

2010 – 2012

# Parent Resource Guide of Thurston County

Community Services  
for Those Who  
Nurture Our Children

Created by:



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Dear Friends,

Are you a parent? A grandparent? A custodial relative? A guardian? A foster parent? A coach or mentor?

No matter your relationship, nurturing a child is a complex and challenging undertaking. It requires commitment, patience, knowledge and understanding. Fulfilling this responsibility in the best interests of the child can be demanding, confusing, surprising and rewarding.

We've all heard the phrase, "It takes a village to raise a child." Our village — the group of communities in Thurston County — is blessed with an array of services and resources to assist you as you help your child become a stable, successful, happy and productive adult. TOGETHER! is pleased to provide this Guide to assist you in your journey.

We wish you well in the most important job you will ever undertake.



*Jim Cooper*  
Executive Director

# TOGETHER!

418 Carpenter Rd SE, Ste 203  
Lacey, WA 98503-7905  
360.493.2230 FAX 360.413.0231  
[www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org)

## ALCOHOL/TOBACCO/ OTHER DRUGS

**AA** 24-hour hotline 352-7344

*Alcoholics Anonymous*

Support for people seeking recovery from alcohol abuse.  
[www.aadistrict8.org](http://www.aadistrict8.org)

**Al-Anon / Alateen** 352-7745

Spanish 1-800-399-0899

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics. Alateen is for young people whose lives have been affected by someone else's drinking.  
[www.wa-al-anon.org](http://www.wa-al-anon.org)

**Alternatives Professional Counseling** 357-7986

Provides chemical dependency evaluation and outpatient treatment and makes referrals for inpatient treatment.  
[www.alternativesprocouns.com](http://www.alternativesprocouns.com)

**Christian Recovery** 709-9725

*Olympia Union Gospel Mission*

A scripture-based 12-step support program for healing and restoration from addictions, hurts, habits and hangups.  
[www.ougm.org](http://www.ougm.org)

**Clean and Sober Parenting** 754-7629

*Family Education and Support Services*

A 12-week educational program designed primarily for people in recovery who are parents or caregivers to children and want to break unhealthy, discouraging patterns brought on by addiction.  
[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**Crisis Support and Referral**

*Crisis Clinic of Thurston & Mason Counties* 586-2800

*Youth Help Line* 586-2777

24-hour anonymous and confidential telephone crisis intervention, emotional support, and information/referral to community resources. Youth Help Line offers nonjudgmental support by trained phone workers.  
*Interpreter services available, multiple languages.*

[www.crisis-clinic.org](http://www.crisis-clinic.org)

**Harvest Program-Recovery** 704-7170  
*Behavioral Health Resources* 1-800-825-4820

Intensive out-patient program for chemically dependent pregnant, postpartum, parenting women; parenting classes; free child care. *Interpreter services available.*

[www.bhr.org](http://www.bhr.org)

**NA** 754-4433  
*Narcotics Anonymous*

Offers support in becoming and staying free from drug dependence. A nonprofit fellowship of men and women of all ages.

[www.spsana.org](http://www.spsana.org)

**Providence St. Peter  
Chemical Dependency Center** 456-7575  
1-800-332-0465

Chemical dependency assessment, detox, inpatient, outpatient and education for adolescents and adults. Free chemical dependency screens available; call for information. Available in Lacey, Shelton, Belfair, and Hoquiam. *Interpreter services available.*

[www.providence.org/snwa/services/cdc](http://www.providence.org/snwa/services/cdc)

**Recovery Services** 704-7170  
*Behavioral Health Resources* 1-800-825-4820

Specializes in providing quality chemical dependency treatment for adults who wish to break ties of addiction. Medical coupons, most insurances accepted. *Interpreter services available.*

[www.bhr.org](http://www.bhr.org)

**State Alcohol & Drug Help Line** 1-800-562-1240  
Teen line 1-877-345-8336 (TEEN)  
24-hour 206-722-3700  
TTY 206-722-3724

Connects those who are struggling with drug and alcohol issues with local agencies that offer access to a variety of resources. Teen line available 8 a.m.-10 p.m. Sunday through Saturday.

[www.adhl.org](http://www.adhl.org)

**The Right Step, Inc.** 923-9585

Outpatient services include assessment and referral. Treatment tracts of bio-nutritional counseling, relapse prevention, and day/evening treatment/education groups. Saturday Alcohol/Drug Information School. Youth assessments/evaluations available.

[www.therightstepinc.com](http://www.therightstepinc.com)

**Tobacco Prevention & Education Program** 493-2230 x19  
**TOGETHER!**



Provides tobacco prevention services, education and cessation support for youth.

[www.thurstontgether.org](http://www.thurstontgether.org)

**Tobacco Quit Line** 1-800-QUIT-NOW

QuitCoaches® provide private counseling and support, problem solving and skills to help one succeed. Includes Quit Kit, with information about how to approach quitting tobacco.

[www.quitline.com](http://www.quitline.com)

**TOGETHER!** 493-2230



Provides community education, resource materials and referrals to assist in the prevention of underage drinking and youth use of tobacco and other drugs, including prescription drugs, methamphetamine and marijuana.

[www.thurstontgether.org](http://www.thurstontgether.org)

**True North Student Assistance  
& Treatment Services** 339-8100  
1-866-204-2944

Provides prevention, intervention, treatment and continuing care services to students in their schools. Services include classroom presentations, training for teachers, consultation for school districts and direct services to students and their families. *Interpreter services available.*

[www.true-north.ws](http://www.true-north.ws)

**TSAPOWUM Chehalis Tribal Behavioral Health**  
*Chehalis Tribal Clinic* 709-1733

The Behavioral Health program provides intensive outpatient alcohol/chemical dependency assessment and treatment and family, individual and group mental health counseling.

## CHILD CARE/ EARLY LEARNING/ AFTER SCHOOL & SUMMER PROGRAMS

### After School, Summer & Holiday Programs

*Lacey Parks and Recreation* 491-0857  
[www.ci.lacey.wa.us](http://www.ci.lacey.wa.us)

*Olympia Parks, Arts, & Recreation* 753-8380  
[www.olympiawa.gov/parks](http://www.olympiawa.gov/parks)

*Thurston County Recreation Services* 786-5595  
[www.thurston-parks.org](http://www.thurston-parks.org)

*Tumwater Parks & Recreation* 754-4160  
[www.ci.tumwater.wa.us](http://www.ci.tumwater.wa.us)

## Boys & Girls Clubs of Thurston County



*After-School and Summer Programs* 956-0755  
*Lacey Branch* 438-6811  
*Olympia Branch* 556-3615  
*Rochester Branch* 273-9175  
*Tumwater Branch* 570-8888

An independent, nonprofit organization offering programs after school and during the summer. No child is ever turned away for lack of ability to pay.

[www.bgctc.org](http://www.bgctc.org)

### **Child Care Nurse Consultant** 867-2535

*Thurston County Public Health & Social Services*

Goal is to improve and sustain the health and safety of Thurston County children in child care. Promotes health and injury prevention for their families and communities.

[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

### **Child Care Resource and Referral** 754-0810

*Child Care Action Council* 1-800-845-0956

Parent consultation on choosing quality child care and referrals to licensed centers and homes in Thurston, Mason, Lewis, Pacific and Grays Harbor counties. Professional development for child care providers.

[www.ccacma.org](http://www.ccacma.org)

### **Early Learning Program** 956-0818

*Hands On Children's Museum*

Award-winning early learning program for ages 3-5. Focused on the development of the whole child. Offered September to May.

[www.hocm.org](http://www.hocm.org)

### **Head Start/ECEAP** 464-6800

*ESD 113 Sound to Harbor* Español 464-6827

Free quality early childhood education for children 3-5 years old from low-income families. Parent involvement, nutrition and health services. Some full-day services available. Sites located in Olympia, Lacey, Tumwater, Rainier, Rochester and Yelm. *Interpreter services available.*

[www.soundtoharbor.com](http://www.soundtoharbor.com)

### **Keystone Crisis Nursery** 888-2273 (CARE)

*Child Care Action Council*

Families experiencing a crisis that makes it difficult for them to care for young children can request short-term child care and assistance in accessing other resources to resolve their crisis.

[www.ccacma.org](http://www.ccacma.org)

## Lacey Child Care/Family Services Center 407-5331

Quality, developmentally appropriate curriculum-based child care, ages 1 to 5 years. Head Start/ECEAP, USDA food program, DSHS subsidy only. *Interpreter services available.*

### **Licensed Child Care** 705-2642

*YMCA*

High-quality, dynamic curriculum, child care for elementary-age children before or after school, on conference and in-service days, and during summer and holiday breaks. DSHS approved. Financial aid available.

