



Thurston County Community Services List

Updated 3/3/2006

24 Hours 586-2800

Created by the Crisis Clinic Resource Network

CHILDREN / YOUTH / TEENS

Big Brothers / Big Sisters (children matched with adult vol.) _____ 943-0409
 Child Care Action Council - Resource & Referral Line _____ 1-800-845-0956; 754-0810
 Child Protective Services-(investigates abuse-24 hrs) _____ 725-6700, 888-822-3541
 Children & Parents First (Parenting skills/child care) BHR _____ 704-7170
 Children's Mental Health Program, SSMHS _____ 754-7576 or 1-800-339-7581
 Community Action Council WIC (Women, Infants & Children) Program _____ 438-1100
 Community Youth Services (employ. assist,crisis intervention,outreach) _____ 943-0780
 Covenant House Neline (crisis line for runaways & their families) _____ 1-800-999-9999
 Family Reconciliation Services, DSHS (assist families in conflict) _____ 1-800-746-6521
 Head Start / ECEAP (preschool for low income 3-5 year olds) admin _____ 753-7590
 National Runaway Switchboard _____ (24 hrs) 1-800-621-4000
 Olympia Child Care Center (sliding scale fee, ages 1 mo - 6 years) _____ 943-9857
 Parent Education Clearinghouse(Parent Education/family support groups) _____ 754-2629
 Youth Help Line of South Sound (CCRN) (trained teen volunteers) _____ 586-2777
 YMCA (recreation before & after school) _____ Olympia 357-6609/Briggs753-6576

CHEMICAL DEPENDENCY

Alcohol / Drug 24-Hour Help Line (support & information) _____ 1-800-562-1240
 Alcoholics Anonymous (AA) (including Ala-Anon & Alateen)(24 hrs) _____ 352-7344
 Alternatives Professional Counseling _____ 357-7986
 Chemical Dependency Counseling (BHR Recovery Services) _____ 704-7170
 Community Youth Services (CYS) (drug/alcohol info classes) _____ 943-0780
 Narcotics Anonymous (NA) (for any chemical dependency 24 hrs) _____ 754-4433
 Nisqually Tribal Health Services (incl. substance abuse program) _____ 456-5221
 Providence St. Peter Chemical Dependency Center(detox) 456-7575 or 1-800-332-0465
 Sea Mar Behavioral Health (incl. Spanish-speaking services) _____ 570-8258
 South Sound Clinic (counseling, Methadone program) _____ 413-6910 or 1-888-764-7243

COUNSELING / MENTAL HEALTH

Behavioral Health Resources (BHR) Counseling Services (24 hours) _____ 704-7170
 Catholic Community Services - Counseling and Consultation Services _____ 586-1583
 Community Youth Services (CYS) (crisis intervention & youth support) _____ 943-0780
 Crisis Clinic (crisis intervention; referrals to counselors 24 hrs) _____ 586-2800
 Crisis Resolution Services (24 hours) _____ 754-1338 or 1-800-270-0041
 Family Reconciliation Services (free counseling for families in crisis) _____ 1-800-746-6521
 Home Mental Health (Providence SoundHomeCare) _____ 459-8311 or 1-800-869-7062
 Olympia Alano Club (AA meetings/info) _____ 754-9934
 Providence St Peter Hospital Psychiatry _____ 493-7060
 Safeplace (support groups/counseling for domestic & sexual abuse) _____ 754-6300
 South Sound Mental Health Services (SSMHS) _____ 754-7576. or 1-800-339-7581

DISABILITIES - PHYSICAL / MENTAL

Adult Protective Services, DSHS (report abuse to vulnerable adults) _____ 1-877-734-6277
 Arc of Washington State (Association for Retarded Citizens) _____ 357-5596
 Blind, WA State Dept of Services for the _____ 586-1224 or 1-800-552-7103
 Capital Clubhouse (rehab program by & for mental health consumers) _____ 357-2582
 Crisis Clinic (community resource information & referral) _____ 586-2800
 Deaf & Hard of Hearing Services, WA State Office of (DSHS) _____ TTY 902-8000
 Developmental Disabilities Services, W State (DSHS) _____ 570-3150 voice or TTY 586-4719
 Dial-A-Lift (IT bus services) _____ 754-9393 or 1-800-244-6846
 Library Outreach, Timberland Libraries (services for homebound) _____ 456-8718
 Long Term Care Program, Catholic Community Svcs (in-home assistance) _____ 586-2960
 Morningside (vocational development/employment services) _____ 943-0512
 Parent To Parent Support (for parents of kids who are disabled) _____ 352-1126
 Parks & Recreation, Thurston County Specialized Recreation _____ 786-5595
 Protective Payee Services _____ 352-3914
 Respite Care Program (through Childcare Action Council) _____ 754-0845
 Senior Case Management (Area Agency on Aging) _____ 664-3162 x33 or 1-800-545-0910
 Social Security Information Line (SSI/Medicare) _____ 753-9451 or 1-800-772-1213
 South Sound Options Unlimited. (living/employment skills) _____ 352-3573
 Vocational Rehabilitation, Division of (DVR) V/TDD _____ 438-8940 or 1-800-548-0946
 WA Talking Book & Braille Library _____ 1-800-542-0866

EDUCATION / LITERACY

Even Start Project (Family Literacy) (adult literacy & parenting classes) _____ 586-7398
 FIST (self-defense workshops for women and teen girls) _____ 438-0288
 Life Recovery Center (literacy, life skills education) _____ 709-9725
 Literacy Network (adult literacy) _____ 754-7482
 Nisqually Youth Services (tribal youth services) _____ 456-5221
 Parent Education Clearinghouse (Family Support Center) _____ 754-2629
 Work First Program, SPSC (pre-employment training/support) _____ 596-5403

EMERGENCY NEEDS - CLOTHING, UTILITIES:

Adventist Community Service Center _____ 943-1518
 Baby Bank (diapers & baby clothes; referral necessary) _____ 357-6617
 Care Net (24 hrs)(baby clothes, diapers, etc) _____ 753-0061
 Community Action Council (utilities/weatherization assistance) _____ 438-1100
 Community Service Office, Olympia (DSHS)
 (public assistance/medical coupons/food stamps) _____ 725-6600 or TDD 586-0226
 Crisis Clinic - (24 hr referral to community resources) _____ 586-2800
 Emergency Outreach Program (Sacred Heart Church) _____ 923-0929
 Other Bank, YWCA (for supplies that food stamps don't cover) _____ 352-0593
 Red Cross (assistance for natural disasters & house fires 24 hrs) _____ 352-8575
 Safeplace (advocacy & shelter for domestic violence or rape 24 hrs) _____ 754-6300
 Saint Vincent De Paul Clothing Bank, Olympia _____ 352-0782
 Saint Vincent De Paul (limited utilities asst) _____ 352-7554
 Salvation Army (emergency shelter, meals, utilities assistance 24 hrs) _____ 352-8596
 Serving Hands (Olympia Gospel Mission) (Furniture, Household goods) _____ 709-9725
 Veterans Assistance Fund _____ 786-5578
 Yelm Community Services (food, clothing, utilities asst, emerg shelter) _____ 458-7000

EMPLOYMENT INFORMATION & ASSISTANCE

Employment Security (job search/unemployment compensation) _____ 407-5100
 Job Corps (vocational ed & life skills, ages 16-24) _____ 754-7409 or 1-800-863-5627
 Pacific Mountain Workforce Consortium (job training) 786-5586 or 800-624-1234 x5586
 Pathfinders Supported Employment, (jobs for mentally ill), BHR _____ 704-7170
 Vocational Rehabilitation, WA State Division of _____ 438-8940 or 1-800-548-0946 (TTY)
 Washington Cooperative Support Center (non-profit temp labor) _____ 459-9765
 Work First Program, Olympia office (job referrals, workshop) _____ 753-3124
 Youth Employment & Training, CYS (ages 16 - 21) _____ 943-0780 x119

ETHNIC SERVICES & ASSISTANCE

Cielo Project at Radio Ranch (Hispanic/Latino services) _____ 709-0931
 Hispanic Affairs, WA State Commission _____ 753-3159
 Indian Affairs, WA State office of (liaison, training, info & referral) _____ 753-2411
 Korean Women's Association (Asian, Pacific Islander & Elders) _____ 455-4525
 Nisqually Indian Tribal Services _____ 456-5221
 Refugee & Immigrant Service Center (RISC) (interpreters, translators, tutors, job search, information & referral) _____ 754-7197 or 754-5759
 South Puget Intertribal Planning Agency (SPIPA - five tribes) _____ 426-3990

FOOD & NUTRITION

FOOD BANKS: **Thurston County Food Bank, Olympia** _____ **352-8597**
South Thurston United Friends Food Bank _____ **273-5891**
Tenino Food Bank Plus _____ **264-5505**
Yelm Community Center- Food Bank _____ **458-7000**
ROOF (Rochester) _____ **273-6375**
 Food Stamps (DSHS Community Service Office) _____ 725-6600 or TDD 586-0226
 Meals on Wheels (lunches to anyone homebound) _____ 352-8596 or 491-3642
 Salvation Army Meals (7AM, noon, & 6PM, daily - 824 5th Ave SE) _____ 352-8596
 Women, Infants & Children(WIC) Nutrition Program _____ 754-2936 or 754-2933

HEALTH CARE / HOSPITALS / CLINICS

Assured Home Health & Hospice _____ 236-9204 or 1-800-833-9404
 Capital Medical Center Switchboard _____ 754-5858 or Emergency Rm 956-2590
 Choice Regional Health Network (low-income insurance) _____ 493-4550
 Care Net (pregnancy counseling/testing, baby supplies) _____ 753-0061
 Clinic at West Olympia _____ 754-0334
 Dental Clinic, Sea Mar Community Health _____ 570-8016 or 570-7902
 Dental Clinic (SPSC) (accepts medical coupons) _____ 754-9464
 Family Practice, Providence St Peter (health care at sliding scale) _____ 493-7230
 First Steps (at-risk teens/pregnant women) _____ 725-6634 or 1-800-322-2588
 Health Department, Thurston County: HIV / AIDS, Family Planning Clinic, Immunization, Maternity, TB Clinic, Refugee Clinic, Communicable Disease Program, Children's Services, First Steps, STD Clinic, SIDS, WIC, Nutrition Program, Rural Healthmobile _____ 786-5581 or 786-5583
 HIV/AIDS Hotline, Washington State (info & referral) _____ V/TDD 1-800-272-2437
 Medical Assistance (coupons),CSO (DSHS) _____ 725-6600 or TDD 586-0226
 Nisqually Tribal Health Services (Indian med/dental) _____ 456-5221 or 491-8543
 Paratransit Services (transportation to medical appointments) _____ 1-800-846-5438
 Planned Parenthood (birth control, pregnancy testing/counseling) _____ 754-5522
 Poison Center, WA (info for poison/overdose 24-hrs) _____ V/TDD 1-800-222-1222
 Providence St Peter Hospital 491-9480 TDD 493-7255 Emergency Rm 493-7289
 Providence SoundHomeCare & Hospice _____ 459-8311 or 1-800-869-7062
 Sea Mar Community Health Center, Medical _____ 491-1399
 Senior Case Mgmt (Area Agency on Aging) _____ 664-3162 x133 or 1-800-545-0910
 United Communities AIDS Network (help for people with AIDS) _____ 352-2375

HOUSING ASSISTANCE / EMERGENCY SHELTERS

Bread & Roses Women's Guest House Shelter _____ 754-4085
 Emergency Shelter Network (overnight shelter) _____ 528-8999
 Haven House-(shelter/crisis center for teens 12-17) _____ 754-1151 or 888-698-1825
 Housing Authority, Thurston (housing for low income, disabled, elderly) 753-8292
 Housing Rehabilitation, City of Olympia (rehabilitation loans) _____ 753-8436
 Safeplace (shelter for abused women - 24 hrs) _____ 754-6300 or TTY 943-6703
 Salvation Army (shelter for single men, women, families) _____ 352-8596
 Transitional Housing Program (Housing Authority) _____ 753-8292
 USDA Rural Development (rural, low-income home loans) _____ 253-845-0553 x4
 Yelm Community Services.(rural Thurston County residents) _____ 458-7000

SAFETY / LEGAL / CONSUMER ASSISTANCE & SUPPORT

Bread & Roses Advocacy Center (BRAC) _____ 360-754-5888
 Child Support Enforcement Office _____ 664-6900 or 1-800-345-9964
 Columbia Legal Services _____ 943-6260
 Consumer Counseling NW _____ 943-5740 or 1-800-244-1183
 Consumer Protection Division (unfair business) _____ 1-800-551-4636
 Dispute Resolution Center (mediation services) _____ 956-1155
 Family Court Facilitator (Thurston Co. Juvenile and Family Court) _____ 709-3274
 Family Support Center (coordinated family services) _____ 754-9297
 Human Rights Commission, WA State _____ 753-6770 or 1-800-233-3247
 Long-Term Care Ombudsman (mediation/advoc in nursing homes) _____ 943-6018
 Safeplace (legal advocacy for abused women) _____ 754-6300 or TTY 943-6703
 Tenant's Union, Thurston County (landlord / tenant legal info) _____ 943-3036
 Victim Advocate Division, Thurston County _____ 754-2989
 Victim Assistance Office, Olympia _____ 753-8408
 Volunteer Legal Clinic, Thurston County _____ 705-8194 or 1-800-201-1014
 Washington PAVE (parents of disabled children) _____ 1-800-572-7368
 WA Protection & Advocacy System (dev disabled/mentally ill) _____ 1-800-562-2702
 WROC (Welfare Rights Organizing Coalition) _____ 352-9716 or 1-877-330-3063

SENIORS

Adult Protective Service DSHS (investigates reports of abuse) _____ 1-877-734-6277
 Area Agency on Aging (info, case mgmt) _____ 664-3162 x133 or 1-888-545-0910
 Catholic Community Services _____ 586-2960
 Gatekeeper Program (senior outreach/monitoring) _____ 664-3162 ext 133
 Older Adult Services, BHR (Counseling/case mgmt) 704-7170 or 1-800-825-4820
 Home & Community Services, Div of (DSHS) _____ 664-7575 or 1-800-462-4957
 RSVP (Retired Senior Volunteer Program) _____ 586-7787
 Senior Centers _____ Olympia 586-6181, Yelm 458-7733, Lacey 407-3967
 _____ Tenino 264-9805, Rainier 446-2258, Tumwater 754-4160
 Senior Information & Assistance (AAA) _____ 664-3162, ext. 133 or 1-888-545-0910
 Social Security Information Line _____ 1-800-772-1213
 South Sound Care Connection (care coordination) _____ 586-4491
 STARS Program (Adult Day Care -Several locations) _____ 586-6181

SUPPORT GROUPS

Support groups meet for information sharing and mutual support. Our community has many professionally sponsored and participant-run groups covering a wide range of topics. For information on a support group relating to a specific issue: Call **The Crisis Clinic** _____ (24 hrs) **586-2800**

The printing of the *Community Services List* was donated by Providence St. Peter Hospital.

The Community Service List is published bi-annually by:

The Crisis Clinic Resource Network
 For more copies please call **360-586-2888**
 Access our complete resource database at
www.crisis-clinic.org



Providence | St. Peter
Hospital



Mason County Community Services List

Updated 3/3/2006

24 Hours 586-2800

Created by the Crisis Clinic Resource Network

CHILDREN / YOUTH / TEENS

Child Care Action Council – Resource line _____ Olympia 754-0810 or 1-800-845-0956
 Child Protective Services (investigates reports of abuse) _____ 432-2065 or 1-800-562-5624
 Children and Parents First (parenting skills/child care), BHR _____ 704-7170
 Children's Mental Health Program, SSMHS _____ 754-7576 or 1-800-339-7581
 Community Action Council WIC (Women, Infants, Children) Program _____ 426-9726
 Covenant House Neline (crisis line for runaways & their families) _____ 1-800-999-9999
 Division of Children and Family Services, DSHS _____ 432-2050 or 1-888-283-2634
 Head Start / ECEAP (low income, 3-5 year olds) _____ 753-7590
 Mason County Youth Programs (employment for special needs youth, 16-22) _____ 426-1200
 National Runaway Switchboard _____ (24 hrs) 1-800-621-4000
 Shelton Co-op Preschool (18 months - kindergarten; sliding scale) _____ 426-7857
 South Puget Intertribal Planning Agency - Children & Family Services _____ 426-3990
Youth Help Line of South Sound (CCRN) (confidential problem-solving with trained teen volunteer), (Sun - Fri, 4-10pm) 586-2777 or (N. Mason) 1-800-627-2211
 Youth Enhancement Partnerships (Adventure Based Therapy), BHR _____ 704-7170

CHEMICAL DEPENDENCY

Alcohol / Drug 24-Hour Help Line (support & information) _____ TDD 1-800-562-1240
 Alcoholics Anonymous (AA) (including Alanon & Alateen) _____ Oly (24 hrs) 352-7344
 Alternatives Professional Counseling (Olympia) _____ 357-7986
 Mason County Drug Abuse Prevention _____ 427-9670 x588 or 360-4467 x588 (N Mason)
 Narcotics Anonymous (NA) (for any chemical dependency) _____ Oly (24 hrs) 754-4433
 Recovery Services (Chemical Dependency Outpatient Program), BHR _____ 704-7170
 Providence St Peter Chemical Dependency Center (detox) 432-8692 or 1-800-332-0465
 Sea Mar Behavioral Health (incl. Spanish speaking services) _____ 570-8258
 Safe & Sober Pregnancy Program, SSMHS _____ 754-7576 or 1-800-339-7581
 Skokomish Tribe Alcohol and Chemical Dependency Program _____ 426-7788
 South Sound Clinic (methadone program) _____ (Lacey) 413-6910 or 1-888-764-7243
 Squaxin Island Tribal Center - Alcohol Program _____ 427-9006

COUNSELING / MENTAL HEALTH

Behavioral Health Services (BHR) (mental health) (24 hrs) 426-1696 or 1-800-825-4820
Crisis Clinic (crisis intervention, referrals to counselors) (24 hrs) _____ 586-2800 or (North Mason) 1-800-627-2211
 Mason Co Youth Programs (employment for special needs youth, 16 - 22) _____ 426-1200
 Home Mental Health (Providence SoundHomeCare) _____ 426-7928 or 1-800-869-7062
 Skokomish Tribe - Family Therapy Program _____ 426-7788
 South Sound Mental Health Services (SSMHS) _____ 754-7576 or 1-800-339-7581
 Squaxin Island Tribe - Mental Health Program _____ 427-9006
Teen Care Line (Crisis Clinic) _____ (24 hours) 586-2777 or 1-800-627-2211

DISABILITIES - PHYSICAL / MENTAL

Adult Protective Services, DSHS (report abuse to vulnerable adults) _____ 1-877-734-6277
 Arc of WA State (Association for Retarded Citizens) _____ Olympia 357-5596
 Blind, WA State Dept of Services for the _____ TDD 586-1224; 1-800-552-7103
 Capital Clubhouse (rehab prog by & for mental health consumers) _____ Olympia 357-2582
Crisis Clinic (referral to community resources) _____ 586-2800 or 1-800-627-2211
 Deaf & Hard of Hearing Services, WA State Office of _____ voice or TTY 902-8000
 Developmental Disabilities Services, WA State (DSHS) _____ 432-2039 or 1-800-339-8227
 Exceptional Foresters (residential support for dev disabled adults) _____ 426-0077
 Gift for Special Children (financial/referral assistance) _____ 427-7058 or 426-1005
 Long Term Care Program, CCS (in-home assistance) _____ 427-2230 or 1-800-642-8026
 North Mason School District - Special Services (birth-21years, Belfair) _____ 275-3718
 Shelton School District - Special Services (birth-21 years) _____ 426-2151
 Social Security Information Line (SSI/ Medicare) _____ 1-800-772-1213
 Vocational Rehabilitation, Division of (DVR) _____ 427-2037 or 1-800-548-0946
 WA PAVE (support, advocacy for parents of disabled kids) V/TDD _____ 1-800-572-7368
 WA Talking Book & Braille Library _____ 1-800-542-0866

EDUCATION / LITERACY

CHOICE High School (alternative high school for ages 14-21) _____ 426-7664
 FIST (self-defense workshops for women and teen girls) _____ Oly 438-0288
 Head Start/ECEAP (low income, 3-5 years old) _____ 753-7590
 Mason County Literacy (tutoring for reading, writing, ESL) _____ 426-9733
 New Chance, Olympic College (transitional worker program) _____ 432-5435
 Olympic College Shelton (basic college/GED prep/Adult Basic Education) _____ 432-5400
 Shelton Even Start, (adult literacy & parenting classes) _____ 426-2151
 Shelton Co-op Preschool (18 months - kindergarten at sliding scale) _____ 426-7857

EMERGENCY NEEDS

Center for Advocacy & Personal Development _____ 426-6925 or 426-1005
 Community Action Council (limited utility assistance) _____ 426-9726
 Community Service Office (CSO), DSHS (financial assistance, medical coupons, and food stamps) _____ 432-2000 or 800-222-8295 TDD 1-800-833-6388
Crisis Clinic (crisis intervention/community resources) _____ (24 hrs) 586-2800
 _____ North Mason 1-800-627-2211
 Mason County Transit (Dial-A-Ride and bus routes) _____ 427-5033 or 1-800-374-3747
 Emergency Shelter: see **HOUSING ASSISTANCE / EMERGENCY SHELTER**
 Kitsap County Crisis Clinic (Bremerton) _____ (360) 479-3033
 Kitsap Sexual Assault Center - Crisis Line (24 hrs) _____ North Mason (360) 479-8500
 Mason County Shelter _____ 427-6919 or 790-1844 (pager)
 Red Cross (assistance for natural disasters & house fires) Thurston/Mason Chapter Olympia _____ (24 hrs) 352-8575 Kitsap/N Mason (360) 377-3761
 Salvation Army (emerg gas, food, prescriptions) _____ 426-8461
 _____ Matlock 426-3091 Belfair, Hoodspout, Lilliwaup, & Union 275-6031
 South Puget Intertribal Planning Agency (assistance for tribal members) _____ 426-3990
 Saint Vincent de Paul, Belfair (limited emergency assistance) _____ 275-6199
 Turning Pointe – Domestic Violence Services _____ 432-1212 or 1-877-923-1212
 Veterans Assistance Fund _____ 426-4546 N Mason 275-4467 ext 419

EMPLOYMENT INFORMATION & ASSISTANCE

Job Corps (vocational ed & life skills training, ages 16-24) 754-7409 or 1-800-863-5627
 Mason Co Youth Programs (employment for special needs youth, 16 - 22) _____ 426-1200
 South Puget Intertribal Planning Agency (five tribes) _____ 426-3990
 Vocational Rehabilitation, Division of (DVR) _____ 427-2037 or 1-800-548-0946
 Work Source – Empl Security (job search/training, unemployment comp) _____ 427-2174

ETHNIC SERVICES & ASSISTANCE

African American Affairs, WA State Commission on _____ 753-0127
 Cielo Project at Radio Ranch (Hispanic/Latino services) _____ 709-0931
 Hispanic Affairs, WA State Commission on _____ Olympia 753-3159
 Indian Affairs, WA State Office of (liaison, training, info & ref) _____ Olympia 753-2411
 Korean Women's Association (Asian, Pacific Islander & Elders) _____ 426-9700
 Skokomish Indian Tribe - Social & Health Services _____ 426-4232
 Squaxin Island Tribal Center _____ 426-9781
 South Puget Intertribal Planning Agency (social services for five tribes) _____ 426-3990

FOOD & NUTRITION

FOOD BANKS:

Shelton - Saints Pantry _____ **427-8847**
Hood Canal Food Bank _____ **877-6507**
Matlock Food Bank _____ **426-1903 or 426-7632**
North Mason Food Bank, Belfair _____ **275-4615**

Food Stamps, DSHS - CSO _____ 432-2000 or 1-800-222-8295; TDD 1-800-833-6388
 Senior Health & Nutrition Prog (Senior Centers) _____ Shelton 426-7374
 Women, Infants, Children (WIC) Nutrition Prog. _____ (CAC) 426-9726

HEALTH / HOSPITALS / CLINICS

AIDS Hotline, National _____ 800-342-2437 or 800-344-7432 (Spanish) _____ or TTY 1-800-243-7889
 Assured Home Health & Hospice _____ 432-2775
 Care Net Pregnancy Center (preg counseling/testing, baby supplies) _____ 427-9171
 Celebrate Life Pregnancy Crisis & Support Center _____ Belfair 275-8021
 Choice Regional Health Network (low-income insurance) _____ 493-4550
 Clinic at West Olympia _____ 754-0334
 Dental Clinic, Sea Mar Community Health (low income) _____ 570-8016 or 570-7902
 First Steps (at risk teens /pregnant women) _____ 432-2000 or 1-877-980-9180
 Harrison Memorial Hospital, Bremerton _____ 377-3911 Emerg Rm 792-6710
 Health Care Center (walk-in accepted, sliding scale, medical coupons) _____ 426-9717
 Health Department, Mason County - Personal Health Division: AIDS Testing HIV/AIDS, Case Mgmt, Children's Services, Immunization, Maternity Support Pregnancy Testing, STD Clinic, Vital Records _____ 427-9670 ext 400

_____ North Mason 275-4467 ext 400
 Hospice, Assured _____ 432-2775 or 1-800-833-9404
 Hospice, Providence SoundHomeCare _____ 426-7928 or 1-800-869-7062
 Mason General Hospital_ Main 426-1611 or TDD 427-9593 or N Mason 275-8614
 Medical Assistance (coupons), CSO (DSHS) _____ 432-2000 or 1-800-222-8295
 Paratransit Services (transportation to medical appointments) _____ 1-800-846-5438
 Planned Parenthood (birth control, pregnancy testing/counseling) _____ 426-2933
 Poison Center, WA (info for poison/overdose) _____ (24 hrs) V/TDD 1-800-222-1222
 Providence SoundHomeCare (in-home assistance) _____ 426-7928 or 1-800-869-7062
 Sea Mar Community Health Center, Medical (low income/Hispanic) _____ 491-1399
 Senior Case Management (Area Agency on Aging) _____ 427-2225 x11
 Skokomish Indian Tribe - Health Services _____ 426-5755
 Squaxin Island Tribe Health Clinic _____ 427-9006
 Thurston-Mason Medical Society (physical referral) _____ Olympia 352-1417

HOUSING ASSISTANCE / EMERGENCY SHELTERS

Community Action Council (rental, utilities assistance) _____ 426-9726
 Housing Authority, Mason (housing for low-income, disabled, elderly) _____ 426-9726
 Kitsap Community Resources (shelter) _____ N Mason 377-0053 or 1-800-338-3363 _____ or (after hrs) 479-3033
 Mason County Shelter (emergency shelter) _____ 427-6919
 South Puget Sound Intertribal Planning Agency (tribal housing) _____ 426-3990
 Turning Pointe (domestic violence shelter) _____ 432-1212 or 1-877-923-1212
 For additional emergency shelter info, call **The Crisis Clinic** _____ **586-2800**

SAFETY / LEGAL / CONSUMER ASSISTANCE & SUPPORT

Center for Advocacy & Personal Dev, Sexual Assault Legal Advocacy _____ 426-6925
 Child Support Enforcement Office (DSHS) _____ 1-800-345-9964
 CLEAR (Coordinated, Legal Ed Advice/Referral) _____ 1-888-201-1014
 Columbia Legal Services _____ 943-6260 or N. Mason 1-800-260-6260
 Consumer Credit Counseling Service (budget, debt mgt) _____ 1-800-244-1183
 Consumer Protection Division, (unfair business) _____ 1-800-551-4636
 Dispute Resolution Center (mediation services) _____ Olympia 956-1155
 Human Rights Commission, WA State _____ 753-6770 or 1-800-233-3247
 Long-Term Care Ombudsman (mediation, advocacy in nursing homes) _____ Olympia 943-6018 or 1-800-562-6028
 So Puget Intertribal Planning Agency (crime victim advocacy) _____ 426-3990
 Tenants Union (landlord-tenant legal information) _____ Thurston County 943-3036
 Turning Pointe (domestic violence services) _____ 426-1216 (office) 432-1212 (crisis) _____ or 1-877-923-1212
 Victim/Witness Assistance _____ 427-9670 x417 or N. Mason 275-4467 x417
 Volunteer Legal Clinic _____ Thurston County 705-8194 or 1-888-201-1014
 WA Protection & Advocacy System (dev disabled, mentally ill) _____ 1-800-562-2702

SENIORS

Adult Protective Services, DSHS (investigates reports of abuse) _____ 1-877-734-6277
 Gatekeeper Program (senior outreach/monitoring) _____ 664-3162- x133
 Older Adult Services, BHR (counseling/case mgmt) _____ 704-7170 or 1-800-825-4820
 Paratransit Services (transportation to medical appointments) _____ 1-800-846-5438
 RSVP (Retired Senior Volunteer Program) _____ Shelton 426-3405
 Senior Activities Association (meeting place/lunches) _____ Shelton 426-7374
 Senior Information & Assistance (AAA) _____ 427-2225 x11 or 1-877-227-4696
 Social Security Information Line _____ 1-800-772-1213
 South Sound Care Connection (care coordination) _____ Olympia 586-4491
 STARS (Services to At Risk Seniors) Program _____ 586-6181

SUPPORT GROUPS

Support groups meet for information sharing and mutual support. Our community has many professionally sponsored and participant-run groups covering a wide range of topics.
 For information on a support group relating to a specific issue: Call **The Crisis Clinic** _____ (24 hrs) **586-2800**

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Access our complete resource database at
www.crisis-clinic.org

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