# Resource Book

2020-2021

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Child/Youth/Teen Services

Free & Low Cost Medical

LGBTQ Resources

Apartments

Health Care Employment Clothing Veteran Services Family Support Education

Senior Services

Education Resources

Crisis Services

Veterans Services

Disabilities Services



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## Referral Resources

**South Sound 2-1-1**

**Location:** 1501 Pacific Ave #400

 Tacoma, WA 98402

### Phone: 253-272-4263/1-877-211-WASH (9274)

**\***Utilities

**\***Rent

**\***Low Cost Housing

**\***Transportation

**\***Shelter

**\***Legal Assistance

**\***Basic Food Benefits

**\***Behavioral Health

**\***Physical Health

**\***Holiday Assistance

**\***Employment and Education

**\***Free Tax Preparation Services

**\***FamilyWize Discount Prescriptions

**WAServes (Veterans referral resource)**

**Location**: 1102 Quince St. SE/ PO Box

 41150 Olympia, WA 98504

Phone: 1-877-515-7848

\*Family Support

\*Healthcare

\*Housing and Shelter

\*Legal Services

\*Money Management

\*Clothing and Household goods

**Metropolitan Development Council**

**Location:** 721 Fawcett Ave #204

 Tacoma, WA 98402

### Phone: 253-383-3921

\*Housing for the homeless

\*Veterans Services

\*Weatherization

\*Energy Assistance

\*Detoxification Center

\*Center for Substance abuse-Recovery

\*Mental Health Services

\*DUI Alternative Detention

\*MDC Scholars Talent

\*Educational Opportunity Center

\*Child Care Food Program

\*Employment Services

**Crisis Line**

### Phone: 800-576-7764

\*Child & Family Services

\*Adolescent Inpatient Behavioral

 Health

\*Children's Therapy Unit

\*Mobile Health Care Clinic

\*Integrated Services for Older Adults

**Catholic Community Services**

**Location:** 1323 S. Yakima Ave

 Tacoma, WA 98405

### Phone: 253-383-3697/800-372-3697

\*Shelter and Homeless Services

\*Housing

\*Child, Youth & Family Services

\*Veterans, Immigrants, and Refugee Services

\*Seniors & In Home Care

\*Mental Health

\*Addiction Recovery

**Nourish Food Bank**

**Location:** 1704 85th St. E Tacoma, WA

Phone: 253-531-4530

### Lakes Area Nourish Food Bank

**Location:** 6900 Steilacoom Blvd SW

 Lakewood, WA

Phone: 253-581-1116

**Emergency Food Network**

**Location:** 3318 92nd St S

 Lakewood, WA

Phone: 253-584-1040

**Pierce County Medical Society**

**Location:** 223 Tacoma Ave S

 Tacoma, WA 98402

Phone: 253-572-3667

### Website: [https://www.pcmswa.org](http://www.pcmswa.org/)

\*Donated Medical care to those who qualify

\*Medical Premium Assistance to those who qualify

**www.workforce-central.org#jobs**

**Location:** 3640 S Cedar St. Suite E

 Tacoma, WA 98409

Phone: 253-208-0869

 \*Find a job

 \*Explore Career options

 \*Young Adult Services

 \*Career Pathways

**Tacoma Rescue Mission**

**Location:** 425 S Tacoma Way

 Tacoma, WA 98402

Phone: 253-383-4493

 \* Food

 \*Shelter

 \*Recovery

 \*Children and Family Services

 \*Veteran Services

 \*Adult Education

 \*Search and Rescue

**Pierce County Housing Authority**

**Location:** 1525 108th St. S

Phone: 253-620-5400

**The Salvation Army**

**Location:** 1501 6th Ave

 Tacoma, WA 98405

Phone: 253-572-8452

 \*Housing and Shelter Assistance

 \*Meal Assistance

 \*Bill Pay Assistance

 \*Employment Assistance

 \*Transitional Living Centers

 \*Children’s programs**Serra House- The Coffee Oasis**

**Location:** 6602 South Alaska St

 Tacoma, WA 98408

Phone: 253-328-6127

Email: tacoma@thecoffeeoasis.com

 Serving youth ages 13-25

Open Mon-Fri 2pm to 5pm

 Friday evenings 6pm-9pm

 \*Community Clothes Closet

 Free Food

**New Connections-Women Services**

**Location:** 422 West Titus Street

Kent, WA

Phone: 253-856-9200

**Tacoma Location:** 613 S. 15th St

 Tacoma, WA 98405

Phone: 253-617-1405

 \*Chemical Dependency Evaluations

 \*Mental Health Services

 \**Just Threads* Clothing Bank

 \*Housing Navigation

 \*License Re-Instatement Assistance

 \*ID Card Vouchers

 \*Employment Training

 \*Jail Transition Services

 \*Homelessness Prevention

 \*Resource Navigation

 \*Medicaid Enrollment

 \* Public Assistance Enrollment

 \*Social Security (SSI) Enrollment

 \*Case Management

 \*Child Support Payment Planning

 \*Domestic Violence

## Community Showers

**Lakewood YMCA**

**Location:** 9715 Lakewood Dr. SW

 Lakewood WA 98499

Phone: 253-584-9622

Hours of operation:

Monday-Thursday: 5-7:30am; 8-9:30pm

Friday: 5-7:30am; 8-8:30pm

Saturday: 7-7:30am

Sunday: Not available

Must supply own towel and picture ID

**Peoples Center**

**Location:** 1602 M.L.K Jr Way

 Tacoma, WA 98405

Phone: 253-404-3915

**Morgan Family YMCA**

**Location:** 1002 S. Pearl St.

 Tacoma, WA 98465

Phone: 253-564-9622

**Tacoma Center YMCA**

**Location:** 1144 Market St

 Tacoma, WA 98402

Phone: 253-597-6444

Hours of operation:

Monday-Friday: 8-9pm

Saturday: 6-7pm

Sunday: 4-5pm

Towel will be provided, you must arrive within the first 30 minutes of given hours. The access is only good for the shower and you must have government issued ID.

## Meal Sites in Pierce County

**Good Shepherd Lutheran Church**

**Location:** 140 E. 56th St.

 Tacoma, WA 98404

Phone: 253-47-.4848

* Tuesday only: 6pm
* Contribution
* Bus-Pierce Transit #56

**Steilacoom Community Center**

**Location:** 2301 Worthington

 Steilacoom, WA 98388

Phone: 253-983-2059 (please call for reservation)

* Tuesday, Wednesday, and Friday 12 noon
* RSVP Contribution for seniors 60+
* $5/under 60
* Bus-Pierce Transit #212

**Lakewood Meal Site**

**Location:** 5705 Main St.

 Lakewood, WA 98499

Phone: 253-474-1200 (please call for reservations)

* Tuesday and Thursday: 12 noon
* $2.50 suggested contribution for seniors 60+; $5/under 60
* Bus-Pierce Transit #204

**Tillicum/American Lake Gardens Community** **Service Center**

**Location:** 14916 SW Washington

 Tillicum, WA 98498

Phone: 253-584-1280 (please call for advance)

* Monday and Thursday: 12 noon
* Wednesday, Japanese: 12 noon
* $2.50 suggested contribution for seniors 60+
* $5/under 60
* Bus-Pierce Transit #206- 0.25 mile walk

**Hospitality Kitchen/African American Evening Meal Site**

**Location:** 1323 S. Yakima

 Tacoma, WA 98405

Phone: 253-502-2723 (please call for advance reservation)

**Hospitality Kitchen:**

* Monday-Saturday
* Breakfast 8:30am-9:30am
* Lunch: 11:30am-12:30pm

**African American Evening Meal:**

* Dinner served Thursdays only at 4pm
* Both are free for low income
* Bus-Pierce Transit #45**Nativity House**

Location: 2304 S. Jefferson Ave.

