

2012

Pierce County Resource & Referral Guide



Deanne Gilmur

Western State Hospital

1/1/2012

Emergency Contact Numbers

Pierce County RSN 253-798-7202
Serving Pierce County
3580 Pacific Ave
Tacoma, WA 98418-7915
Toll Free: 800-531-0508
24-hour Crisis Line 800-576-7764
Ombudsman Services: 800-531-0508

Emergency 911
United Way, Pierce County 211
800-572-HELP

Suicide Prevention

Child Protective Services 800-422-7517
Statewide Domestic Violence 800-562-6025
Pierce Co. 24-Hour Crisis Line 253-798-4333
Pierce Co. Domestic Violence 253-798-4166
(24 -Hour Help) 800-764-2420
(TDD) 253-798-6050

YWCA Crisis Line 253-383-2593
YWCA Women's Shelter (24-hr.) 253-272-4181
Pierce Co. Sexual Assault (24-hr.) 253-474-7273
800-756-7273

Family Renewal DV Safe House 253-475-9010
City of LKWD. DV (24-hr.) 253-589-2489
Tacoma Legal Dept DV 253-591-5508

Clothing

Francis House 253-848-3618
Free clothing, all ages offers furniture,
maternity/family needs for people living along
Hwy 512 corridor (Puyallup, Fife, Eatonville,
Spanaway, Bonney Lake, Enumclaw); must
register and provide proof of address.

Second Closet/Junior League 253-383-9269
Low cost/used clothing at retail store; No longer
have vouchers.

Suited. for Success 253-471-5340
Contact: Mary Butsdilky
Part of Phoenix Housing/Catholic Community
Services. Offers a workshop on dressing for
success, interviewing skills, and color shaping.
The class is 9-noon on Tuesdays and costs \$35
(dependent on need) with a referral. A referral can
be made from a Work Source or DSHS case
manager or *Pierce College Women and Family
Services Staff*. A person must attend the class to
them visit the boutique for the free clothing for
interviews.

Food

Emergency Food Network 253-584-1040
Information and referral service for
individuals/families <http://www.efoodnet.org>

FISH Food Banks 253-383-3164
Contact Person: Beth Elliott Executive Director
Providing food for Pierce County residents in
need on a non-discriminatory basis. Each food
bank offers a three-day supply of nutritionally
balanced food. No one needing food is turned
away. There are several locations throughout
Pierce County, call for the nearest one.
<http://www.fishfoodbanks.org>

All Saints Community Services 253-848-2000
Must live within zip codes 98371-98375, delivers
food, fills Rx, rent and utilities assistance, bus
tickets. Open M-Th, 10am-noon, 1-3pm.
www.allsaintsparish.com

Love, Inc. 253-531-2365
253-838-8829
Provides referrals to a network of volunteers to
help with food, rent utilities, car repair, home
repair. Available M-W 9am-4pm.

STOWW 253-589-7101
(Small Tribes of Western WA.)
Food bank for tribes in WA state.

**Tacoma Seventh Day Adventists
Comm.** 253-272-8289
Assists with food for medical needs such as
cancer, diabetes, AIDS heart disease, etc. Open
M-Th, 10am-2pm.

Prince of Peace Church 253-584-2565
10333 Bridgeport, LKWD. - serving Lakewood
residents only, T-F, 9am-4pm. Commodities 1st
Tuesday of each month, noon-3pm.

LC3 Bread of Life Food Bank 253-582-2515
Serves residents in the Lakewood and "Tillicum
areas, Thursdays, 1-5:15pm.

Household/Furniture

St Vincent de Paul 253-474-0519
Church ministered clothing bank. Some prescription, rent and utility assistance. Open M-Sat 9am-5pm and Sun, 10am-2pm. Will refer to church working in home zip code.

LASA 253-581-8689
(LKWD. Area Shelter Association)
Outreach Program: M-Th, 10am-noon
Referral to shelters for families with children. Gas vouchers, bus tickets, and prescription assistance offered for Lakewood residents only. Outreach program available for Lakewood or Steilacoom residents. Outreach provides emergency relief for utility and rental assistance based on funds available.

