Adult Learning Center, MATC
3136 Dickens Avenue, Manhattan KS 66503
Hours: 9:00 am - 5:00 pm Monday - Thursday
8:00 am - 12:00 pm (noon) Friday
Phone: 785-320-4585
Web: www.ManhattanTech.edu
Email: alc@manhattantech.edu
Fees: Varies on enrollment. Please call for details.
Grant-funded program provides guided pathways to College and University education, as well as the workforce and/or citizenship skills. GED test preparation, adult secondary education, workplace and employment skills, English as a second language, citizenship, and literacy tutoring. Must be 18 or older. Class times vary. Please call or stop by the campus for enrollment information. Classes start every month.

American Red Cross
Phone: 785-537-2180 (rings to Topeka)
Web: www.redcross.org/ks/topeka
Fees: Fees vary on each class. Visit the website for more information on each class, fees, and materials.
The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. Provides services in disaster preparedness/response/recovery, blood collections, Service to the Armed Forces, workplace CPR/First aid training, and international services.

Area Agency on Aging, North Central - Flint Hills
401 Houston Street, Manhattan KS 66502
Hours: 8:00 am - 5:00 pm - Friday
Phone: 785-776-9294 or 1-800-432-2703
Web: www.ncfhaaa.com
Email: ncfhaaa@ncfhaaa.com
Fees: None
Provides information and assistance, as well as housing information, to adults 60 years and older, or spouse of someone age 60 years and older, and a resident of the 18-county area.

ATA Bus
5815 Marlatt Avenue, Manhattan KS 66503
Hours: 7:00 am - 5:00 pm Monday - Friday
Phone: 785-537-6345 or 1-877-551-6345
Web: www.flinthillsatabus.com
Fees: Varies for in the city or outside of city.
Provides general public transportation services to all residents of Manhattan, Junction City, Ft Riley, Geary County, Riley County, and part of Pottawatomie County.

Boys & Girls Club of Manhattan
220 S Fifth Street, Manhattan KS 66502
Hours: 8:30 am - 5:30 pm
Phone: 785-539-1947
Web: www.bgclubmanhattan.com
Email: admin@bgclubmanhattan.com
Fees: $30.00 annual membership fee. $100.00 semester fee.
Scholarships available to qualifying families.
Provides caring, adult professionals and a safe place for youth to learn and grow where hope and opportunity is provided through life-enhancing programs and character development experiences. Before and after school, during the summer months, and on Friday nights, the staff engages member's in fun and educational activities that help develop a sound moral compass and influence their ability to succeed in life.

Catholic Charities of Northern Kansas
212 S 4th Street, Suite 120, Manhattan, KS 66502
Hours: 8:00 am - 5:00 pm Monday-Thursday
8:00 am - 2:30 pm Friday
Phone: 785-323-0644
Web: www.ccnks.org
Email: dstephens@ccnks.org
A faith based social service provider who offers basic personal hygiene items, provides pregnancy maintenance and adoption services, counseling services to individuals, families, couples and youth, regardless of religion, race, age or gender. They have a program that may be able to assist individuals caught in a payday or title loan. They cover Clay, Dickinson, Geary, Jewell, Republic, Riley, Washington Counties.

Community Food Basket, Serving Northern Riley County
115 S Broadway, enter at back of building
Riley KS 66531
Hours: 10:00 am - 12:00 pm (noon) Saturday
Phone: 785-485-2697
Provides emergency food for families in need.

Crisis Center Inc.
PO Box 1526, Manhattan KS 66505
Hours: 24 hours per day
Phone: Crisis Numbers: 785-539-2785 (local)
Hotline: 1-800-727-2785, 24 hours
Administration: 785-539-7935
Fees: Services are free and confidential for Clay, Geary, Marshall, Pottawatomie, Riley Counties & Ft Riley.
Provides confidential, round the clock services to victims of sexual or domestic violence. Services include crisis intervention, supportive counseling, advocacy, and safe shelter.
Department for Children and Families (DCF)
2709 Amherst Avenue, Manhattan KS 66502
Hours: 8:00 am - 5:00 pm Monday - Friday
Phone: 785-776-4011 Manhattan
785-762-5445 Junction City
Web: www.dcf.ks.gov
Provides Food Stamps, applications for KanCare Medicaid for families and elderly/disabled individuals, child care assistance, cash assistance and additional non-agency information. Vocational Rehabilitation to help disabled adults to find employment. Adult and children protective services.

Encore Shop
611 Poyntz Avenue, Manhattan KS 66502
Hours: 1:00 pm - 4:00 pm Monday - Saturday
Phone: 785-776-7866
Provides low price clothing, household items, books, and toys for the community.

