational resources through their website. Assistive Technology Center provides basic computer skills training. Provides public access computers as well as free Wi-Fi for library cardholders. Library cardholders who are homebound by medical condition or disability can have books, audiobooks, magazines delivered to them once a month. "Talking Books" program available for those that cannot read or have a physical impairment.

### **Mutual Aid MHK**

mutualaid.mhk@gmail.com/785-380-7919

northviewrising.org/mutual-aid-mhk

Mutual Aid MHK (MAMHK) provides immediate, short-term support to our most vulnerable community members to prevent individuals from slipping into (further) crisis, and to fill in gaps in our community's social safety net. The support we offer takes a wide variety of forms: Immediate, financial support with rent and utilities; the work of our support network, in which we've got folx that will run errands for people; deliver groceries, assist with fuel and cell-phone cards; repair vehicles and lawnmowers; cook and deliver meals; offer emotional and spiritual support; provide storage and housing for individuals that have been made homeless due to the pandemic. MAMHK does not utilize means testing in providing financial aid, and as a result, can direct and disburse funds more rapidly and effectively than programs and organizations that employ financial aid prerequisites.

## **UFM Community Learning Center**

1221 Thurston Street/785-539-8763

tryufm.org

Offers a variety of classes for youth and adults – see their online catalog. Classes are offered for either university credit or non-credit. Scholarships are available each semester to pay one-half of a class fee per child on a first-come first-serve basis. Community Gardens offer a chance to produce fresh fruit and vegetables for your family. Plot rental for Collins Lane Plots is \$50 + a \$20 deposit. Low-income gardeners pay \$25 per plot plus a \$10 deposit. Fees cover the costs of operating the program. Water, mulch, tools, and advice are available as part of the fee. Plot rental for Riley Lane Plots varies by plot because the plots vary in size. There is also a \$20 deposit. Low-income gardeners pay a reduced fee also depending on plot plus a \$10 deposit. Fees cover the costs of operating the program. Water, mulch, tools, and advice are available as part of the fee.

#### **UFM Teen Mentoring Program**

1221 Thurston Street/785-539-8763

tryufm.org

Matches high-risk middle and high school aged youth with college-aged volunteer mentors. Structured group and individual activities are planned on a weekly basis. Meet weekly from 3:15-5:00pm. High school students meet Monday and middle school students meet Tuesday or Wednesday. The goals of the project are to provide positive role models and life skills activities as early intervention tools to prevent dysfunctional behaviors such as truancy and delinquent behavior, provide safe, supportive, and consistent environment.

### **USD 383 Early Learning Community**

We are committed to providing the highest quality early learning experiences to families in our community. We utilize federal and state grants to provide free preschool opportunities to qualifying families. All locations are inclusive of all students and receive financial supports through Head Start, At-Risk, Special Education, and community fees. Families who do not qualify for a funded enrollment slot pay a monthly tuition to attend. All families who meet the following requirements are encouraged to apply: 1) child is three years old by August 31<sup>st</sup> and is NOT eligible for kindergarten 5-yrs-old by August 31); 2) the child resides within the USD 383 zoning boundaries OR Head Start service area (Riley County). Please visit <a href="https://www.usd383.org/schools/early-learning/early-learning-centers">https://www.usd383.org/schools/early-learning/early-learning-centers</a> to complete an application or for additional information about eligibility criteria and fees. For more information, please call 785-587-2830.

### **USD 383 FIT Closet & Clothing Exchange**

1609 College Avenue/785-320-6750

fitcloset.org

We assist qualified USD 383 students by providing school supplies, school-appropriate clothing (including socks & underwear), outerwear, shoes, and personal hygiene items. To qualify, families must have a student enrolled in school within the geographic boundaries of USD 383 (Manhattan-Ogden school district) <u>and</u> that student must qualify for free or reduced fees. Registered families may "shop" free of charge, once per calendar month during the school year. We operate on a "by appointment only" basis.

### **USD 383 Home-Based Services**

Home-based services for children prenatal to age 5. Families who enroll receive visits from a family education partner, activities designed to assist them with meeting the growth and development needs of their child, developmental screenings to assess their child's overall development, assistance with setting and reaching goals for their child and family, opportunities to participate in family activities and socialization experiences. All families who meet the following requirements are encouraged to apply: 1) parent is expecting a child or has a child who is five years old or younger; 2) the child resides within the USD 383 zoning boundaries OR Head Start service area (Riley County). For more information, please call (785) 587-2045.

### **Restoration Center Inc.**

122 S. 4th Street/785-537-8809

therci.com

Substance abuse and addiction treatment. Offers recovery and prevention services. Outpatient therapy, adolescent therapy. Provides assessments and referrals.