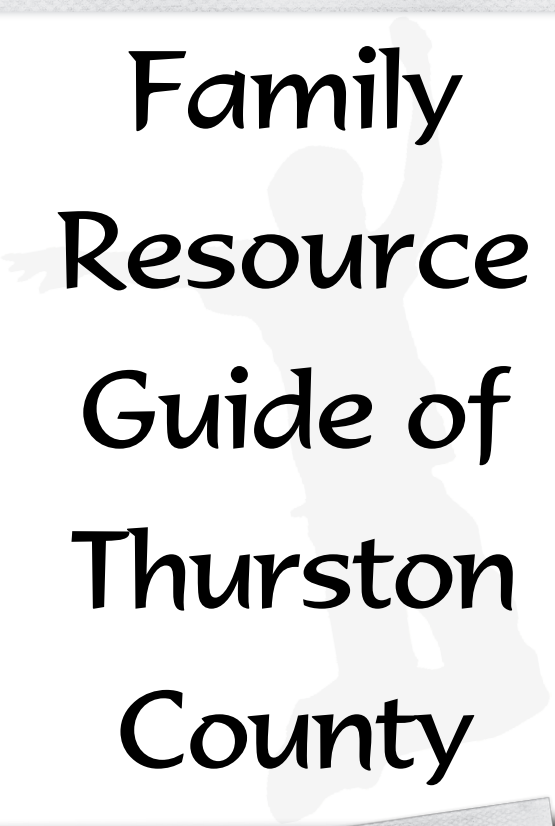


2016 – 2018

Family Resource Guide of Thurston County



Community
Services
for Those Who
Nurture Our
Children

Created and produced by:



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Tribal Resources

The **Nisqually Tribe** has many resources and programs for tribal members. For more information:

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



AFTER-SCHOOL / SUMMER PROGRAMS

*This section
brought to you by*



After School, Summer & Holiday Programs

- *Lacey Parks and Recreation* 360-491-0857
www.ci.lacey.wa.us
- *Olympia Parks, Arts, & Recreation* 360-753-8380
Wide variety of summer and school break camps for all types of interests. *www.olympiawa.gov/parks*
- *Tumwater Parks & Recreation* 360-754-4160
www.ci.tumwater.wa.us

Boys & Girls Clubs of Thurston County

Administrative Offices	360-956-0755
Lacey Branch	360-438-6811
Olympia Branch	360-556-3615
Rochester Branch	360-273-9397
Tumwater Branch	360-570-8888

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

www.bgctc.org

- Girls Circle - Middle School** 360-352-0593
YWCA of Olympia

After-school peer support group for middle school girls to develop self-esteem, establish healthy relationships with adults and each other, and express feelings through discussion and creative activities.

www.ywcaofolympia.org

- Girls Without Limits!** 360-352-0593
YWCA of Olympia

Spring break, summer and Saturday camp program for girls ages 10-14 that explores science, technology, engineering and math (STEM) via mentoring and career awareness.

www.ywcaofolympia.org

○ = Faith-based, & = Gay/Lesbian/Queer-friendly,
☼ = Trans-affirming, ■ = State program, + = Referral
required, E = servicios en español

School Break Camp Program

360-956-0818

Hands On Children's Museum

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

■ **Timberland Regional Library**

360-704-4576

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

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. www.thurstontogether.org

ALCOHOL/TOBACCO/ OTHER DRUGS

○ **AA**

24-hour hotline 360-352-7344

Alcoholics Anonymous

Support for people seeking recovery from alcohol abuse. www.aadistrict8.org

○ **Al-Anon / Alateen**

360-280-0242

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 Tom at the listed number for more information.

www.southpugetsoundal-anon.org

+ Alternatives Professional Counseling 360-357-7986

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

www.alternativesprocouns.com

E ○ **Celebrate Recovery**

360-943-4391

Capital Christian Center

Provides support, tools and processes to aid individuals in recovery from hurts, habits and hangups through a Christian 12-step/8-principal program. Child care and teen programs provided. www.go2ccc.org

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○ **Christian Recovery** 360-709-9725
Olympia Union Gospel Mission

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

Clean and Sober Parenting 360-754-7629
Family Education and Support Services

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

E Crisis Intervention and Referral 360-586-2800
The Crisis Clinic of Thurston & Mason Counties 1-800-627-2211

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

E Harvest Program-Recovery 360-704-7170
Behavioral Health Resources 1-800-825-4820

Intensive outpatient program for chemically dependent pregnant, postpartum or parenting women; parenting classes; free child care. *Interpreter services available.* www.bhr.org

NA 24-hour help and info line 360-754-4433
Narcotics Anonymous

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

E Providence St. Peter 360-456-7575
Chemical Dependency Center 1-800-332-0465

Substance Use Disorder and Problem Gambling assessment, outpatient and education for adolescents and adults. Tobacco Cessation education and outreach. *Interpreter services available.* www.providence.org/swsa/services/cdc

Specializes in providing quality chemical dependency treatment for adults who wish to break ties of addiction. Medical coupons and most insurances accepted. *Interpreter services available.*

www.bhr.org

Tobacco Prevention & Education Program 360-493-2230
TOGETHER! x11



Provides tobacco prevention, education and cessation support for youth and adults. Also provides information at community events.

