

2019 - 2020

**FAMILY
RESOURCE
GUIDE OF
THURSTON
COUNTY**

*Community
Resources for Our
Children's Heroes*

Created By:



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Tribal Resources

The Nisqually Tribe has many resources and programs for tribal members.

For more information:

- Main: 360-456-5221 or 1-888-768-8886
- Medical/Dental Services: 360-459-5312
- Mental Health Program: 360-413-2728
- Substance Abuse Program: 360-413-2727
- Online: www.nisqually-nsn.gov



AFTER-SCHOOL & SUMMER PROGRAMS

*This section
brought to
you by*



Before/After School & Camps

Boys & Girls Clubs of Thurston County 360-956-0755

Lacey Branch: 360-438-6811

Olympia Branch: 360-556-3615

Rochester Branch: 360-273-9397

Tumwater Branch: 360-570-8888

Tenino Branch: 360-810-3700

Offers programs after school and during the summer. No child is ever turned away for lack of ability to pay.

www.bgctc.org

Club House

TOGETHER! 360-493-2230

After-school programs at several schools and community locations in Thurston County, including 21st Century Community Learning Centers. Call for locations and enrollment details.

<http://watogether.org/>

Girls Without Limits!

YWCA of Olympia 360-352-0593

Cchang@ywcaofolympia.org

Girls Without Limits! (GWOL!) serves middle school youth by providing gender-responsive, culturally-relevant programming that promotes confidence, skill building, career awareness, and curiosity in science, technology, engineering, art, and math (STEAM). Campers engage in hands-on learning activities, meet professionals who work in STEAM fields, and participate in project-related field trips. GWOL! currently operates as monthly Saturday camps, a week-long spring break camp, two-week-long summer camps, a winter break camp, and a high school leadership program

www.ywcaofolympia.org

⦿ = Faith-based, ⚡ = Gay/Lesbian/Queer-friendly,

■ = gov't program, E = servicios en Español,

2 ☀ = Trans-affirming, + = Referral required,

Library Programs

Timberland Regional Library 360-704-4636

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

School Break Camp Programs

Hands On Children's Museum 360-956-0818



School break day camps offered during mid-winter, spring, summer and winter breaks, following the Olympia School District schedule. Age 3 up to 4th grade. www.hocm.org

Summer Day Camps

Lacey Parks & Recreation 360-491-0857

www.ci.lacey.wa.us

Olympia Parks, Arts & Recreation 360-753-8380

<http://olympiawa.gov/>

Tumwater Parks & Recreation 360-754-4160

www.ci.tumwater.wa.us

Summer Kids In Parks Program (SKIPP)

Olympia Parks, Arts & Recreation 360-753-8380

A free supervised, drop-in summer lunch and playground program. www.olympia.gov/parks

Youth Circle

YWCA of Olympia 360-352-0593

manney@ywcaofolympia.org

Peer support group for adolescent girls and gender nonconforming folks to develop self esteem, establish healthy relationships with adults and each other, and express feeling through discussion and creative activities. www.ywcaofolympia.org

Youth Council

YWCA of Olympia 360-352-0593

manney@ywcaofolympia.org

Supporting the individual and collective healing and empowerment of young women and gender nonconforming folks ages 12-17 who are experiencing anxiety, depression or substance abuse through navigation and peer support. www.ywcaofolympia.org

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ALCOHOL, TOBACCO & OTHER DRUGS

AA

⊙

Alcoholics Anonymous

360-352-7344

Support for people seeking recovery from alcohol abuse.

www.aadistrict8.org

Al-Anon/Alateen

⊙

Alcoholics Anonymous

24-hour hotline: 253-347-6418

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics. Alateen is for young people whose lives have been affected by someone else's drinking. Contact Annette at the listed number for more information.

www.southpugetsoundal-anon.org

Chemical Dependency Center

E

Providence St. Peter

24-hr Help Line: 360-456-7575

Substance use disorder and problem gambling assessment, outpatient and education for adolescents and adults. Tobacco cessation education and outreach. Interpreter services available. www.washington.providence.org

Christian Recovery

⊙

Olympia Union Gospel Mission

360-709-9725

A scripture-based, up to 2-year recovery program for healing and restoration from addictions.

www.ougm.org

Crisis Intervention & Referral

E

The Crisis Clinic of Thurston & Mason Counties

Crisis Line: 360-586-2800

Youth Line: 360-586-2777

24-hour anonymous and confidential telephone crisis intervention, emotional support, information, and referral for chemical dependency resources. Nonjudgmental support by trained phone volunteers. Interpreter services available.

www.crisis-clinic.org

Evaluation & Treatment

+

Alternative Professional Counseling

360-357-7986

Chemical dependency evaluation and outpatient treatment and referrals for inpatient treatment.

www.apcolympia.com

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Harvest Program-Recovery E

Behavioral Health Resources 360-236-7140

Intensive outpatient program for chemically dependent pregnant women; parenting classes; free child care.

Interpreter services available. www.bhr.org

NA

Narcotics Anonymous 360-754-4433

Offers support in becoming and staying free from drug dependence. Membership is free. Also offers 24-hour help line.

www.spsana.org

Olympia Bupe Clinic

Capital Recovery Center 360-349-0033

Opioid treatment medication for your comfort & safety.

Peer support to help you design your own recovery. Walk in's welcome.

<http://crcoly.org/>

Parenting & Family Values (MRT)

Family Education & Support Services 360-754-7629

A 12-week evidence-based parenting class for those working toward recovery. Weekly topics include child development, prevention strategies, increasing family communication, building healthy relationships, discipline and guidance, and managing family stress. Call for class times and locations.

www.familyess.org

Prevention, Intervention, Treatment & Recovery E

True North Student Assistance & Treatment Services

360-464-6867

Behavioral health services including prevention, intervention, treatment and recovery support for students with substance abuse and mental health conditions.

Screenings, assessment, individual and group counseling and case management. Interpreter services available.

www.esd113.org/truenorth

Recovery-Integrated Treatment Services E

Behavioral Health Resources 360-704-7170

Intensive outpatient case management program for individuals diagnosed with a severe and persistent mental health disorder and past or current substance abuse. Services are community based, provided anywhere people in need of services are found. Interpreter services available.

www.bhr.org

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CHILD CARE & EARLY LEARNING

This section
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you by



Child Care Center

■ E

Lacey Child Care/Family Services Center 360-464-6800

Quality, developmentally appropriate curriculum-based child care, ages 1 to 5. Head Start/ ECEAP, USDA food program, DSHS subsidy only. Interpreter services available.

www.soundtoharbor.com

Child Care Licensed Family Homes & Centers

Child Care Action Council

1-800-446-1114



Call for a list of licensed child care homes and centers that offer DSHS subsidy/food programs.

www.ccacwa.org

Child Care Programs

South Sound YMCA

360-918-0400

Our care provides nurturing development, healthy life-style choices, self-reliance through positive relationships, and value-based learning and child care for elementary-age children before or after school.