 Tacoma, WA 98402

Phone: 253-272-5266

* Wednesday-Sunday 11am-4pm
* No meals on Monday or Tuesday
* Free for low income and homeless
* Bus-Pierce Transit #48-0.25 mile walk

**My Sister’s Pantry**

**Location:** 621 Tacoma Ave. S

 Tacoma, WA 98402

Phone: 253-627-1186

* First and third Monday: 5-7pm
* Fourth Saturday: 10:30am-12:30pm
* Free for low income and homeless

Bus-Pierce Transit #26

* $5/under 60
* Bus—Pierce Transit #54

## Clothing Banks

**My Sister’s Pantry**

**Location:** 621 Tacoma Ave. S

 Tacoma, WA 98402

Phone: 253-627-1186

* First and third Monday: 5-7pm
* Fourth Saturday: 10:30am-12:30pm
* Free for low income and homeless

**Trinity Presbyterian Church**

**Pat’s Closet:**

**Location:** 1615 6th Ave.

 Tacoma, WA 98405

Phone: 253-272-8819

School uniforms and holiday goods may be available.

**Saint Francis Cabrini Church**

**Location:** 5505 180th St. SW

 Lakewood, WA 98499

Phone: 253-588-2141

This site offers very limited assistance with clothing and furniture needs. Limited financial aid for bills such as rent and utilities may be available.

**Salvation Army-Tacoma**

**Location:** 1110 S Puget Sound Ave

 Tacoma, WA 98405

Phone: 253-572-8452

The Homebound Emergency Services offers clothing, Christmas assistance, and school supplies. Other assistance might be available.

## Housing Services

### Action Associates

Clean and Sober Housing

17002 Pacific Ave S

Spanaway, WA

Phone: 253-538-5117

### Agape House-Coed Housing

Faith Based Transitional Housing

2901 S 8th St

Tacoma, WA 98405

Phone: 253-572-0506

### Ainsworth Oxford

Clean and Sober Housing (Women’s)

8816 Ainsworth Ave S.

Tacoma, WA 98444

253-503-5887

### Alder Oxford (Men’s)

Clean and Sober Housing

7240 S. Alder St.

Tacoma, WA

Phone: 253-474-0102

### Annobee Apt.

Low Income Housing

323 No. “I” St.

Tacoma, WA

Phone: 253-272-4310

### Another Chance for Women and Children

Clean and Sober Housing

F 923 MLK Way

Tacoma, WA

Phone: 253-572-8170

**Argus Manor**

Low Income Housing (seniors) 204 9th St. SE

Puyallup, WA

253-848-4224

### Family Center Mental

### Health Housing

### 1323 S Yakima Ave

### Tacoma, WA

###  253-502-2696

### Centro Latino

Spanish Housing

1208 S 10th St.

Tacoma, WA

### 253-572-7717

###  Cheney Oxford (Men’s)

Clean and Sober Housing

1015 S Hudson St

Tacoma, WA

253-765-8093/800-661-1690

### Christian Biker Tabernacle

Clean and Sober Housing for Women 2702 E 112th St.

Tacoma, WA

253-677-8800

### CNH House

Rehabilitation Housing

618 S 36th St.

Tacoma, WA

253-224-0758

### Du-weys House II

Transitional Housing (For Men) 3574 E Howe St

Tacoma, WA 98404

253-475-9320

### Exodus Housing

Transitional Housing (For Homeless Families)

15318 Washington St. E.

Sumner, WA

253-862-6808

### Helping Hand House

Transitional Housing (For Homeless Families)

4321 2nd St. SW

Puyallup, WA 98373

253-848-6096

### Kincaid Court

Senior Low Income Housing

6210 Parker Rd

Sumner, WA

253-863-8818

### Lakewood Area Shelter

Homeless Shelter

8956 Gravelly Lake Dr SW

 Lakewood, WA 98499

253-581-8689

### MDC

### Low Income Housing

721 Fawcett Ave #204

Tacoma, WA

253-383-3921

### Mi Casa

Low Income Housing (For Families)

8619 29th St. Ct E

Puyallup, WA

253-841-2182

**Fircrest Oxford (Men’s)** Clean and Sober Housing

1317 West Mount Drive Fircrest, WA

253-564-6052

### Norwegian

Senior Low Income Housing

3405 Erickson St.

Gig Harbor, WA 98335

253-851-3653

### Sunset Meadows

Low Income Housing (For Women)

2396 Milton Way

Milton, WA

 253-952-2466

**House of Matthew Permanent & Supportive Housing**

Low Income Housing

1127 Broadway STE #10

Tacoma, WA 98402

253-301-0508

### Tacoma Rescue Mission

Homeless Shelter

425 S Tacoma Way

Tacoma, WA 98402

253-383-4493

### Veterans Independent Enterprise of Washington / VIEW

Housing for Veteran Families

6919 24th St. W

University Place, WA 98466

253-922-5650

### YWCA

Housing for Women (spousal abuse) 405 Broadway

Tacoma, WA

253-272-4181

## Apartments

### Catalina Apartments

1616 S. Yakima #2

Tacoma, WA 98402

253-627-5211

### Conifer South

5235 S. Warner

Tacoma, WA 98409

 253-627-8029

### Market Street Apartments

1314 Market St.

 Tacoma, WA 98402

 253-272-9475

### Golden Hemlock

5939 N. 26th St. #25

Tacoma, WA 98407

253-752-6491

**Metropolitan Development Counsel**

945 Fawcett Ave

Tacoma, WA 98402

253-383-3921

**Emmons Apartments**

1010 S Eighth St.

Tacoma, WA 98405

 253-274-5710

### Fern Hill Terrace

210 S. 80th St. #A

Tacoma, WA 98408

 253-475-0482

**Golden Given Apartments**

1023 74th St. E

Tacoma, WA 98404

253-536-3154

### Grace Abounds Apartments

335-341 5th St SW

Puyallup, WA 98371

### Glenbrook Apartments

701 43rd Ave. SE

 Puyallup, WA 98374

253-445-7200

### Hillside Gardens

1708 South G St.

Tacoma, WA 98405

253-627-5783

### Hotel Olympus

815 Pacific Ave

Tacoma, WA 98402

253-274-1250

### Highland Court Apartments

1122 Highland St.

Tacoma, WA 98465

253-566-6000

**Meadow Park Garden Court**

5712 Hannah Pierce RD W

University Place, WA 98467

253-474-5103

**Rainier View Senior Apartments**

1410 62nd Ave E

Tacoma, WA 98424

844-228-8338

### Steilacoom Woods Apt.

2504 Woods Drive

Steilacoom, WA 98388

253-588-1314

**Summit Apartments**

11016 Waller RD E

Tacoma, WA 98446

253-538-2050

## Basic Needs

### BASH - Bikers Against Statewide Hunger

Food Bank

103 140th St. S. #B

Tacoma, WA 98444

253-536-6480

### Bargain World

Thrift Store

512 112th St. S

Parkland, WA 98444

253-759-7811

### Disability Information and Referral – TACID

Disabilities (TACID)

