

Washington State 211 (Mon-Fri 9am – 3pm) call 211 or visit <https://search.wa211.org/>

Thurston County Non-Emergency Number: _____ 360-704-2740

CHILDREN/YOUTH/TEENS

Big Brothers / Big Sisters of SW, WA (children matched w/ adult volunteers): _____ 360-943-0409

Boys and Girls Clubs of Thurston County: _____

____Lacey 438-6811; Olympia 556-3615; Tenino 810-3700; Rochester 273-9397; Tumwater 570-8888

Child Care Action Council (Homeless Childcare, Crisis Nursery): _____ 360-786-8907

Child Care Aware of WA (Resource & Referral Line): _____ 800-446-1114

Children’s Crisis Stabilization (Newborn-20) 24 hours: _____ 360-480-5721

Child Protective Services: _____ 866-764-2233 or 866-363-4276

Child, Youth and Family Services (BHR): _____ 360-704-7170

Community Youth Services (Shelter, Crisis Intervention): _____ 360-943-0780

Family Reconciliation Service (DCYF): _____ 360- 725-6701

Family Support Center (Parent Education/Family Support): _____ 360-754-9297

National Runaway Safe Line 24 hours: _____ 800-786-2929

Nisqually Youth Services: _____ 360-455-5213

South Sound YMCA Briggs: _____ 360-753-6576; Olympia 360-357-6609

Stonewall Youth (LGBTQIA Youth Support Group for 12-21): _____ 360-888-4273

Teen Link (Crisis Connections – Texting Available From 6-9:30pm): _____ 866-833-6546

ADDICTION RECOVERY SERVICES

Alcoholics Anonymous (AA, Adults & Teens) 24 hours: _____ 360-352-7344

Alternatives Professional Counseling (For Domestic Violence Victims Also): _____ 360-357-7986

Celebrate Recovery at Turning Point Church: _____ 360-489-0378

Evergreen Treatment (Counseling, Methadone Program): _____ 360-413-6910

Gambling Hotline (WA) 24 hours: _____ 800-547-6133

(Grays Harbor) Harbor Crest Behavioral Health: _____ 360-533-8500

(Grays Harbor) Ideal Option: _____ 877-522-1275

(Lewis County) Lifeline Connections: _____ 360-388-4048

(Grays Harbor) Lifeline Connections: _____ 360-787-9319

Narcotics Anonymous (NA) (spana.org): _____ 360-754-4433
Nisqually Substance Abuse Program: _____ 360-413-2727
Northwest Resources (Addiction Counseling/Outpatient Rehab): _____ 360- 943-8810
(Grays Harbor) Medtriq Treatment Services: _____ 253-666-6780
(Lewis County) Medtriq Treatment Services: _____ 253-666-6780
Olympia Bupe Clinic (Low Barrier Buprenorphine): _____ 360-349-0033
Providence St. Peter Chemical Dependency Center: _____ 360-456-7575
Sea Mar Behavioral Health (incl. Spanish-Speaking Services): _____ 360-704-7590
(Grays Harbor) Summit Pacific Medical Center- Mat Clinic: _____ 360-346-2346
Syringe Services (Thurston County Health): _____ 360-490-9155
(Pierce) Tacoma Detox: _____ 253-593-2413

Telecare (Crisis Relating to Drug Abuse or Mental Health): _____ 360-754-2423
The Harvest Program - BHR (for Mothers and Expecting Women): _____ 360-754-5729
True North Student Assistance & Treatment Services (Tumwater/Yelm): _____ 360- 464-6867
Washington Recovery Help Line (Substance Abuse, Gambling, Mental Health): _____ 866-789-1511
Washington State Problem Gambling Hotline (24 hours): _____ 800-547-6133

