# COMMUNITY, FAMILY, STUDENT RESOURCES 2017





## CHEMICAL DEPENDENCY O<sub>O</sub> RESOURCES

#### COWLITZ COUNTY

Awakenings 206 ½ NW 2<sup>nd</sup> Avenue Kelso, WA

#### (360) 423.2806

Hours: M-F 9:30am – 8pm Substance Use Disorder Treatment with special programs focused on adolescents and adults

#### **Cowlitz Tribal Treatment**

1044 11<sup>th</sup> Ave. Longview, WA 98632

(360) 575.3316

cowlitz-tribal-treatment

#### Drug Abuse Prevention Center

621 Grade Street Kelso, WA

(360) 425-9210

Outpatient services / needle exchange Friday only 2:30pm-5pm.

#### A New Safehaven

1441 11<sup>th</sup> Avenue Longview, WA (360) 577.4340 Substance Use Disorder intensive outpatient and outpatient treatment

### **CLARK COUNTY**

#### ADAPT Program

Memorial Health Center 3400 Main Street, Vancouver, WA 98663 (Enter Urgent Care, take elevator to 3rd floor)

#### (360) 696.5300

Grant money available for uninsured clients. Support, recovery education and skills, symptom relief and hope. Peacehealth ADAPT Program

#### <u>Al-Anon/Alateen</u>

Immanuel Lutheran Church 8310 Macarthur Blvd Vancouver WA 98664 Meets Tuesday 7:30pm for ages 10-18.

#### Chanae Point

10621 NE Coxley Drive, Suite 106 Vancouver, WA 98662 (360) 604.0068 changepointinc.com

#### Community Services NW

Addictions Program 317 E 39th Street Vancouver, WA 98663 (360) 546.1722

#### csnw.org

Youth Chemical Dependency Program, Parent Child Assistance programs, Jail re-entry program.

#### Daybreak Youth Services

Location: 101 East 8th St., #120 Vancouver, WA 98660 (360) 635.4120

#### daybreakyouthservices.org

Recovery solutions, Inpatient programs, outpatient programs, and payment options through grants and scholarships. Washington Medicaid/Title

XIX/ProviderOne cards are accepted as full payment.

#### Xchange Recovery Center

Grace Ministries Supportive Living 7735 NE Hwy 99 Vancouver, WA 98665

#### (360) 687.2394

Program is designed for adults who are 18 and older who are struaalina with addiction discharaing from inpatient treatment

#### Lifeline Connections

1601 East Fourth Plain Blvd. Bldg. 17, Ste. A212 Vancouver, WA 98661 (360) 397-8246 lifelineconnections.org

#### OTHER RESOURCES

Substance Abuse Teens (866) 833.6546

24 hr drug/alcohol Help (800)996.3784

Alcoholics Anonymous and Al-Anon (360) 423.2520

Narcotics Anonymous (360) 703.0120

DrugRehab.com (855) 955.5576

# CHILDCARE / PARENTING

#### **COWLITZ COUNTY**

#### Woodland

#### Kinderland, Inc.

1912 Belmont Loop Woodland, WA 98674 (360) 225.1800 kinderlandinc.com

#### Parents As Teachers

Children's Home Society 1924 Belmont Loop Woodland, WA 98674 (360) 841.2070

childrenshomesociety.org Hours: M-F 8:30a to 5p

#### St. Philips Preschool

430 Bozarth Street Woodland, WA 98674 (360) 225.8308

churchoffice@stphilipwoodland.com.

#### The Promiseland Daycare and learning center

101 Hillshire Drive Woodland, WA 98674 (360) 225.6899

promiseland-daycare Hours: M – F 6am-6pm

WIC – Woodland 1251 Lewis River Road, Ste D Woodland, WA 98674 (360) 225.3953 Hours: T-Th 8am-7pm

#### Woodland EOCF

600 Bozarth Ave at 5th Woodland, WA 98674 (360) 841.8363 eocfwa.org

#### Woodland Co-op Preschool

600 Bozarth Ave Woodland, WA 98674 (360) 225.1113 Classroom (360) 263.6234 Teacher Jennifer

#### Longview

#### Birthriaht of Lonaview

St. Rose Catholic Church 676 26th Avenue Longview, WA 98632 (360) 423.2900

#### (800) 550.4900 - 24 hour Pregnancy hotline

Free pregnancy testing, clothing, and diapers

#### Caring Pregnancy Center

1010 Fir Street Longview, WA 98632 (360)636.3333

#### caringpregnancycenter.com

Testing, Abortion support, and Earn While You Learn classes with an advocate, as you attend, they give baby items to participants such as clothing, diapers, wipes, infant furniture. (Spanish speaking)

#### First Steps (maternity and infant care)

Cowlitz Family Health Center 1717 Olympia Way, Ste 206 Longview, WA 98632 (360) 423.7740

cowlitzfamilyhealth.org/first-steps

#### Nurse Family Partnership

#### (360) 397.8440

#### nursefamilypartnership

Help for first-time low-income during pregnancy and until baby is 2 years old, improves pregnancy outcomes, child development, and economic self-sufficiency.

#### Parents Place

928 23rd Avenue Longview, WA 98632

#### (360) 414.9212

Parenting Classes, divorced and separated parenting classes, parenting groups, and supervised visitation.

parentsplacely.org

#### <u>Progress Center</u>

1600-3<sup>rd</sup> Ave Longview, WA 98632 (360) 425.9810

Provides developmental services for families and infants birth to 3 years old.

theprogresscenter.org

#### **CLARK COUNTY**

Birthright of Vancouver 214 E. 17th St.

Vancouver, Washington 98663 (360) 694.8156

#### Birthright.org

Need a friend to listen as you are first learning of your pregnancy, support you through your decision, encourage you throughout your pregnancy or problem solve challenges of parenting.

#### Children's Home Society of Washinaton

CHSW Kinship Navigator (360) 334.5559 or 695.1325 ext. 4214

Are you a grandparent or other relative raising children? Do you need help navigating the system of services for children in vour care?

Parent Resource List

#### First Steps (maternity and infant care)

Sea Mar Community Health Center 5411 East Mill Plain Blvd, Ste 28 Vancouver, WA 98661 (360) 852.9092

seamar.<u>org/firststeps</u>

#### Nurse Family Partnership

#### (360) 397.8483

#### <u>nursefamilypartnership</u>

Help for first-time low-income during pregnancy and until baby is 2 years old, improves pregnancy outcomes, child development, and economic self-sufficiency.

#### Options 360

1706 W Main Street, Suite 115 Battle Ground, WA 98604 (360) 687.8943

#### options360.org

Hours: M-W-F 10am-5pm Low cost/FREE Pregnancy and STD Services and FREE Education and Support

#### Parents Again

(360) 334.5578 Sandy A support group for relatives raising relatives.

#### Parenting Program

E 17800 SE Mill Plain Blvd Ste 150 Vancouver, WA 98683-7588OC of Clark County

(360) 836.9912 eocfwa.org

<u>Planned Parenthood</u>

11516 SE Mill Plain Blvd Suite 2-E Vancouver, WA 98684 (888) 875.7820 plannedparenthood.org

Safe Place for Newborns
Washington
Give Your Baby A Chance

(877) 440.2229

Washington State law allows a parent to leave their unharmed newborn, up to 3 days old with an employee at the hospital, Fire station, or rural health clinic.
Safeplacefornewbornswa.org

Southwest Washington Child Care Consortium

2500 NE 65th Avenue Vancouver WA 98661 (360) 750.7501 esd112.org/swccc

#### OTHER RESOURCES

Check your eligibility for assistance to pay for child care Working Connections Child Care Subsidy

<u>ChildCare Aware</u> of Washington – find trusted child care **(800) 446.1114** 

Childcare licensing records or complaint history: Department of Early Learning Child Care Check

Emergency Contraceptive Line: (888) NOT-2-LATE (888.668.2.5283)

Legacy Salmon Creek Hospital Parenting & Baby Classes: <u>legacyhealth.org/pregnancy-</u> and-newborn

Parent Help 123 Website: parenthelp123.org

Parent Trust for Washington Children: The Family Help Line 1-800-932-HOPE (4673)

PeaceHealth Southwest Medical Center Parenting & Baby Classes: peacehealth.org/baby

Quality Child Care checklist: <a href="English">English</a> <a href="Spanish">Spanish</a>

Research average <u>child care</u> <u>rates</u> in the Southwest Washington region



#### <u>Cowlitz Family Health</u> Center

(888) 528.7364

cowlitzfamilyhealth.org

Dental services for uninsured families. Primary preventative care, comprehensive exams, cleanings, sealants, restorative services, fillings, root canals, crowns, and emergency services.

#### Fish of Cowlitz County

(360) 636.1100

fishofcowlitzcounty.org

Hours: weekdays 1p -4p FISH pays for emergency dental care, eye exams, glasses, and non-narcotic prescription drugs, primarily antibiotics and medications that are not needed month after month.

#### Community Health Partners

Services offered 4 times per year for children and adults (360) 200.3960

www.chpwa.org

For information and appointment call.

#### Happy Kids Dentistry

1717 Olympia Way Ste 108 Longview, WA 98632 (360) 636.1900 happykidsdentistry.com

Accepts apple health / Medicaid.

#### **CLARK COUNTY**

Battle Ground Health Care

11117 NE 189th ST. #216 Battle Ground, WA 98604 (360) 687.8941

battlegroundhealthcare.org FREE to ages 18+ for fillings and extractions

#### Sea Mar Dental Clinic

(360) 574.4074

1412 NE 88th Street Vancouver, Washington 98665 seamar.org

Full dental care for adults and children ages 1-18. Medicaid accepted or fee based on income.

#### Free Clinic of SW WA

(360) 313.1390

Hours: M & W 10am – 1pm freeclinics.org

Free basic dental services for uninsured adults and children.

#### <u>Clark College Dental Hygiene</u> <u>Clinic</u>

(360) 992.2158

<u>Clark College Dental Program</u> Dental cleaning, X rays, fillings.

#### <u>Clark County Skills Center,</u> Dental

(360) 604.1057

Adults and children ages 3 and up. Services open November through April. Medicaid accepted or low cost.

#### OHSU Dental School Portland

(503) 494.8867

OHSU School of Dentistry
Full dental care. Medicaid
accepted or low cost.

#### Medicaid Denture Services

May Denture Center

16111 SE McGillivray Blvd. Ste H Vancouver, WA 98683 (360)931.8552

maydenturecenter.com

#### <u>Tristar Dentures</u>

2802 Columbia St. Vancouver, WA 98660 (360) 906.0015 tristardentalclinic.com

#### Advocacy

## Access to Baby & Child Dentistry

(360) 397.8000 x7371

Dental program for Medicaid eligible children ages 0-5.

#### WA State Dental Access Outreach

**(360) 694.8144 or 1.800.448.3368** Referral service to low cost care for adults age 60+.

# DIGITAL RESOURCES

#### WA State Interconnection

(206) 633.1517 ext. 116

interconnection.org

Low cost computers for Washington State
Types of Computers Available: Desktops & Laptops
(Dell, HP, IBM, Mac, Lenovo and all other major name brands). Low-income computers are available from \$79. They come with Windows 7, Office Basic and are internet ready.

#### Comcast Internet Essentials

(855) 832.9548

internetessentials.com

High-speed home internet \$9.95 per month + tax. No term contract, no credit check, no installation fee. Eligibility of one-child who is on School Lunch Program or receiving HUD housing assistance. Also available purchase of Laptop or desktop for \$149.99

#### Century Link Internet Basics

(866) 541.3330

http://www.centurylink.com/home/internetbasics

Now, an Internet connection is more affordable than ever with CenturyLink® Internet Basics. Plus, some households may also qualify for reduced-cost Home Phone service from CenturyLink. \$9.95 a month for 12 months, 12-month contract + taxes + fees, speeds up to 1.5Mbps.

#### FREE Computer Repair

Clark College Campus Vancouver, WA AA4-110 Lab

(360) 992.2562

helpdesk@students.clark.edu

Can assist with a variety of issues related to computer hardware and software beginning the second week of each quarter. Members of the community are also invited to take advantage of the resources.

#### **AT&T Lifeline Services**

(800) 377.9450 (Spanish)

Get your application by clicking here

Safe link

(800) 977.3769

safelinkwireless.com

#### Kids Coding Club

Wise Guys Gaming Cafe 1503 NE 78th St #12 Vancouver WA 98665 kids-coding-clubs Register online.

#### Earth Friendly Recyclina

8013 NE St. Johns Blvd, Bld H

Vancouver, WA 98665

(360) 433.8575

Offers electronic recycling to Woodland community.



## Goodwill Work Opportunity Center of Cowlitz County

1030 15<sup>th</sup> Ave, Ste 300 Longview, WA 98632 (360) 501.8340

#### Lower Columbia Cap

#### (360) 425.3430 ext. 248

Employment Programs and job search assistance open to TANF and Basic Food recipients.

## <u>Lower Columbia College Career Counseling & Employment Services</u>

1600 Maple Street Longview, WA 9862 (360) 442.2311

#### Woodland Community Library

770 Park St Woodland, WA 98674 (360) 906.4830 Support for resume and cover letters, computers have resume generator for public use.

#### Worksource Cowlitz/Wahkiakum

305 S Pacific Ave, Ste A Kelso, WA 98626 **(360) 577.2252** 

#### **EMPLOYMENT SERVICES**

#### American Workforce Group

1104 14<sup>th</sup> Ave. Longview, WA 98632 (360) 200.4900

#### **ASAP Business Solutions**

1322 Vandercook Way Longview, WA 98632 **(360) 423.0036** 

#### Employer's Overload

1953 7<sup>th</sup> Ave. Longview, WA 98632 (**360**) **577.4250** 

#### **Express Employment Professionals**

1953 7<sup>th</sup> Ave. Longview, WA 98632 (360) 414.1200

#### PIC Staffing

1555 Down River Rd Woodalnd, WA 98674 (360) 841.8460

#### **TEAM**

620 Oregon Way, Ste 200 Longview, WA 98632 (360) 577.2250

#### Veteran's Employment Services

305 South Pacific Avenue, Ste A Kelso, WA 98626 (360)577.225

#### **CLARK COUNTY**

#### Clark College Pathways

(360) 992.2741 pathways/index

#### Goodwill/Job Connection

(360) 687.2444 www.meetgoodwill.org/

#### Job Corps

(360) 9906.1613 (800) 733.5827

#### Partners in Careers

(360) 696.8417 www.partnersincareers.org/

#### Work Source

(360) 735.5010

worksourcewa.com/



#### APPLY FOR FOOD & FINANCIAL HELP



#### washingtonconnection.org

#### **Woodland Action Center**

736 Davidson Avenue Woodland, WA 98674 (360) 225.9998 Distribution of Food on Tuesdays and Saturdays Hours: 12pm – 4pm woodlandaction.org

#### Woodland Public Schools

Primary School Food Box Distribution Thursdays 1pm – 3pm (by portables) To Reserve your box call: Leslie @ 841.2718

#### FISH of Orchards

Serves 98674 zip code 6008 NE 110th Ave. **(360) 256.2440** 

#### Adventist Community Services

1101 NE 189<sup>th</sup> Street Battle Ground, WA 98604 Serves 98674 zip code (360) 687.3459

#### Clothing

#### Woodland Action Thrift Store

736 Davidson Avenue Woodland, Wa 98674 (360)225.998

Hours: T-F 11am-5pm & S 12pm – 5pm

#### **BG** Adventist Community Services

(360)687.3459

#### God's Closet

(360)991.5201

#### 7th Day Adventist - Longivew

840 11<sup>th</sup> Ave Longview, WA 98632 (360) 423.6730

#### The Storehouse

2441 42<sup>nd</sup> Ave Longview, WA 98632 (360) 423.0190

#### FISH – Longivew

(360) 636-100

Work clothes and boots, call between 1pm-4pm M-F.



## If Experiencing Homelessness Call:

## EMERGENCY HOUSING SUPPORT

Housing & Resource Center (360) 749.8056
1526 Commerce Ave Longview WA (Lower Columbia CAP) loveoverwhelming.org [Schedule mobile assessment, phone assessment, or walk in assessment]
Monday - Friday 8:30a - 4:30p

#### **Emergency Shelter Weekend**

and after hour phone referral – Women and Children only! (360) 749.8056 ext. 100

#### Woodland

#### **Woodland Action Center**

(360) 225.9998 ask for Ruth 736 Davidson Ave. Woodland, WA

woodlandaction.org Help for low-income families within Woodland City limits offering rental support, deposits, and emergency hotel.

#### St. Vincent De Paul

(360) 841-8734
Woodland, WA
Meet one-on-one with families in their homes to provide partial support in rent, utilities and resource referrals.

#### Longview

#### Habitat for Humanity

1321 South 13<sup>th</sup> Avenue Kelso, WA (360) 636.6765

## Housing Opportunities Of SW WA

820 11th Ave. Longview, WA 98632 (360) 423.0140 hoswwa.org Housing services including: rental assistance; Veteran housing programs; subsidized housing programs; and home ownership programs.

#### Salvation Army

1639 10th Ave. Longview, WA 98632 (360) 423.3990

#### longview.salvationarmy.org

Hours: M – Th 10:a-4:30p Assist with 3-day rental payment to avoid being evicted - must qualify, call for an appointment.

## Veterans Homeless Housing Cowlitz County

4311 Ocean Beach Hwy Longview, WA 98632 (360) 577.6757 or 577.9783

#### Veterans Rental Assistance

820 11<sup>th</sup> Avenue Longview, WA 98632 (360) 423-0140 ex 93

#### **CLARK COUNTY**

## If Experiencing Homelessness Call:

#### Council for The Homeless

2500 Main Street-Vancouver, WA 98660 councilforthehomeless.org

#### (360) 695.9677

If you are sleeping in your car or outside, call the Council for the Homeless Housing Hotline to learn about available shelter and housing assistance in Clark County, WA.

Monday - Friday: 9a - 5p

Saturday and Sunday: 11a - 2n

#### Hope Lift - Transitional Housing

1111 Main Street, Ste 700 Vancouver, WA 98660 (360) 334.1698 hopelift.org

The transitional housing program provides qualifying individuals and families with six months of transitional housing at minimal cost.

#### Mom's Place Maternity

#### (360) 601.0272

#### momsplacematernity.org

Helping homeless women who are: 18 to 30 years old, pregnant, and/or have children 3 years of age or younger, who are in need of food, shelter, and practical support.

#### Open House Ministries 900 West 12<sup>th</sup> Street

900 West 12<sup>th</sup> Street Vancouver, WA 98660 (360) 737.0300

#### sheltered.org

A family shelter dedicated to giving families the tools necessary for resolving issue that lead to poverty.

#### Salvation Army - Vancouver

7509 NE 47<sup>th</sup> Avenue Vancouver, WA 98684 (360) 694.9503 <u>vancouver.salvationarmy.org</u> Rental and utility assistance.

#### **Vancouver Housing Authority**

Housing Choice Referrals (360) 841.2718

#### vhausa.com

Obtain referral from Woodland Public Schools for children and families experiencing loss of housing.

#### Veterans Assistance Fund

1305 Columbia Street, Ste 100 Vancouver, WA 98660 (360) 693-7030

#### veterans-assistance-fund

Apply for funds to be used for rent, heating and utilities, transportation, emergency dental care and referral.

#### **Youth Shelter Programs**

#### Vida's Ark for Teen Mothers

1311 E. Reserve St. Vancouver, Wa 98661-4127 (**360**) **695.3681** 

#### vidasark.ora

Assist homeless teen mothers, and their children, by providing a safe, supportive and nurturing home

#### Janis Youth Oakbridge Shelter

(360) 891-2634 or (888) 979.4357 janusyouth.org

#### **BAD CREDIT / EVICTIONS?**

#### Lower Columbia CAP

Low-income rentals & Self-Help housing

(360) 425.3430 x 221

lowercolumbiacap.org

Financial Independence Center with Money Smart classes, credit assessments, free tax assistance.

#### Community Housing Resource Center

103 East 29th Street Vancouver, WA 98663

(360) 690.4496

homecen.org

Financial education, homeowernship preparation, credit restoration / deb settle, free tax preparation.

Rent Well Workshop

360-423-0140 ext. 84 COWLIZ COUNTY

Call for next available class 360-448-2121 CLARK COUNTY Call for next available class LANGUAGES: English, interpretation or signing by arrangement.

#### **IDA HOME SAVINGS PROGRAM**

IDA CAP - Cowlitz County Contact Lower Columba Cap at (360) 425.3430 IDA Share - Clark County The program provides a 4:1 match to put toward a home.

Nefty Vargas, IDA Program Coordinator, (360) 952.8204 idacoor@sharevancouver.org

#### Utilities

Lower Columbia Cap

Location: 1526 Commerce Ave. in Longview, WA (360)425.3430 ext. 231 lowercolumbiacap.org Low-income energy assistance. Go online fill out form. CAP is at Hawthorne house in woodland 2 days per month.

Housing connections.org – find available, affordable and accessible housing (503) 802.8562



#### Cowlitz-Wahkiakum Legal Aid Program

1338 Commerce, Ste C Longview. WA 98632 Call CLEAR first then will get an appointment cwlap.org

#### **CLEAR**

Non-criminal and non-traffic issues (888) 201.1014

Hours: M-F 9:15am - 12:30pm

#### Northwest Justice Project

(360) 425-1537

Hours: M-F 9am-12pm & 1pm-5pm

nwiustice.ora

#### Child Support Enforcement

871 11th Avenue, Ste 2 Longview, WA 98632 (360) 577.3074

#### Children's Justice & Advocacy Center

214 North Pacific Avenue Longview, WA 98632 (360) 353.3933

#### Division of Child Support

Establish Paternity and Child Support Orders (800) 442.5437

dshs/division-child-support

Cowliz County Superior Court: cowlitzsuperiorcourt.us Cowlitz County District Court:

cowlitz.wa.us/districtcourt

#### Cowlitz County Court Facilitator

312 SW First Avenue Hall of Justice, 2<sup>nd</sup> Floor Kelso, WA (360) 577.3016

#### Children's Justice Center

(360) 397.6002

childrens-justice-center

#### Clark County Volunteer Lawyers Association

(360) 695.5313 ccvlp.org

#### Family Court Services – Clark County

(360) 397.2326

washingtonlawhelp.org

#### Vancouver Child Support Office

800 NE 136th Avenue Vancouver, WA 98684

vancouver-dcs@dshs.wa.gov

(360) 696.6100, (800) 345.9984

Clark County Superior Court: clark.wa.gov/superiorcourt

Clark County District Court: clark.wa.gov/district-

If your income is too high for free legal help:

Washington State Bar Moderate Means Program

(855) 741.6930

Washington State Court Forms: courts.wa.gov/forms



#### APPLY FOR HEALTH CARE

WAhealthplanfinder.org

## APPLE HEALTH ELIGIBILITY

Call this number when working with unaccompanied youth (855) 682.0798

#### **COWLITZ COUNTY**

#### WOODLAND

Cowlitz Family Health Center

1251 Lewis River Road, Suite D. Woodland, WA 98674 **(360) 225.4310** 

cowlitzfamilyhealth.org

Hours: M-F; 8am-7pm
Medical, family planning and
behavioral health. Accepts
Medicare; Washington Apple
Health – Medicaid. Patients are
eligible for discounts on Family
Health Center's sliding fee scale.

#### Cowlitz Free Medical Clinic

1230 7th Avenue Longview, WA 98632

(360) 442.4165

Hours: M/F 5pm - 9pm Urgent health care services, referrals to primary and specialty physicians, laboratory and prescription services.

#### Community Health Partners

Kaiser Permanente Module H 1230 7<sup>th</sup> Avenue Longview, WA 98632 (360) 442.4165

www.chpwa.org

Hours: W 5pm – 8pm
FREE Urgent Care Clinic 18+ only.
Walk-in no appointment needed
Sexually Transmitted Infection
Clinic Thur 2pm – 6pm

#### <u>Evergreen Wellness Advocates</u> AIDS

1338 Commerce Ave, Ste 212 Longview, WA 98632 (800) 249.2437 (360) 747.7205 ewadvocates.org

Children's Medical Fund

Maximum \$200, any medical need for children in Cowlitz county.

(360)423.6741

United Way Cowlitz County
Prescription Drug Program
GET YOUR CARD
TODAYfamilywize.org

#### **CLARK COUNTY**

#### **BATTLE GROUND**

Battle Ground Health Care 11117 NE 189th ST. #216 Battle Ground, WA 98604 (360) 687.8941

battlegroundhealthcare.org
FREE to ages 18-65 only. Services include chronic medical care related to Diabetes, Hypertension and Obesity. For eligibility, income below 300% of the Federal Poverty Level.

#### Sea Mar - Free

118 South Parkway Ave. Battle Ground, WA 98604 (360) 342.8060

seamar.org

Hours: M-F 8am-5pm
Physical exams. Immunizations
and flu shots, GYN, Well-child
checkups, Breast exams and pap
smears, Family Planning, Acute
care, Chronic disease, Smoking
cessation, and Testina.

#### **VANCOUVER**

New Heights Clinic 5912 NE 78th Street Vancouver, WA, 98665 (360) 694.0355

newheights.org

FREE medical and dental. Visits to the Clinic are by appointment only.

Sea Mar – Salmon <u>Creek</u> 14508 NE 20<sup>th</sup> Avenue Vancouver, WA 98686 **(360) 852.9070** 

seamar.org

Hours: M – 8am-7pm T-F 8am-5pm

Physical exams, Immunizations and flu shots, GYN, Well-child checkups, Breast exams and pap smears, Family Planning, Acute care, Chronic disease management (diabetes, asthma, CHF), Smoking cessation, Testing and treatment for tuberculosis, hepatitis, HIV, and other diseases

#### <u>Free Clinic of Southwest</u> Washington

4100 Plomondon St Vancouver, WA 98661

(360) 313.1390

freeclinics.org

Call for walk-in hours. Free basic care for low-income, uninsured adults and children. Other free services: health screenings, immunizations, vision and dental clinics.

HIV/AIDS Support - (360) 397.8060 (Clark)

AIDScase-management



#### HIBA

Statewide Health Insurance Benefit Advisory

(360 )425.3430 x304 (Cowlitz) (360) 947.2479 (Clark)

Free counseling on Basic Health, Medicaid, Medicare supplemental, individual coverage, and self-employment.

#### <u>Children with</u> <u>Special Health Care Needs</u>

Coordinator Cowlitz County 360.414.5599 x 6432 Coordinator Clark County 360.397.8472

For Children birth to 18 years of age who have, or are at risk of having a serious physical, developmental, behavioral, or emotional condition; There is no charge for consultation regardless of family income.

## Find a Medicaid provider: p1findaprovider

Hospital Medical Bill Help: Look up who to contact and how to apply Charity Care

Smoking Cessation: (877) 270.STOP or Spanish (800) 2NO-FUME

HIV/AIDS Hotline: (800) 272.2437



CRISIS HOTLINE CALL
ANYTIME 24 HOURS- 7
DAYS A WEEK

(800) 803.8833

#### WOODLAND

Columbia Wellness

1251 Lewis River Rd, STE A Woodland, WA 98674 (360) 225.9605 columbiawell.biz

Hours: M-Th 9am-6pm; F 8am-5pm Child and Family Outpatient Services, Wraparound with Intensive Services (WISe), Pediatric Care Coordination

#### Children's Home Society

1924 Belmont Loop Woodland, WA 98674 (360) 841.2070

<u>childrenshomesociety.org</u> Hours: M-F 8:30a to 5p.

#### Stacie Crochet, LCSW

The Better Choice Medical Office 339 Bozarth Ave Woodland, WA 98674 (360)524.3764 or (512)921.5925 info@staciecrochet.com
Serves teens and adults, accepts most insurances.

#### LONGVIEW/KELSO

#### A Child's Place

600 Broadway St Longview, WA 98632 (360) 414.2222

Peace Health a-childs-place

Serves families with children who need professional assistance with behavioral and emotional problems.

#### <u>A First Place</u>

309 Oak St.
Kelso, WA 98626
(360) 577.7442
Mental Health with adolescent services and substance outpatient treatment. Accepts most private insurance and

Washington Medicaid. State Funding is available for those who are uninsured.

afirstplace.com

#### Catholic Community Services

676 26<sup>th</sup> Avenue Longview, WA 98632 (Bilingual counselor available) (360) 577.2200

#### Core Health

748 14<sup>th</sup> Ave Longview, WA 98632 **(360) 200.5419** 

Community mental health and recovery support for children, individuals, and families. Accepts Medicaid.

#### East Hills Alliance

1405 Burcham Street Kelso, WA 98626 (360) 751.1554 – Doug and Betty Rae Radke Mental Health Awareness Group

## National Alliance on Mental Illness NAMI

1128 Broadway Longview, WA 98632 (360) 703.6722

#### namiswwa.org

jan.k@namiswwa.org Assisting ALL individuals affected by mental illness through education, support, and advocacy.

## Northwest Psychological Resources

945 Eleventh Avenue Ste B Longview, WA 98632 **(360) 414.8600** 

www.nwpsych.com

#### <u>Pathways Mental Health</u> Services

831 12th Ave. Longview, WA 98632 (360) 799-4556

#### pathwavsmhs.ora

Plav therapv. family therapv. and individual therapv. Aaes 6 and up. Trauma treatment (physical & sexual abuse or war-related trauma). Also offers Telehealth or Telemedicine from home. Drug dependency treatment.

#### Sea Mar, CHC Behavior Health

1710 Allen Street Kelso, WA 98626

(360) 261.7020 Mental Health co

Mental Health counselor for adults, families, and children. Educational and therapy groups accepts Medicaid and uninsured. seamar.org

#### Youth & Family Link

Outreach and Intervention Services (360) 423-6741 linkprogram.org

#### **CLARK COUNTY**

CRISIS HOTLINE CALL
ANYTIME 24 HOURS- 7
DAYS A WEEK

(800) 626.8137 TTY (866) 835.2755

#### Catholic Community Services

(Bilingual counselor available) 9300 NE Oak View Drive, Suite B Vancouver, WA 98662

(360) 576.2211or (360) 213.2418 Children's Crisis Stabilization Services which includes 14 day in home support services and crisis response and treatment. Children's High Intensity Services working with children/youth with chronic, complex mental health needs.

#### Children's Center

13500 SE 7th St Vancouver, WA 98683 **(360) 699.2244** 

thechildrenscenter.org

Serving low-income children and families through comprehensive community-based mental health. Child sexual abuse treatment program.



#### Columbia River Mental Health

6926 NE 4th Plain Blvd Vancouver, WA 98661

(360) 993.3000

crmhs.org

Child and family services, Options Youth Program to support youth during their transition from youth to independent adulthood. Also have Great Life Mentorina program for youth 12 and up.

#### Community Services NW

The Wellness Program 317 E 39th Street Vancouver, WA 98663

(360) 546.1722

csnw.org

FREE mental health clinic serving non-insured adults. Individual counseling, and medication consultation.

#### Family Solutions

1014 Main Street Vancouver, WA 98660 (360) 695-1014

family-solutions.net

Family Solutions provides a comprehensive range of mental health therapy services to Medicaid-eligible children, youth and their families. Age between the ages of 3 and 21. Spanish speaking therapist teams.

#### Helping Professionals Wellness Center

1710 W. Main Street Battle Ground, WA 98604 (360) 687.0693 hpwellnesscenter Services include Substance use. Mental Health, Domestic Violence, and community outreach.

#### **Lutheran Community Services**

3600 Main Street, Suite 200 Vancouver, WA 98663 (360) 694.5624 ex.37 Icsnw.org

Counseling and psychiatric services are part of the Molina and Community Health Plan of Washington's provider networks. Also have crime victim services, immigration counseling and advocacy services and refugee resettlement services.

#### Western Psychological & Counseling Services

7507 NE 51st Street Vancouver, WA 98662 (360) 906.1190

westernpsych.com

Provides Outpatient Mental Health services (individual, family, and group therapy), as well as programs addressing Chemical Dependency, Autism, the Latino Community, Health Psychology, and services within Schools.

#### National Alliance on Mental Illness NAMI

5411 East Mill Plain Blvd, Ste 4 Vancouver, WA 98611 (360) 695.2823

namiswwa.org

info@namiswwa.ora Assisting ALL individuals affected by mental illness through education, support, and advocacy.

#### **Mental Health Phone** Lines

Eating Disorder Hotline (800)931.2237

Family Help Line (800) 932.HOPE Hope Bereavement Services (360) 696-5100

Mental Health/Suicide Crisis (360) 425.6064

Single Mom Support – City Harvest Church (360) 546.1000 Suicide Prevention (800) 273.8255 Teen Talk (360) 397-2428 ccteentalk.clark.wa.gov

Women's Crisis Line

(888) 235-5333 calltosafety.org Youth Suicide Prevention Program (Clark and Cowlitz) (206)297.5922

#### **LGBTQ** Resources

#### Cowlitz Youth Coalition

(360) 414.1249

Serving gay, lesbian, bisexual, transgenders, and questioning teens and their families.

(503) 683.1748 or (206)333.2099 www.glsen.org

#### Northwest Gender Alliance

(503) 533.8787

nwgenderalliance.org

#### Rainbow Community

1600 Maple Street Longview, WA 98632 Hours: M 3:30p-4:30p Middle School and high school youth welcome, meetings take place at the Longview Public Library.

#### Safe Schools Coalition

(877) 723-3723

safeschoolscoalition.org

#### Triple Point

112 Columbia Street Vancouver, WA

(360) 695.1325

Provide support for gay, lesbian, bisexual, transgender youth.

Youth Talkline (800) 246.7743

LGBT National Hotline (888) 843.4564

LGBT National Help Center: glbthotline.org



#### Woodland Police Department

(360) 225.6965 24-HOUR DISPATCH - (360) 225.8981

Clark County Fire & Rescue

911 N. 65th Avenue Ridgefield, WA (360) 887.4609

www.clarkfr.org/operations/stations

**CPS Hotline** (888) 713.6115

**CPS After Hours** (800) 562.5624

Domestic Violence Hotline

1-800-562-6025 www.clark.wa.gov/sheriff/domesticviolence

Poison Center 1-800-222-1222

#### Cowliz County

Emergency Support Shelter

(360) 425.1176

Domestic violence support and help.

Safe Kids Lower Columbia

1105 D 15th Ave. #441 Longview, WA 98632 (360) 957.1979

#### **Clark County**

Safe Choice Shelter Hotline (YWCA) (360) 695.0501

Safe Choice Community Office (YWCA)

(360))696-0167 www.ywcaclarkcounty.org

PHSW Car Seat Clinic 3rd Saturday of the month (360)450-8997



#### **COWLITZ COUNTY**

#### Cowlitz Indian Tribe

(360) 232.8585

resources/transportation

Cowlitz on the Move

CAP Rural Transporation (360) 425.8679 \$1.00 per bus ride. bus-schedule.pdf

Free Medicaid Transportation

Must call one week in advanced (360) 752.9422

services/transportation

Longview (360) 442.5663 http://rctransit.org/

River City Transit

#### **CLARK COUNTY**

C Tran

(360) 695. 0123

c-tran.com

**Human Services Council** 

(360)694.6577

http://www.hsc-wa.org/

Medicaid Transportation

(360) 694.9997

1-800-752-9422

services/transportation

#### St. Vincent de Paul

(360)573.7199

Depending on the amount of funds, St. Vincent dePaul may be able to provide transportation such

bus passes and other assistance as needed.

ESD 112 Specialized Transportation

(360) 750.7510

Toll Free 1-800-233-4883

https://web3.esd112.org/specialtrans



#### <u>Lions Sight & Hearing Committee of Cowlitz</u> County

Must print and mail application. PO Box 265, Longview, WA 98632 Leslie Mohlman has applications and can assist in filling out **841.2718** 

#### Free Clinic of Southwest Washington

#### (360) 313.1390

#### freeclinics.org

Free eye exams for uninsured and low income adults and children.

#### Vision U.S.A.

#### (800) 766.446

#### <u>American Optometric Association</u>

Free eye exams for working low income uninsured adults and children who have no vision insurance.

#### Lions Sight Committee of Clark County

#### (360) 571.7622

Referral service for free eye exams, glasses and surgery for

uninsured and low income. Call for application.

#### Vancouver Vision Clinic

#### (360) 694.8303 or (360) 834.4802

#### vancouvervision.com

Eye exams and glasses for adults and children; takes Medicaid.

#### Vancouver Eye Care – Salmon Creek

2415 NE 134th Street, Suite 101 Vancouver, WA 98686

(360) 823.2000

vancouvereyecare.com

#### Zenni Optical

#### (800) 211.2105

#### zennioptical.com

Low-cost glasses & lenses; quality eye glasses from \$6.95

#### OHSU Casey Eye Institute Mobile Outreach

(503) 418.1698

Email: CaseyOutreach@ohsu.edu Casey Outreach Calendar

#### **Vision Impairment Resources**

#### Department of Services for the Blind

2214 E. 13th Street, Suite 208 Vancouver, WA 98661

Phone: 360-696-6238 or 1-800-552-7103

#### Lower Columbia Council of the Blind

#### (360) 636-5474 or (360) 423-2992

Support group – Assists with getting information on disabilities, resources, rehabilitation. Advocate for safety for visually impaired.