www.southsoundymca.org

Consultations & Referrals

Child Care Aware of WA

1-800-446-1114



Parent consultation on choosing quality child care and referrals in Thurston, Mason, Clallam, Jefferson, Kitsap, and Grays Harbor counties. Professional development for child care providers.

www.childcareaware.org

Preschool

Hands On Children's Museum

360-956-0818



For ages 3-5. Focused on the development of the whole child. Offered September to May. 3-4 days per week. Half days.

www.hocm.org

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Early Support for Infants & Toddlers

■ E

WA State Department of Children, Youth, & Families

1-800-322-2588

Call if you have a concern about your child's development between birth and age 3. Interpreter services available.

www.dcyf.wa.gov

Homeless Child Care

Child Care Action Council

1-800-446-1114



If you are homeless and need child care, you may get a referral through the Family Support Center, SafePlace, or another local agency.

www.ccacwa.org

Working Connections Child Care

■ E

WA State Department of Children, Youth, & Families

1-800-322-2588

Helps families with low incomes pay for childcare while they work or meet WorkFirst participation requirements

www.dcyf.wa.gov

CLOTHING & OTHER SUPPLIES

Clothing Banks

⊙

Adventist Community Services Center 360-943-1518

Clothing bank and emergency food. www.laceysda.org

Olympia Union Gospel Mission 360-709-9725

Free new and gently used men's and women's clothing.

Open weekdays. Call for hours. www.ougm.org

Sacred Heart Catholic Church 360-491-0890

Free clothing, shoes and household goods. Wed's & Fri's 11-12:45pm July and August and 1-2:45 the rest of the year, and the 2nd Saturday of each month 10am-

12:45am. www.sacredheartlacey.com

Saint Michael Parish 360-352-7554

Provides free clothing, bedding and assorted housewares, Tuesday and Saturday 9 am- 11 am and

Thursday 6:30-8 pm www.saintmichaelparish.org

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Baby Bank

⊙

Olympia Church of Christ

360-357-6617

Services are free with referral from social service agency.

Diapers and clothing for infants and small children.

Wednesdays, 10-11:30 am

www.olycofc.com

Drop-In Center

⊙ ⚙

Partners in Prevention Education

360-357-4472

Houseless and at-risk youth and young adults can drop in to get supplies, eat, take a shower, do laundry and

build community. Open Thursday & Saturday 1-5pm and

Sunday 1-5pm.

www.pipeolympia.wordpress.com

Kathleen's Closet

YWCA of Olympia

360-352-0593

KathleensCloset@ywcaofolympia.org

Provides professional clothing for job interviews and

employment for womxn in need. By appointment only.

www.ywcaofolympia.org

Little Red Schoolhouse

Family Education & Support Services

360-438-1100

Low-income families can get school supplies, backpacks and limited clothing for their children. Supplies are

distributed 3rd Thurs in August.

www.redschool.org

The Other Bank

Thurston County Food Bank

360-352-8597

Free hygiene supplies to those in need including: toilet paper, menstrual products, laundry detergent, tooth-

paste and shampoo. www.thurstoncountyfoodbank.org



Providing early learning opportunities for all kids

www.ccacwa.org

Play Groups ■ Parent Education ■ Early Literacy & Math

Early Learning Educator Professional Development

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COUNSELING

Domestic Violence

Alternatives Professional Counseling 360-357-7986

Court-ordered or self-referral programs.

www.apcolympia.com

Girls Circle-High School

YWCA of Olympia 360-352-0593

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

www.ywcaofolympia.org

Family Preservation

E

Community Youth Services 360-918-7855

Up to 6 months of therapeutic case management and counseling. Identify strengths and resolve problems to prevent out-of-home placement of children. Delivered primarily in families' homes. Interpreter services available.

www.communityyouthservices.org

Monarch Children's Justice & Advocacy Center

E

Community Action Council 360-923-1884

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

Interpreter services available. www.monarchcjac.org

Multisystemic Therapy

E

Community Youth Services 360-918-7889

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

www.communityyouthservices.org

Therapy

⊕ ☼

Partners in Prevention Education 360-357-4472

Free culturally humble and trauma-informed therapy for houseless/at-risk youth/young adults, and survivors of violence or crimes. www.pipeolympia.wordpress.com

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NAMI Connection Recovery Support Group

NAMI Thurston/Mason

Office: 360-493-6021

Helpline: 360-866-0403

info@namitm.org

A bi-monthly recovery support group for people living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding. Meets 2nd and 4th Mondays at 1:30 pm and 1st and 3rd Thursdays at 6:30 pm

www.namitm.org

NAMI Family Support Group

NAMI Thurston/Mason

Office: 360-493-6021

Helpline: 360-866-0403

NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.

www.namitm.org

New Journeys

E

Behavioral Health Resources

360-704-7170

Evidence-based collaborative care treatment model that identifies people who have experienced their first psychotic episode as early as possible and directs them to services to address their individual needs. Community-based services for clients & families.

www.bhr.org

Outpatient Adults

E

Behavioral Health Resources

360-704-7170

Individual therapy, group therapy, case management, and medication management to qualifying clients. Clinicians address issues such as depression, bipolar, grief and loss, PTSD, anxiety, and psychosis. Interpreter services available.

www.bhr.org

Outpatient Children, Youth, & Family

E

Behavioral Health Resources

360-704-7170

Strengths based, comprehensive program designed to work with families and other community providers. Clinicians provide age-appropriate and evidence-based services for youth and families experiencing depression, grief and loss, trauma, anxiety, behavioral issues, ADHD, and more. Interpreter services available.

www.bhr.org

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PEER Program E

Capital Recovery Center 360-357-2582

Community mental health agency with a holistic, peer-supported approach to mental health recovery. Call for an appointment, or drop in Monday-Friday 8:30 am- 5 pm Interpreter services available. www.crcoly.org

Proyecto Esperanza (Sexual Assault/Abuse Services) E

CIELO Olympia 360-709-0931

Counseling, support group and advocacy for victims of sexual assault and abuse, and their family members. Services available in Spanish, and for youth in Thurston, Mason, Lewis and Grays Harbor counties. Interpreter services available. www.cieloprograms.org

Proyecto Familia (Mental Health Counseling) E

CIELO Olympia 360-709-0931

Family Preservation Services, Crisis Family Intervention and psychological counseling available to families through the state Division of Children and Family Services. Interpreter services available. www.cieloprograms.org

SoundCareKids E

Providence SoundHomeCare & Hospice 360-493-5928

SoundCareKids is a support program for families with children who have experienced the death of a significant person in their lives. Groups meet in four six-week sessions each year. When in session, SoundCareKids meets on Thursdays from 6:15-7:45 pm www.washington.providence.org

Transitional Age Youth E

Community Youth Services 360-918-7860

TAY offers Wraparound with Intensive Services to youth whose high needs were not being addressed in traditional community mental health agencies, by providing therapy and peer counseling that is home, school and community based. Therapists are available to help create a personal treatment plan for youth in Thurston and Mason counties. Interpreter services available. www.communityyouthservices.org



