

Free Clothing Store

*Wear it Out**

Offers gently used clothing for
Infants—Children—Adults

Open Saturdays from 10-3:00 p.m.

Physical address:

215 166th St S, Spanaway, WA 98387

Located off Pacific Ave. and 165th S.
Portables 1 & 2
(entry off 165th Street S, located on the old
Spanaway Elementary site)

For more information, contact:
Angie DerHammer at (253) 327-9912.

**Donations accepted on the 1st & 3rd
Thursday from 10-1:00 p.m.**

*Wear it Out is a partnership between
Bethel School District, Bethel Community
Services and Life Center Rainier

Outreach Services

Basic Food, Medicaid and other
services that are available through
DSHS are provided.

For more information and assistance
in applying, contact Jill Palmer at
(253) 683-6850.

**Emergency
hygiene products,
diapers & school
supplies are available
on a limited basis.**

ResCare Workforce Services

- Youth Employment Opportunities
- Paid Internships

Please call (253) 229-8221

Free Veteran Services

Hawley P. Mills Veteran Service Office

Veterans can be assisted with filing a
claim, appealing a claim or disability
rating as well as obtain copies of medical
records along with other services.

Contact Frank Sterling
(253) 303-2980.

Consejo Substance Abuse Services

Consejo Counseling provides Youth Substance
Use Disorder assessment, referral and out-
patient treatment service across Pierce County
and for students and families in the Bethel
School District. Services include community
outreach, crisis intervention, screening, urine
analysis, substance use disorder assessment
and recommendation.

Please call us at (253) 414-7461 to schedule an
appointment or simply ask
questions about services.

We are also a referral
source. If we cannot
treat you we will find
an agency that can.
Guaranteed!



*Funds made available through Tacoma-Pierce County
Health Department, Family Support Partnership*

An Invitation to...

Bethel Family Center



**18020 B Street E.
Spanaway, WA 98387**

(253) 683-6850
(253) 846-3915 fax

Located in Building P
on the campus of
Challenger High School

*The Bethel Family Center is administered by Bethel
Community Services, a 501(c)(3) organization*

www.bethelfamilycenter.org

Family Support Services

Bethel Family Center

Bethel Family Center is a community based program that provides linkage to services and resources for Bethel families.

To learn more about Bethel Family Center activities, contact Jill Palmer, Family Center Coordinator at (253) 683-6850 or email jpalmer@bethelsd.org.



PARENTING PROGRAMS

Promoting First Relationships (PFR)

PFR is a 10-14 week home visiting program for parents and their young children, age birth to 5 years. Children's first relationships are the foundation for growth in their social, emotional, behavioral, language and cognitive development. PFR provides an environment that supports the parent/caregiver to experience joy and confidence in their relationships with their infants and toddlers.

Common areas PFR can support parents:

- Building a lasting, healthy, positive attachment relationship with your infant or toddler.
- Understanding your child's difficult behaviors, and looking at the feelings and needs behind these behaviors.
- Understanding how to support your infant or toddler's social and emotional health.
- Discussing strategies for coping with difficult times as a parent.

Positive Parenting Program (Triple P)

Available for families with children 2-12 years old.

Triple P parenting is the world's leading positive parenting program!

Home-Based Triple P Services:

- Strengthen relationships in your family
- Encourage positive behaviors
- Teach your child new skills & behaviors
- Handle disruptive or challenging behaviors with greater confidence
- Take care of yourself as a parent

Triple P Group Services are also available!

Register to reserve your spot and get **Free** childcare! Join us at our next 8 week Triple P Positive Parenting Group to meet other families and learn practical strategies that will help you.

**Snacks and refreshments provided*

Parenting the "Love and Logic Way"

Bethel Family Center offers these classes throughout the year. Participants attend 1½ hr. classes in a five-week series from 6-7:30 p.m. A light meal is provided from 5:30-6:00 p.m.

Childcare is provided on a limited basis. Classes are offered at no cost to families.

A Common Voice "YES"

Parent Support Group

- Offering realistic solutions
- Moving through family chaos to parent empowerment

Thursdays 6-8:30 p.m. at Bethel Family Center

Child & Family Therapy Greater Lakes Mental Health

Referrals for services at the Bethel Family Center can be made by calling the Greater Lakes Mental Health Access Center at (253) 581-7020. Families need to provide their Medicaid information when calling.

Center for Strong Families

Financial coaching and employment services now available at Bethel Family Center.

A JOB IS NOT ENOUGH!

That's the reality facing low-wage workers and those unemployed who are seeking help with employment, emergency food, utility assistance or a brighter future for their families.

To schedule your appointment call:

Jill Palmer 253-683-6850 jpalmer@bethelsd.org

Silke Bone 253-719-3079 silke@SoundOutreach.org

Lynn Willis lynn@SoundOutreach.org

MultiCare WIC

Spanaway Clinic

WIC is a supplemental nutritional program for women, infants and children. It provides milk, cereal, eggs, peanut butter, fruits and vegetables, infant formulas and other nutritional foods. The WIC program also provides nutrition education, breastfeeding support, health assessments and referrals.

To learn more, call:

(253) 846-8234 or (800) 322-2588