www.thurstonttogether.org

**E True North Student Assistance
& Treatment Services**

360-464-6870

Behavioral health services including prevention, intervention, treatment and recovery support for students with substance abuse and mental health conditions. Screening, assessment, individual and group counseling and case management. *Interpreter services available.*

www.esd113.org

CHILD CARE/ EARLY LEARNING

*This section
brought to you by*



Child Care Aware of the Olympic Peninsula

Child Care Action Council

1-800-845-1114

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

www.childcarenet.org/families

Child Care Licensed Family Homes and Centers

Child Care Action Council

1-800-845-1114

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

www.ccacwa.org

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E ■ Early Support for Infants and Toddlers

Department of Early Learning

352-1126 x103

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

www.del.wa.gov/esi

Homeless Child Care

2-1-1

Child Care Action Council

786-8907 x100

If you are homeless and need child care, you may get a referral through the Family Support Center, SafePlace, or another local agency. Call 2-1-1.

www.ccacwa.org

E■+Lacey Child Care/Family Services Center 360-407-5331

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

www.soundtoharbor.com

Preschool

360-956-0818

Hands On Children's Museum

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

○ **St. Mike's Tikes Early Learning Center**

Catholic Community Services

360-586-1585

Child care for ages 1 month to 12 years. *www.ccsnm.org*

E■ Working Connections

1-877-501-2233

DSHS-Olympia CSO Office

Subsidized child care for people with low income and who are currently employed. *Interpreter services available.*

www.dshs.wa.gov

CLOTHING / SUPPLIES

○ **Adventist Community Services Center**

360-943-1518

Clothing bank and emergency food. *www.laceysda.org*

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○ **Baby Bank** 360-357-6617

Olympia Church of Christ

Services are free with referral from a social service agency. Diapers and clothing for infants and small children. Wednesdays, 10-11:30 a.m., or by appointment on Tuesdays. www.olycofc.com

○ **Clothing Bank** 360-709-9725

Olympia Union Gospel Mission

Free new and gently used men's and women's clothing. Open weekdays. Call for hours of operation. www.ougm.org

○ **Clothing Bank** 360-359-5383

Sacred Heart Catholic Church

Free clothing, shoes and some household goods Wednesday and Friday 11 a.m.-1 p.m. July & August and 1 p.m. to 3 p.m. the rest of the year, and 2nd Saturday of each month 10 a.m.-1 p.m. www.sacredheartlacey.com

○ **Clothing Bank**

Saint Michael Parish

Provides free clothing, bedding and assorted housewares, Tuesday and Saturday 9 a.m. - 11 a.m. and Thursday 6:30-8 p.m. www.saintmichaelparish.org

& ☼ **Drop-In Center** 360-357-4472

Partners in Prevention Education

Houseless and at-risk youth and young adults are welcome to drop in at PiPe to get supplies, eat, take a shower, do laundry and build community. Open Thursdays & Saturdays 1-5pm and Sundays 1-4pm. pipeolympia.wordpress.com

Kathleen's Closet 360-352-0593

YWCA of Olympia

Provides professional clothing for job interviews and employment for women in need. By appointment only. www.ywcaofolympia.org

Little Red Schoolhouse 360-438-1100 x143

TOGETHER!



Helps low-income families with school supplies, backpacks and limited clothing for their children. Supplies are distributed every August. www.redschool.org

Free hygiene supplies to those in need; supplies include toilet paper, feminine hygiene supplies, laundry detergent, toothpaste and shampoo. Open Wednesdays 1-3:30 p.m.
Bring photo ID www.ywcaofolympia.org

COUNSELING

E Counseling and Support

360-704-7170

Behavioral Health Resources

1-800-825-4820

Counseling programs for adults, children and families; community support services. *Interpreter services available.*
www.bhr.org

Domestic Violence

360-357-7986

Alternatives Professional Counseling

Court-ordered or self-referred year-long program.
www.alternativesprocouns.com

E Family Preservation

360-918-7812

Community Youth Services



Up to 6 months of therapeutic case management and counseling for families referred through DCFS. Identify strengths and resolve problems to prevent out-of-home placement of children. Delivered primarily in families' homes at convenient times. *Interpreter services available.*

www.communityyouthservices.org

Girls Circle - High School

360-352-0593

YWCA of Olympia

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

E Independent Living Skills (ILS)

360-918-7818

Community Youth Services



Life skills training, case planning and support to youth ages 15-21 who are, or have been, in foster or group care, to help youth learn to live independently. Services and workshops in Thurston, Mason and Lewis counties. *Interpreter services available.*

www.communityyouthservices.org

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E Monarch Children's Justice & Advocacy Center

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.monarchbjac.org

E Multisystemic Therapy

360-918-7889

Community Youth Services



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

NAMI T/M Connection Support Group 360-943-7889

NAMI Thurston/Mason

Office 360-493-6021

Email info@namitm.org

Free recovery-based, peer-led support group for those with mental illness. Meets 2nd and 4th Mondays at 1:30 p.m. and 1st and 3rd Thursdays at 6:30 p.m.

