COMMUNITY RESOURCE DIRECTORY

August 2011

Cowlitz County, Washington
Cowlitz County, Washington
2011
COMMUNITY RESOURCE DIRECTORY

This directory is a collaboration project between the following agencies:

- Cowlitz County Guidance Association
- Cowlitz Family Health Center
- Cowlitz Substance Abuse Coalition
- Cowlitz-Wahkiakum Council of Governments
- Emergency Support Shelter
- Lifeworks
- Longview/Kelso Parks & Recreation
- Lower Columbia College Head Start/EHS/ECEAP
- Lower Columbia Community Action Council – CAP
- Pathways 2020
- Youth and Family Link

If there are any changes or new listings, contact Karla Spromberg at Lower Columbia College Head Start/EHS/ECEAP at ksromberg@lcc.ctc.edu or (360) 442-2830.

Directory edited for content and length.
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Abuse
Child/Spousal
SERVICES PROVIDED: Public safety, child abuse intervention, domestic violence, investigations of crime and referrals.
Children's Alliance
Main Office: 2017 E. Spruce Street
Seattle, WA 98122
(206) 324-0340
FAX: (206) 325-6291
Also
427 West 1st
Spokane, WA 99201
(509) 747-7205
Fax: (509) 747-7214
e-mail: seattle@childrensalliance.org
Website: www.childrensalliance.org

- SERVICES PROVIDED: Public police advocacy for children and families,
  Publications/Brochures, Policy Analysis, Public Education, Coalitions, Health and Anti-
  Hunger Projects, Summer Food Hotline and Children's Action Network.

Parent Power – An interactive website that lets parents discover assistance they qualify for:
tax credit, Head Start/ECEAP, childcare subsidies, Healthy Mothers, Healthy Babies of
Washington, free or low cost health insurance and more.
www.washingtonparentpower.org
SERVICES PROVIDED: To provide children who have experienced sexual or physical abuse a coordinated community approach to investigation, prosecution, and treatment that promotes their safety, healing, and well-being. We believe that children have the right to be properly cared for and protected from violence, abuse, and neglect.

Our goals are:
- Reduce trauma to children and families
- Increase access to services for children and families
- Increase reliability and integrity of investigations

FEES: None

REFERRAL PROCEDURE: Referral must come from law enforcement or Child Protective Services (CPS).

ADDITIONAL INFORMATION: CJAC uses a multidisciplinary team (MDT) approach for response to child abuse allegations and includes representation from the following agencies:
- Law Enforcement
- Child Protective Services
- Prosecution
- Medical
- Mental Health
- Victim Advocacy
Crime Victim Advocacy Program
P.O. Box 877
Kelso, WA  98626
(888) 425-1176
Fax: (360) 425-3970

- SERVICES PROVIDED:
  - Free and confidential assistance for victims of crime in Cowlitz, Wahkiakum and Clark counties.
  - 24/7 Crisis Intervention
  - Individual Advocacy
  - Medical Advocacy
  - Legal Advocacy

- REFERRAL PROCEDURE: Call for appointment. Must be a victim of crime to qualify for services.

- ADDITIONAL INFORMATION: All services are free and confidential. Crime does not need to have been reported to law enforcement.
Division of Children and Family Services

711 Vine Street
P.O. Box 330
Kelso, WA 98626
(360) 501-2600
Fax: (360) 577-2382
Crisis Line: 1-800-562-5624

• SERVICES PROVIDED:
  ➢ **CHILD PROTECTIVE SERVICES (CPS)** - is legally responsible for the assessment of information received regarding possible child safety, abuse and/or neglect. CPS social worker shall investigate all intakes screened in for investigation. The social worker gathers information for risk assessment, family evaluation, and case planning rather than gather evidence for criminal prosecution. The social worker is not a law enforcement agent but is expected to work cooperatively with law enforcement.

  ➢ **CHILD FAMILY WELFARE SERVICES (CFWS)** – Assists families involved in dependency action in strengthening their safe parenting through facilitation of services, assessments for safety, well-being/reunification and solution focuses problem-solving. Provides voluntary services, out-of-home placement services, adoption of legally free children, recruitment retention of licensed foster homes, and coordination of services to the family with other social agencies within the community.

  ➢ **FAMILY RECONCILIATION SERVICES (FRS)** – The goal of FRS is to preserve, strengthen and reconcile families in conflict. Offered on a voluntary basis to families in conflict or with runaway children. The services are designed to develop skills within families to resolve problems related to at risk youth or family conflicts.

  ➢ **AT-RISK YOUTH (ARY)** – For children 12 years and older. Parent petition the court to help them reduce conflict within the family. The intent of ARY is to provide a court process to give tools to parents, courts and law enforcement to keep families together when the child is exhibiting various behaviors including running away, substance abuse, serious acting out, etc. **FRS social worker will aid the parents in all aspects of filing this paperwork.**

  ➢ **CHILD IN NEED OF SERVICES (CHINS)** – Child, parents or CA request that a child be placed temporarily with a relative or in foster care to give the family/youth the opportunity to resolve family conflict when temporary separation is in the best interest of the youth and the family. The person requesting this service must show that they have accessed all available services to work out the conflict, that all reasonable alternatives have been explored and that it is best for the youth to live outside the home while the family continues to work toward resolution of the conflict. **FRS social worker will aid the parents in all aspects of filing this paperwork.**
Emergency Support Shelter
P.O. Box 877
Kelso, WA 98626
(360) 425-1176
Fax: (360) 425-3970
Crisis Line: (360) 636-8471
(Both numbers are available 24 hours a day.)
Website: www.esshelter.com

- SERVICES PROVIDED:
  - Safe temporary housing for survivors (women and children) of domestic violence and assault.
  - Sexual assault/abuse and domestic violence individual and group support for residents and non-residents who are survivors of sexual abuse/assault and/or domestic violence and to significant others who are in need of assistance in dealing with their own feelings of victimization. This includes the non-offending parents of children who have been sexually abused/assaulted.
  - Educational presentations to schools, community groups, etc., on various topics related to sexual assault/abuse and domestic violence.
  - 24-hour crisis intervention, advocacy, information and referral for sexual assault/abuse and domestic violence.

- FEES: None

- REFERRAL PROCEDURE: Refer 24 hours a day through the shelter.
Kelso Police Department
201 South Pacific
P.O. Box 935
Kelso, WA 98626
(360) 423-1270

- **SERVICES PROVIDED:** Public safety, child abuse intervention, domestic violence, and investigations of crime and referrals.

- **FEES:** Copies/Reports - $.50 per page
  Finger Prints - $10.00
Longview Police Department
1351 Hudson
Longview, WA 98632
(360) 442-5800
Fax: (360) 442-5963

- **SERVICES PROVIDED:** Child Abuse Intervention - interviews children suspected as being victims of abuse. Domestic violence intervention and victim assistance. Helps families and victims through the investigative process and directs families and victims to counseling resources.

- **REFERRAL PROCEDURE:** Police, CPS and other social service agencies not necessary to have a referral. Individuals can call if they suspect child abuse.
Washington Council for Prevention of Child Abuse and Neglect (WCPCAN)

318 First Avenue S. #310
Seattle, WA 98104-2597
(206) 464-6151
Fax: (206) 464-6642
e-mail: wcpcan@dshs.wa.gov
Website: www.wcpcan.wa.gov

- SERVICES PROVIDED: Direct funding, professional training and technical assistance, public awareness, publications/brochures, and information on local programs.
Adoption
Adoption Advocates International
709 S. Peabody Street
Port Angeles, WA 98362
(360) 452-4777
Fax: (360) 452-1107
e-mail: info@adoptionadvocates.org
Website: adoptionadvocates.org

- **SERVICES PROVIDED:** Adoption Advocates International (AAI) is an experienced international adoption agency focusing on children from Ethiopia, China, Thailand, Ghana, and Washington State. AAI received its Hague Accreditation in February 2008. We are committed to processing each adoption with respect for the welfare of the child while providing emotional support and guidance for the adoptive parents.

- **FEES:** Call for information.

- **REFERRAL PROCEDURE:** Varies

- **ADDITIONAL INFORMATION:** In addition to providing adoption services, AAI believe that the agency – and adoptive parents – have a responsibility to help in the country of the origin of the children by providing supplies and financial assistance to assure that orphan children who may or may not be adopted are served.
World Association for Children and Parents (WACAP)
P.O. Box 88948
Seattle, WA 98138
(206) 575-4550
Fax: (206) 575-4148
email: wacap@wacap.org
Website: www.wacap.org

- **SERVICES PROVIDED:** Child assistance and adoption. Licensed by the State of Washington. Adoptions from: China, Ethiopia, India, Korea, Russia, Taiwan, Thailand and U.S. foster care.

- **FEES:** Fees vary depending on the adoption program.

- **REFERRAL PROCEDURE:** No referral needed, call or come in for information.

- **ADDITIONAL INFORMATION:** Since 1976, WACAP has placed over 10,000 children into loving adoptive homes across the United States, and provided humanitarian aid to more than 200,000 children worldwide.
Childcare
Child Care Resource and Referral Line
Child Care and Family Services – ESD 112
2500 NE 65th Avenue
Vancouver, WA 98661
Toll Free: 1-800-282-0874
Website: www.firststeps.esd112.org

- SERVICES PROVIDED: By calling our toll-free parent referral line, 1-800-282-0874 you can find out which child care providers have openings in your area. Using a computerized database of all licensed childcare providers in the region, the resource and referral specialists are able to search by geographical area, age of children, hours of operation, and other specialized needs. In addition, you can receive information on how child care resources and referral works, a packet of specialized materials with resources on parenting and choosing child care, referrals to other agencies, and answers to specific questions about your child care needs.

- FEES: This service is free.

- ADDITIONAL INFORMATION:
  Hours of Operations:
  - Monday 8:00–10:30AM
  - Tuesday & Thursday 12:00–5:00PM
  - Wednesday 8:00AM–1:00PM
  - Friday 1:00 – 3:30PM
Woodland Community Child Center (WCC)
600 Bozarth
Woodland, WA 98674
(360) 607-7926

- **SERVICES PROVIDED:** WCC is a before and after school program located at Woodland Primary School. The center offers all day services for Kindergarten students, Monday through Friday. In addition, a regular before and after school program is available for grades K-6.

- **FEES:** Please call for fees. WCC is State licensed and accepts child care subsidy.

- **ADDITIONAL INFORMATION:** WCC hours – 6:30am-6pm
Disabilities
Services & Information
Children with Special Healthcare Needs (CSHCN)
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA  98632
(360) 414-5599 (push “0” to speak with front desk)
Fax: (360) 452-7531
Website: http://www.co.cowlitz.wa.us/health

• SERVICES PROVIDED: The mission of this program is to promote integrated systems of care that assure that children with special health care needs have the opportunity to achieve the healthiest life possible and develop to their fullest potential.

The Children with Special Health Care Needs program serves children with physical, behavioral, or emotional conditions that require health and related services beyond those required by children generally.

• REFERRAL PROCEDURE: Client referrals can be made by families, school, medical providers, and others to the CSHCN Coordinator in the County Health Department where the child lives. Fax referrals to: 360-425-7531.

• ADDITIONAL INFORMATION: http://www.doh.wa/cfh/mch/cshcnhome2.htm
Deaf and Hard Of Hearing
Work Opportunity Center Cowlitz County/Goodwill
1030 – 15th Avenue, Suite 300
Longview, WA 98632
(360) 501-8340
Fax: (360) 423-6257

- **SERVICES PROVIDED:** Job Placement and Retention Services, including Job Coaching if needed.

- **REFERRAL PROCEDURE:** Potential clients would apply for vocational services through the Division of Vocational Rehabilitation and once accepted would request that the Work Opportunity Center of Cowlitz County be their employment vendor.

- **ADDITIONAL INFORMATION:** We have staff who are fluent in ASL.
SERVICES PROVIDED: The Department of Services for the Blind (DSB) provides a variety of programs to blind and visually impaired persons of all ages. People whose vision is not correctable by ordinary eye care are likely candidates for the following services:

- Vocational Rehabilitation
- Child and Family Program
- The Business Enterprise Program
- Independent Living Program
- Orientation and Training Center
- Assistive Technology Program

FEES: No fees or medical coupons required. DSB is a public agency.

REFERRAL PROCEDURE: A referral may be taken by phone by calling the toll free number. Your call will be transferred to the appropriate agency representative serving your area.
Division of Developmental Disabilities (DDD)
Department of Social and Health Services
711 Vine
P.O. Box 330
Kelso, WA 98626
(360) 501-2520
Fax: (360) 577-5435
TTY – (360) 501-2489

- **SERVICES PROVIDED:** The DDD assists individuals with developmental disabilities and their families to obtain services and support based on individual preference, capabilities and needs, and which promote everyday activities, routines and relationships common to most citizens.

- **FEES:** None

- **REFERRAL PROCEDURE:** A determination of eligibility is a determination that a person meets the definition of a developmental disability as defined in Washington State law. An individual must meet the eligibility definition to become a DDD client.

  DDD services are dependent on availability of funding and/or eligibility for the specific services. Service eligibility will be determined after an assessment is completed. Access to Medicaid State Plan services and Home and Community Based Waiver services are not limited by availability of funding.

- **ADDITIONAL INFORMATION:** For more information on available services, contact us. Participation in all DDD services is voluntary.
Division of Vocational Rehabilitation (DVR)  
Department of Social and Health Services (DSHS)  
711 Vine Street  
P.O. Box 330  
Kelso, WA  98626  
(360) 501-2499  
Toll Free:  1-800-548-0946  
Fax: (360) 578-4174  
TTY:  (360) 501-2542

- **SERVICES PROVIDED:** The Division of Vocational Rehabilitation (DVR) provides employment services and counseling to individuals with disabilities who want to work but experience barriers to work because of a physical, sensory, and/or mental disability. A DVR counselor works with each person to develop a customized plan of services designed to help them reach their employment goal. DVR assistance may include, but is not limited to the following:
  - Counseling and Guidance
  - Assessment Services
  - Independent Living Services
  - Assistive Technology Services
  - Training and Education
  - Job-related Services

- **FEES:** None

- **REFERRAL PROCEDURE:** Come in and apply or apply online.

- **ADDITIONAL INFORMATION:** DVR believes employment contributes to a person’s ability to live independently and everyone has a right to work. Our purpose is to empower people with disabilities to achieve a greater quality of life by obtaining and maintaining employment.
Easter Seals Washington
220 W. Mercer Street, Suite 120-W
Seattle, WA  98119-4347
(206) 281-5700
Toll Free:  1-800-678-5708
Fax:  (206) 284-0938
e-mail:  info@easterseals.com
Website:  http://wa.easterseals

- **SERVICES PROVIDED:**  Children and adults with disabilities and other special needs find the highest quality services designed to meet their individual needs when they come to Easter Seals Washington. Our mission is accomplished through the following core programs and services in Washington State.
  - Assistive Technology Services
  - Camp Stand By Me
  - Child Development Services
  - Workforce Development

- **FEES:**  None

- **REFERRAL PROCEDURE:**  Call toll free number and press #105 for referral specialist.

- **ADDITIONAL INFORMATION:**  Directory on phone:  Monday-Friday 8:30am–5:00pm.
Home Care Equipment Bank
Lower Columbia Community Action Council (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430
Fax: (360) 425-8724
Website: www.LowerColumbiaCAP.org

- SERVICES PROVIDED: Walkers, wheelchairs, bathing chairs, and other home care equipment are available for loan.

- FEES: None

- REFERRAL PROCEDURE: Call 360-425-3430 and ask for Home Care Equipment Bank.

- ADDITIONAL INFORMATION: Equipment is returned to CAP when there is no further use for it. CAP welcomes the donations of used equipment and money to replace equipment items.
Independent Associates
309 Oak Street, Suite B
Kelso, WA  98626
(360) 414-3233
Fax: (360) 414-4310
Website:  www.independentassociates.org

- SERVICES PROVIDED:
  Vocational Rehabilitation - Employability readiness and placement

  Independent Living Services – Powering individuals to live independently in the community.

- FEES:  Please call regarding fees.

- REFERRAL PROCEDURE:  We receive referrals from DSHS, DVR, DDD, County Human Services, Services for the Blind, Vocational Services for Mental Health available and Independent Living Contractor.
Individual Supported Employment
Work Opportunity Center Cowlitz County/Goodwill
1030 – 15th Avenue, Suite 200
Longview, WA 98632
(360) 501-8340
Fax: (360) 423-6257

- **SERVICES PROVIDED:** Long term job retention services for individuals with Developmental Disabilities, including Job Coaching.

- **REFERRAL PROCEDURE:** Referral is made by the Division of Developmental Disabilities.
SERVICES PROVIDED:

Vocational – Individualized Supported Employment

Goal of the Program
The goal of individual supported employment is competitive employment. We provide training and support to participants while working with area businesses to create successful employment opportunities, matching the individual’s skills, interests, and abilities.

Geographic Location of Services: Services are provided in Woodland, Castle Rock, Kelso, and Longview

Core Services Provided
- Benefits Planning
- On-the-Job Training
- Job Upgrade Assistance
- Destination Training

All persons accepted for service shall receive case management and service coordination support services.

Service Outcomes
- Competitive community employment, at or above minimum wage
- Natural supports and workplace social skills
- Ability to use public transportation system
- Vocational interest and aptitude assessment

FEES: Currently, there are no private pay options. Funding is generally secured through the following.

Residential
- Division of Developmental Disability

Vocational
- Division of Developmental Disability (DDD): State, Basic, Basic Plus or Core Waiver
- Division of Vocational Rehabilitation (DVR)
- Department of Services for the Blind (DSB)
- Ticket to Work (TTW/EN)

REFERRAL PROCEDURE: Vocational: Walk in, directly from DDD, DVR, TTW/EN or DSB.
Lower Columbia Council of the Blind
Longview, WA 98632
(360) 636-5474 or
(360) 423-2992

- **SERVICES PROVIDED:** Support group – Assists with getting information on disabilities, resources, rehabilitation. Advocate for safety for visually impaired.

- **FEES:** None - $13.00 fee if you wish to join the council (per year).
NAMI - Cowlitz County
P.O. Box 2631
Longview, WA 98632
(360) 442-0068
e-mail: namicowlitz@yahoo.com

- **SERVICES PROVIDED:** NAMI – Cowlitz County is an affiliate organization of NAMI National (National Alliance for Mental Illness). It provides education in regard to mental illness. Through its family like atmosphere, the group offers information on how to access support services for the mentally ill and how to be an advocate for them.

- **FEES:** Membership fee: $35.00 per year (negotiable). $5.00 scholarship membership is also available.

- **ADDITIONAL INFORMATION:** NAMI - Cowlitz County meets the second Thursday of each month at 6:00PM in the basement meeting room of the Longview Public Library.

An offshoot of NAMI of Cowlitz County is a depression, anxiety and panic disorders support group which meets each Tuesday at 6:00PM at Canterbury Gardens.
PAVE (Partnerships for Action
Voices for Empowerment)
6316 South 12th Street
Tacoma, WA  98465
(253) 565-2266
Toll Free: 1-800-5-PARENT
Fax: (253) 566-8052
e-mail: pave@wapave.org
Website: www.wapave.org

• SERVICES PROVIDED: PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals.

A unique and powerful combination of experience and knowledge is at the heart of PAVE. Individuals with disabilities and parents of individuals with disabilities who have a good understanding of the many challenges of accessing services comprise the PAVE staff, Board of Directors, and PAVE’s active volunteer network. The approach is one of collaboration between all involved parties. This personal touch, combined with the comprehensive knowledge and information PAVE can provide, makes this organization the premier resource in Washington that families can turn to for training, information and support.

• FEES: Free and low cost materials in a variety of formats and languages.

