

*****HOTLINE NUMBERS*****

Abandoned Auto Hotline	1-253-591-5926
Abuse Hotline – suspected abuse of a child or vulnerable adult	1-866-363-4276
Access Point - Housing	1-253-682-3401
Address Confidentiality Program	1-800-822-1065
Adoption Support Program	1-800-562-5682
AIDS Hotline	1-800-562-5682
Alcohol and Drug Help Line	1-800-562-1240
Alzheimer's Association	1-800-848-7097
American Kidney Foundation	1-800-638-8299
American Lung Association	1-800-732-9339
Animal Control	1-253-627-PETS
Arthritis Foundation	1-800-542-0295
Attorney General's Office	1-800-551-4636
Beach Closures (Shellfish toxins)	1-800-562-5632
Blind Services (Tacoma #253-597-4417)	1-800-255-1147
Cancer Hotline	1-800-422-6237
Children or Families at Risk	1-800-562-5624
Child Protective Services	1-800-422-7517
Child Support Enforcement Services (Tacoma #253-597-3700)	1-800-345-9976
Cystic Fibrosis Foundation	1-800-344-4823
Domestic Violence Hotline	1-800-562-6025
Down Syndrome Society	1-800-221-4602
DSHS Call Center	1-877-501-2233
Gang Reporting Hotline	1-253-594-7867
Illegal Drug Activity Hotline	1-253-798-7537
Internal Revenue Service – Federal Taxes	1-800-829-1040
Legislative Hotline (when in session)	1-800-562-6000
Mental Health Crisis Line	1-800-576-7764
Missing Children Clearinghouse	1-800-543-5678
Mobile Home Information	1-800-964-0852
National Brain Injury Information Center	1-800-444-6443
National Center Hotline for Stuttering	1-800-221-2483
Nursing Home Complaints	1-800-562-6078
Poison Center (24 hours a day)	1-800-222-1222
Runaways and Families in Crisis	1-800-562-5624
Safety Restraint Coalition (to report unbuckled children)	1-800-BUCKLUP
Sexually Transmitted Disease	1-800-227-8922
Social Security Administration	1-800-772-1213
Tacoma Police Department (Non Emergencies)	1-253-798-4721
Utilities Commission, Washington State & TDD	1-800-562-6150
Veterans Affairs	1-800-562-2308
Washington State School for the Blind	1-800-562-4176
Welfare Fraud	1-800-562-6906

ASSISTANCE – RENTAL/UTILITIES

MLK Housing Development
253-627-1099

Phoenix Housing Network
253-471-5340

Lakewood Area Shelter Association
253-582-5320

Salvation Army Puyallup
253-841-1491

Gig Harbor Peninsula FISH
253-851-8800

South Sound Outreach Services
253-593-2111

Care Net Pregnancy Centers
1209 6th Avenue, Tacoma
253-383-2988

Care Net Pregnancy Centers
10828 Gravelly Lake Dr SW, Ste 101, Lakewood
253-984-6222

Salvation Army Tacoma
253-572-8452

Metropolitan Development Council
253-597-6728

All Saints Community Services
253-848-2000
East Pierce Co only – not Tacoma or Lakewood

Eatonville Family Agency
360-832-6805

Tacoma Housing Authority
253-207-4400

Catholic Community Services
253-502-2696
www.ccsww.org

ASSISTANCE – BABY SUPPLIES

Our Lady of Guadalupe
5705 Main Street SW, Lakewood
253-582-3384

Pregnancy Aid – Urban Grace
902 South Market St, Tacoma
253-383-4100

ASSISTANCE – CLOTHING/FURNITURE

Fircrest United Methodist Church
1018 Columbia Avenue, Tacoma
253-564-7862
Thursday noon to 2pm

Rainier View Christian Church
12305 Spanaway Loop Road, Parkland
253-531-0757

Seventh Day Adventist Comm Services
3108 East Portland Avenue, Tacoma
253-272-8289

Share & Care House
3418 McKinley Ave, Tacoma
253-564-4194
Weds 11am-3pm

ASSISTANCE – CLOTHING/FURNITURE – CONT.

St. Francis House
322 7th Street SE, Puyallup
253-848-3618

BASH
755 108th Street South, Tacoma
253-531-9600

Nativity House
2304 South Jefferson, Tacoma
253-848-3618

St Vincent De Paul
4009 South 56th Street, Tacoma
253-474-0519

St Vincent De Paul
113 West Meeker, Puyallup
253-848-5637

Suited for Success
253-471-5340

Pat's Clothing Closet
1615 6th Avenue, Tacoma
253-272-8819
Thursdays 5:30 -7:30, Friday 1-3pm

Bounty
5634 South Park Ave, Tacoma
253-475-7098

United Lutheran Church
1231 S 72nd St
253-475-3175

St Vincent De Paul
3805 South Yakima, Tacoma
253-472-7334

TACS
3108 Portland Avenue, Tacoma
253-272-8289

WWEE
253-474-9933

CHILD CARE RESOURCES

Working Connections Child Care (WCCC)
877-501-2233

Tacoma Day Nursery
1113 South I Street, Tacoma
253-627-5671

Community Montessori
1407 South I Street, Tacoma
283-627-7554

Kidz Korner
5410 South Junett Street, Tacoma
253-473-0657

Childcare Resource and Referral Network
253-591-2025 or 800-446-1114

First Place for Children
Administrative Office
253-383-6013

Puyallup Play Care
120 McElroy Place, Puyallup
253-848-4232

Head Start/Early Childhood Education Assistance Program (ECEAP)
800-664-4549

CHILD CARE RESOURCES – CONT.

Tacoma Learning Center
6316 South 12th Street, #A, Tacoma
253-565-4887

PAVE Parent to Parent
6316 South 12th Street, Tacoma
253-565-2266

Bates Dental Clinic
1101 S. Yakima Avenue, Rm E202A, Tacoma
253-589-5632

Family Dental Clinic
1215 South 11th Street, Tacoma
253-572-7002
Sliding Scale Fees

Lakewood Dental Clinic
10510 Gravelly Lake Drive, Lakewood
253-589-7188
Sliding Scale Fees

Pierce College Dental Hygiene Clinic
9401 Farwest Drive SW, Lakewood
253-964-6694
Reduced Fees

SeaMar Children's Dental Clinic
10217 125th Street Court East, Puyallup
253-864-4760
Sliding Scale Fees

Lakewood Community Dental Van
11315 Bridgeport Way SW, Lakewood
253-984-6422 253-985-6483

PLU Wellness Clinic
121st and Pacific Avenue, Tacoma
253-535-7354
Sliding Scale Fees

**Grandview Early Learning Center
Puyallup Tribe Child Care Center**
3580 East Grandview, Tacoma
253-680-5515

Puyallup Tribe of Indians
3009 East Portland Avenue, Tacoma
253-573-7800 or 800-653-5083

DENTAL CLINICS

Dental Lifeline
888-623-2780

Children's Dental Clinic
1102 South I Street, Tacoma
253-272-7648
Sliding Scale Fees

Lindquist Dental Clinic for Children
130 131st Street South, Tacoma
253-539-7445
Sliding Scale Fees

SeaMar Dental Clinic
1112 Cushman Avenue, Tacoma
253-593-2144
Sliding Scale Fees

UW Dental Clinic
1959 NE Pacific Avenue, Seattle
206-543-4619
Reduced Fees

Metropolitan Development Council
Health Care for the Homeless
253-691-7596

Puyallup Tribal Health Authority
2209 East 32nd Street, Tacoma
253-593-0232
Federal Recognized Tribes

DENTAL CLINICS – CONT.

Provall Dental Special Needs Clinic
4200 Stoneway Avenue North, Seattle
206-632-2612

Lindquist Clinic
8502 Skansie Avenue, Gig Harbor
253-852-2002
Sliding Scale Fees

Community Health Care
1708 East 44th Street, Tacoma
253-572-7002
Sliding Scale Fees

COPES
1949 South State Street, 2nd Floor, Tacoma
253-476-7292 or 800-442-5129

Lutheran Social Services
253-272-8433

Division of Developmental Disabilities
1305 Tacoma Avenue S, Tacoma
253-798-6109

Educational Programs & in Home Living
1720 S 72nd St, #204, Tacoma
253-473-1401

Goodwill Industries
714 South 27th Street, Tacoma
253-272-5166

Washington State School for the Blind
800-562-4176

Center Force
5204 Solberg Drive SW, Lakewood
253-582-5687

Community Health Care
14916 Washington Ave SW, Lakewood
253-589-7027
Sliding Scale Fee

Lindquist Clinic
2120 Ryan Road, Buckley
253-539-7445
Sliding Scale Fees

Community Health Care
14916 Washington Avenue SW, Lakewood
253-589-7027
Sliding Scale Fees / Fee Preg Test

DISABILITIES SERVICES

Catholic Community Services
Care Givers
253-383-3697

Volunteer Chore Services
253-502-2690

Puyallup Tribe of Indians
3009 Portland Avenue, Tacoma
253-573-7842

PAVE Parent to Parent
6316 South 12th Street, Tacoma
253-565-2266 or 800-572-7368

TACID
6315 South 19th Street, Tacoma
253-565-9000

Hearing, Speech, and Deafness Center
621 Tacoma Ave S #505
253-475-0782 or 866-421-5560
Help with hearing aids, phone services

VADIS
1701 Elm St, Sumner
253-863-5173

DOMESTIC VIOLENCE RESOURCES

Domestic Violence Helpline

253-798-4166
800-764-2420

Crystal Judson Family Justice Center

253-798-4166
800-764-2420

EDUCATION, EMPLOYMENT, & JOB TRAINING

Tacoma Community College

www.tacomacc.edu
6501 South 19th Street, Tacoma
253-566-5000

Bates Technical College

www.bates.ctc.edu
1101 South Yakima Avenue, Tacoma
253-680-7000

Clover Park Technical College

www.cptc.edu
4500 Steilacoom Blvd SW, Lakewood
253-589-5800

Pierce College – Puyallup

www.pierce.ctc.edu
1601 39th Avenue SE, Puyallup
253-840-8400

Pierce College – Fort Steilacoom

www.pierce.ctc.edu
9401 Farwest Drive SW, Lakewood
253-964-6500

Centro Latino SER

www.centrolantino-ser.org
1208 South 10th Street, Tacoma
253-572-7717

Challenge Learning Center

www.trm.org/cls.htm
425 South Tacoma Way, Tacoma
253-383-4469

Educational Opportunity Center (EOC)

622 Tacoma Avenue South, Ste 2, Tacoma
253-572-5960

Goodwill Industries

www.tacomagoodwill.org
714 South 27th Street, Tacoma
253-272-5166

My Service Mind

Korea Town Plaza
11016 Bridgeport Way SW, Lakewood
253-584-5615

WorkSource

1305 Tacoma Avenue South, Tacoma
253-593-7300

Pierce County Community Services

8811 South Tacoma Way, Bldg 2, Lakewood
253-798-7240

Trac Associates

4301 S Pine St #159, Tacoma
253-472-1727
Works with LEP clients

Tacoma Community House

www.tchonline.org
1314 South L Street, Tacoma
253-383-3951

Washington Women's Employment & Education

3516 South 47th Street, Ste 205, Tacoma
253-474-9933

Tacoma Urban League

2550 South Yakima, Tacoma
253-383-2007

FREE HAIRCUTS – CALL 253-537-2001 FOR APPOINTMENT

FOOD BANKS

ZIP CODES / SERVES	FOOD BANK	PHONE #	DAYS	HOURS	LIMITS
98304, 98328, 98330	Eatonville Food Bank 305 Center St Eatonville	360-832-6805	M/TH/F Wed	9-2 9-3	Twice per month Need Picture ID
98304, 98328, 98330	Josephs Storehouse Eatonville Hwy W Eatonville	360-832-4220	Tuesday	10 - 1	
98321, 98323, 98385, 98390, 98396	Bread of Life 14104 Prairie Ridge Dr Bonney Lake	360-897-2005	Tuesday Wed/Fri	5-7 10-1	Twice per month
98321, 98323, 98385, 98396	Buckley Kiwanis 127 North River Buckley	253-266-7309	Wed Friday	9-2 9-12	Proof of Residence White River SD
98329, 98332, 98333, 98335, 98349, 98351, 98357, 98359, 98494	Peninsula FISH 4425 Burnham Dr Gig Harbor	253-858-6179	W & TH M & F	9:30-6 9:30-3:30	Once per month Proof of Residence Picture ID
98338, 98354, 98360, 98371, 98372, 98373, 98374, 98375, 98390, 98391	Salvation Army Food 4009 9 th St SW Puyallup	253-841-1491	M/T/TH/F	9-11 & 1-2:30	Once per month
98338, 98344, 98387	Mobile FISH 22215 38 th Ave E Spanaway	253-383-3164	Wed	4:30-6:30	
98349, 98351, 98429	Key Peninsula Community Services 17015 9 th St Ct KPN	253-884-4440	Wed T/TH/F	11-6 10-3	
98352, 98371, 98372, 98373, 98374, 98375, 98360	Puyallup Food Bank 110 23 rd St SW Puyallup	253-848-5240	M/T/W/F	9:15-2:30	Call to make appt
98354, 98421, 98422, 98424	Fife/Milton FISH 2303 54 TH AVE E Fife	253-922-0960	M/W/F	9-12	Twice per month Call to make appt
98360	Orting Food Bank Washington Ave S Orting	360-893-0095	Monday Wed Friday	3:30-6 12:3 9-12	Proof of Residence
98371, 98373, 98374	All Saints Community 204 6 th Ave SW Puyallup	253-847-2000	M/T/W/TH /F	10-12 & 1-3	

98372, 98374	Puyallup Valley FISH 110 2rd St SE Puyallup	253-848-5240	M/T/W/TH /F	8-4	Once per month
98387, 98444, 98445, 98446	Rainier View Church 12305 Spanaway Loop S Tacoma	253-531-0757	TUE & THURS	9-12	Proof of Residence Once every three months
98387, 98444, 98445, 98447	Parkland First Baptist 11222 10 th Ave S Tacoma	253-535-1293	Tuesday Thursday	11-3 11-3 & 4-8	Once per month
98387, 98444, 98445	Spanaway FISH 16001 A St Spanaway	253-383-1817	M/W/F	1-2	
98387, 98558, 98580	Mobile FISH 166 th & Pacific Ave Spanaway	253-383-3164	Tuesday	4:30-6:30	
98388	WLSA Food Pantry 1314 Nisqually Steilacoom	253-581-1076	2 nd Wed 4 th Sat	10-11:30	Call to make appt
98390, 98391	Bonney Lake Food Bank 18409 Old Buckley Hwy Bonney Lake	253-863-4043	T/TH Friday	10-1 5-7	Twice per month
98390	St Andrew Emmanuel 1401 Valley Ave E Sumner	253-863-2253	Tuesday Wed Friday	10-12 3-6 10-12	2 Pieces of ID, one w/picture
98390, 98391	Sumner FISH 15625 E Main St Sumner	253-863-3793	M/T/W/F	12:30-3	Call to make appt
98404, 98408, 98409	Bounty Food Bank 5634 S Park Tacoma	253-475-7098	Monday	9-11	Proof of Residence
98404	Southwest Asian Diets 1427 E 40 th St Tacoma	253-472-7264	Last Sun of each month	12:30 & 3-5:30	Picture ID
98404	Eloise Cooking Pot 3543 McKinley Tacoma	253-426-1994	Tue/Fri Sat	1-3 11-1	Picture ID
98404	Gateway Church 7310 12 th Ave E Tacoma	253-537-6619	Thursday	5-7	
98405	New Jerusalem Food 1623 S 11 th St Tacoma	253-376-3152	Tue and Saturday	11-2pm	Once per month Picture ID Proof of Residence
98405	Network Tacoma 5435 S M St Tacoma	253-474-9334	M/T.TH	9:30-3:30	
98406, 98407,	Northwest FISH	253-383-3164	W & SA	12-4	Picture ID

98416	2710 N Madison Tacoma				
98408	Mobile FISH 4902 S Alaska Tacoma	253-383-3164	Monday	4:30-6:30	
98409	Pantry at Grace Place 3801 S Union Ave Tacoma	253-617-3142	Friday	1-3	
98421, 98422, 98424	Mobile FISH 5412 29 th St NE Tacoma	253-383-3164	Friday	4:30-6	
98433, 98439, 98498, 98499	Bread of Life 8810 Lawndale Ave SW Lakewood	253-582-2515	Thursday	1-5	
98433, 98439, 98498, 98499	Prince of Peace 10333 Bridgeport Way SW, Lakewood	253-584-2565	Tuesday	12-3	Proof of Residence ID for all household members
98439, 98498	Tillicum Food Bank 14916 Washington Ave SW, Lakewood	253-584-1280	M/W/F	9-11	Once per month Picture ID, Med Card, Current Lease, Utility Bill
98439	Mobile FISH 14721 Murry St Lakewood	253-383-3164	Thursday	4:30-6:30	
98445	Korean Womens Assoc 125 E 96 th St Tacoma	253-537-3420	Friday	12-1	
98465, 98466, 98467	Jackson St FISH 7410 S 12 th St Tacoma	253-383-3164	Last Wed of the month	5-7	
98499	Samoan Family Srvc 3624 Steilacoom Blvd SW, Lakewood	253-535-9616	Tuesday	9-Finished	
98499	Food Connection Springbook Park Lakewood	253-383-5040	Saturday	11-3	
98558, 98580	Roy FISH 8202 S 288 th St Roy	253-843-3033	W & F	9:30-12:30	Call to make appt
ALL PIERCE COUNTY	Allen AME Food Pantry 1223 MLK Jr Way Tacoma	253-627-6855	T & TH	10-1	Picture ID Blue Allen Food Bank ID Card
ALL PIERCE COUNTY	Edgewood FISH 122 nd Ave E Edgewood	253-826-4654 253-826-3505	Thursday Saturday	3:30-6:30 11-2	
ALL PIERCE	Salvation Army	253-572-8452	Monday	1-3	

COUNTY	1501 6 th Ave Tacoma		T/W/TH/F	10:30-3	
ALL PIERCE COUNTY	BASH 118 141 st St Ct S Tacoma	253-531-9600	W & TH	10-2	Once per month Proof of DSHS
ALL PIERCE COUNTY	UP Food Bank 2610 Sunset Dr W University Place	253-460-3134	Tuesday Thursday Saturday	12-3 3:30-6 10-12	
ALL PIERCE COUNTY	Food Connection 1323 S Yakima Tacoma	253-383-5048	W & F T & TH	9:30-11 & 12-3:30 12-3:30 & 4:30-6	
ALL PIERCE COUNTY	Graham FISH 10425 187 th St E Puyallup	253-846-3805	M/F Wed	10-1:30 2-6	Picture ID ID for all members of household
ALL PIERCE COUNTY	Key Peninsula Lutheran 4213 Lacky Rd KPN Lakebay	253-884-3312	T/TH/SA	2:30-3:30	
ALL PIERCE COUNTY	Lakes FISH 6900 Steilacoom Blvd Lakewood	253-581-1116	Monday W & F	2-6 1-5	
ALL PIERCE COUNTY	My Sister's Pantry 621 Tacoma Ave Tacoma	253-627-1186	1 st & 3 rd M 4 th Sat	5-7 10:30-12:30	
ALL PIERCE COUNTY	Pregnancy Aid 902 Market St Tacoma	253-383-4100	M/W/F	10-1:30	
ALL PIERCE COUNTY	SE Tacoma FISH 1704 E 85 th St Tacoma	253-531-4530	M & F Wed	11-4 11-6	
ALL PIERCE COUNTY	TACS 3108 Portland Ave Tacoma	253-272-8289	Mon- Thurs	10am- 2:30pm	
ALL PIERCE COUNTY	Living Grace Church 106 S 28 th St Tacoma	253-584-3778	Thurs Sat	1-3pm 11-1pm	
ALL PIERCE COUNTY	Nativity House 2304 S Jefferson Tacoma	253-779-9248	Mon & Thurs	11-4pm	
ALL PIERCE COUNTY	Bounty 5634 S Park Ave Tacoma	253-475-7098	Mon	9:30- 11:30am	
ALL PIERCE COUNTY	Oasis of Hope 1937 S G St Tacoma	253-383-0077	Every 4 th Saturday	12-1pm	

FOOD – HOT MEALS

Hospitality Kitchen

1323 South Yakima, Tacoma
Breakfast - 8:30-9:30am
Lunch - 11-12:30
253-502-2671

Tacoma Rescue Mission

425 South Tacoma Way, Tacoma
Breakfast - 6:15am.
Dinner - 5:00pm & 6:30pm
253-383-4493

My Sister's Pantry

621 Tacoma Ave
1st and 3rd Monday - 5-7pm
4th Saturday - 10:30-12:30
253-627-1186

Oasis of Hope

1937 S G St, Tacoma
Every 4th Saturday, 12-1pm
253-383-0077

GANG RESOURCES

Blink Skincare – Tattoo Removal

Lakeview Med Bldg
3216 NE 45th Place #203
Seattle, 206-973-7066

Blink Skincare – Tattoo Removal

Olympic Laser Clinic
424 Lilly Road NW Suite A
Olympia, 360-464-4623

Kucumber Skin Lounge – Tattoo Removal

2001 First Ave
Seattle, 206-452-2219

Inked Out – Tattoo Removal

Providence St Peters Hospital
413 Lilly Road NE
Olympia, 360-491-9480
Rhonda Ayers, 360-943-0780

HOUSING – AUTHORITIES

Pierce County Housing Authority

www.pchawa.org
603 S. Polk Street, Tacoma, 98445
253-620-5400

Tacoma Housing Authority

www.tacomahousing.org
902 S. L Street #1A, Tacoma, 98405
253-207-4400

Section 8 or Public Housing is available to low-income families, senior citizens (62 years or older) and handicapped persons through the local housing authority. Rents for the client are scaled according to income and family size. Interested persons should check at the offices to see if they are taking applications. Applicants will be placed on a waiting list. **You must register with Access Point, 253-682-3401**

HOUSING – CLEAN & SOBER

Another Chance for Women & Children

Single women or women with children
253-572-8170

New Phoebe House

Single women or women with children
253-383-7710

HOUSING – CLEAN & SOBER – CONT.

McKinley House
Single Men/Single Women
253-474-4802

Jefferson Square
Single Men/Single Women
253-272-6828

Rialto Apartments
Single Men/Single Women
253-272-5486

Habitat for Humanity
www.tpc-habitat.org
253-627-5626

Open Hearth Ministries
253-307-2274

Shared Housing Services
909 S. 11th Street, Ste A, Tacoma
253-272-1532

Martin Luther King Housing Development Association (HDA)
1143 Tacoma Ave S, Tacoma
www.mlkhda.org

Metropolitan Development Council (MDC)
www.mdc-tacoma.org
721 S. Fawcett, Ste 201, Tacoma
253-572-3213

Helping Hand House
Homeless families with children
253-848-6096 ext 12

Guadalupe House
Single Men/Single Women
253-572-6582

Refuge Recovery House
Single Men/Single Women
253-983-9288

HOUSING – OWNERSHIP

Homeownership Center of Tacoma
www.hcthomes.org
1424 S. J Street, Tacoma
253-627-6560

HOUSING – SERVICES

Associated Ministries
1224 S. I Street, Tacoma, 98405
253-682-3401 or 253-383-3056 ext 111

Project Interdependence Program
www.associatedministries.org
253-383-3056 ext 109

Pierce County Community Services
253-798-6937

Mi Casa (Kalles Properties)
253-848-9393

HOUSING – SHELTERS

YWCA Domestic Violence Shelter
Domestic Violence Only
Single women or women with children
253-383-2593

HOUSING – SHELTERS – CONT.

Jump Start/Faith Homes

Females ages 14-25

253-572-0458

Korean Women's Association

Domestic Violence & Sexual Assault Only

Single women or women with children

253-359-0470

Hope Guest Home

Women with mental impairment

253-627-3620

Lakewood Area Shelter Association

Homeless families with children under 18

253-581-8689

Catholic Community Services

Single Men/Single Women

253-572-0131

Salvation Army Family Lodge

Single women and families

253-627-3962

MLKHDA Family Shelter

One or two parent families

253-627-6466

Family Renewal Shelter

Domestic Violence Only

Single women or women with children

253-475-9010

Agape House

Singles & one or two parent families

253-682-1971

Lakewood Area Shelter Association

One or two parent families

253-581-8689

Family Renewal Shelter

Domestic Violence Only

Single women or women with children

253-475-9010

Graham Youth House

Males ages 18-21

Homeless

253-209-5216

Tacoma Rescue Mission

Women/Family Shelter

253-272-1974

Tacoma Rescue Mission

Men's Shelter

253-383-4493

Phoenix Housing Network

Families with children under 18

253-471-5340

HOPE Center

Females 13-17

253-759-4363

MLKHDA Shelter

Single Males/Single Females

253-627-7171

Impact Peninsula

Domestic Violence Only

Single women or women with children

253-884-5086

HOUSING – TRANSITIONAL

Exodus Housing

One or two parent families

253-862-6808

Tyler Square – Tacoma Rescue Mission

One or two parent families

253-627-4308

HOUSING – TRANSITIONAL – CONT.

Network Tacoma

One or two parent families
253-474-9334 ext 106

Phoenix Housing Network

One or two parent families
253-471-5340

Faith Homes/Jump Start

Pregnant/Parenting women 16-21
Single Women 18-25
253-572-0458

Hope Program (Pierce Co Alliance)

Youth ages 13-17
253-502-5427

The Caring Place

Domestic Violence Only
253-272-3011

Clearline Columbia Legal Services

888-201-1014
888-387-7111 – over 60

Landlord/Tenant Information

253-591-5163

Pierce County District Court #1

253-798-7474

YWCA Domestic Violence

253-272-4181

Crystal Judson Family Justice Center

253-798-4166

Violent Crime Victim Services

253-383-5254

Northwest Justice Project

888-201-1014

Helping Hand House Puyallup

One or two parent families
253-848-6096 ext 11

Sojourner Housing

Single & pregnant or Single & 1 child
253-682-1363

Hope Guest House

Single women with mental impairment
Receiving SSI or SSA
253-627-3620

Shared Housing Services

Weekly Classed Required
253-272-1532

LEGAL SERVICES

City of Tacoma Human Services

253-591-5151

Northwest Para Services LLC

253-566-0838

National Fraud Information Center

800-876-7060

China Fortsen-Domestic Violence Victims

253-591-5164

Fair Housing Center of Washington

888-766-8800

Consumerline

800-551-4636

NAACP

253-272-0357

LEGAL SERVICES – CONT.

Korean Women's Association
253-535-4202

Washington State Human Rights Commission
206-464-6500

Office of the Attorney General
800-551-4636

Pierce County Dispute Resolution Center
253-572-3657

Washington State Human Rights
800-233-3247

Dept of Housing and Urban Development
888-827-5605

Better Business Bureau
206-431-2222

Tacoma Resource Opportunity Center
253-680-2671

MEDICAL CARE

HEATH PLAN FINDER – 855-923-46233 – wahealthplanfinder.org

Maternal and Child Health Referral
253-798-6403

Wellness Clinic at PLU
253-535-7354

SeaMar Clinic – Tacoma
1112 S Cushman, Tacoma 98405
253-592-2144

SeaMar Clinic – Tacoma
2121 s 19th St, Tacoma 98405
253-593-2144

SeaMar Clinic – Tacoma
1415 Center St, Tacoma
253-627-2250

Needle Exchange Program
Point Defiance M/W/F 9:30-4pm
253-272-4857

MultiCare Hearing Services
253-403-4437

Washington Poison Center
800-222-1222
www.wapc.org

Immunization Referrals
253-798-6410

Poison Center
800-222-1222

SeaMar Clinic – Puyallup
10217 125th St Ct E, Puyallup 98373
253-864-4550

SeaMar Clinic - Tillicum
14916 Washington Ave SW, Lakewood
253-280-9890

Sudden Infant Death Syndrome
800-533-0376

Neighborhood Clinic
253-627-6353
1323 S Yakima, Tacoma 98405

Planned Parenthood
253-779-3900

Pierce County Health Department
253-798-6500
3629 S. D Street, Tacoma 98418

MEDICAL CARE – CONT.

Hepatitis-C Information Line
253-798-3559

Baby Catchers and Beyond
3629 S. D Street, Tacoma 98418

MEDICAL – PRESCRIPTION ASSISTANCE

RX Connection
855-284-4996

South Sound Outreach Services
253-592-2111

MEDICAL – SMOKING CESSATION

American Cancer Society
866-784-8454

American Lung Association
800-586-4872

QuitSmart
253-301-5096

Washington State Quit Line
800-784-8669

Korean Quit Line
800-556-5564

Vietnamese Quit Line
800-778-8440

Chinese Quit Line
800-838-8917

Puyallup Tribal Health
253-593-0232

Spanish Quit Line
800-266-3863

MENTAL HEALTH

Crisis Line
253-272-9882 or 800-576-7764
253-798-4333 or 877-841-1211

Greater Lakes Mental Healthcare
253-581-7020
9330 59th Avenue SW, Lakewood 98499

Comprehensive Life Resources
253-396-5000
1305 Tacoma Ave S, Tacoma

Comprehensive Life Resources - Children
253-396-5800
1201 S. Proctor, Tacoma

Good Samaritan Behavioral Health
253-445-8120
325 East Pioneer, Puyallup

SeaMar Behavioral Health
253-396-1634
1516 S 11th St, Tacoma

SeaMar Behavioral Health
253-864-4770
12812 101st Ave Ct E #202, Puyallup

SeaMar Behavioral Health
253-280-9860
1415 Center St, Tacoma

MENTAL HEALTH – CONT.

SeaMar Behavioral Health
253-280-9888
6659 Kimball Dr C305, Gig Harbor

Hope Sparks
253-565-4484
6424 North 9th Street, Tacoma

Pierce County Alliance
253-572-4750
510 Tacoma Avenue S, Tacoma

Bridges, A Center for Grieving Children
253-272-8266
310 North K Street, Tacoma

Recovery Response Center
253-942-5644
2150 Freeman Rd E, Fife

Catholic Community Services
253-502-2696
www.ccsww.org

Healing Places Counseling Center
253-564-4233
1614 South Mildred St, University Place

PLU Couple & Family Therapy Center
253-535-8782
12108 Pacific Avenue, Parkland

Sexual Assault Center
253-474-7273 or 800-756-7273
633 North Mildred Street, Ste J, Tacoma

Families & Friends of Violent Crime Victims
800-346-7555

MULTI-CULTURAL SERVICES

<p>Centro Latino 1208 South 10th Street Tacoma, WA 98405 www.clatino.org 253-572-7717</p>	<p>Interpretation On the job training English as a Second Language</p>
<p>Indo-Chinese Cultural & Service Center 1427 East 40th Street Tacoma, WA 98404 253-473-5666</p>	<p>Referrals, Translation, Interpretation for: Vietnamese and Cambodian</p>
<p>Asian Counseling Services 4301 South Pine Street, Room 456 Tacoma, WA 98408 253-697-8650</p>	<p>Multi-language mental health services: English, Vietnamese, Korean, Cambodian, Samoan, and Laotian</p>
<p>Puyallup Tribe of Indians 3009 East Portland Avenue Tacoma, WA 98404 253-573-7800</p>	<p>Nutrition, transportation, medical, dental, Children's services, housekeeping, adult education, counseling, parenting, substance abuse treatment, information and referral.</p>
<p>Tacoma Community House 1314 South L Street Tacoma, WA 98405 253-383-3951</p>	<p>Education, employment, counseling for all immigrants and refugees. ABE & GED classes, youth services ages 14-21, help with immigration issues, interpretation and translation.</p>
<p>Small Tribes Organization of West Washington 3040 96th Street S</p>	<p>Residents on tribal land and tribal members may be eligible to receive energy and food services. No</p>

Lakewood, WA 98499 253-589-7101	housing assistance available.
Tacoma Urban League 2550 South Yakima Avenue, Suite A Tacoma, WA 98405 253-383-2007	Educational programs, teaching innovations, community outreach and research along involvement in social concerns.
Bureau of Indian Affairs 425-258-2651	Broad range of services.
Consejo Counseling & Referral Services 5915 Orchard Street West Tacoma, WA 98467 253-414-7461	High risk gang intervention & prevention Youth outpatient treatment Medical coupons, insurance, sliding scale
Foundation for Multicultural Solutions 2316 South State Street, Ste B Tacoma, WA 98405 253-572-3214	Family intervention services for at risk youth, educational programs, support groups, drug & alcohol youth classes, adult parenting classes, DUI victims panel
Avanza ECEAP 13008 94 th Avenue East Puyallup, WA 98373 253-770-8269	Preschool opportunities for Spanish speaking 3 & 4 yr old children and their families.
Puyallup Tribe Health Authority Kwawachee Counseling Center 2209 East 32 nd Street, Bldg 4 Tacoma, WA 98404 253-593-0247	Mental health support, medical coupons, insurance and sliding fee scale.
Tahoma Indian Center 1809 E 31 st St Tacoma, WA 98404 253-592-2707	Blessings for funerals, births, and weddings for Native Americans. Landlord/tenant counseling.

PET SERVICES

Humane Society

253-383-2733
2608 Center Street, Tacoma
www.thehumanesociety.org

Volunteer Information Line

253-383-2733 ext 5832

Animal Emergency

253-474-0791

Noah's Pet Project

601 North Oaks Street, Tacoma
2nd Saturday 12pm – 2pm

Senior Pet Adoption Program

253-383-2733 ext 5845

Pet Food Stamps

www.petfoodstamps.org

RECREATION

Big Brothers/Big Sisters
877-700-2447

Boys Scouts of America
253-752-7731

Gateway for Youth and Family
283-383-4361

Metropolitan Park
253-305-1000

South End Neighborhood Center
253-591-5098

United Way Volunteer Bureau
211

YMCA – Tacoma Center
253-597-6444

YMCA – Puyallup
253-841-9622

YMCA – Gig Harbor
253-853-9622

AAA 55 Alive Driver's Course
253-756-3050

Lutheran Community Services
253-272-8433

Catholic Community Services
253-383-3697

The Hear Now Program
800-648-4327

Living Will Assist – Pierce County Medical Society
253-572-3666

Boys and Girls Clubs
253-502-4600

Camp Fire Girls
253-597-6234

Girl Scouts USA
253-475-0307

Pierce County Parks & Recreation
253-798-4176

South Park Community Center
253-591-5299

YMCA – Lakewood
253-584-9622

YMCA – Tacoma Family Branch
253-564-9622

YMCA – Camp Seymour
253-884-3392

SENIOR SERVICES

Aging and Disability Resource Center
253-798-4600 or 800-562-0332

COPES
1949 South State Street, 2nd Floor, Tacoma
800-442-5129

Volunteer Chore Services
253-502-2690

Easter Seal Society of Washington
800-678-5708

Living Will Assist – WA St Medical Assoc.
800-552-0612

SENIOR SERVICES – CONT.

Paint Tacoma/Pierce Beautiful
253-383-3056 ext 105

Multi Care Home Health & Hospice
888-516-4505 or 253-301-6400

Washington Telephone Assistance Program
888-700-8880

Senior Employment Program
253-593-7357

Ala Teen
800-726-8094

Emancipation
253-798-7900

Involuntary Commitment for Alcohol & Drugs
253-798-4427

Planned Parenthood
253-779-3900

Red Cross Volunteer
253-474-1700

Youth Resources
www.youthresources.us
253-209-5216

AssuranceWireless.com
888-321-5880

Pierce Transit
253-581-8000 or 800-841-1118

**Good Samaritan Hospital
Home Health & Hospice Services**
253-697-7600

Celebrate Seniority 55+
253-697-7385

Retired & Senior Volunteer Program
253-682-1832

Senior Housing Assistance Group (SHAG)
888-450-7424

Big Brother / Big Sisters
253-396-9630

Family Preservation
253-759-9544

Suicide and Crisis Line
253-581-7020 or 253-584-8933

Teen Anger Management
253-565-6565

Job Core
800-733-5627

SafeLinkWireless.com
800-SafeLink

Pierce Transit – Shuttle Reservations
253-581-8100

TEEN SERVICES

TELEPHONE SERVICES

TRANSPORTATION

TRANSPORTATION – CONT.

Para Transit
800-925-5438

Amtrak
800-872-7245

Washington State Ferry Information
800-843-3779

Sound Transit
888-889-6368

Greyhound
800-231-2222

Intercity Transit – Thurston County
800-287-6348

VETERANS SERVICES

Army Emergency Relief
253-967-9852 or 253-967-9812

Veterans Outreach Center
4916 Center Street, Ste E, Tacoma
253-565-7038

Washington State Dept of Veterans Affairs
800-562-2308

Disabled American Veterans
253-472-4680

Pierce County Veterans Bureau
253-798-7449

US Department of Veterans Affairs
800-827-1000
www.va.gov

Tri Care
800-404-4506

Homeless Veterans Reintegration Project
800-562-2308

WIC (WOMEN, INFANTS, & CHILDREN)

State WIC Office
800-841-1410

Puyallup Tribal Health Authority
2209 East 32nd, Tacoma
253-593-0238

Puyallup
606 East Main, Puyallup
253-848-0490

Spanaway
18020 East B Street, Spanaway
253-846-8234

Mary Bridge
316 N L Street, Tacoma
253-403-1349

Lakewood
11216 Bridgeport Way SW, Lakewood
253-588-9597

Milton
1400 15th Ave, Milton
253-922-3888

Puyallup Tribal
2209 E 32nd St, Tacoma
253-593-0232 Ext 530 or 533

WIC (WOMEN, INFANTS, & CHILDREN) – CONT.

Tacoma East

1140 E 65th St, Tacoma
253-473-8452

Tacoma Hilltop

1112 S Cushman St, Tacoma
253-280-9851

University Place

3560 Bridgeport Way W #1-A, UP
253-343-6050

Joint Base Lewis-McChord

Building 2166, Fort Lewis
253-966-4688

Fife

2111 54th Ave E, Fife
253-926-8767

Parkland

121 S 132nd St, Parkland
253-531-2460

Gig Harbor

4545 Point Fosdick Dr NW #230, GH
253-530-8195

Bonney Lake

21220 SR 410 E, Bonney Lake
253-447-4769