[www.southsoundymca.org](http://www.southsoundymca.org)

### **LIFE Early Learning Center** 438-0998

*Life Development Resource Center*

Quality day care services for children ages 12 months to 12 years. Services include before- and after-school program, full day care, early hours, and part time care.

### **Olympia Early Learning Center** 943-3571

Quality, developmentally appropriate, curriculum-based infant and child care, ages 1 month to 8 years. Headstart/ECEAP, preschool classes, education-based after-school care.

[www.olympiaearlylearningcenter.org](http://www.olympiaearlylearningcenter.org)

### **School Break Camp Program** 956-0818

*Hands On Children's Museum*

School break day camps offered during midwinter, spring, summer and winter breaks, following the Olympia School District schedule.

[www.hocm.org](http://www.hocm.org)

### **Working Connections** 1-877-501-2233

*DSHS-Olympia CSO Office*

Subsidized child care for people with low income and who are currently employed. *Interpreter services available.*

[www.dshs.wa.gov](http://www.dshs.wa.gov)

## CLOTHING

### **Adventist Community Services Center** 943-1518

Clothing bank and emergency food. [www.laceysda.org](http://www.laceysda.org)

### **Baby Bank** 357-6617

*Church of Christ*

All services are free with referral from any social service agency. Diapers and clothing for infants and children up to age 4.

[www.olycofc.com](http://www.olycofc.com)

**Capital Clubhouse** 357-2582

Clothing is available to low-income men and women for job, career and casual dress. May be self- or agency-referred. Call for appointment. [www.capitalclubhouse.org](http://www.capitalclubhouse.org)

**Clothing Bank** 352-0782

*St. Vincent de Paul Society of St. Michael Parish*

Provides free clothing, bedding and assorted housewares, Tuesday and Saturday 9-11:30 a.m. and Thursday 6:30-8 p.m. [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Rainier Food Bank** 446-1040

Food bank also offers a clothing bank and a baby bank. Open-door policy; accepts families from any area.

**Yelm Community Services** 458-7000

Serves Yelm, Rainier, Nisqually Tribal Reservation, Tenino, Bucoda and Rochester. Collects and provides clean clothing to people in need.

[www.yelmcommunityservices.com](http://www.yelmcommunityservices.com)

## COUNSELING

**Anger Management** 357-7986

*Alternatives Professional Counseling*

12-week course using Moral Recognition therapy. [www.alternativesprocoouns.com](http://www.alternativesprocoouns.com)

**Counseling and Consultation** 1-800-719-5232

*Catholic Community Services*

Provides individual, family, couple counseling. All ages. *Interpreter services available.* [www.ccsnm.org](http://www.ccsnm.org)

**Counseling and Support** 704-7170

*Behavioral Health Resources* 1-800-825-4820

Counseling programs for adults, children and families; community support services. *Interpreter services available.* [www.bhr.org](http://www.bhr.org)

[www.MethMonster.org](http://www.MethMonster.org)

24-hour hotline: 586-2800

Provides information and resources to help combat the use of methamphetamine in Thurston County.

**Crisis Family Intervention Services** 943-0780 x101

*Community Youth Services*

Brief, family-focused therapy for families with adolescent children. A therapist meets the family in their home at times that are convenient for the family. Up to 15 hours of counseling in one month. This is a free service provided to families by the DCFS. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

**Domestic Violence** 357-7986

*Alternatives Professional Counseling*

Court-ordered or self-referred year-long program. [www.alternativesprocoouns.com](http://www.alternativesprocoouns.com)

**Family Preservation** 943-0780 x101

*Community Youth Services*

Up to 6 months of therapeutic case management and counseling for families referred through DCFS. Empowers families to identify strengths and resolve problems to prevent out-of-home placement of the children. Delivered primarily in families' homes at times convenient to families. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

**Foster Care Services** 943-0780 x106

*Community Youth Services*

Assists children ages 8-18 who are referred by DCFS. Therapeutic program uses a multi-systemic team approach to provide children and foster families with intensive home-, community- and school-based support services to ensure placement stability, improve school functioning, decrease behavioral problems and improve mental health. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

**Impact of Domestic Violence on Children** 754-7629

*Family Education and Support Services*

A 4-hour class intended to provide parents with information on strategies to help children who have witnessed or been affected by family violence.

[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**Independent Living Skills (ILS)** 943-0780 x124

*Community Youth Services*

Provides life skills training, case planning and support to youth ages 15-21 who are, or have been, in foster or group care. The purpose is to help youth acquire the confidence and skills necessary to live independently. Services are available individually or through a series of workshops in Thurston, Lewis and Mason counties. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

**Mediation Services** 956-1155  
*Dispute Resolution Center*

Safe, confidential and private place to discuss and solve problems. Skilled mediators facilitate voluntary discussion. Sliding fee scale. *Interpreter services available.*  
[www.mediatethurston.org](http://www.mediatethurston.org)

**Monarch Children's Justice & Advocacy Center** 923-1884  
*Community Action Council*

Child sexual abuse counseling. Typical services include forensic interviews, medical exams, advocacy, therapy and complex case staffing. Monarch also provides prevention education and training in the community. *Interpreter services available.*  
[www.monarchjac.org](http://www.monarchjac.org)

**Parenting & Family Values** 357-7986  
*Alternatives Professional Counseling*

12-week course that covers parent values, parenting young children, adolescents and teens and how to maintain a healthy family. Uses Moral Recognition therapy.  
[www.alternativesprocouns.com](http://www.alternativesprocouns.com)

**Providence St. Peter  
Chemical Dependency Center** 456-7575  
1-800-332-0465

Chemical dependency assessment, detox, inpatient, outpatient and education for adolescents and adults. Free chemical dependency screens available; call for information. Programs available in Lacey, Shelton, Belfair and Hoquiam. *Interpreter services available.*  
[www.providence.org/swsa/services/cdc](http://www.providence.org/swsa/services/cdc)

**SafePlace** 24-hour crisis line 754-6300  
TTY 24-hour crisis line 943-6703  
Business office 786-8754  
TTY business office 528-3980

24-hour emergency support services including medical advocacy, shelter, food and clothing, counseling, support groups, and legal advocacy for victims of sexual assault, sexual abuse and domestic violence. All services are free. Spanish and Cambodian staffing. *Interpreter services available.*  
[www.safeplaceolympia.org](http://www.safeplaceolympia.org)

**Thurston/Mason Regional Support Network** 867-2602  
*Thurston County Public Health & Social Services* 1-800-658-4105

A county agency responsible for managing publicly funded mental health services in outpatient, crisis and community inpatient settings through contracting with community mental health agencies.  
[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**Transitional Housing Services** 943-0780 x103  
*Community Youth Services*

A transitional housing program for homeless youth and young adults ages 16-21 who are working toward social and financial independence. The goal is to promote growth and self-sufficiency through increased responsibility and the promotion of basic problem-solving capabilities, self-esteem, relationship-building and independent thinking. Youth may remain in housing for up to two years as long as they are actively working to achieve their goals. *Interpreter services available.*  
[www.communityyouthservices.org](http://www.communityyouthservices.org)

**TSAPOWUM Chehalis Tribal Behavioral Health**  
*Chehalis Tribal Clinic* 709-1733

The Behavioral Health program provides intensive outpatient alcohol/chemical dependency assessment and treatment and family, individual and group mental health counseling.

**CRISIS/EMERGENCY/  
REFERRAL**

**Child Protective Services** 725-6700  
After hours 1-800-562-5624  
*WA State Department of Social & Health Services*

If you are aware of a child who is being abused or neglected, call 725-6700.  
[www.dshs.wa.gov/ca](http://www.dshs.wa.gov/ca)

**Community Action Council** 438-1100

Information and referral, energy, and rental/mortgage assistance may be available depending upon time of year and funding.  
[www.caclmt.org](http://www.caclmt.org)

**Crisis Line** 586-2800  
*Crisis Clinic* 1-800-627-2211

24-hour anonymous, nonjudgmental and confidential telephone crisis intervention, emotional support, and information/referral to community resources. *Interpreter services available.*  
[www.crisis-clinic.org](http://www.crisis-clinic.org)

**Emergency Needs** 352-8596  
*The Salvation Army*

Emergency material assistance, food, blankets, Puget Sound Energy assistance. Help with gas, medical prescriptions, casework services, information and referrals.  
[www.salvationarmyolympia.org](http://www.salvationarmyolympia.org)

## Emergency Shelter Network

528-8999

Family Support Center



Provides individuals with appropriate overnight shelter options depending on need and available resources.

