2014 - 2016

Parent Resource Guide of Thurston County

Community Services for Those Who Nurture Our Children

Created and produced by:
# Table of Contents

- Introduction .......................................................... i
- After-School/Summer Programs ............................... 1
- Alcohol/Tobacco/Other Drugs ................................. 2
- Child Care/Early Learning .................................... 6
- Clothing/Supplies .................................................. 8
- Counseling ............................................................. 9
- Crisis/Emergency/Referral ..................................... 13
- Education ............................................................... 18
- Employment .......................................................... 20
- Food ........................................................................ 21
- Health .................................................................... 24
- Legal ........................................................................ 28
- Parent Education .................................................... 29
- Pregnancy/Maternal Health ..................................... 32
- Shelter/Housing/Furnishings ................................... 34
- Special Needs .......................................................... 36
- Support ..................................................................... 38
- Youth Development/Recreation/Teen Programs ......... 41
Dear Friends,


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

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

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

Sincerely,

Meghan Sullivan, MPA
Executive Director

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**After-School / Summer Programs**

This section brought to you by

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**After School, Summer & Holiday Programs**

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

*Olympia Parks, Arts, & Recreation* 753-8380  
Wide variety of summer and school break camps for all types of interests.  
[www.olympiawa.gov/parks](http://www.olympiawa.gov/parks)

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

**Boy Scouts of America, Pacific Harbors Council** 357-3331  
Scouting programs for boys ages 7-18; Sea Scouts for boys and girls ages 14-21; Venturing Scouts for boys and girls ages 14-20. There are 5 Scout Camps in the Puget Sound area.  
[www.pacificharbors.org](http://www.pacificharbors.org)

**Boys & Girls Clubs of Thurston County**

*Administrative Offices* 956-0755  
*Lacey Branch* 438-6811  
*Olympia Branch* 556-3615  
*Rochester Branch* 273-9397  
*Tumwater Branch* 570-8888  
Offers programs after school and during the summer. No child is ever turned away for lack of ability to pay.  
[www.bgctc.org](http://www.bgctc.org)

**Girls Circle** 352-0593  
*YWCA of Olympia*

After-school peer support group for girls ages 10-14 to develop self-esteem, establish healthy relationships with adults and each other, and express feelings through discussion and creative activities.  
[www.ywcaofolympia.org](http://www.ywcaofolympia.org)

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**Tribal Resources**

The Nisqually Tribe has many resources and programs for tribal members. For more information:

- Main: 456-5221 or 1-888-768-8886
- Medical/Dental Services: 459-5312
- Mental Health Program: 413-2728
- Substance Abuse Program: 413-2727
- Online: [www.nisqually-nsn.gov](http://www.nisqually-nsn.gov)
Girls for a Change 352-0593
YWCA of Olympia
After-school program for adolescent girls (ages 10-14) to design, lead and implement social change projects; develop problem-solving skills; and create visionary change. www.ywcofoolympia.org

Girls Without Limits! 352-0593
YWCA of Olympia
Spring break, summer and Saturday camp program for girls ages 10-14 that explores science, technology, engineering and math (STEM) via mentoring and career awareness. www.ywcofoolympia.org

School Break Camp Program 956-0818
Hands On Children’s Museum
School break day camps offered during mid-winter, spring, summer and winter breaks, following the Olympia School District schedule. www.hocm.org

Timberland Regional Library 704-4576
Year-round programs for kids and teens, including a Summer Reading Program at each branch. www.trl.org

TOGETHER! 493-2230
After-school programs at several schools and community centers throughout Thurston County. Call for locations and enrollment details. www.thurstontogether.org

Al-Anon / Alateen 1-253-347-6418
The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics. Alateen is for young people whose lives have been affected by someone else’s drinking. Contact Annette at the listed number for more information. www.southpugetsoundal-anon.org

Alternatives Professional Counseling 357-7986
Chemical dependency evaluation and outpatient treatment; referrals for inpatient treatment. www.alternativesprocouns.com

Celebrate Recovery 943-4391
Capital Christian Center
Provides support, tools and processes to aid individuals in recovery from hurts, habits and hangups through a Christian 12-step/8-principal program. Child care and teen programs provided. www.go2ccc.org

Christian Recovery 709-9725
Olympia Union Gospel Mission
A scripture-based, up to 2-year recovery program for healing and restoration from addictions. www.ougm.org

Clean and Sober Parenting 754-7629
Family Education and Support Services
A 12-week evidence-based parenting class for those working toward recovery. Weekly topics include child development, prevention strategies, increasing family communication, building healthy relationships, discipline and guidance, and managing family stress. Call for class times and locations. www.familyess.org

Crisis Intervention and Referral 586-2800
The Crisis Clinic of Thurston & Mason Counties 1-800-627-2211
24-hour anonymous and confidential telephone crisis intervention, emotional support, and information/referral for chemical dependency resources. Nonjudgmental support by trained phone volunteers. Interpreter services available. www.crisis-clinic.org

Girls Circle - Juvenile Diversion 352-0593
YWCA of Olympia
Strengths-based peer support group for high-school age (14-18) girls who are using drugs and/or alcohol, or are experiencing mental health challenges such as depression. www.ywcofoolympia.org

Alcohol/Tobacco/Other Drugs

This section brought to you by Rainier Community Cares

www.rainiercares.org

AA 24-hour hotline 352-7344
Alcoholics Anonymous
Support for people seeking recovery from alcohol abuse. www.aadistrict8.org
Harvest Program-Recovery  
704-7170  
Behavioral Health Resources  
1-800-825-4820  
Intensive outpatient program for chemically dependent pregnant, postpartum or parenting women; parenting classes; free child care. Interpreter services available.  
www.bbr.org  

NA  
24-hour help and info line 754-4433  
Narcotics Anonymous  
Offers support in becoming and staying free from drug dependence. Membership is free. Also offers a 24-hour help line.  
www.spsana.org  

Providence St. Peter  
456-7575  
Chemical Dependency Center  
1-800-332-0465  
Chemical dependency assessment, outpatient and education for adolescents and adults. Interpreter services available.  
www.providence.org/swsa/services/ced  

Recovery Services  
704-7170  
Behavioral Health Resources  
1-800-825-4820  
Specializes in providing quality chemical dependency treatment for adults who wish to break ties of addiction. Medical coupons and most insurances accepted. Interpreter services available.  
www.bbr.org  

Tobacco Prevention & Education Program  
493-2230 x11  
TOGETHER!  
Provides tobacco prevention, education and cessation support for youth and adults. Also provides information at community events.  
www.thurstontogether.org  

Tobacco Quit Line  
1-800-QUIT-NOW  
Español 1-877-2NO-FUME  
Cantonese & Mandarin 1-800-335-3569  
Korean 1-800-556-5564  
Vietnamese 1-800-778-8440  
Helps you quit using tobacco by addressing the mental and physical aspects of addiction. Provides tailored telephone-based support, self-help material, and medications (when appropriate). Specially trained Quit Coaches work one on one to help you identify barriers to quitting, overcome urges and create a quit plan.  
www.quitline.com  

TOGETHER!  
493-2230  
Community education, resource materials and referrals to assist in the prevention of underage drinking and youth use of tobacco, marijuana and other drugs.  
www.thurstontogether.org  

True North Student Assistance  
464-6870  
& Treatment Services  
Provides prevention, intervention, treatment and continuing care services to students in their own schools. Services include classroom presentations, training for teachers, consultation for school districts, and direct services to students and their families. Interpreter services available.  
www.esd113.org  

TSAPOWUM Chehalis Tribal Behavioral Health  
709-1733  
Chehalis Tribal Clinic  
The Behavioral Health program provides intensive outpatient alcohol/chemical dependency assessment and treatment and family, individual and group mental health counseling.  

