

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
firstStepfamilysupportcenter.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
 - Parent-Child Assistance Program
 - Parents as Teachers home-visiting program
 - Supported Parenting Program
 - Parenting Classes (call for schedule)
 - First Book program
 - Child Passenger Safety Program
 - Making Holiday Memories Dinner (information available late November for December event)
- ***Port Angeles Drop-In Open: Monday-Thursday, 1-4 pm.**
- **Family Healing Center: (360) 452-4870 @ 330 E. 1st Street, Port Angeles, Washington.** In home parent coaching, group parenting classes, court ordered parenting instruction. Helping families develop a solid family foundation in a safe environment that empowers them to grow and become the best parents they can become.
- **Olympic Medical Center New Family Services: (360) 417-7652 @ 939 Caroline Street 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 Patty Waite @ (360) 681-2250, patty@firstteacher.org, www.firstteacher.org
- **Clallam County Health Department: (360) 417-2000:** Monday-Friday, 8:30 am-12 pm, 1-4:30 pm. Immunizations, WIC
- **WIC (Women, Infant and Children): Port Angeles, (360) 417-2275 @ 111 E. 3rd Street, Suite 1A, Mon, Thurs, Fri, 8:30 am-12 pm, 1-4 pm. Sequim, (360) 461-1638 @ 583 W. Washington Street. Tues only 8:30 am – 12:00 pm and 1:00-3:30 pm. Forks, (360) 374-3121 @ 140 “C” Street, Tues, Thurs, Fri, 8:30 am-12:00 pm, 1-4:30 pm, 2 Tues a month 8-10 am, second Thurs each month, 10-6 pm.** Nutrition education, health promotion, supplemental food. www.clallam.net/hhs/PublicHealth/wic.html **Lower Elwha Klallam Tribe, (360) 452-6252 ext. 7425 @ Lower Elwha Wellness Center, 243511 HWY 101 W., contact: Marissa Pratt**
- **Department of Children, Youth, and Families (DCYF): (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: 1-800-737-0617 @ 201 W. 1st Street:** Monday-Friday, 8-5 pm. www.dshs.wa.gov
- **Healthy Families of Clallam County: (360) 452-3811 (Crisis Line 452-HELP) @ 1210 E. Front Street, Suite. C,** Mon.-Fri, 8-5 pm. Protection orders are available here.
- **Planned Parenthood of the Great Northwest: 1-800-769-0045 @ 426 E. 8th Street:** Mon, 10-6 pm, Wed, 11-7 pm and Fri, 9-5 pm. 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
- **Obria/My Choices: (360) 452-3300 @ 824 A East 8th Street:** Mon, Wed, Thurs, 10-4 pm. My Choices in Sequim **(360) 681-8725 @ 675 N. 5th Ave Suite 2B:** Mon, Tues, Wed, 10-4 pm. <https://obriapnw.org>
- **Parent Child Interaction Therapy (PCIT) – Rachel Hardies (private business) @ (360) 207-0079**
- **OlyCAP: (360) 452-4726 ext. 6261 @ 228 W. 1st Street, 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 Street:** 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) Apple Health application assistance. www.lcsnw.org/parentline
- **Peninsula Behavioral Health: Contact Kathy Stevens @ (360) 457-0431, ext. 139, PA Office: 118 E. 8th Street.** 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, Concerned Citizens. **Port Angeles (360) 452-2396, Joyce (360) 374-9340, Forks (360) 374-9340 Port Hadlock (360) 379 1315**
- **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
- **Perinatal Peer Support Group:** Support for Caregivers, Peer Support, Education and Awareness, a safe place to be heard and reassured. Located at First Step Family Support Center. Call for more information @ **(360) 457-8355**
- **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 Or Forks @ (360) 374-3121

CLOTHES AND BABY ITEMS:

