

# \*Resources \*

## Mental Health

Southwest Guidance Center 620-624-8171 333 W. 15th Street, Liberal, KS

Takes all insurance. Sliding fee scale. Therapy, medication management, case management, attendant care, and wraparound services.

Kathy Pittman 620-391-1154 150 Plaza Drive Liberal, KS

Takes medical card except United. Sliding fee scale available. Marriage, individual, and family therapy. Licensed in play therapy.

Heartland's Hope Mental Health Center, LLC 620-604-5111/855-687-2518f

Tera Robinson 504 N. Kansas Ave Suite B Liberal, KS

Brenda Ridgeway (Drug, alcohol and domestic violence, drug evaluation)

Kansas certified family, individual and group therapy, counseling, peer mentoring, intellectual and psychological testing & diagnosis, NeuroAdvantage Trainer, treats depression and anxiety without medication, Kansas Attorney General's approved Batterers' Intervention Program, (ADIS) Alcohol & Drug Information School, Criminal Diversion Program, Anger Management, Restorative Parenting Program.

-Files Insurance, accepts medical card, offer sliding or reduced rate

Tapestry Psychiatric Services, LLC 620-604-5274

Laurel Lahita, APRN 504 N. Kansas Ave Suite B1 Liberal, KS

Medication management, Attention Deficit Testing, Genetic Test for mental health (predict response from pharmaceuticals), minimal/straight forward counseling

\* \* \* \* \* accepts insurance \* \* \* \* \*

Genesis Family Health 620-624-0463 311 N. Grant Liberal, KS Alex Granados 620-225-6821

- travels from Dodge city to Liberal, Garden and Ulysses

- Behavioral Health, Counseling & Support services

## Suicide Prevention Hotline

1-800-273-8255 (talk) 1-800-784-2433 (suicide) Free 24/7 confidential hotline

Family Crisis Hotline 620-275-5911

# **\*Resources \***

## **Transportation**

City Bus 620-626-0100 324 N. Kansas

Billie Proctor- Transit Supervisor

Fees, rules, and more information concerning the City Bus is available online at [www.cityofliberal.org](http://www.cityofliberal.org). Pamphlets in English and Spanish are available at the Offices of City Hall.

Linda's Taxi 620-391-4000 \$5.00/one way trip 24 hours service

Liberal Taxi 620-309-7419 1028 N. Oklahoma \$6.00/one-way trip 6am-12am

Care Center/Salvation Army Nancy Garcia 620-624-6865

May assist with fuel for families in crisis

## **Financial/Food**

Stepping Stone Shelter 620-626-6024 \* 30 day shelter

Bambi Fulton-Director/Lynette Reth-Secretary 1015 N. Washington

\* Free meals for the families at breakfast, lunch and dinner

\* For shelter walk-ins must be 18 yrs old and present 2 forms of ID (accept Photo ID & social security if they haven't been convicted of a crime)

WIC 620-626-3369 103 W. 2nd Street

Income based serving pregnant women, breastfeed, or children under age 5.

DCF-Food Stamps/TANF/Medical Card 620-624-3700 615 N. Kansas Ave.

Ext 208 Karla Guevara Chris Kruleski - Director

Social security, Child Care Application, Food Assistance all based on income

LEAP program from January-March helps with utilities, electric and gas

Community Food Cupboard 620-655-7372 620-391-9530

HomeCare, Inc. Susan Roger - Supervisor

Goya Navarrete - Leave a message with:

# \*Resources \*

- Number of people in household
- Provides families food and staples up to a five day supply

Prairie Land Food <http://www.prairielandfood.com/>

Lower cost bundle of food, dispersed monthly. Must pre-order online.

Genesis (Nancy Garcia) 620-624-6865

Commodities (state funded)

\* Application process, proof of income, distributed every 2 months

Helping hands

\* For those who don't qualify for commodities, this program provides assistance 3 times/year.

\* LYFTE (Teen Parent program) helps teenage parents with items, food, expenses and other necessities.

\* Food Pantry, Rent assistance, utilities, clothing, may help pay prescription and doctor

First Baptist Church 620-624-0186

Families must present id at church. Need number of people in home and ages. Can help once a month with a week supply of food.

First Methodist Church 620-624-8401

No Food Bank but if there is a family in need on a Sunday they can tell the members of the church and gather food for families in need.