[www.fscss.org](http://www.fscss.org)

## Families United Against Hate

888-5291

Offers support and resources to individual victims, families, communities, and people who serve those who are dealing with incidents based on bias and hate-motivated violence.

[www.fuah.org](http://www.fuah.org)

## Family Preservation Services

725-6700

After hours 1-800-562-5624

DSHS, DCFS, Children's Administration

For any family that is experiencing serious difficulties and, without intervention, the child(ren) may be in need of foster care placement or other intervention.

[www.dshs.wa.gov](http://www.dshs.wa.gov)

## Family Reconciliation Services

725-6700

DSHS, DCFS, Children's Administration

Any youth and parent who are having serious conflicts, or any parent whose child has run away. The Division of Children & Family Services provides services to teenagers ages 13-17 and their families. [www.dshs.wa.gov](http://www.dshs.wa.gov)

## Family Resource Services

754-9297 x210

Family Support Center

Provides families with children support, advocacy, crisis intervention, emergency rental & utility assistance, benefit assistance, holiday toys, and many other resources to help families in need meet basic and emergent needs. *Interpreter services available.*

[www.fscss.org](http://www.fscss.org)

## Haven House

754-1151

Community Youth Services

943-0780

A co-educational residential center for children and teens ages 12-17, open for intake 24 hours a day, 7 days a week. Referrals are made through DCFS case workers, law enforcement and therapeutic foster care at Community Youth Services. Clients are runaways, children in conflict with their families and children who cannot be maintained in other settings. Geared for short-term placements, youth may remain at Haven House for up to 30 days. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

## Parent Tips for Drug-Free Youth

1. Set rules.
2. Understand and communicate.
3. Monitor your teen's activities.
4. Stay involved in your teen's life.
5. Engage your teen in constructive, supervised activities.
6. Reserve time for family.

## Homeless Family Services

754-9297 x200

Family Support Center 24-hour emergency shelter 628-7343



Provides homeless families with children and single women with emergency shelter, housing assistance, emergency supplies, community voicemail, case management, resource & referral, and individualized support. *Interpreter services available.*

[www.fscss.org](http://www.fscss.org)

## Information and Referral

956-1155

Dispute Resolution Center

Free information, referral and problem-solving over the phone. Face-to-face mediation also offered on a sliding scale. Phones answered Monday-Friday between 9 and 4:30. *Interpreter services available.*

[www.mediatethurston.org](http://www.mediatethurston.org)

## Keystone Crisis Nursery

888-2273 (CARE)

Child Care Action Council

Families experiencing a crisis that makes it difficult for them to care for young children can request short term child care and assistance in accessing other resources to resolve their crisis.

[www.ccaacwa.org](http://www.ccaacwa.org)

## Kinship Caregiver Support Program

754-7629

Family Education and Support Services

Emergency financial aid to low-income caregivers who qualify. Emergency funds are intended as short-term support to pay for food, housing, clothing, school supplies and legal services. Qualifications include: providing full-time care of a relative's child, family does not have involvement with the child welfare system, family is considered low-income through eligibility standards. [www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)



**Medic One** Emergencies only 9-1-1  
Administrative office 704-2780

Public information and education including CPR and public access defibrillation (PAD) training and similar community resources. [www.co.thurston.wa.us/medic1/m1\\_home.htm](http://www.co.thurston.wa.us/medic1/m1_home.htm)

**Other Bank** 352-0593  
*YWCA of Olympia*

Free hygiene supplies to low-income individuals and families, including toilet paper, feminine hygiene supplies, laundry detergent, toothpaste and shampoo. Open Wednesdays 1-3:30 p.m. *Interpreter services available.*  
[www.ywcaofolympia.org](http://www.ywcaofolympia.org)

**Parents, Family & Friends of Lesbians & Gays** 888-5291  
*PFLAG*

Provides support, education about sexual orientation and gender identity, and advocacy. Committed to the civil rights of gays, lesbians, bisexual and transgender persons.  
[www.pflag-olympia.org](http://www.pflag-olympia.org)

**ROOF Community Services** 273-6375



All emergency resource services are for Rochester School District area residents only. Information and referrals are available. *Interpreter services available.*  
[www.roofcommunityservices.org](http://www.roofcommunityservices.org)

**Rosie's Place** 943-0780 x130  
*Community Youth Services* 943-0780 x135

An on-site, daytime resource center for youth who are homeless or at risk of becoming homeless. Provides counseling and case management as well as nourishing meals; resource referrals; clothing; hygiene and survival items; and a safe, protected place to go during the day. Rosie's Place serves as a low-barrier point of entry for youth to begin participating in our other programs and benefit from our comprehensive continuum of services.  
[www.communityyouthservices.org](http://www.communityyouthservices.org)

**Safe Shelter** 1-888-698-1825  
*Community Youth Services* 943-0780  
943-7861

Crisis intervention, family mediation, counseling, case management, information and resource referrals to Thurston County youth and their families. Provides shelter and family reconciliation services to runaway and homeless youth, and to youth in conflict with their parent(s). *Interpreter services available.*  
[www.communityyouthservices.org](http://www.communityyouthservices.org)

**SafePlace** 24-hour crisis line 754-6300  
TTY 24-hour crisis line 943-6703  
Business office 786-8754  
TTY business office 528-3980

24-hour emergency support services including medical advocacy, shelter, food and clothing, counseling, support groups, and legal advocacy for victims of sexual assault, sexual abuse and domestic violence. All services are free. Spanish and Cambodian staffing. *Interpreter services available.*  
[www.safeplaceolympia.org](http://www.safeplaceolympia.org)

**Service Office** 352-7554  
*St. Vincent de Paul Society of St. Michael Parish*

Provides emergency assistance (food, shelter, utilities, prescriptions) Monday through Friday, 1 - 3 p.m.  
[www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Street Outreach** 943-0780 x135  
*Community Youth Services*

Provides immediate crisis intervention counseling and resource referrals to Thurston County youth. Street Outreach workers are stationed in several areas of Thurston County, including the Olympia Community Center; popular youth hangouts in Lacey, Tumwater and other outlying areas in the county; and ROOF Community Services in Rochester.  
[www.communityyouthservices.org](http://www.communityyouthservices.org)

**Temporary Assistance To Needy Families**  
*DSHS-Olympia CSO Office* 1-877-501-2233

Temporary assistance for needy families; cash assistance and medical coupons for families with children or for pregnant women. Services include help with employment. *Interpreter services available.*  
[www.dshs.wa.gov](http://www.dshs.wa.gov)

**Tenino Food Bank Plus** 264-5505  
*Tenino Community Service Center*

Open 8:30-10:30 a.m. Tuesdays for residents of Tenino and Bucoda.

**Washington Poison Center** 1-800-222-1222

Provides free emergency instructions and information on potential poisonings and toxic exposures 24/7. *Interpreter services available.*  
[www.wapc.org](http://www.wapc.org)

**Yelm Community Services** 458-7000

Serves Yelm, Rainier, Nisqually Tribe Reservation. Emergency utility, rental and housing assistance.  
[www.yelmcommunityservices.com](http://www.yelmcommunityservices.com)

**Youth Help Line** 586-2777  
*Crisis Clinic*

24-hour anonymous, confidential, over-the-phone crisis intervention, information and referral. Staffed by skilled youth and adult volunteers. *Interpreter services available, multiple languages.* [www.crisis-clinic.org](http://www.crisis-clinic.org)

**Girls Without Limits!** 352-0593  
*YWCA of Olympia*

After-school mentoring program for girls ages 9-14 that provides a safe environment to explore science, technology, business, math and other topics. [www.ywcaofolympia.org](http://www.ywcaofolympia.org)

# EDUCATION

## Alternative High Schools

Some districts offer parent co-op child care for children of students willing to work on parenting skills as they complete their high school education. Contact the individual districts for information.

*AVANTI High School* 596-7900

Olympia School District [avanti.osd.wednet.edu](http://avanti.osd.wednet.edu)

*HEART High School* 273-5017

Rochester School District [www.rochester.wednet.edu](http://www.rochester.wednet.edu)

*New Market Skills Center* 570-4500

Serving all school districts. [www.newmarketskills.com](http://www.newmarketskills.com)

*South Sound High School* 412-4880

North Thurston Public Schools [www.nthurston.k12.wa.us](http://www.nthurston.k12.wa.us)

*Secondary Options* 709-7760

Tumwater School District [www.tumwater.k12.wa.us](http://www.tumwater.k12.wa.us)

*Yelm Extension School* 458-2002

Yelm Community Schools [www.ycs.wednet.edu](http://www.ycs.wednet.edu)

**Children's Educational Support Services** 352-1315  
*Mercy Housing Northwest Evergreen Vista Apartments*

Homework Club and summer reading and math club are open to children and youth 5-18 years old.

