

Spring 1998

A Resource Manual to Help Parents Work Effectively with At-Risk 5th Grade Students

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**A RESOURCE MANUAL TO HELP PARENTS WORK EFFECTIVELY WITH
AT-RISK 5TH GRADE STUDENTS**

A Project Report
Presented to
The Graduate Faculty
Central Washington University

In Partial Fulfillment
of the Requirements for the Degree
Master of Education

by

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May 1998

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The purpose of this project was to design and develop a resource manual to help parents work effectively with at-risk, 5th grade students, in the Clover Park School District, Lakewood, Washington. To accomplish this purpose a review of current literature regarding at-risk students and parent involvement was conducted. Additionally, various organizations were solicited for community resources including: United Way, Department of Social & Health Services, Puget Sound Educational Service District, Equal Opportunity Resource Center, and Pierce County Community Action Agency. Finally, all resource materials were compiled, organized, and assembled.

ACKNOWLEDGMENTS

This work is dedicated to my incredibly supportive, understanding, and loving wife, Dawn, who has sacrificed precious quality personal time during this endeavor. I must also give thanks to the Lord, for he has given me endurance and patience throughout this long journey.

The writer would also like to express his sincere appreciation to Dr. Jack McPherson for not only his support, guidance, patience, and assistance in the preparation of this paper, but also the inspiration and professionalism he has instilled within me. In addition, my appreciation goes to Dr. Gregory Chan for encouraging me during my Principal Internship and to Dr. Frank Carlson for his participation as a member of my graduate committee.

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CHAPTER ONE

BACKGROUND OF THE PROJECT

Introduction

The more time parents spend monitoring their children and helping with their studies and homework, the lower the risk of school failure. If the children are temperamentally difficult, the risks decrease in proportion to the level of adult participation in their schooling (Bodenhamer, 1995, p. 83).

As suggested in the above statement by Bodenhamer, the key to a child's success in school has relied on the level of parental involvement. The greater the commitment by adults to help children, the greater chance that those children will succeed in school. Parents, therefore, should be involved and supportive of their children's education.

Research conducted by O'Brien, (1990, p. 163) emphasized there are crucial developmental occurrences during a child's education. O'Brien has stated that: "The most crucial years for children are between the ages of 1 and 2, and 11 and 12" (p. 163). O'Brien concluded that more developmental experiences occur during those two periods than at any other time in their lives. Decisions about independence and trust and their own self-worth are based on personal experiences with people in their near environment.

According to Dobson and Bauer, (1990, p. 16), "For children to succeed, both parents and school must strive for a better understanding of the balance between a child's potential and the social practices of the home environment. Encouraging parents to become stakeholders in school can produce a feeling of ownership that helps expand the community's standards of education."

Purpose of the Project

The purpose of this project was to design and develop a resource manual to help parents work effectively with at-risk, 5th grade students, in the Clover Park School District, Lakewood, Washington. To accomplish this purpose a review of current literature regarding at-risk students and parent involvement was conducted.

Limitations of the Project

For purposes of this project, it was necessary to set the following limitations:

1. Scope: The resource manual was designed for use by parents of selected students at Southgate Elementary School, Clover Park School District, Lakewood, Washington.
2. Target Population: The resource project was designed for use by parents to help at-risk, 5th grade students.
3. Research: The preponderance of research and literature reviewed for the purposes of this project was limited to the past five (5) years.

Definition of Terms

Significant terms used in the context of this project have been defined as follows:

1. At-Risk: Term applied to children whose personal or family characteristics are associated with school difficulties (Dobson and Bauer, 1990, p. 6).
2. Cadre: Teachers, students, and parents working together to improve teaching and learning (Barr and Parrett, 1995, p. 100).
3. Filial Piety: Southeast Asian belief which demand loyalty and obedience to authority (Morrow, 1991, p. 20).
4. Good Samaritan: Individuals who watch out for the children and elderly in the neighborhood, or who participate in community crime prevention programs (Barr and Parrett 1995, p. 11).
5. Obstacles: Issues that hinder parent involvement: economic and time constraints, linguistic and cultural practices (Finders and Lewis 1994, p. 51).
6. Parent Involvement: Parents involved within the school site, participating in vision settings, governance, and assisting in the school as a whole (Barr and Parrett, 1995, p. 100).
7. Stakeholders: Family, schools, and community organizations that make a commitment to children's education (Ferguson and de Kanter, 1996, p. 4).

CHAPTER TWO

REVIEW OF RELATED LITERATURE

Introduction

The review of research, literature, and information summarized in Chapter Two has been organized to address:

1. The Need for Parent Involvement--An Overview
2. Overcoming Barriers to Parent Involvement
3. Increasing Parent Involvement - What Works?
4. Summary

Data current primarily within the past five (5) years were identified through an Educational Resource Information Centers (ERIC) computer search. Additionally, a hand-search of various other sources was conducted. Finally, information was solicited from Ms. Claire Wilson, Parent Involvement Coordinator, Puget Sound Educational Service District (ESD).

