

First Step Family Support Center
Clallam Community Resources for Families
325 East 6th Street / P.O Box 249
Port Angeles, WA 98362
Phone: 360-457-8355
Fax: 360-457-3820
www.firststepfamily.org

PREGNANCY/MATERNAL CARE/PARENTING:

- **First Step Family Support Center: 360-457-8355 @ 325 E. 6th Street, mailing P.O Box 249, Port Angeles 98362.** Help is available from a family support social worker, nurse, nutritionist, and a case manager during your pregnancy and after. Many of our services are provided in-home or in-office with a case worker. Our services include:
 - Infant Case Management
 - Maternity Support Services
 - Drop-In Center, located both in Port Angeles and Sequim *
 - Free Pregnancy Testing
 - Circle of Hope Perinatal Support Group
 - Parent-Child Assistance Program
 - Parents as Teachers home-visiting program
 - Supported Parenting Program
 - Parenting Classes
 - First Book program
 - Clallam Child Passenger Safety Program
 - Growing Strong Cooking Classes
 - Tools of the Mind Early Learning Academy
 - Making Holiday Memories Dinner
- ***Port Angeles** Drop-In Open: Mon-Thurs, 1-4 pm.
- ***Sequim** Drop-in: For Spanish-speaking families, once a month. Call for meeting info.
- **Olympic Medical Center New Family Services: 360-417-7652 @ 939 Caroline St. OMC:** Lactation support, childbirth education with Kelly Watkins, and baby classes (days vary, please inquire with NFS for accurate times and dates). www.olympicmedical.org/default.aspx?ID=60
- **First Teacher/Parenting Matters Foundation: 360-681-2250 @ P.O Box 3323 Sequim, WA 98382.** If you wish to be on the mailing list to receive the First Teacher newsletters monthly publication, you may use us, at First Step, to help get you signed up.
- **First Teacher Parenting Classes:** Call **Nicole Brewer @ 360-681-2250**
- **Clallam County Health Department: 360-417-2000:** Mon-Fri, 8:30-12pm, 1-4:30pm. Immunizations, WIC
- **WIC (Women, Infant and Children): Port Angeles, 360-417-2275 @ 111 E. 3th St. Suite 1A,** Mon, Thurs, Fri, 8:30-12pm, 1-4pm. **Sequim, 360-461-1638 @ 583 W. Washington St.** Tuesday only, 9-12pm, 1-3:30pm. **Forks, 360-374-3121 @ 140 "C" St,** Tues, Thurs, Fri, 8:30-12, 1-4:30 pm, 2 Tues a month 8-10am, second Thurs each month, 10-6pm. Nutrition education, health promotion, supplemental food.
www.clallam.net/hhs/PublicHealth/wic.html
- **Department of Child and Family Services: 360-565-2240 or 1-888-437-6167;** After hours: **1-800-562-5624,** Fax **360-417-1440,** TTY: **1-800-833-6388 @ 201 W 1st Street, Suite 2**
- **Department of Social and Health Services: 360-565-2180 or 1-800-737-0617 @ 201 W 1st Street:** Mon-Fri, 8-5pm. www.dshs.wa.gov
- **Healthy Families of Clallam County: 360-452-2381 (Crisis Line 452-HELP) @ 1210 E. Front St. Ste. C,** Mon.-Fri, 8-5pm. Protection orders are available here.