COUNSELING / MENTAL HEALTH

Behavioral Health Resources (BHR, Counseling Services): _____ 360- 704-7170
Capitol Recovery Center (Substance Abuse & Mental Health): _____ 360-357-2582
Catholic Community Services (Family Behavioral Health Services): _____ 360-878-8248
Designated Crisis Responders (Involuntary Detention) 24 hours: _____ 360-754-1338; 800-270-0041
NAMI Helpline (Nat'l Alliance for Mental Illness: Info. & Support): _____ 360- 493-6021
Suicide Prevention: _____ 800-273-8255
Nisqually Mental Health Program: _____ 360-413-2728
Olympic Health Recovery: _____ 360-763-5828
Olympia Free Clinic (Mental Health, Mon & Wed 5-7pm) Message Line: _____ 360- 890-4074
Providence St. Peter Hospital Psychiatry (Med. Mgmt, no counseling services): _____ 360-493-7064
Providence St. Peter Intensive Outpatient Program (Identify Psychiatry): _____ 360-493-7060

Sea Mar Behavioral Health (Includes Spanish-Speaking Services): _____ 360-704-7590
South Sound Behavioral Hospital (Free Assessments) 24 hours: _____ 360-764-8400
Telecare Thurston/Mason (8am-8pm weekdays, 11:30am-8pm weekends): _____ 360-754-2423
Turning Point Church Counseling Services: _____ 360-489-0378
WA Warm Line (Peer Support for Mental Health Challenges, 12:30pm-9pm daily): _____
_____ 877-500-9276 (& 866-427-4747 for King Co Crisis)

DISABILITIES - PHYSICAL & MENTAL

Adult Protective Services, DSHS (Report Abuse of Vulnerable Adults): _____ 877-734-6277
Arc of WA (Advocates for Citizens with Intellectual/Developmental Disabilities) _____ 360-357-5596
Blind Services of WA: _____ 360-725-3846
Braille & Talking Book Library: _____ 800-542-0866
Deaf & Hard of Hearing Services, WA (DSHS): _____ 800-422-7930 TTY 360-725-3450
Dial-A-Lift (IT Bus Services): _____ 360-754-9393
Disability Rights (Seattle): _____ 206-324-1521
Exceptional Foresters Inc. (Independent Living Service; Employment): _____ 360-426-0077
Long Term Care Pro, Catholic Community Services (In-Home Assistance): _____ 360-586-2960
Morningside (Vocational Development/Employment Services): _____ 360-943-0512
Parent to Parent (Supporting Parents of Individuals with Special Needs): _____ 360- 352-1126
PAVE (Advocacy for Families & Individuals w/ Disabilities): _____ 253-565-2266
Thurston County Specialized Recreation: _____ 360- 867-2588
Childcare Action Council (Public Health/Social Service): _____ 360-754-0845
Social Security Information Line (SSI/Medicare): _____ 800-772-1213
Vocational Rehabilitation (Division of DSHS): _____ 360-664-3060

EMPLOYMENT – EDUCATION - LITERACY

Family Education & Support Services (DSHS, Parenting Support/Child Development): _ 360-754-7629
Job Corps (Vocational Education & Life Skills: 16-24): _____ 360-754-7409
Pacific Mountain Workforce Development: _____ 360-704-3568
Sound Learning (Tutoring for Reading, Writing, ESL, GED): _____ 360-426-9733
Work First, SPSCC (Pre-Employment Training/Support for Those on TANF): _____ 360- 596-5401

Work Source (WA State Employment Security: Job Search/Training/Unemployment Compensation): _____ 360-704-3600

EMERGENCY NEEDS – CLOTHING, UTILITIES

Adventist Community Services (Clothing, Emergency Foods): _____ 360-043-1518
City Gate Ministries (Food, Clothing, Hygiene, Furniture): _____ 360-705-0291
Clothing Bank (Sacred Heart Church): _____ 360-491-0890
Community Action Council (Housing/Utility Assistance & Emergency Food Assistance): 360-438-1100
Community Service Office at DSHS (Medicine Coupons/Food Stamps): _____ 877-501-2233
Emergency Outreach Program at Sacred Heart Church (Food; Utility Assistance): ____ 360-923-0929
Olympia Free Store @ Olympia Food Co-Op (Clothing): _____ 360-754-7666
Red Cross (Tacoma): _____ 253-474-0400
Saint Vincent De Paul at St. Mike’s Church (Pregnancy Aid, Utility Assistance): _____ 360-352-7554
Salvation Army (Emergency Shelter, Meals, Utilities/Rent Assistance as Funds Avail.): 360-352-8596
Union Gospel Mission (Clothing, Blankets, Hygiene Supplies, etc.): _____ 360-709-9725
Yelm Community Services (Food, Clothing, Utilities Assistance, Emergency Shelter): _ 360-458-7000