6315 S 19th St

Tacoma, WA 98466

 253-565-9000

### Fife Milton Edgewood Food Bank

Food Bank

2303 54th Ave E

Fife, WA 98424

253-922-0960

### FISH Food Banks of Pierce County

1704 85th St. E

Tacoma, WA 98445

253-531-4530

### Fort Lewis Thrift Shop

Thrift Store

2070 Pendleton Ave

Lewis McChord, WA 98433

253-964-0445

### Goodwill Outlet

3120 S. Pine St

Tacoma, WA 98409

253-573-6736

### Lakes Area Fish Food Bank

Food Bank

6900 Steilacoom Blvd SW

Steilacoom, WA 98499

253-581-1116

### Gig Harbor Peninsula Fish

Food Bank

4425 Burnham Dr.

Gig Harbor, WA 98332

253-858-6179

### Lake Stevens Community Food Bank

Food Bank

2111 117th Ave NE

Lake Stevens, WA 98258

425-334-3430

### Lakewood Goodwill

Thrift Store

6002 Mt Tacoma Dr. SW

Lakewood, WA 98499

253-983-0040

### Life Center Thrift Shop

Thrift Store

6331 6th Ave

Tacoma, WA 98406

253-460-0688

### My Sister's Pantry

Food Bank

621 Tacoma Ave S

Tacoma, WA 98402

253-627-1186

### Puyallup Food Bank

Food Bank

110 23rd St SE

Puyallup, WA 98372

253-848-5240

### The Salvation Army

Transportation

1501 6th Ave

Tacoma, WA 98405

253-572-8452

### Salvation Army Church

Transportation

215 N G St

Aberdeen, WA 98520

360-532-8346

### Social Security Benefits

Social Security Benefits

811 South Hill Park Dr.

Puyallup, WA 98373

(800)772-1213

**Social Security Office**

Social Security Benefits

2608 S 47th St

Tacoma, WA 98409

(888)487-9229

### Spanaway FISH Food Bank

Food Bank

16001 A St S

Spanaway, WA 98387

253-383-1817

### St. Leo Food Connection

Food Bank

1323 S Yakima Ave

Tacoma, WA 98405

253-383-5048

### St. Vincent de Paul Thrift Store

Thrift Store

4009 S 56th St

Tacoma, WA 98409

253-474-0519

### WIC (Women, Infants, Children)

Healthy food vouchers, breastfeeding support, nutrition education & more

800-332-2588**Sumner Food Pantry**

15625 Main ST E

Sumner, WA 98390

253-863-3793

### Tacoma Rescue Mission

Meals and Shelter

425 S. Tacoma Way

Tacoma, WA 98402

253-383-4493

### Value Village Thrift Store

Thrift Store

1124 River Rd

Puyallup, WA 98371

253-848-1582

### Visitation Church

3314 S 58th St

Tacoma, WA 98409

253-473-4960

**Care Net of Puget Sound**

Free Emergency Baby Supplies

1924 S. Cedar St #B

Tacoma, WA 98405

253-383-2988/

877-NOT-ALONE

### Pierce County Homeless Services Coordinated Entry

253-682-3401

## Health Care Services

### Advanced Health Care

Healthcare Services

9116 Gravelly Lake Dr. SW

Tacoma, WA 98499

253-475-7744

### Good To Be Home Care

Healthcare Services

8903 Gravelly Lake Dr. SW

Lakewood, WA 98499

253-588-4344

### Aveanna Healthcare

Healthcare Services

7602 Bridgeport Way W STE#2B

Lakewood, WA 98499

253-912-4860

### Maxim Healthcare - Tacoma Behavioral Health Services

Healthcare Services

4301 S Pine St #505

Tacoma, WA 98409

253-292-4354

### MultiCare Adult Day Health Center

Nursing Care

6442 S. Yakima

Tacoma, WA 98408

253-459-7222

### ResCare HomeCare

Healthcare Services

6704 Tacoma Mall BLVD #204

Tacoma, WA 98409

253-259-2879

**Social Security Office**

Social Security Benefits

2608 S 47th St STE “A”

Tacoma, WA 98409

(888)4879229

### Mary Bridge Developmental Services

Therapy Service

1220 Division

Tacoma, WA 98403

253-403-4437

**Pierce County Medical Society**

223 Tacoma Ave S

Tacoma, WA 98402

253-572-3667

### Washington State Department of Health

Healthcare Services

111 Israel Rd SE

Tumwater, WA 98501

(800)525-0127

**Pierce College Dental Hygiene Clinic**

9401 Farwest Dr. SW

Lakewood, WA 98498

253-964-6500

**Bates Technical College Dental Clinic**

1101 S Yakima

Tacoma, WA 98405

253-680-7000

## Counseling Services

### 2-1-1 Mental Health Resources Navigation

Dial 2-1-1 or 877-211-9274

### American Lake Campus – VA

Personal Counseling

9600 Veterans Dr.

Tacoma, WA 98493

253-582-8440

Serves sliding scale (must be a veteran)

### Beacon Health ASO

855-228-6502

### Consejo Counseling and Referral Services

Family Counseling

5915 Orchard Street W

Tacoma, WA 98467

 253-414-7461

### Healing Places Counseling Center

Personal Counseling

621 Pacific Ave STE 102

Tacoma, WA 98402

253-200-6298

### MultiCare Behavioral Health

Personal Counseling

325 E Pioneer

Puyallup, WA 98372

253-697-8400

### Greater Lakes Mental Healthcare

Personal Counseling

9330 59th Ave SW

Lakewood, WA 98499

253-581-7020

Serves private insurance and sliding scale

### Hope Sparks

Personal Counseling

6424 North 9th St

Tacoma, WA 98406

253-565-4484

### Asian Counseling Services (MultiCare)

Therapy and help for Asians & Pacific Islanders

253-471-0141

### CWA Comprehensive Behavioral Health

Serves African Americans (and others)

253-536-2881

### Kwawachee Counseling Center

Serves Tribal/Native Americans

Therapy, counseling, &education for adults, youth, couples &families; operated by the Puyallup THA

