

Free or Low-Cost Summer 2025 Activities and Resources for Missoula High Schoolers

Summer is nearly here (or already here for our Seniors)! While this can be an exciting and restful time, we recognize that summer also brings challenges for many in our community. Below are some different community resources and fun activities that our community offers!

Congratulations on a successful school year!!

GET FREE MEALS

Visit sites around Missoula to get free meals
this summer! Kids Eat Free calendar



ALTERNATIVE FOOD PANTRIES IN MISSOULA



Free Access Pantries

Christian Life Center
3801 South Russell St.
406-542-0353
2nd and 4th Mondays
4:30-6pm

Heart Church
1001 Cleveland Ave
406-721-6884
Thursday 10-1pm
Open Concurrently with
Clothing Closet

Hope Rescue Mission
506 B Toole Ave
406-542-5240
Pantry: Mon-Wed-Fri
8-11am.
Hot Meal: Friday 4:30-
6pm

Poverello Center
1110 W. Broadway
406-728-1809
Pantry: Mon-Fri 5:30-7pm.
Hot Meal: Every Day 11:30-
1pm, 5-6:30pm

REVIVE Church
2811 Latimer
406-721-7804
Saturday 10-12pm

River of Life Food Bank
4007 Hwy 200
406-214-3803
Saturday 1-3pm
Deliveries Available for
Elderly, Disabled

Salvation Army Missoula
355 South Russell St.
406-549-0710
Monday-Thursday 9am-3pm

YWCA - Pathways
1130 West Broadway
406-543-6691
Monday-Friday 8am-5pm



Little Free Fridges and Pantries

@missoulacommunity
freefridge on Instagram

735 Howell St.
Fridge & Pantry

516 N 2nd St.
Pantry Only

732 South 1st St.
Fridge & Pantry outside
Freecycles

2045 Kensington
Fridge & Pantry

In East Missoula:

423 Montana Ave.
Clothing Pantry

546 Speedway Ave.
Pantry Only

Restricted Access Pantries

Soft Landing Missoula
939 Stephens Ave Suite C
info@softlandingmissoula.org
9am-3pm Monday-Thursday
9am-1pm Friday
Refugees only

**University of Montana
Bare Necessities Pantry**
406-243-5125
Tuesdays 9am-2pm and
Fridays 10am-5pm
Students only

Don't Live in Missoula?

Find a food pantry in your
area at the Montana Food
Bank Network mfbn.org

Updated April 2024

Free Back-to-School Clothing - August 20th

[Missoula Food Bank & Community Center](#)

Be sure and check the website for summer events, including the back-to-school bash on Wednesday, August 20th to select some gently used free clothing for the school year!



Crisis/Mental Health



Tamarack Grief Resources:

<https://www.tamarackgrc.org/>

Youth Crisis Diversion

<http://missoulayouthcrisis.org>

(406) 327-3046

To help children, teens and families navigate crisis situations and access services.

Suicide & Crisis Lifeline:

- Call or text 988 or chat 988lifeline.org
- All Nations Crisis (406) 240-3955
- Trevor LifeLine (LGBTQ Youth): Text "START" to 678678
- Teen Support Text Line: Text "TEEN" to 839863



Housing/Other

Visit or call one of these places today to explore available housing supports and resources



COORDINATED ENTRY LOCATIONS

POVERELLO CENTER

1110 W Broadway
(406) 728-1809
Bus Routes: 2, 14
Open Daily
6:00 am - 8:15 pm

HOPE RESCUE MISSION'S

DROP IN CENTER
2811 Latimer St
(406) 549-HOPE (4673)
Bus Routes: 2, 11
Open Monday- Friday
9:00 am - 4:00 pm

HOMELESS OUTREACH TEAM

Location varies
(406) 493-7955
Open Monday-Friday
9:00 am - 5:00 pm

HUMAN RESOURCE COUNCIL'S 2-1-1

Mobile Option
Dial "2-1-1" from any phone
Available Monday-Wednesday
11:00 am - 4:00 pm

Missoula Coordinated Entry System for Housing/Emergency Resources

<https://ci.missoula.mt.us/3104/Missoula-Coordinated-Entry-System-MCES>

Montana 211

<https://montana211.org/about.php>

Free, anonymous service available 24 hours a day, 7 days a week, 365 days a year to connect to a comprehensive database of nearly all health and human services that exist in the area.

Missoula Housing Authority

<https://www.missoulahousing.org/>

Provides quality housing solutions for low- and middle-income households

Email: info@missoulahousing.org

Phone: (406) 549-4113



Housing/Other



All Nations Health Center

<https://www.allnations.health/>

Phone: (406) 829-9515

A place of wellness for Native families of Missoula. Health education, outreach and referrals.

Salvation Army

https://missoula.salvationarmy.org/missoula_corps/

Phone: (406) 549-0710

Human services organization offering a variety of programs including disaster services; emergency financial assistance; emergency shelter; food and nutrition programs; casework services; group homes; senior citizen residences, transitional housing, and more.