FOOD AND NUTRITION

Food Banks: _____ Olympia 360-352-8597; Tenino 360-264-5505 Yelm 360-458-7000
Food Stamps (DSHS Community Service Office): _____ 877-501-2233
Garden Raised Bounty (GRuB): _____ 360-753-5522
Meals on Wheels by Senior Services (Lunches to Anyone 60+ and Home Bound): ____ 360-586-6181
Union Gospel Mission (Meals, Showers, Shelter): _____ 360-709-9725
ROOF Community Services (Rochester Food Bank): _____ 360- 273-6375
Salvation Army (Community Kitchen): _____ 360-352-8596
Women, Infants & Children (WIC) Nutrition Program at Sea Mar: _____ 360-754-2936
YWCA of Olympia (for Supplies that Food Stamps Won’t Cover): _____ 360-352-0593
Senior Nutrition Program (Meals on Wheels) Senior Services: _____ Shelton 426-9726

HEALTH CARE - HOSPITALS - CLINICS

AIDS Foundation – Oly Office (Case Management for People w/AIDS): _____ 360-352-2375
Assured Home Health: _____ 360-236-9204

Capital Medical Center and ER Dept: _____ 360-754-5858
CHOICE Regional Health Network (Low-Income Insurance): _____ 360-539-7576
Dental Clinic (Sea Mar): _____ Olympia 570-8016 Lacey 359-4860 Yelm 400-4840
Health Department, Thurston County: _____ 360-867-2500
HIV/AIDS Hotline, WA: _____ 800-272-2437
Homecare Referral Registry (In-Home Care for Medicaid Client Only): _____ 360-664-3162 Ext 143
Hospice (Assured): _____ 360-352-0711
Hospice (Providence St. Peter): _____ 360-486-2999
Medical Assistance, Coupons (CSO, DSHS): _____ 877-501-2233
Nisqually Health Services (Medical and Dental): _____ 360-459-5312
Olympia Free Clinic (M & W 5-7pm): _____ 360-890-4074
Options Pregnancy Clinic (Counseling/Testing, Ultrasound, No Birth Control): _____ 360-753-0061
Planned Parenthood (Birth Control, Pregnancy Testing/Counseling): _____ 360-754-5522
Paratransit Services (Transportation to Medical Appointments): _____ 800-846-5438
Poison Center, WA 24-hours: _____ V/TDD: 800-222-1222
Providence St Peter Hospital: _____ 360-491-9480
Sea Mar Medical: _____ Olympia 360-491-1399; Lacey 360-359-4840; Yelm 360-400-4800
SHIBA (State Health Insurance Benefit Advisers: Medicare, Suppl. Ins. Info): _____ 800-562-6900
Union Gospel Mission Clinic (for Uninsured): _____
_____ Vision: 360-709-9725; Dental: 360-943-6400; Public Health: 360-867-2900

HOUSING ASSISTANCE - EMERGENCY SHELTERS

Coordinated Emergency Shelter Entry Line - 24 hours: _____ 844-628-7343
Community Action Council: _____ 360-438-1100
Community Youth Services: _____ 360-943-0780
Drexel House (Housing Programs & Shelter) 24 hours: _____ 360-753-3340
Eviction Defense Screening Line: _____ 855-657-8387
Family Support Center (Housing Diversion Program) 24 hours: _____ 360-754-9297
Haven House (Shelter/Crisis Center for Teens 12-17) 24 hours: _____ 360-754-1151
Housing Authority of Thurston County (for Low Income, Disabled, Elderly): _____ 360-753-8292

