About AM

At Associated Ministries our vision is for a deeply engaged community, especially among partners from all faith traditions, to bring about the transformation of our community so that all can thrive.

Our programs endeavor to effectively walk alongside those who come to us for services as they emerge out of crisis, find paths out of poverty into personal stability, and aspire to build a foundation of skills, social connections and financial assets.

AM Programs & Supportive Services

Coordinated Entry System (CES) | 253-682-3401
CES is Pierce County’s homeless crisis response system, co-managed by AM. It offers multiple points of entry for households experiencing homelessness to become prioritized to receive housing services.

Family Permanent Housing | 253-682-3401
Rapidly re-houses individuals and families experiencing homelessness. Referrals to participate must come through the Coordinated Entry System.

Landlord Liaison Project | 253-383-3056, ext. 157
Increases access to affordable housing for Pierce County’s Coordinated Entry System by connecting tenant-ready renters with housing opportunities provided by property owners and managers, offering alternative screening options.

Protective Payee Services | 253-383-3056, ext. 109
Helps households receiving DSHS and SSI benefits to better manage their budget and assure that rent and other expenses are paid, ensuring their stability.

Homeless Mail Service | 253-383-3056, ext. 144
Provides a fixed mailing address and other services to offer stability to those experiencing homelessness; referral from DSHS is required to participate.

Community Resource Connection Center | 253-383-3056, ext. 128
Provides unique supportive services and resources that complement AM programs and also helps other community members maintain stability and build assets.

Give a Gift & Change a Life

Our desire is to help create a community where no one is homeless, hungry or vulnerable!
Your gifts provide compassionate care for men, women and children in need throughout Pierce County. Your support for the work of Associated Ministries makes a real difference in the lives of people facing huge challenges.

To Give a Gift, visit associatedministries.org or call 253-426-1507
Consider leaving a gift to AM in your will. By taking this step today you will create a brighter future for vulnerable people. Ask us how!

More information about Associated Ministries is located inside of the back cover.
# Table of Contents

- Emergency Shelters .................................................. .01
- Domestic Violence Shelters ........................................... .01
- Housing Authorities ................................................... .01
- Housing Services ........................................................ .01
- Low Income Home Ownership .......................................... .03
- Services for the Homeless ............................................. .04
- Drug & Alcohol Treatment & Recovery Services .................... .05
- Medical Care .............................................................. .06
- Dental Care ............................................................... .08
- Mental Health Care ........................................................ .08
- HIV/AIDS Resources ..................................................... .10
- Prescription Assistance .................................................. .10
- Services for the Disabled ................................................ .10
- Child Care ................................................................. .12
- Education, Employment & Job Training ................................ .12
- Vocational/Community Colleges ........................................ .14
- Legal Aid Resources ..................................................... .15
- Clothing Resources ....................................................... .15
- Pregnancy Services ........................................................ .15
- Furniture Banks ............................................................ .16
- Transportation .............................................................. .16
- Transportation Assistance ................................................ .16
- Pet Care & Services ........................................................ .17
- Telephone Assistance ..................................................... .17
- Tax Preparation ............................................................. .17
- Food Banks - by Zip Code ............................................... .18
- Food Banks - Mobile Sites ................................................ .18
- Index of Agencies .......................................................... .22

---

# Quick Reference Important Phone Numbers

United Way Helpline ........................................................... 253-572-4357 / 2-1-1
An Information and Referral Service TTY .................................. 253-882-1828
Addiction Referral Network ................................................... 1-800-577-4393
Alcohol and Drug Helpline .................................................... 1-800-562-1240
Child Abuse Prevention Resources .......................................... 1-800-422-4453
Child Protective Services (CPS) ............................................. 1-800-762-4902
Consumer Counseling NW ................................................... 253-588-1858
Domestic Violence Helpline .................................................. 1-800-562-6025
Mental Health Crisis Line ..................................................... 1-800-576-7764 / 253-798-4333
Narcotics Anonymous ............................................................ 253-531-8792
NW Justice Program ............................................................ 1-888-201-1014
Pierce County Sheriff Non-Emergency Line ............................... 253-798-4721 ext 3
Senior Information and Assistance ........................................ 253-798-4600 / 1-800-562-0332
Sexual Assault Crisis Line .................................................... 1-800-756-7273
EMERGENCY SHELTERS
Catholic Community Services
253-502-2770
www.ccsww.org
South 14th Street, Tacoma, WA 98405
Hours: Day Center 7am-5 pm
Overnight Shelter 5 pm-7am, 7 days a week
Day Center provides breakfast, lunch and other services except bus tickets. Overnight guests are asked to arrive at or after 4:30 pm, sign in and wait until name called for beds. Guests are admitted from 5:30 pm to 8 pm. There is no guarantee that beds will be available. For housing at Nativity House Apartments, clients must be accessed by Coordinated Entry.

Tacoma Rescue Mission - Family Shelter
253-383-4493
www.trm.org
425 S Tacoma Way, Tacoma, WA 98402
Hours: 8:00 am-4:30 pm
Meals are provided at our downtown campus daily. These meals are open to men, women and children. Breakfast: 7:30am - 8:15pm. Dinner: 5pm - 6pm. To apply for the men’s program, call the front desk and ask about our New Life Recovery program. To apply for the Women & Family New Life Program, call the program manager and ask for details.

Adams St Family Campus - 253-383-4493
2909 S Adams St, Tacoma, WA 98409 Families and Single Women
Tyler St. Family Campus - 253-383-4493
3202 S Tyler St, Tacoma, WA 98409 Transitional housing for families
Jefferson Apartments
2336 S Jefferson Ave, Tacoma, WA 98402
Drug/alcohol free housing for disabled or adults with special needs

DOMESTIC VIOLENCE SHELTERS
Family Renewal Shelter
253-475-9010
1-888-550-3915
www.domesticviolencehelp.org
Domestic Violence only—single women and women with children & pets on a case-by-case basis. Stay up to six weeks, serves high-risk population, 24-hour hotline. Must call to schedule an appointment.

Korean Women’s Association
253-359-0470
www.kwacares.org
KWA serves women with children who are in domestic violence situations. Length of stay depends on the situation.

YWCA
253-272-4181
www.ywcapiercecounty.org
405 Broadway, Tacoma, WA 98402
Hours: M-TH 8:30 am-5:30 pm; F 8:30 am-4:30 pm
The YWCA Pierce County offers comprehensive domestic violence programs to our community in an effort to provide safety, healing, and empowerment.

YWCA Emergency Shelter
253-383-2593
www.ywcapiercecounty.org
crisis@ywcapiercecounty.org
Emergency shelter is for individuals (men and women) and families escaping domestic violence. Stay up to three months, confidential program. All services require an intake process except for the Community Advocate who will see walk-ins.

YWCA Family Permanency Project
253-272-4181 ext 229
Hours: 8:00 am-5:30 pm
Survivors of domestic violence with children or who are pregnant who qualify for Section 8 having received crisis intervention prior to applying for program. Preference given to YWCA shelter residents first, then referrals from other DV shelters.

Crystal Judson Family Justice Center
253-798-4166
www.aplaceofhelp.org
718 Court E, Tacoma, WA 98402 Hours: 8:30 am-4:30 pm
Walk-In Hours: 8:30 am-3:30 pm
The Justice Center serves the needs of domestic violence victims and their children by providing comprehensive victim services in one central and safe location in downtown Tacoma. Services provided include but are not limited to civil legal support, protection orders, counseling and support groups, safety planning, Division of Child Support assistance, DSHS assistance, spiritual support, housing transportation, victim support in criminal cases and other emergency assistance. Interpretation services are available to non-English speaking clients.

HOUSING AUTHORITIES
Pierce County Housing Authority
253-620-5400
www.pchawa.org
603 South Polk Street, Tacoma, WA 98444
The application process for PCHA is closed at this time. Openings will be announced on the PCHA website, in the local media, at public libraries and at various community agencies. Applications are now completed online only.

Tacoma Housing Authority
253-207-4400
www.tacomahousing.net
902 S L Street, Tacoma, WA 98405
THA administers three programs for low-income families: Housing Choice Voucher Program (formerly Section 8), Housing Opportunities Program (HOP) and Public Housing Program. Waiting list is long but a good source of low-income housing when available.

HOUSING SERVICE
Coordinated Entry
253-682-3401

Salvation Army of Tacoma
253-572-8452
www.tacoma.salvationarmynw.org
1521 6th Ave, Tacoma 98405
Hours: M-F 9 am-3 pm (closed 12 pm-1 pm)
MUST CALL Coordinated Entry 253-682-3401 for assessment appointment first for housing and homeless services.
Salvation Army provides emergency shelter and transitional living housing for singles and families with children on a temporary basis for varying amounts of time and when space available; domestic violence support; resource references; assistance with rent, utilities, gas, electric and oil; monitors court-ordered volunteer service; case management for families and single women; employment assistance; 6-month ARC (drug and alcohol) treatment; and food and clothing banks.
Helping Hand House
253-848-6096
www.helpinghandhouse.org
4321 2nd St SW, Puyallup, WA 98371
Hours: M - F 8 am - 9 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
Helping Hand House is emergency housing stabilizing families with children under the age of 18 who are homeless or at imminent risk of homelessness, and help them obtain permanent housing as quickly as possible. To be eligible for this program, families must reside in Pierce County, have one child age 17 or under living with them and be homeless or nearly homeless. Services are tailored to the specific needs, barriers, culture and location of the families.

Living Access Support Alliance
253-682-3401
www.lasawa.org
8956 Gravelly Lake Dr. SW, Lakewood 98499
Hours: M - F 9 am - 5 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
Short term shelter housing provides families with safe apartments with stays of up to 30 days. Phone and utility services are included as well as case management that is focused on the immediate needs of the family. Transitional Housing provides families their own apartment or townhouse for 12 to 24 months. Families pay 30% of their eligible income which will cover the apartment and utilities and case management to help families focus on long-term goals and move from homelessness to self-sufficiency. LASA also has permanent supportive housing for families with disabilities.

Outreach Program: (Utility Assistance)
253-582-5320 Hours: T & TH, 10 am - 12 pm

Family Housing Network
253-471-5340
(Catholic Community Services of Western Washington)
www.ccsww.org
5050 S Tacoma Way, Tacoma, WA 98409
Hours: M - F 9 am - 5 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
Serves low-income homeless families with children in Pierce County as well as military households in Pierce, King, Kitt- sap, Thurston and Snohomish counties. Formerly Phoenix Housing Network, FHN has 48 transitional apartments throughout Pierce County. Homeless families are able to live in their apartment for one to two years and receive case management while they work on their goals toward self-sufficiency, permanent housing and stability.

Shared Housing Services
253-272-1532
www.shared housingservices.org
901 South 11th Street Tacoma, Wa 98405
Hours: M - F 8 am - 5 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
The Adult Shared Housing program matches a home owner (the provider) who is looking to share a room/space in their home with a person who is looking for low-income, affordable housing (the seeker) in exchange for rent and/or assistance.

Metropolitan Development Council
253-383-3921
TDD 253-591-0147
www.mdc-hope.org
945 Fawcett Ave, Rm #204, Tacoma, WA
98402 Hours: M-TH: 8 am-4 pm; F: 8 am-3 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
MDC owns and manages 375 units of housing for homeless and low-income families and individuals, with four housing service models offered throughout Pierce County: Transitional Short-term Housing for homeless families with case management services. Permanent Supportive Housing for individuals who are chemically dependent or have mental or physical disabilities. Housing First- Housing for individuals who are chronically homeless. Affordable Housing rental housing to those earning less than 60% of median income. Visit the MDC website to obtain more information about all of our programs and services offered or call to obtain more information.

Pierce County Community Connections
253-798-4500 Downtown office
253-798-4400 Sound view office
www.co.pierce.wa.us/hs
Hours: M - F 8 am - 4:30 pm
Sound view Office 3602 Pacific Ave, Tacoma, WA 98418
Downtown Office 1305 Tacoma Ave S, Suite #104, Tacoma, WA 98405
Programs include but are not limited to: Housing advocacy, minor home repair for individuals who live outside Tacoma and Lakewood city limits but are in Pierce County, the Aging and Disability Case Management Resource Center (ADRC), energy assistance, early childhood education, CAREER, CDC Community Development Disabilities, Homeless Programs, Violence Prevention, Weatherization and WSU Extension.

Faith House Ministries NW
253-302-5335
www.faithhouseministries.org
5954 North 26th Street, Tacoma, WA 98407
Hours: M - F 9 am-5 pm; Saturday by appointment
Faith House Ministries NW is a housing resource for Veterans and a housing support service for teens and young adults.

Exodus Housing
253-862-6808
www.exodushousing.org
15318 Washington St E, Sumner, WA 98390
Hours: M-F 8:30 am-4:30 pm
Applicants will ONLY be contacted if they are being considered for a housing opening. We keep applications on file for 60 days, after that they are deleted from our system. Applicants are welcome to reapply as long as they still meet the eligibility requirements (fleeing/approaching to flee from domestic violence and have at least one minor child in their physical custody). Applicants who DO NOT MEET the basic eligibility requirements will not be logged into our system. Exodus programs are employment based, so you must be ready, willing and able to become employed within a relatively short period of time. Exodus Housing subscribes to a policy of equal opportunity. Applicants will not be discriminated against on the basis of age, race, religion/creed, national origin, ancestry, sex, physical or mental disability, marital status or sexual orientation/gender identity. If you need application materials or interview services, please contact Exodus Housing. All adult applicants who wish to apply must meet the following requirements:

Extended Support Services:
253-862-6808
www.exodushousing.org
15318 Washington St E, Sumner, WA 98390
Hours: M-F 8:30 am-4:30 pm
Applicants will ONLY be contacted if they are being considered for a housing opening. We keep applications on file for 60 days, after that they are deleted from our system. Applicants are welcome to reapply as long as they still meet the eligibility requirements (fleeing/approaching to flee from domestic violence and have at least one minor child in their physical custody). Applicants who DO NOT MEET the basic eligibility requirements will not be logged into our system. Exodus programs are employment based, so you must be ready, willing and able to become employed within a relatively short period of time. Exodus Housing subscribes to a policy of equal opportunity. Applicants will not be discriminated against on the basis of age, race, religion/creed, national origin, ancestry, sex, physical or mental disability, marital status or sexual orientation/gender identity. If you need application materials or interview services, please contact Exodus Housing. All adult applicants who wish to apply must meet the following requirements:

Shared Housing Services
253-272-1532
www.shared housingservices.org
901 South 11th Street Tacoma, Wa 98405
Hours: M - F 8 am - 5 pm
MUST CALL Coordinated Entry (253-682-3401) for assessment appointment first for housing and homeless services.
The Adult Shared Housing program matches a home owner (the provider) who is looking to share a room/space in their home with a person who is looking for low-income, affordable housing (the seeker) in exchange for rent and/or assistance.
1. A single parent family who is 18 or older with at least one minor child age 17 or under in their custody (pregnancy ok).
2. Family must be currently fleeing, or attempting to flee from domestic violence and lack the resources with which to obtain permanent housing.
3. Participants must be employed or employable in a short period of time.

**Hope Guest House**  
253-627-3620  
cascade@msn.com  
915 South 7th Street, Tacoma, WA 98405  
Hours: M-Sun 7 am-10 pm  
Hope Guest House is a long term care facility for mentally and/or disabled women who have case management from a mental health facility.