• ADDITIONAL INFORMATION: PAVE currently has many different program that cover a variety of areas and resources.
S.L. Start and Associates, Inc.
207 North 4th Avenue
Annex Suite 100
Kelso, WA 98626
(360) 577-5717
Fax: (360) 577-8437
Website: www.slstart.com

• **SERVICES PROVIDED:** Offers the following services to individuals interested in entering or re-entering the workforce. They provide comprehensive services including assessment, job placement, and on-the-job support. They assist employers in competently supporting employees with disabilities. They also work to teach people the skills they need to get and keep jobs on their own.
  ➢ Brief Vocational Assessment
  ➢ Situational Assessment
  ➢ Comprehensive Vocational Evaluation
  ➢ Job Placement
  ➢ Job Coaching
  ➢ General Job Placement and Retention
  ➢ Specialized Job Placement

• **FEES:** Contact the office for information.

• **REFERRAL PROCEDURE:** All developmental disabilities services referrals are made through State of Washington Division of Developmental Disabilities or Department of Vocational Rehabilitation. Mental health referrals are made through the Southwest Regional Support Network, Lower Columbia Mental Health or the Center for Behavioral Solutions.
The Arc of Southwest Washington
906 New York Street
Longview, WA  98632
(360) 425-5494
Fax: (360) 577-9131
e-mail: sallyb@arcswwa.org
Website: www.arcswwa.org

Helping families, children and adults with intellectual and developmental disabilities achieve a lifetime of success

- **SERVICES PROVIDED**: The Arc of Southwest Washington helps people with intellectual and developmental disabilities achieve a lifetime of success by:
  - Building capability with respectful advocacy
  - Direct support of individual and their families
  - Promotion of full participation in our community

- **Advocacy** - This program is designed to assist the disabled especially developmentally disabled (dd) and/or their parents to participate in government programs and/or private program assistance to which they may be/or are entitled.

- **Referral/Resource Information** - The Arc has a Resource Center that offers many services and refers individuals to such programs and agencies as the Adult Development Center, Residential Resources, Progress Center and other non-profits. The Arc also refers individuals who need assistance with respite care, legal services, medical/dental care or family support.

- **Guardianship/Protective Payee/Financial Management** - The Arc is currently the only non-profit agency in SW Washington that is a Certified Guardian and serves as guardian for a limited number of developmentally disabled individuals who have no relatives capable of serving in this capacity. Arc also acts as protective payees.

- **Family/Parent Support** - Services to link parents of developmentally disabled children with one another for support and information sharing on how they cope, deal or manage various family situations.

- **FEES**: Fees are seldom charged for services, but at times a minimal fee is requested. We depend on memberships, donations, grants and fundraisers to support our services.

- **REFERRAL PROCEDURE**: Referrals may come from any individual or agency.
Volunteer Chore Services
Catholic Community Services Family Center
676 – 26th Avenue
Longview, WA  98632
(360) 577-2200
Toll Free:  1-888-649-6734
Fax: (360) 577-2205
Website:  www.ccsww.org

• SERVICES PROVIDED: Volunteer Chore Services is committed to helping elders and adults with disabilities remain independent in their own homes through a network of caring community members. Services provided include:

  ➢ Housework  ➢ Cooking
  ➢ Laundry  ➢ Communications
  ➢ Shopping/errands  ➢ Household Repairs
  ➢ Transportation  ➢ Monitoring
  ➢ Yard Work  ➢ Wood Provision
  ➢ Respite  ➢ Some kinds of Personal Care
  ➢ Minor Home Repair  ➢ Protective Supervision
  ➢ Moving Assistance

• FEES: Services are provided free of charge to low-income elderly and disabled adults who qualify. Call for more information.

• REFERRAL PROCEDURE: DSHS, Senior Information and Assistance, families and friends, general public, religious community and other Community agencies.

• ADDITIONAL INFORMATION: Volunteer Chore is a statewide service using caring volunteers to help provide the tasks requested.
Washington Ogden Resource Center (ORC)
2310 East 13th Street
Vancouver, WA 98661-4120
(360) 696-6321 ext. 183
FAX: (360) 237-2120
Toll Free: 1-800-562-4176 ext. 183
e-mail: irc@wssb.wa.gov
Website: www.wssb.wa.gov

- **SERVICES PROVIDED:** The Washington Instructional Resource Center is a statewide project funded by the Office of the Superintendent of Public Instruction. The Instructional Resource Center is responsible for locating and distributing educational materials for children with visual impairments in the state of WA.

  Services Provided:
  - Braille texts and materials
  - Educational aids
  - Large print texts and materials
  - Lending library for professional references

- **FEES:** No charge to students registered with the IRC in Washington.

- **ADDITIONAL INFORMATION:** Students pre-registered by an account holder in each school district or agency.
The Washington Talking Book & Braille Library provides a free public library service which includes easy access to the informational and recreational reading materials needed by individuals in the State of Washington who are unable to read standard print material.

- **FEES:** All equipment and services, including the mailing of materials, are free to eligible users.

- **REFERRAL PROCEDURE:** Application must be completed and certified.
Drug & Alcohol Abuse
Services & Information
1414 Club
1414 – 12th Avenue
Longview, WA  98632
(360) 425-7260
Website:  www.1414club.org

- **SERVICES PROVIDED:** A meeting space for 12 step recovery groups. A clean and sober establishment that promotes family orientated activities. Gives the opportunity to learn an alternate lifestyle without drugs and/or alcohol. Arcade games, pool, and board games are available.

- **FEES:** No charge for some activities and general fellowship. $10.00 will get access to extra activities, activities at a discount, and coffee and pop at a discount.

- **REFERRAL PROCEDURE:** Walk-in – Only requirement is not to come in on drugs or alcohol.

- **ADDITIONAL INFORMATION:** Time: 11:00am – 9:00pm
Alcohol & Drug Helpline
Toll free: 1-800-562-1240 (8:00AM – 10:00PM)
Teen line: 1-206-722-4222 Monday - Friday 8:00AM – 10:00PM
Business: (206) 722-3703
Fax: 1-206-722-1032

- SERVICES PROVIDED: The Helpline (ADHL) is a confidential statewide telephone service providing individual assistance and guidance for people with alcohol and other drug related problems. The callers are provided with crisis intervention, information, education and referral resources, as are concerned and affected family members, friends, employers and others.

- ADDITIONAL INFORMATION: At this time ADHL advises callers of meeting times/locations for organizations such as Adult Children Anonymous, Cocaine Anonymous (CA), Marijuana Anonymous (MA), Narcotics Anonymous (NA), Naranon, Alanon, Alateen, Sex Aholics, Debtors Anonymous, Co-Dependency, treatment center for out-patient and in-patient, smoking programs, tough love, women's resources, shelters and housing, legal help, and Women in Recovery.
Alcohol/Substance Abuse Support
Alcoholics Anonymous - (360) 423-2520
Al Anon/Alateen - (360) 423-2520
Narcotics Anonymous - (360) 636-1622
Cowlitz Substance Abuse Coalition: (360) 577-3041
First Place: (360) 577-7442
24-Hour Help Line: 1-800-562-1240

- SERVICES PROVIDED: Counseling/Support Groups

- ADDITIONAL INFORMATION: Call for meeting locations.
A New Safehaven
1441 – 11th Avenue
P.O. Box 781
Longview, WA 98632
(360) 577-4340
Fax: (360) 577-4350
e-mail: safehaven441@yahoo.com

- **SERVICES PROVIDED:**
  - Intensive and Outpatient Treatment
  - Family and Adolescent Counseling
  - DUI/Deferred Relapse Prevention MRT

- **FEES:** We are a 501 (c) 3 non-profit agency based on a sliding fee scale. We also accept private insurance. Call for details.

- **REFERRAL PROCEDURE:** Referrals come from Cowlitz County Probation, Department of Corrections, Local Attorneys, All Schools, Self Referral, Doctors, St. John Medical Center, Rainier, Kaiser, other treatment facilities and insurance.

- **ADDITIONAL INFORMATION:** Safehaven provides a safe atmosphere where clients can gain the hope, strength and honesty to promote a substance-free lifestyle. This will teach them to regain the dignity and self-respect they lost in their addiction.
Awakenings
206 ½ NW 2nd
Kelso, WA  98626
(360) 423-2806
Fax: (360) 423-5128

• SERVICES PROVIDED: Provides outpatient and intensive outpatient treatment services for adults and youth. We are co-occurring capable.

• FEES: Call for fee information. We accept state insurance (ADATSA)

• REFERRAL PROCEDURE: Referrals from attorneys, courts, family, self, department of corrections, doctors, etc.

• ADDITIONAL INFORMATION: Offer flexible scheduling and variable length and intensity treatment; based on individual needs.
Cowlitz Substance Abuse Coalition
Cowlitz Meth Action Team
Administration Annex
207 – 4th Avenue North
Kelso, WA 98626
(360) 577-3041
Fax: (360) 425-7760

- **SERVICES PROVIDED:** The Cowlitz Substance Abuse Coalition and Cowlitz Meth Action Team provide information, resources, and support for communities to develop targeted and coordinated strategies to reduce the impact and incidence of the abuse of alcohol and other drugs and violence.

  **Strategies include:**
  Collaborate with other community coalitions to prevent underage drinking, drug use, and early initiation of antisocial behavior among youth countywide.

  Programmatic strategies that are implemented are Strengthening Families with youth ages 6-14 and their parents with a new emphasis on follow-up with families who have completed the program, annual countywide Youth Prevention Summit for middle school youth, annual Teen Leadership Week program for middle school youth, prescription drug education and a drop off site for outdated medications, review of current after school programs and school violence prevention programs, and offer support to the school to implement these programs.

- **FEES:** There are no fees to join the Cowlitz Substance Abuse Coalition or Cowlitz Meth Action Team. Please contact for program requirements.
Cowlitz Tribal Treatment
1044 – 11th Avenue
P.O. Box 2429
Longview, WA 98632
(360) 575-3316
Fax: (360) 423-7813
Website: www.cowlitz.org

• SERVICES PROVIDED: Chemical Dependency Services Offered:
  ➢ Assessments
  ➢ Intensive Outpatient Treatment
  ➢ DUI/Deferred Prosecution
  ➢ Youth Treatment Services

• FEES: Please contact us to discuss payment options. We accept most DSHS medical coupons. Fees for outpatient services are waived for Federally recognized Native Americans and Alaskan Natives.

• ADDITIONAL INFORMATION: We are a Washington State Certified Chemical Dependency treatment facility. Our treatment approach blends ancient tribal customs, traditions and teachings with current modern and effective treatment practices. Native Americans as well as non-native people enjoy learning to recover from the use of alcohol and drugs in a culturally enhanced program.
Drug Abuse Prevention Center (DAPC)

600 Broadway Street
Longview, WA 98632
P.O. Box 890
Kelso, WA 98626
(360) 425-9210
Fax: (360) 501-6131
e-mail: Cjones_dapcenter@qwest.net
Website: www.dapcenter.org

- **SERVICES PROVIDED:** Chemical Dependency Counseling – Residential and outpatient services including group and individual therapy.

- **FEES:** Posted on site. A sliding fee scale is provided for those who qualify in outpatient care and most of the residential beds are funded by the ADATSA (Alcoholism and Drug Abuse Treatment Support Act) Program through DSHS.

- **REFERRAL PROCEDURE:** Most all referrals for services are low-income or indigent; self-referrals, ADATSA referrals, Drug Court, CPS referrals as well as any other provider referrals for services.

- **ADDITIONAL INFORMATION:** They have gender specific treatment availabilities for women, especially those who live in Cowlitz County.
First Place
1839 – 1st Avenue, Suite #1A
Longview, WA  98632
(360) 577-7442
Fax: (360) 577-7904

- **SERVICES PROVIDED**: Outpatient drug/alcohol treatment.

- **FEES**: Medicaid approved, county funding available. Call for fees.
Starting Point, Inc.
1315 Hemlock
Longview, WA 98632
(360) 423-1563

- **SERVICES PROVIDED:** Positive, individualized, cost-effective outpatient treatment services for alcohol and/or drug abuse/dependency.
  - Outpatient Chemical Dependency Treatment; Washington State Approved
  - Evaluation/Assessment
  - Referrals
  - Intensive Outpatient Treatment Services
  - Aftercare: Weekly and Monthly Outpatient Treatment Services
  - Programs to accommodate and meet individual needs
  - Alcohol/Drug Information School
  - Relapse Prevention Services
  - Oregon Information/Rehabilitation Program Services

- **FEES:** Flexible payment plans.
Syringe Exchange
Cowlitz County Health Department
1952 – 9TH Avenue
Longview, WA  98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (360) 425-7531
Website: http://www.co.cowlitz.wa.us/health

• SERVICES PROVIDED: Syringe exchange is a harm reduction program for intravenous drug users. It is an important component of a comprehensive program designed to reduce the spread of HIV/AIDS, Hepatitis B, Hepatitis C, and other blood borne infections among injection drug users, their families and communities.

The program provides new, sterile syringes in a one-for-one exchange for used, contaminated syringes. Risk reduction information is provided and a social worker is available to help persons access drug treatment if desired. Other services include counseling and testing for HIV infection, immunizations, information on free or low-cost health insurance, distribution of condoms, and safe disposal of contaminated equipment.

• FEES: None

• ADDITIONAL INFORMATION: Thursdays between 1:00 and 4:45PM.
Syringe exchange is accessible via the west corner in the rear of the building.
Early Childhood Information
Lower Columbia College Head Start/EHS/ECEAP
1600 Maple Street
P.O. Box 3010
Longview, WA 98632
(360) 442-2800
Fax: (360) 442-2829
Website: www.lowercolumbia.edu/headstart

- SERVICES PROVIDED: Comprehensive child and family development program that includes services to pregnant women, infants, toddlers and children ages 3-4 years of age. Services include:
  - Part day preschool classes for 3 and 4 year olds that run 3.5 hours a day, three or four days a week, September through May/June. Children must be 3 before September 1st. Snack and lunch are provided.
  - Home Base Early Head Start model provides families with weekly home visits from the prenatal months to the child’s third birthday. Operates all year long.
  - Combination Infant/Toddler model combines both home and center-based services for English as Second Language (ESL) Tuesday – Thursday, 3 hours per day with home visits once per month. Parents attend ESL classes while the children attend class. Home-based services are offered during the summer months.
  - Center-Based Services are provided for Longview Teen parents in collaboration with the Longview School District. Infants/toddlers attend full-day services while the parents are in school. Enrichment experiences for both children and families are extended through home visits during the year. Home-based services are offered during the summer months.
  - Other services include Parent/Teacher conferences, home visits, health and developmental screenings, social services, nutrition services and parent involvement opportunities.

- FEES: None

- REFERRAL PROCEDURE: Children are eligible to participate if they are from low-income families (taken from the Federal poverty guidelines), in foster care, have special needs, homeless or eligible for public assistance.

- ADDITIONAL INFORMATION: Located at Lower Columbia College, Barnes and Wallace Elementary Schools, Broadway Learning Center, and Castle Rock Elementary School.
Lower Columbia College Home & Family Life/
Early Childhood Learning Center
1600 Maple Street
Longview, WA 98632
(360) 442-2890
Fax: (360) 442-2829
e-mail: slarsen@lcc.ctc.edu

- **SERVICES PROVIDED:** Provides childcare for the Lower Columbia College students, staff, faculty and community. Student parents who receive childcare services must be enrolled for Home & Family Life credits. The Early Learning Center provides physical, cognitive, social, emotional and language development experiences for children 1 month to Kindergarten.

- **FEES:** Discounted student rate. DSHS payments accepted.

- **APPLICATION PROCEDURE:** Submission of application for the waiting list does not guarantee child’s enrollment. If we are unable to place child by the second week of the quarter and care is still required for the next quarter, a new application must be submitted.

- **ADDITIONAL INFORMATION:** Open 5 days a week from 7:45am to 5:00pm during the academic year.
Progress Center
1600 – 3rd Avenue
Longview, WA 98632
(360) 425-9810
FAX: (360) 425-1053
e-mail: eiworks@theprogresscenter.org
Website: www.theprogresscenter.org

• SERVICES PROVIDED: Early intervention programs of education and therapy for children from birth to three years old with developmental needs.

• FEES: Evaluations are provided free of charge. Therapeutic services may be subject to co-pays and deductibles.

• ADDITIONAL INFORMATION: Babies can’t wait. When a child has a delay in development, the earliest possible intervention is the most successful. A phone call to the Progress Center is all it takes to schedule a visit with a developmental specialist.
Woodland Co-Op Preschool
600 Bozarth Street
Mailing Address: P.O. Box 1318
Woodland, WA 98674
(360) 225-1113

- **SERVICES PROVIDED:** Early childhood education for children four years of age. Classes run Tuesday through Friday 9:00 – 11:30AM for the morning class and 12:45 – 3:15PM for the afternoon class.

- **FEES:** Call for cost information.

- **ADDITIONAL INFORMATION:** This is a co-op preschool so parents are required to volunteer. Open registration for Fall begins on the last Monday in March.
Woodland Head Start
(Educational Opportunities for Children and Families)
600 Bozarth Street
Woodland, WA  98674-8425
(360) 225-6907
Enrollment Questions:  (360) 892-9916
Fax: (360) 225-6344

• SERVICES PROVIDED: The Educational Opportunities for Children and Families (EOCF) has been serving the community since 1967, when it was formed as a Community Action Agency to fight the War on Poverty. In over three decades of steady growth and expansion EOCF now provides services to more than 2,000 low-income children and families in four southwest Washington counties through such well-known programs as Head Start, Early Head Start and Early Childhood Education and Assistance Program (ECEAP).

EOCF offers a wide range of critical services to low-income children and families, including:
  ▪ Early childhood education
  ▪ Comprehensive health, mental health, nutrition and disabilities
  ▪ Physical and developmental assessments
  ▪ Support to families through case management, training and parent education

The programs make a difference. Studies show that disadvantaged children who receive services such as Head Start, Early Head Start and ECEAP are less likely to repeat a grade, less likely to need special education, less likely to commit a crime, and more likely to graduate than those who don’t.

• FEES: Free to income eligible families.

• ADDITIONAL INFORMATION: Days: Monday, Tuesday, Thursday and Friday.
  Class Time: varies.
Education
Castle Rock Public Library
137 West Cowlitz West
P.O. Box 1350
Castle Rock, WA  98611
(360) 274-6961
Fax: (360) 274-6961

- **SERVICES PROVIDED:** Local history section, large print section for visually impaired, adult literacy section, free public Internet access, books on tape, some videos, music CD's, and summer reading program.

- **FEES:** Free to those living within Castle Rock city limits, $25 a year or $15 for 6months to all others.

- **ADDITIONAL INFORMATION:** Hours: Monday – Thursday 12:00-7:00PM, Friday 10:00AM-5:00PM, Saturday 12:00-4:00PM.
Continuing Education for Caregivers
Lower Columbia College
1600 Maple Street
P.O. Box 3010
Longview, WA 98632
(360) 442-2602
Fax: (360) 442-2609
Website: http://lowercolumbia.edu/biz/for-employers/staff-development/healthcare/
www.lowercolumbia.edu/communityeducation

- **SERVICES PROVIDED:** The Continuing Education Department will offer health, safety, prevention and wellness education. The educational programming scheduled will try to address the needs of our own community. Classes and other programs may be offered throughout the region at a variety of locations and times. This department does not offer medical care.

- **FEES:** Most classes and programs are offered at a minimal fee to reimburse instructors.

- **ADDITIONAL INFORMATION:** For a current list of classes, call 442-2602.
Kelso Public Library
Inside the Three Rivers Mall
351 Three Rivers Drive, Suite 1263
Kelso, WA 98626
(360) 423-8110
Fax: (360) 425-5195
e-mail: kelsopublib@kelso.gov
Website: www.kelso.gov/library

- SERVICES PROVIDED:
  
  Children's Program
  ➢ September - April: Tuesdays – 7:00PM and Thursdays – 10:00AM

  Preschoolers and Elementary Reading Program
  ➢ June - August: Summer Reading Program
  ➢ "Core Early Learning" collection for preschoolers and their parents. This grant from the State Library provides 293 titles (some in Spanish) especially chosen to develop young minds.