The Need for Parent Involvement--An Overview

The issue of parent involvement has been one of importance in the arena of education. As stated by Epstein, (1995, p. 701), "When parents, teachers, students, and others view one another as partners in education, a caring community forms around students and begins its work." There have been many reasons for developing relationships between school, community, and family. Such relationships have improved the overall school climate, provided services and support for families, increased parenting skills and family leadership,

connected other families within the school community, and helped teachers in their classroom. The method in which a school cares for its children reflects the way it also cares for children's families. "If educators view children simply as students, they are likely to see the family as separate from the school. That is, the family is expected to do its job and leave the education of children to the schools. If educators view students as children, they are likely to see both the family and the community as partners with the school in children's education and development" (Epstein, 1995, p. 701).

According to Ferguson and de Kanter, (1996, p. 3), "Family--school--community partnerships are critical to better student learning, discipline, and successful employment. Signing on to the partnership means making a commitment--a promise, pledge, or compact--outlining the mutual responsibility of a stakeholder for children's learning." This has enabled groups and organizations to work together productively. Schools and parents together have set high expectations, and schools have offered a challenging curriculum and reached out to parents as partners in helping children learn at school and at home. Community groups have worked with families to make the streets safe for children and provided constructive after-school and summer experiences.

Forming family--school--community partnerships has benefited both individuals and organizations. Ideas have been exchanged between groups and individuals to assist in troubleshooting challenges confronting family involvement. Recognition can be earned for an organization's visible commitment to children's education. Individuals have come together with other groups as a unified partnership to draw on each other's strengths to help children learn. By utilizing the partnership, materials and resources have been more

readily available. Community resource guides and on-line services can be accessed. “Just about all families care about their children, want them to succeed, and are eager to obtain better information from schools and communities so as to remain good partners in their children’s education” (Epstein, 1995, p. 702).

According to Finders and Lewis, (1994, p. 50), “Instead of assuming that absence means noncaring, educators must understand the barriers that hinder some parents from participating in their child’s education.” These authorities concluded (p.50), the time has arrived when we must examine our own deeply seated assumptions about parent involvement. Educators have perceived that children who do not succeed in school have parents who do not get involved in school activities or support goals at home, particularly parents of socially and culturally diverse families.

Mansbach, (1993, p. 37), has described the idealized “model of family involvement” as that of a two-parent, economically self-sufficient nuclear family with a working father and homemaker mother. However, Mansbach further explained that, in reality, family structures have changed, and single parents, who are now commonplace, really need to be involved in their children’s education. “It has been assumed that involved parents bring knowledge that matches knowledge gained in school. If parents do not bring that knowledge, it is thought *they* are in need of education to become legitimate participants. Discussions concerning family involvement have focused on what families lack and how educators can best teach parents to support instructional agendas at home” (Mansbach, 1993, p. 37).

Finders and Lewis, (1994, p. 50), observed, there have been parents whose voices are rarely heard at school. These parents have explained how the diverse contexts of their lives have created tensions that come between positive home and school relations. Many parents' own personal school experiences have created obstacles to involvement. Parents who have dropped out of school have not felt confident in school settings. Often, it has been these personal experiences that prohibit parents from helping their children once they have moved beyond the primary grades.

Diverse economic and time constraints have posed primary obstacles for parents whose work does not allow the luxury and flexibility that is common with professional positions. Often parents have worked at physically demanding jobs, with mothers expected to handle child-care responsibilities as well as school-related issues. While others work at night, making it impossible to attend evening activities, and very difficult to appear in the daytime when they are sleeping. In many cases, severe economic constraints prevent children from participation in the culture of the school. Repeatedly, parents have been torn between the pressures of stretching a tight budget and wanting their children to fit in. This lack of sense of belonging has created many barriers for parents (Finders and Lewis, 1994, p. 52).

Among the diverse parenting groups that effect education today are Grandparents, Hispanic parents, and Asian parents. Turner, (1995, p. 6), stated, "Grandparents are raising their grandchildren because of teen pregnancy; parents' substance abuse, death, divorce, joblessness, abuse, or abandonment of the child; and AIDS and other illnesses." Grandparent caregivers were asked what assistance was needed. Then found ways which supported them, either directly,

or by referral to services needed. Some common “needs” included: one-on-one or group counseling, clothing, expert advice on legal, financial, medical, housing, and education questions, telephone hotlines, or even grandparenting classes (Turner, 1995, p. 6).

According to the Urban Institute, by the year 2010, the United States will have become home to 39 million Hispanic people, making Hispanics the nation’s largest minority group (Jeffers and Hutchison, 1995, p. 41). Translation; school districts have began seeing more Hispanic students enroll. Which means educators needed to increase efforts to reach those parents. Parent involvement, no matter what a student’s background, is crucial to a child’s success in school.