**Conflict Resolution Training** 956-1155  
*Dispute Resolution Center*

Fun, interactive 40-hour training in conflict resolution, communication and being a neutral third party. Open to all; young adults (ages 14-19) get a teen discount. *Interpreter services available.* [www.mediatethurston.org](http://www.mediatethurston.org)

**Hands On Children's Museum** 956-0818

Fun, interactive exhibits and programs designed to stimulate curiosity, creativity and learning for children, families and school groups. Preschool, camps, field trip program and parenting education are available. [www.hocm.org](http://www.hocm.org)

**Head Start/ECEAP** 464-6800  
*ESD 113 Sound to Harbor* Español 464-6827

Free quality early childhood education for children 3-5 years old from low-income families. Parent involvement, nutrition and health services. Some full-day services available. Sites located in Olympia, Lacey, Tumwater, Rainier, Rochester and Yelm. *Interpreter services available.* [www.soundtoharbor.com](http://www.soundtoharbor.com)

**Medic One** Emergencies only 9-1-1  
 Administrative office 704-2780

Public information and education including CPR and public access defibrillation (PAD) training and similar community resources. [www.co.thurston.wa.us/medic1/m1\\_home.htm](http://www.co.thurston.wa.us/medic1/m1_home.htm)

**Parents, Family & Friends of Lesbians & Gays** 888-5291  
*PFLAG*

Provides support, education about sexual orientation and gender identity, and advocacy. Committed to the civil rights of gays, lesbians, bisexual and transgender persons. [www.pflag-olympia.org](http://www.pflag-olympia.org)

**ProvidencePLUS** 493-7768 (PROV)  
*Providence St. Peter Hospital* 754-8080

Childbirth, breast-feeding and newborn care classes, and Baby Beeper Program. All classes put on by NW Childbirth Education and held at Providence St. Peter Hospital. Call for registration brochure. [www.nwchildbirth.com](http://www.nwchildbirth.com)

**Sexual Health Education** 754-1556  
*Planned Parenthood*

Sexual health education for students, schools and community groups. Family programs for all ages. "The Teen Council," is a peer-to-peer sexual health and prevention program. [www.ppgnm.org](http://www.ppgnm.org)

**Spanish Literacy** 709-0931  
*CIELO Project at Radio Ranch*

Literacy for Spanish-speaking people to help them read and write in their native language. [www.cieloproject.org](http://www.cieloproject.org)

**United Community AIDS Network** 352-2375

Provides HIV/AIDS awareness, care and prevention services in Thurston County. [www.ucan-wa.org](http://www.ucan-wa.org)

**Unity for Excellence-Tutorial Program** 456-5815  
*Life Development Resource Center*

Academic tutoring, Saturdays only from 9:30 a.m.-noon. Free to all school-age children, preschool to high school. Snack served.

**WA-HE-LUT Indian School** 456-1311

School program, grades kindergarten to 9th grade for Native American children.

**Youth Employment & Education Services**

*Community Youth Services* 943-0780 x126

Provides job training to low-income and other youth who face serious barriers to employment. The purpose of the program is to prepare youth for the labor market. Services such as counseling, GED classes, classroom training, work experience and on-the-job training are provided. Job placement is the desired end result. Some target groups include young parents and high school dropouts. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

## EMPLOYMENT

**Capital Clubhouse** 357-2582

Clothing is available to low-income men and women for job, career and casual dress. May be self- or agency-referred. Call for appointment. [www.capitalclubhouse.org](http://www.capitalclubhouse.org)

**WorkSource Thurston County** 704-3600  
TTY 570-4253

Extensive resource center for job seekers: resume writing, interviewing, labor market information and assessment workshops, computer/Internet access, faxing, copiers, and public phones. All services are free of charge. WorkSource is an equal opportunity employer and provider of employment and training services. Auxiliary aids and services are available upon request to persons with disabilities. *Interpreter services available.* [www.pmwvdc.com/pm](http://www.pmwvdc.com/pm)



**Youth Employment & Education Services**

*Community Youth Services* 943-0780 x126

Provides job training to low-income and other youth who face serious barriers to employment. The purpose of the program is to prepare youth for the labor market. Services such as counseling, GED classes, classroom training, work experience and on-the-job training are provided. Job placement is the desired end result. Some target groups include young parents and high school dropouts. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

## FOOD

**Community Kitchen** 349-2808

*Catholic Community Services*

Hot meals for the homeless. Located at The Salvation Army, 808 Fifth Ave. SE, Olympia. Lunch 11-12:30, dinner 5-6:30, Monday through Friday. [www.ccsnm.org](http://www.ccsnm.org)

**ConneXions** 1-800-981-2123

*CHOICE Regional Health Network Español* 1-888-493-8397

Assists low-income consumers with access to health care, including insurance through Medicaid and Apple Health and prescription assistance programs, and other social services, including Basic Food. *Interpreter services available: Spanish and Cambodian.* [www.crhn.org](http://www.crhn.org)

**Food Assistance** 1-877-501-2233

*DSHS-Olympia CSO Office*

The Basic Food Program helps low-income individuals and families obtain a more nutritious diet by supplementing their income with Basic Food benefits. [www.dshs.wa.gov](http://www.dshs.wa.gov)

**Food Sense** 786-5445 x7920

*Washington State University, Thurston County Extension*

Helps low-income families by providing support for planning, preparing and serving fruits, vegetables, low-fat dairy and whole grains. Services provided to families and individuals receiving SNAP (formerly Food Stamps), TANF, free or reduced school meals, WIC, or medical coupons. [growhappykids.org](http://growhappykids.org)

**GRuB (Garden-Raised Bounty)** 753-5522  
*Kitchen Garden Project*

Dedicated to good food for all people. We provide free raised-bed vegetable gardens for low-income individuals and families in Thurston and Mason counties. We offer employment opportunities for low-income teenagers (ages 15-18) on a local farm that provides food for the greater community. *Interpreter services available.*

[www.goodgrub.org](http://www.goodgrub.org)

**Life Recovery Center** 709-9725  
*Olympia Union Gospel Mission*

Breakfast, lunch and dinner served Monday through Friday; lunches on Saturdays; breakfast and lunch on Sundays.

[www.ougm.org](http://www.ougm.org)

**W.I.C. (Women, Infants, and Children program)**  
*Community Action Council* 438-1100

[www.caclmt.org/wic.php](http://www.caclmt.org/wic.php)

*Sea Mar Community Health Center* 754-2936

[www.seamar.org](http://www.seamar.org)

Supplemental food program for pregnant and breast-feeding women, infants, and young children who are income eligible and are found to have a nutritional need or health risk. By appointment only. *Interpreter services available.*

**FOOD BANKS**

*Adventist Community Center* 943-1518

Emergency food only. [www.laceysda.org](http://www.laceysda.org)

*Emergency Outreach Program* 923-0929

*ROOF Community Services* 273-6375



For families in the Rochester School District area. *Interpreter services available.*

[www.roofcommunityservices.org](http://www.roofcommunityservices.org)

*Rainier Food Bank* 446-1040

Open-door policy; accepts families from any area. Also offers a clothing bank and a baby bank.

*The Salvation Army* 352-8596

Emergency food boxes available when Thurston County Food Bank isn't open. Christmas food boxes provided in late December. [www.salvationarmyolympia.com](http://www.salvationarmyolympia.com)

*STUF (South Thurston United Friends)* 273-5891

Serving Rochester School District area. Wednesday 3-6 p.m., Friday 1-3 p.m.; commodities the first Monday of the month, 3-6 p.m.

*Tenino Community Service Center* 264-5505

Open 8:30-10:30 a.m. Tuesdays for residents of Tenino and Bucoda.

*Yelm Community Services* 458-7000

Serving Yelm, Rainier, Nisqually Tribal Reservation.

[www.yelmcommunityservices.com](http://www.yelmcommunityservices.com)

*Thurston County Food Bank* 352-8597

Provides groceries, including special-diet needs and commodities. [www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

*Thurston County Food Bank satellites*

Centro de Vida y Esperanza 1-253-241-4708

Evergreen Vista Apartments 352-1315

Faith Harvest Helpers 352-8597

Hidden Creek Community Church 357-3739

Lacey Senior Center 407-3967

LittleRock United Methodist 352-5130

Olympia Senior Center 586-6181

St. Christopher's Church 352-8597

St. Benedict's Church 456-2240

Tumwater Fire Department 754-4170

Turning Point Church 560-6919

[www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

**SUMMER LUNCH PROGRAMS**

Children 18 and younger may receive free meals throughout the summer months when they are out of school. Call locations for time.