Housing Rehabilitation, City of Olympia (Rehabilitation Loans for Homeowners): _____ 360-753-8314
Interfaith Works at Unity Commons (Shelter for 18+, pets OK) 24 hours: _____ 360-918-8424
Rosie's Place (Drop-In Day Shelter for Youth/Young Adults 12-24): _____ 360-943-0780 Ext 186
Safeplace (Shelter for Abused Women) 24 hours: _____ 360-754-6300
Salvation Army (Emergency Shelter/Rental Assistance): _____ 360-352-8596
SideWalk Support Center (M-Th 10-3): _____ 360-515-5587
Union Gospel Mission: _____ 360-709-9725

SAFETY - LEGAL - CONSUMER ASSISTANCE AND SUPPORT

Child Support Enforcement Office: _____ 800- 442-5437
CLEAR Hotline (Coordinated Legal Edu Advice & Referral): _____ 888-201-1014
Consumer Protection Division (Attorney General, Unfair Business): _____ 800-551-4636
Crime Victim Advocacy Network (Victim Help Line): _____ 360-786-5601
Disability Rights, Washington (Developmentally Disabled/Mentally Ill): _____ 800-562-2702
Dispute Resolution Center (Mediation Services): _____ 360-956-1155
Domestic Violence Advocates (Thurston County): _____ 360-754-2989
Family Court Facilitator (Thurston County Juvenile and Family Court): _____ 360-709-3269
Family Support Center (Coordinated Family Services): _____ 360-754-9297
Human Rights Commission of WA: _____ 360-753-6770
LongTerm Care Ombudsman (Mediation/advocacy in Nursing Homes): _____ 360-943-6018
National Domestic Violence Hotline 24 hours: _____ 800-799-7233 or TTY 800-787-3224
PFLAG Olympia (Support for LGBTQIA Community and Family): _____ 360-207-1608
P.O.W.E.R. (Parents Organizing for Welfare & Economic Rights): _____ 360-352-9716
Safe Haven (Needing to Surrender Newborn Anonymously) 24 hours: _____ 866-992-2291
SafePlace (Sexual and Domestic Violence Helpline) 24 hours: _____ 360-754-6300
Tenant Rights Hotline (Seattle): _____ 206-723-0500
Thurston County Family Justice Center: _____ 360-754-9297
Victim Assistance (Thurston County Prosecuting Attorney): _____ 360-786-5540
Volunteer Legal Services: _____ 360-705-8194
Legal Shield: _____ 253-896-5252

SENIORS

Adult Protective Services (DSHS, Report Abuse of Vulnerable Adults): _____ 877-734-6277

Area Agency on Aging (Info & Case Management): _____ 360-664-3162

Catholic Community Services (Home Care): _____ 360-586-2960

Homecare and Hospice (by Providence Sound): _____ 360-459-8311

Home & Community Services (DSHS, Long-Term Care): _____ 360-725-2300

In-Home Care Coordination (by South Sound Care): _____ 360-586-4491

Medical Equipment Loan Bank (Message Line): _____ 360-456-8810

Older Adult Services (BHR, Counseling/Case Management): _____ 360-704-7170

RSVP (Retired Senior Volunteer Program): _____ 360-943-2773 ext.20

Senior Centers: _____

Yelm 458-7733; Lacey 407-3967; Rainier 446-2258; Tumwater 754-4160; Olympia (for transportation ext. 128) 586-6181

Social Security Office (Olympia): _____ 866-807-1160

South Sound Care Connection (Care Coordination): _____ 360-586-4491

SPECIFIC POPULATIONS - SERVICES AND ASSISTANCE

Cielo Olympia (Latino Educational; Legal Advocates; Mental Health Services): _____ 360-709-0931

Downtown Ambassadors (Street Outreach; Business Support; Hospitality): _____ 360-338-2853

KWA: Korean Women's Association (Asian, Pacific Islander, and Elders): _____ 253-535-4202

Nisqually Indian Tribal Services: _____ 360-456-5221

PiPE (Aid & Counseling for Houseless Youth/Young Adult): _____ 360-522-5536

South Puget Intertribal Planning Agency (SPIPA – Five Tribes): _____ 360-426-3990

