

Toolbox Resource Guide



An Information Guide to
Behavioral Health
Services & Resources in
Thurston and Mason Counties

TABLE OF CONTENTS

Behavioral Health Providers	1
Child, Youth, and School Supports	9
Domestic Violence/Victim Services	11
Government Benefits	13
Apple Health (Medicaid Plans)	
Homeless and Housing Resources	13
Housing-Clean and Sober	16
Legal	16
LGBTQI Resources	17
Prescription Drug Programs	18
Resources and Support Groups	18
Transportation	20
Veterans Resources	21

Important Numbers

24 hour crisis services: 360-754-1338
Crisis Clinic Thurston-Mason: 360-586-2800
Suicide Prevention Lifeline: 1-800-273-8255

12/19 revision

VETERANS

Disabled American Veterans

Transportation to medical appointments and assistance with processing VA claims.

360-459-7400
253-583-1343 (Transportation)
<http://davwa.org/>

Lacey Veterans Services Hub

Assistance with benefits, counseling, housing, medical eligibility, financial assistance, legal, employment and job training.

4232 6th Ave SE Suite 202, Lacey—360-456-3850
<https://www.laceyveteranshub.org/>

US Department of Veterans Affairs

Benefits Information: 1-800-827-1000

Veterans Assistance Fund

Housing assistance to eligible Veterans or family members.

Mason County:

210 West Franklin Street—360-426-4546
140 NE State Route 300—360-552-2303

Thurston County:

360-867-8236 —call for appointment

VA Puget Sound Health Care System

9600 Veterans Drive, Tacoma—1-800-329-VETS (8387)
<http://www.pugetsound.va.gov/>

Veterans Crisis Line

Free confidential crisis resource for veterans and families.

1-800-273-8255 press 1 (24 hour)
www.veteranscrisisline.net

Washington State Department of Veterans Affairs

Provides eligible Veterans and their families with assistance in housing, claims assistance, employment, training, education, and counseling.

1102 Quince St SE, Olympia—360-725-2200
www.dva.wa.gov

TRANSPORTATION

Dial-a-Lift (Intercity Transit)

Shared ride public transportation for people with disabilities.
360-754-9393
Reservations: www.bookyourDALRide.com
<https://www.intercitytransit.com/dial-a-lift>

ParaTransit

Non-emergency medical transportation for persons with a DSHS Provider One card. Call at least 2 days in advance Monday through Friday 7am –7pm.
1-800-846-5438
www.wanemt.com

Rural Transit (rT)

Public transportation for Rochester, Tenino, Bucoda, Rainier, Yelm, and Chehalis Tribe to Tumwater, Olympia, and Lacey.
253-472-7846 Monday-Friday 9am-3pm
<https://www.trpc.org/325/Rural-Transit>

Village Van (Intercity Transit)

Transportation for employment-related activities to people with low incomes in Olympia, Lacey, and Tumwater. 360-705-5840
Driver Training & Job Skills Program. Free professional training.
360-705-5831
<https://www.intercitytransit.com/villagevans>

BEHAVIORAL HEALTH PROVIDERS

Alcoholics Anonymous

360-352-7344—24 hour
<https://aadistrict8.org/>

Alternatives Professional Counseling

Outpatient substance use disorder treatment to individuals participating in the Thurston County Corrections Program and domestic violence treatment.
www.apcolympia.com
203 4th Avenue E, Olympia— 360-357-7986

Behavioral Health Resources (BHR)

Mental Health Services (all ages): Includes individual, group, and family therapy, medication management, case management, older adult services, daily living skill development, and co-occurring mental health and substance abuse.

3857 Martin Way E, Olympia —360-704-7170
110 West K Street, Shelton —360-426-1696
www.bhr.org

Substance Use Services (Harvest Program): Outpatient and intensive outpatient treatment, individual and group sessions, parenting classes, childcare for pregnant and parenting women; 16 bed residential for women with mental health and substance use disorder and their children up to age three. (Harvest Home)

6128 Capitol Blvd SE, Tumwater —360-704-7170
110 West K Street, Shelton —360-426-1696

Capital Recovery Center (CRC)

Peer Support: Services for adults recovering from mental health and co-occurring disorders. Groups may include: Self advocacy, social skills, self-esteem, communications, relationships, etc.