Francis House 253-848-3618
Serves most of Pierce County residents (Puyallup, Fife, Bonney Lake Spanaway Parkland, Graham, Eatonville, Shalishan), Clothing, bedding, kitchen utensils, and appliance items provided when available. Offers ESL classes.

Pregnancy Aid of Tacoma 253-383-4100
Baby furniture, clothing/food bank - Also, some money may be available for rent utilities, gas for emergency appointments. Open M-F, 10am-1:30pm.

Housing

Pierce County Housing Authority 253-620-5400
www.pchawa.org

Associated Ministries Housing Assistance 253-682-3401
<http://www.co.pierce.wa.us/services/assist/housing/shelternow> or www.associatedministries.org click on "what we do", "housing and shelter info," this brings you to an updated vacancy report by the Tacoma/Pierce County Coalition for the homeless.

Shared Housing Services 253-272-1532
Matches individuals and families who are in need of housing with those who have housing but are unable to live on their own (financial or health reasons) <http://www.sharedhousing-tacoma.org/homepage.html>

Housing cont.

Phoenix Housing Network 253-471-5340
(transitional & shelter)
All services are for families with children only, although they do not provide emergency services. A Catholic Community Service program (intakes must be completed) Five families served at a time. Call Monday mornings.

Helping Hand House 253-848-6096
For transitional (up to 2 years) and homeless (up to 3 months) families only, must complete application and follow strict guidelines.
<http://www.helpinghandhouse.org>

MLK Housing Development Assc. 253-627-7171
www.mlkhda.org

Pierce County Housing Programs 253-798-7038
Provides housing/counseling services, landlord/tenant info, and housing resources. Free, confidential service to low income Pierce County residents; M-F, 1:30am-4:30pm. This is NOT Pierce County Housing Authority.
http://www.co.pierce.wa.us/pc/abtus/ourorg/comsvcs/housing/html/cs_home5htm

Medical Insurance

Statewide Health Ins. Benefits Advisor (SHIBA) 800-562-6900
Provides free health insurance education, assistance, advocacy for Washington residents. Can help locate prescription and health insurance programs that one may be eligible for.
www.insurance.wa.gov

Washington Basic Health Plan 800-660-9840
Call to apply, income based program. More info @ www.basichealth.hca.wa.gov.

Summit America Insurance Svc. 877-955-1991
Available to students of Washington State Community College www.summitamerica-ins.com

Community Health Care Clinics 253-589-7030
Various clinics throughout Pierce County; accept patients with or without health insurance.
www.commhealth.org

Pierce College Dental Hygiene Program 253-964-6694
Offers free dental exams and low cost cleanings, x-rays, fillings and sealants.
<http://www.pierce.ctc.edu/community/dental.php3>

Medical Insurance cont.

Within Reach 877-923-6779
Essential Resources for Family health. Will help pregnant women find medical care and get information on other free services. Formerly

Healthy Mothers, Healthy Babies Program.
www.hmhbwa.org

Prescription Assistance
Cannot be on Medicaid, have prescription insurance or earn more than \$16,000/year (single person) \$24,000/year (couple).
www.rxhelpforwa.org

Rent

United Way Pierce County 211
Provides referrals to various community resources for housing availability, child & youth development and access to healthcare.
www.uwpc.org

Pierce Cnty Housing Authority 253-620-5400

Rental Assistance Information 253-620-5423
Waiting list for section 8 eligibility, must complete application.

Pierce County Community Svcs. 253-798-7240
Provides help with rent utilities
www.co.pierce.wa.us (go to county directory and then scroll to community services)

Lakewood Area Shelter Assoc. 253-581-8689
(LASA) Provides emergency help once per year, M-F, 10am-noon.

All Saints Community Services 253-848-2000
Assistance to residents with zip codes 98371-98375. Will pay rent with proof of eviction notice. Also provides: food deliveries to eligible, prescriptions filled, electric bills, and bus tickets; M-Th, 10am-noon, and 1-3pm, closed Fridays.

Shelters

Metropolitan Devel. Council Prgm. 253-627-5445
Free services and clinics for homeless people; Medical Clinic open M-T-Th; Mental Health Clinic open on M & Th only; Wound Care Clinic open M-T-Th; Laundry and Shower facility open M-Th.