Help Quitting Commercial Tobacco: 1-800-QuitNow (784-8669)



EMPOWERING YOUTH LEADERSHIP INSTITUTE

**July 21st-23rd
Camp is Free**

Register Using the Link in our Bio!!!



🦋 Who? Youth 9th-12th grade (Incoming 9th graders, and graduated 12th graders)

🦋 When? July 21st-23rd

🦋 Where? Camp Paxson in Seeley Lake, MT

🦋 What? This is an incredible opportunity to develop leadership skills, build meaningful connections with peers, and soak up some summer fun! Camp is FREE, and transportation from Missoula to Camp Paxson is available.

Email jess@empowermt.org with questions.

[REGISTER HERE](#)

SUMMER



**Teen Art
PROJECT**

June 17-August 7

*Register
Now*



MAM's Summer Teen Art Project (TAP) is an immersive Arts and Leadership Program designed for high school students to foster community connections, develop artistic and leadership skills, and amplify teen voices in a safe and inclusive environment. This summer, teens will collaborate with professional artist Johana Laporte under the mentorship of Janaína Vieira-Marques, a MAM museum educator, artist, and public art specialist.

[Register here!](#)



Are you a teen who wants to
create more meaning in your life?

WHO: Missoula and surrounding area teens, ages 13-18.

WHEN: Tuesdays & Thursdays 12-4

WHERE: Missoula Public Library

Dream Bigger is a FREE 10-week Summer program that aims to empower teens to form new future pathways- be it developing new skills, interests, or a potential career path. Participants will also have the opportunity to take part in a paid internship in an area of interest with the support of mentor to encourage them in the process!

[Apply here!](#)

WRITING SUMMER CAMPS

Scholarships are available! [Learn more & sign up at the website](#)

CAMP	GRADES	DATES & LOCATIONS
Words With Wings	Grades 3-8	July 7-11 & July 14-18 Half-day or full-day University of Montana
Rattlesnake Writing Workshop	Grades 9-12	July 7-11 & July 14-18 12:30-3:30 pm University of Montana



MCPS MUSIC SUMMER CAMPS

Scholarships are available! Call Liddi at (406)542-4030 to inquire.



CAMP	GRADES	DATES & LOCATIONS	REGISTRATION
Band & Orchestra	Grades 6-9	June 16-20	Sign up here
Choral	Grades 6-9	July 7-11 & July 14-18 12:30-3:30 pm University of Montana	Sign up here

DEVELOP YOUR AUDIO/VIDEO SKILLS

Missoula Community Access Television (MCAT) has standard times for free workshops offered every week. The workshops include borrowing equipment, podcasting, video editing, using the tv studio and learning photoshop. [See the schedule here!](#)



GO BOWLING



Kids ages 2 to 15 can play 2 free games per day at Westside Lanes! Just pay for shoes.

[Sign up here!](#)

WATCH BASEBALL



Paddleheads tickets start at \$5!

Kids 12 and under get in free on June 22, July 6, August 3, August 10, and August 24.

[Buy tickets here.](#)

WORK OUT

Planet Fitness is offering free High School Summer Passes to teens aged 14-19. A parent/guardian must sign them up but then they can work out alone. [More info here!](#)



GET READY FOR SPORTS SEASON

Many high school sports teams offer summer training and workouts. Inquire with your high school sports team coach to find out more!

[Sentinel High School Athletics](#)

[Athletics 4 Kids Summer Camps 2025](#)



WATCH AN OUTDOOR MOVIE

Missoula Outdoor Cinema puts on movies after dusk all summer on the playground next to Headstart on the North Side. In 2025 they'll expand to Franklin School and the Missoula fairgrounds. [Follow Front Step Community Land Trust on Facebook for more details!](#)



CURRENTS AQUATICS CENTER

WHERE: McCormick Park 600 Cregg Ln

HOURS:

MWF/Sat/Sun 12-6 PM

Tues/Thurs 12-8 PM

Apply for a scholarship to get free admission OR apply for the 20% city resident discount card!



SPLASH MONTANA

WHERE: 3001 Bancroft

HOURS:

Mon - Fri 11-3 & 3:30-7

Sat - Sun 11-2 & 2:30-5:30

Apply for a scholarship to get free admission OR apply for the 20% city resident discount card!



VISIT DOWNTOWN

SATURDAYS - Farmer's
Market & People's
Market

WEDNESDAYS - Out to
Lunch in Caras Park with
live music & food trucks

THURSDAYS -
Downtown ToNight with
live music & food trucks



GO SHRED AT MOBASH SKATE PARK

Open daily at McCormick Park, 600 Cregg Lane. Helmets required!

[Learn more here.](#)



PRACTICE YOUR BIKE SKILLS

- Syringa Bike Skills Park,
1465 Lower Lincoln Hills
Drive
- Bellevue Bike Skills Park,
Paxson and 39th

[Learn more about park rules & safety here.](#)



YOGA IN THE PARK

FREE!