- **First Step's Clothing & Equipment Closet:** (360) 457-8355 @ 325 East 6th Street: Monday-Thursday, 1-4 pm.
- **Independent Bible Church:** (360) 452-3351 @ 112 N. Lincoln St. Food bags & Clothing Closet open 1st & 3rd Wednesday of the month from 10 am-1:30 pm.
- **My Choices:** (360) 452-3300 @ 824A E. 8th Street: Mon, Wed, Thurs, 10 am-4 pm. My Choices in Sequim: (360) 681-8725 @ 675 N. 5th Ave Suite 2B : Mon-Wed, 10 am-4 pm. www.mychoices.org
- **Seventh Day Adventist:** (360) 683-7373 @ 30 Sanford Lane, Sequim. Clothing closet and food available 1st & 3rd Tues only, 10 am -1 pm.
- **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 Street Clothing closet open Mon, 12-2 pm & Wed, 1-3 pm
- **Safe Beds for Healthy Babies:** A safe sleep initiative to help prevent Sudden Infant Death Syndrome (SIDS), provides education and materials to promote room sharing versus bed sharing. Parents watch an educational video about safe sleeping habits and are provided a free new crib, crib sheet, children's books, and safe sleep literature. Contact Dorothy @ (360) 457-1750

MEDICAL & DENTAL CARE:

- **Lower Elwha Health Clinic:** (360) 452-6252 @ 243511 Highway 101 W.: Monday-Friday, 8 am-5 pm, www.elwha.org/medicalanddentalclinic.html
- **Olympic Peninsula Community Clinic:** (360) 457-4431 @ 819 E. Georgiana Street: Medical Clinic: Mon, 11 am-5 pm, Wed and Thurs, 5-9 pm. Dental Clinic: Mon, 9 am-3 pm. Patient Intake on Mondays 1-4 pm. 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 4:45 pm.
- **Planned Parenthood of the Great Northwest:** (360) 452-2954 or 1-800-769-0045 @ 426 E. 8th Street: Mon, 10 am-6 pm, Wed, 11 am-7 pm and Fri, 9 am-5 pm. 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. 1st Street: Mon-Sat, 8 am-5 pm.
- **Jamestown Family Dental Clinic:** (Blyn): (360) 681-3400 @ 1033 Old Blyn Hwy: Monday-Friday, 8 am-5 pm www.jamestowntribe.org/programs/hhs/hhs_dental.htm
- **Olympic Medical Center-Children's Clinic:** (360) 565-0999 @ 303 W. 8th Street: Monday-Friday, 8:30 am-4:30 pm.
- **Olympic Kids Dental:** (360) 207-2871 @ 1417 E. Front Street: Monday-Friday, 8:00 am-5:00 pm.
- **ABCD (Access to Baby & Child Dentistry):** Call Carol Bruce (360) 440-3261 or email cbruce@unitedwaykitsap.org. For children birth through 5 years old living in Jefferson or Clallam County. Linking families with Apple Health to local Dentists. To find a local lists of Dentists visit: <https://www.unitedwaykitsap.org/access-baby-child-dentistry-abcd>

- **North Olympic Healthcare Dental Clinic: (360) 452-7891, 933 E. 1st Street.** Takes state insurance & sliding scale fees <http://nohn-pa.org/about-us/services/dental/>

EMERGENCY HOUSING:

- **Serenity House Family Shelter & Transitional Housing Services: 360-452-7221 @ 2321 W 18th St PA, www.serenityhouseclallam.org**
- **The DROP/YES: 360-565-5041 ext. 6 or call Jen Mobley 360-565-6697. Mobile office can come to you or you can visit the Serenity House Office @ 110 E. 7TH ST, PA.** Homeless Youth Program that assists people between the ages of 12-24 in all of Clallam County. Helps with housing, financial assistance, rent assistance, utility assistance, obtaining documents for employment, case management, new clothing, hygiene supplies, first & last month's deposit for new housing, mobile meal programs, food, communication tools, basic needs, and transportation.
- **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 @ 2203 W. 8th Street or Sequim: 583 W Washington St. or Forks: 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: Monday-Thursday, 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 W. 18th Street: Monday-Friday, 8 am-4:30 pm. www.serenityhouseclallam.org/evergreen-family-village.html**
- **Hilltop Ridge: (360) 457-5322 @ 1914 S. Pine Street: Monday-Friday, 9:30 am-2pm.**
- **Fairchild Heights: (360) 457-6212 @ 2301 W. 18th Street: Monday-Friday, 9:30 am-4 pm.** Not low-income housing, but takes Section 8.
- **Rose House Transitional Housing (through Healthy Families): (360) 452-3811 (Monday-Friday, 9 am-4 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.

The Lilies of the Valley Home: (360) 460-5429 @ PO BOX 3473 Sequim. A Safe, Stable, and Scripturally Based Recovery Home for Woman. <https://thelovhome.org/> Application Link below:
https://thelovhome.org/application?fbclid=IwAR2VFTiH_HHBAYyT28yN3poOS4CdD4KoNiC3liZiCSYZatRQfUjowvEpleA

FOOD RESOURCES

Sequim-

- **Sequim Food Bank: (360) 683-1205 @ 144 West Alder Street:** Mon 1-4 pm, Fri & Sat 9 am-12 pm. Need I.D. and proof of address. Need to live within Sequim school district boundaries.
- **Seventh-Day Adventist Church @Sequim Food Bank:** 1st and 3rd Sundays of the month from 9:30– 11 am.
- **Luke’s Episcopal Church: 5th and Fir:** Free soup and salad Wednesdays from 12–1 pm.
- **Trinity Methodist Church: (360) 683- 5367 @ 100 Blake Avenue:** Dinner the last Thursday of each month, April – October at 6 pm, January – March at 5 pm. Call Monday-Wednesday to make a reservation. www.sequimtumc.org
- **Masonic Lodge TEFAP Commodities: (360) 683-5330 @ 700 S. 5th Avenue:** 3rd Thursday of each month from 7 -10 am. Free food packages from the federal commodities program given to those eligible (must self- identify as at or below 185% of the federal poverty rate)
- **Free Summer Lunch Program: (360) 683-8095.** Free meals for kids and teens under 18. Breakfast (8:30-10 am) and Lunch (12 -1 pm) at the Boys and Girls club on Fir Street Monday - Friday all summer. Lunch (12-1 pm) at Carrie Blake Park Monday-Friday all summer. Lunch (12-1 pm) at Elk Creek Apartments on Rhodefer Street Monday-Friday all summer. Lunch (12-12:30 pm) at Sequim High School Monday-Thursday the month of July only.
- **Safeway SNAP Coupon: 680F W Washington Street:** SNAP shoppers that have Safeway Rewards accounts will receive \$5 coupons for every \$10 SNAP dollars spent on fruits and vegetables (fresh, canned or frozen).
- **Farmers Market Fresh Bucks: Civic Center Plaza, N. Sequim Avenue:** Market shoppers using SNAP will receive an additional \$9 for every \$20 SNAP dollars they use in market tokens.
- **School Weekend Meal Programs: (360) 565-3703; Contact: Hannah Mcandie @ hmcandie@sequimschools.org** Friday food bags of weekend meals for students from Sequim Food bank available through the school year and summer. For school year bags, please refer to school counselors or call. For summer bags, please call for distribution sites.

Port Angeles

- **Independent Bible Church: (360) 452-3351 @ 112 N. Lincoln Street:** Food bags & Clothing Closet open 1st & 3rd Wednesday of the month from 10 am-2:00 pm.
- **Port Angeles Food Bank: (360) 452-8568 @ 402 S. Valley Street:** Mon, Wed & Fri, 11 am-3:30 pm. Need I.D. & proof of address.
- **Salvation Army Soup Kitchen: (360) 452-7679 @ 206 S. Peabody:** Free breakfast 8-9 am, lunch Monday-Friday, 12-1 pm.
- **Salvation Army Food Bank: (360) 452-7679 @ 206 S. Peabody:** Tue & Thurs, 2-4 pm.
- **First United Methodist Church: (360) 452-8971 @ 110 E. 7th Street:** Free meal Fridays at 5:30 pm.
- **St. Matthew Lutheran Church: (360) 457-4122 @ 132 E. 13th Street.** Free meal Wednesdays at 5:30 pm.
- **TAFY Center: (360) 670-4363 @ 826 E. 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, 3-7 pm, Sat, 4-7 pm.
- **Lutheran Community Services Northwest: (360) 452-5437.** Emergency food pantry, Monday-Friday, 8 am-2 pm. Please call Lisa Lyons or Amanda Sanders.
- **SNAP Basic Food Program: (877) 501-2233 @ DSHS Community Service Office, 201 W. 1st Street:** Mon- Fri 8 am – 5 pm. Apply online at www.washingtonconnection.org for SNAP EBT Basic Food benefits, to submit your review or report change. Apply in person at the office Mon- Fri 8 am – 3 pm. Apply by phone during business hours at listed phone number.
- **School Weekend Meal Programs: (360) 565-3703, Contact: Patsene Dashiell @ pashiell@portangelesschools.org** : Friday food bags of weekend meals for students from Port Angeles Food

Bank. Students eligible for free /reduced lunch can talk to school counselors or the secretary to sign up. Break bags of groceries are available for winter and spring breaks, parents sign up and arrange pick up at the Port Angeles Food Bank.

- **Free Summer Lunch Program: (360) 683 -8095:** Free meals for kids and teens under 18. Breakfast (8:30-9 am) and Lunch (12-1 pm) at the Boys and Girls club on Francis Street Monday-Friday all summer. Lunch (12-1 pm) at Dream Park on Race Street Monday-Friday all summer. Lunch (12-1 pm) at Evergreen Court Apartments on W. 16th Street Monday-Friday all summer. Lunch (12-1 pm) at Jefferson Elementary School Monday – Friday all summer. Lunch (12-1 pm) at Shane Park on S. G Street Monday-Friday all summer. Lunch (11-11:30) at Roosevelt Elementary Monday-Thursday during July.
- **Safeway SNAP Coupon: 110 E. 3rd Street:** SNAP shoppers that have Safeway Rewards accounts will receive \$5 coupons for every \$10 SNAP dollars spent on fruits and vegetables (fresh, canned or frozen).
- **Farmers Market Fresh Bucks: Corner of Front and Lincoln Street:** Saturdays from 10 am – 2 pm. Market shoppers using SNAP will receive an additional \$9 for every \$20 SNAP dollars they use in market tokens.
- **Food Pantry and Emergency Food Bags: (360) 452-5437 @ 301 Lopez Street:** Monday-Thursday 8 am – 4 pm; Friday 8 am – 2 pm. Please call ahead so someone can be available to help you. Two-day supply of emergency food available from Holy Trinity Lutheran Church.
- **Peninsula Behavioral Health: 118 E 8th Street:** Sundays from 12 -1pm. Free lunch served in the Multi Use Room.
- **Free Community Lunch: Jessie Webster Park on S. Eunice Street and 3rd Street:** Friday from 12- 1 pm. Free bagged lunch available to anyone from Peninsula Behavioral Health and Port Angeles Food Bank.

Lower Elwha Klallam Tribe-

- **Lower Elwha Elders Lunch: (360) 452-8471 ext. 7434 @ Tribal Center Dining Hall, 2851 Lower Elwha Rd, contact: Brandy Williams:** Lunch is served Monday – Friday unless otherwise posted on menu.
- **Lower Elwha Social Services: (360) 452- 8471 ext. 7450 @ 3080 Lower Elwha Rd:** Tribal TANF, General assistance, ICW, Family advocacy, LIHEAP, Food Bank, emergency food vouchers, clothing closet, etc.

Neah Bay-

- **Makah Tribal Food Bank: (360) 645-2154 @ 40 Resort Drive:** Regular Food distribution. Call for hours and to assess eligibility.

Forks-

- **SNAP Basic Food Program: (877) 501-2233 @ DSHS Community Service Office, 421 5th Ave.:** Monday-Friday 8 am – 5 pm. Apply online at www.washingtonconnection.org for SNAP EBT Basic Food benefits, to submit your review or report change. Apply in person at the office Monday- Friday 8 am – 3 pm. Apply by phone during business hours at listed phone number.
- **Forks Community Food Bank: (360) 640-8211 @ 181 Bogachiel Way:** Tuesday and Thursday from 3 – 4:30pm.
- **Feeding Five Thousand: (360) 370-4093 @ Forks Community Center, 91 Maple Ave.:** Every Tuesday from 12 -2 pm
- **School Weekend Meal Program: (360) 374-6262 ext. 213, Berlinda James berlinda.james@qvschools.org:** Weekend backpack program of weekend meals for students, administered through Readiness to Learn School District program. Accepting referrals from school or local service agency staff members to confirm need.

Blyn-

- **Jamestown S’Klallam Tribal Food Bank: (360) 681-4636 @ Zaccardo Rd:** Monday_ Friday 8 am – 5 pm. Open to enrolled Jamestown citizen, descendants and other Native Americans living in the area. Drop-in or appointment

Clallam Bay-

- **New Hope Food Bank: (360) 963-2424 @ 13693 Highway 112, Sekiu, WA:** Every 2nd and 4th Wednesday from 10 am – 12 pm.

La Push-Quileute Tribal

- **Quileute Food Distribution Program: (360) 372-2147:** USDA Food Distribution Program on Indian Reservations provides food to meet nutrition levels for those eligible. <http://quileutenation.org/human-services/commodities/>
- **Food Pantry Program: (360) 374-2147: contact Bonnie Jackson:** Monday- Friday 8 am – 4 pm. Located at Quileute Commodities Warehouse, food provided to those living on Quileute Reservation or Quileute enrolled.

CRISIS/EMERGENCY SERVICES

- **Olympic Community Action Programs: (360) 452-4726 @ 228 1st St (In Armory Square Mall):** Monday-Friday, 8 am-4:30 pm. Help with housing, energy assistance, medical, and dental. www.olycap.org
- **American Red Cross: (360) 457-7933 @ 151 Ruth's Place, Sequim, Mailing, PO Box 188 Carlsborg, WA 98324.** Monday-Friday, 10 am-4 pm. www.redcross.org/where/chapts.asp
- **Salvation Army: (360) 452-7679 @ 206 S. Peabody:** Monday-Friday, 8:30 am-3:45 pm. 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:** Helpline.
- **MANNA: (360) 457-3954 @ 139 W. 8th St:** Thurs, 9:30 am-2 pm: Must be a Port Angeles resident. Help with emergency bills such as utilities, propane, background checks, birth and marriage certificates, class support at Peninsula College, court appointed class fees, credit screening, driver's license, state ID cards, laundry, medications (no narcotics), storage unit fees, work clothes, monthly bus passes (only on the first and last Thursdays of the month). Limited to \$75.00 per household in any 12 month period. They should only call between 9:30 am-2:00 pm on Thursdays, and make an appointment. They can walk-in, but if busy, they may be scheduled to come back another day.
- **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 E. Front Street Suite C:** Monday-Friday, 9 am-4 pm. www.healthyfam.org
- **TAFY Center: (360) 670-4363 @ 826 E. 1st Street.** Mon, Wed, Fri, 3-7 pm, Sat, 4-7 pm. Providing emotional and spiritual help to at risk people, ages 13-35. There is no minimum age. They have showers, a washer & dryer available, & can offer some financial assistance for certain needs. Mon, Wed, Fri, 3-7 pm, Sat, 4-7 pm.

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**

ADDICTIONS

- **Alcoholics Anonymous: (360) 452-4212 @ 826 E. Front Street, 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.** Monday-Thursday 9 am-5 pm
- **Cedar Grove Recovery Services: (360) 452-2443 @ 221 N. Race Street.** Mon – Thur 9 am-5 pm, Fri 1:30-4:30 pm
- **Jamestown S’Klallam Chemical Dependency Center: (360) 681-4625 ext. 625**
- **Klallam Counseling: (360) 452-4432 @ 243613 Hwy 101 W.:** Monday-Friday, 8 am-5 pm.
- **Peninsula Behavioral Health: (360) 457-0431 @ 118 E. 8th Street:** Mon & Thurs, 8 am-7:30 pm, Tue, Wed & Fri 8 am-5 pm.
- **Reflections Counseling: (360) 452-4062 @ 3430 E. Hwy 101:** Monday-Friday, 9 am-5 pm.
- **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
- **MAT Programs: North Olympic Health Network @ (360) 452-7891; Olympic Medical Center @ (360) 565-0999; Jamestown Clinic @ (360) 683-5900.**