NAMI T/M Family Support Group

NAMI Thurston/Mason

Office 360-493-6021

Helpline 360-866-0403

Support group for family members of persons with mental illness. Support, shared wisdom, problem-solving. Meets 2nd and 4th Wednesdays at 6 p.m. and 1st and 3rd Mondays at 6 p.m.

Most South Sound parents have discussed drugs or alcohol with their teen.

Have you talked with your teen today?

Brought to you by **TOGETHER!**

Parents Matter.

www.ThurstonTOGETHER.org

Source: Washington State Healthy Youth Survey of 10th graders, 2012

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Community mental health agency with a holistic, peer-supported approach to mental health recovery. Call for an appointment, or drop in Monday-Thursday 9 a.m.-4 p.m. *Interpreter services available.*
www.crcoly.org

E Proyecto Esperanza (Sexual Assault/Abuse Services)
CIELO Project at Radio Ranch

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 and Mason counties. *Interpreter services available.* www.cieloprograms.org

E Proyecto Familia (Mental Health Counseling)
CIELO Project at Radio Ranch

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

E SoundCareKids
Providence SoundHomeCare and Hospice

360-493-5928

Four 6-week support group sessions provided during the year for families with children and teens who have experienced the death of a significant person in their lives. Support groups are also available for young adults. *Interpreter services available.* www.providence.org/smsa

&☼ Therapy
Partners in Prevention Education

360-357-4472

Free culturally humble and trauma-informed therapy is available to houseless and at-risk youth and young adults, survivors of violence and victims of crimes.
pipeolympia.wordpress.com

■ Thurston/Mason Regional Support Network

Thurston County Public Health & Social Services 360-867-2602
1-800-658-4105

Administers mental health, substance use and disorder services for publicly funded citizens in Thurston and Mason Counties.
www.co.thurston.wa.us/health

■ **Thurston/Mason Regional Support Network Ombuds Services**

360-867-2602

Thurston County Public Health & Social Services 1-800-658-4105

Assists with concerns and grievances with publicly funded behavior health providers. Provides information and referral about behavioral health services in Thurston and Mason Counties. Assists with Mental Health Directive for people presently receiving or in the past who have received publicly funded Mental Health Services.

www.co.thurston.wa.us/health

E Transitional Age Youth

360-918-7854

Community Youth Services



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 bases. Therapists are available to help youth create a personal treatment plan for youth in Thurston and Mason counties. *Interpreter services available.*

www.communityyouthservices.org

CRISIS/EMERGENCY/ REFERRAL

&☼ Advocacy

360-357-4472

Partners in Prevention Education

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.

pipolympia.wordpress.com

Child Protective Services

1-888-713-6115

WA State Department of Social & Health Services

To report allegations of child abuse or neglect, call 1-888-713-6115.

www.dshs.wa.gov/ca

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○ **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. Meets every Thursday from 7 to 9 p.m. in the parking lot at State and Adams in downtown Olympia.

www.citygatesministries.com

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

E Crisis Line

360-586-2800

The Crisis Clinic of Thurston & Mason Counties 1-800-627-2211

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

www.crisis-clinic.org

E Downtown Ambassadors

360-570-3900

Capital Recovery Center

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.nwrecovery.org/ambassadors.html

○ **Emergency Needs**

360-352-8596

The Salvation Army

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

Emergency Services

360-273-6375

ROOF Community Services

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

www.roofcommunityservices.org

E Family Justice Center

360-754-9297

Family Support Center

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.thurstoncountyffc.org

■ Family Reconciliation Services

1-888-713-6115

DSHS, DCFS, Children's Administration

Any youth and parent having serious conflicts, any parent whose child has run away, or any runaway youth may request services. The state Division of Children & Family Services provides FRS to teenagers ages 13-17 and their families.

www.dshs.wa.gov

E Family Resource Services

360-754-9297 x210

Family Support Center

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

E + Haven House

360-754-1151

Community Youth Services

360-705-0343



Co-ed residential center for runaways, youth in conflict with their families and youth who cannot be maintained in other settings, ages 12-17. Open for intake 24 hours a day, 7 days a week. Referrals through DCFS, law enforcement and CYS. Youth may remain for up to 30 days. *Interpreter services available.*

www.communityyouthservices.org

E Homeless Family Services

Family Support Center

360-754-9297 x200

24-hour emergency shelter 360-628-7343

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

www.fscss.org

E Information and Referral

360-956-1155

Dispute Resolution Center

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

E Information, Referral and Advocacy 360-709-0931

CIELO Project at Radio Ranch

Bilingual information and referral services. Assists clients with services requiring a community advocate. *Interpreter services available.* www.cieloprograms.org

Margie's Crisis Nursery

360-786-8907 x100

Child Care Action Council

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

360-207-1608

Parents, Family & Friends of Lesbians & Gays

Support, education & advocacy regarding sexual orientation and gender identity. Committed to civil rights of gays, lesbians, bisexual & transgender persons. Local branch of national agency. www.pflag-olympia.org