253-593-0232

### Julia K. Maxwell, MA

Personal Counseling

10209 Bridgeport Way SW, Suite C-10 Lakewood, WA 98499

253-640-3146

### Philip C. Butterfield, MA

Personal Counseling

6927 Lakewood Dr. W #C-4 Lakewood, WA 98467

 253-651-7785

 Serves private insurance

### Sea Mar–Tacoma Behavioral Health Clinic

Personal Counseling

2121 South 19th St.

Tacoma, WA 98405

253-396-1634

Serves sliding scale

**NAMI of Pierce County**

PO Box 111923

Tacoma, WA 98411

253-677-6629

**Family Counseling**

3217 N Mason Ave

Tacoma, WA 98407

253-383-5757

**Pacific Lutheran University**

12180 Park Ave S

Tacoma, WA 98447

253-535-7838

**YES Parent Group (A Common Voice)**

Tuesdays 6-8:30pm, HOPE Center in Lakewood, WA

253-537-2145

***Counseling Services for Youth and Children***

**Bridges-A Center for Grieving Children**

253-272-8266

**WA Mental Health Referral Services for Children & Teens-Treatment**

8am-5pm

833-303-5437

## Employment

### Bonney Lake Goodwill

21153 WA-410

Bonney Lake, WA 98391

253-862-0237

### Centro Latino Services

1208 South 10th St

Tacoma, WA 98405

253-208-0869

### Workforce Central

3650 South Cedar St STE E

Tacoma, WA 98409

253-830-5226

### Goodwill Industries

714 S 27th St

Tacoma, WA 98409

253-573-6500

### People Ready-Tacoma

1015 A St

Tacoma, WA 98402

253-383-9101

### People Ready– Puyallup

11910 Meridian E

Puyallup, WA 98373

253-445-0908

### Labor Works – Gig Harbor

6514 Wollochet Dr.

Gig Harbor, WA 98335

253-853-3444

**Labor Works** **– Tacoma**

5944 6th Ave

Tacoma, WA 98406

253-627-9675

### Puyallup Goodwill

1200 4th St NW

Puyallup, WA 98371

253-445-2855

### The Salvation Army Emergency

1505 4th Ave E

Olympia, WA 98506

360-352-8596

### Salvation Army Family Lodge

1521 6th Ave

Tacoma, WA 98405

253-627-3962

### WorkSource-Pierce

2121 S State St. #300

Tacoma, WA 98405

253-593-7300

## Childcare Services

### Tacoma General Hospital

Support for Newborns

315 MLK Jr Way

Tacoma, WA 98405

253-403-1000

### Center for Therapeutic Intervention

Child Therapy Service

6659 Kimball Dr. S

Gig Harbor, WA 98335

253-851-3874

### Child Care Aware of Washington

Licensed Child Care State wide

1001 Pacific Ave – Suite 400

Tacoma, WA 98402

253-383-1735

### Excelcare (Nanny Services)

Childcare

2602 S 38th St #12

Tacoma, WA 98409

253-565-8252

### Washington State Childcare Resources and Referral Network

www.childcarenet.org

### Mary Bridge Good Samaritan Children’s Therapy

Childcare Development Programs/Services

402 15th Ave SE #100

Puyallup, WA 98372

253-697-5200

**Harbor Children’s Therapy**

Children Development Therapy Services 5334 Olympic Dr. NW #101

Gig Harbor, WA 98335

253-853-5155

### Peninsula Pediatric Therapy

Child Development Therapy Services

6659 Kimball Suite 303C

Gig Harbor, WA 98335

253-857-5437

**Puyallup Tribe**

Child Development Therapy Services 3009 E Portland Ave

Tacoma, WA 98404

253-573-7800

**Franciscan Therapy Services** Child Development Services 1617 S J St

Tacoma, WA 98405

253-426-4400

## Transportation

### Around the Sound

Private, For Profit Transportation Company https://atstrans.org/

253-858-7088

### Absolute Mobility Center

Eligible for people with disabilities, people with low incomes, and seniors 65+

6053 Tacoma Mall BLVD

Tacoma, WA 98409

253-267-5280

### Pierce Transit

*Pierce county transit*

Headquarters

3701 96th St. SW

Lakewood, WA 98499

253-581-8000

***72nd St Transit Center***

E 72nd & Portland Ave

Tacoma, WA 98404

***Lakewood Transit Center***

Lakewood Towne Center Blvd

Lakewood, WA 98499

***Parkland Transit Center***

S 121st & Pacific Ave

Parkland, WA 98499

***South Hill Mall Transit Center*** 39th Ave E

Puyallup, WA 98373

***Tacoma Community College Transit Center***

S 18th & Mildred

Tacoma, WA 98466

***Tacoma Dome Station***

505 East 25th St

Tacoma, WA 98421

***Tacoma Mall Transit Center***

S 48th & Oakes

Tacoma, WA 98409

### Sound Transit: Ride the Wave

Transit trip planner and transportation tools *soundtransit.org*

253-858-6179

## Veteran Services

**African-American PTSD Association**

9129 Veterans Dr. SW

Lakewood, WA 98498

 253-589-0766

**American Legion – University Place**

7515 Cirque Dr. W

University Place, WA 98467

253-460-1105

### Disabled American Veterans (DAV)

Tacoma Chapter #1

1110 N. Stevens St.

Tacoma, WA 98406

253-752-2970

### DAV Harmony

5604 75th St. W

Lakewood, WA 98499

253-472-4680

### WorkSource JBLM Center

11577 41st Division Dr.

Dr. Hawk Transition Center, Room 124

Lewis McChord, WA 98433

253-967-3258

**Pierce County Veterans Assistance Programs**

3602 Pacific Ave #200

Tacoma, WA 98418

253-798-7449

### Crisis Line-24/7 Phone & Chat

Crisis and other help for Vets, Military & Families

800-273-8255

### Vets4Warriors-24/7 Phone & Chat

Peer support/help to all Vets, Military & Families

855-838-8255

### DoD Safe Helpline-24/7

Confidential help for sexual assault (self or other)

877-995-5247

### Tacoma Vet Center

4916 Center St. Suite E

Tacoma, WA 98409

253-565-7038

**VA Compensated Work Therapy Transitional Residence – VAPSHCS**

9600 Veterans Dr. SW #148

Tacoma, WA 98493

253-583-1615

### VA Domiciliary Care for Homeless Veterans

VAPSHCS – American Lake Division 9600 Veterans Dr.

Tacoma, WA 98493

253-582-8440

### VA Vocational Services

VAPSHCS – American Lake Division 9600 Veterans Dr.

Tacoma, WA 98493

253-582-8440

### Veterans Independent Enterprises of Washington (VIEW)

6919 24th St. W

 Tacoma, WA 98466

253-922-5650

**Steven A. Cohen Military Family Clinic**

6103 Mt. Tacoma Dr. SW

Lakewood, WA 98499

253.215.7070

**VA Vocational Rehabilitation**

5712 Main St. SW

Lakewood, WA 98499

253-582-2729

**Veteran Combat Call Center 24/7**

877-WAR-VETS

**VA Puget Sound Health Care System**

American Lake Division 253-582-8440

1-800-329-8387

**Tri-Care/TRI-WEST Health Care Alliance (West Region)**

Serving military personnel, dependents, and retirees in Pierce County

888-874-9378

www.tricare.mil

## Disability Services

### DDA – Region 3 Tacoma Field Office

1305 Tacoma Ave, S, Suite 300

Tacoma, WA 98402

253-404-5500

### Department of Services for the Blind – Tacoma Office

949 Market St, Suite 508

Tacoma, WA 98402

253-597-4417

**UW Autism Center**

Tacoma: 253-692-4721

Toll-free: 877-408-UWAC (8922)

**Children and Adults with Attention Deficit Disorders (CHADD)**

800-233-4050

**Deaf Access Program (Wash. Relay Service-TTY)**

Dial 711 to connect with a relay operator

Customer Service: 800-676-3777 TTY/Voice

800-676-4290 TTY/Voz (Spanish)

www.washingtonrelay.com

### TACID

6315 S 19th St

Tacoma, WA 98466

253-565-9000

**Seattle DDA Field Office**

1700 E Cherry St Suite 200 ,

Seattle, WA 98112

206-568-5700/ 800-314-3296

**Hearing, Speech & Deaf Center (HSDC)**

621 Tacoma Ave S, Suite 505

Tacoma, WA 98402

253-475-0782

**Pierce Co. Parent Coalition for Developmental Disabilities**

Providing clear, up to date information for families with disabled children in Pierce County

253-564-0707

Toll-free: 877-DDLINKS (877-335-4657)

**Washington P.A.V.E.**

Provides education, information and advocacy for children with disabilities and their families in Pierce County

253-565-2266 (V/TTY)

Toll-free: 800-572-7368 (V/TTY)

www.washingtonpave.com

## Free & Low Cost Medical Insurance

## *ObamaCare*

877-614-3428

**www.obamacare-plans.com**

***Health Insurance $30/Month Low Cost and Full Coverage***

844-585-9372

**www.obamacareplans.com/insurance**

***Washington Health Insurance-Blue Cross $9/Week-New***

**www.affordable –health-insurance-plans.org**

***Washington State Health Care Authority (Apple Health)***

**www.hca.wa.gov**

***Washington Healthplanfinder: Home Page***

**www.wahealthplanfinder.org**

**Apple Health for Kids (DSHS)**

***Basic Health Plan***

800-660-9840

**www.basichealth.hca.wa.gov**

State medical/dental plan covering children up to age 19

877-543-7669

**hrsa.dshs.wa.gov/AppleHealth**

## Free & Low Cost Dental/Medical Clinics

Please call the clinics below to check on availability of services and cost.