**Network Tacoma**  
253-474-9334  
www.networktacoma.org  
5435 S M St, Tacoma, WA 98408  
Hours: M, T & TH: 9 am-3 pm  
Most families they assist are single parents with 2 to 3 children and are living in shelters, with friends or in their car. Some may face eviction. Due to social and economic conditions in the community, domestic violence, job loss, divorce or death, they find themselves in circumstances that strained their resources and capabilities to the point where they need help. The Network has 7 transitional housing units, and 22 permanent low-income apartments located in Lakewood. They provide stable housing for families living under the poverty line. Clients must be assessed by Coordinated Entry first.

**New Beginnings**  
253-353-2229  
www.newbeginningshome.org  
PO Box 512, Puyallup, WA 98371  
New Beginnings is a mentorship program that provides housing and support service for young women in pregnancy-related crisis as well as temporary housing and assistance for new mothers who seek self-sufficiency.

**Share & Care House**  
253-627-3620  
www.shareandcarehouse.org  
Tacoma: 3418 McKinley Ave | 253-564-4194  
Hours: Payee - M,W,F 11am - 3pm.  
Walk in hours for all offices: M,W,F 11am - 3pm.  
Puyallup: 7020 23rd Avenue SE, Puyallup, WA 98372  
253-841-8886  
Seattle: 11460 1st Ave S | 206-764-4849  
Tigard, OR: 13855 Pacific Hwy | 503-684-8882  
Tacoma Hours: Payee - M,W,F 11am - 3pm.  
HEN - T,Th 9am - 3pm.  
Walk in hours for all offices: M,W,F 11am - 3pm.  
Share and Care House provides a variety of programs and services to individuals and families at the locations listed above including rapid rehousing for homeless individuals and families; supportive housing for chronically homeless individuals; HEN rent/utility assistance (Pierce County); payee/fiduciary programs for SSA, VA and other beneficiaries; certified professional guardianship and clothing banks. Housing clients must be assessed by Coordinated Entry (253-684-3401) first for referral.

**Tacoma Rescue Mission**  
Veterans Resource Center  
253-383-4493 ext 1122  
www.trm.org  
425 S Tacoma Way, Tacoma, WA 98402  
Hours: M W F after 2:30 pm  
A licensed homeless outreach social worker is on-site at the Rescue Mission from the America Lake location of the Veterans Affairs Puget Sound Healthcare System to deter- mine the best solutions for helping homeless veterans.

**Matthew House**  
360-794-8720  
www.matthewhousemonroe.org  
Mailing Address: PO Box 201, Monroe, WA 98272  
Hours: TH 11 am-3 pm; F-M 11:30 am-5 pm  
Matthew House provides love & hope to families with loved ones incarcerated in prisons in WA. The program exists to provide families with a clothes closet, food pantry, overnight shelter for women and children up to 3 days as they visit their loved ones, transportation to various prisons in the state, childcare and adult counseling.

**LOW-INCOME HOME OWNERSHIP**  
City of Lakewood Housing Programs  
253-983-7754  
www.cityoflakewood.us  
6000 Main St. SW, Lakewood, WA 98498  
Hours: M-F: 8:30 am -5 pm  
The Housing Program provides emergency minor repairs, major home repairs and home rehabilitation for low-to-moderate income Lakewood single-family homeowners . A down payment assistance program for low-to-moderate income applicants to purchase a single-family home in Lakewood.

**Tacoma/Pierce County Habitat for Humanity**  
253-627-5626  
www.tpc-habitat.org  
4824 S Tacoma Way, Tacoma, WA 98409  
Hours: M-F 9 am-5 pm; Sat by appt only  
Tacoma/Pierce County Habitat for Humanity partners with families in need to build and own simple, decent and afford- able homes in safe communities. Habitat's mission is a direct reflection of the urgent need for decent and affordable housing in our community. Habitat is unique in that they provide a lasting and permanent solution to a household's housing crisis.

**Homeownership Center of Tacoma**  
253-627-6560  
www.hcthomes.org  
1424 S J St, Tacoma, WA 98405  
Hours: M-TH 9 am-5 pm; F 9 am-3 pm  
HCT Offers unique financing assistance to first-time low-to-moderate income home buyers who purchase homes built or remodeled by HCT in Hilltop or Eastside communities. Borrowers must contribute a part of their own funds toward the purchase and complete HCT’s Homebuyer Education classes.

**Rebuilding Together South Sound**  
253-238-0977  
www.rebuildingtogetherss.org  
712 54th Ave E, Tacoma, WA 98424  
Hours: M-F 8 am-5 pm
Rebuilding Together provides free home repairs and modifications to low-income homeowners who are elderly, disabled, or families with children.

Volunteer Chore Services  
253-502-2741  
Catholic Community Services of Western Washington  
www.ccsww.org  
1323 S. Yakima Ave, Tacoma, WA 98405  
Hours: M-F: 8:00 am - 4:00 pm  
Volunteers help clients with: Housekeeping, Transportation, Grocery shopping, Yard care, Home repair/accessibility options, Wood provision and Monitoring. THIS IS A FREE SERVICE.

SERVICES FOR THE HOMELESS
Guadalupe House  
253-572-6582  
1417 South G Street, Tacoma, WA 98405  
Showers: M-F 11 am - 2 pm  
Interviews are conducted for transitional housing services, however, no space available at this time. Call to check for vacancies. Homeless can receive mail at the Guadalupe House address listed above. Weekly prayer and dinner services every Tuesday; doors open at 5 pm.

MDC Medical Clinic  
(Formerly Health Care for the Homeless)  
253-627-5445  
www.mdc-hope.org/health/medicalclinic  
2342 Tacoma Ave S, Tacoma, WA 98405  
Hours: M-TH 7:45 am-4:30 pm  
Medical Clinic: 253-284-9023  
7:45 am -11:30 pm & 1 pm-4 pm

Mental Clinic Thursday 1 pm  
Dental Information  
253-691-7596  
This is a walk-in clinic exclusive to patients who are experiencing homelessness. Best to arrive at 7:45 am to sign up for showers and to do laundry.

Hygiene Center  
253-627-5445  
2342 Tacoma Avenue  
Showers, Laundry, Hygiene Products and referrals.

Open Hearth Ministries  
253-307-2274  
Hours: M-S 8 am-8 pm  
Open Hearth Ministries of Puyallup is a short-term motel sheltering program serving homeless families with children up to 18 years old in Puyallup and Eastern Pierce County.

Project Homeless Connect Tacoma  
253-593-2111  
www.soundoutreach.org/project-homeless-connect  
1106 Martin Luther King Jr Way, Tacoma, WA 98405  
Event held four times a year that brings 50-75 nonprofit and government agencies together in one place to address the basic needs of those who are homeless in Pierce County. Basic medical and dental care, access to education, employment and benefit systems, chemical dependency assessments, flu shots, haircuts and tobacco cessation tools are some of the resources provided.

Coalition to End Homelessness  
253-591-6000  
www.cityoftacoma.org  
747 Market St., Tacoma, WA 98402  
The Coalition is a community of service providers and concerned individuals who seek to prevent and eradicate homelessness, create/preserve affordable housing, restore those who are homeless to stable environments, and promote awareness of issues concerning homelessness. Meetings are every 2nd Tuesday of the month at Community Health Care, 1202 Martin Luther King Jr. Way in Tacoma.

St. Vincent DePaul Outreach - by Zip Code - Parish Boundaries  
(Services Limited to the boundaries of each parish)  
98329, 98332, 98333, 98335, 98349, 98351, 98394  
St. Nicholas Parish  
253-851-0554  
Call anytime M-F; must leave a message for help. Assistance with rent, utilities and food. Limited to Gig Harbor/Key Peninsula area only)  
98354, 98371, 98422, 98424  
St. Martin of Tours, Fife  
253-970-9037  
Call M-F 10 am-4 pm--leave message with your information so they can return your call. Partial assistance with rent, utilities and prescriptions.  
98371, 98372, 98373, part of 98374  
All Saints Community Services  
253-848-2000  
Call M-TH 10 am-12 pm; 1 pm-3 pm  
Partial assistance with rent, utilities (limited), food and prescriptions. Must have “pay or vacate” for rent help; must have a disconnect notice for utilities. Help is only once a year.  
98387, 98444, 98445, 98580  
Our Lady Queen of Heaven  
253-537-5266  
Call M-F 10 am-2 pm  
Help with rent and utilities. Food bank on MWF.  
98402, 98405  
St. Leo’s Emergency Services  
253-272-5136 ext. 102  
Call T-F 9 am-4:30 pm (closed 12 pm-1:30 pm)  
Prescriptions, identification cards (limited to 5 clients on Tuesdays, call for an appointment), medical clinic (Catholic Community Services - M & TH 5 pm-8 pm).  
Food Connection for food assistance, contact: 253-383-5048  
Part of: 98402, 98406, 98407; and 98403  
St. Patrick’s  
253-383-2783 ext 4105  
Call T, TH 10 am-12 pm  
Depending on funds, St. Patrick’s assists with food (must make an appointment for food bank), gasoline vouchers, gift cards to St. Vincent DePaul stores, bus tickets and utilities. There is no assistance for rent payments.
98404
Sacred Heart of Jesus
253-472-7738 ext 104
Phone manned T & F between 10-11 am
Leave message and phone number for return call. Help with food vouchers, bus tickets and $100 towards utilities if you have a shut-off notice.

98405
St. Rita’s of Casia
253-627-4851
Call M, T, TH, & F 9 am-12 pm; 1-3:30 pm; closed W
There is utility assistance, but no rent assistance. If no answer, leave a message for your call to be returned.

98406, 98407
Holy Cross Catholic Church
253-759-3368
During recorded message PRESS 4 for St. Vincent DePaul Utilities, Food!

98408, 98444
St. Ann’s
253-472-1360
Call T & Th
Food ONLY!

98439, 98498, 98499 (Lakewood Zip Codes)
St. Frances Cabrini
253-655-7837(English) / 253-655-7835 (Spanish)
Call M 9:00 am (Service is on a FIRST COME, FIRST SERVE BASIS. CALL PROMPTLY AT 9:00 am)
Rent, Utilities, Furniture

98498
St. John Bosco
253-820-9472
Call M-F 9:00 am - 5:00 pm
Utilities, Furniture, Clothing and other needs.
NO RENTAL ASSISTANCE AVAILABLE DUE TO LACK OF FUNDS.

DRUG & ALCOHOL TREATMENT AND RECOVERY SERVICES
American Addiction Centers
888-970-5302
Inpatient Residential Treatment for up to 30/60/90 days to include an After-Care Plan

Alcohol and Drug Helpline
206-722-3700 Al anon and Alateen
1-800-726-8094
www.al-non-pierce-wa.org
CALL FOR MORE INFORMATION ON LOCAL LOCATIONS AND TIMES. Family support for those living with someone struggling with an addiction. Al-Anon offers hope and strength to people who suffer the effects of alcoholism in their family.

Christian Biker Tabernacle
(God’s Ranch, Matthew’s House, House of Adullam)
253-677-4791
www.christianbikertabernacle.org
2702 E 112th St. Tacoma, WA 98445

Very strict Christian-oriented program, for men and women who are homeless and recovering from drug and alcohol addiction, minimum 6 months commitment to address recovery issues while building a Christian spiritual relationship.

Jefferson Square
(Tacoma Rescue Mission affiliate)
253-272-6828
www.rescue-mission.org
2336 Jefferson Ave, Tacoma, WA 98402
Hours: M-F: 9:00 am-5:00 pm
Single men and single women. Must have case manager from outside agency (not DSHS), must complete forms and application to be approved.

Lakeside-Milam Recovery Centers
253-840-8687
www.lakesidemilam.com
Tacoma & Puyallup Outpatient Clinic Hours: M-F 8 am- 9pm.
Tacoma Outpatient Clinic:3315 S 23rd St, Ste 102, Tacoma, WA 98405
Puyallup Outpatient Clinic:405 W Stewart Ave, Puyallup, WA 98371
Drug and alcohol assessments and counseling along with treatment options for youth and adults

MDC
253-383-3921
www.mdc-tacoma.org
721 Fawcett Ave, Ste 201, Tacoma, WA 98402

Detox Center
253-593-2413
721 Fawcett Avenue, Suite #100 Tacoma, WA 98402
Hours: 24 hours/7 days per week
Medically supervised chemical dependency detoxification services for adults and youth over the age of 13. Crisis stabilization is provided for youth that are impacted by substance abuse.

New Life Program (Tacoma Rescue Mission)
253-383-4493
www. rescue-mission.org
425 South Tacoma Way, Tacoma, WA 98402 Hours: M - F 8:30 am - 4:30 pm
Substance abuse - an 8 to 12-month live-in program for men at the Downtown Campus and a 12 to 24-month live-in program for women and families at the Adams Street Family Campus. The New Life Program offers help, hope and an environment that combines nurturing support with critical structure and accountability.

New Phoebe House
253-383-7710
www.newphoebehouse.org
CALL FOR ADDITIONAL INFORMATION ON PROGRAM.
We provide housing, services and support to Pierce County mothers and children impacted by chemical dependence. We help them achieve and maintain reunification through healing, self-sufficiency & clean and sober living.

Pierce County Alliance
253-502-5439
510 Tacoma Avenue South, Tacoma, WA 98402
Hours: M - F 8:30 am - 4:30 pm
Court ordered treatment programs for foster children getting into foster care, independent living out- side of foster care, reunification with
families, and helping through the education system. Chemical Detection Services available on referral by employers, schools, parents, clean & sober housing facilities, CPS, etc. drugs/alcohol or outpatient therapy.

Prosperity Wellness Center
253-531-4750 main
253-536-6425 screening
www.prosperitywellnesscenter.com
Hours: Mon - Fri 9am - 5:30pm
5001-112th St E, Tacoma, WA 98446
Women’s residential short-term sober living (30 days or less), outpatient also available. Call main office to inquire about getting services. Call screening for eligibility and to be placed in the proper program. When calling for admissions, ask for Suzanne.

Rainier View Christian Church
253-531-0757
www.rainierview.org
7420 224th St E, Graham, WA 98338
Hours: Group meets Friday nights 7:00 pm-8:30 pm
Bible study that integrates 12 step recovery program.

Pioneer Human Services Chance for Change
253-274-0408
www.pioneerhumanservices.org
758 St. Helens Avenue Tacoma, Wa 98402
Hours: M- F 10:00 am - 6:00 pm.
Walk-in assessments for substance abuse are M - F at 8am.
People can self-refer or be referred from law enforcement and other agencies. Several programs for housing individuals in drug/alcohol recovery. MUST HAVE AT LEAST 30 DAYS CLEAN AND SOBER. Single adults/families can stay 15-18 months. MUST HAVE NO SEX OFFENSE OR ARSON CHARGE.

Sea Mar Community Health Center
Tacoma Treatment Center
253-280-9860
www.seamarchc.org
1415 Center Street, Tacoma, WA 98409
Hours: 24 hours/7 days per week
Sea Mar’s Tacoma Treatment Center is a 36 bed, state-licensed, JCAHO accredited facility that offers a 30-day residential program for stabilization and recovery skills for adults who have substance abuse/chemical dependency and alcoholism. We have been providing chemical dependency services in Washington state at this location since 1994.