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CRISIS, EMERGENCY, & REFERRAL

Advocacy

⊗ ⚡

Partners in Prevention Education

360-357-4472

Advocacy for survivors of sexual violence and victims of crimes is available by appointment. Advocates are there to listen, and can help make plans and navigate systems.

www.pipeolympia.wordpress.com

Child Protective Services

WA State Department of Children, Youth, & Families

1-800-322-2588

Call to report allegations of child abuse or neglect.

www.dcfy.wa.gov

Crisis Intervention & Referral

■ E

WA Recovery Help Line

1-866-789-1511

Teen Link (evenings 6-10pm): 1-866-833-6546

recovery@crisisconnections.org

24-hour help line that provides crisis intervention and referrals to community resources for those struggling with issues related to substance abuse, mental health or problem gambling. Interpreter services available.

www.warecoveryhelpline.org

www.866teenlink.org

Crisis Line

E

The Crisis Clinic of Thurston & Mason Counties

Crisis Line: 360-586-2800

Youth Line: 360-586-2777

24 hour anonymous, nonjudgmental and confidential telephone crisis intervention, emotional support, and information/referral to community resources. Interpreter services available.

www.crisis-clinic.org

Downtown Ambassadors

E

City of Olympia

360-338-2853

If you live or work in downtown Olympia, call the Ambassadors for general information, social service referrals, homeless outreach, graffiti abatement, trash removal and more. Interpreter services available.

www.olympiawa.gov

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Emergency Services

City Gates Ministries ☉ 360-705-0291

Helps people in emergency and hardship situations. Homeless prevention; food bank; homeless outreach. Also provides clothing, blankets, furniture (call for more information) and baby needs.

www.citygatesministries.org

Community Action Council 360-438-1100

Information and referral, energy, and rental/mortgage assistance may be available depending upon time of year and funding.

www.caclmt.org

ROOF Community Services 360-273-6375

Provides emergency vouchers, rental and utility assistance to residents of Rochester School District area. Information and referrals available. Interpreter services available.

www.roofcommunityservices.org

The Salvation Army ☉ 360-352-8596

Emergency material assistance, personal hygiene kits, blankets, Puget Sound Energy assistance. Help with gas, propane, bus tokens for emergencies, medical prescriptions, casework services, information and referrals.

www.salvationarmynw.org

Yelm Community Services 360-458-7000

Serves those in Yelm and Rainier school districts and Nisqually Tribe Reservation. Services include: emergency housing assistance and homeless shelter, food bank, and clothing thrift store. Open for emergencies Monday-Friday 9am-4:30pm and Saturdays 10:00am - 4pm. Food bank open Thursdays 1-4 pm Call to apply for housing.

www.yelmcommunityservices.com



thurstonRT.org 1-253-472-7846

Relax! we're going that way

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Family Justice Center E

Family Support Center 360-754-9297

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

Family Reconciliation Services (FRS) ■

WA State Department of Children, Youth, & Families
1-800-562-5624

Any youth and parents having serious conflicts, any parent whose child has run away, or any runaway youth may request services. The Department of Children, Youth, and Families provides FRS to youth ages 12-17 and their families. www.dcyf.wa.gov

Family Resource Services E

Family Support Center 360-754-9297 x216

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

www.fscss.org

Haven House E

Community Youth Services 360-754-1151
360-943-0780

For youth 17 and under who are runaways, in family conflict, fleeing abuse, or cannot be maintained in other settings. Co-residential center, open for intake 24 hours/day, 7 days/week with referrals from law enforcement, CYS and DCFS. www.communityyouthservices.org

Homeless Family Services E

Family Support Center 360-754-9297
24-hour emergency shelter: 1-844-628-7343

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

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Information & Referral E

Dispute Resolution Center 360-956-1155

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

Margie's Crisis Nursery

Child Care Action Council 360-786-8907 x100



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

www.ccacwa.org

PFLAG Olympia ⚡

Parents, Family & Friends of Lesbians & Gays

360-207-1608

Support, education & advocacy regarding sexual orientation and gender identity. Committed to civil rights of gays, lesbians, bisexual & transgender persons. Local branch of national agency. Meets on the second Sunday each month from 2-4:30pm at First Methodist Church.

www.pflag-olympia.org

Poison Information ■ E

WA Poison Center 1-800-222-1222

Provides free emergency instructions and information 24/7 on potential poisonings and toxic exposures. WA Poison Center is always here to help 24/7/365 by phone. Interpreter services available. www.wapc.org

Rosie's Place E

Community Youth Services 360-918-7879

Shelter Services for homeless youth or those at risk of becoming so. Day-time services (for 12-24 yr olds) has counseling, case management, meal referrals, clothing, hygiene, survival items and a safe place to go. Night-time services (for 18-24 yr olds) offers 10 overnight beds for a warm, dry, safe place to sleep.

www.communityyouthservices.org

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Safe Place Crisis Intervention & Advocacy

E

SafePlace

24-hr Crisis Line: 360-754-6300

Office: 360-786-8754

TTY: 711

Free 24-hour emergency support and advocacy for victims of sexual assault, sexual abuse, trafficking and domestic violence. Services including: 24 hour helpline, in-person sexual assault response, emergency shelter, food and clothing, child and parenting support, individual advocacy, educational workshops & trainings. All services provided in the language of the client.

www.safeplaceolympia.org

Safe Shelter

E

Community Youth Services

1-888-698-1825

360-943-7861

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

www.communityyouthservices.org

Spanish Information & Referral

E

CIELO Olympia

360-709-0931

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

Interpreter services available. www.cieloprograms.org

St. Vincent de Paul Society

Ⓞ

Saint Michael Parish

360-352-7554

Provides emergency assistance with rent, power, water, and prescriptions. Open Monday, Wednesday and Friday, 1-3 pm.

www.saintmichaelparish.org



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Street Outreach E

Community Youth Services 360-918-7828

Immediate crisis intervention, counseling and resource referrals to youth. Workers are stationed in several areas, including downtown Olympia, schools, and rural areas.

www.communityyouthservices.org

Temporary Assistance to Needy Families ■ E

WA State Department of Social & Health Services

Olympia CSO Office: 1-877-501-2233

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

Thurston-Mason Designated Crisis Responders ■

Thurston County Public Health & Social Services

360-754-1338

Designated Crisis Responders complete assessments for risk and safety due to mental health or substance use disorders. They respond to requests for assessments from hospitals, jails, as well as concerns from the community. tmbho.org/crisis-information

TSAPOWUM Chehalis Tribal Behavioral Health

Chehalis Tribal Clinic 360-709-1733

Provides intensive outpatient alcohol/chemical dependency assessment and treatment, Alcohol and Drug Information Service (ADIS) and family and individual mental health counseling. Eligibility depends on insurance and other bona fide program criteria, such as Indian or Tribal preference for admission to certain services. www.chehalistribe.org

Youth Help Line E

The Crisis Clinic of Thurston & Mason Counties

Youth Line: 360-586-2777

24-hour anonymous and confidential telephone crisis intervention, information and referral. Staffed by trained youth and adult volunteers. High school suicide awareness presentations available. Interpreter services available. www.crisis-clinic.org