**Bates Technical College**

1101 S. Yakima Ave

Tacoma, WA 98405

253-680-7310

**Milgard Family Dental Clinic**

1708 E 44th Street

Tacoma, WA 98404

253-471-4553

**Family Dental Clinic**

1202 South 11th Street

Tacoma, WA 98421

253-572-7002

**Dental Van-Northwest Medical Tea**

2342 Tacoma Ave S

Tacoma, WA 98402

253-597-4194

**Hilltop Regional Health Center Dental Clinic**

1202 MLK Jr. Way

Tacoma, WA 98405

253-441-4743

**Sea Mar Tacoma Dental Clinic**

1215 S 11th St.

Tacoma, WA 98405

253-280-9840

**Sea Mar Tacoma Dental Clinic-Cushman**

1112 S Cushman

Tacoma, WA 98405

253-280-9770

**Sea Mar Tacoma Health Care for the Homeless Clinic**

3712 S Cedar St.

Tacoma, WA 98409

253-682-2860

**Sea Mar Medical: Puyallup**

10217 125th St Ct E

Puyallup WA 98374

Open Monday – Saturday

206.864.4550

**Sea Mar Dental: Puyallup**

10217 125th St Ct E, 2nd floor

Puyallup WA 98374

Open Monday – Saturday

253-864-4550

**Trans Lifeline:** 877.565.8860

**Trevor Project (LGBTQ):**  866.488.7386

**Addiction Recovery:** 866.789.1511

**Treatment Referral**: 877.726.4727

**Healthy Mom’s. Healthy Babies**

Contact us at mchservices@tpchd.org or

(253) 798-6403

**Black Infant Health / Health Ministers**

Contact us at mchservices@tpchd.org or

(253) 798-6403

**Access to Baby & Child Care Dental**

For children on Medicaid ages birth to 5 years

253-798-4720

**Puyallup Tribal Health Authority-Takopid Health Clinic**

Provides medical, dental, and behavioral health care in a culturally appropriate manner. Must have tribal enrollment card and proof of Pierce county residence. All services are provided without charge.

253-593-0232

## Free Vaccines for Uninsured Adults

## MultiCare Health System South Hill

3500 S Meridian

Puyallup, WA 98373

253-697-1426

Call for schedule

**Key Medical Center**

15610 89th St Ct NW

Lakebay, WA 98349

253-884-9221

**PLU Health Center-PLU students only**

121st St & Park Ave.

Tacoma, WA 98447

253-535-7337

**CHC Hilltop-flu and pneumococcal only**

1202 MLK Jr Way

Tacoma, WA 98405

253-441-4742

**CHC Lakewood**

10510 Gravelly Lake Dr.

Lakewood, WA 98444

253-589-7030

**CHC Spanaway**

134 188th St S

Spanaway, WA 98387

253-847-2304

**MultiCare East Pierce Family Medicine**

1322 3rd St SE. Suite 240

Puyallup, WA 98372

253-697-1420

**MultiCare Tacoma Central Primary Care**

2420 S Union Ave Suite 300

Tacoma, WA 98405

253-680-6200

**Kirk’s Pharmacy**

104 Mashell Ave N

Eatonville, WA 98328

360-832-3121

**Rankos Pharmacy**

101 N Tacoma Ave

Tacoma, WA 98403

253-383-2411

**Purdy Costless Pharmacy**

14201 92nd Ave NW

Gig Harbor, WA 98329

253-857-7797

**Neighborhood Clinic Tacoma**

1323 S Yakima Ave

Tacoma, WA 98405

253-627-6353

## Tuberculosis Skin Testing

***Tacoma*--**

**Community Health Care Hilltop Family Medical Clinic**

1202 MLK Jr. Way

Tacoma, WA 98405

253-441-4743

**Community Health Care EastsideTanbara Family Medical Clinic**

1708 E 44th St

Tacoma, WA 98404

253-471-4553

**MultiCare Indigo Urgent Care James Center**

1812 S Mildred St Suite H

Tacoma, WA 98465

253-301-6975

**MultiCare Indigo Urgent Care Point Ruston**

5058 Main St Suite 100

Tacoma, WA 98407

253-533-6770

**MultiCare West Tacoma Urgent Care**

2209 N Pearl St

Tacoma, WA 98407

253-792-6900

## Pacific General Medical Clinic

7440 Pacific Ave S

Tacoma, WA 98408

253-475-0511

**SeaMar Community Health Center Tacoma**

1112 S Cushman Ave

Tacoma, WA 98405

253-593-2144

**U.S.HealthWorks Tacoma**

2624 S 38th St

Tacoma, WA 98409

253-475-5908

***Lakewood—***

**Community Health Care Lakewood Family Medical Clinic**

10510 Gravelly Lake Dr. SW

Lakewood, WA 98499

253-589-7030

**MultiCare Lakewood Clinic Urgent Care**

5700 100th St SW Suite 510

Lakewood, WA 98499

253-459-6065

**SeaMar Community Health Center Tillicum**

14916 Washington Ave SW

Lakewood, WA 98498

253-280-9890

***Parkland—***

**Community Health Care Parkland Family Medical Clinic**

11225 Pacific Ave S

Tacoma, WA 98444

253-536-2020

***Spanaway—***

**Community Health Care Spanaway Family Medical Center**

134 188th St S

Spanaway, WA 98387

253-847-2304

**MultiCare Spanaway Urgent Care**

225 176th St S

Spanaway, WA 98387

253-459-7770

***Gig Harbor—***

**MultiCare Gig Harbor Medical Park**

4545 PT Fosdick Dr. NW

Gig Harbor, WA 98335

253-530-8000

***Puyallup—***

**Franciscan Prompt Care Canyon Road**

15214 Canyon RD E

Puyallup, WA 98375

253-539-4200

**MultiCare Indigo Urgent Care Puyallup**

15125 Meridian E Suite 102

South Hill, WA 98374

253-697-3066

**MultiCare Puyallup Urgent Care**

220 15th Ave SE Suite C

Puyallup, WA 98372

253-435-3400

**SeaMar Community Health Center Puyallup**

10217 125th St Ct E

Puyallup, WA 98374

253-864-4550

**Concentra Urgent Care**

3850 S Meridian Suite 10

Puyallup, WA 98373

253-840-1840

## LGBTQ Resources and Services

**LGBT National Youth TalkLine**

800-246-7743

**Trans Lifeline**

24/7 hotline, call for help in any crisis, including suicidal thoughts; Hotline staffed by transgender people

877-565-8860

**Pierce County AIDS Foundation – PCAF**

*PCAF, through education and service, prevents HIV infection, assists persons affected by HIV/AIDS, addresses related health problems, and combats associated stigma and discrimination*.

Tacoma Office

3009 S. 40th Street

Tacoma, WA 98409

253-383-2565

Weekdays 9am-5pm

\*Wednesdays 11am-5pm

www.pcaf-wa.org

**The Trevor Project**

*The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.*

Website: thetrevorproject.org/

Phone: 866-488-7386

**LGBT National Hotline**

Peer support, information & local resources

888-843-4564

**Rainbow Center**

*Offers resources and safe space for the lesbian, gay, bisexual, transgender, queer, and allied (LGBTQA) community*.