  Available at Library:
  ➢ Voter Registration Forms
  ➢ Internet Access
  ➢ Tax Forms (at all times)
  ➢ Videos/DVD's
  ➢ Library Tours by Appointment

- FEES: Fee for non-residents only.
• SERVICES PROVIDED:
  Education and Job Information Center (EJIC)
  ➢ Resource Materials
  ➢ Job Search Planning Assistance
  ➢ Resume Preparation Assistance
  ➢ Up to date job and career information in a variety of formats.
  ➢ Educational Information
  ➢ Occupational and academic testing materials; sample tests
  ➢ Citizenship Information
  ➢ Small Business Start Up and Running Your Own
  ➢ Books and Books on Tape and CD
  ➢ Videos and DVD’s
  ➢ Tax Forms
  ➢ Magazines and Area Newspapers
  ➢ Genealogy
  ➢ Adult Tutoring Services and Family Literacy Support

• FEES: Free for Longview residents. Fees apply to all others.
Lower Columbia College
1600 Maple Street
P.O. Box 3010
Longview, WA  98632
(360) 442-2311
Website:  www.lowercolumbia.edu

- **SERVICES PROVIDED:** We offer daytime and evening classes, as well as some weekends. We offer college degrees and certificates in more than 70 fields. We also offer non-credit Community Education and Senior Studies classes, as well as high school completion, adult basic education and English as a Second Language. Check into our Business and Industry Center for dozens of programs from Mechanic Training to Small Business Accounting.

- **FEES:** Tuition fee schedule posted on the website or by phoning the number listed.
Parents Place
928 - 23rd Avenue
Longview, WA  98632
P.O. Box 793
Kelso, WA  98626
(360) 414-9212
Fax: (360) 575-8123
Website:  www.parentsplacelongview.org

- **SERVICES PROVIDED:** Parents Place provides age appropriate parenting groups for caregivers of infants and toddlers through age three, support groups of parents of birth through 3 years of age, and classes for parents with children up to age 17.
  - Supervised Visitation
  - Seminars of interest such as Communication, Post Partum Depression, Fathering, Learning Disabilities
  - Parenting Skills Classes

- **FEES:** Donation

- **ADDITIONAL INFORMATION:**
  - Baby Beginnings: Thursdays 11:00AM – 12:00PM
  - Toddler: Tuesdays 10:00 – 11:30AM
  - Dads’ Group: 2nd and 4th Wednesday of each month 6:30 – 7:30PM
  - Union Familiar: Wednesdays – Woodland (Hispanic)
Parent Trust for Washington Children
2200 Rainer Avenue S.
Seattle, WA  98144
(206) 233-0156 (business)
Fax: (260) 233-0604
Website: parenttrust.org

- SERVICES PROVIDED:
  - Parent Support Groups
  - Children's Program (provided while parents attend group meetings)
  - Family Help Line (provides opportunity to vent, problem solve, etc.)

- FEES: There are currently no fees for any services.

- ADDITIONAL INFORMATION: 1-800-932-HOPE (4673) – toll-free, statewide, "warm"
line provides parenting information, support and referrals to community resources in every county. The program is non-profit with a focus on providing parents the support and assistance to be the best parents they can be. Our goal is to reduce abuse and neglect, etc.

Yakima Office: (509) 454-4000 – Fax: (509) 469-6000
Pre-Kindergarten Readiness Program
Home and Family Life – Lower Columbia College
1600 Maple Street
P.O. Box 3010
Longview, WA 98632
(360) 442-2890
Fax: (360) 442-2829

● SERVICES PROVIDED: Pre-Kindergarteners (4 years old through kindergarten) are offered age and developmentally appropriate learning opportunities, designed to discover, support and promote learning styles and interests. We work to provide children with the necessary skills needed to succeed in a classroom setting. In addition, we now offer early learning for ages 1 month through pre-school.

● FEES: Call for rates.

● ADDITIONAL INFORMATION: Class Days and Times: Monday through Thursday, 8:30AM until noon.
Reading Is Fundamental (R.I.F.)
P.O. Box 1841
Longview, WA 98632
(360) 636-3317
(residential number, call after 5:00 p.m.)

- **SERVICES PROVIDED:** A distribution program whose mission is to deliver children's and family literacy programs that help prepare young children for reading and motivate school age children to read regularly. Each child is given three books a year at 29 sites.

- **FEES:** None
Strengthening Families
Cowlitz Substance Abuse Coalition
Administration Annex
207 – 4th Avenue North
Kelso, WA 98626
(360) 577-3041
Fax: (360) 425-7760

• SERVICES PROVIDED: Seven-session parenting programs for families with 10-14 year old children. A meal and childcare are provided.

• FEES: None

• REFERRAL PROCEDURE: None needed

• ADDITIONAL INFORMATION: The Strengthening Families 10-14 Program was developed by Iowa State University. It is developed for parents and youth 10-14 years old. It is designed to help parents build on their strengths. Each program has 7-12 families involved. Parents and youth meet in separate groups for the first hour and families have fun together and practice skills in the second hour.
**Woodland Primary School**
600 Bozarth Street
Woodland, WA 98674
(360) 225-9472
Fax: (360) 225-7970

- **SERVICES PROVIDED:** Kindergarten through grade 3.
Woodland Public Library
770 Park Street
P.O. Box 1869
Woodland, WA 98674
(360) 225-2115

- **ADDITIONAL INFORMATION:** Hours are: Monday – 11:00AM to 6:00PM, Tuesday-Wednesday – 11:00AM to 8:00PM, Thursday-Friday – 10:00AM to 6:00PM
Woodland School District
Special Services
800 Third Street
Woodland, WA 98674
(360) 841-2720
Fax: (360) 841-2721
Website: http://woodlandschools.org

- SERVICES PROVIDED: English Language Learner Program (ELL), previously known as English as a Second Language Programs (ESL). English language education.
W.S.U. Cowlitz County Extension
1946 – 3rd Avenue
Longview, WA 98632
(360) 577-3014
Fax: (360) 423-9986
Website: http://cowlitz.wsu.edu

• SERVICES PROVIDED: Informal research-based education to the community in the areas of:
  ➢ 4-H Youth Development
  ➢ Leadership Development
  ➢ Food Safety and Nutrition
  ➢ Horticulture and Natural Resources
  ➢ Family Budgeting
  ➢ Clothing and Textiles
  ➢ Parenting
  ➢ Composting and Recycling
  ➢ Working with Volunteers
  ➢ Master Gardener Clinics

Education is provided by workshops, written publications, one-on-one responses to phone calls, newsletters and volunteer outreach.

Volunteer Training and Opportunities – In-depth subject matter training in the topic of choice: Master Gardeners, Clothing and Textile Volunteers, Food Advisors and 4-H. Volunteers agree to help with activities and educational displays in the community in return for their training.

• FEES: Many programs are free or minimal cost ($5-$10). Publications range in price from $.25 to $5 and are free to those with low income.
Emergency Disaster Relief
American Red Cross  
Serving Cowlitz County  
3114 E. Fourth Plain Blvd.  
Vancouver, WA 98661  
(360) 423-7880  
(360) 693-5821  
Toll Free: 1-888-434-1966  
FAX: (360) 423-7882  
Website: www.swwashington.redcross.org

- **SERVICES PROVIDED:** The American Red Cross offers assistance to victims of disasters, to military personnel and their families, and emergency preparedness education.

**BLOOD DONOR COLLECTION CENTER SITE:** Cowlitz County Convenience:  
Washington National Guard Armory  
819 Vandercook Way  
Longview, WA 98632  
Donation Types: Blood, Double Red Cell donations

1-800-RED-CROSS  
(1-800-733-2767)
Cowlitz County Department of Emergency Management
312 SW 1st Avenue
Kelso, WA 98626
(360) 577-3130
FAX: (360) 577-3009
e-mail: DEM@co.cowlitz.wa.us
Website: www.co.cowlitz.wa.us/DEM

- **SERVICES PROVIDED:** Resource agency for emergency response agencies and public education for disaster preparedness.

- **FEES:** None
Humane Society of Cowlitz County  
909 Columbia Blvd.  
P.O. Box 172  
Longview, WA 98632  
(360) 577-0151  
Fax: (360) 414-0520  
Website: www.cowlitzhumane.com

- **SERVICES PROVIDED:**
  - Humane Education
  - Animal Control
  - Shelter Tours
  - Lost and Found Pet Service – Lost Pet Hotline: (360) 425-7000
  - Pet Adoption
  - Volunteer Opportunities
  - Spay/Neuter Assistance for cats – only for low-income
  - Program Visitations for school classrooms and retirement homes
  - Community Service hours for high school graduation requirements

During a disaster, we will open to receive your household pets. We will assist by temporarily lodging your pets so you can take care of your loved ones.

- **FEES:**
  - Spay - $50 / Neuter - $35 – cats only
  - Pet adoptions
    - Cats - $85
    - Dogs - $115 (puppies and specialty priced higher)

- **ADDITIONAL INFORMATION:** Open Monday thru Friday 9AM – 5PM, Saturday 10AM – 3:30PM, Closed Sunday.
Public Health Emergency Preparedness & Response
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA 98632
(360) 414-5599 (push “0” to speak with the front desk)
FAX: (360) 425-7531
Website: http://www.co.cowtliz.wa.us/health

- SERVICES PROVIDED: This program addresses community education on emergency preparedness, and deals with development and continuous improvement of the Cowlitz County Public Health Response plan as a portion of the County’s overall comprehensive emergency response plan. This program also trains, exercises and directs responses to public health emergencies.

- FEES: None
Employment/Job Training
Applied Industries, Inc.
1120 - 3rd Avenue
P.O. Box 123
Longview, WA 98632
(360) 425-6404
FAX: (360) 425-6405
e-mail: applied@kalama.com
Website: www.scattercreek.com/~applied

- **SERVICES PROVIDED:** Work assessment, work skill training, employment.

- **FEES:** None

- **REFERRAL PROCEDURE:** Contact Travis Smith.

- **ADDITIONAL INFORMATION:** Tours offered to students and Special Education staff from local school districts.
Division of Vocational Rehabilitation (DVR)
Department of Social and Health Services
711 Vine Street
P.O. Box 330
Kelso, WA  98626
(360) 501-2499
Toll Free: 1-866-893-1047
TTY – (360) 501-2542
Fax: (360) 578-4174
Website: http://www1.dshs.wa.gov/dvr

- SERVICES PROVIDED: Transition from School to Work Program, Vocational Assessment, Counseling and Guidance, Restoration, Job Preparation, Support Services, Job Match/Placement, Follow-Up and Post-Employment. Services provided to individuals with disability employment limitations.

- FEES: None

- REFERRAL PROCEDURE: Call or come in to apply.
Job Placement Services  
Work Opportunity Center Cowlitz County/Goodwill  
1030 – 15\textsuperscript{th} Avenue, Suite 300  
Longview, WA 98632  
(360) 501-8340  
Fax: (360) 423-6257  

- **SERVICES PROVIDED:** Vocational Training, Vocational Assessments, Job Placement and Retention for individuals with documentable disabilities.  

- **REFERRAL PROCEDURE:** Potential clients would apply for vocational services through the Division of Vocational Rehabilitation and once accepted would request that the Work Opportunity Center of Cowlitz County be their vocational trainer/employment vendor.
Vocational Training
Work Opportunity Center Cowlitz County/Goodwill
1030 – 15th Avenue, Suite 300
Longview, WA 98632
(360) 501-8340
Fax: (360) 423-6257

- SERVICES PROVIDED:
  - Custodial Training
  - Computer Training
  - Office Skills Training
  - Warehouse and Logistics Training
  - Construction Trade Training

- REFERRAL PROCEDURE: Call the Work Opportunity Center to speak to the coordinators of each training program to discuss eligibility requirements. If a client is working with the Division of Vocational Rehabilitation or Labor and Industries for training, they can request their training be conducted through WOCC.
Worksource
305 South Pacific, Suite A
Kelso, WA  98626
(360) 577-2250
Fax:  (360) 577-2039
e-mail:  bsucowlitz@esd.wa.gov
Website:  www.go2worksource.com

- **SERVICES PROVIDED:** Washington’s premier one-stop employment center for job seekers and employers. Free of charge job search resources, computer labs, workshops, employer connections and professional consultations.

- **FEES:** Free

- **REFERRAL PROCEDURE:** Open to the general public Monday through Friday 8AM – 5PM. Job referrals 8AM – 4PM. Drop in for self-service resources anytime.

- **ADDITIONAL INFORMATION:** Washington Unemployment Insurance is handled through The Telecenter and claims can be applied for by calling 1-800-318-6022 or on-line at www.go2ui.com.
Youth Workforce Program  
2001 Allen Street  
Kelso, WA  98626  
(360) 575-7889  
Fax: (360) 575-7872  
or  
2500 NE 65th  
Vancouver, WA  98661  
(360) 750-7500 ext. 290  
Fax: (360) 906-0089  
Website: www.esd112.org

- **SERVICES PROVIDED:** The program gives eligible at-risk youth age 16-21 the education, training and skills needed to be successfully employed. The program includes opportunities to develop leadership skills, paid or unpaid work experience, job shadowing with employers, guidance from a counselor and follow-up services.

- **FEES:** None

- **ADDITIONAL INFORMATION:** The Youth Workforce Program is funded by the Workforce Investment Act through the Southwest Washington Workforce Development Council. The program is administered by Educational Service District 112.
Family Planning/
Maternity Services
Birthright of Longview
676 – 26th Avenue
Longview, WA  98632
(360) 423-2900
CRISIS LINE: 1-800-550-4900

• **SERVICES PROVIDED:** Pregnancy testing, maternity clothes, layettes, disposable diapers, formula, crib mattresses, bedding and children’s clothing to age 2.

• **FEES:** No Charge

• **ADDITIONAL INFORMATION:** Birthright is a non-profit and non-denominational voluntary service corporation. They offer help, through care and concern, to any girl or woman distressed by an unplanned pregnancy. All services are free and confidential. Office Hours: Monday and Wednesday – 9:30AM-12PM.
Caring Pregnancy Center
1010 Fir Street
Longview, WA 98632
(360) 636-3333

- **SERVICES PROVIDED:**
  - Pregnancy Test
  - Prenatal and Postnatal Education
  - Caring Counseling
  - Help with Planning for the Future
  - Personal Support and Friendship
  - Help in Arranging Financial Assistance
  - Information and Education
  - Information on Community Services
  - Referral for Adoption Information, if requested
  - Maternity Clothes and Infant Accessories, if needed

- **FEES:** None

- **REFERRAL PROCEDURE:** To DSHS, First Steps, Parents Place, local churches, local doctors and adoption agencies.

- **ADDITIONAL INFORMATION:** Hours: Monday through Wednesday, 10AM – 4PM. CPC is a Christian outreach ministry. CPC is committed to life and offers services that assist women to carry their babies to term. By the provision of God through his people and the community at large, women may face the future with hope and plan constructively for themselves and their babies.
Family Health Center

1057 - 12th Avenue, Longview (Family Planning)
1717 Olympia Way, Longview (First Steps)
2151 Lewis River Road, Woodland (Family Planning)
711 Vine, Kelso (Family Planning Nurse)
1057 – 12th Avenue, Longview (mailing address)

(360) 636-3892 (Longview Family Planning Clinic & Family Planning Nurse)
(360) 423-7740 (First Steps)
Fax: (360) 414-1114
e-mail: cfamhc@cfanhc.org
Website: Cowlitzfamilyhealth.org

- SERVICES PROVIDED:

Family Planning
- Pre-conception and family planning education
- Women’s Health Exam and Pap
- Sexually Transmitted Disease Testing and Treatment
- Pregnancy Testing and Counseling
- Sterilization Counseling and Referral
- Birth Control Supplies
- Emergency Contraception
- Referral to primary and specialty care

Family Planning Nurse at the DSHS Office
Helps Medicaid eligible women and men to access family planning services available in Cowlitz and Wahkiakum Counties. Information, education, and referrals. On site schedule varies. Call Family Health Center Longview Clinic for information.

First Steps
Education and support services for pregnant women and their children to age 1 who are on Medicaid and meet risk guidelines:
- Social Work Counseling
- Nutrition Counseling
- Community Health Nursing
- Infant Case Management

- FEES: Sliding fee based on family size and income before taxes. Medicaid and Medicare, Community Health Plan and most insurance accepted.

- ADDITIONAL INFORMATION: Information on community services, help with applications for public insurance, outreach to community locations and businesses.
Parents’ Place
928 – 23rd Avenue
Longview, WA 98632
(360) 414-9212
Fax: (360) 575-8123
e-mail: kgriffin@parentsplace.comcastbiz.net
Website: parentsplacelongview.org

- SERVICES PROVIDED:
  - Parenting Classes
  - Support Groups
  - Supervised Visitation
  - Home Visits
  - Resources and Referrals

- FEES: Varied

- REFERRAL PROCEDURE:
  - Partner Agencies
  - Courts
  - Pediatricians
  - Obstetricians
  - Social Workers
  - Children’s Services
  - Hospitals

- ADDITIONAL INFORMATION: Our mission here at Parents’ Place is to promote a community commitment to healthy parenting, to strengthen and support families and to ensure the well-being of children of all ages.
Women’s Health Pavilion
PeaceHealth Medical Group – Women’s Health
PeaceHealth St. John Medical Center – Women’s Health
1660 Delaware
Longview, WA 98632
(360) 414-2800
Toll Free: 1-800-438-7562

• SERVICES PROVIDED:

PeaceHealth Medical Group – Women’s Health
  ➢ Low and High Risk Pre-Natal Care
  ➢ Four Obstetrician MD's/Two Nurse Practitioner Midwives

PeaceHealth St. John Medical Center – Women’s Health
  ➢ Lactation Consultants
  ➢ Ultrasounds
  ➢ Massage Therapy
  ➢ Bone Densitometry (preferred rather than Dexacans)
  ➢ Urodynamic Testing
  ➢ Conference Center
  ➢ Gift Botique

• FEES: Call for fee information.

• REFERRAL PROCEDURE: Referral from Primary Care Physician as needed. Self-referral okay for women’s issues.

• ADDITIONAL INFORMATION: Linkages with: CDAC for substance abuse referral, Parents Place, WIC office and Maternity Case Managers, and interpreter services.
Within Reach
155 NE 100th Street, Suite 500
Seattle, WA  98125-6748
Toll Free:  1-800-322-2588
Fax: (206) 270-8891
Website: ParentHelp123.org

- **SERVICES PROVIDED:** Helps Washington State families apply for health and food programs online, and locate resources in their local communities. The website has health information for pregnant women, parents of new babies, and families with children.

- **ADDITIONAL INFORMATION:** Our mission is to serve as the foremost catalyst for improvements in maternal, child and family health.
Financial Services
Family Finance Resource Center
1312 Hemlock
Longview, WA 98632
(360) 423-9197

- **SERVICES PROVIDED:** We provide counsel to anyone struggling with financial stress. Stress may be due to credit issues, mortgage default, needing more income, reducing expenses, home buying assistance programs, etc. We are well networked in order to assist with a variety of needs. Hours: Monday – Friday, 8AM – 4PM.

- **FEES:** There are no fees for an initial consultation. Fees may be charged for follow-up activity.

- **REFERRAL PROCEDURE:** Anyone is free to call for an appointment.

- **ADDITIONAL INFORMATION:** Any information shared within the agency is confidential.
Social Security Administration
1145 – 14th Avenue
Longview, WA 98632
Toll Free: 1-800-772-1213
TTY: 1-800-325-0778
Website: www.socialsecurity.gov

• SERVICES PROVIDED:
  ➢ Retirement Benefits
  ➢ Disability Benefits
  ➢ Survivor Benefits
  ➢ Supplemental Security Income (SSI)
  ➢ Medicare

• FEES: None

• REFERRAL PROCEDURE: Call 1-800-772-1213 for all other information.