Fairy Godmothers Fund
Web: www.fgfund.org
Provides flexible accessible monies to improve the health and well being of area women 18 years of age and older. Maximum grant amount is $800. The recipients are asked to help someone else in the future through a pay-it-forward principle. Request grant money from one of these agencies:
- NC Flint Hills Area Agency on Aging, 785-776-9294
- Boys and Girls Club, 785-539-1947
- CASA, 785-537-6867
- Flint Hills Community Clinic, 785-323-4351
- Homecare and Hospice, 785-537-0688
- Manhattan Emergency Shelter, 785-537-3113
- Salvation Army, 785-539-9399
- Shepherd's Crossing, 785-776-1470
- Thrivel, 877-376-0032

Family Center Budget Shop
730 Colorado Street, Manhattan KS 66502
Hours: Open all year except month of July and first half of August.
Noon - 3:00 pm Tuesday - Friday
10:00 am - 1:00 pm Saturday
Accepts donations 9:00 am - 3:00 pm Monday - Friday in the back.
Phone: 785-565-5010
Fees: Price varies with the items.
Provides a resource to purchase used and new clothing items for all ages during the school year. Accept vouchers from other organizations.

Flint Hills Breadbasket
905 Yuma Street, Manhattan KS 66502
Hours: Food Assistance Hours
Monday - Thursday
9:00 am - 11:30 am, 1:00 pm - 3:30 pm
Friday 9:00 am - 11:30 am, 1:00 pm - 3:00 pm
Volunteers and Donations Hours
Monday - Thursday
8:00 am - Noon, 1:00 pm - 4:00 pm
Friday 8:00 am - 12:00 pm, 1:00 pm - 3:00 pm
Phone: 785-537-0730
Email: mkieffer@breadbasket.kscoxmail.com
Facebook: www.facebook.com/flinthillsbreadbasket
Web: www.breadbasket.manhattanks.org
Fees: None
Provides food assistance for Manhattan residents struggling to make ends meet.

Flint Hills Community Clinic
401 Houston Street, Ste C, Manhattan KS 66502
(Basement of Area Agency on Aging)
Hours: Administration Hours:
9:00 am - 5:00 pm Monday - Thursday
9:00 am - 12:00 pm (noon) Friday
Appointment Hours:
10:00 am - 4:00 pm Tuesday - Thursday
5:00 pm - 8:00 pm Tuesday and Thursday
Phone: 785-323-4351
Email: fhccdirector@gmail.com
Fees: None, donations are accepted (eligible clients only)
Provides non emergency medical services at no charge for Manhattan or Riley County residents with no health insurance living at or below 200% poverty.

Free Meal Sites Through Common Table
First Congregational Church
700 Poyntz Avenue, Manhattan KS 66502
Hours: 6:00 pm - 7:00 pm Sunday
Phone: 785-537-7006
Riley County Senior Center
301 N 4th Street, Manhattan KS 66502
Hours: 6:00 pm - 7:00 pm Monday
Phone: 785-537-4040
St. Paul’s Episcopal Church
601 Poyntz Avenue, Manhattan KS 66502
Hours: 7:00 am - 8:30 am Tuesday
7:00 am - 9:00 am Friday
Phone: 785-776-9427
First Presbyterian Church
801 Leavenworth, Manhattan KS 66502
Hours: 6:00 pm - 7:00 pm Tuesday
7:30 am - 8:15 am Wednesday
Presby Place (West side of church)
Phone: 785-537-0518
Free Meal Sites Through Common Table

**First United Methodist Church**
612 Poyntz Avenue, Manhattan KS 66502
Hours: 6:00 pm - 7:00 pm Wednesday
       6:00 pm - 7:00 pm Saturday

**First Lutheran Church**
930 Poyntz Avenue, Manhattan KS 66502
Hours: 6:00 pm - 7:00 pm Thursday 785-537-8532
       6:00 pm - 7:00 pm Friday 785-776-5151

**Goodwill Store**
421 E Poyntz Ave (off of 24 Highway), Manhattan KS 66502
Hours: 9:00 am - 9:00 pm Monday - Saturday
       11:00 am - 6:00 pm Sunday
       Donations accepted
Phone: 785-320-7850
Web: mokangoodwill.com
Provide clothing and household needs for everyone at an affordable cost.

**Restoration Center**
534 West 7th St, Manhattan, KS 66502
Phone: 785-537-8809
Web: restorationcenter.org
Fees: Sliding scale and no insurance accepted
Provide mental health therapy services to the Manhattan and surrounding communities. They provide individual, couples, family and group therapy to people of all races, cultures, religious affiliation, sexual orientations, gender identities, and financial backgrounds.