2215 Pacific Avenue

Tacoma, WA 98402

253-383-2318

**OASIS Youth Center**

*Oasis Youth Center transforms the lives of queer youth by creating a safe place to learn, connect, and thrive.*

General Drop-In Hours for Youth & Young Adults ages 14-24*:*

Thursday – Saturday: 4 PM - 10 PM

2215 Pacific Avenue

Tacoma, WA 98402

Office: 253-671-2838

Emergency Phone: 253-988-2108

Email:  oasis@oasisyouthcenter.org

**Safe Schools Coalition**

An international public-private partnership in support of gay, lesbian, bisexual and transgender youth

Toll-free 877-SAFE-SAFE (877-723-3723)

www.safeschoolscoalition.org

## Family Support

### Bethel Family Center

Family Support Center

18020 B St. E

Spanaway, WA 98387

253-683-6862

### Crisis Pregnancy Center of Pierce County, Lakewood Center

Free Pregnancy Tests

10828 Gravelly Lk Dr. S Suite 101

Lakewood, WA 98499

253-984-6222

**The Division of Child Support**

Social Services Organization

1949 S. State St #3

Tacoma, WA 98405

253-597-3700

### Family Education & Support Services

Health Services

6840 Capital BLVD SE Building 3

Tumwater, WA 98501

360-754-7629

### First Step Family Support Center

Social Services Organization

325 E 6th St

Port Angeles, WA 98362

360-457-8355

### Care Net of Puget Sound

*Pregnancy & Family Services*

1924 S Cedar St #B

Tacoma, WA 98405

253-383-2988

### DadsMOVE

### Support and training for parents

### 425-243-7028Puyallup – Family Support Centers

Family Support Center

606 E. Main Ave, Suite B

Puyallup, WA 98372

253-845-9177

### Step by Step

Non-Profit Organization

3303 8th Ave SE #A

Puyallup, WA 98372

253-896-0903

### Sumner-Bonney Lake Family Support Center

Family Support Services

1518 Main St

Sumner, WA

253-891-6550

### Tahoma Family Center – Catholic Community Services

Pregnancy Support and Hot Meals

1323 S. Yakima Ave

Tacoma, WA 98405

253-383-3697

### Washington State Department of Social and Health Services-Children’s Administration

Department of Social Services

14th Ave SE & Jefferson St SE

Olympia, WA 98501

(800) 737-0617

### Kinship Care in Washington State

Support for relatives raising children. Part of DSHS in Washington

www.dshs.wa.gov/kinshipcare

## Support Groups/Resources

### Gamblers Anonymous

### 855-222-5542

### *Alcoholics Anonymous*

### Pierce County Recovery Support Line

877-780-5222

### 9th & McKenzie Group

(Open Meeting Wheelchair accessible)

904 McKenzie Ave

Bremerton, WA 98337

### Belfair Group

(Open Meeting)

42 NE Old Belfair Hwy

Belfair, WA 98528

### Bremerton Group

(Open Meeting)

641 N Callow Ave

Bremerton, WA 98312

### Gig Harbor Face to Face

3211 Harborview Dr.-Skansie Park

Gig Harbor, WA 98335

### Hang Over Group

(Wheelchair accessible, Child Friendly)

4302 N 13th St

Tacoma, WA 98406

### Lakewood Lunch Bunch

(Wheelchair accessible)

6507 Mt Tahoma Dr. SW

Lakewood, WA 98499

### Men’s Stag

Men only meeting

(Wheelchair accessible, Child Friendly)

6507 Mt Tahoma Dr. SW

Lakewood, WA 98499

### Miracle of 56th

(Open Meeting; Child Friendly)

5601 S. Puget Sound

Tacoma, WA 98409

### Ohop Nuts & Bolts

(Open Meeting)

26418 Mountain Hwy E

Spanaway, WA 98387

### Rule 62

(Open Meeting, Wheelchair Accessible; Child Friendly)

900 M.L.K. Jr. Way-People’s Park

Tacoma, WA 98405

### Saving Our Sobriety

(Open Meeting; Wheelchair Accessible)

121 Hwy 162 W

South Prairie, WA 98385

### Serenity Hall

(Open Meeting, Wheelchair Accessible)

2601 Jahn Ave NW

Gig Harbor, WA 98335

### Upon Awakening Saturday & Sunday

(Open Meeting)

1314 E Morton St.

Tacoma, WA 98404

### Eastside Newcomers

(Open Meeting, Handicap Accessible)

7005 32nd St. Ct W #103

University Place, WA 98466

**Monday Morning Women’s Discussion**

(Women’s Meeting)

2609 Jahn Ave Suite A-11

Gig Harbor, WA 98335

### AA meetings lists

*Face to face meetings:*

**https://apps.pugetsoundaa.org/meetinglist/?facetoface**

*Online meetings:*

**https://apps.pugetsoundaa.org/meetinglist/?online**

### Recovery Café

### 253-533-9361

### *Narcotics Support Groups*

***\*Please note that all meetings are online at this time.\* Password for all meetings is: 1953***

**SPSANA Nooner**

Daily 12:15pm

Meeting ID: 195 236 912

### Sunday Morning Recovery

Sundays 9:30am

Meeting ID: 548 929 394

### Lacey Unloaded

Sundays 5pm

Meeting ID: 178 326 834

### Grace for the Moment

Sundays 7pm

Meeting ID: 241 109 164

**Step of the Month (men’s)**

Sundays 7pm

Meeting ID: 241 514 156

**It Works How & Why**

Sundays 7:30pm

Meeting ID: 781 1293 1470

**Higher Powered**

Mondays 6pm

Meeting ID: 480 909 441

**Monday Night Bluz**

Mondays 7:30pm

Meeting ID: 387 134 7241

### Wings of Recovery

Tuesdays 7pm

Meeting ID: 151 26 114

**Recovery Rocks**

Tuesdays & Thursdays

Meeting ID: 828 5545 4048

**Women Do Recover (Women’s)**

Wednesdays 6:30pm

Meeting ID: 624 418 1730

**Speaking of Sponsorship Speaker Meeting**

1st Wednesday of the Month 7pm

Meeting ID: 948 7828 4980

**Wednesday Wecovery**

Wednesdays 8pm

Meeting ID: 767 150 561

**Kind of Thursday Night**

Thursdays 7pm

Meeting ID: 735 974 4614

**Friday Night Survivors**

Fridays 5:30pm

Meeting ID: 670 937 823

**The Ties that Bind (women’s)**

Fridays 7pm

Meeting ID: 221 010 040

**Breaking the Chains**

Fridays 8pm

Meeting ID: 156 475 675

**Addicts “R” Us**

Fridays & Saturdays

Meeting ID: 983 395 146

**List of Meetings:**

https://www.spsana.org/

***Bereavement Support Groups***

***Infant Loss Survivor Websites:***

**Birth Mom Buds**

www.birthmomsbuds.com

**Black Infant Memorial**

www.blackinfantmemorial.com

**Compassionate Friends**

www.compassionatefriends.org

**Exhale: an After Abortion Hotline**

www.4exhale.org 1-866-439-4253

**Glow (for babylost mothers and fathers)**

www.glowinthewoods.com

**Griefwatch (for perinatal loss)**

www.griefwatch.com

***General Grief Support***

**MultiCare Good Samaritan Home Health/Hospice and Pallative Care Services**

Contact

Luella Kittredge 253-301-6465

Julie Hartman 253-301-6639

**Acquainted With Grief**

2pm 2nd Wednesday

Contact: Jim Saxman

253-272-5558

**Mountain View Funeral Home**

4100 Steilacoom SW Blvd

Lakewood, WA

253-584-0252

**Franciscan Hospice**

253-534-7000

**TACID**

253-565-9000

**Group Health Cooperative Home and Community Services**

Contact Janet Hedgepath

253-274-4627

***Widowed Support***

### Helping Hearts

Last Thursday at 1pm

Contact Sylvia & Bill Stump

253-581-2285

### Groups for Widowed/Lifemates

Contact Geoff Piper

253-584-0252

### Widowed Information & Consultation Services

10-11:45am Every Wednesday

Debbie Radcliffe

253-973-6594

### Welcoming Widows and Widowers

2nd Tuesday 6:30-8pm

Dorothy Prybylski

253-697-1781

### Rebuilders (specifically for widowed)

Meeting, potluck, and games

Kathryn Kier

253-845-1591

Betty Boik

253-845-9618

***Parent Support***

**Parent Grief Support**

Last Wednesday

Contact Karla Schroeder

253-862-1477

**Compassionate Friends**

Mike McCloud: 206-369-7366

Suzanne or Carolyn:

360-692-0217

### The Tears Foundation

253-200-0944

**Memories Support Group**

Last Sunday 12:30pm-2:30pm

Carol 253-279-3071

Stephanie 253-208-7107

**Parent Support for Loss of an Infant**

24/7 hotline

253-426-6735

### *Children’s Support*

### Mary Bridge Children’s Hospital & Health Center-BRIDGES

Darren Wenz or Lisa Duke

253-403-1966

### *Adult Loss of a Parent Support*

### Adult Parental Loss

Over 18 years old

Geoff Piper

253-584-0252

### *Violent Crime Victim Support*

### Survivors of Violent Crime Victim Support

(3rd Wednesdays of the month, 7:30PM)

Lew Cox 253-383-5254

### *Survivors of Suicide Support*

**S.O.S (survivors of suicide)**

Joan Tabrum: 253-838-8947

Janis: 360-866-2509

Kathy Sterling: 206-244-8729

### *Brain Injury Support Groups*

### Good Samaritan Hospital/Mt. Rainier Room, Puyallup

Phone: 877-719-2378

Website: www.braininjurywa.org/supportgroups.php

### Cascade Park TBI Support Group, Tacoma

3rd Tuesday 6-7:30pm

Phone: 253-627-9990

Website: www.braininjuryspokane.org

### HeadStrong Support Group, Tacoma

4th Tuesday of odd months

Phone: 360-220-1422

Website:www.headstrong4life.org/headstrong-calendar

### *Cancer Support Groups*

### American Cancer Society (ACS)

Phone: 800-227-2345

Website: www.cancer.org

**Cancer Hope Network**

Phone: 1-877-467-3638

Website: www.cancerhopenetwork.org

**Cancer Support Community**

Phone: 888-793-9355

Website: www.cancersupportcommunity.org

**National Comprehensive Cancer Network**

Phone: 215-690-0300

Website: www.nccn.org/patients

**Patient Advocate Foundation**

Phone: 800-532-5274

Website: www.patientadvocate.org

**Prevent Cancer Foundation**

Phone: 800-227-2732

Website: www.preventcancer.org

### *Offender Re-entry Program*

### New Connections

253-617-1405

## Education

### *GED Prep Locations*

### *Clover Park Technical College*

4500 Steilacoom BLVD SW

Lakewood, WA 98499

253-589-5702

### *Tacoma Public Library*

1102 Tacoma Ave S

Tacoma, WA 98402

253-292-2001

### *Tacoma Rescue Mission Challenge Learning Services*

425 S Tacoma Way

Tacoma, WA 98402

253-383-4493

### *Family Investment Center (BTC)*

1724 E 44th St.

Tacoma, WA 98404

253-680-7274

### *Bates Technical College*

1101 S Yakima Ave

Tacoma, WA 98405

253-680-7274

### *The REACH Center*

714 S 27 St.

Tacoma, WA 98406

253-254-4959

### *Colleges*

### Bates Technical College Central Campus

2320 S. 19th St

Tacoma, WA 98405

253-680-7603

### Bates Technical College Downtown Campus

1101 S. Yakima Ave

Tacoma, WA 98405

253-680-7000

### Bates Technical College South Campus

2201 S. 78th St

Tacoma, WA 98409

253-680-7400

### City University – Tacoma

3315 S 23rd St. #100

Tacoma, WA 98405

253-896-3210

### CWU – Pierce County

9401 Farwest Dr. SW

Tacoma, WA 98498

253-964-6636

### Evergreen State College – Tacoma

1210 6th Ave

Tacoma, WA 98405

253-680-3000

**Pacific Lutheran University**

12180 Park Ave S

Tacoma, WA 98447

253-535-7411

### Pierce College-Fort Steilacoom

9401 Farwest Dr. SW

Lakewood, WA 98498

253-964-6500

### Pierce College-Puyallup

### 1601 39th Ave SE

### Puyallup, WA 98374

### 253-840-8400

### Saint Martin’s University

5000 Abbey Way SE

Lacey, WA 98503

360-491-4700

### Tacoma Community College (TCC)

6501 S. 19th St

Tacoma, WA 98466

253-566-5000

**University of Washington – Tacoma**

1900 Commerce St

Tacoma, WA 98402

253-692-4000

### University of Puget Sound

1500 N. Warner St

Tacoma, WA 98416

253-879-3100

## Child/Youth/Teen Services

### *Boys & Girls Club*

**Al Davies Branch**

1620 S 17th St

Tacoma, WA 98405

253-502-4631

**D.A. Gonyea Branch**

5136 N. 26th St

Tacoma, WA 98407

253-502-4640

**Eastside Outreach Branch**

4818 E. Portland Ave

Tacoma, WA 98404

253-404-3997

**Henry T. Schatz Branch**

3875 S 66th St

Tacoma, WA 98404

253-502-4650

**Lakewood Branch**

10402 Kline St. SW

Lakewood, WA98499

253-502-4660

**Cheney Family Branch**

8502 Skansie Ave

Gig Harbor, WA 98332

253-502-4670

**EX3-Ron Sandwith Teen Center**

31453 28th Ave S

Federal Way 98003

253-681-6500

**Camp Fire USA, Orca Council**

622 Tacoma Ave S Suite 3

Tacoma, WA 98402

253-597-6234

**National Runaway Switchboard**

*Information and support for teenagers considering running away from home, looking for a friend who has run away or have already run away and are ready to return home.*

1-800-RUNAWAY1 800-786-2929

**Pierce County Alliance Youth Services**

*(Foster Care Program, Independent Living Program, Independent Youth Housing and Family Unification Program)*

510 Tacoma Ave S

Tacoma, WA 98402

253-572-4750

**Comprehensive Life Resources**

*Drop in Location*

2342 Tacoma Ave S

Tacoma, WA 98402

*Shelter Location*

415 S 13th St

Tacoma, WA 98402

*Contact*

Jake Nau, Shelter Project Manager

253-320-4429

Valentinya Germer, Lead Case Manager

206-445-9540

On call phone: 253-677-0102

**LGBT National Youth TalkLIne**

Peer support, information & local resources

800-246-7743

**AL-Anon & ALA-Teen**

800-726-8094

**YouthCare**

*For Pre-teens and teens ages 12-17, who are in danger and need a safe place to stay*