Point Defiance AIDS Project
253-381-5229 (Needle Exchange Van)
www.nasen.org
Community program that provides injecting drug users the opportunity to exchange syringes one for one and guarantees safe disposal. Helps reduce the spread of blood-borne diseases like HIV and hepatitis. Needles (syringes) are delivered in afternoon and same day delivery if called before 1:00 pm NASEN (North American Syringe Exchange Network) Locations: S 14th St and S G St - M,T,Th,F 10am - 1pm. Look for a white cargo van parked near the corner. Health Department Parking Lot - M,W,F 11am - 4pm. Deliveries - Call Dennis: 253-381-5229 before 1pm. Tribal Site - 253-334-9576 to find out which days. Blue minivan on a gravel lot on Portland Avenue between E 32nd and E Wright next to the Community Garden.

MEDICAL CARE
Washington Poison Center
1-800-222-1222 Emergency Number
www.wapc.org
206-517-2350 Administration Office
155 NE 100th St Ste #100, Seattle, WA 98125
The Washington Poison Center (WAPC) is a statewide provider of immediate, free*, and expert treatment advice and assistance on the telephone in case of exposure to poisonous, hazardous, or toxic substances. All calls are confidential. There is a $45 fee for all animal calls.

Statewide Health Insurance Benefits Advisors (SHIBA)
800-562-6900 Insurance advocate:
M - F 8am - 5pm
www.insurance.wa.gov

Sound Outreach
1106 Martin Luther King Jr. Way, Tacoma, WA 98405
253-538-8361.

Korean Women’s Association
123 East 96th Street, Tacoma, WA 98445
They can help you understand health care coverage options and rights; find affordable health care coverage; evaluate and compare health insurance plans. They provide free, unbiased and confidential assistance with Medicare and health care choices giving the latest information.

Public Health Nurse Referral
253-798-6410/ 800-769-0045
Tacoma Health Center - Tacoma
Maternity support services, individuals with children ONLY.
1515 Martin Luther King Jr. Way, Tacoma WA 98405 Hours: M & W – 7:30 am -7:00 pm; T & Th & Sat 8:00 am - 4:00 pm; F 8:30 am - 4:30 pm
All services at this health center are available on a walk-in basis. If you need emergency contraception (morning after pill), you can walk in any time the health center is open. Services offered: Abortion Services; Birth Control; General Health Care; HIV Testing; LGBT Services; Men’s Health Care; Morning-After Pill (Emergency Contraception); Pregnancy Testing & Services; STD Testing, Treatment & Vaccines; Women’s Health Care. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide. For nearly 100 years, Planned Parenthood has promoted a commonsense approach to women’s health and well-being, based on respect for each individual’s right to make informed, independent decisions about health, sex, and family planning.

Immunization Referrals
253-798-6410
www.tpchd.org
3629 S “D” Street, Tacoma, WA 98418
Hours: Open Monday to Friday 8:00 am - 4:30 pm
Contact Tacoma-Pierce County Health Department for information about immunizations and other health issue referrals.
Community Health Care
253-597-4550 Administrative Offices
www.commhealth.org
1019 Pacific Ave Ste #300, Tacoma, WA 98402
Community Health Care Clinics:
MEDICAL COUPONS ACCEPTED AT CLINICS:
CALL SPECIFIC CLINICS TO MAKE APPOINTMENTS

Hilltop Regional Clinic
253-597-3813
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
Hours: M-F: 8:00 am-5:00 pm (closed 12:00 pm - 1:00 pm)

Eastside Community Clinic
253-471-4553
1708 E 44th St, Tacoma, WA 98404
Hours: M - F: 8:00 am-5:00 pm (closed 12:00 pm - 1:00 pm)

Lakewood Family Medical Clinic
253-589-7030
10510 Gravelly Lake Drive SW, Lakewood, WA 98499
Hours: M - F 8:00 am - 4:30 pm (closed 12:00 pm - 1:00 pm)

(Tanbara) Children’s Clinic
253-471-4553
1708 E 44th, Tacoma, WA 98404
Hours: M - F 8:00 am - 5:00 pm (closed 12:00 pm - 1:00 pm)

Spanaway Family Medical Clinic
253-847-2304
134 188th St S, Spanaway, WA 98387
Hours: M-F: 8:00 am-5:00 pm (closed 12:00 pm to 1:00 pm)

Women’s Health Clinic
253-722-2161
The team provides care at Lakewood, Eastside, and Hilltop clinics on a rotating schedule. Call for appointment.

Urgent Care Clinic
253-442-8809
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
Hours: M - Th 8:00 am - 7:00 pm; F & Sat 8:00 am - 5:00 pm
(Closed 12:00 pm - 1:00 pm)

Neighborhood Clinic
253-627-6353
www.neighborhoodclinictacoma.org
1323 S Yakima, Tacoma, WA 98405
Hours: Open M-Th, sign-in begins at 5:00 pm
(on a first-come, first-served basis. Recommend you line up early).
Closed on some holidays, if you’re unsure, call. Will have upcoming closures on our voice mail. The Neighborhood Clinic provides free urgent medical care to patients who cannot afford or access healthcare. Based on the urgency of a patient’s condition, some patients may seem out of order.

Project Access
253-272-8819
www.pcmswa.org/pcpa
To qualify for a Donated Care referral through Pierce County Project Access, patients must: be a resident of Pierce County for at least three months; be at or below 250% of the Federal Poverty Level ($29,175/year for a single person total household income); have no medical insurance. If you need medical care and meet the above qualifications, please call us at (253) 572-7265. Enrollment is for six months and patients enrolled in the program only see physicians in the PCPA network assigned by PCPA staff.

Premium Assistance: The Pierce County Project Access Premium Assistance sponsorship program is designed for Pierce County residents who are not eligible for Washington Apple Health (Medicaid) or Medicare. These individuals are eligible to purchase health insurance on the Washington Health Benefits Exchange, but they cannot afford the premiums. To qualify for premium assistance, patients must: be a resident of Pierce County; be eligible to purchase insurance on the Washington Health Benefits Exchange; file taxes; be at or below 400% of the Federal Poverty Level ($46,680/year for a single person total household income); be willing to enter into a relationship with PCPA and update your income and family size information on the Exchange throughout the policy year.
If you qualify for Premium Assistance sponsorship or want more information, please call (253) 278-0692.

Trinity Health Clinic
253-272-8819
www.tpc.org
1615 6th Ave, Tacoma, WA 98405
Hours: T - 5:00 pm - 7:00 pm
Does physicals and provides general medical services to anyone without insurance. Walk-ins are on a “first come first served basis”.

SeaMar Clinic
206-763-5277 Administrative Offices
www.seamarchc.org
1040 S Henderson St, Seattle, WA 98108

Tillicum Medical Clinic
253-280-9890
14916 Washington Avenue SW, Lakewood, WA 98498
Hours: M-F: 8:00 am-5:00 pm
Specialize in adult primary-care medicine, including preventive health exams, urgent care visits, minor procedures, health education, follow-up care from hospital visits, and referrals for other medical services.

Tacoma Medical Clinic
253-593-2144
1112 South Cushman Tacoma, WA 98405
Hours: M - F 8am - 5pm
We specialize in adult primary-care medicine, including preventive health exams, urgent care visits, minor procedures, health education, follow-up care from hospital visits, and referrals for other medical services. SeaMar’s Tacoma Medical Clinic provides comprehensive health services for the entire family, including dental, behavioral health, and preventive health services.

Puyallup Medical Services
253-864-4550
10217 125th St. Ct. E, Puyallup, WA 98374
M - S 8am - 5pm
Our highest priority is to provide high quality, accessible, affordable, and comprehensive health care to the Puyallup community and its surrounding areas. Puyallup Medical Clinic has a provider on-call and...
DENTAL CARE

Pierce County Dental Society Referral Service
www.pcdentists.org
253-274-9722
211-B Tacoma Ave. S. Tacoma, WA 98402

Bates Dental Clinic
253-680-7310
www.wellness.com
1101 S Yakima, Rm. E202A, Tacoma, WA 98405
M-Th 8am - 3pm. Closed on college holidays and summer break.

Lindquist Dental Clinic for Children
253-539-7445
www.lindquistdental.org
Providing accessible, compassionate and effective dental care to Puget Sound children in need.

Parkland Dental Clinic
253-539-7445 ext.2
130 131st St. So., Tacoma 98444
Hours: M - F 8:00 am - 5:00 pm

South Tacoma Dental Clinic
253-539-7445 ext. 5
3875 S 66th St, Tacoma, WA 98409
Hours: M - F 8:00 am - 5:00 pm

Gig Harbor Dental Clinic
253-539-7445 or 360-377-0599 ext. 4
8502 Skansie Ave, Gig Harbor, WA 98335
Hours: M - F 8:00 am - 5:00 pm

Pierce College Dental Hygiene Clinic
253-964-6694
www.pierce.ctc.edu
Pierce College, Ft Steilacoom Campus,
9401 Farwest Dr. SW, Lakewood, WA 98498
M 12pm - 5pm | T - Th 8am - 5pm | F 8am - 12pm
The clinic provides low-cost, gentle, preventive care for low-income and uninsured families and seniors. Dental care is done by students, in training to be dentists, and licensed dental hygienists and dentists check all patient treatment.

Puyallup Tribal Health Authority
253-593-0232
www.eptha.com
2209 E 32nd St, Tacoma, WA 98404
Hours: M, T, Th, F 8am - 5pm. Wednesday: 10am - 5pm
Puyallup tribe members and Pierce County residents who are enrolled members of other tribes

Community Health Care - Dental
Milgard Family Dental Clinic
253-572-7002
1708 # 44th, Tacoma, WA 98404
Mon - Sat 6:30am - 9:30pm
Walk-In Hours: M - F 6:50 am Sign in
(Closed for lunch 11:30 am - 12:30 pm & W 1:00 pm - 2:00 pm)

Lakewood Family Dental Clinic
253-589-7188
10510 Gravelly Lake Drive SW, Tacoma, WA 98499
Hours: Mon - Sat 6:30am - 5:30pm

Hilltop Regional Health Center Dental Clinic
253-441-4743
1202 Martin Luther King Jr Way, Tacoma 98405 Hours: Mon - Sat 6:30am - 5:30pm.

Spanaway Family Dental Clinic:
Call for appointment 253-210-5270

Sea Mar Community Health Centers – Dental
206-763-5277 Administrative Offices
www.seamarchc.org

Tahoe Dental Clinic
253-280-9840
1215 S 11th St, Tacoma, WA 98405
Hours: M-Sat 8:00 am - 5:00 pm
Specializes in pediatric dentistry, including preventive dental exams, emergency care, and referrals for other dental services.

Puyallup Dental Clinic
253-864-4760
10217 125th, Puyallup WA 98374
Hours: M-Sat 8:00 am - 5:00 pm
Specializes in pediatric dentistry, including preventive dental exams, emergency care, and referrals for other dental services.

MENTAL HEALTH CARE

1-800-576-7764 CRISIS LINE
253-942-5655 or 1-877-780-5222

Recovery Response Center
253-942-5644
www.recoveryinnovations.org
2150 Freeman Road East, Fife, WA 98424
Recovery Innovations, through its local non-profit corporations, offers a range of recovery based services in Arizona, California, North Carolina, and Washington. Recovery Innovations has developed an international reputation for recovery based practices and programs with the creation of a service delivery model that highlights peer support as the demonstration that recovery from mental illness and/or addiction is possible. In order to stay on track with recovery and wellness values, Recovery Innovations uses a wellness based approach instead of the traditional illness based approach. The focus is on strengths and is person-centered.

Comprehensive Life Resources
253-396-5800
www.comprehensiveliferesources.org
Proctor St. Location: 1201 South Proctor St. Tacoma 98405
Hours: Mon. 8am - 3pm, T-Th 8am-7pm, Fri. 8am-3pm Downtown Tacoma Location 1305 Tacoma Ave S Ste #305, Tacoma, WA 98405 Hours: Mon. 8am - 5pm, T-Th 8am-7pm, Fri. 8am-3pm Adult Services Walk-Ins: M - F 8:30 am - 2:30 pm NO WAIT
Provides mental health services for individuals without health insurance or have private insurance. The Medicaid Provider 1 program is for low-income individuals and families. Free counseling services (4 to 6 per year) are also available for those who qualify. In addition, Park Place Residential Center is a licensed adult residential rehabilitation center and facility offering
individualized and person-centered treatment for adults with serious and persistent mental illness who need a more secure and supportive residential environment. Counseling Services are available to everyone regardless of an individual's ability to pay.

**Children’s Services**  
**253-396-5800**  
1201 South Proctor, Tacoma, WA 98405  
Hours: M-W-F 8:00 am - 5:00 pm; T & Th 8:00 am - 7:00 pm;  
Children’s Services Walk-ins M-F 8:30 am - 4:00 pm  
CALL FOR MORE INFORMATION

**MultiCare Behavioral Health**  
**253-697-8400** (new client services press “2”)  
https://www.multicare.org/behavioral-health/  
325 East Pioneer, Puyallup, WA 98372  
2201 S 19th St, Suite 104, Tacoma, WA 98405  
Services include: Adult, Child and Family, Older Adult, Peer Support, Puyallup Valley Institute Services, Asian Counseling Services, Domestic Violence Survivor Services, Adult Chemical Dependency Services and Mental Health Crisis Services.  
Walk-In Assessment Clinic hours:  
Tacoma (SUD)- Mon-Fri, first come, first served, open at 0800 hrs  
Tacoma (MH)- coming soon call to determine availability Puyallup (SUD)- Mon, Wed, Fri, first come, first served, open at 0800 hrs  
Puyallup (MH)- Mon, Wed, Fri, first come, first served, open at 0800 hrs

**Greater Lakes Mental Healthcare**  
**253-581-7020**  
www.glmhc.org  
Greater Lakes Main Building  
9330 59th Ave SW Lakewood, WA 98499  
Hours: M-F 8 am - 5 pm

**Greater Lakes 72nd Street Clinic**  
**253-620-5800**  
1415B East 72nd St Tacoma, WA 98404  
Hours: M-F 8 am - 5 pm

**Greater Lakes Spanaway**  
**253-535-1935**  
113 170th St S Spanaway, WA 98387  
Hours: M-F 8 am - 5 pm  
Outpatient Clinics  
**253-581-7020**

For our Public Health Clients: FOR ADULT/CHILD & FAMILY - SAME DAY APPOINTMENTS SERVICES  
Greater Lakes provides a full range of mental health services, which you can easily arrange by calling the Access Center at (253) 681-7020. When you call, you will speak with a trained Clinical Screener who will help you determine which services will best meet your needs. Help is here! Counseling, Classes and Medication Services. GREATER LAKES MENTAL HEALTHCARE ALSO PROVIDES OUTREACH SERVICES CALL TO SCHEDULE AN APPOINTMENT.

**Hope Sparks**  
**Relatives Raising Children Program**  
**253-565-4484**  
www.hopesparks.org  
6424 N. 9th St, Tacoma, WA 98406 M-F: 9:00 am-5:00 pm  
Provides resources and support to kinship caregivers; No parent raising the child - non-biological but having a relation to child who must be age 18 and under. THERE IS A WAITING LIST TO RECEIVE COUNSELING SERVICES. Call to be placed on the waiting list. Also provides sliding scale counseling services for children, young adults and adults.