*Boys & Girls Clubs - Rochester* 273-9175

BOYS & GIRLS CLUBS  
OF THURSTON COUNTY



*Evergreen Villages* 943-4680

*Evergreen Vista* 352-1315

*Lacey Parks & Recreation* 491-0857

Mountain View, Lydia Hawk and Pleasant Glade elementary schools. [www.ci.lacey.wa.us](http://www.ci.lacey.wa.us)

*Madison Elementary School* 596-6313

*Olympia Parks & Recreation* 753-8380

Garfield Elementary School and Lions Park. Program includes lunch, organized play and an afternoon snack. [www.olympiana.gov/parks](http://www.olympiana.gov/parks)



ROOF Community Services 273-6375

Thurston County Food Bank Summer Mobile Lunches 352-8597

Rotates through many communities. Call or go to website for locations and dates. [www.thurstoncountyfoodbank.org](http://www.thurstoncountyfoodbank.org)

## HEALTH

**Care Net Pregnancy Center of Thurston County** 753-0061

Free limited STD/STI testing and treatment for chlamydia and gonorrhea on the second Thursday of each month from 12:30-4:30 p.m. Call for appointment.

[www.carenetolympia.org](http://www.carenetolympia.org)

**Chehalis Tribal Wellness Center** 273-5504

*Medical:* Provides primary health/ambulatory medical services for American Indians/Alaska Natives who are members of a federally recognized tribe.

*Dental:* Services for Chehalis tribal members residing in Thurston, Grays Harbor and Lewis counties and any American Indians/Alaska Natives residing on the Chehalis Reservation and who have a billable insurance meeting minimum payment criteria.

**Child Care Nurse Consultant** 867-2535

Thurston County Public Health & Social Services

Goal is to improve and sustain the health and safety of Thurston County children in child care. Promotes health and injury prevention for their families and communities. [www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**ConneXions** 1-800-981-2123

CHOICE Regional Health Network Español 1-888-493-8397

Assists low-income consumers with access to health care, including insurance through Medicaid and Apple Health and prescription assistance programs, and other social services, including Basic Food. *Interpreter services available: Spanish and Cambodian.* [www.crbn.org](http://www.crbn.org)

**Dental** 456-5815

Life Development Resource Center

Annual visit during January of the Smilemobile, a mobile dental unit for kids 13 and younger.

**Dental Clinic** 943-6400

Olympia Union Gospel Mission

Emergency dental care provided free to families who live in Thurston County, are under the poverty level and have no insurance. Documentation required.

[www.ougm.org](http://www.ougm.org)

**Family Health Hotline** 1-800-322-2588

Within Reach

One phone call connects you to food (WIC, food stamps); health insurance for kids and pregnant women (Medicaid); and prenatal, family health and parenting resources. *Interpreter services available.*

[www.parenthelp123.org](http://www.parenthelp123.org)

**Health Clinic** 754-5522

Planned Parenthood

Reproductive health care, family planning, pregnancy testing and referral. Sexually transmitted disease (STD) and HIV/AIDS testing for males/females. Teen Clinic on Wednesday from 2-5 p.m. [www.ppgnm.org](http://www.ppgnm.org)

**Health Services** 867-2500

Thurston County Public Health & Social Services

Travel clinic, immunizations, TB, maternal support; home visitation, chronic diseases prevention, wellness.

[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**Home Health** 459-8311

Providence SoundHomeCare and Hospice

Provides home health care including RNs, MSW, physical and occupational therapy, IV therapy, and speech therapy. Needs an MD referral.

[www.providence.org](http://www.providence.org)

**Medical Assistance for Children** 1-877-501-2233

DSHS-Olympia CSO Office

Medical coupons for children ages birth to 18 years. Parent employment is not required.

[www.dshs.wa.gov](http://www.dshs.wa.gov)

**Mental Health Services** 704-7170

Behavioral Health Resources

Provides mental health treatment, substance abuse treatment and specialty programs in Thurston, Grays Harbor and Mason counties to primarily low-income persons. This includes outpatient, inpatient and residential services. *Interpreter services available.* [www.bhr.org](http://www.bhr.org)

**No-Fee Medical Care** 357-6505  
*Olympia Union Gospel Mission*

Medical care for people with diabetes, hypertension, chronic heart failure, asthma and COPD who have no insurance, are living at or below the poverty level, and qualify. Call to schedule appointments. [www.ougm.org](http://www.ougm.org)

**No-Fee Vision Care** 709-9725  
*Olympia Union Gospel Mission*

Vision care for people with no insurance, living at or below the poverty level, and who qualify. Call to schedule appointments. [www.ougm.org](http://www.ougm.org)

**Other Bank** 352-0593  
*YWCA of Olympia*

Free hygiene supplies to low-income individuals and families, including toilet paper, feminine hygiene supplies, laundry detergent, toothpaste and shampoo. Open Wednesdays 1-3:30 pm. *Interpreter services available.* [www.ywcaofolympia.org](http://www.ywcaofolympia.org)

**Physical Exams** 456-5815  
*Life Development Resource Center*

Annual Back to School Physical Examinations Day during the month of August. Includes sports physicals. Free and on a first come, first served basis.

**Providence St. Peter** 456-7575  
**Chemical Dependency Center** 1-800-332-0465

Assessment, detox, inpatient, outpatient and education for chemical dependency for adolescents and adults. Free chemical dependency screens available. Call for more information. Programs available in Lacey, Shelton, Belfair and Hoquiam. [www.providence.org/svsa/services/cdc](http://www.providence.org/svsa/services/cdc)

**Sea Mar Community Health Center**  
*Dental Clinic* 570-8016  
*Medical Clinic* 704-2900

A family practice clinic that provides preventive care, care for chronic and acute conditions, as well as maternity services for established patients. Always accepting new patients, with a 4-6 week lead time. Limited mental health services, as available. Dental services for children and adults (on an emergency basis).

**Service Office** 352-7554  
*St. Vincent de Paul Society of St Michael Parish*

Emergency assistance (food, shelter, utilities, prescriptions) Monday-Friday, 1-3 p.m. [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Thurston/Mason Regional Support Network** 867-2602  
*Thurston County Public Health & Social Services* 1-800-658-4105

A county agency responsible for managing publicly funded mental health services in outpatient, crisis and community inpatient settings through contracting with community mental health agencies.

[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**Tobacco Prevention & Education Program** 493-2230 x19  
*TOGETHER!*



Provides tobacco prevention and education services, cessation referrals and more. [www.thurstontogether.org](http://www.thurstontogether.org)

**Tobacco Quit Line** 1-800-QUIT-NOW

QuitCoaches® provide private counseling and support, problem solving and skills to help one succeed. Includes Quit Kit, full of information about how to approach quitting tobacco.

[www.quitline.com](http://www.quitline.com)

**TSAPOWUM Chehalis Tribal Behavioral Health**  
*Chehalis Tribal Clinic* 709-1733

The Behavioral Health program provides intensive outpatient alcohol/chemical dependency assessment and treatment and family, individual and group mental health counseling.

**United Community AIDS Network** 352-2375

Provides HIV/AIDS awareness, care and prevention services in Thurston County. [www.ucan-wa.org](http://www.ucan-wa.org)

## Read to Your Child 20 Minutes a Day

The more a child is read, sung or talked to from day one, the more rapidly the brain will develop. Reading just 20 minutes a day with young children is key to healthy brain development, family bonding and success in school.

The simple act of enjoying books together every day starting from birth establishes essential reading skills and builds warm relationships. Your love and time are priceless.

For more information, contact the South Sound Reading Foundation at 412-4499.

## W.I.C. (Women, Infants, and Children program)

Community Action Council 438-1100

[www.caclmt.org/wic.php](http://www.caclmt.org/wic.php)

Sea Mar Community Health Center 754-2936

[www.seamar.org](http://www.seamar.org)

Supplemental food program for pregnant and breast-feeding women, infants, and young children who are income eligible and are found to have a nutritional need or health risk. By appointment only. *Interpreter services available.*

## LEGAL

**CLEAR Intake and Referral Line** 1-888-201-1014  
*Northwest Justice Project*

Provides free legal assistance with civil (non-criminal) matters for low-income individuals and families. Lines are open Monday-Friday, 9:15 a.m. - 12:15 p.m. Free legal information at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org). *Interpreter services available.*

[www.nwjustice.org](http://www.nwjustice.org)

**Division of Child Support** 1-800-345-9964  
*WA State Department of Social & Health Services* 664-6900

Establishes cases and collects child support with or without court order. *Interpreter services available.*

[www.dsbs.wa.gov/dcs](http://www.dsbs.wa.gov/dcs)

**Mediation Services** 956-1155  
*Dispute Resolution Center*

Safe, confidential and private place to discuss and solve problems with the help of skilled mediators. Parenting plans, communication, landlord/tenant, neighbors and more. Sliding fee scale. *Interpreter services available.*

[www.mediatethurston.org](http://www.mediatethurston.org)

**Northwest Immigrant Rights Project** 1-800-445-5771

Legal assistance with immigration matters for low-income individuals. Serves Thurston County residents out of its Seattle office. *Interpreter services available.*

[www.nwirp.org](http://www.nwirp.org)

**Thurston County Family and Juvenile Court** 709-3131

Provides prevention, intervention and custody services.