**Guardians**
Web: www.gafund.org
Providing access to funds for men with limited resources and immediate financial needs within the greater Manhattan area. They provide access to funds for essential services not met by traditional funding sources. Maximum grant amount is $600.

- NC Flint Hills Area Agency on Aging, 785-776-9294
- Boys and Girls Club, 785-539-1947
- CASA, 785-537-6867
- Catholic Charities, 785-323-0644
- Flint Hills Community Clinic, 785-323-4351
- Homecare and Hospice, 785-537-0688
- Manhattan Emergency Shelter, 785-537-3113
- Salvation Army, 785-539-9399
- Shepherd's Crossing, 785-776-1470
- Restoration Center, 785-537-8809
- Thrivel, 877-376-0032

**Harvesters Community Food Network**

**Manhattan:**
- **Westview Community Church, 615 Gillespie Dr.**
  Hours: 1st Friday every month 10:00 am - 11:00 am
- **Blue Valley United Methodist Church, 835 Church Ave.**
  Hours: 2nd Friday every month 4:30 pm - 5:30 pm
- **CiCo Park, Hurlburt Hall, 1710 Avery Avenue**
  Hours: 3rd Tuesday every month 10:00 am - 11:00 am
- **Salvation Army, 3rd & Leavenworth**
  Hours: 4th Tuesday every month 12:00 pm - 3:00 pm

**Harvesters Comm. Food Network Cont.**

**Ogden:**
- **Community Center Parking Lot, 229 Willow Street**
  Hours: 4th Tuesday every month 10:00 am - 11:00 am
  Phone: 785-537-0351
Provides free distribution of food to individuals or families in need. Food packages delivered directly from mobile food pantry into cars. It is first come, first served.

**Homecare & Hospice and**
- **The Good Shepherd Hospice House**
  3801 Vanesta Drive, Manhattan KS 66503
  Hours: 8:00 am - 5:00 pm Office Monday - Friday
  Hospice House 24 hours a day
  Phone: 785-537-0688 or 1-800-748-7474
  Web: www.homecareandhospice.org
  Email: cnolt@heandh.org
  Fees: Payment is accepted by Medicaid, Medicare, Commercial Insurance or Private Pay.
Provides a wide range of services including Home Care (bathing, dressing, meal preparation), Home Health Services (nursing care, physical, occupational and speech therapy) and Hospice services both in homes and at The Good Shepherd Hospice House.

**Housing and Credit Counseling Inc.**
Phone: 800-383-0217
Web: hcci@hcci-ks.org
Provides counseling and education addressing budgeting, credit building, debt repayment, mortgage delinquency, student loan payment options, homeownership opportunities and rental housing issues. HCCI is certified by Housing and Urban Development (HUD) and accredited by the Council on Accreditation. HCCI is licensed and regulated in Kansas by the Office of the State Bank Commissioner (license #0000003). HCCI is a member of the National Foundation for Credit Counseling.

**K-State Family Center**
139 Campus Creek Complex, Manhattan, KS 66506
Hours: 8:00 am - 9:00 pm Monday - Thursday
       8:00 am - 5:00 pm Friday
Phone: 785-532-6984
Web: https://www.hhs.k-state.edu/familycenter/
Email: family@ksu.edu
Fees: Sliding fee scale and no insurance accepted
Providing quality mental health therapy services to the Manhattan and surrounding communities. They provide individual, couple, family and group therapy to people of all races, cultures, religious affiliation, sexual orientations, gender identities, and financial backgrounds.
Kansas Child Care Training (KCCTO)
Unger Complex, Suite 151
2323 Anderson Avenue, Manhattan KS 66502
Hours: 8:00 am - 5:00 pm Monday - Friday
Phone: 785-532-7197 or 1-800-227-3578
Web: https://kccto.org
Email: kccto.inc@gmail.com
Provides statewide training system for Kansas early childhood professionals online and community based. (Initial licensing training requirements are provided online only)

Kansas Legal Services
205 S 4th Street Suite G, Manhattan KS 66502
Hours: 8:00 am - 12:00 pm, 1:00 pm - 5:00 pm Monday - Friday
Phone: 785-537-2943
Fees: Low fee court costs or expenses incurred
Provides free legal assistance to low income Kansas for various general civil legal issues where housing, income and family relationships need to be protected. Persons who are victims of crime and/or abused who are at risk for losing housing, income and/or family relationships receive priority assistance. Generally there is no charge for legal services.