MLK Housing Development Assoc. 253-627-7171
Community based organization that provides affordable housing, emergency shelter, supportive services and promotes self-sufficiency, home ownership, neighborhood revitalization, and economic development. Overnight shelters including family, and men or women only.
www.mlkhda.org

Helping Hand House 253-848-6096
Family shelter (at least child) can stay up to 90 days, also have transitional housing program for families, can stay up to 2 years.

Tacoma/Pierce Co. Coalition for the Homeless
www.associatedministries.org
Click on "what we do," then click on "vacancy report for shelters".

Lakewood Area Shelter Assoc. 253-581-8689
(LASA) www.lakewoodareashelter.com

Domestic Violence Shelters

YWCA Women's Support Shelter 253-272-4181
405 Broadway, Tacoma, 98402
Provides shelter for up to 12 weeks, interpreters available.

The Caring Place 253-272-3011
Provides transitional housing, education, employment assistance, and immigration assistance to DV victims.

Family Renewal Shelter 253-475-9010
Provides confidential lodging, 24-hour crisis help.

Washington State Domestic Violence Hotline 800-562-6025
24/7 hotline which provides info and referral DV shelters in Washington.

Korean Women's Assoc. Crisis: 253-359-4856
123 E. 96th st Tacoma, 98445 253-535-4202

Transportation

St. Vincent de Paul 253-474-0519
Will refer inquirers to the nearest church in their home area.

Pierce Transit Ride Info 253-581-8000
800-562-8109

Provides shuttles and discount passes for those who qualify. www.piercetransit.org

Love, Inc. 253-531-2366
M-W, 9am-4pm; Th 9am-6pm; Closed Fridays;
Sat 9am-1pm. Resource and Referral Services.
Love, Inc. provides services for auto/home maintenance and repair.

Utilities

Pierce County Community Action 253-798-3800
800-562-0336
Apps: 866-233-1068

Call for an appointment and guidelines, for low income families not living in the city of Tacoma, weatherization and energy assistance, responds quickly to shut off notices if elderly or children involved.

Metropolitan Development Council 253-572-5557
Call for an appointment and guidelines, for low income families not living in the city of Tacoma, weatherization and energy assistance, responds quickly to shut off notices if elderly or children involved.

St. Vincent de Paul 253-474-0519
Refers inquirers to local churches that may provide help.

Salvation Army 253-572-8452
Puget Sound Energy only.

All Saints Community Services 253-848-2000
Puyallup residents living within the 98371-98375 zip codes only.

Lakewood Area Shelters Assoc. (LASA) 253-582-5320
Call this number for assistance with utility bills. Provides emergency help once per year.

Counseling

Assistance needed in determining services, please contact Women and Family Services

Pierce College *Options for crisis on campus: Faculty Counselors. Security, and 911*

Faculty Counselors:

Family Services: Joanne Cummings 253-964-6525
Puyallup: Liz Scott 253-840-8443

The Women & Family Services office provides a range of services; referrals to counseling agencies in the community and 1:1 coaching.

24-Hour Crisis Line 253-798-4333
Can be anonymous if desired. 800-576-7764

Crisis Triage 253-798-4357
Immediate overnight respite (48 hr max) for mental health issues where observation, medication stabilization, and counseling are provided.

Greater Lakes Mental Health 253-581-7020
Tacoma, Lakewood, Olympia area: Adult, Older Adult, and Child and Family services.
www.glmhc.org

Good Samaritan Behavioral Healthcare 253-445-8120
Puyallup, Graham, Bonney Lake area: adult older adult child and family services; domestic violence counseling for victims; Asian Cslg Svcs.
www.goodsamhealth.org

Child & Family Guidance Center 253-565-4484
Divorce counseling, child and family counseling, eating disorder team. www.cfgcpc.org

PLU Marriage & Family Therapy 253-535-8782
Individual, family, and couples counseling.
www.plued/~mfth/couple-family/home.html

Catholic Community Services 253-502-2696
Individual and family counseling, housing services, and hospitality kitchen. www.ccsww.org

Bridges 253-272-8266
A child-centered grief-counseling program.