• ADDITIONAL INFORMATION: Office Hours: Monday – Friday 9:00AM – 3:30PM.
Food/Shelter/Clothing/etc.
Child Care Food Services
1526 Commerce Avenue
P.O. Box 1311
Longview, WA 98632
(360) 423-3708

- **SERVICES PROVIDED:** The primary goal of Child Care Food Services is to help ensure that all children through age 11, in licensed day care homes, receive nutritionally balanced meals and snacks. The quality meals you serve help the children in your care develop normally by meeting their daily nutrition requirements set by the USDA, and required by Office of Child Care Policy for licensing. The cash reimbursement you receive for the meals you serve will cover a large portion of your childcare food bill.

- **FEES:** Free

- **REFERRAL PROCEDURE:** Call for an appointment today.

- **ADDITIONAL INFORMATION:** By following the USDA nutritional guidelines and allowing our experienced staff to assist you, children in your care will be assured of having their dietary needs met. Quality Child Care and Child Nutrition Programs go hand in hand. Call to find how this food program can support you.
Community House on Broadway
1105 Broadway
P.O. Box 403
Longview, WA 98632
(360) 425-8679
Fax: (360) 425-5949

- SERVICES PROVIDED:
  - Food
  - Clothing
  - Shelter
  - Case Management.

Community House on Broadway provides food, clothing and shelter assistance to individuals and families in need. Clothing provided through "God's Closet" next door.

- REFERRAL PROCEDURE: Call Director

- ADDITIONAL INFORMATION: Under 18 years of age must be accompanied by a parent.
Emergency Support Shelter  
P.O. Box 877  
Kelso, WA  98626  
(360) 425-1176  
Fax: (360) 425-3970  
Crisis Line:  (360) 636-8471  
(Both numbers are available 24 hours a day.)  
Website:  www.esshelter.com

• SERVICES PROVIDED:  
  ➢ Safe temporary housing for survivors (women and children) of domestic violence 
    and assault.  
  ➢ Sexual assault/abuse and domestic violence individual and group support for 
    residents and non-residents who are survivors of sexual abuse/assault and/or 
    domestic violence and to significant others who are in need of assistance in dealing 
    with their own feelings of victimization. This includes the non-offending parents of 
    children who have been sexually abused/assaulted.  
  ➢ Educational presentations to schools, community groups, etc., on various topics 
    related to sexual assault/abuse and domestic violence.  
  ➢ 24-hour crisis intervention, advocacy, information and referral for sexual 
    assault/abuse and domestic violence.

• FEES: None

• REFERRAL PROCEDURE: Refer 24 hours a day through the shelter.
Family Health Center – WIC Program
1717 Olympia Way
Longview, WA 98632
(360) 423-7740
or
2151 Lewis River Road
Woodland, WA 98674
(360) 225-3953
1057 – 12th Avenue, Longview (mailing address)
Fax: (360) 423-7894
e-mail: cfamhc@dfamhc.org
Website: Cowlitzfamilyhealth.org

● SERVICES PROVIDED:
  WIC
  Supplemental nutrition services for pregnant and breastfeeding women and their children
to age 5 who meet income and nutrition risk guidelines:
  ➢ Nutrition Assessment
  ➢ Nutrition Education
  ➢ Breastfeeding Support
  ➢ Food Vouchers

● FEES: No fee

● REFERRAL PROCEDURE: Call clinic for appointment.

● ADDITIONAL INFORMATION: Information on community services, help with
  applications for public insurance, outreach to community locations and businesses.
FISH of Cowlitz County
P.O. Box 135
Longview, WA 98632
(360) 636-1100

- **SERVICES PROVIDED:** A three-day supply of food, financial help with utility bills (power and water), prescriptions, dental emergencies, some medical, CUBS monthly passes, household items and clothing.

- **REFERRAL PROCEDURE:** Contact made by phone only.

- **ADDITIONAL INFORMATION:** FISH of Cowlitz County has been in operation in this area since 1971 with an ALL-VOLUNTEER group of dedicated people. The organization was established to provide emergency help and assistance to anyone in need. FISH has no office, no paid staff and all work is done out of private homes and local churches. FISH volunteers are trained to handle problems in an efficient, courteous and professional manner. Calls received by these volunteers are through a call-forwarding system. All donations to FISH are IRS Tax Deductible. FISH is a United Way Agency.
God’s Closet
1107 Broadway
P.O. Box 403
Longview, WA 98632
(360) 425-8679
Fax: (360) 425-5949

- **SERVICES PROVIDED:** Clothing
  Hours: Tuesday, Wednesday, Thursday 9:00–11:30AM and 12:30–2:00PM.

- **FEES:** None

- **ADDITIONAL INFORMATION:** An off-chute of the Community House.
HELP Warehouse
Lower Columbia Community Action Council (CAP)
1526 Commerce Avenue
Longview, WA  98632
(360) 425-3430
Toll Free:  1-800-383-2101

- **SERVICES PROVIDED:** HELP Warehouse collects and distributes food to local food banks and provides USDA commodities to income eligible people. Occasionally, HELP Warehouse also has special items such as produce and fish. The Warehouse often has clothing and household items available, and provides information and referral for other services available to persons in need.

- **FEES:** There is no charge to low-income families.

- **REFERRAL PROCEDURE:** For more information about HELP Warehouse, please call (360) 425-3430 and ask for assistance.
Kalama Helping Hand
191 Cloverdale Road
Kalama, WA  98625
(360) 673-2814

- SERVICES PROVIDED: Food boxes including some household items, clothing, etc. Open Tuesday and Thursday 11:00 a.m. to 2:00 p.m.
North Gate City Church
1209 Minor Road
Kelso, WA  98626
(360) 577-0620

- **SERVICES PROVIDED:** Food Bank open 10:00AM-1:00PM on Thursday.
- **FEES:** None
Red Hat Thrift Store
1245 Commerce Avenue
Longview, WA 98632
(360) 578-1733

• **ADDITIONAL INFORMATION:** Hours are 10:00AM to 5:00PM Monday through Friday and 11:00AM to 5:00PM on Saturday.
Salvation Army
1639 - 10th Avenue
P.O. Box 1218
Longview, WA 98632
Client #: (360) 423-3990

• SERVICES PROVIDED: Diverse outreach includes:
  ➢ Food Boxes
  ➢ Hot Lunches
  ➢ Rental Service
  ➢ Baby Needs
  ➢ Clothing
  ➢ Personal Care Items
  ➢ Christmas Vouchers
  ➢ Children's Toys

• FEES: None

• ADDITIONAL INFORMATION:
  ➢ Food Box: Monday, Wednesday, Friday, 1:00-3:00PM
  ➢ Hot Lunch: Monday through Friday, 11:15AM-12:30PM
  ➢ Personal needs call (360) 423-3990 for information
  ➢ Shower vouchers for YMCA always available – bring identification
  ➢ Rental Assistance: Call at 9:00AM the 8th of each month to set up an appointment.
St. Vincent de Paul
1011 First Street
Longview, WA 98632
(360) 577-0662

- **SERVICES PROVIDED:** Maintains a food bank which offers food to anyone needing emergency assistance. Also provides clothing and personal care items.

- **FEES:** None

- **REFERRAL PROCEDURE:** Call (360) 577-0662 to make an appointment if in need of assistance. Open Monday, Wednesday and Friday 8:30–11:30AM; 1st and 3rd Tuesdays 5:00–6:00PM
Toutle Ranch Thrift Shop
1212 Commerce Avenue
Longview, WA  98632
(360) 423-6470

- SERVICES PROVIDED: Monday through Friday, 11:00 a.m. to 3:00 p.m. Donations always accepted during business hours.
Alzheimer's Association
Western & Central Washington State Chapter
100 W. Harrison Street, N. Tower, Suite N200
Seattle, WA 98110
(206) 363-5500
Toll Free: 1-800-848-7097
Fax: (206) 363-5700
Website: www.alz.org/alzwa

- SERVICES PROVIDED:
  - Support Groups
  - Case Management
  - Education, Information
  - Referral

- ADDITIONAL INFORMATION: Call for more information or visit on the web.
American Cancer Society
1313 Broadway Suite #100
Tacoma, WA 98402
(253) 272-5767
Toll Free: 1-800-729-3880
Fax: (253) 272-4485
Website: www.cancer.org

• SERVICES PROVIDED: Variety of patient services:
  ➢ Transportation
  ➢ Support Groups
  ➢ Wigs
  ➢ Volunteer Opportunities
  ➢ Cancer Information

• FEES: None

• REFERRAL PROCEDURE: Some services require a referral by a primary care physician or oncologist. Please call the 800 number for information in your area.

• ADDITIONAL INFORMATION: 24-hour info hot line at 1-800-729-3880. The American Cancer Society is the Nation-wide community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer, and diminishing suffering from cancer through research, education, advocacy and service.
American Diabetes Association WA or OR
Metro Park East
1730 Minor Avenue, Suite #920
Seattle, WA 98109
(206) 282-4616
Fax: (206)903-8107
or
4380 SW Macadam #210
Portland, OR 97239
(503) 736-2770
Fax: (503) 227-9090
Website: www.diabetes.org

- **SERVICES PROVIDED:** Patient and professional activities, lending library, literature, reference and referral, summer camps for kids with diabetes, and youth activities.

- **FEES:** None
  - ‘Support the Cure’ wristbands - $10.
  - Diabetes e-news subscription - $24 per year

- **ADDITIONAL INFORMATION:**
  - Free Consultation/Workshop Schedule: 1-888-342-2383
  - Membership Questions: 1-800-806-7801
Basic Health Plan of Washington State
& Washington Health
P.O. Box 42682
Olympia, WA  98504-2683
1-800-660-9840 – Customer Service
1-800-660-9840 – Employer and Financial Sponsor Groups
Website: basichealth.hca.wa.gov

- **SERVICES PROVIDED:** Low income health insurance and primary health insurance for those who qualify. No income requirements.

- **FEES:** Varies

- **ADDITIONAL INFORMATION:** Basic Health is a state-sponsored program providing low-cost health care coverage through private health plans. The Washington Health Program is not accepting applications.
Child and Adolescent Clinic
971 – 11th Avenue
Longview, WA 98632
(360) 577-1771
Fax: (360) 423-9537
Website: www.candac.com

- **SERVICES PROVIDED:** Board certified pediatricians providing comprehensive care for all medical problems of babies, children and adolescents.

- **FEES:** Most insurance plans accepted including Healthy Options. Call for current listing.

- **ADDITIONAL INFORMATION:** Open seven (7) days a week. Monday – Friday 7:30AM – 8:00PM. Saturday 8:00AM – last appointment. Sunday 11:00AM – until last appointment. We speak Spanish.
Community Home Health & Hospice

Longview Office
1035 - 11th Avenue
P.O. Box 2067
Longview, WA  98632
(360) 425-8510
Toll Free:  1-800-378-8510
Fax:  (360) 425-4667
or

Vancouver Office
4508 NE 20th Avenue, Suite 201
Vancouver, WA  98686
(360) 253-4626
Toll Free:  1-800-650-4626
Fax:  (360) 253-4859
Website:  http://chhh.org/

- **SERVICES PROVIDED:** Home Health, hospice, and home care. A team of health professionals (nurses, aides, therapists and social workers) provide skilled care in the home. Also available under the home care program: Help with light housekeeping, meal preparation, errand running, shopping, and infant/child care. These tasks fall under private pay. The Hospice Care Center is a 12-bed inpatient hospice hospital available for terminally ill patients and their families.

  Service Area: All of Cowlitz, Wahkiakum and Clark counties in Washington State and Columbia County, Oregon.

- **FEES:** Private health insurance and/or private pay. Also Medicare and Medicaid.

- **REFERRAL PROCEDURE:** A physician’s order is required for all home health and hospice services. Families or caregivers may request other private pay services.
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA  98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (360) 425-7531
Website:  http://www.co.cowlitz.wa.us/health

• SERVICES PROVIDED:
  ➢ Communicable Disease Control & Prevention
    o HIV/AIDS Case Management Services
    o Syringe Exchange Program
  ➢ Public Health Emergency Response
  ➢ Maternal and Child Health
    o WorkFirst Evaluations
    o CSHCN (Children with Special Health Care Needs)
  ➢ Environmental Health
    o Food Safety Program
    o Health Card Testing and Temporary Food Permits
    o Water Testing
    o Pool and Spa Testing
    o Zoonotic-Vector Control
  ➢ Hepatitis C Educational Group
  ➢ Community Health Assessment
  ➢ Vital Records – Birth and Death Certificates
  ➢ Healthy Homes
  ➢ Cowlitz On The Move

• FEES:  Specific to services.

• REFERRAL PROCEDURE:  No referral needed.

• ADDITIONAL INFORMATION:  Visit our website for detailed information.
Cowlitz Free Medical Clinic
1230 – 7th Avenue
P.O. Box 2853
Longview, WA 98632
(360) 442-4165
Fax: (360) 425-7531
Website: www.cowlitzfreeclinic.org

• SERVICES PROVIDED:
  ➢ Adult medical exams for urgent health care problems
  ➢ Referral to primary care providers
  ➢ Access to medication and prescription assistance services
  ➢ Access to lab and imaging services
  ➢ Referral to medical specialists as needed
  ➢ Referral to dental services
  ➢ Access to community resources and service organizations
  ➢ Enrollment for eligible clients in local, state and federally funded medical assistance programs
  ➢ Referral to chronic care management for eligible participants

• FEES: None

• REFERRAL PROCEDURE: Walk-in only except when referred for follow-up by clinic manager.

• ADDITIONAL INFORMATION: The Cowlitz Free Medical Clinic is for adults, 18 and older, who live and/or work in the Cowlitz County region and have no medical insurance. The walk in clinic is open Wednesdays from 5:30 – 9:00PM. No appointment necessary. Pre-registration begins at 5:00PM.
Environmental Health
1952 – 9th Avenue
Longview, WA 98632
(360) 414-5583 (EH at the Cowlitz County Health Department)
Fax: (360) 425-7531
Website: www.co.cowlitz.wa.us/health
(360) 360-577-3052 (EH at the Building & Planning Department)
Fax: (360) 414-5550
Website: www.co.cowlitz.wa.us/buildplan/default.htm

• SERVICES PROVIDED: Currently, environmental health services are divided between two county agencies: The Health and Building & Planning Departments. The Health Department is responsible for food safety, water quality testing, chemical/physical hazards, recreational water safety, and zoonotic disease control and investigations. The Building & Planning Department is responsible for onsite sewage, solid waste, and one or two-house water systems. Please see below for more details:

HEALTH DEPARTMENT:

Food Safety
➢ Restaurant Inspection Reports
➢ Food Handler Testing
➢ Plan Review Process
➢ Food-borne Illness Investigations
➢ Food Establishment Permits (restaurants, grocery stores, taverns, etc.)

➢ Food Complaints
➢ Food Service Inspections
➢ Temporary Food Permits
➢ Consumer Food Safety

Chemical/Physical Hazards
➢ Clandestine methamphetamine lab site clean-up
➢ Mold and indoor air quality informational resources

Living Environment
➢ Recreational water safety – public or semipublic pools and spas

Zoonotic Diseases/Vector Control (diseases that are carried and spread to humans by animals or pests) Bats, rats, and mice control information. Mosquito Control District (mosquito complaints and control), West Nile Virus – dead bird reporting, animal bites/rabies

BUILDING AND PLANNING:
➢ Onsite Sewage (septic tank permits, sewage complaints)
➢ Solid Waste (solid waste, garbage complaints, landfill, permitting)
➢ One or two-house water system development

• ADDITIONAL INFORMATION: Please visit our websites for information.
Family Health Center
1057 – 12th Avenue, Longview (Longview Clinic—Medical, Family Planning & Dental) (360) 636-3892
1717 Olympia Way, Longview (Olympia Way Clinic—First Steps & WIC) (360) 423-7740
2151 Lewis River Road, Woodland (Woodland Clinic—Medical, Family Planning & Dental) (360) 225-4310
335 Una, Cathlamet (Wahkiakum Clinic—Medical & Family Planning) (360) 795-3201
21610 Pacific Hwy, Ocean Park (North Beach Clinic—Medical, Family Planning & Dental) (360) 665-3000
1057 – 12th Avenue (mailing address)
Fax: (360) 414-1114
e-mail: cfamhc@cfamhc.org
Website: www.Cowlitzfamilyhealth.org

• SERVICES PROVIDED:

Medical Services
- Treatment and management of chronic diseases
- Urgent Care
- Preventative Health Care
  - Well Child Checks
  - Yearly Physicals
  - Sports Physicals
  - Immunizations
- Family Planning
  - Birth Control Exams and Supplies
  - Sexually Transmitted Disease Testing and Treatment
  - Pregnancy Testing and Counseling
  - Sterilization Counseling & Referral
- Referral for Specialty & Hospital Services

Dental Services
- Primary Prevention
  - Comprehensive Exams
  - Cleaning/Fluoride
  - Sealants
  - Education
- Restorative Services
  - Fillings
  - Crowns
  - Root Canal
- Emergency Services
  - Emergency Exam
  - X-Ray
  - Extractions
- Referral for Specialty & Hospital Services

Outreach Services
- Information to inform our communities of FHC services and assistance to those using FHC services in accessing supporting services:
  - Help completing Medicaid, Basic Health Plan and Take Charge applications
  - Help completing drug company sponsored Prescription Assistance Programs
  - Community Health Education
  - Health Fairs
  - Social Work Counseling
  - Nutrition Counseling
  - Community Health Nursing
  - Infant Case Management

WIC Services
- Supplemental nutrition services for pregnant and breastfeeding women and their children to age 5 who meet income and nutrition risk guidelines:
  - Nutrition Assessment
  - Nutrition Education
  - Breastfeeding Support
  - Food Vouchers

• FEES: Sliding fee based on family size and income before taxes. Medicaid, Medicare, Community Health Plan and most insurance accepted.

• REFERRAL PROCEDURE: Call clinic for appointment.

• ADDITIONAL INFORMATION: Information on community services, help with applications for public insurance, outreach to community locations and businesses.
HIV/AIDS Hotline
Washington State Department of Health
111 Israel Road
P.O. Box 47840
Olympia, WA 98504-7840
Toll Free: 1-800-272-2437
Fax: (360) 236-3400

- SERVICES PROVIDED: Information and referrals to local, state and national resources; a statewide toll-free hotline; education and information for HIV/AIDS educators, individuals, agencies and organizations. The office of Client Services, which administers the drug reimbursement and early intervention programs, may be accessed through the hotline.

- FEES: None

- REFERRAL PROCEDURE: None

- ADDITIONAL INFORMATION: The hotline number is 1-800-272-2437.
Kaiser Permanente
1230 – 7th Avenue
Longview, WA 98632
(360) 636-2400
Toll Free: 1-800-257-2001 or 1-800-735-2900
Website: www.kaiser-permanente.org

- **SERVICES PROVIDED:** Medical, mental health and dental services for those with Kaiser Permanente insurance coverage.

- **FEES:** Co-pays vary.

- **REFERRAL PROCEDURE:** Must be a member to receive services.

- **ADDITIONAL INFORMATION:** On site pharmacy and health education classes. No urgent care or emergency services.
Lower Columbia Women’s Clinic
790 – 14th Avenue
Longview, WA 98632
(360) 423-2450
Toll Free: 1-800-627-4967
After Hours: (360) 636-9500
Fax: (360) 425-4969
Website: www.lowercolumbiawomensclinic.com

- **SERVICES PROVIDED:** Our goal is to offer personal, continuous, expert and courteous medical attention in our obstetrics and gynecology. Our physicians are certified specialists in women’s health care and are Fellows in the American College of Obstetricians and Gynecologists. We offer a broad scope of knowledge and expertise and continuous and ongoing emergency coverage. All of the doctors maintain up-to-date information and credentials for your modern OB/GYN care.