2500 NE 54th St.

Seattle, WA 98105

206-694-4500

800-495-7802

### WA Teen Link-Phone & Chat

866-TEENLINK/866TeenLink.org

### *YMCA*

**Gordon Family**

16101 64th St E

Sumner, WA 98390

253-826-9622

**Lakewood Family**

9715 Lakewood Dr. SW

Lakewood, WA 98499

253-584-9622**Mel Korum Family**

302 43rd Ave SE

Puyallup, WA 98374

253-841-9622

**Morgan Family**

1002 S Pearl St

Tacoma, WA 98465

253-564-9622

**Tacoma Center**

1144 Market St

Tacoma, WA 98402

253-597-6444

### *Crisis Resources*

### Tacoma Young Adult Shelter & Drop-in Center

Shelter age 18-24

Drop-in Center age 12-24

415 S 13th St

Tacoma, WA 98402

253-256-3087

### National Child Abuse Hotline

24/7 Crisis Intervention, information and referrals

800-442-4453

### National Runaway Safe Line

24/7 Support, Resources, Chat

Website: www.1800runaway.org

800-RUNAWAY

**Native Youth Crisis Hotline**

Provides suicide prevention for Native American Youth who are hurting, depressed or thinking of ending life

1-877-209-1266

www.youarenotalonenetwork.org

## Senior Services

### Aging & Disability Resource Center

(Monday – Friday 9AM – 4PM)

1305 Tacoma Ave S, Suite 104

Tacoma, WA 98402

253-798-4600

### Beacon Senior Center

415 S 13th St

Tacoma, WA 98402

253-301-3369

**Center at Norpoint**

4818 Nassau Ave

Tacoma, WA 98422

253-404-3900

### Lakewood Senior Activity Center

9112 Lakewood Dr. SW

Lakewood, WA 98499

253-798-4090

**Lighthouse Senior Center**

5016 East “A” St

Tacoma, WA 98408

253-426-1282

**Pt. Defiance/Ruston Senior Center**

4761 N Baltimore

Tacoma, WA 98407

 253-756-0601

### Puyallup Senior Center

210 W. Pioneer

Puyallup, WA 98371

253-841-5555

**Senior Nutrition Program**

12115 Park Ave S

Tacoma, WA 98444

253-537-9171

### Sound Outreach

1106 MLK Jr. Way

Tacoma, WA 98405

253-593-2111

### Salvation Army Puyallup South Hill Senior Center

4009 9th St. SW

Puyallup, WA 98373

253-841-1491 ext. 205

### Steilacoom Community Center

2301 Worthington St

Steilacoom, WA 98388

253-581-1076

### Lutheran Community Services NW

223 N Yakima

Tacoma, WA 98403

253-272-8433

### University Place Senior/Community Center

2534 Grandview Dr.

University Place, WA 98466

253-564-1992

### Wright Park Community Center

501 S. I St

Tacoma, WA 98405

253-591-5297

## Crisis Resources & Services

**Pierce County Crisis Line**

### Phone: 800-576-7764

\*Child & Family Services

\*Adolescent Inpatient Behavioral

 Health

\*Children's Therapy Unit

\*Mobile Health Care Clinic

### Pierce County Crisis Line (24/7)

1-800-576-7764

### Crisis Text Line (24/7)

### Text “HEAL” to 741741

### Recovery Response Center

253-942-5644

### National Suicide Prevention Lifeline

800-273-TALK (24/7 Crisis hotline)

### WA Recovery Help Line (24/7)

Mental Health, Substance Use & Gambling

866-789-1511

***Domestic Abuse***

**WA State Domestic Violence Hotline**

8am-5pm

800-562-6025

**Crystal Judson Family Justice Center**

718 Court E

Tacoma, WA 98402

253-798-4166

### Social Treatment Opportunity Programs

### 4301 S Pine St #112

### Tacoma, WA 98409

### 253-471-0890

### YWCA

Housing for Spousal Abuse survivors (men or women)

405 Broadway

Tacoma, WA 98402

253-272-4181

**Washington State Coalition Against Domestic Violence**

1511 3rd Ave

Seattle, WA 98101

1-800-799-7233 or

TTY: 1-800-787-3224

**National Teen Dating Abuse Hotline**

800-799-7233 or

TTY: 800-787-3224

En Espanol

**Protection Order Notification**

1-877-242-4055

### *Pregnancy and Parenting Resources*

### Crisis Pregnancy Center of Pierce County, Lakewood Center

Free Pregnancy Tests

10828 Gravelly Lk Dr. SW Suite 101

Lakewood, WA 98499

253-984-6222

**HopeSparks Family Services**

6424 N 9th St

Tacoma, WA 98406

253-565-4484

### WA Perinatal Support Line

888-404-7763

***Free Parenting Classes***

**MultiCare**

253-697-8461

Please call for current schedule of classes

**Care Net of Puget Sound**

1924 S Cedar St, Suite B

Tacoma, WA

253-383-6073

**Always Parents: Family in Transition**

*Puyallup Activity Center*

210 W Pioneer

Puyallup, WA 98371

253-841-5555

*Always Parents LLC*

6825 19th St W #163

University Place, WA 98466

253-267-3622

**Step By Step**

3303 #A 8th Ave SE

Puyallup, WA 98372

253-896-0903

\*Pregnancy Support

\*Home visits/ Parenting classes

\*Life Skills classes

***Sexual Assault Resources***

### National Sexual Assalut Hotline

24/7 Chat www.rainn.org

800-656-HOPE

**Rebuilding Hope-Sexual Assault Center**

101 E 26th St. #200

Tacoma, WA 98421

1-800-756-7273

253-597-6424

**Tacoma Community House**

1314 S L St

Tacoma, WA 98405

253-383-3951

Tacomacommunityhouse.org

**Family Renewal Shelter**

### 6832 Pacific Ave

### Tacoma, WA 98408

### 800-550-3915

***Additional Help Lines***

**WA Anti-Trafficking Response Network Victim Assistance**

Mon-Fri 9am-5pm

206-245-0782

**National Human Trafficking Resource Center Hotline**

24/7 hotline

800-373-7888

**Child Protective Services Hotline**

24/7 Tacoma Office

253-983-6200/866-636-4276

**Native Youth Crisis Hotline**

Provides suicide prevention for Native American Youth who are hurting, depressed or thinking of ending life

877-209-1266

**Tacoma Detoxification Center**

253-539-2413

www.mdc-tacoma.org

**The Moore Center**

An eating disorder treatment center

1601 114th Ave NE, STE 180

Bellevue, WA 98004

Dr. Mehri Moore

425-329-3821

## Immigration Resources

## Northwest Immigrant Rights Project

1119 Pacific Ave

Tacoma, WA 98402

Tacoma office: 206-816-3893

253-383-0519

Toll Free: 877-814-6444

Email: TSUintake@nwirp.org

*https://www.nwirp.org/get-help*

**American Immigration Lawyers Association (AILA)**

*https://www.ailalawyer.org/*

To help find an Immigration Lawyer in your area: *https://www.ailalawyer.com/*

**American Civil Liberties Union of Washington: (ACLU) Referral**

Referral Phone: 206-624-2180 Tues.-Thurs. 10-3

Online Request: *https://action.aclu.org/legal-intake/get-legal-help-aclu-washingon*

**Latina/o Bar Association of Washington**

*https://www.lbaw.org/*

**Minority Bar Association**

*https://www.initiativefordiversitywa.org/minority-bar-associations/*

**Middle Eastern Legal Association of Washington**

*https://www.melaw.org*

**One America**

*https://weareoneamerica.org/*

**Legal Counsel for Youth and Children**

*http://lcycwa.org*

**El Centro de la Raza**

2524 16th Ave S

Seattle, WA 98144

206-957-4634

**State Office of Refugee and Immigrant Assistance**

*https://www.dshs.wa.gov/esa/office-refugee-and-immigrant-assistance*

**Tacoma Community House**

Family immigration services 1314 South L St.

Tacoma, WA 98405

253-383-3951

*tacomacommunityhouse.org*