Disabilities

Pierce College Access and Disability Services
253-964-6526
(voice) 253-964-6468
(TTY) 253-964-6228

Provides a wide range of services to ensure equal access for qualified students with disabilities.
Email: dssaccess@pierce.ctc.edu

State of WA Div. of Vocational Rehab (DVR)
253-983-6500
253-548-2420
253-445-7260

<http://www.1.dshs.wa.gov/dvr/>

Supported Education
Contact: Deanne Gilmur 253-756-2767
A program offered at both Pierce College Fort Steilacoom and Puyallup campuses to assist and support consumers of mental health services in the process of continuing their education at any post-secondary school.
<http://www.pierce.ctc.edu/extended/westernstate.php>

TACID 253-565-9000
<http://www.tacid.org/>
"Promoting the independence of individuals with disabilities."

Center for Independence 253-582-1253
<http://www.centerforindependence.org/>
"Serving people with disabilities and senior citizens with senior related disabilities."

Tacoma Goodwill Industries
Contact: Ambrosia Hand 253-284-0018
"Helping people find employment is Tacoma Goodwill's primary mission. People who want to work often need help overcoming a variety of barriers, and that's why Goodwill is here."

Medical Clinics

Tacoma-Pierce County Health Dept 253-798-6500
800-992-2456
(Ext. 6500)

Public Health Info line 253-798-2987

Community Health Care Clinics 253-597-4550
www.commhealth.org

PW Wellness Clinic 253-535-7354

Cedar River Clinics 253-473-6031
(Formerly known as Cascade Family Planning)
Free birth control through the Take Charge" program.

Medical Clinics cont.

Lakewood Clinic 253-589-7030
(Free to low cost health care and meds.)
Program contact: Daniela J. Sorokovska, MD

Multi Care Medical Group: 253-403-2900

Care Net Pregnancy Centers
Tacoma 253-383-2988
Lakewood 253-984-6222
Puyallup 253-770-8697

Planned Parenthood
Lakewood 253-582-4144
Tacoma 253-779-3900

Washington Women in Need (WWIN)
Not an emergency program. Must be pre-screened. Health insurance assistance available only if current insurance is active and must meet poverty guidelines. See file folder "Washington Women in Need." For details or go to:
<http://www.wawmeninneed.org>

Basic Health Plan 800-826-2444
Download application @
<http://WIW.basichealth.hca.wa.gov>

Pierce Co. Aids Foundation (PCAF) 253-383-2565
www.piercecountyaid.org

Lions Club 253-582-7129
<http://www.lionsclub.org/>
Eye exams - click on English and then State to find local club(s).

Legal

Neighborhood Legal Clinic 253-572-5134
Volunteer attorney services for Pierce County residents, 30 minutes free legal advice on the first Monday of each month, by appointment
www.piercecountywa.org/pc/services/lawjust/library/neighborhoodlegalclinic.htm

Pierce County Law Library 253-798-7494
Law information available
www.piercecountywa.org/pc/services/lawjust/library/legalinfoservices.htm

Tacoma-Pierce County Bar Assoc. 253-383-3432
Lawyer referral service
www.co.pierce.wa.us/pc/services/lawjust/library/links4.htm

Legal cont.

NW Women's Law Center 206-621-7691
Lawyer referral, case law info on various subjects,
and self-help packets. www.nwwlc.org

Columbia Legal Services 206-464-5911
800-542-0794

My Service Mind Legal Clinic 253-584-5615
Free clinic every Thursdays, first come - first
serve basis. Must complete paperwork before
Thursday clinics.
www.tacomaprobono.org/nk.html

NW Justice Project's Coordinated Legal Education
Advice & Referral Line www.nwjustice.org

CLEAR 888-201-1014
Telephone assistance free for eligible, low-income
residents outside of King County.

CLEAR*SR 888-387-7111
Telephone assistance free for 60 and over
regardless of county.

Websites

www.aarp.org

www.findlaw.com

www.washingtonlawhelp.org

www.courts.wa.gov

Domestic Violence Legal Help

(See Domestic Violence resource page)

YWCA Legal Advocacy 253-272-4181
www.ywca.org