Veterans Assistance Fund (Rent, Utilities, Food, Bus Passes): _____ 360-867-2625

Veterans Benefits and Services (WA State): _____ 800-562-2308

PEER SUPPORT CRISIS LINES

Alcoholics Anonymous 24 hours: _____ 360-352-7344

Psychedelic Peer Support (3pm-3am) Call or Text: _____ 623-473-7433

Suicide Lifeline 24 hours (for Veterans Crisis Line: Press 1): _____ 800-273-8255

The Trevor Project Hotline (Suicidal 25 and Younger, Straight or LGBTQIA) 24 hours: _ 866-488-7386

Trans Lifeline 24 hours: _____ 877-565-8860

WA Warm Line (Peer Support for Mental Health Challenges) 24 hours: 877-500-9276 & 866-427-4747

Pregnant and Parenting Women:

Nurse Family Partnership: _____ 360-280-7418

Maternity Support Services at SeaMar: _____ 360-742-5010

Options Pregnancy Clinic: _____ 360-753-0061

Parent- Child Assistance Program: _____ 360-688-6169

Stacy Everett: _____ stacy.everette@co.thurston.wa.us 360-968-4037

Resources

Sea Mar

669 Woodland Square Loop Se, Lacey 360-359-4840 (Health Center)

905 24th Way Southwest Olympia WA 360-742-5010 (Health Center)

205 Lilly Road Northeast Ste A1 Olympia WA 360-742-5000 (Walk in Clinic)

202 Cullens Street Northwest, Yelm 360-400-4860 (Behavioral Health Clinic)

14916 Washington Ave Southwest Lakewood 253-280-9890 (Health Center)

Food Banks

Thurston County Food Bank- 220 Thurston Ave Northeast, Olympia 360-352-8597

Yelm Food Bank- 614 Crystal Springs Street Northwest, Yelm 360-458-7000

Olympia Food Pantry- 7027 Martin Way East, Olympia 360-352-8597

Eloise's Cooking Pot Food Bank- 3543 East Mckinley Avenue, Tacoma 253-426-1994

Bash- Bikers Against Statewide Hunger- 103 140th Street, Tacoma 253-531-9600

Tillicum Community Service Food Bank- 14916 Washington Avenue Southwest, Lakewood 253-584-1280

Nisqually Transit (Nisqually Tribal Members)

Nisqually Transit Offers free rides in a fixed radius, the radius is 15 minutes driving area of the Tribal Admin.

Services Monday through Friday 6am to 6pm, no services when the Tribe is closed and between 1130am to 1230pm. Earliest pickup is at 0615Am.

Nisqually Move-In Assistance (Nisqually Tribal Members)

This service is provided once during a two-year period and allows up to \$3,000 in assistance. Per policy, Tribal Members who receive per capita payments are ineligible for 30 days after receiving a per capita distribution. For applications, please contact Marie McDonald at 360-456-5221 extension 1234 or Jason Sharp at 360-456-5221 extension 2104.

General Assistance Program

The G.A. program is a monetary stipend for clients that are enrolled in a federally recognized tribe and residing in Thurston County. Clients must participate in monthly job search to maintain eligibility. They have 12 job searches a month which they must show they did 3 searches per week. Contact Amber Sutterlick at 360-456-5221 Ext. 1283

Emergency food Voucher

Community Services Administration facilitates the Emergency Food Voucher Program which provides emergency food vouchers to qualifying, low-income families. For applications, please contact Marie McDonald at 360-456-5221 extension 1234 or Jason Sharp at 360-456-5221 extension 2104.

Native Employment Works

This program is to assist clients with work activities to eligible members of a federally recognize tribe in Thurston County. Allowable work activities include educational activities, training and job readiness activities and employment activities. Also, allowable supportive and job retention services and family sufficiency related expenses that enable clients to participate in the program.