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DISABILITY & SPECIAL NEEDS

Aged, Blind & Disabled (ABD) Program

■ E

WA State Department of Social & Health Services

Olympia CSO Office: 1-877-501-2233

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

www.dshs.wa.gov

Behavioral Health Intervention Services

Basics NW

360-915-6868

Uses Applied Behavior Analysis as a means to provide effective, evidence-based behavioral health intervention services, to children, adolescents, and young adults affected by autism and related disorders in Southwest Washington State and the Puget Sound Region; including those in traditionally underserved rural and/or remote communities.

www.basicSNW.com

Children with Special Health Care Needs Program

■

Thurston County Public Health

360-867-2543

Public Health nurse may provide nursing assessments, information, coordination of care, and referrals for families with children who have special health care needs from birth to 18 years of age.

www.co.thurston.wa.us/health

Family Behavioral Health

⊙

Catholic Community Services

1-800-566-9053

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

www.ccsww.org

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■ = gov't program, E = servicios en Español,

18 ☼ = Trans-affirming, + = Referral required,

Helping Parent Program

E

South Sound Parent to Parent

360-352-1126 x106

Network of support, information and referral for families whose children have disabilities and/or chronic illness, all ages to adult. Lead agency for Early Intervention services. Support groups, recreational and educational opportunities supporting a variety of subjects in the field of disabilities. Serves Thurston, Mason, and Grays Harbor counties. Interpreter services available. www.ssp2p.org

NAMI Peer to Peer Class

NAMI Thurston/ Mason

Office: 360-493-6021

Helpline: 360-866-0403

info@namitm.org

A recovery-focused educational program for adults who wish to establish and maintain wellness in response to mental health challenges. The course provides critical information and strategies related to living with mental illness. www.namitm.org

Specialization Recreation

Thurston County Recreation Services

360-867-2588

Recreational programs and events for persons with physical and developmental disabilities. Day excursions, movies, dances, bowling and other year-round programs offered for those over 18 years. www.co.thurston.wa.us/health/ssdd/specializedrecreation.html

Support Groups

Exceptional Families Network

253-584-4336

Support groups with childcare, educational workshops, social clubs/groups, advocacy services, and inclusive events/ programs for families that have children with special needs. www.exceptionalfamilies.org



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EDUCATION

This section
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Alternative High Schools

Some districts offer child care for children of students working on parenting skills as they complete their high school education. Contact individual districts for information.

AVANTI High School

Olympia School District

360-596-7900

avanti.osd.wednet.edu

GRAVITY High School

Capital Region ESD 113

360-464-6847

esd113.org/gravity

HEART High School

Rochester School District

360-273-5017

www.rochester.wednet.edu

Secondary Options

Tumwater School District

360-709-7760

www.tumwater.k12.wa.us

South Sound High School

North Thurston Public Schools

360-412-4880

www.nthurston.k12.wa.us/sothsound

Yelm Extension School

Yelm Community Schools

360-458-2002

www.ycs.wednet.edu



Hands On
Children's Museum
INSPIRED LEARNING FOR ALL ★★
WSECU

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Technical Training for HS Students

New Market Skills Center

360-570-4500

Serves 10 local school districts.

www.newmarketskills.com

Children's Educational Support Services

Mercy Housing Northwest/Evergreen Vista

360-352-1315

Homework Club, classes and summer programs for children and youth.

www.mercyhousing.org

Community College

Sound Puget Sound Community College 360-596-5200



South Puget Sound
COMMUNITY COLLEGE

From transfer degrees to four-year colleges and universities to professional and technical

programs, SPSCC works to meet the needs of our community through inspiring education www.spscc.edu

Computer Class in Spanish

E

CIELO Olympia

360-709-0931

Evening classes in West Olympia.

www.cieloprograms.org

CPR Training & Information

Medic One

360-704-2790

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

English Language Learning

E

CIELO Olympia

360-709-0931

Offers classes in English as a second language. Evening classes in west Olympia. www.cieloprograms.org

ESL Classes

E

ROOF Community Services

360-273-6375

English as a second language classes.

www.roofcommunityservices.org

GroundEd

GRuB (Garden Raised Bounty)

360-753-5522

Agriculture-based summer job-training and alternative school-year programming for high school aged students in Thurston County. www.goodgrub.org

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GED Preparation E

CIELO Olympia 360-709-0931

Classes in Spanish to earn primary or secondary certificates in collaboration with Mexico's education system. GED preparation in Spanish. Morning/evening classes in West and East Olympia www.cieloproject.org

Head Start/ ECEAP ■ E

Capital Region ESD 113 Sound to Harbor 360-464-6800

Espanol: 360-464-6827

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

Homework Club E

CIELO Olympia 360-709-0931

Evening classes in West Olympia for students 1st-12th grades. Bilingual tutors. www.cieloprograms.org

LOTT Clean Water Alliance

WET Science Center 360-664-2333

Free, hands-on place for the whole family to learn about water. Open to the public Monday-Saturday, 10am-4pm.

www.wetsciencecenter.org



NAMI Homefront Class

NAMI Thurston/Mason Office: 360-493-6021

Helpline: 360-866-0403

info@namitm.org

Free 6-week class for family members of a military service member or veteran who lives with depression, PTSD or other mental illness. www.namitm.org

Native School Program

WA-HE-LUT Indian School 360-456-1311

School program, grades K-8 for Native American children.

www.wahelutindianschool.org

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Parenting & Family Values

Alternatives Professional Counseling 360-357-7986
admin@apcolympia.com

12-week course that covers parent values, parenting young children, adolescents and teens, and maintaining a healthy family. Uses Moral Reconciliation Therapy.

www.apcolympia.com

Professional Mediation Training E
Dispute Resolution Center 360-956-1155

Fun and highly interactive 40-hour training in philosophy, model and skills needed in order to have a working knowledge of the role of an impartial mediator. The concepts and skills taught in this training are easily transferable and are designed to improve communication and enhance relationships in all settings. Trainings offered in January, June and October. Interpreter services available. www.mediatethurston.org

Reading Programs

South Sound Reading Foundation 360-412-4499

Free story times, literacy programs and book giveaways for ages 0-18 throughout Thurston County, including in schools and after-school programs, at community events, and at bookstores, hospitals and other businesses.

www.southsoundreading.org

Sewing Classes in Spanish E

CIELO Olympia 360-709-0931

Evening classes in West Olympia. www.cieloproject.org

Sexual Health Education & ☼

Planned Parenthood 360-754-1556

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

YouthBuild E

Community Youth Services 360-701-6593

Paid education, case management, classroom and on-the-job training for low-income and other youth who face obstacles to employment. Prepares students for the labor market through training and certificates. Interpreter services available. Ages 16-20.

www.communityyouthservices.org

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EMPLOYMENT

Computer & Online Classes ■

Timberland Regional Library 360-704-4576

Online and in-person computer classes, access to online courses, and in-person assistance at all branches.

www.trl.org

Economic Employment Program

YWCA of Olympia 360-352-0593

Job training, skill-building workshops, and career-oriented events for women to increase confidence, competence and connections that lead to employment.

www.ywcaofolympia.org

Training Resources

Worksource Thurston County 360-704-3600

Extensive employment and training resources center for job seekers, Resource Room, workshops, job search assistance and more. Aid/services available upon request to persons with disabilities. www.worksourcewa.com

FOOD RESOURCES

Community Kitchen ⊙

The Salvation Army 360-352-8596

Christmas food boxes provided in late December.