E Rosie's Place

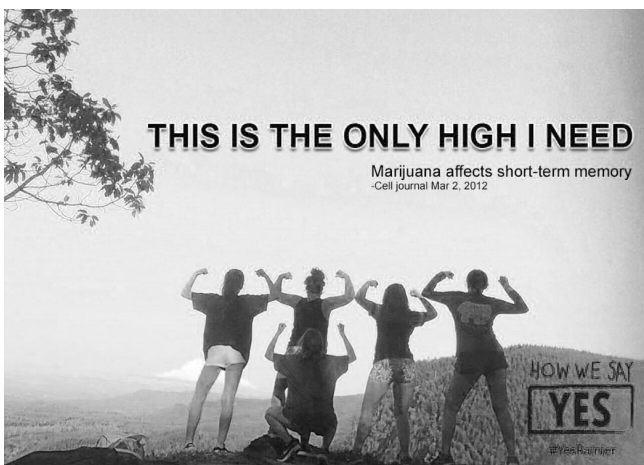
360-918-7828

Community Youth Services



Daytime resource center for homeless youth or those at risk of becoming so. Counseling, case management, meals, referrals, clothing, hygiene, survival items, and a safe place to go. *Interpreter services available.*

www.communityyouthservices.org



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E SafePlace Crisis Intervention and Advocacy

SafePlace

24-hour crisis line 360-754-6300

TTY 7-1-1

Business office 360-786-8754

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

Interpreter services available.

www.safeplaceolympia.org

E Safe Shelter

1-888-698-1825

Community Youth Services

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

○ St. Vincent de Paul Society

360-352-7554

Saint Michael Parish

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

www.saintmichaelparish.org

E Street Outreach

360-918-7828

Community Youth Services



Immediate crisis intervention, counseling and resource referrals to youth. Workers are stationed in several areas, including Olympia Community Center; youth hangouts in Lacey, Tumwater and outlying areas; and ROOF Community Services in Rochester and Mason County Transit Center in Shelton. *Interpreter services available.*

www.communityyouthservices.org

E ■ Temporary Assistance to Needy Families

DSHS-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

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TSAPOWUM Chehalis Tribal Behavioral Health

Chehalis Tribal Clinic

360-709-1733

Provides intensive outpatient alcohol/chemical dependency assessment and treatment, 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.

E ■ Washington Poison Center

1-800-222-1222

Provides free emergency instructions and information 24/7 on potential poisonings and toxic exposures. *Interpreter services available.*

www.wapc.org

E ■ WA Recovery Help Line

1-866-789-1511

Teen Link (evenings 6-10 p.m.) 1-866-833-6546

TTY 1-206-461-3219

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.

www.warecoveryhelpline.org

Interpreter services available.

866teenlink.org

Yelm Community Services

360-458-7000

Serves those in Yelm and Rainier school districts and Nisqually Tribe Reservation. Emergency housing assistance and homeless shelter; food bank; clothing thrift store. Open for emergencies Monday-Friday 9 a.m.-5 p.m. Food bank open Thursdays 1-4 p.m. Call to apply for housing.

www.yelmcommunityservices.com

E Youth Help Line

360-586-2777

The Crisis Clinic of Thurston & Mason Counties

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

DISABILITY & SPECIAL NEEDS

E■ Aged, Blind and Disabled Program 1-877-501-2233

DSHS - Olympia CSO Office

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

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/remote communities.

www.basicsnw.com

■ Children with Special Health Care Needs Program

Thurston County Public Health

360-867-2543

360-867-2548

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

Exceptional Families Network

253-830-4368

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

www.exceptional-families.org

○ Family Behavioral Rehabilitation Services

Catholic Community Services

1-888-322-7156

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.ccsnw.org

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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
Email info@namitm.org

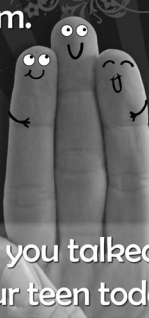
Free 10-week recovery-based peer-led class for individuals with mental illness. www.namitm.org

Specialized 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

**Most South Sound
parents tell their kids
they are proud
of them.**



**Have you talked with
your teen today?**

Source: Washington State Healthy Youth Survey, 2014

**Parents
Matter.**



www.parentsmatter.info

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EDUCATION

*This section
brought to you by*



Alternative High Schools

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

<i>AVANTI High School</i>	360-596-7900
Olympia School District	avanti.osd.wednet.edu
<i>GRAVITY High School</i>	360-923-4215
Capital Region ESD 113	esd113.org/gravity
<i>HEART High School</i>	360-273-5017
Rochester School District	www.rochester.wednet.edu
<i>New Market Skills Center</i>	360-570-4500
Serves 10 local school districts.	www.newmarketskills.com
<i>Secondary Options</i>	360-709-7760
Tumwater School District	www.tumwater.k12.wa.us
<i>South Sound High School</i>	360-412-4880
North Thurston Public Schools	www.nthurston.k12.wa.us
<i>Yelm Extension School</i>	360-458-2002
Yelm Community Schools	www.ycs.wednet.edu

Children's Educational Support Services

<i>Mercy Housing Northwest/Evergreen Vista</i>	360-352-1315
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Homework Club, classes and summer programs for children and youth.

www.mercyhousing.org

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E Conflict Resolution Training