- **FEES:** Private health insurance and/or private pay. Also Medicare and Medicaid.

- **ADDITIONAL INFORMATION:** All of our physicians have active privileges at PeaceHealth St. John Medical Center.
PeaceHealth St. John Medical Center
1615 Delaware Street
P.O. Box 3002
Longview, WA 98632
(360) 414-2000
Toll Free: 1-800-438-7562
Website: www.peacehealth.org

- **SERVICES PROVIDED:** Primary care, specialty care, hospital services including imaging, lab, surgical, obstetrics, physical rehab, occupational therapy, emergency services and wellness program. On-site pharmacy. Interpretation services.

- **FEES:** Call to determine if your insurance is accepted.

- **REFERRAL PROCEDURE:** Varied

- **ADDITIONAL INFORMATION:** Any questions can be answered by calling the hospital’s main line at (360) 414-2000.
Pediatric Clinic
784 – 14th Avenue
Longview, WA 98632
(360) 425-6111
After Hours: (360) 577-0337
Fax: (360) 636-1297
Website: www.Pedsclinic.com

- **SERVICES PROVIDED:** Comprehensive care for all medical problems of babies, children and adolescents. Open 6 days a week. We speak Spanish.

- **FEES:** Most insurance plans accepted including Healthy Options and Medicaid. Call for current listing.

- **ADDITIONAL INFORMATION:** Hours: Monday – Thursday 8:00AM – 6:00PM and Saturday 8:00AM – 12:00PM.
Rx Help for Washington
Toll Free: 1-877-923-6779
Website: www.rxhelpforwa.org

- **SERVICES PROVIDED:** Rx Help for Washington is a website designed to help low-income, uninsured Washington residents get access to patient assistance programs where they may qualify for free, or nearly free, prescription medicines.

- **FEES:** Free or discounted.

- **ADDITIONAL INFORMATION:** If you have questions about RxHelpforWA or your medications consult your physician or pharmacist.
Statewide Health Insurance Benefits Advisors (SHIBA)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430 ext. 304
Fax: (360) 425-8724
e-mail: anitah@lowercolumbiacap.org
Website: www.lowercolumbiacap.org or www.oic.wa.gov

- **SERVICES PROVIDED:** Free counseling regarding access to healthcare and help understanding Medicare/Medicaid.

- **FEES:** None

- **REFERRAL PROCEDURE:** Just call the number above to arrange appointment to speak to a volunteer either in person at CAP or on the phone. The volunteers are trained by the Office of the Insurance Commissioner.

- **ADDITIONAL INFORMATION:** The service is free, non-biased and confidential.
Washington Poison Center
155 NE 100th Street, Suite 100
Seattle, WA 98125-8011
Toll Free: 1-800-222-1222
TDD: 1-800-222-1222
Website: www.wapc.org

- SERVICES PROVIDED: Initial assessment and management information for poison exposures and poison information.

- FEES: None

- REFERRAL PROCEDURE: None

- ADDITIONAL INFORMATION: Open 24 hours, year-round (including holidays). We connect with the AT&T Language Line immediately if an interpreter is needed for foreign language callers in any language.
Women’s Health Pavilion
PeaceHealth Medical Group – Women’s Health
PeaceHealth St. John Medical Center – Women’s Health
1660 Delaware
Longview, WA 98632
(360) 414-2800
Toll Free: 1-800-438-7562

- SERVICES PROVIDED:

PeaceHealth Medical Group – Women’s Health
- Low and High Risk Pre-Natal Care
- Four Obstetrician MD’s/Two Nurse Practitioner Midwives

PeaceHealth St. John Medical Center – Women’s Health
- Lactation Consultants
- Ultrasounds
- Massage Therapy
- Bone Densitometry (preferred rather than Dexacans)
- Urodynamic Testing
- Conference Center
- Gift Botique

- FEES: Call for fee information.

- REFERRAL PROCEDURE: Referral from Primary Care Physician as needed. Self-referral okay for women’s issues.

- ADDITIONAL INFORMATION: Linkages with: CDAC for substance abuse referral, Parents Place, WIC office and Maternity Case Managers, and interpreter services.
Housing
SERVICES PROVIDED: Cowlitz County Habitat for Humanity (CCHFH) works together with God and people from all walks of life, to develop partnerships with people in need by building and renovating houses, creating simple and affordable homes in decent communities in which every person can experience God's love and can live and grow into all that God intends.

REFERRAL PROCEDURE: The selection of families who will purchase homes from Cowlitz County Habitat for Humanity will be done by the Family Selection team in a way that does not discriminate because of race, color, religion, sex, handicap, familial status, sexual orientation, age, gender identity or national origin or because all or part of the applicant’s income is derived from public assistance programs.

ADDITIONAL INFORMATION: Habitat for Humanity provides a unique opportunity for hardworking families to build and buy their own homes. Our homes are sold at no profit to our homeowner families, with a minimal down payment and a 0% interest mortgage.
Energy & Housing Services
Lower Columbia Community Action Council (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430

- SERVICES PROVIDED: Assistance to low-income persons needing help in paying for their winter heating costs. Weatherization is available to low-income families to improve energy efficiency by installing insulation, weather stripping, windows and caulking. Housing services include low-income owner-occupied housing rehabilitation in targeted areas of Cowlitz and Wahkiakum counties. LCCAC also offers two self-help housing programs for low-income families willing to invest sweat-equity by constructing their own homes under the supervision of LCCAC staff. HEAT (Home Energy Audit Team) professionals will test and evaluate your home for energy efficiency. Energy conservation classes. Additionally, LCCAC offers transitional housing units and affordable rental units to low-income families.

- FEES: Varies with program.

- REFERRAL PROCEDURE: For more information about energy, weatherization and housing rehabilitation, please call 425-3430 and ask for Energy and Housing Services. For information about building your own home, please call the same number and ask for Self-Help Housing.
Kalama Housing Authority
226 Cloverdale Road
Kalama, WA 98625
(360) 673-3444

- SERVICES PROVIDED: Low income housing for the city of Kalama.

- ADDITIONAL INFORMATION: Hours: Monday through Friday 9AM-1PM.
Kelso Housing Authority
1415 South 10th
Kelso, WA 98626
(360) 423-3490
Fax: (360) 577-6694
Website: www.kelsoha.org

- **SERVICES PROVIDED:** Rental assistance programs and housing opportunities, including coordination of needed social services to assist low and moderate income singles, families, persons with disabilities, and victims of domestic violence in their effort to attain stable, affordable, safe, decent and sanitary housing.

- **FEES:** Services are free. Rental assistance programs are income-based and require approximately 30% of the family’s gross monthly income.

- **REFERRAL PROCEDURE:** Applications for Section 8 Housing Choice Voucher rental assistance and Public Housing programs are available in the Kelso Housing Authority lobby and are downloadable from the www.kelsoha.org website. Applications for housing at the Chinook and Columbia Apartments for persons with mental health support services are available through local mental health support service agencies.
Longview Housing Authority
1207 Commerce Avenue
Longview, WA 98632
(360) 423-0140
Toll Free: 1-866-570-8840
Fax: 425-9930
Toll Free Fax: 1-888-424-7145
Website: www.longviewha.org/

- **SERVICES PROVIDED:** Rent assistance for eligible low-income families and singles in Cowlitz, Wahkiakum, Pacific and Lewis counties. For those receiving housing assistance, the voluntary Family Self-Sufficiency (FSS) program helps families obtain education, job training, and life skills necessary to move toward financial self-sufficiency, as well as becoming homeowners. As an FSS family's earned income increases, HUD puts money aside for them in an escrow account that can be used for education, buying a home, or starting a business. Participating FSS families are eligible to participate in our Section 8 Home Ownership Program. Homeownership opportunities are also available through the Self-Help Rehabilitation Homeownership Program. LHA has also partnered with Veterans Affairs to provide onsite case management services for homeless veterans participating in the State Funded TBRA program.

- **FEES:** There is no charge for the services provided. Families generally pay approximately one third of their monthly income toward their rent, and the Housing Authority pays the rest directly to the landlord.

- **ADDITIONAL INFORMATION:** It is not necessary to provide any financial information when initially applying for admission to the program. However, proof of date of birth, citizenship, and Social Security number are required when the family submits an application.
Legal Services
CLEAR
Northwest Justice Project
Toll Free: 1-888-201-1014
Over Age 60: 1-888-387-7111
Website: www.nwjustice.org

- **SERVICES PROVIDED:** CLEAR is Washington’s toll-free, centralized intake, advice and referral service for low-income people seeking free legal assistance with civil legal problems.

- **FEES:** Call for fees.

- **REFERRAL PROCEDURE:** Before we can assist you, we must determine that you are eligible for services. In most counties, persons who are 60 and over will not be denied assistance based on their financial situation. Due to limited resources, lawyers and paralegals are not able to assist every caller; services are targeted to problems that affect basic needs such as housing, income, medical care and family safety.

- **ADDITIONAL INFORMATION:** Call 1-888-201-1014 weekdays from 9:15 a.m. until 12:15 p.m. CLEAR works with a language line to provide interpreters as needed at no cost to callers. If you are deaf or hard of hearing, please call 1-888-201-1014 using your preferred TTY or Video relay service.
Cowlitz County CASA
1024 Broadway
Longview, WA 98632
(360) 414-5212
Fax: (360) 425-6369
Website: www.cowlitzcountycasa.org

or

Washington State CASA/GAL
603 Stewart Street, Suite 206
Seattle, WA 98101
(206) 667-9716
Toll Free: 1-800-530-0045
Fax: (206) 667-9753
Website: www.washingtonstatecasa.org

- **SERVICES PROVIDED**: Court Appointed Special Advocates. A CASA Advocate is a trained community volunteer, appointed by a judge to represent the best interests of a child in court. Once appointed to a case, the CASA volunteer becomes an official part of the judicial proceedings, working along side attorneys and social workers as an appointed officer of the court. "We are the voice of the child in court."

- **FEES**: No Fees. 30 hours of training prior to appointment to a case.

- **REFERRAL PROCEDURE**: Anyone 21 years or older may apply to become a CASA volunteer by contacting the CASA office.
Cowlitz County Family Court
Hall of Justice
312 SW First Avenue, Room 125
Kelso, WA  98626
(360) 577-3076
Fax: (360) 414-5509

- **SERVICES PROVIDED:** Cowlitz County Family Court is the investigative agency of Superior Court. The program does provide:
  - Court-ordered residential placement investigations.
  - Adoption Searches - assisting adoptees or birth parents in petitioning Superior Court to open Cowlitz County adoption files.
  - Minimum Age Waivers - assisting parent/legal guardian of minor under the age of 16, in petitioning the Superior Court for an order allowing the minor to marry. Specific criteria must be met.

- **FEES:** Fees are assessed for residential placement studies pursuant to an order of Superior Court based upon the parties' ability to pay.

- **REFERRAL PROCEDURE:** Referrals are made through a Superior Court order directing Family Court to conduct residential placement investigations.

- **ADDITIONAL INFORMATION:** The staff is not comprised of attorneys and cannot give legal advice or recommend specific attorneys to assist in legal matters.
Cowlitz-Wahkiakum Counties Legal Aid Program
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430 ext. 206
Fax: (360) 425-2579

- **SERVICES PROVIDED:** Service for low-income people, who have qualified by calling the CLEAR hotline, to obtain FREE legal assistance with civil problems.

- **FEES:** Free - you must qualify as low-income.

- **ADDITIONAL INFORMATION:** Contact the Legal Aid Program for further information. To be referred for free civil legal services, call Northwest Justice Project's CLEAR hotline at 1-888-201-1014 Monday through Friday from 9:15AM until 12:15PM and also on Tuesdays from 3:30PM until 6:15PM.
SAFE Program
P.O. Box 877
Kelso, WA  98626
(360) 425-1176
FAX: (360) 425-3970

- **SERVICES PROVIDED:**
  - Free and confidential assistance for victims of crime in Cowlitz, Wahkiakum and Clark counties.
  - 24/7 Crisis Intervention
  - Individual Advocacy
  - Medical Advocacy
  - Legal Advocacy

- **REFERRAL PROCEDURE:** Call for appointment. Must be a victim of crime to qualify for services.

- **ADDITIONAL INFORMATION:** All services are free and confidential. Crime does not need to have been reported to law enforcement.
SAFE Program
Emergency Support Shelter
304 Cowlitz Way
Kelso, WA 98626
(360) 425-1176
Fax: (360) 425-3970

- **SERVICES PROVIDED:**
  - Protection order assistance for victims of domestic violence
  - Assistance with Sexual Assault Protection orders
  - Assistance with Anti-Harassment orders
  - Assistance gathering information for dissolutions and parenting plans
  - Court accompaniment

- **REFERRAL PROCEDURE:** Call for appointment. Must be a victim of domestic violence, sexual assault or other crime to qualify for services.

- **ADDITIONAL INFORMATION:** All services are free and confidential.
Victim/Witness Division
Cowlitz County Prosecuting Attorney
Hall of Justice
312 SW First
Kelso, WA  98626
(360) 577-3080
Fax: (360) 414-9121

- SERVICES PROVIDED: Assists victims of and witnesses to crimes throughout the county. The victim-witness staff will assist them through the criminal justice system, helping them file for Crime Victim's Program compensation and attempting to alleviate their many concerns and anxieties. Referrals to community resources, victim advocacy, transportation and travel arrangements.

- FEES: None

- ADDITIONAL INFORMATION: Crime Victim's Program will cover medical bills and counseling of violent crimes. Hours: Monday through Friday 8:30AM-5:00PM.
Mental Health/ Counseling/Support Groups
A Child's Place
600 Broadway
Longview, WA 98632
(360) 414-2222
Fax: (360) 414-2220
Website: www.peacehealth.org/LowerColumbia

- **SERVICES PROVIDED:** A Child's Place serves families and children who need professional assistance with behavioral and emotional concerns, psychiatric evaluation and medication management.

- **FEES:** Please call regarding fees.

- **REFERRAL PROCEDURE:** Referrals are generally accepted for any child meeting eligibility criteria.

- **ADDITIONAL INFORMATION:** Evaluation and treatment services will be conducted at A Child's Place. All services will be by appointment only. Office hours are 8:00AM – 7:00PM, Monday through Thursday and 8:00AM – 4:30PM, Friday.
SERVICES PROVIDED: The Adult-Marital-Family-Child Counseling Center has individual and family counseling, with specialization in marital therapy. Also, specialize in survivors of sexual abuse and sex offenders.
Cascade Psychological Services
783 Commerce, Suite 200
Longview, WA 98632
(360) 423-2750
Fax: (360) 423-2639

- **SERVICES PROVIDED:** Psychotherapy services for anxiety and depression for adults.
- **FEES:** Usual and customary, most insurance accepted.
- **ADDITIONAL INFORMATION:** Children are not seen.
Clear Choices Counseling
803 Vandercook Way, Suite #9
Longview, WA 98632
Mailing address: P.O. Box 1400, Kalama, WA 98625
(360) 431-9987
Fax: (360) 539-0010
e-mail: lavern@clearchoicescounseling.net
Website: www.clearchoicescounseling.net

- **SERVICES PROVIDED:** Providing affordable, compassionate and supportive counseling for children, teens, adults, families and groups.
  - Play therapy and Sand Tray therapy
  - Personal Growth counseling
  - Decision-making and transition counseling
  - Relationship Counseling
  - Blended family/divorce recovery
  - Communication & Conflict Management Skills Training
  - Parent support group for parents of strong willed kids/teens
  - Anxiety/Stress disorders
  - Depression & Grief work

- **FEES:** Please call regarding fees. Most insurance accepted.

- **REFERRAL PROCEDURE:** Call (360) 431-9987 for information.
Columbia Counseling
1329 Broadway #202
Longview, WA  98632
(360) 425-1322

• SERVICES PROVIDED:
  ➢ Family Counseling
  ➢ EMDR (Eye Movement Desensitization and Reprocessing)
  ➢ Hypnotherapy
  ➢ Individual Counseling

• FEES: Each therapist sets own fees. Usually $125/hour. Fees can be negotiated.

• ADDITIONAL INFORMATION: Judith Bartholomew provides consultation and supervision to service agencies on request.
Counseling Services & Associates  
Sexual Abuse and Prevention Program  
1157 – 3rd Avenue, Suite 100  
Longview, WA 98632  
(360) 577-8871

• **SERVICES PROVIDED:** Counseling Services and Associates, in coordination with the Emergency Support Shelter, has been awarded grant funding to provide services that focus on prevention and treatment for sexual assault to residents of Cowlitz County.

The following services are offered:
- Brief Individual and Family Therapy for Adults and Children, Support Groups
- Group Therapy for Adults, Adolescents and Children

• **FEES:** No Cost Services

• **REFERRAL PROCEDURE:** Please contact us to inquire about counseling services or to request community education presentations.

• **ADDITIONAL INFORMATION:** Services are primarily offered to individuals who are without health insurance or to individuals who do not have access to these specialized counseling services.
Cowlitz County Human Services
1952 – 9th Avenue
Longview, WA  98632
(360) 501-1213
Fax:  (360) 501-1207
Website:  www.co.cowlitz.wa.us/humanservices/index.html

- **SERVICES PROVIDED:** Information pertaining to Mental Health Services for Medicaid-eligible individuals in Cowlitz County.

- **FEES:** None

- **REFERRAL PROCEDURE:** Contact mental health provider directly for referral.

- **ADDITIONAL INFORMATION:** Cowlitz County’s Human Services Department is responsible for overseeing contracts with mental health providers to provide a range of mental health services to Medicaid-eligible people who reside in Cowlitz County. The contracted agencies are:

  - Center for Behavioral Solutions
    600 Broadway
    Longview, WA  98632
    (360) 414-2280
  - Lower Columbia Mental Health Center
    921 – 14th Avenue
    Longview, WA  98632
    (360) 423-0203

  - Youth & Family Link
    907 Douglas Avenue
    Longview, WA  98632
    (360) 423-6741
Hepatitis C Educational Group
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA 98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (306) 425-7531
Website: www.co.cowlitz.wa.us/health

- SERVICES PROVIDED: The Cowlitz County Health Department offers an educational meeting for clients, families and friends interested in chronic Hepatitis C infection. Co-facilitated by two Health Department professionals, the group provides emotional and educational support, counseling, financial, and medical information. Meetings often feature guest speakers. Quarterly scheduled meetings and speakers are listed in the Community News section of The Daily News.

- FEES: None
Legacy Counseling Services
836 Maple Street
Longview, WA  98632
(360) 501-4122
e-mail:  wayne@langlinslegacy.com
Website:  www.wayneanglin.com

• SERVICES PROVIDED: Focusing on Solutions: Effective Skills for Day to Day Living

Specialist in providing counseling for:
➢ Post Traumatic Stress Disorder (PTSD)
➢ Combat Veterans, Victims of Domestic Violence & Sexual Assault
➢ Individual, Family, Couple, Teen & Child Therapist
➢ Anger Management Evaluations & Counseling
➢ Power & Control Issues
➢ Transition or Adjustment Problems (loss, new marriage, etc.)
➢ Difficult Children, Teens & Spouses
➢ ADD/ADHD & School Problems

• FEES: Call for fees.
  ➢ Most insurances accepted
  ➢ Cash clients/VISA/MasterCard
  ➢ Medical Coupons – Call for eligibility
Lower Columbia Mental Health Center
921 – 14th Avenue
Longview, WA 98632
(360) 423-0203
Washington Relay Service for the Hearing Impaired: 711
Fax: (360) 423-2311

24-Hour Crisis Line: (360) 425-6064 – Toll-free: (800) 803-8833

- SERVICES PROVIDED: Comprehensive outpatient mental health services including psychiatry, psychological evaluations, medications, therapy, case management, school-based programs, and private employee assistance plans. HIP (Healing Intervention Prevention) – Program of LCMHC funded by the United Way that allows child mental health specialists to provide free services to children in targeting schools.