DOMESTIC VIOLENCE/SEXUAL & CHILD ABUSE

- **Domestic Violence Crisis Line: 1-800-799-7233 or (360) 452-4500, www.thehotline.org**
- **Mariposa House (AKA Forks Abuse) (360) 374-6411 @ 81 2nd Ave Forks or PO BOX 1775 Forks.** Shelter for Domestic violence intimate partner domestic violence. Housing Support legal advocacy, legal referrals for people who have experienced any crime. Protection orders, Prevention Education for parents and younger kids. Advocacy for parents whose children have been victimized. <http://www.mariposahouse.org>
- **Healthy Families of Clallam County: (360) 452-3811 @ 1210 E. Front Street Suite C:** Monday-Friday, 8 am-5 pm www.healthyfam.org
- **Peninsula Community Behavioral Health: (360) 457-0431 @ 118 E. 8th Street:** Mon & Thurs, 8 am-7:30 pm, Tue, Wed, Fri 8-5 pm.
- **Child Protective Services: 866-764-2233 @ 201 W. 1st Street Suite 2:** Monday-Friday, 8 am-4:30 pm. 1-866-ENDHARM (1-866-363-4276) 24/7 hotline, <https://www.dcyf.wa.gov/safety/report-abuse>
- **West End Outreach: (360) 374-5011 @ 530 Bogachiel Way in Forks.** Monday-Friday, 8 am-5 pm. www.forkshospital.org/weSuitendoutreach/index.html

CHILDREN’S DEVELOPMENTAL CONCERNS/SCREENINGS

- **First Step Family Support Center: (360) 457-8355 @ 325 E. 6th Street.** Many programs available. Drop-In: Monday-Thursday, 1-4 pm, firstStepfamilysupportcenter.org
- **Port Angeles School District Child Find/Special Services Department: (360) 565-3740 @ 216 E. 4th Street:** Monday-Friday, 8 am-5 pm. https://portangelesschools.org/departments/special_services/special_education/child_find
- **Mount Angeles View Head Start: (360) 452-8496 @ 2321 S. Francis Street:** Monday-Friday, 8 am-4:30 pm. **Mount Angeles View Early Head Start: (360) 775-2359 @ 2319 S. Francis Street:** Monday-Thursday, 8 am-4:30 pm. **Port Angeles Head Start: (360) 457-6963 @ 2203 W. 18th St:** Monday-Thursday, 8 am-4:30 pm.

Mailing address to returning applications: **Olympic Community Action Programs, Early Childhood Services, 228 W. 1st Street, Suite J, Port Angeles, WA 98362.** Questions? Call **(360) 452-4726.**

- **Sequim Head Start: (360) 582-3709 @ 224 N. Sequim Avenue.**
- **Early Head Start – Lower Elwha Tribe – 360-452-5105 @ 463 Stratton Rd.:** Monday-Friday, 8:30-4pm.
- **Sequim School District: (360) 582-3260 @ 503 N. Sequim Avenue:** Monday-Friday, 7:30 am-4:30 pm. www.sequim.k12.wa.us
- **First Teacher: (360) 681-2250 @ 220 W. Alder Street (Sequim Community School):** Mon, Wed & Fri, 9:30 am-1 pm. 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
- **Concerned Citizens Early Intervention Program: (360) 452-2396.** For more information or to set up a screening for your child please contact one of our Family Resource Coordinators. Contact Janie Achodor at **(360) 379-1315** or jachodor@concernedcitizenspnw.org. Toll Free Number 1-888-493-8198