**Sea Mar Community Health Centers Behavioral Health**  
**206-763-5277**  
www.seamarchc.org  
1040 S Henderson St, Seattle, WA 98108

**Tacoam Behavioral Health Center**  
**253-280-9890**  
1516 S 11th St, Tacoma, WA 984405  
Hours: M-F: 8:00 am-5:00 pm  
The Tacoma site provides mental-health and chemical-dependency services to children, youth and adults. Our site is state-licensed as a community mental-health agency and a certified chemical-dependency agency. We meet all requirements for court-mandated services, and are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

**Gig Harbor Behavioral Health**  
**253-280-9888**  
6659 Kimball Dr, Ste #C305, Gig Harbor, WA 98335  
Hours: M - F: 8:00 am-5:00 pm  
Our site is state-licensed as a community mental health agency. We are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). We provide mental health services to children, youth and adults. Our well-trained professional team consists of mental health therapists and psychiatric advanced registered nurse practitioners.

**Puyallup Behavioral Health Center Services**  
**253-864-4770**  
12812 101st Ave Court #, #202, WA 98373  
Hours: M, T, F 8:00 am - 5:00 pm; W, Th 8:00 am - 7:00 pm  
Our site is state-licensed as a community mental health agency and a certified chemical dependency agency. We meet all requirements for court-mandated services, and we are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).

**Matthew’s House**  
**360-794-8720**  
www.matthewhousemonroe.org  
PO Box 201, Monroe, WA 98272 Hours: Th 11am-3pm; F: M11:30am-5pm (Closed on T & W)  
Provides love and hope to families with loved ones incarcerated in Monroe Correction Center. Services include: Welcome Room, Children’s Center, Clothing Closet, Emergency Food Supply, Counseling Referral Services, Family Van Services and Special Overnight Accommodations.

**Healing Places Counseling Center**  
**253-564-4233**  
www.healingplacescounselingcenter.com  
1614 South Mildred, Ste B, Tacoma, WA 98465  
Hours: Call for days and hours open  
This is a nonprofit counseling center dedicated to providing counseling and therapy to individuals, families, and couple relationships. We are committed to fostering an environment of confidentiality, safety, and reverence for our clients. Offering a healing place for all persons on their journey to wholeness.
MDC Mental Health Clinic
253-593-2740
www.mdc-tacoma.org/health/mental-health-services
721 Fawcett Ave. Ste. 201 Tacoma, WA 98402
Hours: M - F 9am-5pm
For individuals experiencing mental health and/or substance abuse issues. Must be a city of Tacoma resident, homeless in the city of Tacoma and have past or present mental health and/or substance abuse diagnosis.

PLU Couple & Family Therapy Center
253-535-8782
www.plu.edu
12108 Pacific Ave., Tacoma, WA 98444
Hours: M - Th 9am - 8pm & Fri 9am - 5pm
We offer affordable, high-quality care to individuals, couples, and families, using the latest advances in the field. Care at our center is based on a family-focused model of therapy, which means that we encourage family members or significant others to come together in therapy in order to gather as much information as possible about the difficulties you are facing. We can best serve you when multiple people are involved, working together toward a solution; children of any age are welcome in sessions.

Soul Care Psychotherapy
253-761-8808
www.soulcarepsychotherapy.com
615 N 2nd St, Tacoma, WA 98406 Hours: Call to make an appointment
A program of Associated Ministries. Provides pastoral counseling and spiritual direction on an adjusted fee scale to individuals, couples and families.

Bridges: A Center for Grieving Children
253-403-1966
www.multicare.org/marybridge/bridges-center-grieving
Bridges - Tacoma 311 South L St Tacoma, WA 98405
Bridges - East 402 15th Ave. SE Puyallup, WA 98372
Support Groups for Children Grieving a Loved One's Death. Bridges is a grief support center serving families with children ages 4 through 18 who have experienced the serious illness and death of a family member, or the death of a relative of friend. We offer peer support groups facilitated by trained volunteers. This support program is just for children because they grieve differently than adults. Our hope is that the children we serve will reconcile the death, and that growth and healing will occur. Our support groups are age and developmentally appropriate.

PFLAG (Parents, Families and Friends of Lesbians and Gays)
253-234-9790
www.pflagtacoma.org
First United Methodist Church of Tacoma
621 Tacoma Ave S, Tacoma, WA 98466
Meeting time is the 2nd Thursday of each month PFLAG promotes the health and well-being of lesbian, gay, bisexual and transgender persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Support Groups- Comprehensive Mental Health, Greater Lakes Mental Health and Good Samaritan Mental Health offer group sessions for those already participating in their services.

HIV/AIDS RESOURCES
Washington State HIV Hotline
877-376-9316/ 360-236-3426
www.doh.wa.gov

(AHAT) AIDS Housing Association of Tacoma
301 N “L” St, Tacoma, WA
Provides recorded information about HIV/AIDS and referrals to live person for answers to questions not addressed by recordings.

Pierce County AIDS Foundation
253-383-2565
www.piercecountyaids.org
3009 S 40th st Tacoma, WA 98409
Hours: M-T-Th-F: 9:00 am - 5:00 pm, W: 11:00 am-5:00 pm
PCAF, through education and service, prevents HIV infection, assists persons affected by HIV/AIDS, addresses related health problems, and combats associated stigma and discrimination. Free and anonymous HIV testing BY APPOINTMENT ONLY.

PRESCRIPTION ASSISTANCE
Community Health Care
253-597-4550
www.commhealth.org
Hours: M - F 9:00 am - 5:00 pm
Call Community Health Care (Downtown Clinic) for other CHC clinics that provide pharmacy services for clients

Sound Outreach Services
253-593-2111
www.soundoutreach.org
Does NOT have pharmacy but refers clients to pharmaceutical company that makes needed drug, via computer, and the company determines if prescription is discounted or free

All Saints Community Services
253-846-2000
(Zip codes 98371,98372, 98373 only)
Hours: M-Th: 10:00 am-12:00 noon, 1:00 pm-3:00 pm (98371, 98372, 98373 only)

Salvation Army
253-572-8452

SERVICES FOR THE DISABLED
The Pierce County Aging and Disability Resource Center (ADRC)
253-798-4600/ 1-800- 562-0332
The Pierce County Aging and Disability Resource Center (ADRC)
253-798-4600/ 1-800- 562-0332
www.pierce.wa.us
Hours: M – F 9 am - 4 pm
Pierce County website homepage, Government drop down menu, All Departments A-H, Community Connections, click on Senior & Disabled, click Aging & Disability (ADRC) Resources cont. A first stop for older adults and individuals with disabilities of all ages, family members, caregivers, service providers and community professionals. Focus on helping individuals remain safe and independent in their own homes in the community as long as is practical. Confidential resource for information, assistance and
referral as well as a ‘front door’ for a number of services such as: Family Caregiver Support, Long Term Care Ombudsman Program, Memory and Wellness Services, Living Well with Chronic Conditions, Veterans Directed Home and Community Based Services, Care Transition Services (Hospital-to-Home), and Aging and Disabilities Case Management

**Advanced Health Care**
253-475-7744  
www.advanced-healthcare.com  
9116 Gravelly Lake Drive SW, Ste B1, Lakewood, WA 98499  
Hours: M-F 8:00 am - 5:00 pm  
24/7 Hotline 1-800-690-3330  
Locally owned, private-duty home healthcare agency providing assistance to people, including veterans, who need help to remain in their homes.

**Catholic Community Services**
253-383-3697  
www.ccsww.org  
1323 Yakima Ave, Tacoma, WA 98405  
Hours: M-F: 8:00 am - 5:00 pm  
Counseling Center: Provides “in-home” care for seniors and people with disabilities; shelters and homeless services; housing; services for children & youth, families & individuals along with family centers

**Family Preservation Dept for Pierce County**
253-759-9544  
5410 N 44th St, Tacoma, WA 98407  
Hours: M - F 9:00 am - 5:00 pm  
Crisis/Emergency number 1-800-576-7764 (BY REFERRAL ONLY)  
Provides services for children and families

**Family Housing Network**
253-471-5340  
5050 S Tacoma Way, Tacoma, WA 98409  
Hours: M-F 9 am-5 pm  
The purpose of PHN is to help homeless and at-risk families achieve and maintain permanent housing in an atmosphere of dignity and love. PHN also serves low-income families with children in Pierce County helping to buildskills that maximize family stability and self-sufficiency to prevent future homelessness.

**Center for Independence**
253-582-1253  
www.cfisouth.org  
7801 Bridgeport Way W Ste #200, Lakewood, WA 98499  
Hours: M - F 9:00 am - 5:00 pm  
It's a non-profit organization serving people with disabilities and senior-related disabilities through outreach, advocacy, and independent living skills development in the home and community.

**Division Developmental Disabilities**
253-404-5500  
www.dshs.wa.gov.ddd  
1305 Tacoma Ave S., Tacoma, WA 98402 Hours: M-F: 8:00 am-5:00 pm  
Developmentally disabled children and adults in the Medicaid Personal Care program, family support program, waiver program, community protection, group homes, Adult Family Homes (AFH) supported living, Rural Health Clinic - Centers for Medicare & Medicaid Services and Medically Intensive Home Care program.

**Tacoma Pierce County Health Department**
253-798-6500 / 1800-992-2456  
www.tpchd.org  
Family Support Centers  
Public Health nurse referral line for maternity support services (central intake line for Pierce County Health Dept.) Clients must be Medicaid eligible and nurses can come to their home. Help with parenting classes, nutrition, family planning and much more. Call the center closest to you to get more information about your Family Support Center.

**Bethel Family Support Center** 253-683-6850  
**Eastside Family Support Center** 253-627-7368  
**Hilltop Family Support Center** 253-884-5433  
**Lakewood Family Support Center** 253-502-4655  
**Orting Family Support Center** - 360-893-8500 / 888-352-8905  
**Puyallup Family Support Center** 253-845-9177  
**Sumner Family Support Center** - 253-891-6538  
**Midland Family Support Center** - 253-298-4599  
(Serves zip codes 98444; 98445; 98446; 98447)

**Multicare Behavioral Health Access Center**
888-445-8120  
www.multicare.org  
325 E. Pioneer Ave., Puyallup, WA 98372  
Hours: M-F: 8:00 am - 4:30 pm  
Assisting family caregivers with resources, education, dementia assessment, adult counseling, and caregiver support groups. Provides adult services, child and family services and older adult services. Walk in clinic accepts adults and children on Medicaid. First come, first served basis.

**L’Arche Tahoma Hope Community**
253-535-3178  
www.larchethc.org  
12303 36th Ave E., Tacoma, WA 98446  
Hours: M-F: 8:00 am - 4:00 pm  
Faith-based residential and day support programs for developmentally-disabled adults. The Mission of L’Arche is to make known the gifts of people with developmental disabilities, revealed through mutually transforming relationships.

**Lutheran Community Services Northwest**
253-272-8433  
www.lcsnw.org  
223 N. Yakima Ave, Tacoma, 98403  
Hours: M-F: 8:30 am - 5:00 pm  
Home helper (Home Care), senior companion program, meals on wheels, senior scene, support you, where-to-turn (Senior Media Services), behavioral health services, family & community support, child welfare programs, refugee & immigrant services and disability services.

**Pierce County Coalition for Developmental Disabilities**
253-564-0707  
www.pc2online.org  
3716 Pacific Ave Ste A, Tacoma 98418  
Hours: M - F 9:00 am - 4:30 pm  
Informational meetings including birth to three (3) years- old, housing/residential issues, transition from high school to adult services, employment, legal, Developmental Disabilities systems overviews, parent education for find the resources they need, a down payment
Assistant program to help low-income first-time Medicaid Personal Care and Leadership Training. Provides a referral/LINKS service to help families and individuals home buyers purchase a home for their family member with a developmental disability.

**ResCare HomeCare Tacoma**
253-259-2879
www.rescarehomecare.com
Lakewood: 6704 Tacoma Mall Blvd. Ste. 200
Tacoma: 36000 Port of Tacoma Road
We are the nation’s largest private provider of services to people with disabilities; the largest one-stop work-force contractor and the largest privately-owned home care company. ResCare offers residential and support services, education, vocational training and job placement for people of all ages and skill levels. ResCare Residential Services focuses on people with disabilities and youth with special needs and ResCare HomeCare helps seniors who want to age in place. ResCare Workforce Services and ResCare Education and Training Services provide counseling, training and job placement to people of all ages with barriers to employment.

**Sound Outreach Services**
253-593-2111
www.soundoutreach.com
1106 Martin Luther King Jr Way, Tacoma, WA 98405
Hours: M, W, Th, F 9:00 am - 12:00 pm; T 12:30 pm - 3 pm
Provides outreach services to low-income seniors and disabled individuals. Through advocacy and one-to-one assistance with the application process (DSHS, SocialSecurity, etc), we can ensure our clients receive assistance on a monthly basis that continues throughout the year thereby greatly improving the quality of their health and well being.

**Tacoma Area Coalition of Individuals with Disabilities (TACID)**
253-565-9000
www.tacid.org
6315 South 19th Street, Tacoma, WA 98466
Hours: M 9:30 am - 5:00 pm, T & Th 9:30 am - 8:30 pm; F 9:30 am - 5:00 pm
TACID’s mission is to promote the independence of individuals with disabilities through peer support, advocacy and self- sufficiency programs. Services & Programs provides services and peer support primarily for people with mental health diagnosis and disabilities, but also serves across disability to promote wellness and strategies for building strong social networks and strategies for daily living. TACID has a resource center that addresses the needs of people with disabilities along with a wide range of services to include homeless crisis care management, blind independent living assistance, support groups, and more.

**Catholic Community Services**
Volunteer Chore Services
253-502-2741
www.ccsww.org
1323 S Yakima Ave, Tacoma, WA 98405
Hours: M-F: 8:00 am-4:00 pm
Services are provided at no charge and serve as a safety net for those individuals who cannot afford to pay for assistance and do not qualify for other assistance. Services include transportation, housework, home repair, etc. Committed to helping elders and adults with disabilities remain independent in their own homes.

**CHILD CARE**
Child Care Aware of Washington
253-383-1735
www.childcarenet.org
1551 Broadway Ste #300, Tacoma, WA 98402
Child Care Aware® of Washington serves as a community resource for child care throughout the state. We help families find quality child care, preschool and after-school programs for their children. We work with child care program owners, directors and teachers to improve the quality of their programs. We provide business and civic leaders with information about the value and importance of child care, and collaborate with them to make child care safe and enriching for children.

**Community Montessori**
253-627-7554
www.communitymontessori.net
1407 South I Street, Tacoma, WA 98405
Washington State approved private school for kindergarten through 8th grade. Child care for children as young as twelve months is available. Parents come from Tacoma and surrounding communities in the south Puget Sound to take advantage of the full-day Montessori child care.

**MDC - Homeless Childcare Assistance Program**
253-572-3213
721 South Fawcett, #204, Tacoma, WA 98402
Hours: M-Th: 9am - 5pm/F: 9am - 1pm
Vouchers are provided to homeless families for licensed daycare while parents seek housing, employment, doctors and counseling appointments, or treatment. Your family can get short-term, free child care if you: Do not have a home; Live in a shelter, car, or park; Live in transitional housing; Live temporarily with family or friends. When can this child care be used? While you: Look for permanent housing; Look for employment; Attend appointments for: Medical/mental health care Substance abuse, Violence avoidance, WA Legal appointments, Social services. Who provides the child care, Licensed or certified Childcare Centers and Family Homes.