## **Drug/Alcohol**

City on a Hill 620-624-2246/620-626-5709 Fax 620-626-5784

Christopher Lund - Owner Dev Heler - counselor

529 N. New York Ave Liberal KS 67901

Alcohol and Drug evaluation \$150, Criminal Diversion(incident w/ drug)

Alcohol & Drug Information School(enter by counselor's reference)

Sunflower House Reintegration for Women 620-624-2216

529 New York Housing for 90 days

# **\*Resources \***

RADAC 1-800-596-6010

Carol Huddleston, PH.D., LCAC 620-626-4508 Licensed Clinical Psychologist  
316 W. 7th Street Liberal, KS

Therapeutic Counseling Services 620-626-9800 304 N Lincoln Liberal, KS

Cimarron Basin 620-626-3284 415 N Washington Liberal, KS

## **Housing**

Westkan Ltd Apartments 620-624-2939 104 Harold Blvd. Liberal, KS

Cottonwood Homes Apartments 620-626-5577 821 Millwood Circle

Flor De Sol 620-626-9887 555 E. Pine St.

Windtree Management & Leasing 620-624-7684 130 W. Pancake Blvd

Parklane Villa 620-624-5501 1425 N. New York Ave

Southlawn Manor 620-624-0813 830 S. Clay Ave

Liberal Housing & Community 620-626-2250 324 N. Kansas Ave

SWGC- Nate 624-8171

LARC DVS 620-624-8818 or (866)792-1885 909 N. Clay Women's Shelter

Stepping Stone Shelter 620-626-6024 1015 N. Washington

Bambi Fulton - Director Lynette Reth - Secretary

# **\*Resources \***

Temporary housing assistance

## **Employment**

Sunrise Staffing Services, LLC 620-626-5085 or 800-239-1809

322 N. Lincoln Sunrisestaffingservices.com

Kansas Workforce One 620-417-1958

@ SCCC 1801 N. Kansas Contact: Amber Troutman ROOM T154

DCF G.O.A.L.S. Program 620-626-3700 1-800-766-3777

615 N. Kansas Ave. (Generating Opportunities to Attain Lifelong Success)

Regional Service Center in Garden City 620-276-2339 or 1-800-292-6333

107 E. Spruce

Unemployment Claim Initial Procedure 785-575-1460 Weekly Claims 785-296-4337

Stepping Stone Shelter 620-626-6024 1015 N. Washington

Bambi Fulton - Director Lynette Reth - Secretary

Has an available Employment Center to help find jobs

## **Clothing**

Red Barn Etc. 748 N. Kansas Ave Liberal, KS

-For free voucher needs referral from Lindsey (School SRMS)

or Sara Carrillo (Newcomer Center)

Genesis Family Health/Care Center Nancy Garcia - manager 620-624-6865

311 N. Grant Liberal, KS

Nurse Practitioners on staff, providers travel from Garden

Alex Granados - travels from Dodge city to Liberal, Garden and Ulysses

# \*Resources\*

-Behavioral Health, Counseling & Support services

Stepping Stone Shelter 620-626-6024 1015 N. Washington Ave Liberal, KS

First Baptist Church 620-624-1641 204 N. Sherman Ave Liberal, KS

## **Legal/Translation**

Kansas Legal Services 1-800-723-6953 [www.kansaslegalservices.org](http://www.kansaslegalservices.org)

Genesis Family Health Teresa Flores/Nancy Garcia 620-624-6865 / 620-655-6751

311 N. Grant Liberal, KS Help translate, help fill out applications, etc.

## **Medical**

Birth Line 620-626-6763 No charge No translator available

3 S Clay Ave. Pregnancy Test, Counseling, Food, Clothes, Information

Genesis Family Health Clinic 620-624-0463 Fax 620-356-1195

121 West 3rd Liberal, KS

Nurse Practitioners on staff, providers travel from Garden

Payment based on Income, and work with payment plans

Catholic Charities of Southwest Kansas 620-272-0010

603 N. 8th Street Garden City, KS

Urgent Care 620-624-7400 2132 N Kansas Ave Liberal KS

Takes all medical card, open evening and weekend. Private pay \$70 per visit. Will see children and adults. No appointment, walk ins only.

Emergency Room (SWMC) 620-624-1651 315 W. 15th Street Liberal KS

Dr. Lucero 620-624-7400 2132 N. Kansas Ave Liberal KS 67901

Spanish Speaking staff and doctor and takes all medical cards and private pay.

Dr. Husainy 620-624-5066 117 W. 4th Street Liberal, KS

# **\*Resources \***

Health Department 620-626-3369 103 W. 2nd Street Liberal KS

Spanish speaking. Free or reduced cost vaccinations and physicals. TB testing. Some free prenatal care option.