[www.co.thurston.wa.us/juvenilecourt](http://www.co.thurston.wa.us/juvenilecourt)

**Thurston County Volunteer Legal Clinic** 705-8194

Free legal advice for low-income clients in the areas of family law, landlord-tenant law and other matters. *Interpreter services available.*

[www.lawhelp.org/program/2498](http://www.lawhelp.org/program/2498)

## PARENT EDUCATION

**Bates Technical College** 1-253-680-7500

[www.bates.ctc.edu/homefamily](http://www.bates.ctc.edu/homefamily)

**Child Care Action Council** 786-8907

Classes on current early learning topics, choosing child care, brain development and school readiness. Includes book and focus groups.

[www.ccaacwa.org](http://www.ccaacwa.org)

**NAMI Thurston/Mason** 24-hour hotline 866-0403  
Resource 943-4264  
Office 493-6021

Addresses unmet needs of persons with mental illness and their families through public education, peer and family support groups, information and referral, and advocacy.

**Parent Education Services** 754-9297 x204  
*Family Support Center*



Offers a variety of parenting classes, community cafes and support groups at the Family Support Center and at community partner locations.

[www.fsccs.org](http://www.fsccs.org)

**Parents as Teachers** 754-7629  
*Family Education and Support Services*

Provides home visitation services, developmental and social screenings, child development information, links to community resources, and monthly "Play and Learn" groups. Services are offered to families throughout pregnancy and until the child reaches age 3.

[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**Planned Parenthood** 754-1556

"Parent Talk" workshops, puberty and "Family Night" programs for all ages.

[www.ppgnm.org](http://www.ppgnm.org)

**Power Parenting** 956-0818  
*Hands On Children's Museum*

Free parenting lectures the first Tuesday of each month from 6-8 p.m. Free child care. Explore various parenting topics and meet and exchange ideas with other parents.

[www.hocm.org](http://www.hocm.org)

**Providence St. Peter Hospital** 493-7016  
[www.providence.org/smsa](http://www.providence.org/smsa)



**ROOF Community Services** 273-6375  
[www.roofcommunityservices.org](http://www.roofcommunityservices.org)

**South Puget Sound Community College**  
754-7711 x5434  
[www.spscc.ctc.edu](http://www.spscc.ctc.edu)

**Timberland Regional Library** 704-4576  
[www.trlib.org](http://www.trlib.org)

**TOGETHER!** 493-2230



Parenting and family classes in both English and Spanish. Resource materials are also available. [www.thurstontogether.org](http://www.thurstontogether.org)

## PREGNANCY/ MATERNAL HEALTH

**Care Net Pregnancy Center of Thurston County** 753-0061

Free pregnancy testing, limited first-trimester ultrasounds, pregnancy options information (does not provide or refer for abortion or contraception), pregnancy support, and parenting education.

[www.carenetolympia.org](http://www.carenetolympia.org)

**Health Clinic** 754-5522  
*Planned Parenthood*

Reproductive health care, family planning, pregnancy testing and referral. Sexually transmitted disease (STD) and HIV/AIDS testing for males/females. Teen Clinic on Wednesday from 2-5 p.m. [www.ppgnm.org](http://www.ppgnm.org)

**Maternal Child Health/Maternity Support Services**  
*Providence SoundHomeCare and Hospice* 459-8311  
[www.providence.org](http://www.providence.org)

*Thurston County Public Health & Social Services* 867-2544  
[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

Provides prevention health service during pregnancy. Education about pregnancy, childbirth and parenting. Childcare vouchers. Help getting medical and social services. Referrals to community resources.

**Nurse-Family Partnership**  
*Thurston County Public Health & Social Services* 867-2544

Provides wellness health services for first-time moms throughout pregnancy and continues until baby is two years old. Help getting medical, social and educational services. Referrals to community resources.  
[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**Parents as Teachers** 754-7629  
*Family Education and Support Services*

Provides home visitation services, developmental and social screenings, child development information, links to community resources, and monthly "Play and Learn" groups. Services are offered to families throughout pregnancy and until the child reaches age 3.  
[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**South Sound Breastfeeding Network**

Encourages and promotes breastfeeding in South Sound by providing a positive support network and making accurate and consistent breastfeeding information available. If you are in need of breastfeeding resources, visit the website.  
[www.southsoundbreastfeeding.org](http://www.southsoundbreastfeeding.org)

**W.I.C. (Women, Infants, and Children program)**  
*Community Action Council* 438-1100

[www.caclmt.org/wic.php](http://www.caclmt.org/wic.php)

*Sea Mar Community Health Center* 754-2936  
[www.seamar.org](http://www.seamar.org)

Supplemental food program for pregnant and breastfeeding women, infants, and young children who are income eligible and are found to have a nutritional need or health risk. By appointment only. *Interpreter services available.*

**Pregnancy Aid of Thurston County** 956-7413  
*St. Michael's Social Services Center*

Pregnancy tests, practical and emotional support, baby clothing, diapers, toddler and maternity clothing, emergency formula, and baby food. [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**ProvidencePLUS** 754-8080  
*Providence St. Peter Hospital* 754-8080

Childbirth, breast-feeding and newborn care classes, and Baby Beeper Program. All classes put on by NW Childbirth Education and held at Providence St. Peter Hospital. Call ProvidencePLUS for registration brochure.  
[www.nwchildbirth.com](http://www.nwchildbirth.com)



# SHELTER/HOUSING/ FURNISHINGS

**Arbor Manor** 790-3040  
*Low Income Housing Institute*

Transitional program for single homeless women who are very low income. Mental health support and case management provided. Neighborhood setting.

**Clothing Bank** 352-0782  
*St. Vincent de Paul Society of St Michael Parish*

Provides free clothing, bedding and assorted housewares, Tuesday and Saturday 9-11:30 a.m. and Thursday 6:30-8 p.m. [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Family Support Shelter** 24-hour hotline 628-7343  
*Family Support Center*

Provides safe, warm, emergency overnight shelter for families with children. Families needing shelter should register at the Family Support Center at 108 State Ave. between 9 a.m. and 5 p.m. Monday-Friday. After-hours/weekend emergencies, call the shelter hotline for assistance. *Interpreter services available.*



[www.fscss.org](http://www.fscss.org)

**Furniture Bank of Thurston County** 705-1756

Provides furniture at no charge to families, individuals or nonprofit organizations in need. Accepting donations of gently used furniture such as chairs, tables, dressers, small sofas, loveseats and beds. [www.obycrc.org](http://www.obycrc.org)

**Habitat for Humanity** 956-3456 x5

Assistance with obtaining simple, decent and affordable housing for low-income families who are ready for homeownership and are willing to help in the building of their own home. [www.spshabitat.org](http://www.spshabitat.org)

**Hans K. Lemcke Lodge** 352-8596  
*The Salvation Army*

Temporary shelter for single men and single women. Community meals program. Casework services, information and referral.

[www.salvationarmyolympia.com](http://www.salvationarmyolympia.com)

**Haven House** 754-1151  
*Community Youth Services* 943-0780

Co-educational residential center for ages 12-17, open for intake 24 hours a day, 7 days a week. Referrals made through DCFS case workers, law enforcement and therapeutic foster care at Community Youth Services. Clients are runaways, children in conflict with their families and children who cannot be maintained in other settings. Geared for short-term placements, youth may remain at Haven House for up to 30 days. *Interpreter services available.* [www.communityyouthservices.org](http://www.communityyouthservices.org)

**Housing Authority of Thurston County** 753-8292

Rent subsidies for low-income households, information and referral for subsidized housing programs, and housing rehabilitation in rural Thurston County. *Interpreter services available.* [www.hatc.org](http://www.hatc.org)

**Household Donations/Carolyn's Closet** 352-1315  
*Mercy Housing Northwest Evergreen Vista Apartments*

Accepts donations of housewares and makes items available at no charge to residents and community members in need.