Projects for Assistance to Transition from Homelessness

Program (PATH): Assistance for persons with serious mental illness and/or substance use challenges. May include: housing, rental assistance, financial resources, employment, educational goals, and other essential needs.

1000 Cherry St SE, Olympia— 360-357-2582
www.crcoly.org

Bupe Clinic (Suboxone®): Walk-in clinic 4-7:30pm
Monday-Friday. Phone: 360-349-0033

Catholic Community Services (CCS)

1011 10th Ave SE, Olympia —360-878-8248
601 W. Franklin St, Shelton
www.ccsww.org

Mason-Thurston Wraparound Initiative (MTWI): Coordinated, intensive care planning for children and youth up to 21 years of age with complex behavioral needs and their families.

Wraparound with Intensive Services (WISE): Access to psychiatric services and in-home therapy for children and youth up to 21 years of age with complex behavioral needs and their families. To make a referral or request information, contact Donna Obermeyer at 360-790-7505 or familyalliancewashington@gmail.com

Children’s Crisis Stabilization: Community-based crisis stabilization for children and their families who are experiencing mental health crisis to help them remain in their homes and avoid psychiatric hospitalization. 360-480-5721—Crisis referral

Celebrate Recovery

A Christ-centered 12 step program. Multiple locations.
405 S 7th Street, Shelton— 360-490-0784
4431 Martin Way E, Olympia —360-701-8725
<https://www.celebraterecovery.com/>

Community Youth Services (CYS)

711 State Avenue NE & 520 Pear St, Olympia 360-943-0780
601 Franklin St, Shelton
www.communityyouthservices.org

Juvenile Court and Detention Transition: Assists youth in detention experiencing mental health challenges and assists with discharge planning to link youth and families to community-based resources. Phone: 360-709-3191.

Medical Equipment Banks

Medical supplies and equipment loan program.
221 W Railroad Ave #10, Shelton—360-426-5683
5930 Mullen Road SE, Lacey—360-456-8810

North Mason Resources

Homeless advocacy and support services; Worksource, Veterans support, Behavioral Health Resources, Turning Point, NW Children’s Outreach; Peninsula Credit Union financial support and education; adult work experience. Tue-Thur 9am to 3pm.
140 NE State Route 300, Belfair—360-552-2303
www.nmresources.org

St. Vincent de Paul

Emergency financial assistance, food, clothing, dishes, household items, education, etc.
1208 11th Ave SE, Olympia—360-352-7554

Support Groups

Mason General Hospital

360-426-1611
<https://www.masongeneral.com/community/groups>

Providence St. Peter Hospital

360-491-9480
<https://washington.providence.org/locations-directory/s/st-peter-hospital/for-patients-and-visitors/support-groups>

ADDITIONAL RESOURCES

211	www.211.org
Clearpoint Credit Counseling Solutions	1-800-750-2227 www.clearpoint.org/
Free Credit Report	www.annualcreditreport.com
Sexaholics Anonymous	206-548-9538 http://www.pugetsoundsa.org/

The Trevor Project

Crisis intervention and suicide prevention and trainings for LGBTQ youth under age 25.
1-866-488-7386— 24 hour lifeline
www.TheTrevorProject.org

PRESCRIPTION DRUG PROGRAMS

Easy Drug Card: 1-877-891-2198

<http://easydrugcard.com/>

Familywize: 800-222-2818 General information

877-435-7977 Pharmacy

<https://familywize.org/>

RESOURCES AND SUPPORT GROUPS

Brain Injury Support Group

Meets the 2nd Tuesday from 6-7:30pm
410 Providence Lane NE, Olympia 3rd floor conf room
360-878-7240
Email: olybraininjury@hotmail.com

City Gates

Food, clothing, furniture assistance, client advocacy, life skills,
Thursday Street Lights at State & Adams Street.
360-705-0291
<https://citygatesministries.org/>

Lifeline Free Phone Services

Federal program that lowers the monthly cost of phone and internet.
<https://www.lifelinesupport.org/lis/default.aspx>
Home phones—1-855-954-6546 or
<https://www.centurylink.com/aboutus/community/community-development/lifeline.html>
Mobile phones—1-888-321-5880 or
<http://www.assurancewireless.com/>

Multisystemic Therapy (MST): Co-occurring program provides intensive home, school and community based services to youth age 12 to 17 and their families. Phone: 360-918-7889.