Unemployed/underemployed and /or teens are priority. Contact Amber Sutterlick at 360-456-5221 Ext. 1283

Nisqually Tribe Assisting Native Families (TANF)

Services low-income families and provides temporary cash assistance and support services. To be eligible for services there must be a minor in the household, if school aged, must be attending school, at least one family member must be enrolled in a federally recognized tribe. Must also reside in Thurston or Pierce County. Tanf Direct Line- 360-456-5237

Nisqually Youth Center

360-455-5213

Kevin Moore ext. 2169 moore.kevin@nisqually-nsn.gov

Ashley Rosado ext. 2207 rosado.ashley@nisqually-nsn.gov

Kiesha McDonald ext.2206 mcdonald.kiesha@nisqually-nsn.gov

Elizabeth Vantiem ext. 2177 vantiem.elizabeth@nisqually-nsn.gov

Adult Wellness Culture Center

Amanda Hicks – Adult Wellness Culture Coordinator

Hicks.amanda@nisqually-nsn.gov 360-455-5213 ext.2171

Victims Of Crime (DV advocate)

Querida Perez - Victims of Crime

360-459-9606 ext. 4041

perez.querida@nisqually-nsn.gov

Social Services Admin Assistant

Elizabeth Mcgee

360-456-5221 ext.1328

mcgee.elizabeth@nisqually-nsn.gov

Nisqually Children and Family Services

Direct Line 360-413-3015

360-456-5221 ext. 2212

Report Child Abuse or Neglect 866-764-2233

Puyallup Tribal Adult Services (Puyallup Tribal Only)

Puyallup Tribe assists their Tribal members with Transportation, Housing placements, information and referral services, community education and outreach. For more information contact Maria West at 253-381-0787 or Harmony Roebuck at 253-722-6641 Monday Through Friday 8am to 5pm

Puyallup Tribal Tero Department

Applicant must be a member of a federally recognized Tribe or a spouse of a Puyallup Tribal Member. Hours of Operation is Monday through Friday 8am to 5pm contact number 253-573-7846 Address is 1423 East 29th Street Tacoma 98404

SPIPA (Chehalis, Nisqually, Shoalwater Bay, Skokomish, Squaxin Island)

Workforce Development- 3104 Southeast Old Olympic Highway, Shelton 98584 360-426-3990

Other Programs they assist in is Cash Assistance, Childcare Services, Employment and Training, Non-Financial Services.

Cash Assistance-Cash assistance is not an entitlement program, and all applicants must meet the following in order to receive services: Meet the definition of Needy-'Needy' means financially unable to meet basic needs due to lack of income and resources; A household must include: A dependent child who has not attained 18 years of age and is enrolled in school if school aged, or; A dependent child who has not attained 19 years of age and is a full time student in a secondary school (or in the equivalent level of vocational or technical training) at the time of application, or; A woman who is pregnant as documented by a physician.

Childcare Services-The purpose of Childcare Services is to provide high quality, culturally appropriate childcare to all eligible families who meet the following eligibility: Children through age of 18 if such children are physically, and/or mentally incapable of self-care as documented by a licensed physician; Proof of residency; Proof of income; Proof of Protective Services/Special needs.

Employment and Training-Assists clients in gaining self-sufficiency through education, job preparation, and obtaining and retaining employment. Non-financial, Financial, and Support services are available to eligible clients. Examples of WFD Employment and Training activities include but are not limited to: Attending High School or GED Completion; Cultural and Traditional Activities; Education Related to Employment; Entrepreneur Assistance; Financial Empowerment/Literacy; Job Skills (Employment-Related Training) ; Life Skills Training; On-The-Job Training; Paid Employment; Post-Secondary Education; Subsidized Tribal Employment; Subsidized Work in Private Sector; Vocation Training and Education; Work Experience; Workshops and Activities that support and lead to Entrepreneurship; Work search

Non-Financial Services- Workforce Development Program Non-Financial services may include but are not limited to: Application Assistance; Basic Literacy; Capacity Building; Financial Literacy; GED Preparation and High School 21; Interviewing Techniques; Job Boards/Labor Market Information; Job Readiness Training; Job Retention.