The authorities observed (p.41), “Parents who do not speak fluent English have often felt inadequate about their relationships with schools. The language barrier has become common among all schools. This alone has caused parents to not get involved with school. Whether have been for social, cultural, linguistic, or economic reasons, these parents’ voices have been rarely heard at schools.” Educators have labeled these parents as “those other parents” and have failed to hear their concerns. Many Hispanic parents have believed they have little to contribute to the education of their children. The reason for this attitude was, the parents usually were poorly educated themselves, and tended to honor the teacher as the master of the learning process. The Hispanic culture in general viewed the schools as bureaucracies that should not be questioned. The most effective and proven method that has reached Hispanic parents is a face to face conversation in their native language, in their homes. Jeffers and Hutchison, (1995, p. 41), stated, “Such initial home visits can then lead to the parents’ future involvement in schools and their children’s educations.” Districts have attempted to reach

Hispanic parents by sending home fliers in both English and Spanish. Various districts in Arizona and Texas have used the Spanish speaking radio stations to communicate more effectively. California was one state which required districts with student populations that of least 15 percent Hispanic to translate school materials into Spanish. Schools have needed sensitivity to the fact, letters and other materials that went home should have been written in Spanish as well as English. Bilingual school personnel have been crucial, in public relations, and areas such as the principal's office, attendance office, and nurse's office. This has made Spanish-speaking parents feel welcome (Jeffers and Hutchinson, 1995, p. 41).

Morrow,(1991, p. 22), declared, " It takes understanding and patience to involve parents who look on principals and teachers as paragons." Since April of 1975, and the fall of Saigon, over 800,000 Southeast Asian refugees have come to the United States. As a result, schools have experienced an influx of Southeast Asian children. Their parents and families have values and behaviors considerably different from Americans. This has created problems for teachers and principals, who have expected and encouraged all parents to become involved in their children's education. Children in the United Sates have been taught to become independent, speak their mind, and look out for "number one." Southeast Asian children have been taught their role within the family and society in terms of relationships and obligations. Southeast Asian children have thought of the family first, and suppressed personal desires and problems.

According to Morrow, (1991, p. 20), "Southeast Asians believe in "filial piety," which demands unquestioning loyalty and obedience to parents, and by extension, to all authority--including principals, teachers, and other school

personnel.” Southeast Asian parents have believed that professional educators have the necessary expertise and training to teach their children without parental assistance. In their native countries, school officials and teachers have been expected to decide all matters, from curriculum to discipline, without regard to parent concerns or desires.

Factors which influenced parental involvement are: literacy, education of the parents, perception, strong cultural beliefs such as “pride and shame.” The levels of literacy among Southeast Asian parents have been relatively low compared to their native language (p. 21). This has posed a serious communication issue when there has not been an interpreter on staff at school. Communication, associated with, low education levels of Southeast Asian refugees has created implications for school personnel. Morrow, (1991, p. 21), stated, “We expect that parents will be involved in many school functions, including open houses, school assemblies, and classroom volunteer activities. Parents are also encouraged to participate on advisory committees and work side by side as partners in their children’s education.” The Southeast Asian culture has not believed, it should be such partners. Administrators have been made aware of the cultural “pride and shame” principle. When a Southeast Asian student has been sent to the principal’s office for disciplinary reasons, the action reflected upon the entire family, which triggered severe punishment by parents. The educational leader of the school, must recognize when a Southeast Asian child has been referred, due to behavioral problems, the child’s family will have suffered intense shame, guilt, and anxiety. In the eyes of parents, principals have had complete power of their children’s education. Southeast Asian parents have rarely questioned decisions made by school personnel. “If principals, teachers,

and other school personnel make an effort to understand their different value systems, take time to look at each family as a unique entity, and work patiently and sensitively, a larger amount of Southeast Asian parental involvement would then be achieved (Kum, 1993, p. 17).

Overcoming Barriers to Parent Involvement

Hamilton and Osborne, (1994, p. 148), stated, “An abundance of research has been completed in the last few years concerning the importance of parent involvement in education. Most studies have found evidence that student achievement has been enhanced by parental involvement.” When parents have shown an interest in their child’s education, it has developed attitudes conducive to learning. Parents have reported their own self-confidence increased through involvement with the school. Parents’ own self-confidence was instrumental in helping educate their child. Partnerships between school and family have been a positive force in the dynamics of education. Parents’ reasons for becoming involved, or for not becoming involved, were quite diverse. Schools needed to determine if they have created barriers to such involvement. The authorities stated (p.148), “Potential barriers were classified into four categories: (1) physical, (2) social, (3) emotional, and (4) communication.”

Hamilton and Osborne, (1994, p. 148), argued, that physical barriers are perhaps the easiest to understand. Parents have had a difficult time managing time and work schedules that matched school functions and activities. These obligations resulted in the misconception, parents do not want to be involved. Even though parents have desired to attend activities, they have encountered obstacles such as: transportation, child care, and in some neighborhoods; safety.