Parent Resource Guide of Thurston County  
Printing Sponsor:  

www.printnwbizz-hub.net
Choosing Child Care

As a parent, you want the very best for your child. Choosing child care is one of the most important decisions you’ll make, so it’s important to become an informed consumer of child care.

For the information you need:
- Call 1-800-446-1114
- Or search online referrals at www.ccacwa.org

Quality child care and early learning have a significant impact on a child’s success in school and in life! Ask your provider if they are involved in Early Achievers, Washington State’s Quality Rating and Improvement System.

Brought to you by Child Care Action Council

Head Start/ECEAP 464-6800
Español 464-6827

Capital Region ESD 113 Sound to Harbor

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

Homeless Child Care 2-1-1
Child Care Action Council 786-8907 x100

If you are homeless and need child care, you may get a referral through the Family Support Center, SafePlace, or another local agency. Call 2-1-1. www.ccacwa.org

Lacey Child Care/Family Services Center 407-5331

Quality, developmentally appropriate curriculum-based childcare, ages 1 to 5 years. HeadStart/ECEAP, USDA food program, DSHS subsidy only. Interpreter services available. www.soundtoharbor.com

Licensed Child Care 705-2642
South Sound YMCA

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

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

Kathleen’s Closet
YWCA of Olympia

Provides professional clothing for job interviews and employment for women in need. By appointment only. www.ywcaofolympia.org

Little Red Schoolhouse

Helps low-income families with school supplies, backpacks and limited clothing for their children. Supplies are distributed every August. www.redschool.org

The Other Bank
YWCA of Olympia

Free hygiene supplies to those in need; supplies include toilet paper, feminine hygiene supplies, laundry detergent, toothpaste and shampoo. Open Wednesdays 1-3:30 p.m. Bring photo ID. www.ywcaofolympia.org

Counseling

Anger Management 357-7986
Alternatives Professional Counseling

12-week course using Moral Recognition therapy. www.alternativesprocouns.com

Counseling and Support 704-7170
Behavioral Health Resources 1-800-825-4820

Counseling programs for adults, children and families; community support services. Interpreter services available. www.bhr.org

Crisis Family Intervention Services 918-7812
Community Youth Services

Brief, family-focused therapy for families with adolescent children. A therapist meets the family in their home at convenient times. Up to 15 hours of counseling in 1 month. Free service provided to families by DCFS. Interpreter services available. www.communityyouthservices.org
Parent Tips for Drug-Free Youth

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

Brought to you by TOGETHER!

Domestic Violence

Alternatives Professional Counseling

357-7986

Court-ordered or self-referred year-long program.

www.alternativesprocouns.com

Family Preservation

Community Youth Services

918-7812

Up to 6 months of therapeutic case management and counseling for families referred through DCFS. Identify strengths and resolve problems to prevent out-of-home placement of children. Delivered primarily in families’ homes at convenient times. Interpreter services available.

www.communityyouthservices.org

Foster Care Services

Community Youth Services

918-7817

Assists ages 8-18 who are referred by DCFS. Therapeutic program provides children and foster families with intensive support services to ensure placement stability, improve school functioning, decrease behavioral problems and improve mental health. Interpreter services available.

www.communityyouthservices.org

Independent Living Skills (ILS)

Community Youth Services

918-7818

Life skills training, case planning and support to youth ages 15-21 who are, or have been, in foster or group care, to help youth learn to live independently. Individual services and workshops available in Thurston, Mason and Lewis counties. Interpreter services available.

www.communityyouthservices.org

Integrated Family Preservation Services

Catholic Community Services

1-888-322-7156

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

www.ccsww.org

Mediation Services

Dispute Resolution Center

956-1155

Safe, confidential and private place to discuss and solve problems. Skilled mediators facilitate voluntary discussion. Sliding fee scale. Interpreter services available.

www.mediatethurston.org

Monarch Children’s Justice & Advocacy Center

Community Action Council

923-1884

Child sexual abuse counseling. Typical services include forensic interviews, medical exams, advocacy, therapy and complex case staffing. Monarch also provides prevention education and training in the community. Interpreter services available.

www.monarchjac.org

Multisystemic Therapy

Community Youth Services

918-7889

Intensive home-based counseling for families whose adolescents are experiencing conflicts at home, problems at school, delinquency, problems with substance abuse and mental health. MST is available to families when and where the support is needed, and lasts 3 to 5 months. Interpreter services available.

www.communityyouthservices.org

Parenting & Family Values

Alternatives Professional Counseling

357-7986

12-week course that covers parent values; parenting young children, adolescents and teens; and how to maintain a healthy family. Uses Moral Recognition therapy.

www.alternativesprocouns.com

PEER Program

Capital Recovery Center

357-2582

Community mental health agency with a holistic, peer-supported approach to mental health recovery. Call for an appointment, or drop in Monday-Thursday 9 a.m.-4 p.m.

www.crcoly.org
Crisis/Emergency/Referral

Child Protective Services 1-888-713-6115
WA State Department of Social & Health Services
To report allegations of child abuse or neglect, call 1-888-713-6115.
www.dshs.wa.gov/ca

City Gates Ministries 705-0291
Helps people in emergency and hardship situations. Homeless prevention; food bank; homeless outreach. Also provides clothing, blankets, and baby needs. Meets every Thursday from 7 to 9 p.m. in the parking lot at State and Adams in downtown Olympia.
www.citygatesministries.com

Community Action Council 438-1100
Information and referral, energy, and rental/mortgage assistance may be available depending upon time of year and funding.
www.caclmt.org

Crisis Line 586-2800
The Crisis Clinic of Thurston & Mason Counties 1-800-627-2211
24-hour anonymous, nonjudgmental and confidential telephone crisis intervention, emotional support, and information/referral to community resources. Interpreter services available.
www.crisis-clinic.org

Proyecto Esperanza (Sexual Assault/Abuse Services)
CIELO Project at Radio Ranch 709-0931
Counseling, support group and advocacy for victims of sexual assault and abuse, and their family members. Services available in Spanish, and for youth in Thurston and Mason counties. Interpreter services available. www.cieloproject.org

Proyecto Familia (Mental Health Counseling)
CIELO Project at Radio Ranch 709-0931
Family Preservation Services, Crisis Family Intervention and psychological counseling available to families through the state Division of Children and Family Services. Interpreter services available. www.cieloproject.org

SafePlace 24-hour crisis line 754-6300
TTY 7-1-1
Business office 786-8754
Free 24-hour emergency support services for victims of sexual assault, sexual abuse and domestic violence, including sexual assault response and advocacy; shelter, food and clothing; counseling, support groups; and legal advocacy. Spanish and Cambodian staffing. Interpreter services available. www.safeplaceolympia.org

Thurston/Mason Regional Support Network 867-2602
Thurston County Public Health & Social Services 1-800-658-4105
County agency responsible for managing publicly funded mental health services in outpatient, crisis and community inpatient settings through contracting with community mental health agencies. www.co.thurston.wa.us/health