360-956-1155

Dispute Resolution Center

Fun, interactive 40-hour training in conflict resolution, communication and being a neutral third party. Open to all. *Interpreter services available.* www.mediatethurston.org

E Computer Class in Spanish

360-709-0931

CIELO Project at Radio Ranch

Evening classes in West Olympia. www.cieloprograms.org

E English Language Learning

360-709-0931

CIELO Project at Radio Ranch

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

E ESL Classes

360-273-6375

Roof Community Services

English as a second language classes.

www.roofcommunityservices.org

GRuB School

360-753-5522

GRuB (Garden-Raised Bounty)

Agriculture-based summer job-training and alternative school-year programming for high school students in Olympia and Tumwater school districts. Application process begins in March www.goodgrub.org

E ■ Head Start/ECEAP

360-464-6800

Español 360-464-6827

Capital Region ESD 113 Sound to Harbor

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

E Homework Tutoring

360-709-0931

CIELO Project at Radio Ranch

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

Medic One

360-704-2780

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

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NAMI Homefront Class*NAMI Thurston/Mason*

Office 360-493-6021

Helpline 360-866-0403

Email 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***Parenting & Family Values**

360-357-7986

Alternatives Professional Counseling

12-week course that covers parent values; parenting young children, adolescents and teens; and how to maintain a healthy family. Uses Moral Recognition Therapy.

*www.alternativesprocouns.com***&☀ Sexual Health Education**

360-754-1556

Planned Parenthood

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***E Sewing Classes in Spanish**

360-709-0931

CIELO Project at Radio Ranch

Evening classes in West Olympia. *www.cieloprograms.org*

Sound Puget Sound Community College

360-596-5200



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***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.readingfoundation.org/south-sound-chapter***E Spanish Literacy/GED Preparation**

360-709-0931

CIELO Project at Radio Ranch

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

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School program, grades K-9 for Native American children.

www.wahelutindianschool.org

WET Science Center

360-664-2333

LOTT Clean Water Alliance

Free, hands-on place for the whole family to learn about water. There is a main exhibit gallery, plus special family activities every Saturday. Open to the public Monday-Saturday, 10 a.m.-4 p.m.

www.wetsciencecenter.org

E YouthBuild

360-480-4970

Community Youth Services



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 certifications. *Interpreter services available.*

www.communityyouthservices.org

EMPLOYMENT

Economic Empowerment Program

360-352-0593

YWCA of Olympia

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

www.ywcaofolympia.org

■ Timberland Regional Library

360-704-4576

Online and in-person computer classes; access to online courses; in-person assistance at all branches. *www.trl.org*

WorkSource Thurston County

360-704-3600

T*TY 360-570-4253

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

www.wa.gov/esd/ws/thurston

FOOD

○ **Community Kitchen**

360-753-3340 x26

Catholic Community Services

Hot meals for the homeless. Located at The Salvation Army, 808 Fifth Ave. SE, Olympia. Lunch 11am-12pm, dinner 5pm-6pm, Monday through Friday.

www.ccsnw.org

■ **Food Assistance**

1-877-501-2233

DSHS-Olympia CSO Office

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

○ **Day Center**

360-943-6400

Olympia Union Gospel Mission

Free meals. Breakfast, lunch and dinner are served Monday through Friday 6:30am, noon and 5:30pm; brunch at 10am on Saturday; breakfast and lunch on Sunday 8am and noon.

www.ougm.org

Kitchen Garden Project

360-753-5522

GRUB

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

www.goodgrub.org/kitchen-garden-project

E ■ SNAP-Ed

360-867-2160

Washington State University, Thurston County Extension

Nutrition education program that helps people with a limited budget eat healthy foods. Eligibility is limited; call to find out more. Website has recipes and tips for eating, cooking and shopping. *Interpreter services available.*

www.growhappykids.org

E W.I.C. (Women, Infants, and Children program)

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. *Interpreter services available.*

www.seamarchc.org

○ **VegOut** 360-709-9725
Olympia Union Gospel Mission

VegOut is a program to provide under-served children with fresh produce. Call for times and locations.

www.ougm.org

FOOD BANKS

○ *Emergency Outreach (Sacred Heart Catholic Church)* 360-923-0929

Open 2nd Saturday of each month 10 a.m.-1 p.m.

Rainier Emergency Food Center 360-280-7326
360-446-2517

Open Wednesdays and Saturdays, 9:30 a.m. to noon, in the parking lot of Valley Heart Assembly of God. Delivery may be available for those who qualify. Thanksgiving and Christmas baskets for clients. *rainierfoodbank.weebly.com*

E *ROOF Community Services* 360-273-6375

For families in the Rochester School District area. *Interpreter services available.* *www.roofcommunityservices.org*

○ *The Salvation Army* 360-352-8596 x100

Christmas food boxes provided in late December. Community Kitchen serves three (3) meals a day, all year. Open to anyone. *www.salvationarmynw.com*

Tenino Community Service Center 360-264-5505

Open 8:30-10:30 a.m. Tuesdays and Thursdays, and extended hours before the Thanksgiving and Christmas holidays. *www.teninocsc.org*

E *Thurston County Food Bank* 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 from Yelm and Rainier school districts and Nisqually Tribe Reservation. Open Thursdays, 1-4 p.m. *www.yelmcommunityservices.com*

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SUMMER LUNCH PROGRAMS

Children 18 and younger may receive free meals throughout the summer months when they are out of school. Call locations for schedules.