**ROOF Community Services** 273-6375



Provides emergency rental and utility assistance to residents of Rochester School District area. *Interpreter services available.* [www.roofcommunityservices.org](http://www.roofcommunityservices.org)

**SafePlace** 24-hour crisis line 754-6300  
TTY 24-hour crisis line 943-6703  
Business office 786-8754  
TTY business office 528-3980

24-hour emergency support services including medical advocacy, shelter, food and clothing, counseling, support groups, and legal advocacy for victims of sexual assault, sexual abuse and domestic violence. All services are free. Spanish and Cambodian staffing. *Interpreter services available.* [www.safeplaceolympia.org](http://www.safeplaceolympia.org)

**Safe Shelter** 1-888-698-1825  
*Community Youth Services* 943-0780  
943-7861

Crisis intervention, family mediation, counseling, case management, information and resource referrals to Thurston County youth and their families. Program provides shelter and family reconciliation services to runaway and homeless youth, and youth in conflict with their parent(s). *Interpreter services available.*

[www.communityyouthservices.org](http://www.communityyouthservices.org)

**Service Office** 352-7554  
*St. Vincent de Paul Society of St Michael Parish*

Provides emergency assistance (food, shelter, utilities, medical) Monday through Friday, 1-3 p.m.

[www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Transitional Housing Services** 943-0780 x103  
*Community Youth Services*

A transitional housing program for homeless youth and young adults ages 16-21 who are working toward social and financial independence. The goal is to promote growth and self-sufficiency through increased responsibility and the promotion of basic problem-solving capabilities, self-esteem, relationship-building and independent thinking. Youth may remain in housing for up to two years as long as they are actively working to achieve their goals. *Interpreter services available.*

[www.communityyouthservices.org](http://www.communityyouthservices.org)

**Yelm Community Services** 458-7000

Serves Yelm, Rainier, Nisqually Tribe Reservation. Emergency utility, rental and housing assistance.

[www.yelmcommunityservices.com](http://www.yelmcommunityservices.com)

## SPECIAL NEEDS

**Children with Special Health Care Needs Program**  
*Thurston County Public Health & Social Services* 867-2543

Public Health nurse may provide nursing assessments, information, coordination of care and referrals for families with children with special health care needs.

[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

**Community Enhancement** 709-0931  
*CIELO Project at Radio Ranch*

Provides information and referral services in Spanish/English. ESL classes. Community service site. Referral to bilingual mental health counseling. Cross-cultural competence consulting and training. *Interpreter services available.*

[www.cieloproject.org](http://www.cieloproject.org)

**Exceptional Families Network** 507-0944

Join parents from all walks and wheelchairs of life. Support, networking, opportunities, ideas, information. Members are parents, advocates, therapists, homeschoolers and teachers whose No. 1 priority is kids. No age limit on kids. Child care available. [www.exceptionalfamilies.net](http://www.exceptionalfamilies.net)



**The Family Partnership**  
Alliance

Network with other families who pledge to be drug-free.  
Call 493-2230  
or go to [www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org)

**Helping Parent Program** 352-1126  
*South Sound Parent To Parent*

Provides a network of support, information and referral to families whose children have disabilities and/or chronic illness, all ages to adult. Serves new families locating early intervention services. Distributes a newsletter to parents and professionals and schedules recreational and educational opportunities supporting a variety of subjects in the field of disabilities. Serves Thurston and Mason counties. *Interpreter services available.*

[www.ssp2p.org](http://www.ssp2p.org)

**Integrated Family Preservation Services**  
1-800-566-9053

*Catholic Community Services*

Serves high/special-needs children and their families through the concepts of individualized tailored care in the home of the child. Focus is to help empower all family members and/or get support from natural support systems.

[www.ccsnm.org](http://www.ccsnm.org)

**NAMI Family to Family** 491-3423  
*NAMI Thurston/Mason*

12-week class taught by family members to family members on mental illness.

**NAMI Peer to Peer** 455-4277  
*NAMI Thurston/Mason*

10-week class for individuals with mental illnesses taught by individuals with mental illnesses in recovery.

**NAMI Thurston/Mason** 24-hour hotline 866-0403  
Resource 943-4264  
Office 493-6021

Addresses unmet needs of persons with mental illness and their families through public education, peer and family support groups, information and referral, and advocacy.

**Stonewall Youth**

705-2738

Organization empowers lesbian, gay, bisexual, trans, queer, questioning, intersex and asexual (LGBTQQIA) youth to speak for themselves, educate their communities and support each other. Weekly support group, referrals, free activities and resources for queer youth in Thurston County and surrounding areas. [www.stonewallyouth.org](http://www.stonewallyouth.org)

**Thurston County Recreation Services**

786-5595

Recreational programs and events for persons with physical and developmental disabilities. Day camp, day excursions, movies, dances, bowling and other year-round programs offered for all ages. [www.thurston-parks.org](http://www.thurston-parks.org)

# SUPPORT

**Autism Society of Washington**

754-2584

*Thurston-Mason County Chapter*

A monthly support group for parents and family members living with autism or Asperger syndrome. This chapter focuses on issues facing elementary-school-age children to adults. [www.autismsocietyofwa.org](http://www.autismsocietyofwa.org)

**Child Protective Services**

725-6700

After hours 1-800-562-5624

*WA State Department of Social & Health Services*

If you are aware of a child who is being abused or neglected, call 360-725-6700. [www.dshs.wa.gov/ca](http://www.dshs.wa.gov/ca)

**CIELO Project at Radio Ranch**

709-0931

Youth programs and Latino leadership. Site for teens doing community service hours. Bilingual services offered (Spanish and English). ESL assistance. [www.cieloproject.org](http://www.cieloproject.org)

**Community and School/Site Based Mentoring***Big Brothers Big Sisters of Southwest Washington* 943-0409

Children ages 5-17 are matched with a carefully screened adult volunteer for a one-to-one mentoring relationship with professional staff support. [www.snmabbbs.org](http://www.snmabbbs.org)

**Disability Lifeline**

1-877-501-2233

*DSHS-Olympia CSO Office*

Medical and cash assistance for those who are unemployable because of a medical condition. Medical documentation required to verify incapacity. *Interpreter services available.* [www.dshs.wa.gov](http://www.dshs.wa.gov)

**Division of Child Support**

1-800-345-9964

*WA State Department of Social & Health Services* 664-6900

Establishes cases and collects child support with or without court order. *Interpreter services available.*

[www.dshs.wa.gov/dcs](http://www.dshs.wa.gov/dcs)**Family Resource Services**

754-9297 x210

*Family Support Center*

Provides families with children support, advocacy, crisis intervention, emergency rental & utility assistance, benefit assistance, holiday toys, and many other resources to help families in need meet basic and emergent needs. *Interpreter services available.* [www.fscs.org](http://www.fscs.org)

**Families United Against Hate**

888-5291

Offers support and resources to individual victims, families, communities and people who serve those who are dealing with incidents based on bias and hate-motivated violence. [www.fuah.org](http://www.fuah.org)

**Fathers Network**

352-0303

Fathers meet and talk about the challenges and joys of having children with disabilities. The humor, knowledge and connection with other dads changes many fathers' perspectives of themselves, their children and their spouses. [www.fathersnetwork.org](http://www.fathersnetwork.org)

**Foster Care Services**

943-0780 x106

*Community Youth Services*

Assists children ages 8-18 who are referred by DCFS. Therapeutic program uses a multi-systemic team approach to provide children and foster families with intensive home-, community- and school-based support services to ensure placement stability, improve school functioning, decrease behavioral problems and improve mental health. *Interpreter services available.*

[www.communityyouthservices.org](http://www.communityyouthservices.org)

The Little Red Schoolhouse helps low-income families with clothing, backpacks and school supplies for their children. The distribution day is in August every year in west Olympia. Call 438-1100 x143 for information.



**FPAWS** 1-800-391-2273 (CARE)  
*Foster Parents Association of Washington State*

Advocacy and support group for foster, adoptive and kinship care providers throughout the state. Conferences, activities and resources available.

[www.fpaws.org](http://www.fpaws.org)

**Helping Parent Program** 352-1126  
*South Sound Parent to Parent*

Provides a network of support, information and advocacy to families who have children with special needs and chronic illnesses and adults with disabilities. *Interpreter services available.*

[www.ssp2p.org](http://www.ssp2p.org)

**Independent Living Skills (ILS)** 943-0780 124  
*Community Youth Services*

Provides life skills training, case planning and support to youth ages 15-21 who are, or have been, in foster or group care. The purpose is to help youth acquire the confidence and skills necessary to live independently. Services are available individually or through a series of workshops in Thurston, Lewis and Mason counties. *Interpreter services available.*

[www.communityyouthservices.org](http://www.communityyouthservices.org)

**Integrated Family Preservation Services** 1-888-322-7156  
*Catholic Community Services*

Serves high/special-needs children and their families through the concepts of individualized tailored care in the home of the child. Primary focus is to help empower all family members and/or get support from natural support systems.