**EDUCATION, EMPLOYMENT & JOB TRAINING**
Centro Latino SER (Adult Employment & Education)
253-572-7717
www.clatino.org
1208 S. 10th Street, Tacoma, WA 98405
Hours: M - Th: 9:00 am - 4:30 pm
In order to successfully participate in the Pierce County community, Centro Latino’s clients must first be able to meet their individual and family needs. Education, Employment, and Life Skill set impact an individual’s ability to be self-sufficient. Centro Latino’s Adult Employment and all impact an individual’s ability to be self-sufficient. Centro Latino’s Adult Employment and Education Services support individuals in building skills, maximizing potential, and increasing their ability to fully contribute to the economy, culture, and vitality of Pierce County. Adult Employment and Education Services address the following areas: Adult Education - English as a Second Language (ESL) class; Basic computer Class in Spanish Employment Assistance: These are the main services offered by the Adult Employment and Training Department: Resume Preparation, Cover letter preparation, Job interview orientation, Mock interviews, Job listings, and Computer use in job search and resume submission.

Funding Collage Project- The Funding Collage Project is about finding and using techniques and strategies to fund school and post high school activities. For people ages 5 yrs. old and up. info: www.educatingouryouth.org or email at: calnow@lawyer.com
Manufacturing, Marine Services, Merchandising, Moving, Recycling, Freight Handling, Hospitality, Janitorial, Landscaping, Light Industrial, Construction, Convention set-up/tear-down, Event Security, Foundries, the employment you need right now. Job categories include: Clean-up. We make sure you’re safe on the job, get the respect you deserve and an opportunity for full-time employment in a wide variety of industries. Cash Card or weekly through direct deposit to your bank account, and we offer jobs daily, including weekends, same day pay through a Global www.laborworks.com www.manpower.com
253-473-5623
4002 Tacoma Mall Blvd, Ste 103A, Tacoma, WA 98409
Hours: M-F 8am - 5pm
Light industrial and clerical staffing for temporary or permanent work.

WorkSource Pierce County
1305 Tacoma Av S, Tacoma, WA 98402
Hours: M-Th: 8:00 am-5:00 pm; F: 8:00 am-1:00 pm
EOC provides free educational support to adults in the following areas: educational planning, career advising and exploration, assistance with financial aid forms and college applications, and student loan default advocacy. MDC also helps people learn about different careers, choose a college and apply for financial aid, get training for high demand jobs, etc. MDC is committed to the mission of developing innovative programs that help remove people from poverty, so they can become self-sufficient. THEY PROVIDE SERVICES IN HOUSING, HEALTH, EDUCATION, AND EMPLOYMENT. EOC also provides Community Voice Mail to low income people in crisis and transition by providing FREE, PERSONALIZED 24- HOUR VOICE MAIL people in crisis and transition by providing directly linking individuals to jobs, housing, and stability. Users receive a personal phone number and can create their own personal greeting and security code on a system that sounds like a regular phone with voice mail. For more information contact Julie Yeager at (253) 284-9099.

WorkSource - Pierce County - State of Washington
253-593-7300
www.worksourcewa.com
1305 Tacoma Ave S, Ste #201, Tacoma, WA 98402
Hours: 8:00 am - 5:00 pm
Helps job seekers: apply for unemployment benefits, file a weekly claim, ask questions about your claim, find jobs, receive job training and provides assistance to employers’ businesses. Provides language assistance for clients.

Goodwill Industries
253-573-6500
www.goodwillwa.org
714 South 27th Street, Tacoma, WA 98402
Hours: M-F 8:00 am - 4:30 pm
Provides a wide variety of job training and placement services. Community employment services, comprehensive vocational evaluation services, job skills training, and special needs programs are available through REACH, located on the first floor of the Milgard Work Opportunity Center; REACH (Resources for Education and Career Help) is a partnership of more than a dozen agencies providing career education, personal and professional development services for young adults, ages 16-24, across Tacoma and South Puget Sound.

Labor Works
253-627-9675
www.laborworks.com
5944 6th Ave, Tacoma, WA 98406
Hours: M - F 5:30am - 6:00pm; Sat 6:00 am - 10:00am
We offer jobs daily, including weekends, same day pay through a Global Cash Card or weekly through direct deposit to your bank account, and an opportunity for full-time employment in a wide variety of industries. We make sure you're safe on the job, get the respect you deserve and the employment you need right now. Job categories include: Clean-up, Construction, Convention set-up/tear-down, Event Security, Foundries, Freight Handling, Hospitality, Janitorial, Landscaping, Light Industrial, Manufacturing, Marine Services, Merchandising, Moving, Recycling, Retail Services, Shipping and Receiving, Special events, Truck Drivers, Waste management, Agricultural, Bottling, and Catering. Our Labor Works for You! Daily Work! Daily Pay! No Fees!

Manpower
253-473-5623
www.manpower.com
4002 Tacoma Mall Blvd, Ste 103A, Tacoma, WA 98409
Hours: M-F 8am - 5pm

Multicultural Self-Sufficiency Movement (MSM)
253-584-5615
www.msm-wa.org
3820 Steilacoom Blvd, SW, Lakewood, WA 98499
Hours: M - F 9:00 am - 6:00 pm
We are a multi-service organization dedicated to providing meaningful programs and services that will move our clients towards a path of self-sufficiency and towards employment and economic security long-term for the most vulnerable populations-low-income and limited English proficient individuals, immigrants and refugees, and persons of diverse racial and ethnic backgrounds. Our goals are to help our clients live independently, become self-sufficient to the best of their abilities and achieve the highest quality of life possible. We offer a range of services to include: ESL/ Citizenship classes, interpretation service, advocacy and immigration assistance. Our programs are focused on education, employment, and economic development critical to moving our clients forward.

Pierce College
Supported Education (Access & Disability Services)
Ft Steilacoom Campus 253-964-6468/TTY 253-964-6228
9401 Farwest Drive SW, Lakewood, WA 98498

Puyallup Campus
253-840-8335/TTY 253-840-8474
www.pierce.ctc.edu/dist/supportservices/ads/
1601 39th Ave SE, Puyallup, WA 98374
Hours: M- F 6:00 am - 10:00 pm (both campuses)
Pierce College supports an integrated learning experience for students with disabilities by promoting an environment that is free from physical and attitudinal barriers. Students are encouraged to develop successful learning strategies in collaboration with faculty and staff. Students with permanent or temporary disabilities may be eligible for services, which along with academic adjustments, are designed to ensure that students with a disability have equal access to all college activities and programs. It is the goal of ADS to provide an open door to any student who believes he or she may need our services. In addition to approved academic adjustments and services, ADS offers educational planning, advising, assistive technology and learning strategies for students. Information regarding Access and Disability Services is available in alternate formats upon request. Additionally, ADS provides for accommodations at college sponsored events.

Pierce County Human Services
253-798-4400
3602 Pacific Ave, Ste #200, Tacoma, WA 98418
Hours: M-F: 8:30 am - 4:30 pm
Prevention; Career Program, which includes job readiness skills and work experience placements, etc; Developmental Disabilities. Home
& Family Services include Homelessness and Housing Programs. NEW! PCCC also offers Connector Bus Routes & Schedules. Call for additional information about any of these programs & services.

**South Puget Intertribal Planning Agency**  
253-250-0550  
www.spipa.org  
(TANF information www.spipatanf.org) 2316 S. State St. Ste C, Tacoma, WA 98405  
Hours: M-F 8:00 am - 4:00 pm  
Provides cash assistance to American Indian/Alaskan Native Families with children BUT THEY MUST BE ELIGIBLE FOR TEMPORARY ASSISTANCE FOR NATIVE FAMILIES (TANF). They provide assistance/resources to help clients achieve self- sufficiency; assisting needy families so that children can be cared for in their own homes and reducing the dependency of needy parents by promoting job preparation, work, and marriage.

**Tacoma Community House**  
253-383-3951  
www.tacomacommunityhouse.org  
1314 S L St., Tacoma, WA 98405  
Hours: M-Th: 8:00 am-8:00 pm, F: 8:00 am-5:00 pm  
Provides assistance to immigrants ranging from English as a Second Language (ESL) and GED classes to employment services and immigration help. TCH is a nonprofit organization that provides education, employment, interpretation, immigration and social services for refugees, immigrants and English speaking adults and youth.

**Vadis**  
253-863-5173  
www.vadis.org  
1701 Elm St, Sumner, WA 98390  
Hours: M - F 8:00 am - 4:30 pm  
Vadis provides a variety of services designed to meet your unique employment goals. Supported Employment helps people with developmental disabilities define their career goals. Depending where you are on your career path, we offer a variety of services including job preparation, job referral and job coaching in both group and individual settings. **Pathways serves young adults ages 17-21** with documented disabilities in building their career path. Careers provides adults with a wide variety of disabilities assistance in obtaining and retaining employment. You will have a job—a place to feel valued, appreciated, needed. Your life will change as you grow in your job; it will carry over into all aspects of your life as you become a better advocate for yourself and more self confident.

**VOCATIONAL/COLLEGE CAMPIES**  
**Bates Technical College - 253-680-7000**  
www.bates.ctc.edu  
Hours: M-F 7:30 am-4:30 pm (All campuses)  
**Downtown Campus - 253-680-7700**  
1101 South Yakima Avenue, Tacoma, WA 98405  
**Central/Mohler Campus - 253-680-7700**  
2320 So. 19th St. Tacoma, WA 98405  
**South Campus - 253-680-7400**  
2201 So. 78th St., Tacoma, WA 98409  
Celebrating nearly 75 years in the Tacoma and Pierce County community, Bates is an innovator. Our mission is to inspire, challenge and educate. With Bates as your educational partner, you can reinvent yourself. Today, Bates Technical College annually serves approximately 3,000 career training students and 10,000 more community members on three campuses in programs such as Continuing education, Child studies, High School, General Education and Basic studies, Business & Management Training Center, and others.

**Clover Park Technical College**  
253-589-5800  
www.cptc.edu  
**Lakewood Campus - 253-589-5800**  
4500 Steilacoom Blvd SW, Lakewood WA 98499  
**South Hill Campus - 253-583-8904**  
17214 110th Ave E, Puyallup, WA 98374  
As a vital member of Washington’s higher-education system, Clover Park Technical College offers forty programs in aerospace, advanced manufacturing, health sciences, human services, business, hospitality, science, technology, engineering, transportation and trades. Clover Park Technical College has two campuses: our main campus in Lakewood and our South Hill Campus just south of Puyallup (adjacent to Thun Field), where our aviation programs are located. Clover Park Technical College offers courses online and on campus for students getting ready for their first career, their next step within their career or new careers. CPTC is here to help students redefine education to meet their needs. The College's rich history of professional and technical education dates to the 1940s, when the Clover Park School District established a War Production program training civilians as auto mechanics, aircraft-service mechanics, ship-fitters, welders and blueprint readers.

**Pierce College**  
www.pierce.ctc.edu  
**Fort Steilacoom Campus - 253-964-6500 9401**  
Farwest Drive SW, Lakewood, WA 98498  
**Puyallup Campus - 253-840-8400**  
1601 39th Avenue SE, Puyallup, WA 98374  
**Extended Learning - 253-912-3602**  
9401 Farwest Drive SW, Lakewood, WA 98498  
**Fort Lewis Campus - 253-964-5657**  
**McChord Campus - 253-964-6606**  
Pierce College encompasses two main campuses in Lakewood and Puyallup, education centers at Joint Base Lewis- McChord, virtual education through its distance learning program, and extensive continuing education opportunities, as well as additional programs at sites throughout Pierce County. Visit our website for a complete overview of courses offered and student life at the campuses.

**Tacoma Community College**  
**Tacoma Campus - 253-566-5000**  
6501 S 19th St, Tacoma, WA 98466  
**Gig Harbor Campus - 253-460-2424**  
3993 Hunt Street, Gig Harbor, WA 98335  
**Evergreen State College-Tacoma - 253-680-3000**  
1210 S 6th Ave, Tacoma, WA 98406  
TCC opened its doors to students in 1965, becoming one of 34 community and technical colleges in Washington state. For more than 40 years, TCC has been committed to creating community within the college and supporting the community surrounding the college. TCC students achieve 77% placement in their chosen fields. They are helped by more than 140 local business professionals who serve as advisors for TCC’s 38 professional/technical programs. These advisors ensure that TCC always provides current, relevant instruction in the following fields: Accounting; Business; Early Childhood Education - Emphasis on Children with Special Needs; Emergency Medical & Health Services; Health Information Management; Human Services; Networking and Cyber Security; Nursing; Paralegal; Radiologic Science; Respiratory Therapy.
LEGAL AID RESOURCES
Fair Housing Center of WA
253-274-9523/888-766-8800
www.fhewashington.org
1517 South Fawcett, #250, Tacoma
Hours: Call for days and hours
Provides assistance with housing discrimination issues related to specific protected classes under federal, state, and local fair housing laws. Advocates for people with disabilities to obtain reasonable accommodations related to housing.

Landlord/Tenant Program (City of Tacoma) Coordinator’s Office
253-591-5000
www.cityoftacoma.org
747 Market Street, Rm 220, Tacoma, WA 98402 Hours: Walk-in Assistance W 9am-1pm
The City of Tacoma Landlord-Tenant Program is focused on improving the quality of life for the citizens of Tacoma by equipping landlords and tenants with the tools needed to sustain safe, healthy, equitable and crime free communities. The primary function of the Landlord/Tenant program is to receive, analyze, and resolve landlord-tenant disputes that arise under the Washington State Residential Landlord-Tenant Act (RCW 59.18). This service is free and available to both property owners and tenants within the Tacoma City limits. The landlord/tenant program offers services in the following areas: Information and Referral; Training Dispute; Resolution Rent Issues; Deposit Issues; Repair/ Maintenance Issues; Building Code Violations.

NW Justice Program
253-272-7879 CLEAR - Client Intake - 1-888-201-1014
Senior Line - 1-888-387-7111
www.nwjustice.org
TACOMA OFFICE (Pierce and Kitsap Counties), 715 Tacoma Avenue South, Tacoma, WA 98402 Must call CLEAR intake line (888 number) for appointment 9:15am – 12:15pm
NJP is Washington’s publicly funded statewide legal aid program for low income persons and groups in Washington. Through its seventeen offices and CLEAR, Washington’s centralized intake, advice and referral hotline, NJP provides free legal information, advice, limited assistance, representation, community education, outreach and other community based advocacy. NJP focuses its limited resources on high priority cases and the emergent legal needs of low income Washingtonians in housing, family safety, protection from predatory lending and other unfair or fraudulent practices, discrimination in housing, education, and employment, access to health care or subsistence benefits, or issues related

CLOTHING RESOURCES
Our Father’s Kitchen Clothing Bank United Lutheran Church
253-475-3175
www.lutheransonline.com
1231 S 76th St, Tacoma, WA 98408 Hours: W 12:00 pm - 2 pm
Located across the hall from Our Father’s Kitchen at United Lutheran Church. Free clothing, coats, and shoes. Bring photo ID. Located at far end of church.