Boys & Girls Clubs - Lacey 360-438-6811

Boys & Girls Clubs - Rochester 360-273-9397

Evergreen Vista (Mercy Housing Northwest) 360-352-1315

Lacey Parks & Recreation 360-491-0857

Mountain View, Lydia Hawk and Pleasant Glade elementary schools. www.ci.lacey.wa.us

Olympia Parks & Recreation 360-753-8380

Lunch for everyone age 18 and under, followed by organized play for ages 6-12. www.olympiawa.gov/parks

ROOF Community Services 360-273-6375

For all children 18-year-old and younger. Monday through Friday. *Interpreter services available.*

TOGETHER! 360-493-2230

FOSTER/KINSHIP SERVICES

E Foster Care Services 360-918-7817

Community Youth Services



Assists ages 8-18 who are referred by DCFS. Therapeutic program provides children and foster families with intensive support services to ensure placement stability, improve school functioning, decrease behavioral problems and improve mental health. *Interpreter services available.* www.communityyouthservices.org

FPAWS 1-800-391-2273 (CARE)

Foster Parents Association of Washington State

Advocacy and support group for foster, adoptive and kinship care providers throughout the state. Conferences, activities and resources available. www.fpaws.org

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E Kinship Caregiver Support Program 360-754-7629

Family Education and Support Services

Emergency financial aid for kinship caregivers (adults caring for a relative's child); call to see if you qualify. Short-term funds are for food, housing, clothing, school supplies and legal services. Call for more information. *Interpreter services available.*

www.familyess.org

Lifeline

360-754-7629

Family Education and Support Services

A free monthly support group meeting for foster and adoptive parents. Meetings are held at the Hands On Children's Museum and include a concurrent children's program. Call to register.

www.familyess.org

E Supervised Visitation & Foster Child Support Services

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

*This section
brought to you by*



Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

Hope. Care. Cure.™

E Access to Baby & Child Dentistry 360-539-7576 x103

CHOICE Regional Health Network



**Access to
Baby & Child
Dentistry™**

For children 0-5 years with Apple Health Coverage. Connects to a dentist. Provides support and oral health education to families. Spanish-speaking staff.

www.crhn.org

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

Free limited STD/STI testing, and treatment for chlamydia and gonorrhea by appointment daily. *Interpreter services available by appointment.* www.carenetolympia.org

Chehalis Tribal Wellness Center 360-273-5504
Chehalis Tribal Clinic

Medical: Provides 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.

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

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

E & ☼ Health Clinic 360-754-5522
Planned Parenthood

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

E Home Health 360-459-8311
Providence SoundHomeCare and Hospice

Home health care including RNs; MSW; and physical, occupational, IV and speech therapies. Needs MD referral. *Interpreter services available.* www.providence.org

E ■ Medical Assistance for Children 1-855-923-4633
DSHS-Olympia CSO Office

Medical coupons for children ages birth to 18 years. Parent employment is not required. *Interpreter services available.* www.wahealthplanfinder.gov

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

o 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

o No-Fee Vision Care
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

E & ☼ Pierce County AIDS Foundation Olympia

360-352-2375

HIV/AIDS awareness, care and prevention services in Thurston County. Free confidential HIV testing, Fridays 2-7pm and by appointment. *Interpreter services available upon request.* www.piercecountyaid.org

E Primary Care Medical Clinic
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

Safe Kids Thurston County
Child Care Action Council

360-786-8907 x107

Unintentional injury prevention in children. www.safekidsthurstoncounty.org

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E Sexual Assault and Child Maltreatment Center

Providence St. Peter Hospital

360-493-7469

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

www.providence.org/smsa

E The Olympia Free Clinic

360-529-1937

Free, short-term, coordinated medical and mental health care for low-income uninsured/underinsured people. Specialty clinics include women's health, physical therapy/chiropractic, wound care, and acupuncture/massage therapy.

www.theolympiafreeclinic.com

LEGAL

E CLEAR Intake and Referral Line

1-888-201-1014

Northwest Justice Project

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

www.nwjustice.org

E Mediation Services

360-956-1155

Dispute Resolution Center

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

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. *Interpreter services available.*

www.nwirp.org

E SafePlace Legal Advocacy

24-hour crisis line 360-754-6300

TTY 7-1-1

Business office 360-786-8754

Free, 24-hour emergency support services for victims of sexual assault, sexual abuse and domestic violence, including legal advocacy. Spanish-speaking staff available.

www.safeplaceolympia.org

■ Thurston County Family and Juvenile Court

360-709-3131

Provides prevention, intervention, custody services and other legal services. *Interpreter services available.*

www.co.thurston.wa.us/fjc

E Thurston County Volunteer Legal Services

360-705-8194

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.*

www.lawhelp.org/program/2498

PARENT EDUCATION

*This section
brought to you by*



Block Fest

360-786-8901 x100

Child Care Action Council

Interactive exhibit for families with young children under the age of 8 that provides a rich hands-on math and science learning opportunity. Check the website for an event near you!