Vocational Rehabilitation- SPIPA Assists the Nisqually and Squaxin Island Tribes in the administration of the Vocational Rehabilitation (VR) grant that provides culturally appropriate VR services to enrolled Native Americans with disabilities residing on or near the Squaxin Island or Nisqually Indian Reservation service areas who have a functional limitation and need assistance maintaining, obtaining, and regaining employment. A variety of services can be provided to assist eligible participants to prepare for, obtain and/or to retain jobs. These types of services may include but are not limited to vocational and technical services and devices: job placement and retention services; post-employment services; transition services; assessments, evaluations, and diagnostic services. For Nisqually residents, call Amber Sutterliect at [360.456.5221](tel:360.456.5221) ext. 1283 or sutterliect.amber@nisqually-nsn.gov Squaxin Island residents, call Will Marchant at [360.432.3949](tel:360.432.3949) or wmarchant@squaxin.us.

DDOR- SPIPA also delivers diapers to family in need in their service area. Orders are due by the 15th of the previous month for distribution. Order form is on their website.

EFAP- Emergency food vouchers to eligible households and individuals.

FDPIR- Provides fresh vegetables and frozen meats to community families on a monthly schedule. Form to fill out is on their website.

LFPA- The goal of the Local Food Purchasing Assistance Program is to increase access to local Washington food by building partnerships with local and regional Farmers. These food boxes will provide Tribal members with local produce, meat, eggs, dairy products, and breads.

Food boxes will be available to enrolled Tribal members of the following Tribes:

Chehalis, Nisqually, Port Gamble, Puyallup, Shoalwater Bay, Squaxin Island, and Skokomish.

Most food boxes will be delivered during normal USDA foods delivery dates.

LIHEAP- Provides financial assistance for home energy costs, the application is only made available when funding is approved each year.

LIHWAP- Provides financial assistance for water costs. Application is on their website.

WIC- Provides food and nutritional education to low income women and their children.

Mother Nation Housing

Terri Sulaiman- 425-409-4262 Email: tsulaiman@mothernation.org

Mother Nations is a non profit Native American organization which offers culturally informed healing services, advocacy, mentorship and homeless prevention in the state of Washington.

Counseling/Mental Health

- Crisis clinic of Thurston & Mason county. This web site has lots of helpful resources and services that maybe helpful during hard times, even early prevention tips. <https://crisis-clinic.org> **360-754-1338 or 1-800-270-0041** They have youth volunteers between 4pm-8pm Monday thru Friday.
- Recovery Helpline **1-866-798-1511** They also have a Teen Link **1-866-833-6446** 6pm-10pm
- The Olympia Free Clinic 24-hr Crisis line **360-754-6300** Office **360-890-4074 TTY:711** www.theolympiafreeclinic.org they provide medical, mental, specialty care services to uninsured and underinsured adults at no cost to the patient.
- Children's crisis (newborn-twenty) 24hr **360-352-7986**
- Family Support Center of South Sound (parent education/family support) **360-754-9297**
- NAMI Connection Recovery Support Group. They provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. VERY GOOD INFORMATION office: **360-493-6021** Helpline: **360-866-0403** info@namitm.org

Emergency NEEDS

- **211** provides local resources

- Baby Bank Weds 10am-11:45am a referral needed from a social service agency. Olympia Church of Christ 3132 Boulevard Rd SE, Olympia, WA 98501 **360-357-6617**
- Dry Tikes and Wet Wipes 6840 Capital Blvd SE 3, Tumwater, WA 98501 **360-584-8684** they do a drive by diaper events.
- The Other Bank is now located The Thurston County Food Bank 220 Thurston Ave. NE Olympia 98501 **360-352-0593**
- Sacred Heart Catholic church provide free clothing and other donated items. **Wed & Fri 1-2:45 pm.** Located @ 812 **Bowker St SE, Lacey, WA 98503**
- Yelm community Services **360-458-700** www.yelmcommunityservices.com services include: emergency housing assistance, homeless shelter, food bank, may have other services available.
- StrongHearts Native Helpline **1-844-7NATIVE (762-8483) 24/7** safe, confidential and anonymous domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy.

Child Care

- Childcare action council **1-800-446-1114** www.ccacwa.org call for a list of licensed child care homes and centers that offer DSHS/food programs. **THEY PROVIDE SUPPORT IF YOU ARE HOMELESS AND NEED CHILDCARE.**

Homeless Family Services **360-754-1151, 360-943-0780**