- **Planned Parenthood of the Great Northwest: 360-452-2954 or 1-800-769-0045 @ 426 E 8th Street:** Mon, 10-6pm, Wed, 11-7pm and Fri, 9-5pm. Pregnancy testing, emergency contraceptive, STD testing/treatment, birth control, annual exams, abortion services, HIV testing, men's and women's health, patient education. www.plannedparenthood.org
- **My Choices: 360-452-3300 @ 824 A E 8th Street:** Mon, Wed, Thurs, 10-4pm. My Choices in Sequim: 360-681-8725 @ 640 N. Sequim Ave: Mon, Tues, Wed, 10-4pm. www.mychoices.org
- **Parent Child Interaction Therapy (PCIT) – Rachel Hardies (private business) @ 360-207-0079**
- **OlyCAP: 360-452-4726 ext. 6261 @ 228 w First St Suite J.** Early Childhood Services, Head Start, Early Head Start, Early Childhood Assistance Program (ECEAP). Olycap.org
- **Lutheran Community Services Northwest Parent Line: 360-452-KIDS (5437) @ 2634 S Francis St:** Licensed Childcare Resources. Parenting classes, parent coaching, supervised visitation in Clallam County, warm line (finding solutions to routine parenting challenges), child screenings (18 months – 5 years old: emotional, social, behavioral), family support: financial literacy, nutrition classes, healthy living topics, emergency food, homeless childcare assistance/subsidy, DASA (substance abuse) childcare assistance/subsidy, Apple Health application assistance. www.lcsnw.org/parentline
- **Peninsula Behavioral Health: Contact Kathy Stevens @ 360-457-0431, ext. 139, PA Office: 118 E 8th St.** Contracts with child welfare for classes, professional counseling and home visits.
- **Birth to Three Infant and Toddler Program:** This program is for children with a medical diagnosis and/or developmental delays in the areas of gross/fine motor, communication/language, and/or social, emotional, cognitive or adaptive skills. Port Angeles & Joyce, call Family Resource Coordinator, Brandi Dachs @ 360-460-3965 or Sequim, call Family Resource Coordinator, Amanda Sanders @ 360-809-0569.
- **Baby Blues Connection:** Help for pregnant and postpartum moms and dads with depression, anxiety and stress. Call 1-800-557-8375 or visit www.babybluesconnection.org
- **Postpartum Support International:** Free, understanding, private support and professional referrals for perinatal mood or anxiety disorders. 1-888-404-7763 or perinatalsupport.org
- **CJ First Candle:** Safe Sleep, SIDS and Stillbirth Information. Grief support: 1-800-221-7437 or www.cjfirstcandle.org
- **Child Care Aware:** Help finding childcare @ 1-800-446-1114 or www.childcarenet.org
- **Text4Baby:** Text BABY or BEBE (Spanish) to 511411. Receive free messages times to your due date/baby's birthday. Visit www.text4baby.org
- **Within Reach:** Family Health Hotline @ 1-800-322-2588 or www.parenthelp123.org
- **Children with Special Health Care Needs (CSHCN):** Children birth to 18 years of age who have, or are at risk of having, a serious physical, developmental, behavioral, or emotional conditions; and/or who require health and related services of a type and amount beyond what is generally required and who are WA state residents. Examples of conditions: Asthma, autism spectrum disorder, cancer, cerebral palsy, diabetes, Down Syndrome, prematurity, speech/language delay, ADD/ADHD and many more. Contact: Tina Moody, Case Manager, Clallam County Health & Human Services @ 1-866-557-5111

CLOTHES AND BABY ITEMS:

- **First Step's Clothing & Equipment Closet: 360-457-8355 @ 325 East 6th Street:** Mon-Thurs, 1-4pm.
- **Independent Bible Church: 360-452-3351 @ 112 N Lincoln St.** Clothing Closet Wed, 10-2pm.

- **My Choices: 360-452-3300 @ 824A E 8th Street:** Mon, Wed, Thurs, 10-4pm. My Choices in Sequim: **360-681-8725 @ 640 N. Sequim Ave:** Mon - Wed, 10-4pm. www.mychoices.org
- **Seventh Day Adventist: 360-683-7373 @ 30 Sanford Lane, Sequim.** Clothing closet and food available 1st & 3rd Tues only, 10-1pm.
- **Working Image: 360-385-0300 @ 1925 Blaine Street, Port Townsend** Provides free clothing to women in need, no matter what their circumstances.
- **First United Methodist Church: 360-452-8971 @ 110 E 7th St.** Clothing closet open Mon, 12-2pm & Wed, 1-3 pm

MEDICAL & DENTAL CARE:

- **Lower Elwha Health Clinic: 360-452-6252 @ 243511 Highway 101 West:** Mon-Fri, 8-5pm, www.elwha.org/medicalanddentalclinic.html
- **Volunteers in Medicine Clinic: 360-457-4431 @ 909 E. Georgiana Street:** Medical Clinic: Mon, 11-5pm, Wed and Thurs, 5-9pm. Dental Clinic: Mon, 9-3. Primary medical care, mental health care, and referrals for special care for adults who do not have access to health care. Free to uninsured on a first come, first serve basis. www.vimoclinic.org
- **Dungeness Valley Health & Wellness Clinic: 360-582-0218 @ 777 North 5th (Sequim Medical Plaza, Suite 109).** (To qualify for, you cannot have any social benefits or money to pay for services). Mon & Thurs first come, first served, be there by 4:45pm.
- **Planned Parenthood of the Great Northwest: 360-452-2954 or 1-800-769-0045 @ 426 E 8th Street:** Mon, 10-6pm, Wed, 11-7pm and Fri, 9-5pm. Pregnancy testing, emergency contraceptive, STD testing/treatment, birth control, annual exams, abortion services, HIV testing, men's and women's health, patient education. www.plannedparenthood.org
- **Sea Mar Dental Clinic: 360-406-5260 @ 228 W First St.:** Mon-Sat, 8-5pm.
- **Jamestown Family Dental Clinic: (Blyn): 360-681-3400 @ 1033 Old Blyn Hwy:** Mon-Fri, 8-5pm www.jamestowntribe.org/programs/hhs/hhs_dental.htm
- **Peninsula Children's Clinic: 360-565-0999 @ 303 W 8th St:** Mon-Fri, 8:30-4:30pm.
- **ABCD (Access to Baby & Child Dentistry):** Call Mary Regan at the Vimo Clinic @ 360-457-4431 or 360-477-4120. For children birth through 5 years old living in Jefferson or Clallam County.

EMERGENCY HOUSING:

- **Safe Harbor: 583 W. Washington St., Suite A, Sequim,** Wed, 1-4pm. For more information, call Housing Resource Center at **360-477-4918** or Serenity House of Clallam County at **360-452-7224**.
- **Serenity House Family Shelter & Transitional Housing Services: 360-452-7224 @ 502 E 1st St,** www.serenityhouseclallam.org
- **Rose House of Healthy Families of Clallam County: 360-452-3811 @ 1210 E Front St # C**

HOUSING

- **Housing Resource Center (Port Angeles): 360-565-5041 @ 520 E. 1st St. or Sequim: 360-477-4918 @ 583 W Washington St. or Forks: 360-203-7107 @ 287 Founders Way.** Assistance in finding housing in your area. This is the first place you would check, you will get the most help here as The Housing Resource Center helps connect with all the other areas.
- **Peninsula Housing Authority (For Clallam and Jefferson Counties): 360-452-7631 @ 2603 S Francis:** Mon-Thurs, 9-4pm, Fri, 9-12pm. peninsulapha.org

- **Applications available in the office for:**
 - 1. Family Housing
 - 2. 1,2,3,4 bedroom apartments
 - 3. Self help
 - 4. FFF, out of debt USDA
 - 5. Section 8 vouchers for TEBRA
 - 6. You may also print out all of these forms online
- **Wildwood Terrace: 360-452-7563 @ 934 West Lauridsen Boulevard:** Mon & Wed, 8:30-1:30pm.
- **Evergreen Family Village: 360-452-7224 @ 2203 West 18th Street:** Mon-Fri, 8-4:30pm.
www.serenityhouseclallam.org/evergreen-family-village.html
- **Hilltop Ridge: 360-457-5322 @ 1914 South Pine Street:** Mon-Fri, 9:30-2pm.
- **Fairchild Heights: 360-457-6212 @ 2301 West 18th Street:** Mon-Fri, 9:30-4pm. Not low-income housing, but takes Section 8.
- **Rose House Transitional Housing (through Healthy Families): 360-452-3811 (Mon-Fri, 8-5 pm) or 360-452-4357 (24 hour line) @ 1210 E Front St Suite C.** Safe, stable and supporting transitional housing for women and children who have left violent relationships and are on the path of recovering their lives. Housing for up to 12 months. Therapy groups for women and children are provided at no charge.
- **Forks Abuse Program: 360-374-2273 (24/7 crisis line) @ 81 S 2nd Ave Forks.** Emergency shelter including food, clothing closet and laundry services.