www.ccacwa.org/blockfest

E ○ Care Net Pregnancy Center of Thurston County

360-753-0061

Parenting education and Fatherhood Program. *Interpreter services available by appointment.*

www.carenetolympia.org

E Childbirth Classes

360-493-7027

Providence St. Peter Hospital

Interpreter services available.

www.providence.org/smsa

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E Consider the Children Seminar

Family Education and 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

E Dynamic Dads Parenting Class

360-754-7629

Family Education and Support Services

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 and 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

Kaleidoscope Play & Learn

360-786-8907 x111

Child Care Action Council

Family, friend and neighbor caregivers free weekly play group. Supportive sessions for caregivers and child. Play group participants support one another, guest speakers address topics of concern, and resources provided.

www.ccacwa.org

NAMI Family to Family Class

Office 360-493-602

NAMI Thurston/Mason

Helpline 360-866-0403

Email info@namitm.org

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

www.namitm.org

E Parent Education Services

360-754-9297 x204

Family Support Center

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

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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 Lectures with Candyce Bollinger

Hands On Children's Museum

360-956-0818

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

www.hocm.org

E Parents as Teachers

360-918-7843

Community Youth Services



Free home visits, group connections, development-centered parenting education and screenings for parents in Olympia ages 13-24 from pregnancy until the child turns 3 years old. Services are also offered in Rochester/South Thurston County, as well as in Lewis County. *Interpreter services available.*

www.communityyouthservices.org

E & ☼ Planned Parenthood

360-754-1556

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

www.ppgnhi.org

Power Parenting

360-956-0818

Hands On Children's Museum

Free parenting lectures the second Tuesday of each month from 6-8 p.m. 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

■ 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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Offers parenting and family classes. Resource materials are also available.

www.thurstonttogether.org

Winning at Parenting

360-754-7629

Family Education and Support Services

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 for personal growth. Call for times and locations.

www.familyess.org

PREGNANCY/ MATERNAL HEALTH

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, birthing class, parenting education, and Fatherhood Program. *Interpreter services available by appointment.*

www.carenetolympia.org

Maternity Support Services

360-493-4088

Answers Counseling

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

E MSS (Maternity Support Services and Infant Case Management)

360-742-5010

Sea Mar Community Health Center

MSS program is here to help women have a healthy pregnancy and outcome by providing support, education, and information related to their prenatal and postpartum health.

www.seamarchc.org

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.momscluboflacey.com

E ■ Nurse-Family Partnership

360-867-2545

Thurston County Public Health & Social Services 360-867-2548

Home visiting program provided by registered nurses to first-time moms. Nurses provide support and to first-time moms. Nurses provide support and information on health, wellness, and growth and development. Referrals to community resources. *Interpreter services available.*

www.co.thurston.wa.us/health

○ **Pregnancy Aid**

360-956-7413

Saint Michael Parish

Pregnancy tests; practical and emotional support; baby, toddler and maternity clothing; diapers; emergency formula; and referrals.

www.saintmichaelparish.org

E ■ Pregnant Women's Assistance Program 1-877-501-2233

DSHS-Olympia CSO Office

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

E Milk Bank

360-493-5270

Providence St. Peter Hospital

1-503-469-0955

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.providence.org/smsa

E Thurston County Food Bank

360-352-8597

In addition to its food services, the Food Bank is open bi-monthly 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

W.I.C. (Women, Infants, and Children program)

Community Action Council

360-438-1100

www.caclmt.org/wic.php

E Sea Mar Community Health Center

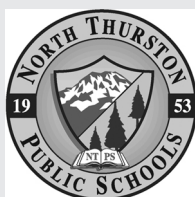
360-754-2936

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

SHELTER/HOUSING/ FURNISHINGS

*This section
brought to you by*



o Furniture Bank of Thurston County 360-705-1756 *Olympia CRC*

Provides furniture at no charge to those in need. First and third Saturday of the month, 9 a.m.-noon.

www.olycrc.org

Habitat Home Ownership Program 360-956-3456 x18



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.sps Habitat.org

E o Hans K. Lemcke Lodge *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, 8:15-11am only. *Interpreter services available.*

www.salvationarmynw.com

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■ **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

Housing Placement for Adults 360-515-5587

Short term rental assistance for homeless adults. Apply Mon-Wed 10am-2pm and for Veterans on Thursday from 10am-2pm. 1139 5th Ave SE. www.walkthurston.org

○ **Interfaith Works Emergency Shelter** 360-918-8424
(answered 4pm-8pm daily)

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

E PATH Program 360-357-2582

Capital Recovery Center

Serves people currently experiencing homelessness. Call for an appointment, or drop in on Tuesdays, 9 a.m.-2 p.m. *Interpreter services available.* www.crcoly.org