- FEES: Sliding fee schedule based on the number living in the household and total gross monthly income. Most insurance accepted.

- ADDITIONAL INFORMATION: Open Monday-Thursday, 8:00AM – 6:00PM and Friday, 8:00AM – 5:00PM. Also known as Cowlitz County Guidance Association.
Northwest Psychological Resources
945 – 11th Avenue, Suite B
Longview, WA 98632
(360) 414-8600
e-mail: admin@nwpsych.com
Website: www.nwpsych.com

• SERVICES PROVIDED: Broad-based Psychological Services

• FEES: Northwest Psychological Resources is often able to accept patients for low-cost counseling provided by an intern or resident under licensed supervision. Call for more information about appointment availability and fees. Unfortunately, most Medicaid must be referred to the Access Center.

• REFERRAL PROCEDURE: Telephone the office. If needed, the office staff can help select the appropriate provider for the patient. Patients may also call directly to set up an initial appointment. Remember that some insurance requires a PCP referral. Providence Health Plan does not require PCP referral.

• ADDITIONAL INFORMATION: For further information, visit the website for forms and doctor descriptions. Office hours are 8:30AM – 4:30PM, Monday – Friday.
SERVICES PROVIDED:
- Court Approved Domestic Violence Program
- Victims of Abuse
- Counseling for Depression, Anxiety, Phobias
- Marriage or Couples Counseling
- Court Approved Sexual Offender Treatment Program
- Relationship Issues

FEES: Call for fees.

REFERRAL PROCEDURE: Willing to work with Juvenile Department in meeting the needs of troubled families and youth. Willing to develop specific skill-building groups.
PeaceHealth Behavioral Health
600 Broadway
Longview, WA  98632
(360) 414-2129 (Administration)
(360) 414-2236 (Outpatient)

• SERVICES PROVIDED:

  A Child's Place
  Child, Adolescent & Family Counseling & Psychiatry
  (360) 414-2222

  Behavioral Health Outpatient Clinic
  Adult, Geriatric & Family Counseling & Psychiatry
  (360) 414-2236

  Center for Behavioral Solutions
  Public Mental Health Treatment for Children, Adults & Elderly
  (360) 414-2236

  St. John Medical Center
  Inpatient Psychiatric for Adults Primarily
  1615 Delaware Street
  Longview, WA  98632
  (360) 414-2000
Riverview Psychiatric & Counseling Service
921 – 14th Avenue
Longview, WA 98632
(360) 577-0266
Cowlitz County 24-Hour Crisis Response: (360) 425-6064
Fax: (360) 577-0269
Website: www.ccgacares.com

• SERVICES PROVIDED:
  ➢ Individual Therapy
  ➢ Family Therapy
  ➢ Couples and Marital Therapy
  ➢ Psychiatric Medications
  ➢ Psychiatric Evaluations
  ➢ Multi-Agency Team Treatment
  ➢ Intelligence Testing
  ➢ Personality Assessment
  ➢ Psychological Evaluations
  ➢ Vocational Assistance
  ➢ Employment Assistance Program
  ➢ Case Management
  ➢ Seminars and Workshops

• FEES: Copay due at time of appointment. Individual with proof of low income may qualify for subsidized rates at Lower Columbia – call (360) 423-0203.

• ADDITIONAL INFORMATION: Riverview is a service of Cowlitz County Guidance Association.

Business Hours:
Monday: 10AM – 8:00PM
Tuesday: 10AM – 8:00PM
Wednesday: 10AM – 6:30PM
Thursday: 10AM – 8:00PM
Friday: 10AM – 5PM
Washington Recovery Help Line
1-866-789-1511
Website: www.waRecoveryHelpline.org

- **SERVICES PROVIDED:** 24-Hour support for people dealing with substance abuse, problem gambling and mental health issues, and providing referrals to treatment and support services.

- **FEES:** Free

- **ADDITIONAL INFORMATION:** This statewide help line is operated by Crisis Clinic and funded by the Department of Social and Health Services’ Division of Behavioral Health and Recovery.
Youth and Family Link
P.O. Box 2052
Longview, WA 98632
(360) 423-6741
Fax: (360) 501-6510
Website: www.linkprogram.org

- **SERVICES PROVIDED:**
  - Licensed, outpatient mental health services for children 0-17 and families.
  - After school programs in the community and on-site programs at various schools.
  - Family psycho-education program, wrap around team development, coordination of multiple systems of care.
  - On-call Intensive Intervention program for children to prevent unnecessary hospitalizations.

- **FEES:** Free and sliding fee scale if qualified.

- **REFERRAL PROCEDURE:** Direct to program: (360) 423-6741.

- **ADDITIONAL INFORMATION:** All services provided in the community, schools, and home or office as requested. Link staff work with children and families in their own settings to engage them, realizing that children and families face natural barriers to services. Standard hours are Monday – Friday, 8:00AM-5:00PM. Services are provided on days and hours needed by the client.
Miscellaneous Services & Agencies
Better Business Bureau of Oregon/SW Washington
1000 Station Drive, Suite 222
P.O. Box 1000
DuPont, WA 98337
(206) 431-2200

e-mail – General: info@thebbb.org
e-mail – Complaints: complaints@thebbb.org
e-mail – Foundation: bbbfoundation@thebbb.org
Website: http://alaskaoregonwesternwashington.bbb.org/

- **SERVICES PROVIDED:** Consumer Education and Reliability Reports. Also, complaint assistance, arbitration and mediation services.

- **FEES:** To consumer - $0.

- **ADDITIONAL INFORMATION:** Hours of Operation: Monday – Friday 9AM–4PM (Pacific Time). Consumers have access to reliability reports 24 hours, seven days a week through BBB’s website and automated voice response system.
Big Brothers Big Sisters of SW Washington
1526 Commerce Avenue, Suite 200
Longview, WA 98632
(360) 636-2765
Fax: (360) 636-2840
Website: www.bbbsnorthwest.org

- **SERVICES PROVIDED:** Big Brothers Big Sisters makes meaningful, monitored matches between volunteers and children, age six through 18, in our community. We develop positive relationships that have a direct and lasting effect on the lives of young people.

- **FEES:** No fees

- **REFERRAL PROCEDURE:** Referred by parent, guardian, counselor, teacher or caseworker.

- **ADDITIONAL INFORMATION:** Our goal is to provide youth with a caring, screened, trained, adult mentor for the duration of one year to provide friendship and guidance. We believe that in that one year, a child can develop some of the assets needed to make good decisions for their future.
community health assessment
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA 98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (360) 425-7531
Website: www.co.cowlitz.wa.us/health

• SERVICES PROVIDED: The Cowlitz County Health Department and Pathways 2020 have collaborated on the completion of the Mobilizing for Action through Planning & Partnership (MAPP) planning tool.

No single organization can by itself attain the outcomes needed to adequately address the issues facing communities today. Effective responses require collective action and collective action requires both meaningful public health partnerships and an understanding of the resources in the community.

• ADDITIONAL INFORMATION: Visit our website for MAPP assessments and reports.
Community Services Office (CSO)
Department of Social & Health Services (DSHS)
711 Vine Street
P.O. Box 330
Kelso, WA 98626
(360) 501-2400
Toll Free: 1-877-501-2233

- SERVICES PROVIDED: Services available to families and individuals, including cash, medical, food, child care and social services. The CSO administers state and federal public welfare programs. These include medical programs for aged, blind and disabled individuals, children and pregnant women. We also administer medical programs that assist Medicare recipients with their co-pays and deductibles and with drug and alcohol treatment. There are other medical assistance programs available so we encourage anyone to apply who may be in need of medical assistance. We offer the Basic Food (Food Stamp) program. Cash programs include assistance for low-income families or pregnant women and for incapacitated adults. We offer the Working Connections Child Care (WCCC) program to help with child care expenses. Please call us for information on our services.

Applications for all programs can be made online at www.washingtonconnection.org. Please call the toll-free number above to apply for WCCC.
SERVICES PROVIDED: A proud member of the AmeriCorps National Service Network, Cowlitz AmeriCorps Network enrolls members every summer to work in non-profit agencies and schools throughout Cowlitz County to increase literacy, assist people with disabilities to live more productive lives, help our communities Veterans improve their lives, and to increase volunteerism in our community. Member also plan and participate in four service projects every year helping to increase awareness of the importance of volunteering and taking care of our community. Member benefits include a living allowance of up to $1,100 per month during their 11 months of service, which runs from September through July. Upon successful completion of their hours of service, members receive an education award of up to $5,550. Non-profit agencies and schools receive up to 1700 hours of service from a member between September and July to help the agency or school fulfill their mission. Full-time positions are available with the possibility of part-time positions. Details are available at the office.

FEES: Non-profit agencies and school must pay $4,750 for the year for a full-time member who will give them up to 1700 hours of service during the 11 months of service.

REFERRAL PROCEDURE: Applications to be an AmeriCorps member are due each June and can be picked up at the office of found on-line at www.lifeworkswa.org. Non-profit groups and schools may apply to have a member work for their organization by contacting the office and completing an application due each April.

ADDITIONAL INFORMATION: All financial quotes are subject to change.
Cowlitz County District Court
Hall Of Justice – 2nd Floor
312 SW First Avenue
Kelso, WA 98626
(360) 577-3073
Fax: (360) 577-3132
e-mail: dctcourt@co.cowlitz.wa.us
Website: www.co.cowlitz.wa.us/districtcourt

- **SERVICES PROVIDED:** Cowlitz County District Court processes misdemeanor criminal and traffic charges issued by the Washington State Patrol, Cowlitz County Sheriff, Cowlitz County Prosecutor, cities of Kelso, Kalama and Longview, and State Department of Fish, Wildlife and Natural Resources. Cowlitz County, the cities of Kelso, Longview, Castle Rock, Woodland and Kalama and the Humane Society also file charges with the District Court. District Court also has jurisdiction to handle civil matters up to $75,000, domestic violence and small claims. Name changes are also filed in the District Court. Persons must provide their own paperwork.

- **FEES:** Small Claims (a $5,000 maximum claim) has a $24.00 filing fee. Anti-Harassment claim has a $63.00 (cash only) filing fee. (Both of these actions require a guardian ad litem appointed for individuals under 18 years of age.) Name changes has a $140.00 (cash only) filing fee. Hours: Monday-Friday – 8:30AM-5PM
Cowlitz County Juvenile Department
AKA: Cowlitz County Youth Services Center
1725 South 1st Avenue
Longview, WA 98632
(360) 577-3100
Fax: (360) 414-9280
Website: www.co.cowlitz.wa.us/juvenile

- SERVICES PROVIDED: The Cowlitz County Juvenile Department is a branch of the Superior Court of Cowlitz County. We provide primary intervention for youth under the age of 18 who are alleged to have committed or have been found to have committed criminal offenses. Services include individual and family counseling, community referral resources and juvenile court. Besides criminal offenses, we handle youth under 15 year of age that are alleged to have committed traffic or boating violations, and/or wildlife violations. We provide court ordered pre- and post-adoption reports and emancipation studies. Minor first time offenses, violations and infractions are handled by the Diversion Program. The matters are handled on an informal basis between the youth, his/her parent and the Diversion Counselor.

The Juvenile Court also provides the legal forum for a variety of other matters related to juveniles, these include: Dependency and Termination proceedings (allegations of abuse, neglect, abandonment and/or no parent or guardian willing or capable); At-Risk Youth (ARY) and Child in Need of Services (CHINS) proceedings; and Truancy proceedings. In some cases, probation staff works with the youth and his or her family in resolving conflicts when DSHS is not involved.
Crime Victim Advocacy Program
P.O. Box 877
Kelso, WA  98626
(360) 425-1176
Fax: (360) 425-3970

- SERVICES PROVIDED:
  - Free and confidential assistance for victims of crime in Cowlitz, Wahkiakum and Clark counties.
  - 24/7 Crisis Intervention
  - Individual Advocacy
  - Medical Advocacy
  - Legal Advocacy

- REFERRAL PROCEDURE: Call for appointment. Must be a victim of crime to qualify for services.

- ADDITIONAL INFORMATION: All services are free and confidential. Crime does not need to have been reported to law enforcement.
Department of Labor and Industries
Washington State
711 Vine Street
Kelso, WA 98626
(360) 575-6900
Fax: (360) 575-6918
TDD: (360) 575-6921
Website: www.lni.wa.gov

• **SERVICES PROVIDED:** L&I is a diverse state agency dedicated to the safety, health and security of Washington's 3.2 million workers. We help employers meet safety and health standards and we inspect workplaces when alerted to hazards. As administrators of the state's workers' compensation system, we are similar to a large insurance company, providing medical and limited wage-replacement coverage to workers who suffer job-related injuries and illness. Our rules and enforcement programs also help ensure workers are paid what they are owed, that children's and teens' work hours are limited, and that consumers are protected from unsound building practices.

L&I's Division of Occupational Safety and Health (DOSH) administers the Washington Industrial Safety and Health Act (WISHA) law by developing and enforcing rules that protect workers from hazardous job conditions.

Our claim managers oversee benefits to workers who are injured or become ill on the job. They also work closely with doctors, employers and counselors to help severely injured employees return to paid employment.

We enforce child labor laws, as well as laws that protect workers' wages and working conditions. Our agency also oversees apprenticeship programs and administers rules covering prevailing wage on public-works construction projects.

Our technical experts protect the public by inspecting electrical work, boilers, elevators and manufactured homes. We also test and license electricians, certify plumbers, and issue operating permits for amusement rides. In addition, our agency registers construction contractors, requiring them to be insured and bonded.

• **FEES:** Most services are free. Inspections for electrical, mobile homes and woodstoves require a fee. There are also fees for electrical licensing and contractor registration.

• **ADDITIONAL INFORMATION:** Hours of Operation: Monday – Friday 8:00AM – 5:00PM
SERVICES PROVIDED: Home and Community Services is part of the Aging and Disability Services Administration, an agency within the Department of Health and Social Services (DSHS). At the local level, HCS staff help adults who need care services but may need state funds (Medicaid) to help pay for them. Learn more about applying for Medicaid.

If the person is eligible for Medicaid, an HCS case manager will work with the adult to decide what additional care is needed and develop a care plan based on his/her needs. Your local HCS staff are experts on the services and support available where you live.

HCS offices are a tremendous resource and the best place to start for an adult who may need help paying for long term care due to a medical or disabling condition. Find a local HCS office.

FEES: None

ADDITIONAL INFORMATION: Office Hours: Monday-Friday – 8AM-5PM
Humane Society of Cowlitz County
909 Columbia Blvd.
P.O. Box 172
Longview, WA 98632
(360) 577-0151
Fax: (360) 414-0520
Website: www.cowlitzhumane.com

- SERVICES PROVIDED:
  - Humane Education
  - Animal Control
  - Shelter Tours
  - Lost and Found Pet Service – Lost Pet Hotline: (360) 425-7000
  - Pet Adoption
  - Volunteer Opportunities
  - Spay/Neuter Assistance for cats – only for low-income
  - Program Visitations for school classrooms and retirement homes
  - Community Service hours for high school graduation requirements

During a disaster, we will open to receive your household pets. We will assist by temporarily lodging your pets so you can take care of your loved ones.

- FEES:
  - Spay - $50 / Neuter - $35 – cats only
  - Pet adoptions
    - Cats - $85
    - Dogs - $115 (puppies and specialty priced higher)

- ADDITIONAL INFORMATION: Open Monday thru Friday 9AM – 5PM, Saturday 10AM – 3:30PM, Closed Sunday.
In-Home Care Services
Lower Columbia Community Action Council (CAP)
1526 Commerce Avenue
Longview, WA  98632
(360) 425-3430 ext. 240
Toll Free:  1-800-682-2406

- **SERVICES PROVIDED:** This program provides services that allow ill, disabled, and older persons to remain independently in their own homes. Services include: housework, personal hygiene bathing assistance, laundry, dressing and grooming, meal preparation, shopping, medication assistance and helping to arrange transportation to medical appointments

  All CAP caregivers undergo extensive background and criminal checks, meet all state OSHA requirements, have completed the state-mandated 28-hour caregiver training and are supervised by a coordinator and program manager.

- **FEES:** Call for information.

- **ADDITIONAL INFORMATION:** You may qualify for in-home services through several state programs. To see if you are eligible, call Senior Information and Assistance in Cowlitz and Wahkiakum Counties at (360) 577-4929 or 1-800-682-2406. In Clark County, call (360) 694-8899.
Kelso-Longview Chamber of Commerce
1563 Olympia Way
Longview, WA  98632
(360) 423-8400
Fax: (360) 423-0432
e-mail: info@kelsolongviewchamber.org
Website: www.kelsolongviewchamber.org

- SERVICES PROVIDED: Voluntary organization of business and professional people working to advance local, commercial, industrial and civic development in the Kelso and Longview area. The Chamber provides valuable networking opportunities and profitable outlets to market the business’ position in the community.
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430
Toll Free: 1-800-383-2101
Website: www.LowerColumbiacap.org

- SERVICES PROVIDED: The Lower Columbia Community Action Program (CAP) is a non-government, non-profit organization which provides comprehensive social services to people in need. CAP's services include:
  - HELP Warehouse – Food Banks, Food Stamps
  - Energy and Housing Services
  - Meals on Wheels
  - Employment and Training
  - CAP Transportation
  - Home Care Equipment Bank
  - Senior Services
  - Career & Family Development Program
  - Volunteer Center/RSVP
  - Asset Building Services
  - Small Business Development

- FEES: None for low-income individuals and families.

- REFERRAL PROCEDURE: For more specific information, see other sections relating to the CAP services listed above.

- ADDITIONAL INFORMATION: CAP's funding comes from contracts with federal, state and local governments and from corporate and private donations. It also utilizes the services of hundreds of volunteers. These caring and committed people work to improve the quality of life for all residents in its service area.
Missing & Unidentified Persons Unit (MUPU)
Washington State Patrol
P.O. Box 2347
Olympia, WA 98507-2347
24-Hour Toll Free: 1-800-543-5678
e-mail: MUPUWwsp.wa.gov
Website: MUPUWwsp.wa.gov

• **SERVICES PROVIDED:** The Missing & Unidentified Persons Unit (MUPU) assists law enforcement agencies and parents in locating missing person. The following services and resources are provided by the Washington State Patrol MUPU:
  - A toll-free, 24-hour number to report missing persons
  - Coordinating investigative resources
  - Database research and case analysis
  - DNA collection kits
  - Identification information
  - Public education
  - Child safety training

• **FEES:** None

• **ADDITIONAL INFORMATION:** 24 Hour Hotline: 1-800-543-5678
Offender Services Division
Cowlitz County Corrections Department
312 SW 1st Avenue – 3rd Floor
Kelso, WA 98626
(360) 577-3087
Fax: (360) 414-5541
e-mail: Williamsco@co.cowlitz.wa.us
Website: www.cowlitz.co.wa.us

- SERVICES PROVIDED: The Offender Services Division offers a wide variety of alternative sentencing options to Judges and offenders which include:
  - Electronic Home Monitoring
  - Day Reporting
  - Community Service
  - Pretrial Release Supervision
  - Inmate Counseling Services
  - Inmate Educational Programs
  - Work Release
  - In Custody Work Crew
  - Out-of-Custody Work Crew

- FEES: Fees vary per program. Please call for specific information.

- REFERRAL PROCEDURE: Offenders must bring a court ordered referral slip to the Offender Services office. All offenders will be required to pass a UA before they are eligible for the program.