[www.ccsnm.org](http://www.ccsnm.org)

**Kinship Support Group** 754-7629  
*Family Education and Support Services*

A weekly support group and training for grandparents, aunts, uncles and other relative caregivers who assume full custody or the full-time care of a relative's child. Meetings are free and include a concurrent children's program.

[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**Lifeline** 754-7629  
*Family Education and Support Services*

A bimonthly support group meeting for foster and adoptive parents. Meetings are held at the Hands On Children's Museum and include a concurrent children's program.

[www.familyeducationandsupport.org](http://www.familyeducationandsupport.org)

**Mediation Services** 956-1155  
*Dispute Resolution Center*

Safe, confidential and private place to discuss and solve problems with the help of skilled mediators. Parenting plans, communication, landlord/tenant, neighbors and more. Sliding fee scale. *Interpreter services available.*

[www.mediatethurston.org](http://www.mediatethurston.org)

**MOMS Club** 402-8894  
*Olympia and Shelton*

[www.momsclubofolympia.com](http://www.momsclubofolympia.com)

*Tumwater and Rochester* 754-3762

[www.momscluboftumwater.com](http://www.momscluboftumwater.com)

*Lacey* 797-5229

[www.momscluboflacey.com](http://www.momscluboflacey.com)

For at-home mothers and their children to meet other moms and kids. Activities, monthly membership meetings, playgroups, family parties, special interest groups, MOMS Night Out, Babysitting Co-op, field trips and community service projects.

**NAMI T/M Support Group** 943-4264  
*NAMI Thurston/Mason* 491-3423

Non-facilitated peer support for people with mental illness, their families and friends, every Thursday at 7 p.m.

**Parents, Family & Friends of Lesbians & Gays** 888-5291  
*PFLAG*

Provides support, education about sexual orientation and gender identity, and advocacy. Committed to the civil rights of gays, lesbians, bisexual and transgender persons.

[www.pflag-olympia.org](http://www.pflag-olympia.org)

**SoundCareKids** 493-5928  
*Providence SoundHomeCare and Hospice*

Four 6-week support group sessions provided during the year for families with children and teens who have experienced the death of a significant person in their lives. Support groups are also available for young adults.

[www.providence.org/smsa](http://www.providence.org/smsa)

**Stonewall Youth** 705-2738

Organization empowers lesbian, gay, bisexual, trans, queer, questioning, intersex and asexual (LGBTQQIA) youth to speak for themselves, educate their communities and support each other. Weekly support group, referrals, free activities and resources for queer youth in Thurston County and surrounding areas.

[www.stonewallyouth.org](http://www.stonewallyouth.org)

**Supervised Visitation & Foster Child Support Services**  
*Family Support Center* 754-9297 x206



Provides transportation, supervision, and supervised exchange services for families who need safe and nurturing supervised visitation with their non-custodial children. *Interpreter services available.*

[www.fscss.org](http://www.fscss.org)

**United Community AIDS Network** 352-2375

Provides HIV/AIDS awareness, care and prevention services in Thurston County. [www.ucan-wa.org](http://www.ucan-wa.org)

**YOUTH DEVELOPMENT/ RECREATION/ TEEN PROGRAMS**

**4-H** 360-867-2157

Through hands-on learning experiences and adult guidance, youth members learn lifetime skills.

[thurston.wsu.edu/4-H](http://thurston.wsu.edu/4-H)

**Boy Scouts of America, Pacific Harbors Council** 357-3331

[www.pacificharbors.org](http://www.pacificharbors.org)

**Boys & Girls Clubs of Thurston County** 956-0755



[www.bgctc.org](http://www.bgctc.org)

**Camp Fire USA, Orca Council** 1-253-597-6234

[www.campfireusaorca.org](http://www.campfireusaorca.org)

**Community & School/Site-Based Mentoring** 943-0409

Big Brothers Big Sisters of Southwest Washington

[www.snmabbbs.org](http://www.snmabbbs.org)

**Community Enrichment Program** 491-5654

**Girl Scouts of Western Washington** 1-800-541-9852

[www.girlscoutswm.org](http://www.girlscoutswm.org)

**Erase It: Record, Report, Remove**  
 Call TOGETHER! at 493-2230



This graffiti removal program provides kits and advice to those wishing to clean up their neighborhoods.

**GRuB (Garden-Raised Bounty)** 753-5522

[www.goodgrub.org](http://www.goodgrub.org)

**Hands On Children's Museum** 956-0818

Offers volunteer positions, specialized training, community service credit and internships. [www.hocm.org](http://www.hocm.org)

**Lacey Parks & Recreation/Teen Programs** 491-0857

[www.ci.lacey.wa.us](http://www.ci.lacey.wa.us)

**Olympia Parks, Arts & Recreation** 753-8380

*Teen Programs* 570-5857

[www.olympiawa.gov/parks](http://www.olympiawa.gov/parks)

**Salvation Army Youth Program** 352-8596 x101

Character-building programs (scouting) for grades 1-8.

[www.salvationarmyolympia.com](http://www.salvationarmyolympia.com)

**South Sound YMCA**

*Briggs branch* 753-6576

*Downtown Olympia branch/Teen Programs* 357-6609

**Stonewall Youth** 705-2738

Free activities for LGBTQIA youth.

[www.stonewallyouth.org](http://www.stonewallyouth.org)

**Timberland Regional Library** 704-4576

[www.trlib.org](http://www.trlib.org)

**Tumwater Parks & Rec./Teen Programs** 754-4160

**Yelm Community Services** 458-7000

# Join us in helping to prevent teen prescription drug abuse

Every day, 2,500 youth ages 12 to 17 abuse a pain reliever for the very first time, with 70% obtaining it from a friend or relative (from the 2006 National Survey on Drug Use and Health).

In Thurston County, 11% of 12th-graders admitted to abusing prescription drugs, well above the national average of 4.7% for 16-17 year olds. (from the 2008 Washington State Healthy Youth Survey).

## WHAT CAN YOU DO?

Here are some steps for preventing prescription drug abuse.

### Step 1: SECURE

- Keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet.
- Tell relatives, especially grandparents, to lock their medications or keep them in a safe place.
- Talk to parents of your child's friends. Encourage them to secure their prescriptions.

### Step 2: MONITOR

- Take note of how many pills are in each of your prescription bottles.
- Keep track of your refills, for you and others in your home.
- Make sure friends and relatives, especially grandparents, are also aware of the risks. Encourage them to monitor their own prescriptions.

### Step 3: DISPOSE

- Start by discarding expired or unused prescriptions.
- Find a local take-back site near you by going to [www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org). There are four secure drop boxes in Thurston County.
- If a disposal site is unavailable, mix medications with an undesirable substance such as coffee grounds or kitty litter and place into an empty can or bag before discarding in the trash.
- To prevent unauthorized refills and to protect your privacy, remove any personal, identifiable information from prescription bottles before throwing them away.
- For more information, go to [www.theAntiDrug.com](http://www.theAntiDrug.com).



## Rx360

Trainings that raise awareness of and educate about prescription drug abuse.

To schedule a presentation or become a trainer, call TOGETHER! at 493-2230.

## **TOGETHER!'s mission:**

*TOGETHER! prevents youth violence and substance abuse through awareness, advocacy and action to support youth and families.*

## **TOGETHER!'s vision:**

*All young people in Thurston County communities are supported, healthy, safe and valued.*

## **Ways you can help:**

- ◆ Donate money or supplies
- ◆ Volunteer your time

Call 360-493-2230 for more information,  
or go to [www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org).

TOGETHER! is a private nonprofit 501(c)(3) prevention organization dedicated to mobilizing communities in Thurston County to prevent children from using alcohol, drugs, dropping out of school, joining gangs, or facing any of the barriers to good health and promising futures.

Working with volunteers, community leaders, parents, youth, schools, elected officials, social services and faith-based organizations, TOGETHER! is helping communities unite to create resilient children and positive environments for our youth.

For more information about how you can become a part of the solution, contact:

**TOGETHER!**  
**418 Carpenter Rd SE Ste 203**  
**Lacey, WA 98503-7905**  
**360-493-2230, ext. 20**  
**[www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org)**

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If you need information  
not found in this resource guide,  
call 2-1-1.

For crisis information:  
Crisis Clinic of Thurston and Mason Counties  
360-586-2800