Generally when a parent has been concerned with providing the basic physical needs for their families, there has been little energy left over for anything else. Parents of low socioeconomic status have faced great barriers to parent involvement. Basic survival has been a full-time concern. Schneider and Coleman, (1993, p. 1), reported, "That a family's ability to get involved in the education of its children is most greatly affected by the presence or absence of family resources, especially income, and the number of parents in the household." In the United States the role of the family, and extended family has changed. Hamilton and Osborne concluded (p. 148), "Today, only seven percent of students come from the type of family that might have been considered typical a generation ago: two parents in the home and only one a wage-earner. Today nearly half the children under the age of 18 live in a single-parent home." This has had an adverse effect on family involvement in school activities. When extended families were present, parents found it easier to attend school functions, grandparents watched the children. Without support, some parents found the effort to become involved, too great. On the other hand, families that were very close and strong, have discouraged parent involvement. Families have resented the time school has taken from family interaction, and have viewed the school as an antifamily institution (Hamilton and Osborne, 1994, p. 149).

Wilson and Wilson, (1994, p. 23), argued, "Emotional barriers have been the most difficult to detect and overcome. Parents who have experienced academic difficulty or social rejection, or who have developed poor self-concept while students, have been strongly affected by past experiences." It has been common for parents to feel intimidated by the teacher's expertise. Parents who have felt inadequate have lacked the confidence to assist the child, or the teacher.

Parents have felt guilty over not spending enough time with their children, and have perceived teachers as judgmental. Consequently, they have chosen to avoid any contact with the school system (Wilson and Wilson, 1994, p. 23).

Hamilton and Osborne, (1994, p. 149), stated, "The institutional aspect of the school left some parents dumbfounded. Moreover, some parents, felt their presence at school was unwanted or unappreciated. Parent volunteers have felt only wanted for busywork, but their knowledge, experience, and opinions were not valued or respected." This has produced an atmosphere which was uncondusive to interaction and communication. The manner with which teachers, principals, and all school personnel communicated was important to avoid perceptions of the staff as unfriendly, defensive, or hostile towards parents. Berger, (1991, p. 37), stated, "Even teachers who are trying to communicate openly can inadvertently demonstrate an unaccepting attitude toward parents, and others may appear to resent parents' participation or see their presence as an intrusion." Written communication sent home, including newsletters, have been misunderstood. It has been common for notes to reach parents, only too late, to make the necessary arrangements. Notes and newsletters can not be littered with educational jargon, this has frustrated parents when they have attempted to read them (p. 37).

Hamilton and Osborne, (1994,p. 150), also argued, "Schools can break down barriers to parental involvement by creating a parent friendly, and welcoming atmosphere. Schools must become more family oriented. Schools must offer choices in types and levels of parental involvement, and be willing to accept the choices parents make." A parent friendly school was one which demonstrated in both words and action, parents were welcome at school and

considered a vital part of the educational team. A family oriented school, considered a child, a member of a family. The school made the necessary adjustments and accommodations that facilitated parent participation, and the needs of the families. As stated by Hamilton and Osborne, (1994, p. 151), "Parent involvement in education leads to growth in other areas of life; therefore, support for parental involvement is really support for families and society."

Finders and Lewis, (1994, p. 52), stated, "If we're truly interested in establishing a dialogue with the parents of all of our nation's students, however, we need to understand what parents think can be done. We need to clarify how parents can help. Parents need to know exactly how they can help." Those parents that participated, have recognized, they are a critical part of their children's education. Educators have needed to continually encourage parents to be assertive. Parents involved must provide their children with a positive view of their own history and culture. Teachers have encouraged parents to speak for their children, to look out for what is best for them. The home environment can be a wealth of information for educators. Keenan et al., (1993, p. 211), stated, "Students that are performing poorly, are often said, to be living in a poor environment. Too often we tell parents what we want them to do at home with no understanding of the rich social interaction that already occurs there."

Keenan (p. 211), recognized, accessing and involving groups of parents have usually started by identifying community leaders. Natural leaders were found in churches, day care programs, senior citizen centers, public housing project councils, Head Start programs, or the homes of Good Samaritans. Any meeting held would be at a location that is accessible by walking or public transportation. Typically, the best turnouts have been usually between the 2nd

and 15th of the month. Parents on public assistance, have had more money during this time, have been in better spirits, and were more likely to be receptive to hearing about something new. Telephones and regular mail delivery have been good methods for publicizing upcoming events. For those who have not had those resources, fliers that announced meetings have been posted in clinics, laundromats, grocery stores, public transportation stops and day care centers. Schools have given children fliers to take home. Incentives that included: child care, food, and a 2nd meeting within a month helped bring in families. Precious momentum was not allowed to subside (Keenan et al., 1993, p. 210).

Increasing Parent Involvement-

What Works?