- ADDITIONAL INFORMATION: Offenders under the age of 18 must have a parent or guardian with them when registering for a program. The programs do not accept offenders with multiple assault convictions or those convicted of a sex offense.
SERVICES PROVIDED: Produces Cowlitz County Community Report Card, grant writing, assistance to non-profit organizations, planning and public input, and facilitates Cowlitz On The Move – healthy lifestyles coalition. Pathways 2020’s number one priority for 2011-12 is increasing healthy lifestyles. Major projects include supporting Lower Columbia College Head Start/EHS/ECEAP, Cowlitz Free Medical Clinic and Community Health Partners, Lower Columbia School Gardens, and the Longview ACHIEVE team.

FEES: No charge for report cards, fees negotiable for other services.

REFERRAL PROCEDURE: N/A

ADDITIONAL INFORMATION: “Pathways 2020 will promote and improves the well-being of Cowlitz County by fostering community partnerships that provides the fabric and support each person needs to be a healthy and contributing member of the community.” Pathways 2020 works to sustain improvements in public health through policy and environmental change.
Respite Care
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430
Website: www.lowercolumbiacap.org

- **SERVICES PROVIDED:** Respite Care provides family and friends a break from caring for a loved one, allowing them to have time for themselves. Respite care can be provided for one hour, for a weekend, or while family caregivers are away on a trip of several weeks.

- **FEES:** Based on income level.

- **REFERRAL PROCEDURE:** Call CAP at (360) 425-3430 for referral.

- **ADDITIONAL INFORMATION:** You may qualify for respite care through state programs. To see if you are eligible, call Senior Information and Assistance in Cowlitz and Wahkiakum Counties at (360) 577-4929 or 1-800-682-2406. In Clark County, call (360) 694-8899 or 1-800-704-6359.
Teen Mentor Program (TMP)
Youth and Family Link
907 Douglas Street
P.O. Box 2052
Longview, WA 98632
(360) 423-6741
Fax: (360) 501-6510
e-mail: cbender@linkprogram.org

- **SERVICES PROVIDED:** The Teen Mentor Program (TMP) pairs local high school students with elementary and middle school students in positive support system among our youth. TMP offers a structured avenue for teens to develop their mentoring talents and skills through friendships with younger children who may need additional emotional support in order to meet their potential as students and individuals. As role models, the teens build leadership confidence while fostering constructive relationships with the younger students in a school environment.

- **ADDITIONAL INFORMATION:** Students are paired at the beginning of the school year and meet weekly throughout the year when school is in session. Students are picked to be part of the program through an extensive application and personal interview process. This program is currently being offered at the following schools:

  **KELSO**
  - Barnes Elementary
  - Coweeman Middle School
  - Wallace Elementary

  **LONGVIEW**
  - Monticello Middle School
  - Northlake Elementary
  - Olympia Elementary
  - St. Helens Elementary
Teen Volunteer Program
PeaceHealth St. John
1615 Delaware Street
P.O. Box 3002
Longview, WA 98632
(360) 636-4126
Fax: (360) 414-7389
Website: www.peacehealth.org

- SERVICES PROVIDED: Community involvement program for youth ages 14-18. A four-hour a week commitment can involve: greeting patients, transporting patients and equipment, escorting patients and documenting your activities. A three month commitment is requested.

- ADDITIONAL INFORMATION: A 2.7 G.P.A. is required, as well as a 6-hour orientation and letter of recommendation from teacher, counselor or pastor. Adult volunteers are welcome too. Please call the office for application process.
SERVICES PROVIDED: The goal of Cowlitz County United Way is to provide leadership and support for the community in addressing social issues through consolidated fundraising and allocation of resources to meet community needs. Agencies supporting this goal may be considered as partners if chosen to receive grant for a fiscal year.

FEES: N/A

REFERRAL PROCEDURE: Every year on November 1, Cowlitz County United Way opens the “Request for Proposal” process on the United Way web page. Organizations applying for funding must meet the minimum requirements listed and complete the attached e-grant. The process is open to any 501(C)3 Health and Human Services organization. Decisions for funding are made the final week of March the following year.

ADDITIONAL INFORMATION: Cowlitz County United Way also sponsors two county wide initiatives, Born Learning and WIN 211. These initiatives are funded completed with other grant monies not associated with the annual fund drive.
Vital Records (Birth and Death Certificates)
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA 98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (360) 425-7531
Website: www.co.cowlitz.wa.us/health

• SERVICES PROVIDED: Birth certificates for Washington State births from 1921 to present are available through the Health Department.

  Death certificates for deaths occurring in Cowlitz County, Washington are available for the previous and current month only.

  Please visit our website for more information.

• FEES: Please visit our website for current fees.

• ADDITIONAL INFORMATION: Hours: Monday through Friday 8:30AM to 4:30PM (closed from 12 – 1PM).
Volunteer Center for Cowlitz-Wahkiakum/RSVP
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA  98632
(360) 425-3430 ext. 288
Fax: (360) 425-8724
Website: www.lowercolumbiacap.org or find us on Facebook

• **SERVICES PROVIDED:** Recruit volunteers for many local non-profits and organizations. Provide volunteer placement service for those looking to volunteer with special emphasis on those over 55 years of age.

• **FEES:** None

• **REFERRAL PROCEDURE:** Start by filling out our volunteer enrollment application. A background check is performed and then an interview to discuss volunteer interests and skills.

• **ADDITIONAL INFORMATION:** Our enrollment application is available online at the Lower Columbia CAP website under Community Services or call the number above to have an application mailed to you.
Washington State Patrol
1823 Baker Way
Kelso, WA  98626
(360) 578-4147
Fax: (360) 577-2147
Website:  www.wsp.wa.gov

- **SERVICES PROVIDED:** Infant care seat inspection, inspection of vehicles that have been wrecked or rebuilt, which includes trailers. All services done by appointment only.

- **FEES:** None

- **ADDITIONAL INFORMATION:** Open Monday - Thursday 8AM-5PM and every other Friday.
Multi-Cultural Services & Education
Cowlitz Indian Tribe
1055 – 9th Avenue, Suite B
Longview, WA  98632
(360) 577-8140
FAX: (360) 577-7432
Website:  www.cowtliz.org

- **SERVICES PROVIDED:** Medical Services, Mental Health Services, Vocational Rehabilitation Services, Chemical Dependency Services and Sexual Assault/Women’s Violence.

  - **Medical Services Include:** Direct care clinic, health assessments, family planning, well child visits, immunizations, chronic disease supervision, limited lab services, medication management, nutrition counseling. Benefits: counseling, diabetes screening, women’s health.
  - **Mental Health Services Include:** Individual counseling, crisis counseling, referrals, grief support, psychological evaluation, medication management.
  - **Vocational Rehabilitation Services:** Assessments, ongoing vocational counseling, training services, academic information, on-the-job training, job seeking skills training, pre-employment service. Resource lab for natives, transportation.
  - **Chemical Dependency Services:** Chemical dependency assessments, information and referrals, DUI/deferred prosecution, intensive outpatient services, inpatient treatment referral and placement, youth prevention activities, treatment services for women.

- **FEES:** All of the services provided are free for Cowlitz Indian Tribal members and free for any other Native American and/or Alaskan Native.

- **ADDITIONAL INFORMATION:** To participate in these programs you must be an enrolled member in, or a descendent of, a Federally Recognized Tribe. Dependents/spouse of an enrolled Cowlitz Tribe member with billable insurance.
English as a Second Language
Lower Columbia College
1600 Maple Street
P.O. Box 3010
Longview, WA  98632
(360) 442-2580
Fax: (360) 442-2589

• **SERVICES PROVIDED:** English language instruction. Emphasize life and communication skills including speaking, listening, reading, writing, grammar, citizenship and computers.

Locations vary: LCC, Woodland Middle School, Broadway Head Start, and D.A.P.C in Castle Rock.

• **FEES:** $25.00 per quarter. Financial assistance is available.

• **REFERRAL PROCEDURE:** Registration and placement tests. Call LCC ESL office for information at (360) 442-2580.

• **ADDITIONAL INFORMATION:** Call to find out the hours and schedule depending on the quarter; as schedules vary per quarter.
SERVICES PROVIDED:
- Translators and mentors to access needed services.
- Assistance and Referral for Health and Social Services.
- Cultural Education
- Offer Washington State driver’s license manuals in Spanish, Vietnamese and Cambodian.
- Can help refugees and immigrants with resettlement by providing advocacy, cultural education and other services.
- Does not provide transportation services.
- Educating service providers to enable them to better serve minority populations.

FEES: Free services are provided to low-income individuals, but donations are greatly appreciated. The center requests payments from businesses and other agencies capable of doing so.

ADDITIONAL INFORMATION: The office is open Monday through Friday, 9:00AM to 5:00PM and is closed on legal holidays. Spanish speaking staff is available at all times. Other languages can be arranged by appointment. Volunteer interpreters/translations are available to donate their time to assist with medical, educational, mental health, job training and referrals to local service agencies.
Indian Education Program
Wallace Elementary School
410 Elm Street
Kelso, WA 98626
(360) 501-1655

• SERVICES PROVIDED:
  ➢ Tutoring Kindergarten through 12th grade.
  ➢ Culture classes for students and parents interested in learning Native American crafts, culture and history.
  ➢ Native American Teen Club (for secondary students)
  ➢ Resource center with reference books, compact disks, videos and more.
  ➢ Community Awareness – recommend guest speakers and hold Pow-Wow each spring.
Special Programs
Longview School District Administration Offices
2715 Lilac Street
Longview, WA  98632
(360) 575-7000

Kelso School District Administration Offices
601 Crawford
Kelso, WA  98626
(360) 501-1904

- SERVICES PROVIDED:  Special Education, Title 1 lap, and ESL.
Strengthening Families – Spanish
Substance Abuse Coalition
Administration Annex
207 – 4th Avenue North
Kelso, WA 98626
(360) 577-3041
Fax: (360) 425-7760
Website: www.cwcog.org

- **SERVICES PROVIDED:** Seven-session parenting programs for Hispanic families with 10-14 year old children. A meal and childcare are provided.

- **FEES:** None

- **REFERRAL PROCEDURE:** None needed

- **ADDITIONAL INFORMATION:** The Spanish Version Strengthening Families 10-14 Program was developed by Iowa State University. It is developed for parents and youth 10-14 years old. It is designed to help parents build on their strengths. Each program has 7-12 families involved. Parents and youth meet in separate groups for the first hour and families have fun together and practice skills in the second hour. The parent session is facilitated by Spanish-speaking facilitators. The youth session may be facilitated by Spanish-speaking facilitators or it may have an interpreter available, depending on the need of the youth.
Recreation
4-H/Youth
WSU Cowlitz County Extension
1946 – 3rd Avenue
Longview, WA 98632
(360) 577-3014
Fax: (360) 423-9986
Website: http://cowlitz.wsu.edu

- **SERVICES PROVIDED:** Club membership, projects (Rocketry, Natural Resources, Computers, Bicycles, Woodworking, Small Engines, Animals, Home Economics and much more). County, regional and state events. After-school programs, day camps, school enrichment. FUN!

- **FEES:** No charge except for 4-H Member publications ($0.50 - $2.00). Free to low income

- **ADDITIONAL INFORMATION:** Adult volunteers are always needed. Application, screening and training provided and required.
After School Programs
Longview Parks & Recreation Department
2920 Douglas Street
Longview, WA  98632
(360) 442-5400
Fax: (360) 442-5955

- **SERVICES PROVIDED:** Activities held at Longview and elementary schools. Stations of activities include: homework, reading, games, crafts, sports and occasional guest speakers.

- **FEES:** Scholarship programs available to qualifying families.

- **ADDITIONAL INFORMATION:**
  - After School Program until 5:30PM at Kessler and St. Helens, and 5:45PM at Northlake.
  - Before /After School Programs from 7:00 to 8:45AM and 3:30 to 6:00PM at Robert Gray.
SERVICES PROVIDED:

- Tiger Cubs is a school-year program for first-grade (or 7-year-old) boys and adult mentors that stresses shared leadership, learning about the community, and family understanding.
- Cub Scouts is a family and home-centered program for boys in the second through fifth grade. Cub Scouting’s emphasis is quality programming at the local level.
- The Boy Scout program is for boys 11 through 17 designed to achieve the aims of Scouting through a vigorous outdoor program and peer group leadership with the counsel of an adult Scoutmaster.
- Venturing Scouts – High adventure for ages 14-20.
- One week day camp available for Cubs. 3 ½ day resident camp for 2nd and 3rd grade boys.
- One week resident camp for 4th and 5th graders and for Boy Scouts.

FEES: There is a $10.00 registration fee per year.

REFERRAL PROCEDURE: Call the office and you will be given the name of the leader at your local school or in your area.
• **SERVICES PROVIDED:** Outdoor recreation, day and resident camping, counselor in training, environmental education, school field days, hunter safety education for youth and families. Programs are open to all youth.

• **FEES:**
  ➢ Day Camp – $150 - $175
  ➢ Resident Camp – $325 - $350
  ➢ Hunter Safety Jamboree – call for information
  ➢ LIT Program (2 weeks) – $400

• **REFERRAL PROCEDURE:** Contact council office by phone or email. Office hours are Monday-Friday, 8:30AM – 4:30PM.

• **ADDITIONAL INFORMATION:** Camp Singing Wind, owned and operated by Camp Fire USA, Lower Columbia Council, is available for rental from September through May for churches, schools, government agencies and non-profit groups that work with children.
Cowlitz On The Move
Cowlitz County Health Department
1952 – 9th Avenue
Longview, WA  98632
(360) 414-5599 (push “0” to speak with the front desk)
Fax: (360) 425-7531
Website:  www.cowlitzonthemove.org

- SERVICES PROVIDED: To promote healthy lifestyles for all Cowlitz County residents through access to recreation, nutritious foods, clean air and opportunities to engage in the life of the community.

We will accomplish this through education, advocacy and community planning, that encourages collaboration, resource sharing and broad citizen participation within our communities to support healthy lifestyles.

- ADDITIONAL INFORMATION: Healthy Lifestyles Coalition meets the 2nd Tuesday of the month at 3:00PM at the Health Department. At any time you would like to become more involved with the coalition, we would be delighted to include you!
Girl Scouts
Southern Counties
1655 Hudson Street #4
Longview, WA 98632-2949
(360) 423-3800
e-mail: southerncounties@girlscoutsww.org
Website: www.girlscouts.org

- SERVICES PROVIDED: Girl Scouts of the USA is the world’s preeminent organization dedicated solely to girls - all girls - where, in an accepting and nurturing environment, girls build character and skills for success in the real world. In partnership with committed adult volunteers, girls develop qualities that will serve them all their lives, like leadership, strong values, social conscience, and conviction about their own potential and self-worth.

- FEES: $10.00 national registration fee for girls and adults. Financial assistance is available.

- ADDITIONAL INFORMATION: Girl Scouting is open to all girls ages 5-17. Women and men interested in volunteering in a variety of capacities are encouraged to contact their local Girl Scout council at (360) 423-3800.
Longview Parks and Recreation Department
2920 Douglas Street
Longview, WA  98632
(360) 442-5400
Fax: (360) 442-5955
Website:  www.mylongview.com/parks_rec

- **SERVICES PROVIDED:** Programs for preschool, youth, teens, families, adults, senior adults and therapeutic include: sporting events and leagues, arts and crafts, dance, special events, cultural activities, music, educational programs, exercise, fitness, technology, language and enrichment.

- **FEES:** Fees vary with each activity. Scholarships and reduced payment programs are available to residents of Longview or Kelso city limits.

- **ADDITIONAL INFORMATION:** The Parks and Recreation quarterly brochure is distributed four times a year. It is available at businesses and public locations. Pre-registration is required for most programs.
YMCA Of Southwest Washington
766 - 15th Avenue
P.O. Box 698
Longview, WA 98632-7446
(360) 423-4770
Fax: (360) 423-4777

- **SERVICES PROVIDED:** Summer day camp, youth sports, aquatics, racquetball, free weights, general fitness classes, swimming lessons, open swim, water fitness, MS and arthritis classes, youth and teen programs, childcare, and community development.

- **FEES:** Day use rates are available.
  - Youth 2-14: $2.75/day
  - Youth 15-17: $3.75/day
  - Annual memberships are $120 for youth 2-14, and $204 for youth 15-17.
  - Monthly Bank draft is available.
  - Day passes include all facilities except the Nautilus equipment.
  - Youth must be 16 or older to use the free weights.
  - Some work/volunteer scholarships are also available but youth must be accompanied by a parent when applying.
  - For specific information, contact the Director of Membership Services.

- **REFERRAL PROCEDURE:** Contact the YMCA directly about programs currently available. Scholarship applications are available from the YMCA.

- **ADDITIONAL INFORMATION:** NOTE: There is a paragraph in the Y's brochure which states that the Director of Membership Services or the CEO will work with anyone who cannot afford the membership fees.
Baseball

Castle Rock/Toutle Lake Baseball
P.O. Box 1079
Castle Rock, WA 98611
(360) 274-7801

Central Youth League
Archie Anderson Park (Highland Park)
Alabama Street
Longview, WA 98632
(360) 423-7771
e-mail: info@centralyouthbaseball.com
Website: http://www.centralyouthbaseball.com/

Cowlitz Youth League Baseball
Riverside Park
1820 West Side Highway
Kelso, WA 98626
Website: www.cowlitzyouthbaseball.com

Kalama Little League
P.O. Box 1138
Kalama, WA 98625
(360) 673-2830 or (360) 673-4977

Kelso Babe Ruth Baseball
Tam O'Shanter Park
Tam O'Shanter Park Way
Kelso, WA 98626
(360) 578-0990

Kelso Bambino Youth Baseball
Tam O'Shanter Park
Tam O'Shanter Park Way
Kelso, WA 98626
(360) 425-5834
*Baseball (cont.)*

**Lewis River Little League**  
Woodland, WA 98674  
(360) 225-9571

**Longview Babe Ruth Baseball**  
Roy Morris Park  
373 Roy Morris Park Way  
Longview, WA 98632  
(360) 703-0988  
Website: www.ballcharts.com/longviewbaberuth

**Western Youth Baseball**  
John Null Park  
2650 Pacific Way  
Longview, WA 98632  
(360) 425-5680  
Website: www.eteamz.com/westernyouthbaseball

*Bowling*

**Triangle Bowl**  
700 Triangle Center  
Longview, WA 98632  
(360) 425-4060  
Website: http://www.tiranglebowl.com/

**Splits Bowling**  
200 Kelso Drive  
Kelso, WA 98626  
(360) 423-2695  
Website: http://www.splitsbowlitz.com
Fishing

Cowlitz Game & Anglers
P.O. Box 1061
Longview, WA  98632
Website:  http://www.cowlitzgameanglers.com/

Lower Columbia Flyfishers
(360) 864-2976
http://www.lowercolumbiaflyfishers.org/

Mt. St. Helens Bassmasters
e-mail: fishnrelease@msn.com
Website:  http://www.mt-st-helens-bassmasters.com/index.html

Football

Cowlitz County Pop Warner
(360) 200-5341 – Jon Webb

Kelso Youth Football
Schroeder Field
Kelso, WA  98626
(360) 957-4402 – Scott

Longview Youth Football
Local Schools
Longview, WA  98632
(360) 442-4099
Website:  www.lcyf.org
**Golf**

**Mint Valley Golf Course**  
4002 Pennsylvania Street  
Longview, WA 98632  
(360) 442-5442  
1-800-928-8929

**Three Rivers Golf Course**  
2222 River Road  
Kelso, WA 98626  
(360) 423-4653  
1-800-286-7765

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**Gymnastics/Dance**

**Gymnastics 4U**  
1323 South 13\(^{th}\)  
Kelso, WA 98626  
(360) 575-9499

**High Step Dance Academy**  
3303 Washington Way #A  
Longview, WA 98632  
(360) 636-0669

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**Other**

**Academy of Kung Fu**  
1236 – 14\(^{th}\) Avenue  
Longview, WA 98632  
(360) 577-8323

**Cowlitz Volleyball Club**  
(360) 636-7526  
Website: www.cowtlitzvolleyball.com
Other (cont.)

Hunter Education Classes
Longview Area
(360) 425-9648 – Herald Costa

Kelso Boxing Club
Tam O'Shanter Park
Kelso, WA 98626

Lewis & Clark Bowmen
http://www.lewisandclarkbowmen.com/
9435 Barnes Road
Castle Rock, WA 98611
(360) 636-3027

Mint Valley Racquet & Fitness Club
4004 Pennsylvania Street
Longview, WA 98632
(360) 636-4770

YMCA
15th & Douglas
Longview, WA 98632
(360) 423-4770

Running

Cowlitz Valley Runners
P.O. Box 2392
Longview, WA 98632
Website: http://www.cowlitzvalleyrunners.org/

Girls on the Run
Tam O'Shanter Park
Kelso, WA 98626
Skiing

Mt. Bachelor
1-800-829-2442
Website: mtbachelor.com

Mt. Hood
1-800-SKIHOOD (754-4663)
Website: skihood.com

Mt. Hood Ski Bowl
1-800-SKIBOWL (754-2695)

Stevens Pass
(206) 812-4510
Website: www.stevenspass.com

Summit at Snoqualmie
(425) 434-SNOW (7669)
Website: summit-at-snoqualmie.com

Timberline
1-800-547-1406
Website: www.timberlinelodge.com

White Pass
(509) 672-3101
Website: skiwhitepass.com

Soccer

Castle Rock/Toutle Soccer
(360) 274-4316

Cowlitz Youth Soccer
(360) 425-6381
Website: www.cowlitzyouthsoccer.com
Soccer (cont.)