Dates/Time: 6-7 pm, Tuesdays, June - August

Location: McCormick Park (under 18 must be accompanied by parent/guardian)



LEARN MORE ABOUT NATURE

[Missoula Butterfly House & Insectarium](#) - \$8 youth admission

[Natural History Center](#) - \$2 youth admission



GET ARTISTIC

Art Opportunities! [Zootown Arts Community Center](#) & [Missoula Art Museum's](#)
[free sessions for teens and for families](#)

Visit a gallery for free! [Missoula Art Museum](#), [Fort Missoula Historical Museum](#),
[UM's Museum of Art and Culture](#) ([Virtual Tours Here](#))



CHECK OUT THE LIBRARY

There are always events happening at the Missoula Public Library. [Check the event calendar at their website.](#)

You can also check the following items out from the [Library of Things](#): Induction Cooktop kits, life jackets, Assistive Reading Devices, Travel Kits/Trail Guides, Binoculars/Birding Backpacks, Board Games, Puzzles, Telescopes, Bike Locks, Kitchen Gadgets & Cake Pans, Wireless Hotspots, Ready 2 Read trunks.

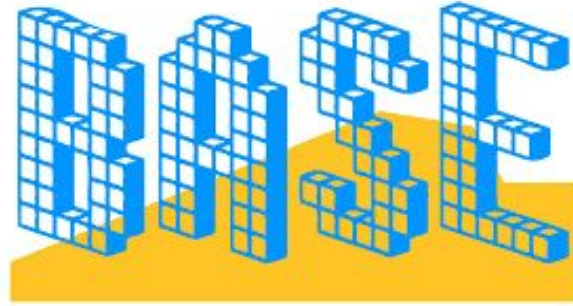


LIBRARY GROUPS

GROUP	DATE & LOCATION
Read With Dogs	Tuesdays 3:30
Game On!	Thurs 2:30-5:30 in Imaginarium
Makerspace: Open Sewing	Wed from 2-5:30
Middle School Writers' Group	Wed from 3:30-5
SpectrUM Discovery Area Science Activity	Wed from 2-6
Research Studies & Science Activities for Kids	Tues 3-6 in UM Living Lab



HANG OUT AT BASE



BASE is an all-ages, all-abilities social engagement and activity center run by Summit Independent Living Center. It is a safe place to explore and display the arts as well as learn self-advocacy and other skills needed for navigating the world around us.

- **Game Night** - Thursdays 1-4 pm
- **Improv Workshop** - Thursdays 5:30-7
- **Art Group** - Fridays 1-3
- **Film Extravaganza** - make your own short films!

[To register contact BASE here!](#)

ATTEND A FREE CONCERT

Check the [Missoula City Band website](#) to see their 2025 summer schedule. There is a free concert every Wednesday night at 7:30 pm at Bonner Park!

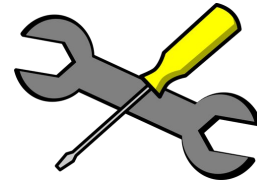


BUILD SOMETHING!

Mastermind your own bicycle at [Freecycle](#)

Reuse building materials from [Home Resource](#)

Learn about Do-it-Yourself projects at [Missoula Urban Demonstration Project](#)



Anyone can Orienteer!

Check out Grizzly Orienteering Summer Events! Orienteering is a navigation sport that uses a map and compass to navigate terrain (both on and off trails) and find specific points on a course. Orienteering is a great outdoor activity for all ages and abilities. Beginner events are free! Other first-timers have a \$5 entry fee, and kids under 12 are free.

[Grizzly Orienteering Upcoming Events](#)



FIND HIDDEN TREASURE

There are 576 geocaches in the Missoula area! Search for a geocache or hide your own when you [join the Geocaching website](#) or download the app.



PLAY GAMES AT THE MALL

You can find foosball, ping pong, and cornhole outside Scheel's!



VOLUNTEER!

Take care of animals at [Missoula Humane Society](#)

Help put together food boxes at [Missoula Food Bank](#)

Take care of someone's lawn at [Missoula Aging Services](#)

Serve food to those in need at [the Poverello Center](#)

[Click here to see a list of other volunteer opportunities.](#)

You can click "Filter", select "Age" and put your age in to see what opportunities are available to people your age.



GET AROUND ON YOUR BIKE

If you'll be biking around town, check out this [interactive bike map](#) to plan a safe route. Don't forget your helmet!



FREE BUS TRANSPORTATION

Have you learned how to use the city bus? It's easy!

Download the **Transit app** on your phone or you can view the [bus schedule](#) online.

Here is a [map of popular Missoula attractions!](#)



transit.



PARKS & REC RECREATION GUIDE

[Click here for the Missoula Parks & Rec Summer Recreation Guide!](#)





LET'S MOVE!

MISSOULA

Monthly Free or Low-Cost Activity
Calendar

KEEP UP TO DATE ON WHAT'S HAPPENING

You can check the events calendar at MissoulaEvents.com to find more activities throughout the summer!