Thurston/Mason Regional Support Network Ombuds Services 867-2602
Thurston County Public Health & Social Services 1-800-658-4105
Provides information and referral about mental health services in Thurston and Mason Counties. Assists with concerns and grievances with publicly funded mental health providers. www.co.thurston.wa.us/health

Transitional Housing Services 918-7814
Community Youth Services
Transitional housing for homeless young adults ages 18-24 who are working toward social and financial independence. Participants may remain in housing for 18 months to 2 years if they’re working to achieve their goals. Interpreter services available. www.communityyouthservices.org

Crisis Line
24-hour anonymous, nonjudgmental and confidential telephone crisis intervention, emotional support, and information/referral to community resources. Interpreter services available.
www.crisis-clinic.org
Downtown Ambassadors 570-3900

Capital Recovery Center

If you live or work in downtown Olympia, call the Ambassadors for general information, social service referrals, homeless outreach, graffiti abatement, trash removal and more. www.nwrecovery.org/ambassadors.html

Emergency Needs 352-8596

The Salvation Army

Emergency material assistance, food, blankets, Puget Sound Energy assistance. Help with gas, medical prescriptions, casework services, information and referrals. www.salvationarmynw.org

Family Justice Center 754-9297

Family Support Center

Provides survivors of domestic violence with advocacy, civil legal support, protection orders, employment, victim support in criminal cases, safety planning, housing, and other emergency assistance. Interpreter services available. www.thurstoncountyfjc.org

Family Reconciliation Services 1-888-713-6115

DSHS, DCFS, Children’s Administration

Any youth and parent having serious conflicts, any parent whose child has run away, or any runaway youth may request services. The state Division of Children & Family Services provides FRS to teenagers ages 13-17 and their families. www.dshs.wa.gov

Family Resource Services 754-9297 x210

Family Support Center

Provides families with resource and referral information, support to meet children’s needs, advocacy, crisis intervention, benefit assistance, holiday toys, and other resources to help families in need meet basic and emergent needs. Interpreter services available. www.fscss.org

Haven House 754-1151

Community Youth Services 705-0343

Co-ed residential center for runaways, youth in conflict with their families and youth who cannot be maintained in other settings, ages 12-17. Open for intake 24/7 hours a day, 7 days a week. Referrals through DCFS, law enforcement and CYS. Youth may remain for up to 30 days. Interpreter services available. www.communityyouthservices.org

Homeless Family Services 754-9297 x200

Family Support Center 24-hour emergency shelter 628-7343

Housing assistance, emergency supplies, case management, resource and referral, and individualized support for homeless families with children. Interpreter services available. www.fscss.org

Information and Referral 956-1155

Dispute Resolution Center

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

Kinship Caregiver Support Program 754-7629

Family Education and Support Services

Emergency financial aid for kinship caregivers (adults caring for a relative’s child); call to see if you qualify. Short-term funds are for food, housing, clothing, school supplies and legal services. Call for more information. Interpreter services available. www.fscss.org

Margie’s Crisis Nursery 786-8907 x100

Child Care Action Council

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

Medic One 704-2780

Public safety information; education including CPR and public access defibrillation (PAD) training; similar community resources. www.co.thurston.wa.us/medic1

PFLAG Olympia 207-1608

Parents, Family & Friends of Lesbians & Gays

Temporary Assistance to Needy Families

**DSHS-Olympia CSO Office** 1-877-501-2233

Temporary assistance for needy families; cash assistance and medical coupons for families with children or for pregnant women. Services include help with employment. **Interpreter services available.**

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

**Tenino Food Bank Plus** 264-5505

**Tenino Community Service Center**

Emergency food assistance open 8:30-10:30 a.m. Tuesdays and Thursdays, and extended hours before the Thanksgiving and Christmas holidays. [www.teninocsc.org](http://www.teninocsc.org)

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

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

**Yelm Community Services** 458-7000

Serves those in Yelm and Rainier school districts and Nisqually Tribe Reservation. Emergency housing assistance and homeless shelter; food bank; clothing thrift store. Open for emergencies Monday-Friday 9 a.m.-5 p.m. Food bank open Thursdays 1-4 p.m. Call to apply for housing. [www.yelmcommunityservices.com](http://www.yelmcommunityservices.com)

**Youth Help Line** 586-2777

**The Crisis Clinic of Thurston & Mason Counties**

24-hour anonymous and confidential telephone crisis intervention, information and referral. Staffed by trained youth and adult volunteers. High school suicide awareness presentations available. **Interpreter services available.** [www.crisis-clinic.org](http://www.crisis-clinic.org)

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**ROOF Community Services** 273-6375

All emergency resource services are for Rochester School District area residents only. Information and referrals are available. **Interpreter services available.**

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

**Rosie’s Place** 918-7828

**Community Youth Services**

Daytime resource center for homeless youth or those at risk of becoming so. Counseling, case management, meals, referrals, clothing, hygiene, survival items, and a safe place to go. **Interpreter services available.** [www.communityyouthservices.org](http://www.communityyouthservices.org)

**SafePlace** 24-hour crisis line 754-6300 TTY 7-1-1

Business office 786-8754

Free, 24-hour emergency support for victims of sexual assault, sexual abuse and domestic violence, including response and advocacy, shelter, food, clothing, counseling, support groups, and legal advocacy. Spanish and Cambodian staffing. **Interpreter services available.**

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

**Safe Shelter** 1-888-698-1825

**Community Youth Services** 943-7861

Crisis intervention, family mediation, counseling, case management, information and referrals for youth and families. Shelter and family reconciliation for runaways, homeless youth, and youth in conflict with their parent(s). **Interpreter services available.**

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

**St. Vincent de Paul Society** 352-7554

**Saint Michael Parish**

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

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

**Street Outreach** 918-7828

**Community Youth Services**

Immediate crisis intervention, counseling and resource referrals to youth. Workers are stationed in several areas, including Olympia Community Center; youth hangouts in Lacey, Tumwater and outlying areas; and ROOF Community Services in Rochester. **Interpreter services available.**

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

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**Read to Your Child**

**20 Minutes a Day**

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

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

For more information, contact the South Sound Reading Foundation at 412-4499.
**GRuB School**
**GRuB (Garden-Raised Bounty)**

Year-round employment-training and alternative-education program for Capital and South Sound high schools. Students join each summer to participate in farm and community work and learn leadership and life skills.  
www.goodgrub.org

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

Fun, interactive exhibits and programs designed to stimulate curiosity, creativity and learning for children, families and school groups. Preschool, camps, field trip program and parenting education available.  
www.bocom.org

**Head Start/ECEAP**
464-6800
Español 464-6827

Capital Region ESD 113 Sound to Harbor

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

**Medic One**
704-2780

Public safety information; education including CPR and public access defibrillation (PAD) training; similar community resources.  
www.co.thurston.wa.us/medic1

**Pierce County AIDS Foundation Olympia**
352-2375
Thurston County Crisis Hotline 586-2800

HIV/AIDS awareness, care and prevention services in Thurston County.  
www.piercecounty AIDS.org

**PFLAG Olympia**
207-1608

Parents, Family & Friends of Lesbians & Gays

Support, education and advocacy regarding sexual orientation and gender identity. Committed to civil rights of gays, lesbians, bisexual and transgender persons. Local branch of national agency.  
www.pflag-olympia.org

**Sexual Health Education**
754-1556

Planned Parenthood

Sexual health education for students, schools and community groups. Family and parenting programs for all ages. Also offers The Teen Council prevention program.  
www.ppwmw.org