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**
- **Washington Childcare Aware Resources : 1-800-446-1114, www.wa.childcareaware.org/families**
Child Care Aware of Washington Family Center can help you explore your options for quality care.
- **Clallam County WorkSource (Job Service Center): (360) 457-2103 @ 228 W. 1st Street:** Monday-Friday, 8 am-5 pm. www.go2worksource.com
- **Peninsula College: (360) 452-9277 @ 1502 E. Lauridsen Blvd.** Early Childhood Education: Contact Yvette Cline @ **(360) 417-6495.** www.pencol.edu
- **Peninsula College Family Life Education: (360) 417-6496 @ 1502 E. 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 W. 1st Street Suite F:** Monday-Friday, 8 am-5 pm. www.dshs.wa.gov/dda
- **DSHS Division of Vocational Rehabilitation Office** (vocational services for those with disabilities): **(360) 457-2146 @ 228 W. 1st Street Suite A:** Monday-Friday, 8 am-5 pm.
- **Concerned Citizens:** Port Angeles, **(360) 452-2396** www.concernedcitizenspnw.org
- **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 Street, Suite A, Port Angeles.** Free help with creating resumes and cover letters, interview techniques, free internet access for job searches, skill enhancement tutorials, employment information, workplace based training and support services. Contact Patrice Varela-Daylo @ **(360) 457-2128.**

- **Express Employment:** Temporary and permanent employment services. (360) 452-1253, 1128 E. Front Street, <https://www.expresspros.com/portangeleswa>
- **BEST (Becoming Employed Starts Today) Program:** (360) 565-7257 @ Heritage Center, 401 E 1st Street, Port Angeles, WA 98362. Supported employment program for Native and non-Native adults 18 and older with mental health diagnosis, including persons with co-occurring mental health and substance use disorders.

LEGAL HELP

- **Northwest Justice Project & CLEAR Hotline:** (360) 452-9137 or 1-888-201-1014: 9:30 am-12:30 pm. www.nwjustice.org
- **Clallam County Family Court Facilitator:** (360) 417-2588: Mon & Tues, 10 am-3 pm, Wed, 11 am-2 pm, Thurs, 1-3 pm, Fri, 10 am-3 pm, E-mail: famctfac@olypen.com
- **Office of Support Enforcement:** (360) 417-2500 @ 618 S. Peabody, Suite G: Monday-Friday, 8 am-4:30 pm. www.dshs.wa.gov/dcs
- **Clallam-Jefferson Public Defenders:** (360) 452-3307 @ 516 E. Front Street: Monday-Friday, 8:30 am-4:30 pm. defensenet.org
- **Peninsula Dispute Resolution Center:** (360) 452-8024 or 1-800-452-8024 @ 319 S. Peabody. www.pdrc.org
- **Healthy Families of Clallam County:** (360) 452-3811 @ 1210 E. Front Street, # C, Monday-Friday, 9 am-4 pm: www.healthyfam.org
- **Clallam/Jefferson County Pro Bono Lawyers:** (360) 504-2422 @ 228 W. 1st Street Suite X, Free Legal Advice and Clinics throughout the year. www.cjcpbl.org
- **Courthouse Facilitator:** (360) 417-2588. The Clallam County Courthouse Facilitator provides no cost help with court published forms and court procedure (but not legal advice).

DROP IN CENTERS

- **First Step Family Support Center:** (360) 457-8355 @ 325 E. 6th Street, Port Angeles: Drop-in hours Monday-Thursday, 1-4 pm, baby and child clothing closet, free books.
- **T.A.F.Y Center (The Answer for Youth):** (360) 670-4363 @ 826 E. 1st 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, 3-7 pm., Sat, 4-7 pm.
- **Lutheran Community Services Northwest:** (360) 452-5437. Emergency laundry assistance, personal care, adult socks.
- **First United Methodist Church:** (360) 452-8971 @ 110 E. 7th Street. Clothing closet open Mon, 12-2 pm & Wed, 1-3 pm, Last Friday of every month 3:30-5:30 pm. Hot meal every Friday at 5:30 pm, Friendship Dinner.
- **Independent Bible Church:** (360) 452-3351 @ 112 N. Lincoln Street, Port Angeles. Food bags & Clothing Closet open 1st & 3rd Wednesday of the month from 10 am-1:30 pm.
- **Caring for Kids Clothing Closet–** Contact Jess (360) 461-0426 or Jen (360) 808-2829. 905 W. 9th Street, Port Angeles. Across the alley from the main building. On the corner of 8th & B. Clothing closet for school age children. Open Tues & Wed\ from 12-4 pm or by appointment.