Pat’s Clothing Closet (Trinity Presbyterian Church)
253-272-8819
www.tpctacoma.org

1615 6th Ave, Tacoma, WA 98405 Hours: Walk-ins Thursday 5:30 pm - 7:30 pm & Friday 1 pm - 3 pm
Free clothing for low income families or individuals in need of clothing.

My Sister’s Pantry First United Methodist Church of Tacoma
Contact Martha Curwen: 253-627-1186
www.mysisterspantry.org
621 Tacoma Ave, Tacoma, WA 98402
Hours: Open on 1st and 3rd M every month 5-7pm 4th Saturday of the month from 10:30am to 12:30pm (Check website for any changes to times.)
Clothing + Hot meal + Groceries. The clothing bank is set up in a store-like fashion with clothing for adults and children. Donations of food and/or gently used clothing are accepted at the alley side basement door Tuesday-Friday 10am-3 pm. If no-one is at the door, go to the office (street side on Tacoma Avenue) or call 253 627-0129 and someone from the office will come down to receive the donation.

TACID (Tacoma Area Coalition for Individuals with Disabilities)
253-565-9000 ext 25
6315 South 19th St, Tacoma, WA 98466 Clothing Bank Hours: Thursdays 11 - 1

Wear It Out Life Center Rainier Church
253-683-6000
www.reallifefamilycenter.com
215 166th St. S., Spanaway, WA 98387
Hours: Sat 10:00 am - 4:00 pm
Clothing only.

Clothing Room, Tacoma Rescue Mission Downtown Campus
253-383-4493
www.rescue-mission.org
425 S. Tacoma Way, Tacoma, WA 98402
Hours: M,W,F 1:30 pm - 4 pm
The warehouse is open to those in need of household items such as clothing, shoes, toiletries, blankets, sheets, and cookware.

The Bread Basket
253-565-3271
www.breadbasketoutreach.blogspot.com/
3617 Bridgeportway W Ste R, University Place, WA 98464
(The Clocktower Building)
Food, clothing, some basic needs assistance on a case-by-case basis.

PREGNANCY SERVICES
Care Net Pregnancy Centers
24/7 Helpline: 1-877-668-2566
www.carenetsps.org
Medical Services include: Pregnancy testing, Consultations, Limited Ultrasound, Sexually Transmitted Infection (STI)/ Sexually Transmitted Disease (STD) screening for negative test patients and Ongoing care. These services are free and confidential and are offered at our centers. Also available: “Earn While You Learn” Program, Contact the Pregnancy Centers for more information.

Gig Harbor Center 253-858-5585
2727 Hollycraft St., Suite 130, Gig Harbor, WA 98335
Hours: M 12:30 pm-4:30 pm, T 9:30 am-6 pm, W 9:30 am-4:30 pm, Th 9:30 am-6 pm, F closed
Some of the Agencies to Call for Help:
Associated Ministries - 253-383-3056
MDC - 253-383-3921
Community Health Care - 253-597-4550
Tacoma Housing Authority - 253-207-4400
Rescue Mission - 253-383-4403
Step by Step Family Support - 253-896-0903
Phoenix Housing - 253-462-3401
Pierce County Alliance - 253-572-4750
St Vincent de Paul - 253-477-0519
HopeSparks Family Services - 253-565-4484
Puyallup Tribe of Indians - 253-841-0376
Helping Hands House - 253-688-6096
Exodus Housing - 253-862-6808
Catholic Community Service - 253-471-5340
Network Ministries - 253-474-9334
SPIPA - 360-426-3990
Answers Counseling - 253-851-1801
For more information, please visit our website at: www.nwfurniturebank.org.

TRANSPORTATION
Pierce Transit
253-581-8000
www.piercetransit.org
3701 96th St. SW, Lakewood, WA 98496
Pierce Transit connects communities with safe, reliable, customer-friendly transit options. Three Transportation Services Meet a Variety of Needs: Bus, Shuttle, Vanpool
Bus Pass Information: Call for details or visit the website for bus routes, schedules, and park n rides, fares.

Pierce Transit Shuttle
253-581-8100
SHUTTLE is a shared-ride service for people who, because of their disability, are unable to ride a regular Pierce Transit bus. SHUTTLE provides door-to-door service, or in some instances, transportation to transit centers or bus stops to connect with regular bus service. The SHUTTLE vehicle may make several stops along the way before it arrives at your destination. SHUTTLE will take you where you want to go, within our regular service area and hours of operation, based on fixed route service. Who Is Eligible to Ride SHUTTLE? To qualify for SHUTTLE service you must meet one of the following conditions, as set by the Federal Americans with Disabilities Act: You are functionally unable to get on or off a transit bus, even with use of a wheelchair lift.
You are physically unable to get to or from a regular Pierce Transit bus stop. You are unable to understand and follow transit directions or understand information signs for reasons other than language.

TRANSPORTATION ASSISTANCE
Christ Episcopal Church
253-848-2323
210 Fifth St. SW, Puyallup, WA 98371 Hours: Wednesday 8am - 4pm
Offers bus tickets only.

Living Access Support Alliance
253-581-8689
www.lasawa.org
8956 Gravelly Lake Dr., Lakewood, WA 98498
Hours: M-F 9am - 12pm.
Bus Ticket Hours: Wednesday 11 am - 1 pm. Bus tickets are limited so call before coming. Employment or medical reasons ONLY. Must live or work in Lakewood. Provides 6 per person per year.

United Way of Pierce County
2-1-1
www.uwpc.org/Transportation.htm
The following information is intended to connect you with helpful links and the available transportation resources in our community. Call 2-1-1 United Way of Pierce County’s 2-1-1 call center is a comprehensive information and referral line that connects people with essential health and human resources. Information and Referral Specialists can help direct callers to transportation resources that best fit their needs. The United Way of Pierce County 2-1-1 call center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. with 24-hour voice mail. Search the 2-1-1- DATABASE online.

Around the Sound
253-858-7088
www.around-the-sound.net
We pick your loved one up at the door, transport to the appointment on-time, wait, and return safely. Our goal is to make sure each trip goes smoothly. We go the extra dis- tance and even help schedule the next
**Local Motion**  
253-539-8233  
A local transportation company that provides special needs transportation services in Pierce County.

**Paratransit**  
1-800-933-3468  
4810 Auto Center Way, Bremerton, WA 98312  
**Hours:** 8am - 5pm  
A non-profit agency that provides transportation for elderly, disabled and economically disadvantaged individuals. If you have a Medical Assistance card, and need transportation to a medical appointment, call Paratransit.

**Sound Transit**  
1-888-889-6368 or TTY 711 401  
www.findaride.org  
401 S Jackson St Seattle, WA 98104  
The regional mass transit provider offering commuter rail, light rail and regional express buses that connect large urban centers.

**Transpro**  
253-476-8726 or 888-418-2672  
A special needs Transportation Company that contracts with agencies and individuals to provide rides.

**PET CARE AND SERVICES**  
**Pet Behavior Hot Line**  
253-284-5840  
Provides assistance with behavioral problems with YOUR pet, NOT someone else’s pet.

**Pet Partners**  
425-679-5500  
www.petpartners.org  
**Hours:** m - F 8:30 am - 4:30 pm  
Human-services organization dedicated to improving people’s health and well-being through positive interactions with animals. People are healthier and happier because companion, service and therapy animals enrich and positively impact their everyday lives.

**Humane Society of Tacoma and Pierce County**  
253-383-2733  
www.thehumanesociety.org  
2608 Center Street, Tacoma 98409  
**Shelter Hours:** M-F 11am - 6pm  
**Adoption Hours:** M-F 11am - 5:30pm, Sat 9am - 4:30pm  
Dedicated to providing services which advance the welfare of animals and promote positive relationships between animals and people. Pets are available for adoption. The Humane Society has an Emergency Food Bank (EFB) of pet food to those who are in temporary need of dog or cat food ONCE PER MONTH OPEN MONDAY - FRIDAY 12 - 4PM SATURDAY 9 - 11AM Call or check website for additional information.

**Noah’s Pet Project**  
NO PHONE NUMBER AVAILABLE  
www.noahsproject.org  
1624 Tacoma Ave S, Tacoma, WA 98402  
(Located next To Nature, South end of the building.) **Hours:** CLINIC IS OPEN ON THE 2ND SUNDAY OF EVERY MONTH; CLINIC TIME: 12 - 2 PM; A VOLUNTEER WILL BE PRESENT AT 9:00 AM FOR SIGN UP. Treat companion pets only. A companion pet is an animal that lives with you. Will treat only 2 pets per family per visit. Everyone is signed up on one list. We will ask if this is your pet’s first visit and get basic information. There are no appointments. We try and see you on a first come, first served basis but sometimes a sick or injured pet must be seen first. Treat spayed or neutered pets only. Our mission is to provide preventative care like vaccinations and episodic care like treating a cold or skin condition. Returning for shots or flea treatment: Each pet must be seen by our vet initially; on most return visits a vet technician will see your pet. We do nail clipping during the clinic as time becomes available. If you are returning for flea treatment only let a volunteer know as soon as possible. We are here to assist you in making sure your pet has a loving, healthy life. If you need pet food please make sure you tell us when we first take your name. Please see our website for more detailed information.

**TELEPHONE ASSISTANCE**  
**Washington Telephone Assistance Program (WTAP)**  
1-888-700-8880 for questions  
http://www.dshs.wa.gov/wtap.shtml  
To be eligible you must receive DSHS services such as TANF, GAU, GAX, Basic Food, and others. WTAP helps by discounting wireline phone service. You also receive discounted rates for disconnection fees. WTAP DOES NOT ASSIST WITH CELL PHONES.

**LifeLine Cell Phone Service**  
1-888-321-5880  
www.assurancewireless.com  
Assurance Wireless  
P.O. Box 686, Parsippany, NJ 07054  
Email: ourteam@assurancewireless.com  
Assurance Wireless: a cell phone service from Virgin Mobile that provides a free, wireless phone and 250 free minutes of wireless voice service monthly to eligible customers.

**TAX PREPARATION**  
The Pierce County Asset Building Coalition coordinates recruitment and training of tax preparation assistance volunteers and works with other organizations to make free tax preparation help available throughout Pierce County. Volunteers help prepare For information about free tax preparation help in your area during tax season call 2-1-1 or visit www.piercecountyabc.org. Want to do your own? Visit myfreetaxes.com—Free online filing for households with incomes up to $66,000. For assistance with returns for past tax years, where refunds may be awaiting a delayed filing, visit the local IRS office: 1201 Pacific Ave, Tacoma WA 253-428-3518.
FOOD BANKS

Nourish Pierce County
All Nourish Pierce County Food Banks operate on a walk-in basis. No zip code restriction. You will need to provide your name, date of birth, address and zip code. ID preferred, no one in need turned away. You may visit once every 7 days.

Nourish Pierce County Food Bank Locations

Browns Point
at Browns Point United Methodist Church 5339 Browns Point Blvd NE, Tacoma 98422 Hours: Fri: 4:30-6:00 pm (253) 886-2463

Edgewood Community
at Mountain View Lutheran Church
3607 122nd Ave East, Suite B, Edgewood 98372 Hours: Thu: 3:30-6:30 pm; Sat: 11:00 am-2:00 pm (253) 826-4654

Graham/South Hill
at Holy Disciples Catholic Church 10425 187th St East, Puyallup 98374 Hours: Mon/Fri: 10:00 am-1:30 pm; Wed: 2:00-6:00 pm (253) 846-3805

Jackson Street
at St. Andrew's Episcopal Church 7410 South 12th St, Tacoma 98465 Hours: Last Wed of month: 5:00-7:00 pm (253) 383-3164

Lakes Area
at United Methodist Church at Lakewood 6900 Steilacoom Blvd SW, Lakewood 98499
Hours: Mon: 2:00-6:00 pm; Wed/Fri: 1:00-5:00 pm (253) 581-1116

Northwest Tacoma
at Mason United Methodist Church 2710 North Madison St, Tacoma 98407
Hours: Wed: 12:00-4:00 pm; Sat: 11:30-3:00 pm (253) 756-4974

Southeast Tacoma
at Lutheran Church of Christ the King
1704 East 85th, Tacoma 98445 Hours: M,W,F - 11am - 2:45pm (253) 531-4530

MOBILE FOOD BANK SITES

Monday
1:00-3:00pm
Bethlehem Lutheran Church 101 E 38th St, Tacoma 98404
4:30-6:30pm
Giaudrone Middle School
4902 S Alaska St, Tacoma 98408

Tuesday
1:00-3:00pm
STAR Center
3873 S 66th St, Tacoma 98409
4:30-6:30pm
FORMER Spanaway Elementary School 215 166th St S, Spanaway 98387

Wednesday
1:00-300pm
Roy Community Center 112 E 3rd St, Roy 98580
4:30-6:30pm
Bethel High School
22215 38th Ave E, Spanaway 98387

Thursday
1:00-3:00pm
King’s Barber Shop
8202 Maple St, Lakewood 98498
4:30-6:30pm
Woodbrook American Lake Building 14721 Murray Rd SW, Lakewood 98439

Friday
1:00-3:00pm
Purdy Cost Less Pharmacy
14218 92nd Ave NW, Gig Harbor 98329
4:30-6:30pm
Church of Jesus Christ of Latter-day Saints 12521 134 Ave KPN, Key Peninsula 98329

Other Food Banks by Zip Code
98304, 98328, 98330

Eatonville Family Agency 360-832-6805
305 W Center St., Eatonville, WA 98328
Hours: M-W-Th-F 9:00 am – 12:00 pm; 1:00 pm – 2:00 pm
Eatonville school district residents; Proof of address, photo ID & HH member proof required

Living Word Assembly of God (St. Joseph Storehouse) 360-832-4220
570 Eatonville HWY West, Eatonville, WA 98328
Hours: T 10:00 am – 1:00 pm
No restrictions listed

98321, 98323, 98385, 98396

Buckley Kiwanis Food Bank 360-829-0175
127 North River (Buckley Hall), Buckley, WA 98321 Hours: W 9:00 am – 2:00 pm & F 9:00 am – 12:00 pm
White River School District only; If new, bring ID, proof of residence in WRSD & ID for other household members98329, 98332, 98333 98335, 98349, 98351, 98357, 98359, 98394, 98349

Peninsula - 253-858-6179
6617 38th Ave NW Gig Harbor, WA 98335
Hours: Monday, Friday: 9:30 a.m. to 3:30 p.m. Wednesday, Thursday: 9:30 a.m. to 6:00 p.m. T.S, Sun: Closed
One time per month for over 55 & disabled, current proof of address and ID needed

98329, 98349, 98351, 98394 or 98395

Key Peninsula Community Services Food Bank 253-884-4440
17015 9th St. Ct KPN, Lakebay, WA 98349
Food Basket Hours: Tuesday - 10AM - 11:45AM & 12:45PM - 3PM, Wednesday - 10AM - 11:45AM & 12:45PM - 5:30PM, Thursday - 10AM - 11:45AM & 12:45PM - 3PM, Friday - 10AM - 11:45AM & 12:45PM - 3PM.

Bread Closet Hours: Tuesday - 10AM - Noon & 12:45PM - 4PM, Wednesday - 10AM - Noon & 12:45PM - 6PM, Thursday - 10AM - Noon & 12:45PM - 4PM, Friday - 10AM - Noon & 12:45PM - 4PM.

Zip Code must be one of the following: 98329, 98349, 98351, 98394 or 98395.

1st visit Required Documents Needed: Picture ID for person registering, 1 piece of CURRENT mail (within 30 days) with your Physical Address and registering clients name on it. Required Information Needed: Names and Birthdates of ALL Household Members claimed, Income amounts for ALL Household Members claimed over the age of 18. Absolutely NO EXCEPTIONS for Required Items.

Harvest House 360-893-6842
13314 224th St. E., Graham, WA 98338
Hours: Sat 9:30 am – 12:00 pm
Anyone is welcome to receive food two times per month, during our hours of operation. Please bring photo ID during your first visit.

Fife/Milton/Edgewood 253-922-0960
(St Martin’s Catholic Church)
M, T, Th - Call for appointment between 9 a.m. and 12 noon Call prior to pick up; Appointments between 12:30 and 2 p.m. If new, picture ID and proof of local residency needed

Orting Food Bank 360-893-0095
224 Washington Ave SE, Orting, WA 98360
Hours: M 3:00-6:00 pm; W 12:00 pm – 3:00 pm; F 9:00 am – 12:00 pm, Sat 10am - 1pm
Must be low income and live in the 98360 zip code or anyone in the Orting School District. Provides home delivery to temporarily or permanently homebound seniors and disabled adults.

All Saints Community Services 360-893-0095
204 6th Ave SW, Puyallup, WA 98371
Hours: M-T-W-Th 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm
Food distributed by appointment only. Call for openings. Must be low income and live in the 98360 zip code or anyone in the Orting School District. Provides home delivery to temporarily or permanently homebound seniors and disabled adults.

Puyallup Valley Food Bank 253-848-5240
110 23rd Street South East, Puyallup, WA 98372 M-T-W- & F 12:00 pm – 3:00 pm; Th 5:30 pm – 7:30 pm (Last of month)
By appointment only, provide proof of address for each adult

Salvation Army Food Bank – Puyallup
253-841-1491
www.salvationarmypuyallup.org
4009 9th St. SW, Puyallup, WA 98373
Hours: M-T- Th-F 9:00 am – 11:00 am, 1:00 pm – 2:30 pm One time per month, must live in service area and provide address for everyone in house, ID needed

98387, 98445
Spanaway Food Bank 253-383-1817
www.spanawaylutheran.org 16001 A St., Spanaway, WA 98387
Hours: M-W-F 12:00-2:00 pm
By appointment only; Once a month

98388
WLSA Food Pantry (Steilacoom) 253-581-1076
1603 Rainier St. Steilacoom, W 98388 (Steilacoom Community Church)
Second Wed & Fourth Sat 10am - 11:30am. Call for appointment Must live within the Historical Steilacoom School District boundaries; Also serves DuPont, Anderson Island and some 98498; Clients must call after 9 a.m. to reserve a spot; Emergency bags are provided during the month for those experiencing a temporary crisis.

98390, 98391
Bonney Lake 253-863-4043
18409 Veteran Memorial Drive East, T, W, Th, F 10am - 1pm, T, F 5pm - 7pm
Proof of address and photo ID required.

St. Andrews Emmanuel Food Bank 253-863-3655
1401 Valley Ave E, Sumner, WA 98390
Hours: T & F 10:00 am – 12:00 pm; W 3:00 pm – 6:00 pm
Need to bring picture ID and proof of address; Serves Sumner School District and homeless

Sumner Food Bank 253-863-3793
15625 E. Main St., Sumner, WA 98390
By Appointment: M_T_W_F 9am - 12pm.
Must live in Sumner or Lake Tapps

Pregnancy Aid 253-383-4100
902 Market St., Tacoma, WA 98402
Hours: M-W-F 10:00 am – 1:30 pm
No restrictions listed

TACS Special Diet 253-272-8289
3108 Portland Ave, Tacoma, WA 98404
Hours: M-Th 10:00 am – 2:00 pm
No restrictions listed

Southeast Asian Diets 253-472-7264
Holy Family of Jesus Cambodian Church 1427 E 40th St.
Taco 98404
By appointment only
Last Sunday of each month #’s are given out @ 12:30pm/ Food District. 3pm-5:30pm

Eloise Cooking Pot 253-426-1994
(Making a Difference Foundation)
3543 East McKinley Ave, Tacoma, WA 98404
T & F: 11:30am - 4:30pm. Sat: 10:30am - 3:30pm
ID required

Gateway Church 253-537-6619
7310 12th Ave E, Tacoma, WA 98404
Hours: T 5:00 pm – 7:00 pm
None listed

St Leo Food Connection 253-383-5048
1323 South Yakima, Tacoma, WA 98405
Hours: T,Th 10am - 5:30pm. W, F 10am - 3:30pm. Sat 10am - 1:30pm
Serves Pierce County residents; Bring proof of residence, verification of
HH members and a bag or box in which to carry foodstuff

Food Connection- Spring Brook
Mobile Food Bank Call 253-383-5048 Cari Tillery for more informa-
tion Spring Brook Park
Saturday, 11am-3pm

New Jerusalem Food Bank 253-572-6785
1101 South J street, Tacoma, WA 98405 Hours: Tuesday & Saturday
11am - 2pm
Call first, once a month, emergencies case by case, ID, proof of
residence

Salvation Army Food Bank – Tacoma 253-841-1491
www.salvationarmytacoma.org 1501 6th Ave, Tacoma, WA 98405
Hours: T-F 10:30 am – 3:00 pm
Must apply in person; If app is completed and turned in by 2:30 p.m.
will be seen same day; Photo ID, Social Security card and proof of
residency needed

Allen AME Food Pantry 253-627-6855
1223 Martin Luther King Jr. Way, Tacoma, WA 98405 Hours: T &
Th10:00 am – 1:00 pm
Homeless 1x Week; needs picture ID, Blue Allen Food Bank ID card

Bounty Food Bank 253-475-7098 5634
South Park, Tacoma, WA 98408 Hours: M 9:30 am – 11:30 am
Need current address with zip code

Network Tacoma 253-474-9334
Location: 5435 S. M St., Tacoma, WA 98408
Hours: T 1:00 pm – 2:00 pm
No restrictions listed

Bread of Life Ministries Food Bank (Lakewood) 253-582-2515
8810 Lawndale Ave SW, Lakewood, WA 98498
Hours: T h:00 pm – 5:00 pm
No restrictions listed

St. Charles Borromeo Parish Food Bank
253-565-7655
7112 S. 12th Street, Tacoma
Call T & TH 9:30 am-11 am

JBLM & McChord Zip Codes: 98303, 98327, 98388, 98433m 98438, 98439, 98498 &
98499

JBLM (Ft Lewis)
Bread of Life Ministries Food Bank 253-582-2515
8810 Lawndale Ave SW, Lakewood, WA 98498
Hours: Th 1:00 pm – 5:00 pm
Open to everyone. Requires proof of address and EBT card and proof for all HH members; Closed beginning of July and Christmas-to-New Year’s holiday

FOOD BANKS SERVING ALL OF PIERCE COUNTY

Allen AME Food Pantry 253-627-6855
1223 Martin Luther King Jr. Way, Tacoma, WA 98405 Hours: T & Th: 10:00 am – 1:00 pm
Homeless 1x Week; needs picture ID, Blue Allen Food Bank ID card
B.A.S.H 253-531-9600
(Bikers Against Statewide Hunger)
118 – 141st St Ct. S., Tacoma, WA 98444
Hours: W & Th 10:00 am – 2:00 pm
ID and proof of residency, Emergencies case by case. BASH also has a Delivery Food Bank for people who cannot come in to the food bank. You must register in person first and sign up.

Food Connection 253-383-5048
323 South Yakima, Tacoma, WA 98405
Hours: T, Th 10am - 5:30pm. W, F 10am - 3:30pm. Sat 10am - 1:30pm
No restrictions listed

Harvest House 360-893-6842
13314 224th St. E., Graham, WA 98338
Hours: Sat 9:30 am – 12:00 pm
Two visits per access for disabled, emergencies case by case, proof of residence for first visit

My Sister’s Pantry 253-627-1186
621 Tacoma Ave, Tacoma, WA 98402
Hours: M 5:00 pm – 7:00 pm; S 10:30 am – 12:30 pm Ist & 3rd Monday & 4th Saturday

Pregnancy Aid 253-383-4100
902 Market St., Tacoma, WA 98402 Hours: M, W, & F 10:00 am – 1:30 pm No restrictions listed

Salvation Army Food Bank – Puyallup 253-841-1491
4009 9th St. SW, Puyallup, WA 98373
Hours: M 9:00 am – 11:30 am, 1:00 pm – 2:30 pm;
T & Th 9:00 am – 11:30 am, 1:00 pm – 2:30 pm
One time per month, must live in service area and provide address for everyone in house, ID needed

University Place Food Bank 253-460-3134
2610 Sunset Dr. W, University Place, WA 98466
Hours: T: 12:00-3:00 pm; Th: 3:30 pm – 5:00 pm;
Sat: 10:00 am – 12:00 pm
Restrictions: Must live in Pierce County and bring ID & piece of mail that’s shows you live in Pierce County.

Delivery Food Banks

All Saints Community Service 253-848-2000
204 6th Ave SW, Puyallup, WA 98371
Hours: M-Th 10:00 am – 12:00 pm, 1:00 pm – 3:00 pm Once a month, call for deliveries

Eloise Cooking Pot 253-426-1994
(Making a Difference Foundation)
3543 East McKinley Ave, Tacoma, WA 98404
Hours: T & F: 11:30am - 4:30pm. Sat: 10:30am - 3:30pm. Thursday is bag service for those in emergency need. ID required

Commodities
Bonney Lake Food Bank 253-863-4043
18409 Veteran Memorial Drive East
Hours: T, W, Th, F 10am - 1pm. T, F 5pm - 7pm
Emergencies case by case

Eatonville Food Bank 360-832-6805
305 Center St., Eatonville, WA 98328
Hours: M & F 9:00 am – 12:00 pm, 1:00 pm – 2:00 pm
W & Th 9:00 am – 3:00 pm
Twice a month, emergencies case by case, ID needed

Orting Food Bank 360-893-0095
224 Washington Ave S, Orting, WA 98360 Hours: M 3:00-6:00 pm: W 12:00 pm – 3:00 pm; F 9:00 am – 12:00 pm; Sat 10 am-1pm
Once per month, need proof of living in Pierce County

Prince of Peace Food Bank 253-584-2565
10333 Bridgeport Way SW, Lakewood, WA 98499
Hours: T 12:00 pm – 3:00 pm
Need to bring proof of address and ID

Puyallup Valley Food Bank 253-848-5240
110 23rd Street South East, Puyallup, 98372
Hours: M, T, W, F 12:00 pm – 4:00 pm;
Th 5:30 pm – 7:30 pm Last of month
By appointment only, provide proof of address for each adult
Hours: W 9:30 am – 1:00 pm; Th & Sat 2:00 pm – 3:00 pm Call for appointment, twice a month

Salvation Army Food Bank – Puyallup 253-841-1491
4009 9th St. SW, Puyallup, WA 98373
Hours: M, T, & Th 9:00 am – 11:30 am, 1:00 pm – 2:30 pm
One time per month, must live in service area and provide address for everyone in house, ID needed

Spanaway Food Bank 253-383-1817
16001 A St., Spanaway, WA 98387 Hours: M, W, & F 12:30-2:00 pm

WLSA Food Pantry (Steilacoom) 253-581-1076
1603 Rainier Street, Steilacoom, WA 98388
Hours: W 9:30 am – 12:00 pm; Sat 10:00 am – 11:30 am 2nd and 4th Saturdays of month

Hot Meal Sites

Eatonville Food Bank 360-832-6805
305 Center St, Eatonville, WA 98328 Seniors M, W, F 12pm
Hospitality Kitchen
253-502-2761
1323 South Yakima, Tacoma, WA 98402 Hours: M 6:30 am – 12:30 pm;
T & W 6:30 am – 5:00 pm; Th & F 6:30 am – 12:30 pm
women, infants, and children each year. WIC reaches 334,000 pregnant women, new and breastfeeding moms, and children under 5. WIC is healthy food and a lot more. WIC is a nutrition program for

Federal Way Food Bank: 253-876-5310
Enumclaw Food Bank: 360-772-2151
Bremerton Food Line: 360-373-5544
Auburn Food Bank: 253-383-6810

Food Banks in Other Areas

Food Banks in Other Areas

My Sister’s Pantry
253-627-1186
621 Tacoma Ave, Tacoma, WA 98402 Hours: M 5:00 pm – 7:00 pm
Sat 10:30 am – 12:30 pm 1st & 3rd Monday, 4th Sat

Salvation Army Food Bank – Puyallup
253-841-1491
4009 9th St. SW, Puyallup, WA 98373
Hours: M 9:00 am – 11:30 am, 1:00 pm – 2:30 pm
T & Th 9:00 am – 11:30 am, 1:00 pm – 2:30 pm
One time per month, must live in service area and provide address for everyone in house, ID needed

The Rescue Mission 253-383-4493
425 S Tacoma Way, Tacoma, WA 98402
Hours: M-Sun 6:00 am – 6:00 pm

Meals Delivered
Meals on Wheels 253-474-1300 or 253-272-8433

WIC - Nutrition Program for Women, Infants & Children Family Health
Hotline: 1-800-322-2588
www.parenthelp123.org

There are over 200 WIC clinics across Washington State. Call the Family Health Hotline or visit to find a WIC clinic near you. Find out if you’re eligible. The Nutrition Program for Women, Infants, and Children WIC is healthy food and a lot more. WIC is a nutrition program for pregnant women, new and breastfeeding moms, and children under 5. WIC helps improve the health of mothers and children through four services: Nutrition education; Monthly checks for healthy food; Health screenings and referrals; Breastfeeding support. WIC reaches 334,000 women, infants, and children each year.