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**Alternative High Schools**

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

**AVANTI High School** 596-7900
Olympia School District  avanti.osd.wednet.edu

**HEART High School** 273-5017
Rochester School District  www.rochester.wednet.edu

**New Market Skills Center** 570-4500
Serves 10 local school districts.  www.newmarketskills.com

**South Sound High School** 412-4880
North Thurston Public Schools  www.nthurston.k12.wa.us

**Secondary Options** 709-7760
Tumwater School District  www.tumwater.k12.wa.us

**Yelm Extension School** 458-2002
Yelm Community Schools  www.ycs.wednet.edu

**Children’s Educational Support Services** 352-1315
Mercy Housing Northwest/Evergreen Vista

Homework Club, ESL classes and summer programs for children and youth.  www.mercyhousing.org

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

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

**English Language Learning** 709-0931
CIELO Project at Radio Ranch

Offers classes in English as a second language. Evening classes in west Olympia.  www.cieloproject.org
South Sound Reading Foundation 412-4499
Free story times, literacy programs and book giveaways for ages 0-18 throughout Thurston County, including in schools and after-school programs; at community events; and at bookstores, hospitals and other businesses. www.readingfoundation.org/south-sound-chapter

Spanish Literacy/GED Preparation 709-0931
CIELO Project at Radio Ranch
Classes in Spanish to earn primary or secondary certificates in collaboration with Mexico’s education system. GED preparation in Spanish. Morning/evening classes in west and east Olympia. www.cieloproject.org

WA-HE-LUT Indian School 456-1311
School program, grades K-9 for Native American children.

WET Science Center 664-2333
LOTT Clean Water Alliance
Free, hands-on place for the whole family to learn about water. There is a main exhibit gallery, plus special family activities every Saturday. Open to the public Monday-Saturday, 10 a.m.-4 p.m. www.wetsciencecenter.org

YouthBuild 480-4970
Community Youth Services
Paid education, case management, classroom and on-the-job training for low-income and other youth who face obstacles to employment. Prepares students for the labor market through training and certifications. Interpreter services available. www.communityyouthservices.org

Food Assistance 1-877-501-2233
DSHS-Olympia CSO Office
Basic Food Program helps low-income individuals and families obtain a more nutritious diet by supplementing their income with Basic Food benefits. www.dshs.wa.gov

Food Sense 867-2151
Washington State University, Thurston County Extension
Nutrition education program that helps people with a limited budget eat healthy foods. Eligibility is limited; call to find out more. Website has recipes and tips for eating, cooking and shopping. www.growhappykids.org

Kitchen Garden Project 753-5522
GRuB (Garden-Raised Bounty)
Helps low-income people build free/sliding-scale vegetable gardens in Thurston and Mason counties. Applications typically accepted January-February. Limited interpreter services. www.goodgrub.org/kitchen-garden-project

Timberland Regional Library 704-4576
Online and in-person computer classes; access to online courses; in-person assistance at all branches. www.trl.org

WorkSource Thurston County 704-3600
TTY 570-4253
Extensive employment and training resource center for job seekers: Resource Room, workshops, job search assistance and more. Aids/services available upon request to persons with disabilities. www.wa.gov/esd/ws/thurston

City Gates Ministries 705-0291
Helps people in emergency and hardship situations. Homeless prevention and outreach; food bank; clothing, blankets, and baby needs. Meets every Thursday from 7 to 9 p.m. in the parking lot at State and Adams in downtown Olympia. www.citygatesministries.com

Community Kitchen 349-2808
Catholic Community Services
Hot meals for the homeless. Located at The Salvation Army, 808 Fifth Ave. SE, Olympia. Lunch 11-12:30, dinner 5-6:30, Monday through Friday. www.ccsww.org

CareerTREK 918-7831
Community Youth Services
Low-income youth ages 16-21 with obstacles in their life get prepared for educational and employment success. Interpreter services available. www.communityyouthservices.org

Economic Empowerment Program 352-0593
YWCA of Olympia
Job training, skill-building workshops, and career-oriented events for women to increase confidence, competence and connections that lead to employment. www.ywcaofolympia.org

Spanish Literacy/GED Preparation 709-0931
CIELO Project at Radio Ranch
Classes in Spanish to earn primary or secondary certificates in collaboration with Mexico’s education system. GED preparation in Spanish. Morning/evening classes in west and east Olympia. www.cieloproject.org

WA-HE-LUT Indian School 456-1311
School program, grades K-9 for Native American children.

WET Science Center 664-2333
LOTT Clean Water Alliance
Free, hands-on place for the whole family to learn about water. There is a main exhibit gallery, plus special family activities every Saturday. Open to the public Monday-Saturday, 10 a.m.-4 p.m. www.wetsciencecenter.org

YouthBuild 480-4970
Community Youth Services
Paid education, case management, classroom and on-the-job training for low-income and other youth who face obstacles to employment. Prepares students for the labor market through training and certifications. Interpreter services available. www.communityyouthservices.org

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DSHS-Olympia CSO Office
Basic Food Program helps low-income individuals and families obtain a more nutritious diet by supplementing their income with Basic Food benefits. www.dshs.wa.gov

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Economic Empowerment Program 352-0593
YWCA of Olympia
Job training, skill-building workshops, and career-oriented events for women to increase confidence, competence and connections that lead to employment. www.ywcaofolympia.org
STUF (South Thurston United Friends) 273-5891

Serves Rochester School District area. Wednesdays 3-6 p.m., Fridays 1-3 p.m. Commodities are available the first Monday of the month, 3-6 p.m., except holidays.

Tenino Community Service Center 264-5505

Open 8:30-10:30 a.m. Tuesdays and Thursdays, and extended hours before the Thanksgiving and Christmas holidays.  

Thurston County Food Bank 352-8597

Provides food for those in need. Find hours and locations online or by calling. In addition to weekly services, the Food Bank is open bi-monthly for Baby Day. Diapers, baby wipes and additional items are available for families with children up to age 4. Interpreter services available.

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

Community Action Council 438-1100

www.caclmt.org/wic.php

Sea Mar Community Health Center 754-2936

www.seamarchc.org

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

**FOOD BANKS**

Adventist Community Center 943-1518

Emergency food only.  

www.laceysda.org

Emergency Outreach (Sacred Heart Catholic Church) 923-0929

Open 2nd Saturday of each month 10 a.m.-1 p.m.