Epstein, (1995, p.701), argued, "Some children succeed in school without much family involvement or despite family neglect or distress, particularly if the school has excellent academic and support programs." Teachers and members of the community provided important guidance. The interactions of educators, parents, students, and community members have not always been smooth or successful. When parents, teachers, students, and others viewed one another as partners in education, a caring community formed around students, and began its work. But, partnership programs provided a firm base of respect, and trust, which was built upon. Characteristics of successful programs included: incremental progress, connection to curricular and instructional reform, and redefined staff development.

Epstein further explained, (p. 701), "Like reading or math programs, assessment programs, sports programs, or other school investments, partnership

programs take time to develop, must be periodically reviewed, and should be continually improved.” These programs typically have taken three years to develop into permanent structures within a school. The development of a solid partnership was a process, not a single event. The growing support that students received from their families has motivated them to work harder. A program of school--family--community partnerships focused on children’s learning and development was an important component of curricular and instructional reform. Helping families understand, monitor, and interact with students on homework, has been a clear and important extension of classroom instruction, as was, volunteer programs that bolstered and broadened student skills, talents, and interests (p. 710). Even with improved advanced coursework, each school will have to tailor its practices to the needs and wishes of the teachers, families, and students in the school (Epstein, 1995, p. 710).

According to Loucks, (1992, p. 20), Ten ideas that worked to increase parent--family involvement were listed by 1. *Parent-student switch day*. Students were excused for one full day if a parent took their place at school. The parent then followed the student’s schedule, and was responsible for all work. 2. *Parent-student fund raising*. For instance fund raising for a camping trip. 3. *Teachers in the round*. At the end of the first grading period, teachers and parents met in the gym and held discussions. Parents picked up their student’s report card at this event. 4. *Good news cards*. Postcards were printed for the school, and teachers were encouraged to send at least one card per week with a positive message regarding a

student. 5. *Newsletters*. Varying in frequency from weekly to annually, principals who reported greatest satisfaction, mailed them directly to the homes. 6. *Parent-teacher organizations*. A network of active parents assisted with a variety of school activities and functions. 7. *Soliciting parent-family volunteers*. The most successful efforts which obtained volunteers, resulted from checksheets or checklists of volunteer opportunities. 8. *Alumni events*. Such as parent and alumni basketball games, which served as fund raisers. 9. *Parent classes*. Classes offered at the school helped with parenting issues such as: homework, drug education, and communication skills. 10. *Invitational events*. Events such as parent-teacher conferences, open house, meet the teacher night, or grandparent day. If such involvement can make parents feel better about the school and enhance student learning, then every administrator must surely be interested in ways to improve it (Loucks, 1992, p. 23).

Dryfoos, (1996, p. 18), observed, "All over the country, school and community people are putting the pieces together to help schools meet the varied needs of today's students and their parents." The creation of "full-service schools," where the educational, physical, psychological, and social requirements of students and their families were addressed in a rational, holistic fashion was attractive to both school people and social service providers.

Dryfoos further explained (p. 18), "Full-service schools aim to provide both quality education and support services. Various models of full-service schools are emerging in communities and schools with the greatest needs and the most disadvantaged populations." Successful programs have relied on a team of

personnel sensitive to issues related to youth development, cultural diversity, and community empowerment.

Dryfoos continues, (p. 18), Barriers to the process included: governance, turf, lack of continuity, controversy, and funding. *Governance*. How will the administrative arrangements be made? *Turf*. Who owns the building? *Lack of continuity*. Full-service schools must depend on a stable group of people committed to the process. *Controversy*. Communities and or school boards that resist the idea of using the school building for anything but educational purposes. *Funding*. The annual cost for full-service school models ranges from \$75,000 to \$800,000 for the most comprehensive community school. We know the school's role has been to educate and the family's responsibility has been to raise the children. Many of today's parents have needed assistance in accomplishing that task. Full-service schools have been an effective program for achieving school, family, and societal goals (Dryfoos, 1996, p. 23).

After an investigation of different models, important elements have been recognized. According to Hardin and Littlejohn, (1994, p. 4), "Regardless of whether a top-down or bottom-up approach is used, effective models work because a group of persons are committed to making a change." A second important attribute of successful collaborative models was the acknowledgment of parental roles. Another element was trust and openness. All parties have been willing to actively listen to others, and have been open to new ideas. A fourth element was also evident. Professionals no longer communicated to parents the details of "bad days." Sharing the "good days" with parents acted as a buffer, or cushion, when the school had to break the bad news. Said Hardin and Littlejohn,

(p. 4), "Effective models are those in which communication is an open, two-way process."

Some examples of the Family--School--Collaboration Projects included: *Transparent School Model*, which used voice messages between parents and educators which improved collaboration and parent involvement. Information was accessed through an automated call system. *Parent-Mentor Resource Project*; where there was one parent mentor for each district. Mentors provided information to parents, improved communication, provided support to parents of children with disabilities, and provided awareness information. *Parent Education Program*; provided a full-time home-school coordinator who acted as a liaison. The coordinator made home visits which provided information and materials for parents to help their children. *Regional Parent Resource Center*; a community based model which delivered comprehensive services to parents and educators. Each center must provide information and support services to parents, offer educational support and training for both parents and educators, and meet the unique needs of the community/region served (Hardin and Littlejohn, 1994, p. 7).