FOOD BANKS/SOUP KITCHENS

- **Independent Bible Church:** Once per month emergency food bag. Available Tue-Fri, 10-2pm.
- **Port Angeles Food Bank: 360-452-8568 @ 402 South Valley:** Mon, Wed & Fri, 1-3:30pm. Need I.D. & proof of address. You are allowed to visit this food bank once a month.
- **Sequim Food Bank: 360-683-1205 @ 144 West Alder Street:** Mon 1-4pm, Fri & Sat 9-12pm. Need I.D. and proof of address. Need to live within Sequim school district boundaries.
- **Salvation Army Soup Kitchen: 360-452-7679 @ 206 South Peabody:** Free breakfast 8:30-9:30am, lunch Mon-Fri, 12-1pm.
- **Salvation Army Food Bank: 360-452-7679 @ 206 South Peabody:** Tue & Thurs, 2-4pm.
- **First United Methodist Church: 360-452-8971 @ 110 E 7th Street:** Free meal Fridays at 5:30pm.
- **St. Matthew Lutheran Church: 360-457-4122 @ 132 E 13th St.** Free meal Wednesdays at 5:30pm.
- **TAFY Center: 360-670-4363 @ 826 East 1st Street; mailing P.O. Box 633, Port Angeles, WA 98362:** Helps people up to the age of 35. There is no minimum age. They have showers and a washer and dryer available, and can offer some financial assistance for certain needs. Mon, Wed, Fri, 3-7pm, Sat, 4-7pm.
- **Lutheran Community Services Northwest: 360-452-5437.** Emergency food pantry, Mon-Fri, 8-2pm. Please call ahead.

CRISIS/EMERGENCY SERVICES

- **Olympic Community Action Programs: 360-452-4726 @ 228 1st St (In Armory Square Mall) :** Mon-Fri, 8-4:30pm. Help with housing, energy assistance, medical, and dental. www.olycap.org
- **American Red Cross: 360-457-7933 @ 151 Ruths Place, Sequim, Mailing, P O Box 188 Carlsborg, WA 98324.** Mon-Fri, 10-4pm. www.redcross.org/where/chapts.asp

- **Salvation Army: 360-452-7679 @ 206 South Peabody:** Mon-Fri, 8:30-3:45pm.
www.salvationarmyusa.org/usn/www_usn_2.nsf
- **Sequim St. Vincent de Paul: 360-683-2112:** 24 hour hotline.
- **Port Angeles St. Vincent de Paul: 360-457-5804 @ 112 E 8th St.:** Helpline.
- **MANNA: 360-457-3954 @ 139 W 8th St:** Thurs, 9:30-2pm: Help with emergency bills.
- **Sequim Community Aid: 360-681-3731:** 24 Hour hotline. Help with P.U.D., rent & water.
- **The Crisis Line: 360-452-4500 @ 118 E 8th St:** 24 hour crisis help.
- **Healthy Families of Clallam County: 360-452-3811 @ 1210 East Front Street Suite C:** Mon-Fri, 8-5 pm.
www.healthyfam.org
- **TAFY Center (The answer for youth): 360-670-4363 @ 826 East 1st Street.** Mon, Wed, Fri, 3-7pm, Sat, 4-7pm. Providing emotional and spiritual help to at risk young people, ages 13-24.

TRANSPORTATION

- **Paratransit Services:** (bus passes): **1-800-756-5438:** You may receive bus passes with medical appointments, 3-4 appointments a month required. Also, with a medical card, Para transit can transport you out of town to medical appointments or they can provide gas and ferry vouchers if you have your own car. **(Please note: Certain restrictions apply to above mentioned services and require, in most cases, seven to ten business days to process requests, mailing passes, and coupons).** www.paratransit.net
- **The Bus-Clallam Transit System Services: 360-452-4511** www.clallamtransit.com