Rainier Emergency Food Center 280-7326

446-2517

Open Wednesdays and Saturdays, 9:30 a.m. to noon, at Valley Heart Assembly of God. Delivery may be available for those who qualify. Thanksgiving and Christmas baskets for clients. rainierfoodbank.weebly.com

ROOF Community Services 273-6375

For families in the Rochester School District area. Interpreter services available. www.roofcommunityservices.org

The Salvation Army 352-8596

Emergency food boxes available when Thurston County Food Bank isn’t open. Christmas food boxes provided in late December. www.salvationarmynw.com

**SUMMER LUNCH PROGRAMS**

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

Boys & Girls Clubs - Rochester 273-9397

Evergreen Vista (Mercy Housing Northwest) 352-1315

Lacey Parks & Recreation 491-0857

Mountain View, Lydia Hawk and Pleasant Glade elementary schools. www.ci.lacey.wa.us

Olympia Parks & Recreation 753-8380

Lunch for everyone age 18 and under, followed by organized play for ages 6-12. Jefferson Middle School and Lions Park. www.olympiawa.gov/parks

ROOF Community Services 273-6375

TOGETHER! 493-2230

[Image: Start Talking Before They Start Drinking. StartTalkingNow.org]
Access to Baby & Child Dentistry 539-7576

CHOICE Regional Health Network

Connects low-income children under 6 years who have Apple Health coverage with a dental provider trained to work with young children. Also provides oral health education to the family. Enrollment in Spanish available. www.crhn.org

Care Net Pregnancy Center of Thurston County 753-0061

Free limited STD/STI testing, and treatment for chlamydia and gonorrhea by appointment daily. Interpreter services available by appointment. www.carenetolympia.org

Chehalis Tribal Wellness Center 273-5504

Chehalis Tribal Clinic

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

Dental: Services for Chehalis tribal members in Thurston, Grays Harbor and Lewis counties, and American Indians/Alaska Natives living on the Chehalis Reservation who meet insurance and payment criteria.

Dental Clinic 943-6400

Olympia Union Gospel Mission

Emergency no-fee dental care available to individuals who live in Thurston County, have no insurance, have a household income at or below 200% of the federal poverty level, and lack any other means to pay for services. Call for an appointment. www.ougm.org

Family Health Hotline 1-800-322-2588

Within Reach

One phone call helps you understand and apply for a variety of food and health resources (for example, WIC, Medicaid, food stamps). Also offers prenatal, family health, family planning and parenting resources. Interpreter services available. www.parenthelp123.org

Health Clinic 754-5522

Planned Parenthood

Reproductive health care, family planning, pregnancy testing and referral. Sexually transmitted disease and HIV/AIDS testing for males/females. www.ppgnw.org

Home Health 459-8311

Providence SoundHomeCare and Hospice

Home health care including RNs; MSW; and physical, occupational, IV and speech therapies. Needs MD referral. Interpreter services available. www.providence.org

Medical Assistance for Children 1-877-501-2233

DSHS-Olympia CSO Office

Medical coupons for children ages birth to 18 years. Parent employment is not required. Interpreter services available. www.dshs.wa.gov

Mental Health Services 704-7170

Behavioral Health Resources

Mental health treatment, substance abuse treatment and specialty programs in Thurston, Grays Harbor and Mason counties to primarily low-income people. Includes outpatient, inpatient and residential services. Interpreter services available. www.bhr.org

Molina Health Care

Customer service 800-294-8620
Member services 800-869-7165
Community connector 742-4499
Outreach 489-7969

Managed care plans for adults and children who are eligible for free or low-cost government-sponsored healthcare programs, through the Health Care Authority. Interpreter services available. www.molinahealthcare.com

No-Fee Vision Care 709-9725

Olympia Union Gospel Mission

No-fee vision care for those with no insurance, household incomes at or below 200% of the federal poverty level, and lacking any other means to pay for services. Call for an appointment. www.ougm.org

Pierce County AIDS Foundation Olympia 352-2375

Thurston County Crisis Hotline 586-2800

Free confidential HIV testing, Fridays 2-7 p.m. and by appointment. www.piercecountyaids.org
Primary Care Medical Clinic  
Sea Mar Community Health Center  
491-1399

Sea Mar clinics throughout Thurston County specialize in family medicine, providing quality health care for the entire family. Offers a range of acute, chronic and preventive medical services, as well as internal medicine and pediatric services. Interpreter services available.

www.seamarchc.org

Safe Kids Thurston County  
Child Care Action Council  
786-8907 x107

Unintentional injury prevention in children.

www.safekidsthurstoncounty.org

St. Vincent de Paul Society  
Saint Michael Parish  
352-7554

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

www.saintmichaelparish.org

Sexual Assault and Child Maltreatment Center  
Providence St. Peter Hospital  
493-7469

Children with a history of physical and/or sexual abuse are seen with a referral from a medical professional, law enforcement and/or Child Protective Services. Child’s health needs are assessed in a child-friendly environment. Referrals provided as needed for counseling and other health care needs. Interpreter services available.

www.providence.org/swsa

The Olympia Free Clinic  
529-1937

Free medical care for low-income uninsured/underinsured people. Specialty clinics also provided include mental Health Access Program, women’s health, physical therapy/chiropractic, and massage therapy. Interpreter services available.  
www.theolympiafreeclinic.com

The Other Bank  
YWCA of Olympia  
352-0593

Free hygiene supplies to those in need; supplies include toilet paper, feminine hygiene supplies, laundry detergent, toothpaste and shampoo. Open Wednesdays 1-3:30 p.m. Bring photo ID.

www.ywcaofolympia.org

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

County agency that manages publicly funded mental health services in outpatient, crisis and community inpatient settings through contracting with community mental health agencies.

www.co.thurston.wa.us/health

Thurston/Mason Regional Support Network Ombuds Services  
867-2602  
1-800-658-4105

Provides information and referral about mental health services in Thurston and Mason Counties. Assists with concerns and grievances with publicly funded mental health providers.

www.co.thurston.wa.us/health

Tobacco Prevention & Education Program  
493-2230 x11

TOGETHER!

Tobacco prevention, education and cessation support for youth and adults.

www.thurstontogether.org

Tobacco Quit Line  
1-800-QUIT-NOW

Español 1-877-2NO-FUME

Cantonese & Mandarin 1-800-335-3569

Korean 1-800-556-5564

Vietnamese 1-800-778-8440

Helps you quit using tobacco by addressing the mental and physical aspects of addiction. Tailored telephone-based support, self-help material, and medications (when appropriate). Specially trained Quit Coaches work one on one to help you identify barriers to quitting, overcome urges and create a quit plan.

www.quitline.com

TSAPOWUM Chehalis Tribal Behavioral Health  
Chehalis Tribal Clinic  
709-1733

Provides intensive outpatient alcohol/chemical dependency assessment and treatment, and family, individual and group mental health counseling.

The Other Bank

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

www.caclmt.org/wic.php

Sea Mar Community Health Center  
754-2936

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

www.seamarchc.org
LEGAL

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

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

Division of Child Support 1-800-345-9964
W.A. State Department of Social & Health Services 664-6900

Establishes cases and collects child support with or without court order. Interpreter services available. www.dshs.wa.gov/dcs

Mediation Services 956-1155
Dispute Resolution Center

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

Northwest Immigrant Rights Project 1-800-445-5771

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

SafePlace 24-hour crisis line 754-6300
TTY 7-1-1
Business office 786-8754

Free, 24-hour emergency support services for victims of sexual assault, sexual abuse and domestic violence, including legal advocacy. Spanish and Cambodian staffing. Interpreter services available. www.safeplaceolympia.org

Thurston County Family and Juvenile Court 709-3131

Provides prevention, intervention, custody services and other legal services. www.co.thurston.wa.us/fjc

Thurston County Volunteer Legal Services 705-8194

Free legal advice for low-income clients in the areas of family law, landlord-tenant law and other matters. Interpreter services available. www.lawhelp.org/program/2498

PARENT EDUCATION

This section brought to you by
Olympia Pediatrics PLLC

Bates Technical College 1-253-680-7500

Extensive menu of parenting, child development and other classes and seminars. www.bates.ctc.edu/family

Care Net Pregnancy Center of Thurston County 753-0061

Parenting education and Fatherhood Program. Interpreter services available by appointment. www.carenetolympia.org