Community Kitchen serves three (3) meals a day, all year.

Open to anyone. www.olympia.salvationarmy.org

Day Center ⊙

Olympia Union Gospel Mission 360-709-9725

Free meals: breakfast, lunch and dinner are served

Monday through Friday 6:30 am, noon and 5:30pm;

brunch at 10 am on Saturday; breakfast and lunch on

Sunday 7:30 am and noon. www.ougum.org

Food Assistance ■

WA State Department of Social & Health Services

Olympia CSO Office: 1-877-501-2233

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

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Emergency Outreach

☉

Sacred Heart Catholic Church

360-923-0929

Emergency Outreach is open Monday, Wednesday and Friday. Hours are from 11:00am-12:30pm when funds are available. Clients must check in no later than 12:15pm. Also serves as a member of the Thurston County Food Bank Satellite Network and we are open on Monday, Wednesday, and Friday from 1pm-2:45pm.

www.sacredheartlacey.com

Food Banks

ROOF Community Services E

360-273-6375

For families in Rochester School district area.

www.roofcommunityservices.org

Thurston County Food Bank E

360-352-8597

Provides food for those in need. Find hours and locations online or by calling. Interpreter services available.

www.thurstoncountyfoodbank.org

Yelm Community Services

360-458-7000

Serving those in Yelm, Rainier, and Nisqually Tribe Reservation. Open Thursdays, 1-4 pm

www.yelmcommunityservices.com

Rainier Emergency Food Center

☉

Valley Hearty Assembly of God

360-280-7326

Open Wednesdays and Saturdays, 9:30 am to noon, in the parking lot of Valley Hearty Assembly of God. Delivery may be available for those who qualify.

www.rainierfoodbank.weebly.com

SNAP-Ed

■ E

WA State University, Thurston County Extension

360-867-2172

SNAP-Ed teaches youth and adult audiences to develop skills and behaviors to eat healthfully. Families learn nutrition basics and smart buying strategies to help them make healthy choices and sustain their food supply throughout the month.

www.extension.wsu.edu



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Summer Lunch Programs

- Boys & Girls Clubs Lacey** 360-438-6811
Children under 18 may receive free meals throughout the summer months when they are out of school..
<https://bgctc.org/>
- Boys & Girls Clubs Rochester** 360-273-9397
Children under 18 may receive free meals throughout the summer months when they are out of school..
<https://bgctc.org/>
- City of Olympia Parks** 360-753-8380
Free lunch to anyone 18 and under.
www.olympia.gov/parks
- Lacey Parks & Recreation** 360-491-0857
Children under 18 may receive free meals throughout the summer months when they are out of school..
www.ci.lacey.wa.us
- Mercy Housing Northwest/Evergreen Vista** 360-352-1315
Homework Club, classes and summer programs for children and youth.
www.mercyhousing.org
- ROOF Community Services** 360-273-6374
For all children 18-year-old and younger. Monday through Friday. Interpreter services available.
www.roofcommunityservices.org
- TOGETHER!** 360-493-2230
 **TOGETHER!** Call to learn about various summer lunch programs.
<http://watogether.org/>
- Tenino Food Bank Plus**
- Tenino Community Service Center** 360-264-5505
TCSC provides food to a growing number of families throughout the Tenino-Bucoda area. The Food Bank hours are 9:00am to 11:00am on Tuesdays and Thursdays at 224 Sussex East in Tenino. The Food Bank offers extended hours before the Thanksgiving and Christmas holidays.
www.teninocsc.org

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The Community Kitchen ☉

Catholic Community Services 360-753-3340 x26

The Community Kitchen serves a nutritious breakfast, lunch, and dinner seven days a week at our Salvation Army Site, lunch 4 days a week to teenagers at the Community Youth Services Site, and lunch 3 days a week to adults at the Drexel House site. Information and referral to housing and supportive services are available on site, including an emphasis on shelter referrals in cold weather months. www.ccsww.org

Vegout ☉

Olympia Union Gospel Mission 360-709-9725

Vegout is a program to provide under-served children with fresh produce. Call for times and locations. www.ougm.org

Victory Garden Project

GRuB (Garden Raised Bounty) 360-753-5522

Helps low-income people build free/sliding-scale vegetable gardens in Thurston County. Applications typically accepted January. www.goodgrub.org

W.I.C. (Women, Infants & Children) Program E

Sea Mar Community Health Center 360-754-2936

Supplemental food program for pregnant and breast-feeding women, infants, and young children who are income eligible and are found to have nutritional need or health risk. By appointment only. Interpreter services available. www.seamarchc.org



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FOSTER & KINSHIP SERVICES

Foster Care Services E

Community Youth Services 360-918-7815

Therapeutic program provides children and foster families with intensive support services to ensure placement stability, improve school function, decrease behavioral problems and improve mental health.

www.communityyouthservices.org

FPAWS

Foster Parents Association of WA State

1-800-391-2273 (CARE)

Advocacy and support group for foster, adoptive and kinship care providers throughout the state.

Conferences, activities and resources available.

www.fpaws.org

Independent Living Skills (ILS) E

Community Youth Services 360-918-7819

For youth 15-21 who are or have been in foster care or group home. Designed to enhance the youth's ability to live independently. Teaches life skills, planning and support with services and workshops in Thurston, Mason and Lewis Counties. www.communityyouthservices.org

Kinship Caregiver Support Program E

Family Education & Support Services 360-754-7629

Emergency financial aid for kinship caregivers (adults caring for relative's child). Short-term funds are for food, housing, clothing, school supplies and legal services.