SUBSTANCE USE & ABUSE COUNSELING

- **Alcoholics Anonymous: 360-452-4212 @ 826 E. Front St,** www.aa.org
- **Al Anon: 360-452-6973** www.al-anon.alateen.org
- **Narcotics Anonymous: 360-477-9367 , 24 hour hotline -** www.nopasc.org
- **The Crisis Line: 360-452-4500**
- **Olympic Personal Growth (Sequim) 360-681-8463 @ 390 East Cedar St, Sequim 98382**
- **Cedar Grove Recovery Services: 360-452-2443 @ 221 N. Race St.**
- **Jamestown S'Klallam Chemical Dependency Center: 360-681-4625**
- **Klallam Counseling: 360-452-4432 @ 1026 East 1st Street Suite 2:** Mon-Fri, 8-5pm.
- **Peninsula Behavioral Health: 360-457-0431 @ 118 E 8th Street:** Mon & Thurs, 8-7:30pm, Tue, Wed & Fri 8-5pm.
- **Safe Harbor Recovery Center (Sequim): 360-681-7494 @ 609 W Washington St Suite 4:** Mon-Fri, 9-5pm.
- **Information about smoking during pregnancy:**
www.cdc.gov/reproductivehealth/MaternalInfantHealth/TobaccoUsePregnancy/index.htm
- **Resources for quitting smoking:**
www.doh.wa.gov/ForPublicHealthandHealthcareProviders/HealthcareProfessionsandFacilities/ProfessionalResources/TobaccoCessationResources
- **Information on the Quit Smoking Line:**
www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/duals/toolkit/Washington%20State%20Tobacco%20Quit%20Line.pdf

DOMESTIC VIOLENCE/SEXUAL & CHILD ABUSE

- **Domestic Violence Crisis Line: 1-800-799-7233 or 360-452-4500,** www.thehotline.org
- **Healthy Families of Clallam County: 360-452-3811 @ 1210 East Front Street Suite C:** Mon-Fri, 8-5pm
www.healthyfam.org

- **Peninsula Community Behavioral Health: 360-457-0431 @ 118 East 8th Street:** Mon & Thurs, 8-7:30pm, Tue, Wed, Fri 8-5pm.
- **Child Protective Services: 360-565-2240 @ 201 West 1st Street Suite 2:** Mon-Fri, 8-5pm. **1-800-562-5624** after 5pm. **1-866-ENDHARM (1-866-363-4276)** 24/7 hotline, www.dshs.wa.gov/general/index.asp
- **West End Outreach: 360-374-5011 @ 530 Bogachiel Way in Forks.** Mon-Fri, 8-5pm. www.forkshospital.org/westendoutreach/index.html

CHILDREN'S DEVELOPMENTAL CONCERNS/SCREENINGS

- **First Step Family Support Center: 360-457-8355 @ 325 East 6th Street.** Many programs available. Drop-In: Mon-Thurs, 1-4pm, www.firststepfamily.org
- **Port Angeles School District: 360-457-8575 @ 216 East 4th Street:** Mon-Fri, 8-5pm. www.portangelesschools.org
- **Mount Angeles View Head Start: 360-452-8496 @ 2321 S. Francis St:** Mon-Fri, 8-4:30pm. **Mount Angeles View Early Head Start: 360-775-2359 @ 2319 S Francis St:** Mon-Thurs, 8-4:30pm. **Port Angeles Head Start: 360-457-6963 @ 2203 W 18th St:** Mon-Thurs, 8-4:30pm. Mailing address to returning applications: **Olympic Community Action Programs, Early Childhood Services, 228 W First Street, Suite J, Port Angeles, WA 98362.** Questions? Call **360-452-4726.**
- **Sequim Head Start: 360-582-3709 @ 224 N Sequim Ave.**
- **Early Head Start – Lower Elwha Tribe – 360-452-5105 @ 463 Stratton Rd.:** Mon-Fri, 8:30-4pm.
- **Sequim School District: @ 503 N Sequim Ave:** Mon-Fri, 7:30-4:30pm. www.sequim.k12.wa.us
- **First Teacher: 360-681-2250 @ 220 West Alder Street (Sequim Community School):** Mon, Wed & Fri, 9:30-1pm. www.firstteacher.org
- **Lutheran Community Services North West: 360-452-5437 @ 2634 S Francis (PA).** Child Check is a free screening program available to every child in Clallam County between the ages of 18 months to five years old, to verify that your child is ready for Kindergarten. The screening is mostly focused on the social, emotional and behavioral aspects of development that help a child learn. Participants receive a resource kit and have access to ongoing family support and/or parent coaching if desired. Please contact Amanda Sanders @ **360-452-5437** or asanders@lcsnw.org
- **Birth to Three Infant and Toddler Program:** This program is for children with a medical diagnosis and/or developmental delays in the areas of gross/fine motor, communication/language, and/or social, emotional, cognitive or adaptive skills. Port Angeles & Joyce, call Family Resource Coordinator, Brandi Dachs @ **360-460-3965** or Sequim, call Family Resource Coordinator, Amanda Sanders @ **360-809-0569.**

OTHER IMPORTANT CONTACTS

- **Poison Control: 1-800-222-1222** www.aapcc.org
- **Suicide Prevention: 1-800-273-8255, 360-452-4500, 1-800-843-4793**
- **Clallam County WorkSource (Job Service Center): 360-457-2103 @ 228 West 1st Street:** Mon-Fri, 8-5pm. www.go2worksource.com
- **Peninsula College: 360-452-9277 @ 1502 East Lauridsen Blvd.** Early Childhood Education: Contact Yvette Cline @ **360-417-6495.** www.pencol.edu
- **Peninsula College Family Life Education: 360-417-6496 @ 1502 East Lauridsen Blvd.**

- **Work First Basic Skills at Peninsula College:** Laura Brogden (associate dean), **360-471-6381**, Help Desk **360-417-6296**.
- **DSHS Division of Developmental Disabilities Office:** **360-565-2700 @ 228 West First Street Suite F:** Mon-Fri, 8-5pm. www.dshs.wa.gov/dda
- **DSHS Division of Vocational Rehabilitation Office** (vocational services for those with disabilities): **360-457-2146 @ 228 West 1st Street Suite A:** Mon-Fri, 8-5pm.
- **Concerned Citizens:** Port Angeles, **360-452-2396** www.concernedcitizenspnw.org
- **Dream Center (ages 13-23):** **360-565-5048 @ 535 E 1st Street** Mon-Thurs, 11-7pm, Fri, 10-6pm case management, 2-6pm for a meal: www.serenityhouseclallam.org/dream-center.html
- **Fire Department:** Port Angeles @ **360-417-4655** or @ E-mail: pafire@cityofpa.us (non-emergency) or Sequim @ **360-683-4242**.
- **Work Source:** 228 W 1st St, Ste A, Port Angeles. Free help with creating resumes and cover letters, interview techniques, free internet access for job searches, skill enhancement tutorials, employment information, work place based training and support services. Contact Patrice Varela-Daylo @ **360-457-2128**.

LEGAL HELP

- **Clallam County Family Court Facilitator:** **360-417-2588:** Mon & Tues, 10-3pm, Wed, 11-2pm, Thurs, 1-3pm, Fri, 10-3pm, E-mail: famctfac@olypen.com
- **Office of Support Enforcement:** **360-417-2500 @ 618 South Peabody, Suite G:** Mon-Fri, 8-4:30pm. www.dshs.wa.gov/dcs
- **Clallam-Jefferson Public Defenders:** **360-452-3307 @ 516 East Front Street:** Mon-Fri, 8:30-4:30pm. defensenet.org
- **Northwest Justice Project:** 1-888-201-1014, **360-452-9137:** 9:30-12:30pm. www.nwjustice.org
- **Peninsula Dispute Resolution Center:** **360-452-8024 or 1-800-452-8024 @ 319 S. Peabody St.** www.pdrc.org
- **Healthy Families of Clallam County:** **360-452-3811 @ 1210 E. Front St. # C,** Mon-Fri, 8-5pm: www.healthyfam.org

DROP IN CENTERS

- **First Step Family Support Center:** **360-457-8355 @ 325 E. 6th St Port Angeles:** Drop-in hours Mon-Thurs, 1-4pm, **Sequim Site (Spanish Speaking):** St. Luke's Episcopal Church, **525 N. 5th Ave.** by appointment.
- **Safe Harbor (ages 17-24):** **583 W. Washington St., Suite A, Sequim.** Open Sun-Mon, Wed-Fri from 3-7pm. For more information, call Cecilia Eckerson **360-775-7885**, eckersonc@olypen.com
- **T.A.F.Y Center (The Answer for Youth):** **360-670-4363 @ 826 East First Street,** Helps people up to the age of 35. There is no minimum age. They have showers and a washer and dryer available, and can offer some financial assistance for certain needs. Mon, Wed, Fri, 3-7pm., Sat, 4-7pm.
- **Lutheran Community Services Northwest:** **360-452-5437.** Emergency laundry assistance, personal care, adult socks.
- **First United Methodist Church:** **360-452-8971 @ 110 E 7th St.** Clothing closet open Mon, 12-2pm & Wed, 1-3 pm