Childbirth Classes 493-7027
Providence St. Peter Hospital

Interpreter services available. www.providence.org/swsa

Child Care Aware of the Olympic Peninsula 786-8907 x111

Family, friend and neighbor caregiver Kaleidoscope play and learn group. Weekly sessions for caregiver and child. Classes and information on current early learning topics, choosing child care, brain development and school readiness. www.ccacwa.org

Consider the Children Seminar
Family Education and Support Services 754-7629

A seminar focused on strategies to support children who live separately from one or both parents. Meets court requirements as the 4-hour parenting seminar. Presented in Lewis, Pierce and Thurston counties. Sliding fee scale available for those who qualify. www.familyess.org

Dynamic Dads Parenting Class
Family Education and Support Services 754-7629

A 12-week program that helps fathers examine the roots of fatherhood and learn more about child development, parenting skills, conflict resolution and more. Sliding fee scale and scholarships available. Interpreter services available. www.familyess.org
Parenting Lectures with Candyce Bollinger 956-0818

Hands On Children’s Museum

Fee-based, monthly parenting program includes supervised play for attending children. Call for schedule and to register.  www.hocm.org

Parents as Teachers 918-7843

Community Youth Services

Free home visits, group connections, development-centered parenting education and screenings for parents in Olympia ages 13-24 from pregnancy until the child turns 3 years old. Services are also offered in Rochester/south Thurston County to Spanish-speaking parents. Interpreter services available. www.communityyouthservices.org

Planned Parenthood 754-1556

“Families are Talking” family communication workshops. Puberty and “Family Night” programs for all ages. www.ppgww.org

Power Parenting 956-0818

Hands On Children’s Museum

Free parenting lectures the second Tuesday of each month from 6-8 p.m. Free child care. Explore various parenting topics and meet and exchange ideas with other parents. Registration required. www.hocm.org

ROOF Community Services 273-6375

www.roofcommunityservices.org

South Puget Sound Community College 596-5434 www.spscc.ctc.edu

Timberland Regional Library 704-4576 www.spscc.ctc.edu

TOGETHER! 493-2230

www.thurstontogether.org

Winning at Parenting 754-7629

Family Education and Support Services

A 6-week family participation parenting class designed to increase the health of families by giving parents information, resources and support. Group members share parenting strengths and identify areas for personal growth. Call for times and locations. www.familyess.org

Exceptional Families Network 1-253-830-4368

Monthly support group program (with child care) in Tacoma; parent education; and inclusive events for families that have children with special needs. www.exceptional-families.org

Impact of Domestic Violence on Children 754-7629

Family Education and Support Services

A 4-hour class that provides parents with information on strategies to help children who have witnessed or been affected by family violence. A sliding fee scale is available. Classes offered separately for men and women. www.familyess.org

NAMI Family to Family Class

NAMI Thurston/Mason

Office 493-602

Helpline 866-0403

Free 12-week class specifically for family members of persons with mental illness.

Parent Education Services 754-9297 x204

Family Support Center

Offers a variety of parenting classes, community cafes and support groups at the Family Support Center and at community partner locations. Interpreter services available. www.fscss.org

Parenting and Family Values 754-7629

Family Education and Support Services

A 12-week parenting curriculum that addresses past parenting behaviors and present family interactions. Assists parents in planning for a healthy family future. Call for registration. Sliding fee scale available for those who qualify. Sample topics: stress management, child development, discipline and guidance, finding a work-home balance, and more. www.familyess.org
Parents as Teachers
Community Youth Services
918-7843
Free home visits, group connections, development-centered parenting education and screenings for parents in Olympia ages 13-24 from pregnancy until the child turns 3 years old. Services are also offered in Rochester/south Thurston County to Spanish-speaking parents. Interpreter services available. www.communityyouthservices.org

Pregnancy Aid
Saint Michael Parish
956-7413
Pregnancy tests; practical and emotional support; baby, toddler and maternity clothing; diapers; emergency formula; and referrals. www.saintmichaelparish.org

Pregnant Women’s Assistance Program
1-877-501-2233
DSHS-Olympia CSO Office
Provides a monthly cash grant to eligible pregnant women who are ineligible for TANF (Temporary Assistance to Needy Families) or State Family Assistance for qualifying reasons. Interpreter services available. www.dshs.wa.gov

Providence St. Peter Hospital Milk Bank
493-5270
Providence St. Peter Hospital
1-503-469-0955
Donor breast milk for at-risk infants whose own mothers cannot supply enough milk. Breastfeeding mothers can donate their milk for other needy babies. Make a difference in the health of a premature or medically fragile infant. Interpreter services available. www.providence.org/swsa

Thurston County Food Bank
352-8597
In addition to its food services, the Food Bank is open bi-monthly for Baby Day. Diapers, baby wipes and additional baby items are available for families with children up to age 4. Interpreter services available. www.thurstoncountyfoodbank.org

W.I.C. (Women, Infants, and Children program)
Community Action Council
438-1100
www.caclmt.org/wic.php
Sea Mar Community Health Center
754-2936
www.seamarchc.org
Supplemental food program for pregnant and breastfeeding women, infants, and young children who are income eligible and are found to have a nutritional need or health risk. By appointment only. Interpreter services available.
**Housing Authority of Thurston County**  753-8292
Rent subsidies for low-income households, information and referral for subsidized housing programs, and housing rehabilitation in rural Thurston County.  [www.hatc.org](http://www.hatc.org)

**PATH Program**  357-2582
**Capital Recovery Center**
Serves people currently experiencing homelessness. Call for an appointment, or drop in Monday-Thursday, 9 a.m.-4 p.m.  [www.crcoly.org](http://www.crcoly.org)

**Pear Blossom Place: A Family Support Community**  628-7343
**Family Support Center**
Provides safe, warm, emergency shelter for families with children. Families needing shelter should register at Family Support Center at 201 Capitol Way N. between 9 a.m. and 5 p.m. Monday-Friday. After hours, call for information about shelter availability. [Interpreter services available.](http://www.fsccs.org)

**ROOF Community Services**  273-6375
Provides emergency rental and utility assistance to residents of Rochester School District area. [Interpreter services available.](http://www.roofcommunityservices.org)

**SafePlace**  24-hour crisis line  754-6300
TTY  7-1-1
Business office  786-8754
Free, 24-hour emergency support services for victims of sexual assault, sexual abuse and domestic violence, including sexual assault response and advocacy; shelter, food and clothing; counseling, support groups; and legal advocacy. Spanish and Cambodian staffing. [Interpreter services available.](http://www.safeplaceolympia.org)

**Safe Shelter**  1-888-698-1825
**Community Youth Services**  943-7861
Crisis intervention, family mediation, counseling, case management, information and referrals for Thurston County youth and families. Shelter and family reconciliation for runaways, homeless youth, and youth in conflict with their parent(s). [Interpreter services available.](http://www.communityyouthservices.org)

**St. Vincent de Paul Society**  352-7554
**Saint Michael Parish**
Provides emergency assistance (food, shelter, utilities, medical) Mondays, Wednesdays and Fridays, 1-3 p.m.  [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

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**Arbor Manor**  790-3040
*Low Income Housing Institute*
Transitional housing program for single homeless adult women. Case management and group services provided. Call to determine eligibility.  [www.lihi.org](http://www.lihi.org)