E Pear Blossom Place: A Family Support Community

Family Support Center

360-628-7343

Provides safe, warm, emergency shelter for families with children. Families needing shelter should register at Family Support Center at 201 Capitol Way N. between 9 a.m. and 5 p.m. Monday-Friday. After hours, call for information about shelter availability. *Interpreter services available.*

www.fscss.org

E SafePlace Residential Services

24-hour crisis line 360-754-6300

TTY 7-1-1

Business office 360-786-8754

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

Shelter Placement for Adults 360-515-5587

SideWalk

Shelter placement for homeless adults. Apply Mon-Wed, 10am-2pm and for Veterans on Thursdays from 10am-2pm. 1139 5th Ave SE. www.walkthurston.org

○ = Faith-based, & = Gay/Lesbian/Queer-friendly,
☼ = Trans-affirming, ■ = State program, + = Referral
required, **E** = servicios en español

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

E Young Adult Housing Services

360-918-7814

Community Youth Services

Young Adult 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 if they're working to achieve their goals. *Interpreter services available.*

www.communityyouthservices.org

TRANSPORTATION

*This section
brought to you by*

**E Community Vans**

360-705-5829

Intercity Transit

Helps nonprofit groups and government agencies with their transportation needs by providing a ready-to-go van for up to 12 people. The fee is \$.86 per mile for each trip and we maintain and insure the van. *Interpreter services available upon request.*

www.intercitytransit.com**E Dial-A-Lift**

360-705-5829

Intercity Transit

Door-to-door, shared-ride public transportation service for people with disabilities that prevent them from using our fixed-route bus service. We offer Dial-A-Lift where and when fixed-route buses operate. *Interpreter services available upon request.*

www.intercitytransit.com

Travel training is free, one-on-one training for people of any age or ability who want to learn to use our bus system. Traveling by bus increases independents, supports an active lifestyle, reduces traffic congestion, helps protect the environment and provides greater access to your community. *Interpreter services available upon request.*
www.intercitytransit.com

We grant retired vanpool vehicles to nonprofit or community organizations in our service district through a competitive review and award process. Qualifying applicants must serve clients within the cities of Olympia, Lacey, Tumwater, Yelm, or their urban growth areas. *www.intercitytransit.com*

Village Vans offers two FREE programs for people seeking employment. Driver training and job skills gives you the opportunity to help yourself by helping others and is designed to help you build a career. Work-related transportation is free, job-related transportation for low-income job seekers. *Interpreter services available upon request.*
www.intercitytransit.com/traveltraining/villagevans/pages/default.aspx

YOUTH/TEEN
DEVELOPMENT
& RECREATION



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 & employment are available to all without discrimination. *Interpreter services available.*
extension.wsu.edu/thurston/youth

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Boy Scouts of America, Pacific Harbors Council

360-357-3331

Scouting programs for boys ages 7-18; 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.pacificharbors.org

Camp Fire USA, Orca Council

253-597-6234

www.campfireorca.org

Community and School/Site-Based Mentoring

Big Brothers Big Sisters of Southwest Washington 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

Girl Scouts of Western Washington

253-475-0307

1-800-541-9852

Building girls of courage, confidence and character. Serves girls in grades K-12.

www.girlscoutsww.org

Hands On Children's Museum

360-956-0818

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

www.hocm.org

&☀ Prevention Group

360-357-4472

Partners in Prevention Education

Aimed at talking with and learning 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.

pipeolympia.wordpress.com

&☀ Pizza Klatch Lunch Time Support Groups

Pizza Klatch



Pizza Klatch
Support for LGBTQ+ Youth

360-339-7574 x101

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

○ Salvation Army Youth Program 360-352-8596 x101

The Salvation Army

Character-building programs (scouting style) for grades 1-8. Interpreter services available.

www.salvationarmynw.com

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South Sound YMCA

Briggs Branch

360-753-6576

Downtown Olympia Branch/Teen Programs

360-357-6609

&☼ Stonewall Youth

360-705-2738

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

www.stonewallyouth.org

Teen Programs

■ *Lacey Parks and Recreation*

360-491-0857

www.ci.lacey.wa.us

■ *Olympia Parks, Arts, and Recreation*

360-753-8380

Teen camps during summer & school breaks; teen classes offered throughout the year. *www.olympiawa.gov/parks*

■ *Tumwater Parks and 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 book discussion groups at all branches.

www.trl.org

TUFF Youth Scholarship Program

360-754-4160

TOGETHER!

360-493-2230 x19

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.

www.thurstontogether.org/tuff



Most South Sound parents share a meal with their kids.

Have you eaten a meal with your kids lately?

Source: 2014 Washington State Healthy Youth Survey

Evidence suggests that kids who take part in family meals:

- Eat healthier foods
- Have higher academic achievement, less delinquency, improved mental well-being, and positive family interactions
- Are less likely to be overweight

Remember,

Parents Matter.

Keep talking. They're listening.

www.parentsmatter.info

This message brought to you by


www.thurstontogether.org

In collaboration with


Thurston Thrives!
Education & Resilience
Action Team

www.co.thurston.wa.us/healththrives

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The Family Resource Guide of Thurston County
is brought to you by **TOGETHER!**



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Lacey, WA 98503-7905
360-493-2230, ext. 20
www.ThurstonTOGETHER.org

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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.

En Español

Esta guía está disponible en Internet en español.

Haga clic en la imagen de la guía en
www.ThurstonTOGETHER.org