Katie's Way
720 Poyntz Avenue, Manhattan KS 66502
Hours: 8:00 am - 5:00 pm Monday - Friday
Phone: 785-320-7331
Web: www.katieswaymanhattan.com
Email: info@katieswaymanhattan.com
Provides evidence-based assessment and treatment of behavioral and mental health conditions for children and young adults, ages 2-26.

Konza Prairie Community Health Center
2030 Tecumseh Road
Manhattan, KS 66502
Hours: 8:00 am - 6:00 pm Monday - Thursday
8:00 am - 2:00 pm Friday
Phone: 785-320-7134
Web: www.konzaprairiechc.com
Email: konzaprairie@kpchc.org
Fees: Accepts all insurances and a sliding fee scale for those based on federal poverty guidelines.
Provides affordable, and comprehensive medical, dental, and behavioral health care for all. Medical services include, wellness exams, health education, acute and chronic disease management, sexually transmitted disease treatment, family planning, HIV testing, vaccinations, and immunizations. Dental services include, exams, cleanings, extractions, x-rays, repairs, root canals, and dentures.

Konza United Way, Inc
555 Poyntz, Suite 215, PO Box 922, Manhattan KS 66505
Phone: 785-776-3779
Web: konzaunitedway.org
Email: director@konzaunitedway.org
Provides services to Clay, Marshall, Pottawatomie, Riley, Wabaunsee and Washington counties.

Manhattan Emergency Shelter Inc (MESI)
416 S 4th Street, Manhattan KS 66502
Hours: 8:00 am - 9:00 pm Monday - Friday (office hours)
Phone: 785-537-3113
Web: www.mesikansas.org
Email: info@mesikansas.org
Provides three main programs to the community including emergency shelter, supportive housing, and homelessness prevention.

Manhattan Housing Authority
300 N 5th Street
PO Box 1024, Manhattan KS 66505-1024
Hours: 8:00 am - 5:00 pm Monday - Friday
8:00 am - 12:00 pm, 1:00 pm - 5:00 pm Tuesday – Fr
Tuesday - Friday
Phone: 785-776-8588
Web: www.mhaks.com
Provides qualifying applicants with decent, safe, and affordable housing.

Manhattan Workforce Center
205 S 4th Street Suite K
Manhattan KS 66502
Hours: 8:00 am - 5:00 pm Monday - Friday
Phone: 785-539-5691
Email: jwirtz@heartlandworks.org
Jo.Brunner@ks.org
Web: www.kansasworks.com
Fees: None
Staff can post an employer’s job opening and conduct resume searches on KANSASWORKS.com. Provides job seeker and employers information on available programs and services, training providers, career and occupational data, job listings, and veteran services.

Military OneSource
Hours: 24/7 help line
Phone: 1-800-342-9647
Web: militaryonesource.mil
Fee: Free for active duty military, Guard and Reserve Component Members, and their families.
Provides comprehensive information including but not limited to deployment, reunion, relationship, grief, spouse employment and education, parenting and child care for active duty, Guard and Reserve Component members, and their families.
Morning Star Inc  
1018 Poyntz Avenue, Manhattan KS 66502  
Hours: 12:00 pm - 6:00 pm Monday - Saturday  
Phone: 785-587-4644, Contact Richard Stitt  
Email: cromorningstar@sbcglobal.net  
Provides mental health recovery services and programs on a walk in basis. Programs include peer run activities geared to help connect members to others and their community.

Ogden Friendship House of Hope  
226 Riley Ave  
Ogden KS 66517  
Hours: 1:00 pm - 6:00 pm Tuesday, Wednesday and Thursday  
1:00 pm - 4:00 pm Friday  
9:00 am - Noon Saturday  
Phone: 785-537-5116  
Email: cathy19ofhoh@gmail.com  
Provides food and emergency financial aid for Ogden residents only. Thrift store to shop in for anyone for a small financial donation.

Pawnee Mental Health Services  
2001 Claflin Road  
Manhattan 66502  
Hours: 8:00 am - 5:00 pm Monday - Friday, with evening hours every day except Friday  
Phone: 785-587-4300 Clinic  
785-587-4342 or 1-800-609-2002 After Hours Emergency Line  
Web: www.pawnee.org  
Licensed mental health and licensed substance abuse center providing services in ten north central Kansas counties, including Riley County. Counseling services for adults, children, and families. Services include individual and group therapy, substance abuse programs, Batter Intervention Program, Alcohol and Drug Information classes, psychological testing, medication evaluation and management, psychosocial rehabilitation groups, Mental Health First Aid classes, Parenting Workshops, and Employee Assistance Program.