Transitional Age Youth Support Program (TAY): Therapy, peer and family counseling, psychiatric support, medication management, crisis intervention and prevention, and linkages to community services for youth age 15-24.
Phone: 360-918-7860.

Consejo Counseling

Adult and children mental health and adult substance use disorder treatment services; and day support.

627 West Franklin Street, Shelton—360-763-5610
<https://consejonew.consejocounseling.org/>

Crisis Clinic

Confidential, anonymous phone support and referral.

360-586-2800—24 hour
360-586-2777—Youth line
360-586-2888—Business line
www.crisis-clinic.org

Crisis Services

24-hour telephone and face-to-face outreach for adult mental health emergencies.
360-754-1338

The Emily Program

Outpatient and day treatment for adults and adolescents with eating disorders. Free family and friends services.
673 Woodland Sq Lp SE Suite 330, Lacey—866-673-8652
<https://emilyprogram.com/>

ESD 113—True North Student Assistance

School-based substance use outpatient, intensive outpatient, family counseling; individual, group and family mental health therapy, and recovery support.

6005 Tye Dr SW, Tumwater—360-464-6867
<https://truenorth113.org/>

Evergreen Treatment Services South Sound Clinic

Medication assisted treatment, assessment, counseling, HIV/Hep C testing, education and counseling. Monday-Saturday 5:30am-12:30pm (closed 9:30-10am).

6700 Martin Way E Ste 117, Olympia—360-413-6910
www.evergreentreatment.org

Evaluation & Treatment (E&T) Telecare

Serves adults, voluntary and involuntary with acute mental health symptoms. Co-located with the Transitional Diversion program.

3436 Mary Elder Road NE, Olympia—360-528-2590 (24/7)

Housing and Recovery through Peer Services

HARPS Peer Counselors assist participants with peer support, obtaining and maintaining housing, referrals to mental health and substance use services, support with money management, daily living skills and social skills. Priority is given to persons leaving psychiatric inpatient and/or substance use disorder residential.

Phone: 360-763-5828 or 360-401-9006

National Alliance on Mental Illness (NAMI) Thurston/Mason

Provides advocacy, education, and weekly support groups.

Advance registration is required for classes.

4305 Lacey Blvd Suite 28, Lacey
360-493-6021 or 360-866-0403
www.namitm.org

PEER SUPPORT

Connection Recovery Support Group

Recovery support group for persons living with a mental illness.

Mondays - 1:30-3pm

NAMI Office-4305 Lacey Blvd SE, Lacey

Thursdays - 6:30-8:00pm

Olympia Community Center-222 North Columbia St

1st and 3rd Mondays - 6-7:30pm

Shelton Civic Center 525 W Cota Street Room #1, Shelton

Washington Law Help

Resources and printable self-help packets.

<http://www.washingtonlawhelp.org/>

LGBTQI

MPowerment Washington

HIV/AIDS education, outreach, and community wellness.

Email: info@mpowerwa.org

<http://www.mpowerwa.org/>

PFLAG Olympia

Support, education, and advocacy on sexual orientation and gender identity.

360-207-1608 (message line)

www.pflag-olympia.org

Pierce County AIDS Foundation-Olympia

Case management, education, support groups, housing, essential needs, transportation, mental health, substance use for persons with HIV.

360-352-2375

<http://www.pcaf-wa.org/>

Pizza Klatch

In school support group for LGBTQ+ youth.

360-339-7574

www.pizzaklatch.org/

Stonewall Youth

Support for LGBTQ+ youth 21 or under. Include: drop-in center, peer support group, speakers bureau, safe and sober events, etc. Open Wed-Fri 3-7pm.

112 State Avenue NE, Olympia —360-888-4273

www.stonewallyouth.org

HOUSING—CLEAN AND SOBER

Olympia Union Gospel Mission

360-709-9725 (Men-Jeremiah House)
360-754-9351 (Women-Genesis Acres)
www.ougm.org

Oxford House

Alcohol and drug free housing for persons in recovery from addictions. The homes are self-run, single-family homes.

1-800-689-6411
www.oxfordhouse.org/directory.php

Truly Motivated Transitional Living

Affordable clean and sober housing for men and women in recovery.

11326 Bald Hill Road, Yelm—360-400-8685
www.tmtl.org

LEGAL

CLEAR Northwest Justice Project

Free legal help to eligible low income persons and groups facing certain types of civil legal problems. Interpreter services available.

1-888-201-1014 —Monday-Friday 9:15am-12:15pm
www.nwjustice.org

Dispute Resolution Center (Mediation)

Helps to resolve disputes between neighbors, landlords, employees and supervisors, elders and their caregivers. Sliding fee scale.

360-956-1155 (9-4:30)
www.mediatethurston.org

Family Court Facilitator (Thurston County Juvenile & Family Court)

Assists with court processes, understanding procedures, scheduling hearings and processing paperwork.

2801 32nd Avenue SW Tumwater—360-709-3201

Ending the Silence Youth Program

A 50 minute presentation for middle and high school students. Includes warning signs of mental illness, facts, and offers helpful strategies. Call to schedule.

In Our Own Voice: An interactive presentation for the general public that provides insight into what it's like to live with mental illness. Call to schedule.

Peer To Peer: A 10-session peer-led course for persons living with a mental illness. Pre-registration required.

FAMILY SUPPORT

Family To Family: A free 12-session education course for family members, partners and friends of someone with a mental illness.

Family Support Group: A peer led support group for family members and loved ones of someone living with a mental illness.

Wednesdays - 6-7:30pm

Providence St. Peter Hospital Conf room 202

413 Lilly Road NE, Olympia

1st & 3rd Mondays - 6-7:30pm

Shelton Civic Center 525 W Cota Street Room #3, Shelton

NAMI Homefront: A 12 session course for family, caregivers, and friends of military service members and Veterans with mental health condition. Offered in-person or online.

NAMI Basics: A free six session course for parents and family caregivers of children and teens who are experiencing symptoms of a mental health condition.

NAMI FaithNet: Education provided by request to local faith communities.

Email education@namitm.org or call 360-493-6021 for additional information.

Narcotics Anonymous

360-754-4433 24-hour hotline

www.spsana.org

New Directions Counseling

Adult substance use outpatient treatment.

506 West Franklin St, Shelton—360-427-5232

www.newdirectionswa.com/

Northwest Resources

Website: www.nwrii.com

Substance use and mental health outpatient treatment.
2708 Westmoor Ct SW, Olympia—360-943-8810

Substance use and mental health outpatient treatment; intensive case management.
3773 A-105 Martin Way E, Lacey—360-688-7312

Substance use and mental health outpatient treatment; medication assisted treatment; housing case management.
200 Lilly Road NE Suite C, Olympia—360-918-8336

Substance use outpatient treatment
235 S. 3rd Street, Shelton—360-426-0890

Intensive case management and housing case management.
121 N. 5th Street, Shelton—360-868-2697

The Olympia Free Clinic

Free mental health therapy and referral for low income uninsured or underinsured adults ages 18 or older.
Monday 6-8pm; Wednesdays 5-8pm. Call for appointment
225 State Ave NE, Olympia—360-890-4074 x3

Ombuds

The Ombuds is an independent service that provides assistance to individuals and family members receiving publicly funded and/or Medicaid services to resolve concerns and grievances about behavioral health services, to assure that client rights are protected, and that clients receive dignified, timely, and quality services. The Ombuds also provides information and referral and assistance with Mental Health Advance Directives. Ombuds service is free of charge.

360-763-5793 or 360-280-7656
Email: theombuds@tmbho.org

Providence Community Care Center

Provides a single point of access for behavioral health, substance abuse, housing, and many other services.
225 State Avenue, Olympia—360-515-5646

Olympia Union Gospel Mission

Overnight cold weather shelter operated during the winter months 7 days a week from 8pm to 4:30am.
413 Franklin St NE, Olympia—360-709-9725
<https://www.ougma.org/>

ROOF (Rochester Organization of Families) Community Services

Parenting classes, energy and rental assistance, after-school and summer programs, food bank, referral to community services, etc. Rochester residents only.
10140 Highway 12 SW, Rochester—360-273-6375
www.roofcommunityservices.org/

Sidewalk

Short term financial assistance, shelter diversion and placement, rapid rehousing and transportation for homeless adults without children.
1139 5th Ave SE, Olympia—360-515-5587
1-844-628-7343 Shelter
walkthurston.org

Yelm Community Services

Housing stabilization program, food bank, clothing bank, vehicle licensing and youth activities.
624 Crystal Springs Road NW, Yelm—360-458-7000
<http://yelmcommunityservices.com/>

**Families with Children & Survivors of Domestic Violence
(Family Support Center)**

3545 7th Ave SW, Olympia—360-754-9297 x200
www.fscss.org
Hours: Monday-Friday 9am-4pm

Community Action Council

Emergency food assistance and rental assistance; weatherization services, affordable housing, energy assistance, community resources.

Mason County: 360-426-9726
Thurston County: 360-438-1100 M-Th 7am-5:30pm
<http://www.caclmt.org/>

Community Lifeline

Provides evening meals, showers/hygiene items, emergency cold weather shelter, case management, community resources, and education.

218 N. 3rd Street, Shelton—360-462-4439
www.cllshelton.org

Crossroad Housing

Emergency shelter, rental assistance, and low-income apartments for individuals and families.

71 Sargison Loop, Shelton—360-427-6919
www.crossroads-housing.net/

Housing Authority

Emergency, transitional and permanent housing.

Mason County: 360-479-3694 (Bremerton Housing Authority)
Thurston County: 1206 12th Avenue SE, Olympia
360-753-8292
www.hatc.org

Interfaith Works

Emergency shelter; assistance with benefit and healthcare application; accessing mental health or substance abuse treatment, exploring housing options; community trainings.

701 Franklin St SE Olympia—360-918-8424 (after 4pm)
www.iwshelter.org

Providence St. Peter Hospital

Website: www.providence.org

Chemical Dependency: Adult and adolescent substance use disorder outpatient treatment; problem gambling and tobacco cessation.

4800 College St SE, Lacey—360-456-7575

Mental Health: Outpatient group therapy, family support, education and referral to community resources. Voluntary acute unit for adults who are experiencing a mental health crisis. Accessed through Hospital Emergency Department Crisis Services.

413 Lilly Road NE, Olympia—360-493-7060

Proyecto Familia - CIELO

Free mental health counseling for uninsured and low-income Latino immigrants and families.

1601 North Street SE, Olympia—360-709-0931
2505 Olympic Hwy North, Suite 140 Shelton—360-868-2431
www.cieloprograms.org

Sea Mar Behavioral Health

Website: <https://www.seamar.org/services-thurston.html>

Mental Health and Substance Use Services

6334 Littlerock Road SW, Tumwater—360-704-7590
202 Cullens St NW, Yelm—360-400-4860

Medical and Dental Services

3030 Limited Lane NW, Olympia—360-491-1399
669 Woodland Sq Loop SE, Lacey—360-359-4840
202 Cullens St NW, Yelm—360-400-4800

Soldiers Project

Free counseling for military and loved ones. Leave a message and they will contact you.

877-576-5343
northwest@thesoldiersproject.org

Substance Use Mobile Outreach of Mason County

Access to recovery support services, syringe exchange, peer support and Naloxone.

360-427-9670 ext. 128

Thurston County Syringe Exchange

Provides a one for one exchange of used syringes.
1000 Cherry St SE, Olympia—360-490-9155

Washington Recovery Help Line

Anonymous, confidential, 24-hour help line for those experiencing substance abuse disorder, problem gambling and/or a mental health challenge.
1-866-789-1511
www.warecoveryhelpline.org/

Withdrawal Management (Detox)

ABHS Detox 360-266-5029—Chehalis
Kitsap Recovery Center 360-337-4625—Pt. Orchard
Lifeline Connections 360-397-8246—Vancouver
Royal Life Centers 360-559-2547—Lacey
Seadrumar 206-245-1086—Seattle
Specialty Services III 360-477-4795—Pt. Angeles

ADDITIONAL RESOURCES

Al-anon & Alateen	www.southpugetsoundal-anon.org
Depression & Bipolar Support Alliance	http://dbsalliance.org
Disability Right WA	www.disabilityrightswa.org
Evergreen Council on Problem Gambling	1-800-547-6133
Mental Health America	www.nmha.org/
Mental Health Matters	https://mental-health-matters.com/
National Institute on Drug Abuse	www.nida.nih.gov
National Institute of Mental Health	www.nimh.nih.gov
Partnership for Drug-Free Kids	www.drugfree.org
Stop Overdose	www.stopoverdose.org
Suicide Prevention Lifeline	www.suicidepreventionlifeline.org 1-800-273-8255
Tobacco Quit Line	1-800-QUIT-NOW

GOVERNMENT BENEFITS

DSHS:	6860 Capitol Blvd SE Tumwater 1-800-865-7801
Apple Health:	1-855-923-4633 www.wahealthplanfinder.org
Medicare	www.medicare.gov
Medicaid:	www.hca.wa.gov/medicaid
SHIBA:	1-800-562-6900 www.insurance.wa.gov 1-800-772-1213
Social Security Disability:	https://www.ssa.gov/

WASHINGTON APPLE HEALTH (MEDICAID)

TO ENROLL OR CHANGE PLANS CALL: 1-800-562-3022

Amerigroup Washington Inc. —1-800-600-4441 www.amerigroup.com
Molina Healthcare of Washington —1-800-869-7165 www.molinahealthcare.com
UnitedHealthcare Community Plan —877-542-8997 www.uhccommunityplan.com

HOMELESS AND HOUSING RESOURCES

Shelter Hotline 1-844-628-7343 (24 hour)

Single Individuals / Couples without Children under age 18

225 State Ave NE, Olympia—360-515-5587
Providence Community Care Center
www.walkthurston.org
Hours: Monday-Wednesday 10am-2pm

Youth and Young Adults to age 24 (Community Youth Services)

520 Pear St SE, Olympia—360-943-0780 x186
www.communityyouthservices.org
Hours: Monday –Friday 9am –5pm

Safeplace

Free and confidential services to sexual and domestic violence survivors. Services include: sexual assault response and confidential shelter; drop in advocacy, parenting support and children's services, community support groups, multi-lingual advocacy services; legal, medical and housing advocacy.

521 Legion Way SE, Olympia —360-754-6300 24 hour
www.safeplaceolympia.org

St. Peter Hospital Sexual Assault Clinic

Special medical evaluations for children, adolescents and adults; crisis counseling for the victims and families of sexual assault, physical abuse or chronic neglect.

420 Golf Club Road SE Suite 203, Lacey—360-493-7469

Turning Pointe Domestic Violence & Survivor Advocacy Center

Assistance with shelter and transitional housing, legal assistance, employment referrals, meals, job skills training, 24 hour crisis hotline, case management and support groups.

210 Pacific Court, Shelton—360-426-1216
140 NE State Route 300
1-877-923-1212—24 hour crisis
www.turningpointe.org/

ADDITIONAL RESOURCES

Adult Protective Services	1-877-734-6277
Crime Victims Advocacy Network	1-888-288-9221 24 hour
Human Rights Commission	1-800-233-3247
National Sexual Assault Line	1-800-656-4673
Victim Assistance City of Olympia	360-753-8408
Victim Witness Offices Mason County	360-427-9726 ext 107
National Domestic Violence Hotline	1-800-799-7233

CHILD AND YOUTH

Child Care Action Council

Supports parents in finding child care and community education; provides consultation and training to community providers, emergency childcare for children between six weeks and six years. Care is usually available from 7am-6pm.

3729 Griffin Lane SE, Olympia—360-786-8907

Crisis Nursery: 360-786-8907 x100/Monday-Friday 8am-4pm
www.ccacwa.org/

Children with Special Health Care Needs

Access and coordination of services to children with special health care needs birth to age 18.

Mason County: 360-427-9670 x407

Thurston County: 360-867-2543

Family Alliance for Mental Health

Parent support for families or children/youth with social, emotional, behavioral challenges, and/or mental health needs.

360-790-7505

Email: familyalliancewashington@gmail.com
www.familyallianceformentalhealth.com

Family Education and Support Services

Classes for parents and caregivers: Fatherhood support group, Winning at Parenting, Consider the Children 4 hour parenting class, Parent mentor program for families involved with the legal system, kinship care support, Parent-Child Assistance Program.

6840 Capitol Blvd S, Tumwater—360-754-7629

601 W Franklin St, Shelton—1-877-813-2828

<http://familyess.org/>

Family Support Center

Parent and child education; family resource navigator, and homeless family services.

3545 7th Avenue SW, Olympia—360-754-9297

Shelter: 1-844-628-7343

<http://www.fscss.org/>

OSPI Special Education Parent Liaison

Guidance to parents on special education disagreements with schools.

360-725-6075

www.k12.wa.us/SpecialEd/Families/Assistance.aspx

Parent Help 123

Connects families to resources and information.

1-800-322-2588

www.parenthelp123.org

Respite Care—Popes Kids Place

Respite care for children with special healthcare needs.

230 Washington Way, Centralia—360-736-9178

<https://popesplace.org/>

South Sound Parent to Parent

Infant/toddler early intervention services, emotional support and information and referral for families who are concerned about their child's development.

2108 Caton Way SW, Olympia—360-352-1126

310 W. Birch St, Shelton

www.ssp2p.org

Washington Elks Therapy Program

Free home-based occupational and physical therapy to children with developmental delays or physical disabilities.

1-800-825-3557—Tuesday-Friday 8am-4pm

<http://www.tallelks.org/>

ADDITIONAL RESOURCES

Report child abuse or neglect	1-866-363-4276
Jed Foundation	1-800-273-8255
PAVE Partnerships for Action, Voices for Empowerment	1-800-565-2266
The Compassionate Friends. Supporting families after a child dies.	1-877-969-0010
WA State Governor's Education Ombuds	1-866-297-2597

DOMESTIC VIOLENCE/VICTIM SERVICES

Proyecto Esperanza - CIELO

Free and confidential services for immigrants who have been victims of domestic violence, sexual assault and abuse. Services include: crisis support, safety planning, connections to community support, and counseling.

360-709-0931

www.cieloprograms.org

Family Education & Support Services

4 hour class to assist parents in supporting children who have witnessed or been affected by domestic violence.

6840 Capitol Blvd S, Tumwater

<http://familyess.org/>

Family Justice Center

Serves survivors of domestic violence, sexual assault, stalking, and human trafficking. Services include: safety planning, basic needs, crisis support, shelter and housing placement, support in filing of police reports, connection to community resources, and other services based on clients' needs.

3545 7th Ave SW Suite 200, Olympia—360-754-9297

<http://fscss.org/services/fjc/>

Monarch Children's Justice & Advocacy Center

Therapy, education, and support at no cost to child victims and their families.

420 Golf Club Road SE Suite 203, Lacey—360-923-1884

<http://monarchcjac.org/>

Partners in Prevention Education (PiPE)

Services to people impacted by violence, e.g., individual therapy, massage, support groups and public education.

1009 State Avenue NE, Olympia —360-357-4472

<https://pipeolympia.org/>