Squires and Kranyik, (1996, p. 29), observed, "The Comer School Development Program utilizes the idea that people who implement the decision must make the decision, and those closest to the problem should generate and carry out solutions." Said Squires and Kranyik, (p. 29), "Students improve in a whole range of areas: self-efficacy, relationships with peers and adults, general mental health, achievement on standardized tests, and classroom grades. They also have fewer suspensions, less deviant behavior, and better attendance."

Comer's program has succeeded for two major reasons: it has supported changes in the school culture, and focused on children's development--their total

development, not just their speech, language, and intellectual capabilities.

Squires and Kranyik, (1996, p. 30) stated, "Because children attend school for significant portions of their early lives, their social, moral, physical, and psychological development must be central to the school's mission."

To coordinate school activities, Comer's Program used three teams to assist. *The parents' program.* This team searched to make the school inviting, and welcoming for parents, which increased communication with both students and teachers, and involved them in school planning. *The mental health team.* They were charged with examining root causes of schoolwide mental health problems, designed methods which improved school climate, and built positive relationships among the school's adults and children. *The school planning and management team.* This team established policy guidelines around curriculum and instruction, and helped plan and coordinate school operations.

The authorities further explained, (p.30), "The teams have operated and followed three principles: no-fault problem solving, consensus decision making, and collaborative decision making." This has helped alleviate some problems that were inherent when organizations changed their norms and values. Obviously, such sharing of power was a tremendous challenge, even in a culture that has valued both individualism and authority. But if we, the school community, are to develop children's full potential, we must value the strength inherent in our diverse perspectives (Squires and Kranyik, 1996, p. 31).

Beth M. Keller, (1995, p. 10), stated, "Stanford's Accelerated Schools Project is transforming hundreds of schools across the country with its creative teaching and learning philosophy, but each school applies this model in its own

way.” Accelerated schooling has involved a philosophy and systematic process which provided the best possible education for each child. According to Keller, (p. 11), “The term accelerated may be somewhat misleading, because the lessons are not really fast-track, but designed to enrich students’ learning experience through higher expectations, relevant content, and stimulating instruction.” The entire approach had three principles: *Unity of purpose*--the whole school community had a unified focus. *Empowerment with responsibility*--the entire school community has made important educational decisions and has taken responsibility for them. *Building on strengths*--belief that expertise was within the school community.

Keller, (1995, p. 12), explained, “That there are several elements that contribute to a successful transformation to an Accelerated School.”

- *A school should not only need change, but be ready for and committed to change.*
- *Participation by the entire school community--students, parents, support staff, teachers, administrators, central and district office representatives, and community members--is crucial.*
- *A systematic transformation process helps create a climate for innovative schoolwide and classroom practices.*
- *The school must have an effective governance structure that involves all members of the school community.*
- *Ongoing assistance is crucial to overcoming challenges.*

Accelerated Schools continue to encounter challenges that hinder progress, such as finding time for the many meetings and activities needed,

maintaining momentum, and building the district support that schools require to sustain change (Keller, 1995, p. 13).

Summary

The research and literature summarized in Chapter Two supported the following themes:

1. When parents, teachers, students, and others view one another as partners in education, a caring community forms around students.
2. Educators must develop strategies for overcoming: Physical, social, emotional, and communication obstacles that contribute to diminished Parent Involvement in the schools.
3. Successful parent involvement programs such as the Comer Model, and Accelerated Schools include incremental progress of change, connection to curricular and instructional reform, and a supportive group of committed persons within the school community.

CHAPTER THREE

PROCEDURES OF THE PROJECT

The purpose of this project was to design and develop a resource manual to help parents work effectively with at-risk, 5th grade students, in the Clover Park School District, Lakewood, Washington. To accomplish this purpose a review of current literature regarding at-risk students was conducted.

Chapter Three contains background information describing:

1. Need for the Project
2. Procedures
3. Planned Implementation and Assessment of the Project

Need for the Project

The need for the project was influenced by the following considerations:

1. The writer (Jeffrey S. Murrell), (at Southgate Elementary School, Lakewood, Washington,) has been teaching 5th grade students at Southgate Elementary School since 1992, and has been searching for ways to involve parents of at-risk students in their children's education.
2. Children within the Southgate Elementary School community have been exposed to wide-ranging negative personal experiences that will most likely have a lasting effect on their lives. They have lived in a community where domestic violence, gang-related activity, murders, and low parental involvement and supervision have been

commonplace, and which may have long-term consequences regarding decisions about trust and self-worth.

3. The writer has engaged in ongoing conversations with concerned parents, administrators, and educational staff members about the need for greater parent involvement in the school community.
4. This project afforded the writer an opportunity to conduct an in-depth review of current literature related to parent involvement in the education of at-risk students. The writer's interaction with Ms. Claire Wilson, Parent Involvement Coordinator, Puget Sound Educational Service District, significantly influenced the necessity for developing the resource manual, which was the subject of this project.
5. Undertaking this project coincided with the writer's graduate studies in educational administration at Central Washington University.