Index of Agencies

American Addiction Centers .................................................. 5
Advanced Health Care .......................................................... 11
Alanon and Alateen .............................................................. 5
Alcohol and Drug Helpline ..................................................... 1, 5
All Saints Community Services .............................................. 4, 10, 19
Allen AME Food Pantry ......................................................... 20, 21
Around the Sound ............................................................... 16
Associated Ministries ......................................................... Inside front and back covers
Coordinated Entry ................................................................ 1-3, inside front cover
Pierce County Asset Building Coalition (Free Tax Preparation) . 17
BASH (Bikers Against Statewide Hunger) .................................. 21
Bates Dental Clinic ............................................................... 8
Bates Technical College ......................................................... 14
Bonney Lake Food Bank ....................................................... 21
Bounty Food Bank ............................................................... 20
Bread of Life Ministries Food Bank ....................................... 20
Bridges: A Center for Grieving Children ............................... 10
Browns Point Food Bank ..................................................... 18
Buckley Kiwanis Food Bank .................................................. 18
Care Net Pregnancy Centers .................................................. 15
Catholic Community Services .............................................. 1, 2, 4, 11, 12
Family Housing Network .................................................... 2, 11
Volunteer Chore Services ..................................................... 4, 12
Center for Independence ...................................................... 11
Centro Latino SER ............................................................... 12
Child Care Aware of Washington .......................................... 12
Christian Biker Tabernacle .................................................... 5
City of Lakewood Housing Programs ..................................... 3
Clover Park Technical College .............................................. 14
Community Health Care ..................................................... 7, 10, 16
Community Health Care - Dental ............................................. 8
Community Montessori .......................................................... 12
Comprehensive Life Resources ............................................ 8
Crystal Judson Family Justice Center ..................................... 1
Division Developmental Disabilities ..................................... 11
Eatonville Food Bank .......................................................... 21
Eatonville Family Agency ..................................................... 18
Edgewood Food Bank ......................................................... 18, 19
Eloise Cooking Pot ............................................................. 19, 21
Exodus Housing ................................................................. 2, 16
Family Renewal Shelter ........................................................ 1
Fair Housing Center of Washington ...................................... 15
Mobile Food Bank stops ....................................................... 18
GateWay Church ................................................................. 20
Goodwill Industries ............................................................ 13
Greater Lakes Mental Healthcare ......................................... 9
Guadalupe House ............................................................... 4
Harvest House ................................................................. 19, 21
Healing Places Counseling Center ....................................... 9
Health Care for the Homeless ................................................. 4, 7
Helping Hand House .......................................................... 2
Holy Cross Church ............................................................. 5
Homeownership Center of Tacoma ...................................... 3
Hope Guest House ............................................................. 3
Hope Spars Relatives Raising Children Program .................... 9
Hospitality Kitchen ............................................................ 21
Humane Society of Tacoma/Pierce County ......................... 17
Immunization Referral ........................................................ 6
JBLM - Bread of Life Ministries Food Bank ......................... 20
Key Peninsula Community Services Food Bank ..................... 18
Korean Women’s Association ............................................... 1, 6
LaborWorks ................................................................. 13
Lakeside Milam Recovery Centers ....................................... 5
<table>
<thead>
<tr>
<th>Service/Program</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>LASA (Living Access Support Alliance)</td>
<td>2, 16</td>
</tr>
<tr>
<td>Landlord/Tenant Program (City of Tacoma)</td>
<td>10</td>
</tr>
<tr>
<td>L'Arche Tahoma Hope Community</td>
<td>11</td>
</tr>
<tr>
<td>Lindquist Dental Clinic for Children</td>
<td>8</td>
</tr>
<tr>
<td>Living Word Assembly of God (St Joseph's Church)</td>
<td>18</td>
</tr>
<tr>
<td>Local Motion</td>
<td>17</td>
</tr>
<tr>
<td>Lutheran Community Services Northwest</td>
<td>11</td>
</tr>
<tr>
<td>ManPower</td>
<td>13</td>
</tr>
<tr>
<td>Matthew's House</td>
<td>3, 9</td>
</tr>
<tr>
<td>MDC</td>
<td>2, 4, 5, 10, 12, 13, 16</td>
</tr>
<tr>
<td>Detox Center</td>
<td>5</td>
</tr>
<tr>
<td>EOC</td>
<td>13</td>
</tr>
<tr>
<td>Homeless Child Care Assistance Program</td>
<td>12</td>
</tr>
<tr>
<td>Mental Health Clinic</td>
<td>10</td>
</tr>
<tr>
<td>Mental Health Crisis Line</td>
<td>i</td>
</tr>
<tr>
<td>Multicultural Self-Sufficiency Movement (MSM)</td>
<td>13</td>
</tr>
<tr>
<td>My Sister's Pantry</td>
<td>15, 21, 22</td>
</tr>
<tr>
<td>Neighborhood Clinic</td>
<td>7</td>
</tr>
<tr>
<td>Network Tacoma</td>
<td>3, 20</td>
</tr>
<tr>
<td>New Beginnings - Youth With A Mission</td>
<td>3</td>
</tr>
<tr>
<td>New Jerusalem Food Bank</td>
<td>20</td>
</tr>
<tr>
<td>New Phoebe House</td>
<td>5</td>
</tr>
<tr>
<td>Noah's Pet Project</td>
<td>17</td>
</tr>
<tr>
<td>NW Furniture Bank</td>
<td>16</td>
</tr>
<tr>
<td>NW Justice Program</td>
<td>i, 15</td>
</tr>
<tr>
<td>Northwest Tacoma Food Bank</td>
<td>18</td>
</tr>
<tr>
<td>Open Hearth Ministries</td>
<td>4</td>
</tr>
<tr>
<td>Oorting Food Bank</td>
<td>19, 21</td>
</tr>
<tr>
<td>Our Father's Kitchen/Clothing Bank United Lutheran Church</td>
<td>15</td>
</tr>
<tr>
<td>Our Lady of Guadalupe Maternity Center</td>
<td>16</td>
</tr>
<tr>
<td>Our Lady of the Miraculous Medal</td>
<td>4</td>
</tr>
<tr>
<td>ParaTransit</td>
<td>17</td>
</tr>
<tr>
<td>PFLAG (Parents, Families and Friends of Lesbians and Gays)</td>
<td>10</td>
</tr>
<tr>
<td>Parkland First Baptist Church</td>
<td>20</td>
</tr>
<tr>
<td>Pat's Clothing Closet</td>
<td>15</td>
</tr>
<tr>
<td>Peninsula</td>
<td>18</td>
</tr>
<tr>
<td>Pet Behavior Hot Line</td>
<td>17</td>
</tr>
<tr>
<td>Pet Partners</td>
<td>17</td>
</tr>
<tr>
<td>Pierce College</td>
<td>13, 14</td>
</tr>
<tr>
<td>Pierce College Dental Hygiene Clinic</td>
<td>8</td>
</tr>
<tr>
<td>Pierce County AIDS Foundation</td>
<td>10</td>
</tr>
<tr>
<td>Pierce County Alliance</td>
<td>5, 16</td>
</tr>
<tr>
<td>Pierce County Coalition for Developmental Disabilities</td>
<td>11</td>
</tr>
<tr>
<td>Pierce County Community Connections</td>
<td>2</td>
</tr>
<tr>
<td>Pierce County Dental Society Referral Service</td>
<td>8</td>
</tr>
<tr>
<td>Pierce County Housing Authority</td>
<td>1</td>
</tr>
<tr>
<td>Pierce County Sheriff Department Non-Emergency</td>
<td>i</td>
</tr>
<tr>
<td>Pierce Transit</td>
<td>16</td>
</tr>
<tr>
<td>Transit Shuttle</td>
<td>16</td>
</tr>
<tr>
<td>Pioneer Human Services, Chance for Change Program</td>
<td>6</td>
</tr>
<tr>
<td>PLU Couple and Family Therapy Center</td>
<td>10</td>
</tr>
<tr>
<td>Point Defiance AIDS Project (Needle Exchange Van)</td>
<td>6</td>
</tr>
<tr>
<td>Pregnancy Aid</td>
<td>16, 19, 21</td>
</tr>
<tr>
<td>Prince of Peace Food Bank</td>
<td>20, 21</td>
</tr>
<tr>
<td>Project Homeless Connect</td>
<td>4</td>
</tr>
<tr>
<td>Prosperity Wellness Center</td>
<td>6</td>
</tr>
<tr>
<td>Public Health Nurse Referral</td>
<td>6</td>
</tr>
<tr>
<td>Puyallup Valley Food Bank</td>
<td>19, 21</td>
</tr>
<tr>
<td>Puyallup Tribal Health Authority</td>
<td>8</td>
</tr>
<tr>
<td>Rainier View Christian Church</td>
<td>6</td>
</tr>
<tr>
<td>Rebuilding Together South Sound</td>
<td>3</td>
</tr>
<tr>
<td>Recovery Response Center</td>
<td>8</td>
</tr>
<tr>
<td>Sacred Heart of Jesus Church</td>
<td>5</td>
</tr>
<tr>
<td>Salvation Army Food Bank - Puyallup</td>
<td>19, 21, 22</td>
</tr>
<tr>
<td>Salvation Army - Tacoma</td>
<td>1, 10, 20</td>
</tr>
<tr>
<td>SeaMar Community Clinic</td>
<td>6, 9</td>
</tr>
<tr>
<td>SeaMar Behavioral Health</td>
<td>9</td>
</tr>
<tr>
<td>SeaMar Treatment Center</td>
<td>6</td>
</tr>
<tr>
<td>SeaMar Community Clinic - Dental.</td>
<td>8</td>
</tr>
<tr>
<td>Shared Housing Services</td>
<td>2</td>
</tr>
<tr>
<td>Soul Care Psychotherapy</td>
<td>10</td>
</tr>
<tr>
<td>Sound Transit</td>
<td>17</td>
</tr>
<tr>
<td>South Puget Sound Intertribal Planning Agency.</td>
<td>14</td>
</tr>
<tr>
<td>Sound Outreach Services</td>
<td>10, 12</td>
</tr>
<tr>
<td>Southeast Asian Diets</td>
<td>19</td>
</tr>
<tr>
<td>Southeast Tacoma</td>
<td>18</td>
</tr>
<tr>
<td>Spanaway Food Bank</td>
<td>19, 21</td>
</tr>
<tr>
<td>St. Charles Borromeo Parish</td>
<td>20</td>
</tr>
<tr>
<td>St. Francis Cabrini</td>
<td>5</td>
</tr>
<tr>
<td>St. John Bosco</td>
<td>5</td>
</tr>
<tr>
<td>St. Leo Parish</td>
<td>4</td>
</tr>
<tr>
<td>St. Leo Food Connection</td>
<td>4, 20</td>
</tr>
<tr>
<td>St. Martin of Tours</td>
<td>4</td>
</tr>
<tr>
<td>St. Nicholas Parish</td>
<td>4</td>
</tr>
<tr>
<td>St. Patrick's.</td>
<td>5</td>
</tr>
<tr>
<td>Statewide Health Insurance Benefits Advisors (SHIBA)</td>
<td>6</td>
</tr>
<tr>
<td>Sumner Food Bank</td>
<td>19</td>
</tr>
<tr>
<td>TACID (Tacoma Area Coalition of Individuals with Disabilities)</td>
<td>12, 15</td>
</tr>
<tr>
<td>Tacoma Community College</td>
<td>14</td>
</tr>
<tr>
<td>Tacoma Community House</td>
<td>14</td>
</tr>
<tr>
<td>Tacoma/Pierce County Habitat for Humanity.</td>
<td>3</td>
</tr>
<tr>
<td>Tacoma/Pierce County Health Department</td>
<td>11</td>
</tr>
<tr>
<td>Tacoma Housing Authority</td>
<td>1, 16</td>
</tr>
<tr>
<td>Tacoma Rescue Mission</td>
<td>1, 3, 5, 15</td>
</tr>
<tr>
<td>Clothing Room</td>
<td>15</td>
</tr>
<tr>
<td>Family Shelter</td>
<td>1</td>
</tr>
<tr>
<td>Jefferson Square</td>
<td>5</td>
</tr>
<tr>
<td>New Life Program</td>
<td>5</td>
</tr>
<tr>
<td>Veterans Resource Center</td>
<td>3</td>
</tr>
<tr>
<td>The Bread Basket</td>
<td>15</td>
</tr>
<tr>
<td>TACS Special Diet</td>
<td>19</td>
</tr>
<tr>
<td>Tillicum/Woodbrook Food Bank</td>
<td>20</td>
</tr>
<tr>
<td>Transpro</td>
<td>17</td>
</tr>
<tr>
<td>Trinity Health Clinic</td>
<td>7</td>
</tr>
<tr>
<td>Trinity Lutheran Church Food Pantry</td>
<td>20</td>
</tr>
<tr>
<td>University Place Food Bank</td>
<td>20, 21</td>
</tr>
<tr>
<td>United Way of Pierce County</td>
<td>16</td>
</tr>
<tr>
<td>Vads</td>
<td>14</td>
</tr>
<tr>
<td>Washington State Poison Control Center</td>
<td>6</td>
</tr>
<tr>
<td>Washington State WIC Program</td>
<td>22</td>
</tr>
<tr>
<td>Washington State HIV Hotline</td>
<td>10</td>
</tr>
<tr>
<td>Washington Telephone Assistance Program (WTAP)</td>
<td>17</td>
</tr>
<tr>
<td>WeArt Out Real Life Family Center</td>
<td>15</td>
</tr>
<tr>
<td>WorkSource - Pierce County/St. of Washington</td>
<td>13</td>
</tr>
<tr>
<td>WLSA Food Pantry - Steilacoom</td>
<td>19, 21</td>
</tr>
<tr>
<td>YWCA</td>
<td>1</td>
</tr>
<tr>
<td>YWCA Family Permanency Project</td>
<td>1</td>
</tr>
<tr>
<td>YWCA Women's Support Shelter</td>
<td>1</td>
</tr>
</tbody>
</table>
Opportunities to Engage & Serve

Paint Tacoma Pierce Beautiful
Provides free exterior house painting to low-income homeowners during the summer months. Volunteers are needed for more than just painting. Applications for homeowners are posted at PaintBeautiful.org.
Serve by joining a team to paint the home of a family in need, or by reviewing applicants.
Training provided. Time Commitment: Varies; may serve one day or multiple days.

Volunteer Income Tax Assistance
VITA Provides free income tax preparation for low and moderate income taxpayers. Greeters and Site Coordinators are needed in addition to tax preparers. Locations posted at VolunteerTaxHelp.org.
Serve by assisting people to file their taxes.
Training provided. Time Commitment: Varies; generally several hours per week throughout tax season.

Disaster Response Preparedness
Care Teams provide compassionate and practical support to the survivors of local disasters.
Serve by becoming a Care Team member. Training provided.
Time Commitment: Attend 2-hour quarterly trainings; TBD during times of disaster.

Administrative Assistance
Serve in a Housing or Supportive Service program, provide general administrative support, or assist households in our Resource Center. Time Commitment: Negotiable.

AM’s Community Events

Lead the Way Home Breakfast
Each fall we invite our supporters to a free breakfast to learn about the latest successes and challenges facing the clients of the housing and shelter service programs provided by Associated Ministries.

Amazing Quest: to Understand Homelessness
This is a fun group event that enables participants to actively learn about the issue of homelessness, with a goal of raising awareness and funds to serve those experiencing homelessness.

Keeping Dreams Alive Recognition Luncheon
Each spring this luncheon honors the volunteers, programs, and interfaith nature of AM, with a program that highlights the wonderful work our volunteers and partners have done in the community.

Sponsorship Opportunities

Our Events
By sponsoring our events, community partners support and affiliate themselves with AM’s noteworthy work and our enthusiastic supporters.

Our Programs
Community partners are recognized for making a tangible difference by supporting our engagement programs: Paint Tacoma-Pierce Beautiful, Volunteer Income Tax Assistance, and the Interfaith Women’s Conference.

For more information about being a sponsor call 253-426-1501.
Healthy Communities are Strong Communities

You need more than just medicine to be healthy. MultiCare is proud to support the work that Associated Ministries does to build stronger, healthier communities in our region.

multiCare.org

Mary Bridge Children’s Hospital & Clinics ~ MultiCare Allenmore Hospital ~ MultiCare Auburn Medical Center
MultiCare Covington Medical Center ~ MultiCare Deaconess Hospital ~ MultiCare Good Samaritan Hospital
MultiCare Tacoma General Hospital ~ MultiCare Valley Hospital MultiCare Connected Care ~ MultiCare Clinics
MultiCare Indigo Urgent Care ~ MultiCare Rockwood Clinic ~ Immediate Clinic ~ Navos ~ Pulse Heart Institute