Call for more information and to see if you qualify.

www.familyess.org

Lifeline

Family Education & Support Services 360-754-7629

A free monthly support group meeting for foster and adoptive parents. Meeting are held at the Hands On

Children's Museum and include a concurrent children's program. Call to register.

www.familyess.org



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Supervised Visitation & Foster Child Support Services E
Family Support Center 360-754-9297 x206

Provides transportation, supervision, and supervised exchange services for families who need safe and nurturing supervised visitation with their non-custodial children. Interpreter services available. www.fscss.org

HEALTH

Access to Baby & Child Dentistry E
CHOICE Regional Health Network 360-539-7576 x103

For children 0-6 years with Apple Health Coverage. Connects to a dentist. Provides support and oral health education to families. Spanish-speaking staff.

www.crhn.org

Chehalis Tribal Wellness Center

Chehalis Tribal Clinic 360-273-5504

Medical: Provide primary health/ambulatory medical services for American Indians/Alaska Natives who are members of a federally recognized tribe. Dental: Services for Chehalis tribal members in Thurston, Grays Harbor and Lewis counties, and American Indians/Alaska Natives living on the Chehalis Reservation who meet insurance and payment criteria. www.chehalis tribe.org

Family Health Hotline E
Within Reach 1-800-322-2588

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

Interpreter services available. www.parenthelp123.org

HIV/AIDS Care & Prevention ⚡ ⚙ E
Pierce County AIDS Foundation Olympia 360-352-2375

HIV/AIDS awareness, care and prevention services in Thurston County. Free confidential HIV testing. Interpreter services available upon request.

www.pcaf.wa.org

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Home Health Care

E

Providence Sound HomeCare & Hospice 360-459-8311

Home health care including RNs, MSW, and physical occupational, IV and speech therapies. Need a doctor referral. Interpreter services available.

www.washington.providence.org

Medical & Dental Services

Valley View Health Center Chehalis Center: 360-330-9595

Olympia Center: 360-236-7166

Tenino Center: 360-264-5665

VVHC is a nonprofit community health center providing access to medical, dental, behavioral health and pharmacy services to those who are uninsured and under-insured. We accept Medicaid, Medicare and some commercial insurance plans, a sliding fee discount is available with qualifying income levels. Bilingual Interpreter services available. www.vvhc.org

Medical Assistance for Children

■ E

WA State Department of Social & Health Services

Olympia CSO Office: 1-877-501-2233

Medical coupons for children ages birth to 18 years.

Parents employment is not required. Interpreter services available. www.wahealthplanfinder.org

Mental Health Services

Behavioral Health Resources

360-704-7170

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

No-Cost Healthcare

E

The Olympia Free Clinic 24-hr Crisis Line: 360-754-6300

Office: 360-890-4074

TTY: 711

Provides medical, mental health, and specialty care services to uninsured and underinsured adults at no cost to the patient. We provide accessible, high-quality health services in a caring, respectful environment, and work to connect our patients to other community resources in pursuit of improved overall health. Specialty clinics include women's health, physical therapy/chiropractic, and acupuncture. www.theolympiafreeclinic.org

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No-Fee Dental Clinic ☉

Olympia Union Gospel Mission 360-709-9725

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

No-Fee Vision Clinic ☉

Olympia Union Gospel Mission 360-709-9725

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

Olympia Health Center ⚡ ☉ E

Planned Parenthood 360-754-5522

Health center for family planning, birth control, STD testing and treatment and abortion services. Interpreter services available. www.ppgnhi.org

Physical Fitness Programs

South Sound YMCA Briggs: 360-753-6576

Downtown Olympia: 360-357-6609

The Y is a nonprofit like no other. We have programs, presence, and partnerships to promise and deliver lasting personal and social change. www.ssymca.net

Pregnancy Health ☉ E

Care Net Pregnancy Center of Thurston County
360-753-0061

Care Net provides accurate medical information, education, and support to those who are facing pregnancy issues. We serve men, women, and families and offer hope, healing, and real compassion. www.carenetolympia.org

Primary Care Medical Clinic E

Sea Mar Community Health Center 360-491-1399

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

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Safe Kids Thurston County

Child Care Action Council

360-786-8907 x107



Safe Kids Thurston County, in an effort to prevent unintentional injury death in children ages 0 to 19, works in Thurston County with all families, but particularly strives to bring safety devices and education to families who have low socioeconomic status or who live in poverty, factors related to higher rates of injury. www.safekidsthurstoncounty.org

Sexual Assault & Child Maltreatment Center

E

Providence St. Peter Hospital

360-493-7369

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

www.washingtong.providence.org

Thurston/Mason Behavioral Health Ombuds

■

Thurston County Public Health & Social Services

360-763-5793

theombuds@tmbho.org

Assists with concerns and grievances with publicly funded behavioral health providers. Provides information and referral about behavioral health services in Thurston and Mason Counties. Assists with preparing Mental Health Advance Directives for people receiving publicly funded mental health services or who have received services in the past. www.tmbho.org

Thurston/Mason Behavioral Health Organization

■

Thurston County Public Health & Social Services

360-763-5828

inquires@tmbho.org

Thurston-Mason Behavioral Health Organization administers mental health and substance use disorder services for publicly funded citizens of Thurston and Mason Counties. www.tmbho.org

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LEGAL

CLEAR Intake & Referral Line E

Northwest Justice Project 1-888-201-1014

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

Legal Assistance E

Northwest Immigrant Rights Project 1-800-445-5771

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

Legal Assistance E

SafePlace Legal Advocacy Office: 360-786-8754

24-hr Crisis Line: 360-754-6300, TTY: 711

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

Legal Assistance ■ E

Thurston County Family & Juvenile Court 360-709-3201

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

Legal Services E

Thurston County Volunteer Legal Services

360-705-8194

director@tcvls.org

Free legal advice for low-income clients in the areas of family law, landlord-tenant law and other civil (non-criminal) matters. Interpreter services available. Referral needed for some services. www.tcvls.org

Mediation Services E

Dispute Resolution Center 360-956-1155

Safe, confidential and private place to discuss and solve problems. Skilled mediators facilitate voluntary discussion on parenting plans, communication, landlord/tenant, neighbors and more. Sliding fee scale. Interpreter services available. www.mediatethurston.org

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PARENT EDUCATION

Block Fest

Child Care Action Council

360-786-8907 x100

BLOCKFest™ Interactive exhibit for families with young children under the age of 8 that provides a rich hands-on math and science learning opportunity. www.ccacwa.org/block-fest

Childbirth Classes

E

Providence St. Peter Hospital

360-486-4070

Interpreter services available.

www.washington.providence.org

Communication Workshops

⊕ & ☼ E

Planned Parenthood

360-754-5522

"Families are Talking" family communication workshops. Puberty and "Family Night" programs for all ages.

www.plannedparenthood.org

Consider the Children Seminar

E

Family Education & Support Services

360-754-7629

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

www.familyess.org

Dynamic Dads Parenting Class

E

Family Education & Support Services

360-754-7629

A 12-week program that helps fathers examine the roots of fatherhood and learn more about child development, parenting skills, conflict resolution and more. Sliding fee scale and scholarships available. Interpreter services available.

www.familyess.org

Impact of Domestic Violence on Children

Family Education & Support Services

360-754-7629

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

www.familyess.org

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Kaleidoscope Play & Learn (KP&L)

Child Care Action Council

360-786-8907 x111



A group for parents and caregivers with children birth to 5 years of age. At each 1.5 hour KP&L playgroup session, parents and children will join a facilitator to engage, play, read, sing, and have snack together.

www.ccacwa.org

NAMI Family to Family Class

NAMI Thurston/ Mason

Office: 360-493-6021

Helpline: 360-866-0403

info@namitm.org

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

www.namitm.org

Parent Education Services

E

Family Support Center

360-754-9297 x213

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

www.fscss.org

Parenting & Family Values

Family Education & Support Services

360-754-7629

A 12-week parenting curriculum that addresses past parenting behaviors and present family interactions. Assists parents in planning for a healthy family future. Call for registration. Sliding fee scale available for those who qualify. Sample topics: stress management, child development, discipline and guidance, finding a work-home balance, and more.

www.familyess.org

Parenting Classes

E

Care Net Pregnancy Center of Thurston County

360-753-0061

Parenting education for mothers and fathers.

www.carenetolympia.org

Parenting Classes

■

Timberland Regional Library

360-704-4576

Year-round programs and a wide range of resources for parents and caregivers.

www.trl.org

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Parenting Classes

TOGETHER!

360-493-2230



TOGETHER! Offers parenting and family classes.

Resource materials are also available.

<http://watogether.org/>

Parenting Lectures with Candyce Bollinger

Hands On Children's Museum

360-956-0818



Fee-based, monthly program includes supervised play for attending children ages 3-12, \$10 per child under 3. Call for schedule and to register

www.hocm.org

Parents as Teachers (PAT)

E

Community Youth Services

360-701-2528

For children age 3 or younger, and/or a mother who is pregnant. Home visits to help with parenting and child development twice a month, with group connections, developmental screenings, and resource connections.

Services in English or Spanish in Thurston & Lewis County.

www.communityyouthservices.org

Power Parenting with Family Support Center

Hands On Children's Museum

360-956-0818



Free parenting lectures the second Tuesday of each month from 6-8 pm Free child care for ages 3-12, \$10 per child under 3. Explore various parenting topics and meet and exchange ideas with other parents. Registration required.

www.hocm.org

Raising a Reader

Child Care Action Council

360-786-8907 x146



An evidence-based early literacy program that helps families of young children (birth to age 5) develop, practice, and maintain

habits of reading together at home.

www.ccacwa.org

Winning at Parenting

Family Education & Support Services

360-754-7629

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

www.familyess.org

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■ = gov't program, E = servicios en Español,

36 ☀ = Trans-affirming, + = Referral required,

PREGNANCY & MATERNAL HEALTH

Baby Day E

Thurston County Food Bank 360-352-8597

In addition to its food services, the Food Bank is open every 3rd Tuesday of the month from 11am-1pm for Baby Day. Diapers, baby wipes and additional baby items are available for families with children up to age 4. Interpreter services available. www.thurstoncountyfoodbank.org

Free Testing & Services ☉ E

Care Net Pregnancy Center of Thurston County 360-753-0061

Free pregnancy testing, first-trimester ultrasound, pregnancy options information (does not provide or refer for abortion or contraception), pregnancy support and parenting education. Interpreter services available by appointment. www.carenetolympia.org

Maternity Support Services

Answers Counseling 360-493-4088

Nursing, nutrition, behavioral health and community health services available to Medicaid-eligible pregnant women and infants up to one year old. Interpreter services available. www.answerscounseling.org

Milk Bank E

Providence St. Peter Hospital 360-493-5270
503-469-0955

Donor breast milk for at-risk infants whose own mothers cannot supply enough milk. Breastfeeding mothers can donate their milk for other needy babies. Make a difference in the health of a premature or medically fragile infant. Interpreter services available. www.washington.providence.org

Maternity Support Services & Infant Case Management E

Sea Mar Community Health Center 360-742-5010

This program is here to help women have a healthy pregnancy and out come by providing support, education, and information related to their prenatal and postpartum health. www.seamarchc.org

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Nurse-Family Partnership

■ E

Thurston County Public Health & Social Services

360-867-2545

Home visiting program provided by registered nurses to pregnant mothers. Nurses provide support and information on health, wellness, parenting and growth and development. Referrals to community services. Bilingual nurses available. Serving Thurston, Mason and Lewis Counties. www.so.thurston.wa.us/health

Parent Groups

MOMS Club of Lacey

momsclublacey@gmail.com

<https://www.facebook.com/momscluboflacey/>

For at-home mothers and their children to meet other moms and kids. Activities, monthly membership meetings, playgroups, family parties, special interest groups, MOMS Night Out, Babysitting Co-op, field trips and community service projects.

www.momscluboflaceywa.weebly.com

Pregnancy Aid

⊙

Saint Michael Parish

360-956-7413

Provides support for women and their families experiencing challenges related to pregnancy. Limited counseling, help with finding resources as well as maternity and baby supplies are available free of charge.

www.saintmichaelparish.org

Pregnant Women's Assistance Program

■ E

WA State Department of Social & Health Services

Olympia CSO Office: 1-877-501-2233

Provides a monthly cash grant to eligible pregnant women who are ineligible for TANF (Temporary Assistance to Needy Families) or State Family Assistance for qualifying reasons. Interpreter Services available.

www.dshs.wa.gov

Supplemental Food Program

E

Sea Mar Community Health Center

360-754-2936

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

www.seamarchc.org

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WIC (Women, Infants, & Children program)

Community Action Council

360-438-1100

Available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk. Fathers can also bring their children to apply for WIC.

www.caclmt.org/wic.php

SHELTER, HOUSING & FURNISHINGS

24-hour helpline

E

SafePlace Residential Services

24-hr Crisis Line: 360-754-6300

Office: 360-786-8754, TTY: 711

Free, 24-hour emergency support services for victims of sexual assault, sexual abuse and domestic violence, including confidentially located emergency shelter, food and clothing. Spanish-speaking staff available.

www.safeplaceolympia.org

Emergency Housing Assistance

Yelm Community Services

360-458-7000

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

www.yelmcommunityservices.com

Furniture Bank of Thurston County

⊙

Olympia CRC

360-705-1756

Provides furniture at no charge to those in need. First and third Saturday of the month, 9am-noon. www.olycrc.org

Habitat Home Ownership Program

South Puget Sound Habitat for Humanity

360-956-3456 x4

housing@spshabitat.org

Assists individuals and families reach their dream of affordable home ownership. To qualify you must live or work in Thurston County, earn between 30-80% of the area median income and be willing to partner with Habitat for Humanity. Call to learn more.

www.spshabitat.org

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Hans K. Lemcke Lodge ☉ E

The Salvation Army 360-352-8596

Transitional style program shelter for single men and single women. Case management services, information and referral. Access to shelter program through Social Services, Monday-Friday 8:15-10:30am

www.salvationarmynw.org

Low Barrier Shelter ☉

Interfaith Works Emergency Shelter

360-918-8424 (answered 4pm-8pm daily)

Low barrier shelter. Single-night beds available by lottery that prioritizes women, people over 50 and people living with disabilities. Women's lottery at 5:15pm nightly, men's lottery at 7:15pm.

www.iwshelter.org

PATH Program E

Capital Recovery Center 360-357-2582

Serves people currently experiencing homelessness. Call for an appointment, or drop in on Tuesdays, 9am-2pm.

Interpreter services available. www.crcoly.org

Pear Blossom Place: A Family Support Community E

Family Support Center 24-hr Hotline: 1-844-628-7343

Office: 360-754-9297

Provides safe, warm, emergency shelter for families with children. Families needing shelter should register at Family Support Center between 9am and 5pm Monday-Friday. After hours, call for information about shelter availability. Interpreter services available. www.fscss.org

Rapid Rehousing

SideWalk 360-515-5587

Short term rental assistance for homeless adults. Apply Monday-Thursday, 10am-2pm at 225 State St.

www.walkthurston.org

Rent Subsidies ■

Housing Authority of Thurston County 360-753-8292

Rent subsidies for low-income households, information and referral for subsidized housing programs, and housing rehabilitation in rural Thurston County.

www.hatc.org

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Young Adult Housing Services E
Community Youth Services 360-918-7814

Housing for homeless young adults ages 18-24 who are working toward social and financial independence. Participants may remain in housing for 18 months to 2 years, with case management services. Interpreter services available. www.communityyouthservices.org

TRANSPORTATION

*This section
brought to you by* **INTERcity
TRANSIT**

Bus Service E
Intercity Transit 360-786-1881

Buses run regularly in Olympia, Lacey, Tumwater, and Yelm; Express service to Tacoma. Daily fares: \$2.50 regular; \$1.00 reduced. Monthly bus fare, route or trip planning online or by phone. Interpreter services available. www.intercitytransit.com

Community Vans E
Intercity Transit 360-786-8800

Helps organizations by providing a ready-to-go van for 12 people. Fee is \$.81/mile. We maintain and insure the van. Interpreter services available upon request. www.intercitytransit.com

Dial-A-Lift E
Intercity Transit 360-754-9393

Door-to-door, shared-ride public transportation service when fixed-route buses operate for people with disabilities. www.intercitytransit.com

Travel Training E
Intercity Transit 360-705-5879

Free, 1-on-1 training for anyone who wants to learn to use our bus system to increase independence, support an active lifestyle, reduce traffic congestion, help protect the environment and gain greater access to your community. www.intercitytransit.com

Van Grant Program E

Intercity Transit 360-705-5891

We grant retired vanpool vehicles to organizations in our service area through a competitive award process. Applicants must serve Olympia, Lacey, Yelm, Tumwater, or urban growth areas. www.intercitytransit.com

Village Vans E

Intercity Transit 360-786-1881

FREE programs for people seeking employment. Driver training and job skills are designed to help you build a career. Work-related transportation is free, job-related transportation for low-income job seekers. www.intercitytransit.com/villagevans

Rural Transit E

Thurston Regional Planning Council 253-472-7846

Rural Transit (rT) connects rural and tribal communities to the greater tri-city area of Tumwater, Olympia, and Lacey. rT is your connection between Twin Transit in Lewis County and Intercity Transit in Thurston County. www.trpc.org/325/Rural-Transit

Thurston Here to There E

Thurston Regional Planning Council

We want to help you get from Here to There around Thurston County and the South Sound region.

<https://www.trpc.org/922/Thurston-Here-to-There>

YOUTH & TEEN DEVELOPMENT & RECREATION

Camp Orca

Camp Fire USA 253-597-6234

Camp Fire provides a nurturing, constructive and fun environment for young people to discover their sparks—unique skills, passions, and interests—and adopt a growth mindset. They chart their own course to healthy habits, community leadership, and connection to nature in collaboration with trained, caring adults.

www.campfireorca.org

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Clubs

E

4-H Youth Development

360-867-2157

4-H grows caring, competent, capable youth, equipping them with the life skills they need to thrive, succeed, and make a positive difference in their world. Extension programs and employment are available to all without discrimination. Interpreter services available.

www.extension.wsu.edu/thurston/youth

Clubs

Boy Scouts of American, Pacific Harbors Council

360-357-3331

Scouting programs for kids in K-5th grade; Sea Scouts for boys and girls ages 14-21; Venturing Scouts for boys and girls ages 14-20. Summer Resident Camp at Camp Thunderbird.

www.pacificarbors.org

Clubs

Girls Scouts of Western WA

1-800-541-9852

Building girls of courage, confidence and character.

Serve girls in grades K-12.

www.girlscoutswa.org

Community & School/ Site-Based Mentoring

Big Brothers Big Sisters of Southwest WA

360-943-0409

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

www.swwabigs.org

Community Service, Volunteer & Internships

Hands On Children's Museum

360-956-0818



Hands On
Children's Museum
INSPIRED LEARNING FOR ALLSM
WSECU

Offers volunteer positions, specialized training, community service credit and internship.

www.hocm.org

LGBTQQIA Centered

Ⓔ Ⓕ

Stonewall Youth

360-888-4273

Free activities for LGBTQQIA youth, including regular field trips and yearly program. Also offers youth empowerment opportunities, like a Speakers Bureau and Youth Council.

www.stonewallyouth.org

Salvation Army Youth Program

Ⓔ

The Salvation Army

360-352-8596

Homework assistance, sports, clubs, and extracurricular activities.

www.salvationarmynw.org

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Pizza Klatch Lunch Time Support Groups

⌘ ☼

Pizza Klatch

360-339-7574 x101

info@pizzaklatch.org



Pizza Klatch
Support for LGBTQ Youth

Pizza Klatch provides lunch time support groups in

Thurston County high schools for LGBTQ+ and Allied students. The groups are led by two trained facilitators and help build community and promote belonging in schools.

www.pizzaklatch.org

Prevention Group

⌘ ☼

Partners in Prevention Education

360-357-4472

We talk with and learn from houseless and at-risk youth and young adults about what violence looks like in our community and how we can create a world without violence.

www.pipeolympia.wordpress.com

Youth & Teen Programs

Lacey Parks & Recreation

360-491-0857

www.ci.lacey.wa.us

Olympia Parks, Arts, & Recreation

360-753-8380

www.olympiawa.gov/parks

South Sound YMCA

Briggs Branch: 360-753-6576

Downtown Olympia Branch: 360-357-6609

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

Tumwater Parks & Recreation

360-754-4160

www.ci.tumwater.wa.us

Timberland Regional Library

360-704-4576

Year-round programs for kids and teens, including music, magic events, and books discussion groups at all branches.

www.trl.org

Tumwater United for Families Youth Scholarship Program

Tumwater United for Families (TUFF)

360-754-4160



TOGETHER!

TOGETHER!: 360-493-2230

Gives scholarships for youth activity programs to students in the Tumwater School District and its urban growth areas. To qualify, youth must meet criteria for the Free Lunch Program.

watogether.org/Resources/Tuff

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En Español

Esta guía está disponible en Internet en español.

Haga clic en la Imagen de la guía en

watogether.org



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Additional Resources

For more resources not listed here, call 2-1-1.

For Information or help in a crisis, call The Crisis Clinic of Thurston & Mason Counties at 360-586-2800.

For police, fire department, or ambulance, call 9-1-1.

**ONLINE VERSION
COMING FALL 2019**

watogether.org

The Family Resource Guide of Thurston County
Is brought to you by:



Located on occupied Steh-Chass Territory:

1520 Irving St. SW, Suite A

Tumwater, WA 98512

(360) 493-2230

watogether.org