Procedures

To obtain background information essential for developing the resource manual, an Educational Resources Information Center (ERIC) computer search was conducted. Additionally, a hand search of various other sources was undertaken. Finally, related information was solicited from Ms. Claire Wilson,

Parent Involvement Coordinator, Puget Sound Educational Service District (ESD). The following ESD source documents were made available:

1. "Center on Families, Communities, Schools & Children's Learning", Research and Development Report, June 1994.
2. "The Challenge of Southeast Asian Parental Involvement," Principal, Jan. 1992
3. "Implementing, Supporting, and Sustaining Community Partnerships", The Program Report, March 1995.
4. "School and Family Partnerships", The Practitioner, June 1992.
5. "School / Family / Community Partnerships", Phi Delta Kappan, May 1995.

Planned Implementation and Assessment of the Project

The resource manual for use by parents of at-risk students at Southgate Elementary School was designed for implementation during the 1998-99 school year. The writer will be afforded an opportunity to share results of the project with Clover Park School District Administrative Personnel. The following procedural steps to assure maximum educational results:

1. Quarterly student testing from Sep. to Nov., Dec. to Feb., Mar. to May, to identify at-risk 5th grade students.
2. Student Classroom Performance and Observed Behaviors
3. The Writer Conferences with Parents Regarding Student Quarterly Performance.
4. Quarterly attendance updates and report cards.

When the Resource Manual has been approved for implementation at Southgate Elementary School, the writer will work with parents to develop an Individualized Education Program for each at-risk student.

CHAPTER FOUR

The Project

The Resource Manual To Help Parents Work Effectively With At-Risk 5th Grade Students in the Clover Park School District #400, Lakewood, Washington, which was the subject of this project, has been presented in Chapter Four, in twenty (20) sections, including:

- Section 1 Bilingual / Bicultural
- Section 2 Child Abuse / Domestic Violence
- Section 3 Child Care
- Section 4 Counseling
- Section 5 Drug / Alcohol
- Section 6 Emergency & Crisis Service
- Section 7 Financial Assistance
- Section 8 Food / Clothing / Shelter
- Section 9 Ft. Lewis Army Base
- Section 10 Housing
- Section 11 Interdenominational Resources
- Section 12 Law Enforcement
- Section 13 Legal
- Section 14 McChord Air Force Base
- Section 15 Medical / Dental
- Section 16 Other Resources
- Section 17 Parents
- Section 18 Social / Welfare
- Section 19 Support Groups
- Section 20 Youth Services / Recreation

A RESOURCE MANUAL TO HELP PARENTS
WORK EFFECTIVELY WITH
AT-RISK 5TH GRADE STUDENTS

CLOVER PARK SCHOOL DISTRICT
SOUTHGATE ELEMENTARY SCHOOL

Jeffrey S. Murrell

RESOURCES:**SECTION**

• BILINGUAL/BICULTURAL	1
• CHILD ABUSE/DOMESTIC VIOLENCE	2
• CHILDCARE	3
• COUNSELING	4
• DRUG/ALCOHOL	5
• EMERGENCY & CRISIS SERVICE	6
• FINANCIAL ASSISTANCE	7
• FOOD/CLOTHING/SHELTER	8
• FT. LEWIS	9
• HOUSING	10
• INTERDENOMINATIONAL RESOURCES	11
• LAW ENFORCEMENT	12
• LEGAL	13
• McCHORD	14
• MEDICAL/DENTAL	15
• OTHER RESOURCES	16
• PARENTS	17
• SOCIAL/WELFARE	18
• SUPPORT GROUPS	19
• YOUTH SERVICES/RECREATION	20

*Bilingual /
Bicultural*

ASIAN CHILDREN & ADOLESCENT SERVICES

ADDRESS

4301 S Pine St, Suite 650
Tacoma WA 98409

PHONE

(206) 471-0141

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.
Evening hours by appointment

DESCRIPTION OF SERVICES

Comprehensive counseling is provided by bilingual and bicultural case managers for Asian children who may be experiencing personal difficulties such as depression, low self esteem, learning problems and interpersonal conflicts with friends and/or family members. Also provides community resource referrals. Counselors are also available to work with school personnel.

ELIGIBILITY

Asian youth, birth to 18 years of age.

FEES

Sliding fee scale; accepts Medicare, Medicaid and insurance.

CENTRO LATINO - PIERCE COUNTY

ADDRESS

2502 Tacoma Ave S
Tacoma WA 98402

PHONE

(206) 572-7717

HOURS

Monday-Thursday

9 a.m. to 9 p.m.

Friday - by appointment only

8 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Services offered are: English as a Second Language classes, job search assistance, on-the-job training, resume preparation, translation interpretation, crisis intervention, and referrals to other social service agencies. Participants in the job programs can also receive assistance with transportation and child care.