K-State Research and Extension -  
Riley County  
110 Courthouse Plaza Room B220  
Manhattan KS 66502  
Hours: 8:00 am - 5:00 pm Monday - Friday  
Phone: 785-537-6350  
Email: rl@listserv.ksu.edu  
Web: www.riley.ksu.edu  
Facebook: www.facebook.com/rileycountyextension  
Provides educational programs and information to the public on a wide range of topics.

Riley County Health Department  
2030 Tecumseh Road, Manhattan KS 66502  
Clinic Hours: 8:00 am - 4:30 pm Monday/Tues/Wed  
9:00 am - 6:30 pm Thursday  
8:00 am - 2:30 am Friday  
Office Hours: 8:00 am - 5:00 pm Monday/Tues/Wed  
8:00 am - 7:00 pm Thursday  
8:00 am - 3:00 pm Friday  
Phone: 785-776-4779 (Voice prompt system)  
Web: www.rileycountyks.gov  
Fees: Various fees, many based on income except for child care licenses. Services include reproductive health, childhood immunizations, travel vaccines, WIC program, Mother and Baby program, child care assistance and licensing, community health resources, and communicable disease investigations.

Salvation Army  
308 Poyntz Manhattan KS 66502 (Social Services)  
310 Poyntz Manhattan KS 66502 (Thrift Store)  
Hours:  
Social Services:  
10:00 am - 4:00 pm Tuesday - Friday  
Phone: 785-320-5396  
Thrift Store:  
10:00 am - 6:00 pm Tuesday - Saturday  
Phone: 785-770-3171 (Thrift Store)  
785-320-5396 (Social Services)  
Web: www.salarmymokan.org  
Provides emergency assistance for individuals or families in need. The Thrift Store sells clothing and household items at a reduced cost.

Shepherds Crossing  
621 Humboldt Street  
Manhattan KS 66502  
Hours: 10:00 am - 2:00 pm Tuesday  
2:00 pm - 5:30 pm Thursday  
Phone: 785-776-1470 (see hours above)  
Email: director@shepherdscrossing.info  
Web: www.shepherdscrossing.info  
Fees: None  
Provides financial assistance with utility bills, rent, and prescription drugs.

Social Security Administration  
1121 Hudson Avenue  
Manhattan KS 66503  
Hours: 9:00 am - 4:00 pm Monday - Friday, except on Wednesday offices close at 12:00 pm  
Phone: 1-877-840-5741  
Web: www.ssa.gov  
Fees: None  
Provides information and assistance with disability income and social security.
**3 Rivers Inc**
504 Miller Drive  
PO Box 408, Wamego KS 66547-0408  
Phone: 785-456-9915 or 1-800-555-3994  
Web: www.threeriversinc.org  
Email: reception@threeriversinc.org

Provides independent living program and services: life skills training, employment preparation, information and referral of disability and elder related resources. Private pay attendant care for elderly and disabled. Serving Atchison, Brown, Clay, Doniphan, Geary, Jackson, Marshall, Nemaha, Pottawatomie, Riley, Wabaunsee, and Washington counties, as well as the Prairie Band Potawatomi Nation.

**Thrive!**

612 Poyntz Avenue, Manhattan KS 66502  
Phone: 877-376-0032  
Email: director.thriveflinthills@gmail.com  
Web: www.thriveflinthills.com  
FB: facebook.com/thrivefh1/

Thrive! is working to reduce poverty by building skills and relationships that strengthen families and individuals. After an initial 10-week training, individuals living in poverty are matched with volunteers from the community to work as a team for 18 months to build the resources needed to improve their lives. The entire family is part of the process. Quality youth programming and a meal are also part of our weekly meetings.

**UFM Community Learning Center**

1221 Thurston Street  
Manhattan KS 66502  
Hours: 8:30 am - Noon  
1:00 pm - 5:00 pm Monday - Friday  
Phone: 785-539-8763  
Email: info@tryufm.org  
Web: www.tryufm.org  
Fees: Depends on the course

Provides educational programs on a wide range of topics.

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Information compiled by:  
K-State Research and Extension - Riley County  
110 Courthouse Plaza Room B220  
Manhattan KS 66502  
785-537-6350  
Email: rl@listserve.ksu.edu  
Web: www.riley.ksu.edu  
Facebook: www.facebook.com/rileycountyextension

**Note:** Many agencies require proof of income before they can offer assistance. Call in advance to find out what documents to bring with you.

Riley County, Kansas State University Agriculture Experiment Station and Cooperative Extension Service K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer.