

**VOLUNTEER RESOURCES  
THE CRISIS CLINIC OF  
THURSTON AND MASON COUNTIES**

## **Dedication**

With thanks and recognition to the many volunteers who commit their time, talent and caring to the agencies in these pages. Their contribution to our communities cannot be measured.

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## **The Crisis Clinic Mission Statement**

**We provide compassionate support and resources to empower those in crisis every hour of every day.**

## **Preface**

This volunteer resource manual has been created by The Crisis Clinic of Thurston and Mason Counties. As a primary provider of human resource information in this region we work hard to stay up-to-date. This manual contains hundreds of local, statewide, and national resources.

## **Introduction**

This manual is a comprehensive Human Services directory for Thurston and Mason counties. Its primary use is to provide information and referral to people who need assistance meeting their emotional and material needs.

The principal criteria we use for including an agency is that it is defined as a human service, which is further defined as an organized effort to address individual human needs. From this definition, The Crisis Clinic has attempted to list organizations that significantly promote physical/mental health and welfare. The fact that an agency is listed does not imply that The Crisis Clinic recommends the service. Conversely, the exclusion of an agency does not imply a lack of endorsement.

## **HOW TO USE THIS RESOURCE**

### **Table of Contents:**

The Table of Contents is divided into subcategories of services. Use the Table of Contents when you know what type of service you want, but are unsure of the names of organizations that provides that service.

### **Index:**

The Index will have all resources listed by name in alphabetical order.

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**A BEGINNING ALLIANCE**

**Address:** 1800 11<sup>th</sup> Ave., SW Olympia WA 98504

**Phone:** 360-586-2731

**Description of Services:** Residential program for offenders on work release. Counseling and referrals to appropriate agencies for medical, psychological, substance abuse treatment, provided.

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**\*ABIGAILS DOMESTIC VIOLENCE SUPPORT GROUP-OLYMPIA UNION GOSPEL MISSION**

**Address:** PMB 330-3430 Pacific Ave SE A-6, Olympia WA 98501

**Website:** [www.abigails.org](http://www.abigails.org)

**Phone:** 360-754-9351

**Description of Services:** Abigail's is support group that aims to help Christian women who face physical and emotional violence at home. The group helps to create fellowship and support to break the isolation women often feel by looking at domestic violence with a Christian perspective. Child care is provided.

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**ABUSE HOTLINE SERVICES (NURSING HOME, ADULT FAMILY HOMES)**

**Website:** [www.dshs.wa.gov>altsa>residential-care-service](http://www.dshs.wa.gov>altsa>residential-care-service)

**Phone:** 1-877-734-6277

**Description of Services:** Report elder abuse at nursing and/or adult homes.

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**ADDRESS CONFIDENTIALITY PROGRAM**

**Address:** P.O. Box 257, Olympia WA 98507

**Phone:** 800-822-10656

**Description of Services:** Program helps any survivor (or parent/guardian of a minor or incapacitated person) of domestic violence, sexual assault, stalking, human trafficking elude their abuser by assigning a substitute address to their state and local government records. Mail sent to substitute address is forwarded to real address

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**ADOPTION SUPPORT PROGRAM**

**Address:** P.O. Box 45713, Olympia WA 98504

**Phone:** 800-562-5682 (state adoption office)

**Description of Services:** Assists in removing barriers for families adopting special needs children by providing financial support, medical support, and counseling.

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**ADULT CHILDREN OF ALCOHOLICS AND DYSFUNCTIONAL FAMILIES**

**Website:** <http://adultchildren.org>

**Phone:** 310-534-1815

**Description of Services:** Organization offers 12 step spiritual program for adult children who grew up in dysfunctional homes. Online, in person, and telephonic meetings available.

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**ADULT PROTECTIVE SERVICES**

**Address:** P.O. Box 45610, Olympia WA 98504

**Website:** <https://www.dshs.wa.gov/altsg/home-and-communityservices/report-concerns-involving-vulnerable-adults>

**Phone:** 877-734-6277 (suspected in-home abuse); 1800-562-6078 (abuse at residential facilities)

**Description of Services:** Dedicated to serving vulnerable adults by investigating reports of abuse, abandonment, neglect, exploitation, and self-neglect.

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**AIDS/HIV WA STATE DEPARTMENT OF HEALTH, HIV CLIENT SERVICES**

**Phone:** 360-236-3426; 877-376-9316

**HIV/AIDS HOTLINE, WA STATE INFORMATION AND REFERRAL**

**Phone:** 1-800-272-2437

**AIDS HOTLINE NATIONAL**

**Phone:** 1-800-232-4636

**PCAF (PIERCE CO. AIDS FOUNDATION)**

**Website:** pcaf-wa.org

**Phone:** 360-352-2375

**Description of Services:** Serves those affected by HIV/AIDS; meets needs for housing, food, healthcare and personal support.

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**AL-ANON, ALATEEN**

**Address:** 300 Union Ave. SE, Apt. 6, Olympia WA98501

**Phone:** Al-Anon 866-362-4427 (to find local meetings); Alateen 509-456-2125 (Spokane); 206-625-0000 (Seattle)

**Description of Services:** Al-Anon for relatives, friends, of anyone who suffers from alcoholism; Alateen for younger people living with an alcoholic.

**ALCOHOLICS ANONYMOUS (AA) DISTRICT 8 SOUTH SOUND**

**Website:** <https://alcoholicsanonymous> (to find meetings)

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**ALZHEIMER'S SUPPORT GROUP**

**Phone:** 1-800-848-7097 (toll free 24 hr); 206-363-5500

**Website:** WA Chapter Alzheimer's Ass. <https://www.alz.org>

**ALZHEIMER'S FAMILY CAREGIVER SUPPORT GROUP**

**Phone:** 1-888-545-0910; 360-664-2168

**Description of Services:** Providing resources to unpaid caregiver to senior adult or an adult with a disability.

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**ANIMAL SERVICES**

**Address:** 3120 Martin Way E., Olympia WA 98506

**Phone:** 360-352-2510

**Description of Services:** Enforcement of animal laws; adoption; shelter; lost and found pets; education outreach to schools and other organizations; volunteer programs.

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**ARC OF WASHINGTON**

**Address:** 2638 State Ave. NE, Olympia WA 98506

**Phone:** 360-357-5596

**Description of Services:** Advocates for the rights of people with intellectual and developmental disabilities.

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**ASPERGER SYNDROME SUPPORT GROUP**

**Address:** ASA Washington, P.O. Box 310, East Olympia WA 98540

**Website:** [www.autismsocietyofwa.org](http://www.autismsocietyofwa.org) & [autismsociety@hotmail.com](mailto:autismsociety@hotmail.com)

**Phone:** 360-9434-2205

**Description of Services:** Support group for parents and caregivers of children with Asperger Syndrome, a form of autism

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**BABY BANK**

**Address:** 3132 Boulevard Road, Olympia WA 98501

**Phone:** 360-357-8304 (Church of Christ)

**Description of Services:** Parent or guardian must be referred by the Church, Salvation Army or a social service agency. Baby Bank supplies clothing, diapers, or other necessities for infants up to size 4T

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**BEHAVIORAL HEALTH RESOURCES**

**Address:** 317 E. 4<sup>th</sup> Ave., Olympia WA 98501

**Phone:**360-704-7170; 800-825-4820

**Description of Services:** BHR provides various services for mental health, and addiction for people with limited resources; therapy/counseling services for adults, children, families; community support services; residential services; educational services

**BHR-CHILDREN AND PARENTS FIRST**

**Description of Services:** For families with children birth-10 YO experiencing problems with parent/child relationship; women in late stages of pregnancy; pregnant teens. This is an education and support group with the goal to increase positive interaction between parent and child; parenting skills; child socialization skills, with aim of breaking cycle of dysfunctional family.

**BHR-THE HARVEST PROGRAM**

**Description of Services:** Women (can be pregnant) who are trying to regain custody of their children under DSHS supervision and have dual diagnosis of chemical dependency and mental disorder. One year out-patient program including chemical dependency treatment, education, and group therapy. Free on-site child care available.

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**CAPITAL PLACE ADULT GRIEF SUPPORT GROUP**

**Address:** 700 Black Lake Blvd., Olympia WA 98501

**Phone:**360-352-0711 (email: [talon.windwalker@thegroup.com](mailto:talon.windwalker@thegroup.com))

**Description of Services:** Adult grief support group

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**ASSURED HOME HEALTH & HOSPICE**

**Address:** 2012 Carriage St. SW, Ste D, Olympia WA 98502

**Phone:**360-352-0711

**Website:** <https://lhcgroupp.com/locations/assured-hospice-olympia>

**Description of Services:** Support group

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**PROVIDENCE GRIEF SUPPORT SERVICES OF THURSTON & MASON COUNTIES**

**Phone:** 360-493-4684

**SUNDANCE KIDS**

**Phone:**360-493-5928

**Description of Services:** Grief support for children

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**PROVIDENCE SOUNDHOMECARE**

**Address:** 4200 6<sup>th</sup> Ave. SE, Lacey WA 98503

**Phone:**360-459-8311

**Services Provided:** In home hospice care

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**BETTER BREATHERS CLUB**

**Website:** <https://www.lung.org> (for nearest local chapter)

**Description of Services:** Support group for anyone suffering from complications related to lung dysfunction

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**LIVING WITH CANCER SUPPORT GROUP**

**Phone:**360-912-9041

**PROVIDENCE ST PETER CANCER SUPPORT GROUP**

**Phone:**360-493-7960

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**BIG BROTHERS BIG SISTERS OF THURSTON COUNTY**

**Address:** 2424 Heritage Ct. SW #302, Olympia WA 98502

**Phone:**360-943-0409

**Description of Services:** For age 5-young adult; to create and support 1:1 mentoring relationship with monthly meetings and a range of activities

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**BRAIN INJURY SUPPORT GROUP**

**Address:** 113 Cherry St., Seattle WA 98104

**Phone:**877-982-4292

**Description of Services:** To help navigate challenges that arise from brain injury.

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**A TOUCH OF STRENGTH (BREAST CANCER SUPPORT GROUP)(ST PETER PROVIDENCE HOSPITAL)**

**Address:** 413 Lilly Rd. NE MS: 04H11 Olympia WA 98506

**Phone:**360-943-7032; 360-459-8062

**Description of Services:** Provides mutual problem solving and support for breast cancer patients; meet 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month 7-8:30 PM)

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**CAPITAL CITY COUNCIL OF THE BLIND (CHAPTER OF WASHINGTON COUNCIL OF THE BLIND)**

**Address:** 2800 Limited Lane NW, Apt 5-F Olympia WA 98502

**Phone:**360-754-8499

**Description of Services:** Promoting opportunity, equity and independence for the legally blind.

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**STROKE SURVIVOR SUPPORT**

**Website:** [www.stroke.org](http://www.stroke.org) (for general information)

**Phone:**1-888-4-stroke; 1-888-478-7653 (Stroke Family Warm Line)

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**FAMILY CAREGIVER SUPPORT GROUPS (VARIOUS CONDITIONS) (AREA ON THE AGING LEWIS/MASON/THURSTON COUNTIES)**

**Phone:** 360-664-2168

**Website:** [Imtaaa.org/family-caregiver-support-groups](http://Imtaaa.org/family-caregiver-support-groups)

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**CATHOLIC COMMUNITY SERVICES FOR LEWIS/MASON/THURSTON COUNTIES**

**Address:** 604 Devoe St SE, Olympia WA 98501

**Phone:** 360-753-3340 (x127)

**Website:** [ccsww.org](http://ccsww.org)

**Description of Services:** Shelters, homeless services, housing, youth, family, disabled, and veterans services.

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**CHILD CARE ACTION COUNCIL**

**Phone:**360-786-8907

**Description of Services:** To promote and nurture early learning communities.

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**CHILD PROTECTIVE SERVICES THURSTON CO (CPS DIVISION OF CHILDREN AND FAMILY SERVICES)**

**Phone:**360-902-8400; 1-800-562-5624 (24 hr. hotline)

**Description of Services:** Investigates child abuse and neglect

**CHILDREN AND FAMILY SERVICES**

**Phone:**360-725-6700

**Description of Services:** Any issue involving a child and the court system except for abuse

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**CODEPENDANTS ANONYMOUS-OLYMPIA**

**Phone:**1-888-444-2359

**Website:** [coda.org/meetings](http://coda.org/meetings)

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**Description of Services:** Support for persons who have an inability to form and maintain functional relationships. CoDA is a 12-step program. Phone and online meetings available, check website for dates and times.

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#### **PFLAG**

**Address (meeting site):** First United Methodist Church, 1224 Legion Way SE, Olympia 98501

**Phone:**360-207-1608

**Website:** pflag-olympia.org

**Description of services:** A family based organization committed to civil rights of LGBTQ communities; meeting monthly every 2<sup>nd</sup> Sunday 2-4 PM.

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#### **COMMUNITY ACTION COUNCIL**

**Phone:**360-438-1100; 800-878-5235 (toll free)

**Description of Services:** Address issues of housing, hunger, health, energy assistance, weatherization, and rent assistance.

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#### **COMMUNITY YOUTH SERVICES**

**Address:** 711 State Ave. NE Olympia WA 98506

**Phone:**360-943-0780

**Description of Services:** Various youth oriented assistance programs-juvenile diversion program; youth employment and training program; family reconciliation services; specialized foster care; independent living skills program; early intervention; runaway placement (Haven House)(limited space).

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#### **CONCERN FOR ANIMALS**

**Address:** 1414 State Ave. NE Olympia WA 98506

**Phone:**360-456-8176

**Website:** [www.concernforanimals.org](http://www.concernforanimals.org)

**Description of Services:** Provides lifesaving services for pets in need in Thurston/Mason/Lewis counties.

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#### **CONSUMER PROTECTION DIVISION (ATTORNEY GENERAL OF WA)**

**Address:** 800 5<sup>th</sup> Street, Seattle WA 98104

**Phone:**206-464-6684

**Description of Services:** Information and assistance to consumers regarding unfair and/or deceptive business practices. Complaint mediation with businesses but Office does not provide legal advice.

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#### **DEBTORS ANONYMOUS**

**Website:** [debtorsanonymous.org](http://debtorsanonymous.org) (to find meeting)

**Description of Services:** Help with compulsive spending. 12-step program structure; members help each other deal with creditors and learning responsible money management.

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#### **DEPRESSED ANONYMOUS**

**Website:** [www.depressedanon.com](http://www.depressedanon.com) (to find online and in person meetings)

**Description of Services:** Self-help modified 12-step program designed to help depressed people.

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#### **DISPUTE RESOLUTION CENTER (DRC) THURSTON COUNTY**

**Address:** 2604 12<sup>th</sup> Ct SW Ste. B, Olympia WA 98508

**Phone:**360-956-1155

**Description of Services:** DRC provides conflict resolution (only non-violent disputes); both telephonic and in person mediation available.

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#### **WA STATE EARLY INTERVENTION PROGRAM**

**Phone:** 360-725-3500

**Description of Services:** Programs for infants, toddlers, and children with disabilities.

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**EMERGENCY SHELTER NETWORK (ESN)**

**Address:** 108 State St NE Olympia WA 98501

**Phone:** 360-528-8999

**Description of Services:** Overflow shelter

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**EMPLOYMENT SECURITY-OLYMPIA JOB SERVICE CENTER & WORK SOURCE (& MASON CO)**

**Address:** 212 Maple Park Ave. SE Olympia WA 98501

**Phone:** 360-902-9500

**Description of Services:** Helps with issues surrounding unemployment, job training, unemployment taxes, unemployment insurance.

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**FAMILY RECONCILIATION SERVICES THURSTON CO**

**Website:** [www.dcyf.wa.gov](http://www.dcyf.wa.gov)

**Description of Services:** Issues of child development, learning, adoption, at risk youth, and runaways. Also assistance to families in conflict and/or runaways and their families. Counseling services ranging from, temporary shelter placement, foster care, child protection, child welfare, and juvenile justice. There is also a constituent relations department (360-902-8060) which will explain the various programs available.

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**FATHER'S NETWORK**

**Address:** 3545 7<sup>th</sup> Ave. SW, Ste 200, Olympia WA 98502

**Phone:** 360-754-9297

**Description of Services:** Provides parents of children and survivors of violence with coordinated support services in one centralized location; also deals with homelessness poverty and family violence.

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**GAM-ANON**

**Phone:** 718-352-1671

**Website:** [www.gam-anon.org](http://www.gam-anon.org)

**Description of Services:** provides support to the families and loved ones affected by a problem gambler. No in person meetings but virtual meetings available.

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**GAMBLER'S ANONYMOUS**

**Phone:** 855-222-5542 (hotline)

**Address:** Open meetings Wednesdays @ 7 PM KOXD 96 Radio Station, 119 Washington St. NE, Olympia WA 98501.

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**OLYMPIA UNION GOSPEL MISSION-GENESIS ACRES WOMEN & FAMILIES TRANSFORMATION PROGRAM**

**Phone:** 360-754-9351; 360-709-9725

**Website:** [www.ougm.org/womens-recovery-program](http://www.ougm.org/womens-recovery-program)

**Description of Services:** For single women and women with children who suffer from addiction, abuse, or other emotional traumas. Genesis acres provides temporary housing.

**OLYMPIA UNION MEN'S TRANSFORMATIONAL PROGRAM**

**Phone:** 360-709-9725

**Description of Services:** A Christian based program where men learn life and job skills, leadership skills and accountability.

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**OLYMPIA BEREAVEMENT & SUPPORT GROUP**

**Phone:** 360-539-1230 (online only due to COVID)

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**PROVIDENCE GRIEF SUPPORT SERVICES, THURSTON, MASON, LEWIS COUNTIES**

**Phone:**360-493-4684

**Description of Services Provided:** Temporarily suspended due to COVID but phone support and limited one-on-one counseling available for urgent bereavement needs.

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**CAPITAL PLACE ADULT GRIEF SUPPORT GROUP**

**Address:** 700 Black Lake Blvd, Olympia WA 98501

**Phone:**360-352-0711

**Description of Services Provided:** The group provides general grief support.

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**SHARE GRIEF**

**Address:** Capital Christian Ctr., 4431 Martin Way E, Olympia WA 98501 (Wednesdays 6:30 Oct 12-Jan 4)(other locations available)

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**PROVIDENCE SUPPORT GROUPS:**

**ALS:** meet first Tuesday of each month Rm 2-330

**BEREAVEMENT:** call 360-401-0417 for details for Thurston and Mason Counties

**BRAIN INJURY:** call 360-486-4070 for details

**CANCER COUNSELING:** call 360-493-7960; 360-912-9041 for details

**FAMILIES W/ LOVED ONES WITH MENTAL ILLNESS:** sponsored by NAMI, call 360-493-6021 for details

**HEART DISEASE (MENDEED HEARTS):** call 360-705-1271 for details

**OVEREATERS ANONYMOUS:** call 360-786-8886 or 360-491-8406 (leave message) for details

**PREGNANCY LOSS:** call 360-923-0344 for details

**PROSTATE CANCER:** call 206-419-3802 for details

**APERINATAL LOSS:** call 360-493-7240; 360-491-9480 for details

**SOUND CARE KIDS:** for families with children who have suffered loss, call 360-493-5928 for details

**STROKE SURVIVORS, FAMILIES, CAREGIVERS:** call 360-786-9258 for details

**BREAST CANCER:** call 360-943-7032; 360-459-8062 for details

**GENERAL CANCER SUPPORT:** call 206-297-2500; also call 1-800-255-5505 for a specific support group

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**HEALING FROM ABUSIVE RELATIONSHIP SUPPORT GROUP**

**Address:** 203 E. 4<sup>th</sup> Street, Ste. 301, Olympia WA 98500

**Phone:**360-357-7986

**Description of Services:** Group meets every Friday 2-3:30 PM, provides support, education and empowerment for women who are dealing with abusive relationships.

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**NATIONAL DOMESTIC VIOLENCE HOTLINE**

**Phone:**800-799-7233

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**SAFE PLACE OLYMPIA (domestic violence)**

**Phone:**360-754-6300 (24 hour helpline); 360-786-8754

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**FAMILY SUPPORT CENTER OF SOUTHSOUND**

**Phone:** 360-754-9297

**Description of Services:** Provides families with coordinated services to help, with among other things, domestic violence.

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**THURSTON, MASON AREA AGENCY ON AGING**

**Phone:**360-664-2168

**Description of Services:** Help with general issues dealing with aging and the elderly.

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**AGING & LONG TERM SUPPORT ADMINISTRATION**

**Phone:** 866-363-4276

**Description of Services:** Agency helps locate long-term care.

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**HOME FIRST!**

**Address:** 5203 Lacey Blvd. Ste. A, Lacey WA 98503

**Phone:**360-236-0920

**Description of Services:** The agency works to provide rental homes to people who need them the most.

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**HOUSING AUTHORITY OF THURSTON CO**

**Address:** 1206 12<sup>th</sup> Ave. SE, Olympia WA 98501

**Phone:**360-753-8292

**Description of Services:** The agency provides housing assistance, a voucher program including emergency housing vouchers, and properties with subsidized rent for low-income households.

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**INTERCITY TRANSIT-BUS SERVICES**

**Phone:**360-786-1881; Dial-A-Lift 360-754-9393 (week-days 8-5; week ends 9-4); Van Pool 360-786-8800 (week-days 8-5).

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**ST. PETER CHEMICAL DEPENDENCY CENTER**

**Address:** 4800 College St. SE, Lacey WA 98503

**Phone:**360-456-7575

**Description of Services:** Fee based; inpatient and outpatient addiction programs.

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**EMMANUEL BIBLE FELLOWSHIP-THURSTON CO JAIL MINISTRY AND WOMEN'S MINISTRY**

**Phone:**360-754-8628 (in conjunction with Olympia Union Gospel Mission-360-709-9725)

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**JOB CORPS**

**Address:** 202 9<sup>th</sup> Ave. SE, Olympia WA 98501

**Phone:**360-754-3668

**Description of Services:** Job training program for ages 16 to 24. Vocational training with wide variety of areas to choose from. Basic education for GED or high school diploma at students own pace. Job placement services after completion. Student receives pay while learning. Length of program ranges from six months to two years depending upon student's pace. Health and dental care included. Student earns money while in the program.

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**KHMERS KAMPUCHEA KROM ASSISTANCE PROGRAM**

**Phone:**856-655-3838

**Description of Services:** Program promotes human rights for Khmer Krom (may assist with discrimination against Khmer community)

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**KINSHIP NAVIGATORS PROGRAM (VIA FAMILY EDUCATION & SUPPORT SERVICES)**

**Address:** Regional Resilience Ctr, 6840 Capital Blvd., SE, Tumwater WA

**Phone:**360-754-7629; 1-877-813-2828 (toll free); Spanish 360-688-4120; Shelton Office 360-545-2060

**Description of Services:** Family education and support services aimed to provide support for extended family that is taking on the role of caregiver for children.

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**LA LECHE LEAGUE**

**Phone:** 360-975-4826

**Description of Services:** Education and information surrounding issue of human milk feeding.

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**OXFORD HOUSE LACEY ACRES (MEN ONLY RECOVERY HOUSE)**

**Address:** 5507 66<sup>th</sup> Ave. SE, Lacey Wa 98513

**Phone:**360-493-0321

**Description of Services:** The Lacy Acres Oxford House is a self-run, self-supported recovery house program for men recovering from alcoholism and drug addiction. It is a 12 bed program.

**OXFORD HOUSE (WOMEN ONLY RECOVERY HOUSE)**

**Address:** 5505 32<sup>nd</sup> Ct SE, Olympia WA

**Phone:**360-923-4178

**Description of Services:** Self-supported sober home, some costs involved.

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**SOUND LEARNING**

**Phone:**360-426-9733

**Description of Services:** Dedicated to helping adults gain self-sufficiency, improve literacy, and skill development. Obtain GED, ESOL, multiple locations for Mason and Thurston counties.

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**CHILDREN’S HEALTH CARE COVERAGE**

**Phone:**1-855-923-4633 (for general information); 206-543-5800 (questions about dental care).

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**MORNINGSIDE**

**Address:** 809 Legion Way SE, Olympia WA 98501

**Phone:**360-943-0512

**Description of Services:** Program for people with disabilities (physical, emotional, developmental). Must be 18 YO or older. Program assists with: employment planning and assessment; job placement; individual supported employment; high school transition; community job placement, and vocational training.

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**NARCOTICS ANONYMOUS (NA) – CLEAN LIFE GROUP**

**Phone:**360-754-4433 (various meetings in Thurston and Mason Counties, call to find times and dates)

**Description of Services:** 24 hour anonymous crisis phone contact for people needing support in substance abuse recovery. Narcotics anonymous involves a 12-step program. Daily meetings are available.

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**NATIONAL ALLIANCE FOR MENTALLY ILL (NAMI) THURSTON & MASON COUNTIES**

**Address:** 4305 Lacey Blvd., Lacey WA 98503

**Phone:**360-493-6021; 1-800-950-6264 (help line; M-F 10-10 EST); or TEXT if in crisis 741741 24/7 for free crisis counseling

**Description of Services:** Various support resources for those with mental illness & their loved ones.

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**NEW MARKET VOCATIONAL SKILLS CENTER**

**Address:** 7299 New Market Street, Tumwater WA 98501

**Phone:**360-570-4500

**Description of Services:** Various vocational and other job skill/educational programs—i.e., computer education, automotive service technology; collision repair technology; cosmetology; food service operations; learning opportunities center.

**NISQUALLY TRIBAL HEALTH SERVICES**

**Address:** 4840 Journey St., SE, Olympia WA 98513

**Phone:**360-459-5312

**Description of Services:** various programs and services for any tribal member or other Native American; call for specifics.

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**OFFICE OF CONSUMER AFFAIRS-MENTAL HEALTH SERVICES INFORMATION LINE**

**Phone:**1-800-446-0259

**Description of Services:** WA State Office of Consumer Affairs; questions about mental health and consumer issues answered, also referrals to local mental health services throughout the state.

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**OFFICE OF CRIME VICTIMS ADVOCACY-WA STATE**

**Phone:** 1-800-222-1067

**Description of Services:** Works to support needs of crime victims in WA State

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**OLYMPIA COMMUNITY SERVICE OFFICE (CSO)**

**Address:** 6860 Capital Blvd., SE, Tumwater WA98501

**Phone:**360-725-4250

**Description of Services:** The CSO is the intake and application site for various DSHS programs: food stamps; medical assistance; social services; First Steps; and Work First.

Temporary Assistance For Needy Families (TANF)-monthly income grants and medical assistance for eligible low-income women in their 3<sup>rd</sup> trimester or with children under the age of 18. (check further eligibility requirements); Food Stamps-(check further eligibility requirements); Medical Assistance-(check further eligibility requirements); Employment Assistance; Refugee Services; Supplemental Security Income (SSI)-help with the application process

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**OLYMPIA UNION GOSPEL MISSION-LIFE RECOVERY CENTER**

**Address:** 413 Franklin St., NE, Olympia WA 98501

**Phone:**360-709-9725

**Description of Services:** Various programs and support groups; computer education, GED, job search training, literacy classes, addiction recovery support groups, life management skill classes, financial management, relationships, spiritual growth, domestic violence support group, household goods/furniture distribution program.

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**OSTOMY SUPPORT GROUP-OLYMPIA**

**Phone:** 253-905-7323

**Email:** [olympiaostomy@gmail.com](mailto:olympiaostomy@gmail.com)

**Description of Services:** This is a support group for individuals who will be having or who have had ostomy surgery. This is a chapter of the United Ostomy Association.

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**SOUTHSOUND INTERGROUP OF OVEREATERS ANONYMOUS (OA)**

**Website:** [www.oa.org/find-a-meeting](http://www.oa.org/find-a-meeting)

**Phone:** Olympia (Mary) 360-280-5165 or (Carol) 360-357-9986; Yelm (Kathy) 360-458-3370

**Description of Services:** OA is a fellowship of individuals recovering from compulsive overeating. The group shares its experiences and gives mutual support. The group is based on AA's 12 step model. Anorexics and bulimics are also welcome to join.

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**OXFORD HOUSE-MOLLY "B" WOMEN & CHILDREN SOBER HOME**

**Phone:** 360-878-8821

**Description of Services:** Costs vary; Molly B Oxford House is a self-run, self-supported program for women recovering from alcoholism and drug addiction. A recovering individual can live in the Molly B Oxford House as long as she does not consume alcohol, use drugs, and pays an equal share of the house expenses. The average stay is a little over a year, but some residents stay as long as four years or more.

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#### **OXFORD HOUSE-OLYMPIA FOR MEN**

**Phone:** 360-438-0258

**Description of Services:** A residence for men who are in recovery from drug or alcohol addiction. To be eligible for the program an individual must have gone through treatment and been sober for 30 days. Any relapse is grounds for immediate expulsion. There is a low cost or a sliding scale for rent.

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#### **OXFORD HOUSE (MULTIPLE LOCATIONS)**

Oxford House Nightingale – 1705 Alder St., SE, Lacey WA 98503; 360-569-2334; woman's sober home

Oxford House Ruddell Road – 5505 32<sup>nd</sup> Court SE, Lacey WA 98503; 360-923-4178; woman's sober home

Directory of Oxford Houses in WA State –

[https://oxfordhouse.org>directory\\_listing>state=WA](https://oxfordhouse.org>directory_listing>state=WA)

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#### **PARATRANSIT SERVICES**

**Phone:** 800-846-5438

**Description of Services:** Provide non-emergency medical transportation. The company is under contract with the State of Washington Health Care Authority (HCA). This transportation assistance includes bus passes, volunteer drivers, mileage reimbursement, gas vouchers, paratransit vehicles, taxis, and ambulances. This service is also available in Lewis Co. (call for details).

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#### **PARENT TO PARENT SUPPORT PROGRAM THURSTON COUNTY**

**Address:** 2108 Caton Way SW, Olympia WA 98502

**Phone:** 360-742-1126

(Mason Co. – 2505 Olympic Hwy N # 140, Shelton WA 98584; 360-462-0383)

**Description of Services:** Emotional support and information provided to parents/guardians of children with a disability or chronic medical condition. These services include family resource coordination, one to one matching of parents with a trained helping parent volunteer, resource library, information and referrals regarding disabilities and community resources, newsletter, workshops, seminars, and recreational/social events for families. There is also a medical equipment exchange bank.

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#### **ASTHMA & ALLERGY FOUNDATION OF AMERICA**

**Phone:** 1-800-727-8462 (10-3 EST)

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#### **PEOPLE FIRST OF WA**

**Address:** 16815 Pacific Ave. S/P.O. Box 1180 Spanaway, WA 98387

**Phone:** 253-999-7222

**Description of Services:** The group advocates for people with disabilities both intellectual and developmental.

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#### **PERSON MINISTRIES**

**Address:** 1014 5<sup>th</sup> Ave. SW, Olympia WA 98502

**Phone:** 360-705-8817

**Description of Services:** Offering faith-based counseling; specific, but not limited to individual, family, and marital counseling; child and adolescent counseling; grief



and loss counseling; abuse and victim counseling; anger management counseling; men's support groups; codependency recovery; parent support; and divorce recovery. All fees based on income.

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**PLANNED PARENTHOOD OF THURSTON COUNTY**

**Address:** 402 Legion Way, Ste. 201, Olympia WA 98501

**Phone:** 360-769-0045

**Description of Services:** Offering: abortion services; contraception; prenatal care; woman's primary care; HIV services; transgender hormonal therapy; men's health care; and patient education.

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**POLIO OUTREACH OF WA**

**Website:** [www.poliooutreach.com](http://www.poliooutreach.com)

**Phone:** 253-847-8114

**Description of Services:** Information for survivors (and their families) of polio  
SEE ALSO: Post-Polio Health; 314-543-0475; [info@post-polio.org](mailto:info@post-polio.org)

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**AIDS FOUNDATION SUPPORT GROUP (OLYMPIA)**

**Address:** 2101 4<sup>th</sup> Ave. E #103, Olympia WA 98506

**Website:** [dnies@pcaf-wa.org](mailto:dnies@pcaf-wa.org)

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**PREGNANCY AID OF THURSTON COUNTY**

**Address:** 1021 Boundary St SE, Olympia WA 98501

**Phone:** 360-956-7413 (24 hr message)

**Description of Services:** Non-sectarian group providing emotional/practical support and assistance during pregnancy and after birth of child. This assistance includes free pregnancy tests; baby clothes and diapers; help obtaining strollers; baby furniture; emergency infant formula; and crib loan program.

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**PROTECTIVE PAYEE SERVICES**

**Address:** 915 Marion St. NE, Olympia WA 98506

**Phone:** 360-352-3914

**Description of Services:** For individuals who suffer from mental illness or who are developmentally delayed. PP will serve as a protective payee for persons unable to manage their own funds. Its services include completing paperwork for Social Security reviews; overpayments; appeals; annual reports; reporting wages to appropriate agencies as required; and maintaining eligibility for medical coverage.

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**PROVIDENCE HOMECARE & HOSPICE**

**Address:** 4200 6<sup>th</sup> Ave. SE Ste. 210, Lacey WA 98503

**Phone:** 360-459-8311

**Description of Services:** For profit, but financial assistance available. (accepts Medicare & Medicaid) Provide both homecare services (medical and mental health) for elderly, ill, or disabled who want to remain in their own homes. Also provide coordinated hospice care.

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**PROVIDENCE ST PETER CHEMICAL DEPENDENCY CENTER (CDC)**

**Address:** 4800 College Street SE, Lacey WA 98503

**Phone:** 360-456-7575

**Description of Services:** Fee based services but based on sliding scale. Chemical dependency inpatient and outpatient treatment (adult and adolescent) available in Lacey, Shelton, Belfair, and Tenio. Additionally, CDC has a family program (at no extra cost) helping family members understand addiction. CDC also offers an acute detoxification program and adolescent chemical education groups.

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**PROVIDENCE BOLDT DIABETES & NUTRITION CENTER**

**Address:** 2555 Marvin Rd. NE, Lacey WA 98516

**Phone:**855-776-4362

**Description of Services:** Fee based services with multiple area locations. The program covers understanding and managing diabetes, hypo/hyperglycemia, how to monitor your blood glucose, meal planning, insulin and oral diabetes medication, exercise and foot care.

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**PROVIDENCE PSYCHIATRY SERVICES**

**Address:** 413 Lilly Rd NE, Olympia WA 98506

**Phone:**360-493-7060

**Description of Services:** For 12 YO or older (<12 need parental consent). Inpatient and crisis services, outpatient services include transitional case management; intensive case management for chronically mentally ill adults; geriatric mental health; partial hospitalization program which is an intensive day program; home mental health program; anxiety/panic/phobia treatment program; and Providence Psychiatric Medical Clinic which treats adults, children and adolescents (located at 3425 Ensign Rd NE, Olympia WA 98506; 360-493-7191).

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**PROVIDENCE ST PETER-SUNSHINE HOUSE GUEST LODGING**

**Address:** 413 Lilly Rd NE, Olympia WA 98506

**Phone:**360-491-9480; 493-7900

**Description of Services:** Rate of up to \$40 per night providing accommodations for patients and their families receiving medical services in the Olympia area. Sunshine House serves Providence St Peter hospital, Capital Medical Center, Memorial Clinic, and local nursing homes. No nursing services are provided, and Sunshine House does not service the homeless, or individuals that have drug, alcohol or psychiatric conditions.

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**PROVIDENCE ST PETER WOMEN'S HEALTH SERVICES**

**Address:** 3425 Ensign Rd NE Ste. 220, Olympia WA 98502

**Phone:**360-493-4015

**Description of Services:** Private insurance or state coverage providing OBGYN services and gynecologic oncology services.

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**REFUGEE AND IMMIGRANT SERVICES NORTHWEST**

**Phone:**425-388-9307

**Description of Services:** Various locations, offering free services, including translation services; education; social services; ESL; employment assistance and training; immigration support services including advocacy; parental and school support.

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**RIGHT STEP (CERTIFIED DRUG/ALCOHOL SERVICES)**

**Phone:**360-923-9585

**Description of Services:** Fee based Washington State certified drug and alcohol treatment services. Right Step does DUI assessments, intensive outpatient treatment, and alcohol/drug information school.

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**RISE/TRANSITIONAL LIVING PROGRAM (COMMUNITY YOUTH SERVICES)**

**Phone:**360-943-0780 (x103)

**Description of Services:** Free transitional housing program for homeless 16-21 YOs who are working towards social and financial independence (in school/job training or working).

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**ROOF**

**Phone:**360-273-6375

**Description of Services:** ROOF is available only for Rochester residents in extreme need that must meet certain income guidelines. If qualified ROOF provides children, youth, and families with food banks, kids place-after school and summer programs, emergency and family services, clothing, housing and rental assistance. Applicants must show proof of eviction notice, photo ID, verification of dependents, and proof of last month's household income.

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**SCARED HEART CATHOLIC CHURCH EMERGENCY ASSISTANCE PROGRAM**

**Address:** 906 Bowker St SE, Lacey WA 98503

**Phone:**360-923-0929

**Description of Services:** Scared Heart provides: emergency assistance with rent, transportation, bus and fuel vouchers on a case by case basis; limited assistance with prescriptions which must be provided by a physician; emergency food supplies (1 to 2 days of staples for those unable to reach the Thurston County Food Bank); vouchers for milk, eggs, and butter; clothing bank and hygiene supplies.

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**SAFEPLACE – WOMEN’S SHELTER SERVICES**

**Address:** 521 Legion Way SE, Olympia WA 98501

**Phone:**360-786-8754; (24 hr crisis line 800-799-7233)

**Description of Services:** Safeplace provides emergency shelter and legal help, housing and court advocacy/support for domestic violence/sexual abuse victims.

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**ST VINCENT DEPAUL SOCIETY OLYMPIA**

**Address:** 1208 11<sup>th</sup> Ave. SE, Olympia WA 98507

**Phone:**360-352-7554

**Description of Services:** Saturdays only from 9-1, clothing, food pantry, gas vouchers for medical emergencies only, food vouchers for emergencies only. Assistance with utilities and rent only if power is shut-off and/or eviction notice has been received. Spiritual counseling also available.

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**SALVATION ARMY – THURSTON COUNTY**

**Address:** 1505 4<sup>th</sup> Ave. E, Olympia WA 98501

**Phone:**360-352-8596

**Description of Services:** SA provides assistance with: food (food bank and meals program); shelter; education programs for the elderly; utilities/rent (must meet qualifications); employment; residential facilities for elderly; adult daycare; day labor; transportation; Meals on Wheels; summer camp; Christmas toy program.

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**SEA MAR HEALTH**

**Address:** 6334 Littlerock Rd. SW, Tumwater WA 98512

**Phone:**360-704-7590

CHILD & FAMILY SERVICES-6004 Capital Blvd., SE, Tumwater WA; 360-704-7580; Dental Clinic (same address 1<sup>st</sup> Floor); 360-522-9070 (x5550)

MEDICAL & DENTAL-669 Woodland Sq. Lp SE; Lacey WA; 360-359-4840/4860

MEDICAL-3030 Limited Lane NW, Olympia WA; 360-491-1399

THURSTON CO. MEDICAL & DENTAL WALK IN CLINIC-3622 Ensign Rd., NE Ste. A; Olympia WA; 360-742-5000

YELM MEDICAL & DENTAL CLINIC-202 Cullens St. NW, Yelm WA 98597; 360-400-4800/4848

**Description of Services:** Fee based, insurance accepted and sliding scale for uninsured. Sea Mar provides medical, dental, mental health, and substance abuse services (including adult outpatient services).

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**SENIOR CENTER OF RAINIER**

**Address:** 108 Michigan St. S, Rainier WA 98576

**Phone:**360-446-2258

**Description of Services:** For 55 & older, various services, nutrition, and activities.

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**YELM ADULT COMMUNITY CENTER**

**Address:** 16530 103<sup>rd</sup> Ave. SE, Yelm WA 98597

**Phone:**360-458-7733

**Description of Services:** Provides food, transportation, activities, and information on resources in the community.

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**MEDICAL EQUIPMENT BANK**

**Address:** Woodlawn Funeral Home (basement entrance in back of building), 5930 Mullen Rd. SE, Lacey WA

**Phone:**360-628-6692

**Description of Services:** Hours M,W,F, Sat. from 10-11. The Bank provides temporary use of medical equipment for individuals who are in need for use in their home on a temporary basis. The equipment includes: hospital beds; walkers; commodes; safety apparatus for the bathroom; wheelchairs; canes; and crutches. Pickup and delivery of equipment is not available, and equipment is expected to be returned in good, clean condition.

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**SENIOR SERVICES FOR SOUTH SOUND**

**Address:** 222 N. Columbia St, Olympia WA 98501

**Phone:**360-586-6181

**Description of Services:** The Center provides activities, nutrition services, a caregiver registry and consultation service for individuals and their families for a variety of in-home needs and care resources.

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**SEVENTH DAY ADVENTIST-COMMUNITY SERVICE CENTER**

**Address:** 1029 N. Puget St., Olympia WA 98506

**Phone:**360-943-1518 (Tuesdays only)

**Description of Services:** The Community Service Center has a clothing bank, a household items bank (for things such as dishes and bedding), an emergency food bank, and layettes for newborns.

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**SOCIAL SECURITY ADMINISTRATION**

**Address:** 402 Yauger Way SW, Olympia WA 98502

**Phone:**360-753-9451

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**SOUND CHOICE HEALTH CENTER**

**Address:** 3855 Martin Way E Ste. 104, Olympia WA 98501

**Phone:**360-456-0291

**Description of Services:** Free pregnancy testing, abortion services, medical coupons accepted.

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**SOUTH PUGET SOUND COMMUNITY COLLEGE-ADULT BASIC EDUCATION**

**Address:** 2011 Mottman Rd., Olympia WA 98512

**Phone:**360-596-5288

**Description of Services:** Tuition \$135, financial assistance available. Courses offered in math, English, and computers.

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**SOUTH SOUND CARE CONNECTION (VIA SENIOR SERVICES OF SOUTH SOUND)**

**Address:** 222 Columbia, Olympia WA 98501

**Phone:**360-586-4491

**Description of Services:** In-home for profit personal elder care (must be age 60 or older) (care also includes housekeeping).

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**THURSTON CO. DEVELOPMENTAL DISABILITIES COALITION**

**Phone:**360-357-5596; 1-888-754-8798 (toll free)

**Description of Services:** The ARC of WA State programs and advocacy for mentally and physically disabled.

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**FOOD BANKS**

**Address:** 220 Thurston Ave. NE, Olympia WA

**Phone:**360-352-8597

Monday, Wednesday, Friday-10:30-3

LACEY FOOD PANTRY

7027 Martin Way E

Tuesday, Thursday 10-2; 2<sup>nd</sup> Wednesday of every month 4-6

UNION GOSPEL MISSION

413 Franklin St., NE, Olympia

360-709-9725

Monday-Friday 6 AM, noon, 5 PM

Saturday 10-11; Sunday 7 AM, noon

Mountainview Church

Tumwater

2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month, 10-1

Catholic Services Community Kitchen

808 5<sup>th</sup> Ave. SE

Closed Sunday, Lunch 11-12; Dinner 5-6

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**STARS (SERVICES TO AND RESPITE FOR SENIORS) (PART OF SENIOR SERVICES FOR THE SOUTH SOUND)**

**Address:** 222 NW Columbia St., Olympia WA 98501

**Phone:**360-586-6181

**Description of Services:** Volunteers who spend time with seniors with permanent disabilities both physical and mental. Caregivers can bring seniors to the STARS Program for up to five hours per day, five days per week for a fee.

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**SACRED HEART PARISH STEPHEN MINISTRY**

**Address:** 812 Bowker St. SE, Lacey WA 98509

**Phone:**360-491-0890

**Description of Services:** A 1-to-1 Christian ministry using volunteers for outreach to adults in times of loneliness, divorce, grief or difficulty. The ministry also reaches out to seniors, the chronically ill and to their caregivers. Stephen ministers are not professional counselors or ordained ministers. They do not provide transportation or any other social service.

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**FREE QUIT SMOKING SUPPORT**

**Phone:**1-800-784-8669

**Website:** [www.cdc.gov/tobacco/quit\\_smoking](http://www.cdc.gov/tobacco/quit_smoking)

**Description of Services:** Free Quit Smoking provides free educational materials and referrals to local resources for those who want to quit smoking.

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**STONEWALL YOUTH**

**Address:** 112 State St. NE, Olympia WA 98501

**Phone:**360-888-4273

**Description of Services:** Support programs, information, and advocacy for LGBTQ individuals 21 YO or younger.

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**SURVIVORS OF INCEST ANONYMOUS FOR ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE**

**Website:** [www.siawso.org](http://www.siawso.org)

**Description of Services:** In-person and phone meetings available. A 12-step support group for those 18 and older who have experienced childhood sexual abuse by anyone they were led to trust. This chapter is a women's group only.

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**CRISIS CONNECTION-SURVIVORS OF SUICIDE SUPPORT**

**Phone:**206-461-3210

TEEN LINK-866-833-6546

WARM LINE-877-500-9276; 866-427-4747 (24 hr crisis line)

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**RAINN (RAPE ABUSE & INCEST NATIONAL NETWORK)**

**Phone:**800-656-4673

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**WORKING CONNECTIONS CHILD CARE (WCCC)**

**Phone:**1-844-626-8687

**Website:** [www.WashingtonConnections.org](http://www.WashingtonConnections.org)

**Description of Services:** Through Washington Department of Children, Youth and Families, WCCC helps eligible families pay for childcare.

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**TENINO FOOD BANK**

**Address:** 224 Sussex Ave. E, Tenino WA 98589

**Description of Services:** T/Th drive-up only 9-12; seniors delivered on Tuesdays; Bucoda delivered on Thursdays.

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**THURSTON COUNTY ASSOCIATION OF THE DEAF**

**Address:** 11504 Endicott Rd., SW, Olympia WA 98572

**Phone:**360-339-7157

**Description of Services:** Social club for the hearing impaired.

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**OFFICE OF DEAF & HARD OF HEARING (THROUGH DSHS)**

**Website:** [www.dshs.wa.gov/ahsa/office-deaf-and-hard-hearing](http://www.dshs.wa.gov/ahsa/office-deaf-and-hard-hearing)

**Description of Services:** Offers training, resources, and equipment for hearing impaired.

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**CHILD SUPPORT SERVICES**

**Phone:**800-442-5437

DIVISION OF CHILD SUPPORT-OLYMPIA FIELD OFFICE

243 Israel Rd. SE TC3, Tumwater WA 98501

360-664-6900

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**THURSTON COUNTY EMERGENCY MANAGEMENT**

**Address:** 9521 Tilly Rd SW, Olympia WA 98512

**Phone:**360-867-2800

**Description of Services:** Emergency preparedness, public education, educational materials and displays, county emergency disaster response, recovery coordinators, and mitigation assistance.

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**THURSTON COUNTY FAMILY COURT FACILITATOR (THURSTON COUNTY CLERK'S OFFICE)**

**Phone:**360-709-3274

**Description of Services:** For those seeking information to assist them in self-representation in Family or Juvenile Court. A family facilitator can explain court protocol; assist in identifying and selecting forms for family court; assist in scheduling hearings; check paperwork for completeness prior to court; and arrange for an interpreter or other special services for court appearance. A family court

facilitator cannot give legal advice, complete forms, tell a party what to say, or provide any other type of assistance.

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**THURSTON COUNTY HUMANE SOCIETY**

**Address:** 3403 Steamboat Island Rd. NW, PMB 397, Olympia WA 98502

**Phone:**360-352-8922

**Description of Services:** Organization whose primary purpose is to promote responsible pet ownership. Spay/neuter financial assistance; educational materials for individuals; schools and youth groups.

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**ANIMAL SERVICES**

**Address:** 3120 Martin Way E, Olympia WA 98506

**Phone:**360-352-2510

**Description of Services:** Free food box at front door; adoption; spay/neuter; surrenders; licensing.

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**DISPUTE RESOLUTION CENTER**

**Address:** 2604 12<sup>th</sup> Ct. SW, Ste. B, Olympia WA

**Phone:**360-956-1155

**Description of Services:** Dispute resolution between landlord/tenant; neighbors; employees/supervisors; divorce; parenting plans; teens/parents; elders/families and/or caregivers.

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**THURSTON COUNTY NEEDLE EXCHANGE SERVICES**

**Address:** 1000 Cherry St. SE, Olympia WA

**Phone:**360-490-9155

**Description of Services:** Needle exchange, also: condom distribution; referrals for substance abuse treatment & other medical/social services; overdose education; HIV testing; Hep C testing; naloxone administration training; injectable naloxone provided.

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**THURSTON COUNTY PARKS & RECREATION-SPECIALIZED RECREATION SERVICES**

**Phone:**360-867-2588

**Description of Services:** Provides recreational programs & activities for people of different abilities.

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**THURSTON CO. PROSECUTOR**

**Address:** 2000 Lakeridge Drive SW Bldg 2, Olympia WA 98502

**Phone:**360-786-5540

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**THURSTON COUNTY PUBLIC HEALTH & SOCIAL SERVICES-SOCIAL SERVICES DIVISION**

**Address:** 412 Lilly Rd. NE, Olympia WA 98506

**Phone:**360-867-2500

**Website:** [co.thurston.wa.us/health](http://co.thurston.wa.us/health)

**Description of Services:** On its website gives working directory of various programs available depending upon need.

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**ABCD (ACCESS TO BABY & CHILD DENTISTRY)**

**Phone:**844-888-5465

**Website:** [abcd-dental.org](http://abcd-dental.org)

**Description of Services:** Connects low-income families with providers (Medicaid eligible 5 YO or younger & children with developmental disabilities 12 YO or younger).

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**THURSTON CO. PUBLIC HEALTH DEPARTMENT-BREAST, CERVICAL, & COLON HEALTH PROGRAM**

**Phone:**1-888-438-2247

**Description of Services:** Breast, cervical, and colon screening for low-income women.

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**WIC (WOMEN, INFANTS, CHILDREN) PROGRAM**

**Address:** 412 Lilly Rd NE, Olympia WA 98506

**Phone:**1-800-322-2588; 1-800-841-1410

**Description of Services:** Federal supplemental food program for low income, pregnant, breastfeeding and postpartum women and their children up to age 5 who are nutritionally at risk. Food vouchers and nutrition education also available.

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**THURSTON CO. PUBLIC HEALTH DEPARTMENT-CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM**

**Address:** 412 Lilly Rd. NE, Olympia WA 98506

**Phone:**360-867-2543

**Description of Services:** This program serves children who have physical, emotional, and behavioral conditions which require services beyond the usual. The Department of Health website will categorize the programs according to the special need of the child.

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**TENANTS UNION OF WA STATE**

**Address:** 5425 Rainier Ave. S, Ste. 6, Seattle WA 98118

**Phone:**206-723-0500

**Description of Services:** Information is provided on tenants' rights and on the landlord/tenant law of the State of Washington.

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**THURSTON/MASON RSN-OMBUDSPERSON**

**Address:** 612 Woodland Sq Lp SE, Ste 401, Lacey WA 98503

**Phone:**360-754-1338; 1-800-270-0041

**Description of Services:** Information provided to mental health consumers about their rights and resources. Assurance of fair and just treatment of those consumer's complaints and concerns. The Ombudsperson works to resolve complaints re mental health treatment.

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**THURSTON TOGETHER**

**Address:** 1520 A Irving St SW, Tumwater WA 98512

**Phone:**360-493-2230

**Description of Services:** Programs for children and their families.

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**WA/OR CHAPTER OF TOURETTES ASSOCIATION**

**Phone:**718-224-2999 (x 251)

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**UNITED COMMUNITIES AIDS NETWORK**

**Address:** 317 4<sup>th</sup> Ave E, Olympia WA

**Phone:**360-352-2375

**Description of Services:** To provide care to those with AIDS/HIV, and to prevent spread and increase awareness about the disease.

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**UNITED WAY OF THURSTON COUNTY**

**Address:** 3525 7<sup>th</sup> Ave. SW, Ste. 201, Olympia WA

**Phone:**360-943-2773

**Description of Services:** May provide emergency assistance, seasonal assistance, prescription discounts, and tax help.

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**SAFEPLACE**

**Address:** 521 Legion Way SE, Olympia WA

**Phone:**360-786-8754/ 24 hr hotline 360-754-6300

**Description of Services:** Support group for all survivors of domestic violence.

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**VETERANS ASSISTANCE FUND, THURSTON COUNTY**

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**Address:** 412 Lilly Rd NE, Olympia WA 98502

**Phone:**360-867-8236

**Description of Services:** Assisting eligible veterans with housing services including rent, mortgage and shelter. For an appointment call Monday 1-4 PM, Tuesday-Friday 9 AM - 4:00 PM. Appointments scheduled at Lacey Veteran Services Hub located at 4232 6th Ave SE Ste 202, Lacey WA; Tel: 360-456-3850

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**VILLAGE VANS PROGRAM (INTERCITY TRANSIT)**

**Phone:**360-786-1881

**Description of Services:** Provides employment related transportation for low-income people. Call concerning qualifications.

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**VOLUNTEER LEGAL SERVICES THURSTON COUNTY**

**Address:** 3545 7<sup>th</sup> Ave SW, Olympia WA 98502

**Phone:**360-705-8194

**Description of Services:** Free legal advice in non-criminal matters to low-income residents.

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**WA STATE DEPARTMENT OF SERVICES FOR THE BLIND**

**Address:** 3411 Alaska St, Seattle WA 98118

**Phone:**206-906-5500; 1-800-552-7103

**Description of Services:** Provides services (aides and devices) for people who are blind or suffer from low vision.

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**WA STATE DEPARTMENT OF VETERANS AFFAIRS**

**Address:** 1102 Quine St SE, Olympia WA

**Phone:**360-725-2200

**Description of Services:** Helps connect veterans and their families to benefits.

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**WA STATE HUMAN RIGHTS COMMISSION**

**Address:** 711 Capital Way S, Olympia WA

**Phone:**360-753-6770

**Description of Services:** Issues of workplace discrimination. Also see eeoc.gov.

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**WA STATE DIVISION OF VOCATIONAL REHABILITATION**

**Address:** 6639 Capital Blvd. SW, Tumwater WA 98501

**Phone:**360-664-3060

**Description of Services:** Statewide government resource assisting people with disabilities to prepare for, secure, maintain advanced in, or regain employment.

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**WA STATE DEPARTMENT OF LABOR & INDUSTRIES**

**Address:** 7272 Linderson Way SW, Tumwater WA 98501

**Phone:**360-902-5799

**Description of Services:** Where worker files claim against employer.

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**WA STATE OFFICE OF MANUFACTURED HOUSING**

**Website:** [www.atg.wa.gov>manufactured-housing-dispute](http://www.atg.wa.gov>manufactured-housing-dispute)

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**WA STATE LONG-TERM CARE OMBUDSMAN PROGRAM**

**Phone:**1-800-562-6028

**Description of Services:** Advocates for residents of nursing homes, adult family homes, and assisted living facilities.

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**WORKFIRST PROGRAM (EMPLOYMENT SECURITY DEPARTMENT)**

**Phone:**1-877-501-2233

**Description of Services:** Program to assist Temporary Assistance to Needy Family (TANF) recipients to meet their goals for employment, training, and job opportunities. Email: [workfirst.wa.gov/about-us/contact-us](mailto:workfirst.wa.gov/about-us/contact-us).

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**YELM COMMUNITY SERVICES**

**Address:** 624 Crystal Springs Rd, Yelm WA

**Phone:**360-458-7000

**Description of Services:** Serves Yelm, Rainier, and Nisqually Reservation-food bank (Th 1-3:45 PM); clothing bank; Head Start; housing for seniors and the developmentally disabled.

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**YWCA OF OLYMPIA-THE OTHER BANK**

**Address:** 220 TCFB Client Service Ctr Thurston Ave., Olympia WA98501

**Description of Services:** Free items not covered by Food Stamps, i.e. tampons, sanitary pads, toothpaste, toothbrushes, shampoo. Second Wednesday of the month 5-7 PM; Baby Day 3<sup>rd</sup> Tuesday of the month 11-1; Senior Day 1<sup>st</sup> Tuesday of the month 11-1.

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**A GIFT FOR SPECIAL CHILDREN**

**Phone:**360-427-7058

**Description of Services:** Helps families of special needs children ages 0 to 18 who are residents of Mason County when no other resources are available.

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**ADOPT A PET, MASON COUNTY**

**Address:** 940 Jensen Rd., Shelton WA 98584

**Phone:**360-423-3091

**Description of Services:** Assists with spay and neutering.

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**CATHOLIC COMMUNITY SERVICES (LONG TERM CARE) MASON COUNTY**

**Address:** 1716 Olympic Hwy N, Shelton WA 98584

**Phone:** 360-427-2230; 877-870-1582

**Description of Services:** Provided by Catholic Services; home care, senior housing, transportation, non-medical assistance to aging and disabled in their home. Housework, food shopping, laundry, dishes, personal care, from a few hours to 24-hour service for all income levels.

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**CHILD PROTECTIVE SERVICES MASON COUNTY**

**Phone:**1-866-363-4276 (to report suspected abuse)

CHILDREN AND FAMILY SERVICES IN MASON COUNTY

411 N. 5<sup>th</sup> St, Shelton WA 98584; 360-427-9670

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**DIABETES PREVENTION PROGRAM (MASON GENERAL HOSPITAL)**

**Address:** 901 Mountain View Dr., Shelton WA 98584

**Phone:**360-427-7332

UNSURE OF COSTS

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**EXCEPTIONAL FORESTERS, INC.**

**Address:** 2009 W. Railroad Ave., Shelton WA 98584

**Phone:**360-426-0077

**Description of Services:** Provides vocational/employment services to the developmentally disabled. These services help with financial management and integration into the community. EF also have a supported living services (ALF), and an independent living services which provides assistance for people living on their own.

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**FAMILY RECONCILIATION SERVICES (MASON COUNTY)**

**Address:** 840 N. Broadway Ave., Everett WA 98201

**Phone:**425-339-4805

**Description of Services:** A voluntary program serving runaway adolescents and youth in conflict with their families. Offers short-term family counseling, mental

health services, which can include short term placement, and substance abuse treatment.

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**FIRST STEPS (MASON COUNTY)**

**Phone:**360-493-4088

**Description of Services:** Helps low-income pregnant women get social services.

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**HABITAT FOR HUMANITY OF MASON COUNTY**

**Address:** 1826 Olympic Hwy N. Shelton WA

**Phone:**360-426-8134 (Shelton); 360-275-9118 (Belfair)

**HABITAT STORE:** 22653 NE State Route 3, Shelton WA 98563

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**HEALTH CARE CENTER (SHELTON)**

**Address:** 107 N. 8<sup>th</sup> , Shelton WA 98584

**Phone:**360-426-9717

**Description of Services:** Low-cost medical treatment; Sun-Fri 8-6; Sat 10-2.

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**HOOD CANAL FOOD BANK**

**Address:** 331 N. Finch Creek Rd, Hoodspport WA 98548

**Phone:**360-877-6507; 877-0085

**Description of Services:** Operates 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month.

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**HOUSING AUTHORITY OF MASON COUNTY**

**Address:** 11 SE Squaxin Ln, Shelton WA 98584

**Phone:**360-490-6623

**Description of Services:** Subsidies for housing in Mason County for low-income individuals. Information and referrals for individuals seeking subsidized housing.

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**HUMANE SOCIETY OF MASON COUNTY**

**Address:** 18400 WA-3, Allyn, WA 98524

**Phone:**360-275-9310

**Description of Services:** For seniors and low-income persons, assistance provided in obtaining pet food or emergency veterinary care-this is not a shelter.

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**CANCER SUPPORT GROUP MASON COUNTY**

**Phone:**402-401-6083

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**MASON COUNTY COUNCIL ON ABUSE AND NEGLECT**

**Address:** 428 W. Birch, #15, Shelton WA 98584

**Phone:**360-426-6925

**Description of Services:** Provides advocacy services to children and families with sexual assault and domestic violence issues. Referrals for: counseling; assistance in applying for crime victims' compensation; legal and medical advocacy; 24-hour crisis phone line; support groups; and suicide intervention training.

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**MASON COUNTY EMERGENCY MANAGEMENT**

**Address:** 100 W. Public Works Dr., Shelton WA 98584

**Phone:**360-427-9535

**Description of Services:** Mason County command center in case of a disaster. Information available to the public on family emergency preparedness, surviving natural, man-made, or technological disasters.

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**MASON COUNTY FAMILY LAW FACILITATOR**

**Address:** 419 N. 4<sup>th</sup> Shelton WA 98584

(Mason County Courthouse Rm 201)

**Phone:**360-427-7775; Belfair 360-275-4467 (x775); Elma 360-482-5269 (x775)

**Website:** <https://masoncountywa.gov>superior-court>facilitator>

**Description of Services:** The Family Law Facilitator assists pro se litigants who are involved in a family law action such as divorce; legal separation; paternity;

nonparental custody; visitation; child support modification; parenting plan modification; adopting a parenting plan; and restraining orders. The Facilitator can only assist pro se litigants in how the legal process works and cannot give any legal advice.

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**MASON COUNTY DEPARTMENT OF HEALTH**

**Address:** 415 N. 6<sup>th</sup> St., Shelton WA 98584

**Phone:**360-427-9670

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**MASON COUNTY LITERACY**

**Address:** 133 W. Railroad Ave., Shelton WA 98584

**Phone:**360-426-9733

**Description of Services:** One-to-one reading, math and computer tutoring. Help with any kind of literacy related goal.

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**MASON COUNTY SENIOR ACTIVITIES ASSOCIATION-SENIOR CENTER OF SHELTON**

**Address:** 190 W. Sentry Dr., Shelton WA 98584

**Phone:**360-426-7374

**Description of Services:** A central place where persons 50 and older meet, socialize, take part in recreational and educational programs and nutrition. An outreach for seniors linking them with resources and volunteer opportunities.

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**MASON COUNTY SHELTER-CROSSROADS HOUSING**

**Address:**71 Sargison Lp, Shelton WA 98584

**Phone:**369-427-6919

**Description of Services:** Shelter for homeless families in transition.

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**COMMUNITY LIFELINE**

**Address:** 218 North 3<sup>rd</sup>, Shelton WA 98584

**Phone:**360-462-4439

**Description of Services:** Emergency shelter, food, showers, information on community resources.

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**MASON COUNTY TRANSIT**

**Address:** 790 E. Johns Prairie Rd., Shelton WA 98584

**Phone:**360-427-5033

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**THE YOUTH CONNECTION**

**Address:** Shelton-23 2<sup>nd</sup> St., Shelton WA 98584; Belfair-23299 Hwy 3, Building A-2, Belfair WA 98528

**Phone:**360-462-0125 (Shelton); 360-277-5017 (Belfair)

**Description of Services:** Assistance with life skills, computer/internet access; food; case management.

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**MASON GENERAL HOSPITAL**

**Address:** 901 Mountainview Dr., Shelton WA 98584

**Phone:**360-426-1611

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**MATLOCK FOOD BANK**

**Address:** 216 Matlock-Brady Rd., Elma WA 98541

**Phone:**360-426-7632

**Description of Services:** noon-2PM on Wednesdays

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**TURNING POINT SURVIVOR ADVOCACY CENTERS**

**Address:** 210 Pacific Ct., Shelton WA 98584; 31 WA-300, Ste. 101, Belfair WA 98528

**Phone:**360-426-1216

**Description of Services:** Assistance for survivors of sexual assault and domestic violence. 34 bed shelter with up to a 90 day stay. Pets, kids, teens OK. Communal kitchen, laundry, internet, housing referrals, employment help, legal advocacy, food, clothing.

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**MEDIC ONE LTD, MASON COUNTY**

**Address:** 2019 Jefferson, Shelton WA 98584

**Phone:**360-426-3403 (24-hrs)

**Description of Services:** For a fee ambulance service; also offer first aid/CPR classes.

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**PARENT SUPPORT PROJECT (MASON COUNTY COUNCIL ON ABUSE AND NEGLECT)**

**Address:** 428 West Birch, #15, Shelton WA 98584

**Phone:**360-426-9625

**Description of Services:** Various services offered: parenting library; parenting classes; First Steps Case Managers through DSHS (program for pregnant women); parent to parent advocacy for any child with disabilities; information on disabilities for parent and or educator; legal advocacy for sexual assault and domestic violence victims.

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**PLANNED PARENTHOOD OF MASON COUNTY**

**Address:** 2505 Olympic Hwy N., Shelton WA 98584

**Phone:**800-230-7526

**Description of Services:** Offers birth control; pregnancy testing and counseling; pap smears; mammography; infection diagnosis and treatment; prenatal care; counseling and referrals for adoption; abortion; sterilization; HIV/AIDS counseling and testing. A free teen clinic is also open call for more information on this.

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**SAINT VINCENT DEPAUL-BELFAIR (THRIFT STORE)**

**Address:** 23692 NE State Rd. 3, Belfair WA 98528

**Phone:**360-275-3403

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**FOOD BANKS MASON COUNTY**

Saints Pantry-214 S. Second St., Shelton WA 98584; 360-427-8847 (Tues/Weds 9:30-noon)

North Mason Food Bank-22471 NE State Rd. 3, Belfair WA; 360-275-4615

Community Food Pantry-71 NE Old Belfair Hwy, Belfair WA 98528; 360-277-4038

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**SHELTON SCHOOL DISTRICT-SPECIAL SERVICES**

**Address:** 700 S. First Street, Shelton WA 98584

**Phone:**360-426-2151

**Description of Services:** For children with special needs; home and in-hospital instruction; parental resources.

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**SHELTON UNITED METHODIST CHURCH**

**Address:** 1900 King Street, Shelton WA 98584

**Phone:**360-426-4174

**Description of Services:** Food; clothes bank; help with addiction recovery; connection to needed legal services.

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**SKOKOMISH WELLNESS CENTER**

**Address:** N. 100 Tribal Ctr Rd., Skokomish WA 98584

**Phone:**360-426-5755

**Description of Services:** M-F 8-5; Mental health treatment; drug and alcohol treatment; Indian child welfare; primary care; women's health; dental; supportive housing.

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**OUTREACH, MASON COUNTY**

**Address:** 127 W. Cota St., Shelton WA 98584

**Phone:**360-426-5014

**Description of Services:** Possible source for food and clothing,

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**SOUTH PUGET INTERTRIBAL PLANNING AGENCY**

**Address:** 3104 SE Old Olympia Hwy, Shelton WA 98584

**Phone:**360-426-3990

**Description of Services:** Many assistance programs for any Skokomish, Squaxin Island, Chehalis, Shoalwater Bay or Nisqually tribal member. Some programs open to any Native American.

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**SQUAXIN ISLAND TRIBAL CENTER**

**Address:** 10 SE Squaxin Ln, Shelton WA 98584

**Phone:**360-426-9781

**Description of Services:** Family services; health care; legal assistance, and human resources.

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**MASON COUNTY RESOURCES FOR VETRANS**

**Address:** Memorial Hall, 210 W. Franklin St., Shelton WA 98584

**Phone:**360-426-4546; 360-552-2303 (Belfair)

**Description of Services:** Provides emergency financial assistance, food assistance, homeless support, motel for homeless vets, rental assistance, and utilities assistance.

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**NATIONAL RESOURCE CENTER ON ADHD**

**Phone:**800-233-4050 (M-F, 1-5 EST)

Adult Support Group in Olympia: [meetup.com/Olympia-adult-ADHD-support-group](https://www.meetup.com/Olympia-adult-ADHD-support-group)

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**THE WASHINGTON RECOVERY HELP LINE**

**Phone:**1-866-789-1511

**Description of Services:** 24-hr help line for substance abuse; gambling; and mental health.

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**ALZHEIMER'S ASSOCIATION-WA STATE CHAPTER**

**Address:** 19031 33<sup>rd</sup> Ave. W #301, Lynnwood WA 98036

**Phone:**206-363-5500

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**AMERICAN CANCER SOCIETY NORTHERN REGION (TACOMA)**

**Address:** 1102 Broadway #501, Tacoma WA 98402

**Phone:**800-227-2345 (M-F 8:30-5); information line 800-729-3880)

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**AMERICAN LUNG ASSOCIATION OF WASHINGTON-SOUTHWEST REGION**

**Address:** 5601 6<sup>th</sup> Ave. #460, Seattle WA 98108

**Phone:**206-441-5100

**Description of Services:** Asthma education, lung disease education, quit-smoking counseling; support groups for people with chronic lung diseases.

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**AMERICAN PARKINSON DISEASE ASSOCIATION**

**Address:** 180 Nickerson St., Unit 108, Seattle WA 98109

**Phone:**206-695-2905

**Description of Services:** Education and support groups

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**AMERICAN RED CROSS-WEST SOUND SERVICE CENTER**

**Address:** 1235 S. Tacoma Way, Tacoma WA 98409

**Phone:**253-474-0400

**Description of Services:** Disaster relief, emergency communications between members of the US armed forces and their families, disaster preparedness planning,

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community education, international tracing service to help family members locate loved ones who are in foreign countries. first aid/CPR training; swimming and lifeguard training; HIV/AIDS education.

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**BETTER BUSINESS BUREAU FOR WA AND OREGON**

**Address:** 1918 112<sup>th</sup> St. E #2, Tacoma WA 98445

**Phone:** 253-830-2924

**Description of Services:** Assistance with complaints, dissemination of information that helps people be responsible consumers, no legal advice or credit assistance.

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**BRAIN INJURY ALLIANCE WA**

**Address:** 113 Cherry St PMB 40683, Seattle WA 98104

**Phone:** 206-467-4800

**Website:** [www.biawa.org](http://www.biawa.org)

Also see WA Brain Injury Resource Center: 1-877-982-4292

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**CDC NATIONAL PREVENTION INFORMATION NETWORK**

**Phone:** 1-800-232-4636

**Description of Services:** Information on AIDS/HIV; TB; hepatitis; STDs; adolescent and school health.

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**CDC NATIONAL STD HOTLINE**

**Phone:** 1-800-232-4636

Also: CDC National HIV Consultation & Referral Services; 1-800-232-4636

HIV info (for latest information on treatment options, clinical trials etc) 1-800-448-0440

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**CHILDHELP USA'S NATIONAL CHILD ABUSE HOTLINE**

**Address:** 15757 N 78<sup>th</sup> St, Scottsdale AZ 85260

**Phone:** 1-800-422-4453

**Online chat:** [www.childhelphotline.org](http://www.childhelphotline.org) (live chat with counselor)

**Description of Services:** Information and referrals for anyone who is concerned about child abuse; referrals to local prevention and treatment services; information regarding reporting of suspected child abuse and online crisis counseling for child abuse victims/adult survivors of child abuse.

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**COMPASSIONATE FRIENDS**

**Address:** St Pete Providence ex meeting room (413 Lilly Rd. NE, Olympia WA 98506)

Email Allen at [compudas@AOL.com](mailto:compudas@AOL.com) or call 360-402-6711

**Description of Service:** Grief support group for parents and siblings (when child dies).

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**CYSTIC FIBROSIS FOUNDATION**

**Address:** 520 Pike St. # 1075, Seattle WA 98101

**Phone:** 1-800-647-7774

**Description of Service:** Information and referral for Cystic Fibrosis patients and their families.

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**DELTA SOCIETY**

**Address:** 289 Perimeter Road E, Renton WA 98055

**Phone:** 1-425-226-7357

**Description of Services:** Links people with disabilities to specially trained dogs. Provides information to people with disabilities seeking service dogs; and parents seeking animal assisted therapy intervention for their child.

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**EASTER SEALS WASHINGTON**

**Address:** 200 W. Mercer St, Ste 210-e, Seattle WA 98119

**Phone:**206-281-5700

**Description of Services:** Autism center; child development; workforce development; health and social programs for individuals with autism and other disabilities.

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**EATING DISORDER REFERRAL AND INFORMATION CENTER**

**Phone:**858-792-7463

**Description of Services:** Provides information and treatment resource referrals at no charge for all forms of eating disorders. Provides referrals to eating disorder practitioners, treatment facilities and support groups. See also

[www.eatingdisorderhope.com](http://www.eatingdisorderhope.com); Free meetings of Overeaters Anonymous found at

[www.oasouthsoundintergroup.org](http://www.oasouthsoundintergroup.org); National Eating Disorders Ass.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) (1-800-931-2237)

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**EPILEPSY FOUNDATION NORTHWEST**

**Address:** 2311 N. 45<sup>th</sup> St Ste 134, Seattle WA 98103

**Phone:**206-547-4551

**Description of Services:** Summer camp; mentor program; advocacy; emergency medication assistance; seizure response training; teen and adult support groups; employment; and general education programs.

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**FETAL ALCOHOL SYNDROME FAMILY RESOURCE INSTITUTE**

**Phone:**800-270-4849; 206-400-7533

Monthly zoom support meetings

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**HEALTHY MOTHERS, HEALTHY BABIES COALITION OF WASHINGTON STATE**

**Address:** 300 Elliott Ave. W Ste 300, Seattle WA 98119

**Phone:**800-322-2588

**Description of Services:** A toll-free information and referral line to local and statewide resources and service networks to help families with needs for prenatal care, medical financing, immunizations, WIC, family planning and children with special health care needs.

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**KOREAN WOMEN'S ASSOCIATION OF WASHINGTON STATE**

**Address:** 125 E. 96<sup>th</sup> St, Tacoma WA 98445

**Phone:**253-535-4202; toll-free 888-508-2780; Thurston 360-455-4524; Mason 360-426-9700

**Description of Services:** Various social service programs to assist Asian/Asian-American/Island Pacific women; mental and physical health; home care; senior support; housing.

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**MARCH OF DIMES BIRTH DEFECTS FOUNDATION-WESTERN WASHINGTON CHAPTER**

**Address:** 1904 – 3<sup>rd</sup> Ave. Ste. 230, Seattle WA 98101

**Phone:**800-291-3463

**Description of Services:** Information on/and resources about birth defects.

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**SOBERSOURCES.COM**

Lists methadone treatment clinics in Thurston/Mason Counties

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**NATIONAL DOMESTIC VIOLENCE HOTLINE**

**Website:** [www.thehotline.org](http://www.thehotline.org) or text “START” to 88788

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**NATIONAL ASSOCIATION OF THE BLIND OF WASHINGTON**

**Phone:**425-823-6380

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**NATIONAL MULTIPLE SCLEROSIS SOCIETY-GREATER WASHINGTON CHAPTER**

**Phone:** 800-344-4867

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**NATIONAL STUTTERING ASSOCIATION**

**Phone:**800-937-8888

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**NEW PHOEBE HOUSE**

**Phone:** 253-383-7710 (Tacoma)

**Website:** [www.newphoebehouse.org](http://www.newphoebehouse.org)

**Description of Services:** For women with children who are addicted and experiencing homelessness. Treatment and unification with children. Can stay up to two years while getting treatment, education, job skills and parenting skills.

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**SIDS FOUNDATION OF WASHINGTON**

**Website:** [www.nisa-sids.org](http://www.nisa-sids.org)

See also: NW Infant Survival and SIDS Alliance, 4649 Sunnyside Ave. N. Ste 350, Seattle WA 98103

**Phone:**206-548-9290

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**LOW COST/FREE DENTAL SERVICE**

**Phone:** Olympia Union Gospel Mission Dental Clinic 360-709-9725

**Website:** [www.freedentalcare.us/co/Thurston](http://www.freedentalcare.us/co/Thurston)

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