**Clothing Bank**  352-8596
*Saint Michael Parish*
Provides free clothing, bedding and assorted housewares, Tuesdays and Saturdays 9-11:30 a.m. and Thursdays 6:30-8 p.m.  [www.saintmichaelparish.org](http://www.saintmichaelparish.org)

**Furniture Bank of Thurston County**  705-1756
*Olympia CRC*
Provides furniture at no charge to those in need. First and third Saturday of the month, 9 a.m.-noon.  [www.olycrc.org](http://www.olycrc.org)

**Hans K. Lemcke Lodge**  352-8596
*The Salvation Army*
Temporary shelter for single men and single women. Community meals program. Casework services, information and referral.  [www.salvationarmynw.com](http://www.salvationarmynw.com)

**Haven House**  754-1151
*Community Youth Services*  705-0343
Co-ed residential center for runaways, youth in conflict with their families and youth who cannot be maintained in other settings, ages 12-17. Open for intake 24 hours a day, 7 days a week. Referrals through DCFS, law enforcement and CYS. Youth may remain for up to 30 days. [Interpreter services available.](http://www.communityyouthservices.org)

**Household Donations/Carolyn’s Closet**  352-1315
*Mercy Housing Northwest/Evergreen Vista*
Household items available at no charge to residents/community members in need.  [www.mercyhousing.org](http://www.mercyhousing.org)
South Puget Sound Habitat for Humanity 956-3456

Assistance with obtaining affordable housing for low-income families who are ready for homeownership and are willing to help in the building of their own home. www.spshabitat.org

Transitional Housing Services 918-7814

Community Youth Services

Transitional housing for homeless young adults ages 18-24 who are working toward social and financial independence. Promotes growth and self-sufficiency through increased responsibility and basic problem-solving capabilities, self-esteem, relationship-building and independent thinking. Youth may remain in housing for 18 months to 2 years if they are working to achieve their goals. Interpreter services available. www.communityyouthservices.org

Yelm Community Services 458-7000

Emergency housing assistance for those from Yelm and Rainier school districts and Nisqually Tribe Reservation. Emergency homeless shelter, and some housing for rent. Call to apply. www.yelmcommunityservices.com

Special Needs

This section brought to you by

MOLINA® HEALTHCARE

Children with Special Health Care Needs Program

Thurston County Public Health & Social Services 867-2543
867-2548

Public Health nurse may provide nursing assessments, information, coordination of care, and referrals for families with children who have special health care needs. www.co.thurston.wa.us/health

Exceptional Families Network 1-253-830-4368

Monthly support group program (with child care) in Tacoma; parent education; and inclusive events for families that have children with special needs. www.exceptional-families.org

Family Health Hotline 1-800-322-2588

Within Reach

One phone call helps you understand and apply for a variety of food and health resources (for example, WIC, Medicaid, food stamps). Also offers prenatal, family health, family planning and parenting resources. Interpreter services available. www.parenthelp123.org

Helping Parent Program 352-1126

South Sound Parent To Parent

Network of support, information and referral for families whose children have disabilities and/or chronic illness, all ages to adult. Serves new families locating early intervention services. Newsletter for parents and professionals; recreational and educational opportunities supporting a variety of subjects in the field of disabilities. Serves Thurston and Mason counties. Interpreter services available. www.ssp2p.org

Integrated Family Preservation Services 1-888-322-7156

Catholic Community Services

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

NAMI Peer to Peer Office 493-6021
NAMI Thurston/Mason Helpline 866-0403

Free 10-week recovery-based peer-led class for individuals with mental illness.

Specialized Recreation 786-5595

Thurston County Recreation Services

Recreational programs and events for persons with physical and developmental disabilities. Day excursions, movies, dances, bowling and other year-round programs offered for those over 18 years. www.thurston-parks.org

Stonewall Youth 705-2738

Empowers lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual (LGBTQQIA) youth to speak for themselves, educate their communities and support each other. Weekly support group, drop-ins, referrals, free activities and resources for queer youth in Thurston County and surrounding areas. www.stonewallyouth.org
Aged, Blind and Disabled Program 1-877-501-2233
DSHS-Olympia CSO Office

Provides cash grants to eligible low-income adults who are age 65 or older, blind, or likely to meet SSI disability criteria for certain conditions. Those not eligible for ABD assistance may be eligible for the Housing and Essential Needs referral program, which provides access to rental assistance and essential needs items. Interpreter services available.

Child Protective Services 1-888-713-6115
WA State Department of Social & Health Services

To report allegations of child abuse or neglect, call 1-888-713-6115.

Community and School/Site-Based Mentoring

Big Brothers Big Sisters of Southwest Washington 943-0409

Children ages 5-18 are matched with a carefully screened adult volunteer for a one-to-one mentoring relationship with professional staff support.

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

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

Exceptional Families Network 1-253-830-4368

Monthly support group program (with child care) in Tacoma; parent education; and inclusive events for families that have children with special needs.

Family Resource Services 754-9297 x210
Family Support Center

Provides families with resource and referral information, support to meet children's needs, advocacy, crisis intervention, benefit assistance, holiday toys, and other resources to help families in need meet basic and emergent needs. Interpreter services available.

Foster Care Services 918-7817
Community Youth Services

Assists ages 8-18 who are referred by DCFS. Therapeutic program provides children and foster families with intensive support services to ensure placement stability, improve school functioning, decrease behavioral problems and improve mental health. Interpreter services available.

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

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

Girls Circle - Juvenile Diversion 352-0593
YWCA of Olympia

Strengths-based peer support group for high-school age (14-18) girls who are using drugs and/or alcohol, or are experiencing mental health challenges such as depression.

Helping Parent Program 352-1126
South Sound Parent to Parent

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

Independent Living Skills (ILS) 918-7818
Community Youth Services

Life skills training, case planning and support to youth ages 15-21 who are, or have been, in foster or group care, to help youth learn to live independently. Services and workshops in Thurston, Mason and Lewis counties. Interpreter services available.

Information, Referral and Advocacy 709-0931
CIELO Project at Radio Ranch

Bilingual information and referral services. Assists clients with services requiring a community advocate. Interpreter services available.

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

Serves high-needs and special-needs children and their families through individualized tailored care in the child's home. Focus is to help empower all family members and/or get support from natural support systems.
Kinship Support Group 754-7629
Family Education and Support Services
Free weekly support group and training for grandparents and other relative caregivers who assume full custody or full-time care of a relative’s child. Meetings include on-site child care (must be reserved in advance). Call for dates/times. Interpreter services available. www.familyess.org

Lifeline 754-7629
Family Education and Support Services
A free monthly support group meeting for foster and adoptive parents. Meetings are held at the Hands On Children's Museum and include a concurrent children's program. Call to register. www.familyess.org

Mediation Services 956-1155
Dispute Resolution Center
Safe, confidential and private place to discuss and solve problems with the help of skilled mediators. Parenting plans, communication, landlord/tenant, neighbors and more. Sliding fee scale. Interpreter services available. www.mediatethurston.org

MOMS Clubs
Lacey 797-5229
www.momscluboflacey.com
Yelm 1-253-353-2582
www.momsclubofyelm.org
For at-home mothers and their children to meet other moms and kids. Activities, monthly membership meetings, playgroups, family parties, special interest groups, MOMS Night Out, Babysitting Co-op, field trips and community service projects.

NAMI T/M Connection Support Group 943-7889
NAMI Thurston/Mason Office 493-6021
Free recovery-based, peer-led support group for those with mental illness. Meets 2nd and 4th Mondays at 1:30 p.m.

NAMI T/M Family Support Group Office 493-6021
NAMI Thurston/Mason Helpline 866-0403
Support group for family members of persons with mental illness. Support, shared wisdom, problem-solving. Meets at 6 p.m. the 2nd and 4th Wednesdays.

NAMI T/M General Support Group Office 493-6021
NAMI Thurston/Mason Helpline 866-0403
Free, non-facilitated peer support for people with mental illness, their families and friends, every Thursday at 7 p.m.

Pierce County AIDS Foundation Olympia 352-2375
Thurston County Crisis Hotline 586-2800
HIV/AIDS awareness, care and prevention services in Thurston County. www.piercecountyaids.org

PFLAG Olympia 207-1608
Parents, Family & Friends of Lesbians & Gays
Support, education and advocacy regarding sexual orientation and gender identity. Committed to civil rights of gays, lesbians, bisexual and transgender persons. Local branch of national agency. www.pflag-olympia.org

SoundCareKids 493-5928
Providence SoundHomeCare and Hospice
Four 6-week support group sessions provided during the year for families with children and teens who have experienced the death of a significant person in their lives. Support groups are also available for young adults. Interpreter services available. www.providence.org/swsa

Stonewall Youth 705-2738
Empowers lesbian, gay, bisexual, transgender, queer, questioning, intersex and asexual (LGBTQQIA) youth to speak for themselves, educate their communities and support each other. Weekly support group, drop-ins, referrals, free activities and resources for queer youth in and around Thurston County. www.stonewallyouth.org

Supervised Visitation & Foster Child Support Services
Family Support Center 754-9297 x206
Provides transportation, supervision, and supervised exchange services for families who need safe and nurturing supervised visitation with their non-custodial children. Interpreter services available. www.fscss.org

4-H Youth Development 867-2157
Through hands-on learning experiences and adult guidance, youth members learn lifetime skills. thurston.wsu.edu
Boys & Girls Clubs of Thurston County 956-0755
Educational, leadership and recreational programs for ages 5-18 during out of school time.  www.bgctc.org

Boy Scouts of America, Pacific Harbors Council 357-3331
Scouting programs for boys ages 7-18; Sea Scouts for boys and girls ages 14-21; Venturing Scouts for boys and girls ages 14-20. There are 5 Scout Camps in the Puget Sound area.  www.pacificharbors.org

Camp Fire USA, Orca Council 1-253-597-6234
www.campfireorca.org

Community and School/Site-Based Mentoring
Big Brothers Big Sisters of Southwest Washington 943-0409
Children ages 5-18 are matched with a carefully screened adult volunteer for a one-to-one mentoring relationship with professional staff support.  www.swabigs.org

Girl Scouts of Western Washington 1-253-475-0307
1-800-541-9852

Girls Circle
YWCA of Olympia 352-0593
After-school peer support group for girls ages 10-14 to develop self-esteem, establish healthy relationships with adults and each other, and express feelings through discussion and creative activities.  www.ywcaofolympia.org

Girls for a Change
YWCA of Olympia 352-0593
After-school program for adolescent girls (ages 10-14) to design, lead and implement social change projects, develop problem-solving skills, and create visionary change.  www.ywcaofolympia.org

Girls Without Limits!
YWCA of Olympia 352-0593
Spring break, summer and Saturday camp program for girls ages 10-14 that explore science, technology, engineering and math (STEM) via mentoring and career awareness.  www.ywcaofolympia.org

GRuB School
GRuB (Garden-Raised Bounty) 753-5522
Year-round employment-training and alternative-education program for Capital and South Sound high schools. Students join each summer to participate in farm and community work and learn leadership and life skills.  www.goodgrub.org

Hands On Children’s Museum 956-0818
Offers volunteer positions, specialized training, community service credit and internships.  www.boom.org

Salvation Army Youth Program 352-8596 x101
The Salvation Army
Character-building programs (scouting) for grades 1-8.  www.salvationarmynw.com

South Sound YMCA
Briggs Branch 753-6576
Downtown Olympia Branch/Teen Programs 357-6609

Stonewall Youth 705-2738
Free activities for LGBTQQIA youth, including regular field trips and yearly programs. Also offers youth empowerment opportunities, like a Speakers Bureau and Youth Council.  www.stonewallyouth.org

Teen Programs
Lacey Parks and Recreation 491-0857
www.ci.lacey.wa.us

Olympia Parks, Arts, and Recreation 753-8380
Teen camps during summer & school breaks; teen classes offered throughout the year.  www.olympiawa.gov/parks

Tumwater Parks and Recreation 754-4160
www.ci.tumwater.wa.us

Timberland Regional Library 704-4576
Year-round programs for kids and teens, including music, magic events, and book discussion groups at all branches.  www.trilib.org

TUFF Youth Scholarship Program 754-4160
TOGETHER! 493-2230 x19
Gives scholarships for youth activity programs to students in the Tumwater School District and its urban growth areas. To qualify, youth must meet criteria for the Free Lunch Program.  www.thurstontogether.org/tuff
Program helps high school students gain knowledge about health issues affecting them and their peers and learn skills to address those concerns.

www.thurstontogether.org

WET Science Center 664-2333
LOTT Clean Water Alliance

Free, fun, hands-on place for the whole family to learn about water. There is a main exhibit gallery, plus special family activities every Saturday. Open to the public Monday-Saturday, 10 a.m.-4 p.m. www.wetsciencecenter.org

Yelm Community Services 458-7000

Marijuana is now legal for those 21 and older. Recreational marijuana stores are now open. And youth attitudes about marijuana have been changing in recent years. Teens in our county and state are increasingly reporting they don’t think their parents or peers would disapprove if they used marijuana. However, teen brains are still developing, and using any drug, including marijuana, can impair brain development.

Staying substance free helps to protect kids and build a positive foundation for their future!

How can you help protect kids?

Talk
Discuss your expectations, set rules and enforce consequences. Start early, and talk often!

Here are some points you can include in your conversation:
• Marijuana is still illegal for those under the age of 21.
• Most teens in Thurston County do not use marijuana.
• Regular marijuana use and school don’t mix. Marijuana affects memory and learning, and teens who use it are more than twice as likely to get lower grades in school as those who don’t.
• Using marijuana to feel better or cope with emotions can interfere with healthy coping strategies.

Learn
Besides talking, the best thing you can do is stay informed.
• For tips on how to talk to kids about marijuana and alcohol, check out drugfree.org.
• For more information, visit www.learnaboutmarijuanawa.org.

Keep them safe
You can also protect kids by keeping marijuana out of their hands:
• Don’t keep marijuana at home. If you do, secure your stash, including edibles.
• Don’t use marijuana with them or in front of them.
• Don’t give kids marijuana.

Talk to your kids about your expectations. Remember, young people’s brains are still developing (through the age of 25) and marijuana can affect this development.

This message brought to you by TOGETHER!
TOGETHER! is a private nonprofit 501(c)(3) prevention organization dedicated to building healthier families and communities in Thurston and Mason Counties and beyond. We help children and youth overcome barriers to achieve good health and promising futures.

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

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

By phone: 360-493-2230
Web: www.thurstontogether.org
Email: info@thurstontogether.org

Social:
- Facebook: www.fb.com/thurstontogether
- Twitter: @TOGETHERTC
- Pinterest: pinterest.com/TogetherinTC
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