Kalama Youth Soccer
(360) 673-6804
Website: www.cowlitzyouthsoccer.com

Kelso Soccer Club
Tam O'Shanter Park
Kelso, WA 98626
Website: www.cowlitzyouthsoccer.com

Longview Youth Soccer
7th Avenue Park
920 – 7th Avenue
Longview, WA 98632
(360) 425-6381
Website: www.cowlitzyouthsoccer.com

Women's Soccer Club
7th Avenue Park
920 – 7th Avenue
Longview, WA 98632
(360) 425-6381
Website: www.cowlitzyouthsoccer.com

YMCA (Indoor)
(360) 423-4770

Softball

Adult Co-Ed Slow Pitch Softball
Roy Morse Park
Longview, WA 98632
Longview Parks and Recreation
(360) 442-5400
Softball (cont.)

Co-Ed Slow Pitch Church League
Tam O'Shanter Park
Kelso, WA 98626
(360) 274-2101

Kelso Girls Fast Pitch Softball
Tam O'Shanter Park
Kelso, WA 98626
(360) 578-9101

Kelso Girls Softball
Tam O'Shanter Park
Kelso, WA 98626
(360) 578-9101

Longview Girls Fast Pitch Softball
7th Avenue Park
Longview, WA 98632
(360) 577-1006
Website: http://longviewgirlssoftball.clubspaces.com/default_css.aspx

Men's Slow Pitch Softball
Roy Morse Park
Longview, WA 98632
Longview Parks and Recreation
(360) 442-5400

Swimming

Dick Mealy Memorial Pool
Mark Morris High School
1602 Mark Morris Court
Longview, WA 98632
(360) 575-7709
Swimming (cont.)

Kelso Gaither Pool
Kelso High School
1904 Allen Street
Kelso, WA 98626
(360) 501-1855

Killer Whales Swim Club
(360) 423-0232

YMCA
15th & Douglas
Longview, WA 98632
(360) 423-4770

Wrestling

Kelso Youth Wrestling
Locals Schools/Woodland
(360) 636-6432

Longview Youth Wrestling
(360) 636-2533
Schools
Castle Rock School District
615 Front Avenue SW
Castle Rock, WA  98611-8903
(360) 501-2920
Website:  www.castlerock.wednet.edu/district/index.htm

•  ADDITIONAL INFORMATION:

  ➢  Castle Rock Elementary School
      700 Huntington Avenue South
      Castle Rock, WA  98611
      (360) 501-2910
      Fax: (360) 501-3121

  ➢  Castle Rock Middle School
      615 Front Avenue South
      Castle Rock, WA  98611
      (360) 501-2910
      Fax: (360) 501-3125

  ➢  Castle Rock High School
      5180 West Side Highway
      Castle Rock, WA  98611
      (360) 501-2930
      Fax: (360) 501-2999
Kalama School District
548 China Garden Road
Kalama, WA  98625
(360) 673-5282
Fax: (360) 673-5228
Website: www.kalama.k12.wa.us

- ADDITIONAL INFORMATION:
  - Kalama Elementary School
    548 China Garden Road
    Kalama, WA  98625
    (360) 673-5207
  - Kalama Jr./Sr. High School
    548 China Garden Road
    Kalama, WA  98625
    (360) 673-1280
Kelso School District
601 Crawford Street
Kelso, WA  98626
(360) 501-1900
Website:  www.kelso.wednet.edu

• ADDITIONAL INFORMATION:

  ➢ Barnes Elementary School
    401 Barnes Street
    Kelso, WA  98626
    (360) 501-1500

  ➢ Beacon Hill Elementary School
    257 Alpha Drive
    Longview, WA  98632
    (360) 501-1450

  ➢ Butler Acres Elementary School
    1609 Burcham
    Kelso, WA  98626
    (360) 501-1600

  ➢ Carrolls Elementary School
    P.O. Box 3
    3902 Old Pacific Highway
    Carrolls, WA  98609
    (360) 501-1380

  ➢ Catlin Elementary School
    404 Long Avenue West
    Kelso, WA  98626
    (360) 501-1550

  ➢ Rose Valley Elementary School
    1502 Rose Valley Road
    Kelso, WA  98626
    (360) 501-1400

  ➢ Wallace Elementary School
    410 Elm Street
    Kelso, WA  98626
    (360) 501-1650

  ➢ Coweeman Middle School
    2000 Allen Street
    Kelso, WA  98626
    (360) 501-1750

  ➢ Huntington Middle School
    500 Redpath
    Kelso, WA  98626
    (360) 501-1700

  ➢ Kelso High School
    1904 Allen Street
    Kelso, WA  98626
    (360) 501-1800

  ➢ Loowit High School
    1904 Allen Street
    Kelso, WA  98626
    (360) 501-1951
ADDITIONAL INFORMATION:

- **Columbia Heights Elementary School**
  2820 Parkview Drive
  Longview, WA 98632
  (360) 575-7461

- **Columbia Valley Gardens**
  2644 – 30th Avenue
  Longview, WA 98632
  (360) 575-7502

- **Kessler Elementary School**
  1902 E. Kessler Blvd.
  Longview, WA 98632
  (360) 575-7580

- **Mint Valley Elementary School**
  2745 – 38th Avenue
  Longview, WA 98632
  (360) 575-7581

- **Olympia Elementary School**
  1324 – 30th Avenue
  Longview, WA 98632
  (360) 575-7084

- **Robert Gray Elementary School**
  4622 Ohio Street
  Longview, WA 98632
  (360) 575-7302

- **St. Helens Elementary School**
  437 – 27th Avenue
  Longview, WA 98632
  (360) 575-7362

- **Broadway Learning Center**
  1410 – 8th Avenue
  Longview, WA 98632
  (360) 575-7429

- **Cascade Middle School**
  2821 Parkview Drive
  Longview, WA 98632
  (360) 577-2701

- **Monticello Middle School**
  1225 – 28th Avenue
  Longview, WA 98632
  (360) 575-7050

- **Mt. Solo Middle School**
  5300 Mt. Solo Road
  Longview, WA 98632
  (360) 577-2800

- **Mark Morris High School**
  1602 Mark Morris Court
  Longview, WA 98632
  (360) 575-7662

- **R.A. Long High School**
  2903 Nichols Blvd.
  Longview, WA 98632
  (360) 575-7110

- **On Track Academy**
  Harding Building
  2742 Harding Street
  Longview, WA 98632
  (360) 414-2920
Toutle Lake School District
5050 Spirit Lake Highway
Toutle, WA  98649
(360) 274-6182
FAX: (360) 274-7608
Website:  www.toutlesd.k12.wa.us/home.html

• ADDITIONAL INFORMATION:

➢ Toutle Lake Elementary School
  5050 Spirit Lake Highway
  Toutle, WA  98649
  (360) 274-6142

➢ Toutle Lake High School
  5050 Spirit Lake Highway
  Toutle, WA  98649
  (360) 274-6132
Woodland School District #404
800 Third Street
Woodland, WA 98674
(360) 841-2700
Fax: (360) 841-2701
Website: http://www.woodland.wednet.edu

- ADDITIONAL INFORMATION:
  - Woodland Primary School
    600 Bozarth Street
    Woodland, WA 98674
    (360) 841-2900
    Fax: (360) 841-2901

  - Yale Elementary School
    11842 Lewis River Road
    Ariel, WA 98603
    (360) 231-4246
    Fax: (360) 231-4650

  - Woodland Intermediate School
    2250 Lewis River Road
    Woodland, WA 98674
    (360) 841-2750
    Fax: (360) 841-2751

  - Woodland Middle School
    755 Park Street
    Woodland, WA 98674
    (360) 841-2850
    Fax: (360) 841-2851

  - Woodland High School
    757 Park Street
    Woodland, WA 98674
    (360) 841-2800
    Fax: (360) 841-2801

  - TEAM High School
    143 Davidson Street
    Woodland, WA 98674
    (360) 225-4477
    Fax: (360) 225-8814
Senior Services
Castle Rock Senior Center
222 – 2nd Avenue
Castle Rock, WA  98611
(360) 274-7502

- SERVICES PROVIDED: Variety of recreational activities available. Monday through Friday 10:00 a.m. to 4:00 p.m. and Saturday 11:30 a.m. to 5:00 p.m.

- ADDITIONAL INFORMATION: Call for membership information if interested (not required).
Home Delivered Meals (Meals On Wheels)
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430

- **SERVICES PROVIDED:** To provide a hot or frozen meal to a homebound client who is at least 60 years of age and meets the criteria for vulnerability. Special dietary needs can be met most of the time.

- **FEES:** Donation of $2.50 per meal is suggested.

- **REFERRAL PROCEDURE:** Authorization is made through Senior Information and Assistance at (360) 577-4929 or 1-800-682-2406, then referred to CAP Nutrition Program for start of meals delivery.
Long-Term Care Ombudsman Program
Southwest Washington Agency on Aging and Disabilities
201 NE 73rd Street #201
Vancouver, WA 98665
(360) 694-9007
Fax: (360) 696-4905
Website: http://www.helpingelders.org/ombudsman.shtm

- SERVICES PROVIDED: The Long-Term Care Ombudsman provides information, outreach, and advocacy for individuals living in long-term care residential settings, including nursing homes, adult family homes, and assisted living facilities.

What can an Ombudsman do for you?
- Listen to complaints concerning the quality of service and resident satisfaction.
- Research and clarify questions raised by residents, customers, facilities and the community.
- Resolve conflicts or misunderstandings between individuals and service providers.
- Help people work together to assure satisfactory service.
- Help consumers with the complaints, grievances or fair hearings;
- Monitor the implementation of the resolution process;
- Recommend changes to the consumer or provider on how to avoid future problems.
- Provide information about community resources, consumer rights and opportunities for involvement in local decision-making processes to consumers.
- Direct callers to local, regional, and state mental health advocacy organizations, support groups, and qualified providers.

- FEES: None
Longview Senior Center
1111 Commerce Avenue
Longview, WA  98632
(360) 636-0210
Website:  www.longviewseniorcenter.com

- SERVICES PROVIDED:
  - Lunch: Tuesday, 12:00PM – soup and sandwich - $4–members, $4.50–non-members
  - Lunch: Wednesday-Thursday, 12:00PM – full meal - $4–members, $4.50–non-members
  - Activities: card games, bingo, pool, puzzles, dominoes
  - Live Entertainment: Every Thursday, 12:30 – 1:30PM
  - Bingo: Every Wednesday, 12:30PM and the 2nd and 4th Saturday, 12:30PM
  - Guest Speakers
  - Hours:
    - Monday & Friday, 8AM – 3PM
    - Tuesday, Wednesday, Thursday, 8AM – 4PM
    - Saturday, 10AM – 2PM
R.U.O.K. (Are you OK?)
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430 ext. 240 or 259
Toll Free: 1-800-383-2101 ext. 240 or 259

- **SERVICES PROVIDED:** A free, daily check-in service by telephone for individuals that live alone and have medical issues putting them at risk. A staff member of volunteer will call the client on a daily basis at an agreed upon time to assure that all things are going well for the day. In the event that a call goes unanswered, protocol is that phone calls will be made every 15 minutes for the next hour or until answered. If still unanswered, the emergency contact person is notified. If unable to reach the emergency contact person or they are unable to check on the individual, then law enforcement is contacted and a wellness check is requested.

- **FEES:** None

- **REFERRAL PROCEDURE:** Call the CAP Office.

- **ADDITIONAL INFORMATION:** Office Hours: 8:00AM – 5:00PM Monday through Friday.
Senior Community Lunches
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA  98632
(360) 425-3430

- SERVICES PROVIDED: Provides hot lunches to seniors 60 years of age and older in a community meal setting. There are eight (8) different sites in Cowlitz and Wahkiakum Counties. The goal is to provide fellowship and information as well as serving a nutritional meal.

- FEES: Suggested donation of $2.50 per meal.

- REFERRAL PROCEDURE: Call the CAP office at (360) 425-3430 ext. 259 for reservations the day before the meal.

- ADDITIONAL INFORMATION: Lunch is served at noon daily, Monday through Friday at different meal sites each day.

Meals are served: Monday – Longview and Kalama
                  Tuesday – Rosburg and Ryderwood
                  Wednesday – Castle Rock
                  Thursday – Cathlamet, Kelso and Rosburg
                  Friday – Woodland, Longview and Castle Rock
Senior Services
Work Opportunity Center Cowlitz County/Goodwill
1030 – 15th Avenue, Suite 300
Longview, WA 98632
(360) 501-8340
Fax: (360) 423-6257

- SERVICES PROVIDED: On the job training.
- REFERRAL PROCEDURE: Contact the Work Opportunity Center and speak to the Senior Community Service Employment Program (SCSEP).
SERVICES PROVIDED: The Seniors EyeCare Program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. It raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilities access to eye care.

The Seniors EyeCare Program is designed for people who:
- Are U.S. citizens or legal residents
- Are age 65 and older
- Have not seen an ophthalmologist in three or more years

FEES: Call for cost.

REFERRAL PROCEDURE: Call the toll-free helpline at 800-222-EYES (3937) anytime, for themselves and/or family members and friends, to see if they qualify for a referral to a volunteer ophthalmologist or to request free eye care information.

ADDITIONAL INFORMATION: EyeCare America offers multiple eye care programs. Callers will be screened to determine the program that provides the most appropriate eye care services.
Senior Transportation
Lower Columbia Community Action Program (CAP)
1526 Commerce Avenue
Longview, WA 98632
(360) 425-3430 ext. 236
Toll Free: 1-800-383-2101

• SERVICES PROVIDED: Senior transportation is available to Cowlitz and Wahkiakum seniors age 60 and over. By wheelchair accessible van for Longview, Kelso, and Lexington residents who live outside the CUBS service are to come into town for medical appointments and shopping services. Volunteer drivers are available to transport people for medical appointments in the Portland/Vancouver area, and as far north as Seattle (the wheelchair van is not available for those trips). Due to budget constraints, this service is limited to two round trips per month per client. There is one rural senior van service into Longview from Cathlamet/Rosburg on the first Wednesday of each month. Please call for these times.

• FEES: Donation

• REFERRAL PROCEDURE: Call the CAP office to schedule transportation ride.
Southwest Washington Agency on Aging & Disabilities
305 South Pacific Avenue
P.O. Box 539
Kelso, WA 98626
(360) 577-4929
Toll Free: 1-800-682-2406
Fax: (360) 577-5905
Website: www.helpingelders.org

- **SERVICES PROVIDED:**
  - Family Caregiver Support Program – Services are tailored specifically for the caregiver. Services include:
    - Respite Care
    - Counseling
    - Education
  
  - Kinship Caregiver Support Program – Services include case management and financial assistance to relatives, generally a grandparent, aunt or uncle raising a relative’s child.

- **FEES:**
  - Family Caregiver Support Program – Sliding fee scale based on income
  - Kinship Caregiver Support Program – None. However, must meet certain income guidelines to qualify.

- **REFERRAL PROCEDURE:** Call Senior Information and Assistance at (360) 577-4929 or 1-800-682-2406.
Volunteer Chore Services
Catholic Community Services Family Center
676 – 26th Avenue
Longview, WA 98632
(360) 577-2200
Toll Free: 1-888-649-6734
Website: www.ccsww.org

- **SERVICES PROVIDED:** Volunteer Chore Services is committed to helping elders and adults with disabilities remain independent in their own homes through a network of caring community members. Services are provide for persons who are:
  - 60 years of age and older, living on a fixed income with some health and/or mobility limitations
  - adults, age 18 – 59, who have temporary or permanent functional limitations

Services provided include:
- Housework
- Laundry
- Shopping/Errands
- Transportation
- Yard Work
- Cooking
- Respite
- Minor Home Repair
- Communications
- Monitoring
- Wood Provision
- Some kinds of Personal Care
- Protective Supervision
- Moving Assistance

- **FEES:** VCS does not have strict financial criteria – its purpose is to serve as a safety net for those who do not qualify for other services and cannot afford to pay for services themselves. All services are provided free of charge and are based on the availability of volunteers.

- **ADDITIONAL INFORMATION:** Volunteer Chore is a statewide service using caring volunteers to help provide the tasks requested.
Transportation
Community Urban Bus Service (CUBS)
(Transit Center)
1135 – 12th Avenue
P.O. Box 128
Longview, WA 98632
(360) 442-5663
Website: www.cubs-bus.com


- FEES:
  - One-Way Ticket: $0.60
  - One-Way Ticket (senior citizen or disabled person): $0.30
  - One Day Pass: $1.20
  - One Day Pass (senior citizen or disabled person): $0.60
  - One Month Pass (adults): $10.00
  - One Month Pass (students): $6.00
  - One Month Pass (senior citizens/disabled person): $5.00
  - For one way a Medicare card may be used for ½ fare
  - Children under 6 free

Quarterly Pass
- Adult: $30.00
- Student: $18.00
- Disabled or Senior: $15.00

- ADDITIONAL INFORMATION: Bus schedules and information are available by contacting the office.
Greyhound Bus Lines
Holt’s Market
464 Oregon Way
Longview, WA 98632
(360) 423-7380
Greyhound Package Express:  (360) 423-7380
Toll Free:  1-800-231-2222
Website:  www.greyhound.com

- **SERVICES PROVIDED:** Bus Service

  Hours of Operation: Subject to change. Please call to verify hours before making travel arrangements.
  - Station: Monday – Friday 9:00AM – 5:00PM
  - Greyhound Package Express: Monday – Friday 9:00AM – 5:00PM
  - Ticketing: Monday – Friday 9:00AM – 5:00PM

- **FEES:** Call for fees.

- **ADDITIONAL INFORMATION:** Call for information.
Medicaid Transportation  
Lower Columbia Community Action Program (CAP)  
1526 Commerce Avenue  
Longview, WA  98632  
1-800-752-9422 for Medicaid Screeners  
They will contact CAP for the ride arrangements

- **SERVICES PROVIDED:** Transportation for persons authorized by Medicaid. Wheelchair accessible vans.

- **FEES:** None

- **REFERRAL PROCEDURE:** Call Medicaid Screeners at 1-800-752-9422 and request "CAP".
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