ELIGIBILITY

Low income Hispanics.

CONSEJO COUNSELING & REFERRAL SERVICE OF PIERCE COUNTY

ADDRESS

1606 E 31st St
Tacoma WA 98404

PHONE

(206) 627-3393
(206) 627-3417

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.
Evening groups are available

DESCRIPTION OF SERVICES

Provides bilingual/bicultural Hispanic programs, preventions and early intervention for at-risk families, substance abuse and mental health. Other services are being planned. The phone will be answered in Spanish, but English is also spoken.

FEES

Sliding fee scale.

FILIPINO YOUTH ACTIVITIES (FYA)

ADDRESS

810 18th Avenue
Seattle WA 98122

PHONE

(206) 461-4870
(206) 461-4879 — Fax

HOURS

Monday-Friday
9:00 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides educational, cultural, recreational and social services to Filipino youth, families, and friends. Counseling programs for both youth and families. Interpreters in three Filipino dialogs: Tagalog, Ilocano, Visaya. A tutoring program for elementary through high school students. During the summer a summer academy for kindergarten through fifth grades is offered. Gang intervention programs in the community and in the schools.

INDOCHINESE CULTURAL & SERVICE CENTER

ADDRESS

1725 Lister East
P O Box 8382
Tacoma WA 98408

PHONE

(206) 473-5666

HOURS

Monday-Friday
8:30 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Provides referral, translation, and interpretation for Vietnamese, Cambodian, and Laotian clients.

ELIGIBILITY

Services are available to Vietnamese, Cambodian, Laotian, and Chinese clients.

KWAWACHEE COUNSELING CENTER PUYALLUP TRIBAL HEALTH AUTHORITY

ADDRESS

Cascadia Grounds
2209 E 32nd St
Tacoma WA 98404

PHONE

(206) 593-0247

HOURS

Monday, Tuesday, Wednesday and Friday - 8 a.m. to 5 p.m.
Thursday - 12 noon to 8 p.m.

DESCRIPTION OF SERVICES

Provides individual, family and group counseling for adults and children. Case management and outreach services available.

ELIGIBILITY

Member of a Federally recognized tribe.

FEES

Sliding fee scale. Medical coupons accepted.

PUYALLUP TRIBAL HEALTH AUTHORITY

ADDRESS

2209 E 32nd St
Tacoma WA 98404

PHONE

(206) 593-0232

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides services for Native Americans in the Pierce County area. Programs include Alcohol/Drug treatment (out-patient, advocacy in court, information and referral, youth after care), Community Health Nursing information and referral, dental clinic, counseling, medical clinic, nutrition (emergency food vouchers, referral and assistance with food stamps, and WIC).

ELIGIBILITY

Member of a Federally recognized tribe.

SMALL TRIBES ORGANIZATION OF WESTERN WASHINGTON

ADDRESS

13616 Valley Ave E
P O Box 578
Sumner WA 98390

PHONE

(206) 593-2894

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Offers a variety of services to the Native American population.

ELIGIBILITY

Member of Federally recognized tribes.

SMALL TRIBES ORGANIZATION OF WESTERN WASHINGTON

ADDRESS

13616 Valley Ave E
P O Box 578
Sumner WA 98390

PHONE

(206) 593-2894

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Offers a variety of services to the Native American population.

ELIGIBILITY

Member of Federally recognized tribes.

TACOMA COMMUNITY HOUSE

ADDRESS

1314 South "L" St
Tacoma WA 98405

PHONE

(206) 383-3951

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.
Evening hours by appointment

DESCRIPTION OF SERVICES

Tacoma Community House provides services to refugees and immigrants in the Pierce County area. Offers English as a Second Language, employment services, outreach, interpretation and an education program for single parents. Also offers a summer recreation program for youth.

*Child Abuse /
Domestic Violence*

CHILD ABUSE PREVENTION RESOURCES

ADDRESS

1517 South Fawcett, Suite 200
Tacoma WA 98402

PHONE

(206) 572-5541

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides parent support, parent education, and family development; community education and professional workshops, and treatment for children and non-offending caregivers when sexual abuse has occurred.

Child Sexual Abuse Clearinghouse Center

Links families affected by child sexual abuse with needed services. Services will include investigation, advocacy, treatment, support and education. There will be a 1-800 number soon.

Esteem Team

Provides assessment of child victim of sexual abuse for treatment - referral if indicated. Esteem Teams - groups and individual treatment of child victims of sexual abuse, age 5 to 12 years. Education/support for parents suspecting abuse. Parent treatment groups for non-offending caretakers are also offered.

Parent Aide Program

Trained volunteers visit in the home with at risk families to provide friendship, support, a listening ear, share parenting experiences and model parenting skills. also provides information about community resources and help to access them.

Eligibility: Any parent with children with a desire to improve life.

Parenting Plus

Provides families with children, birth to 12 years of age with parenting skills education. An evening meal is provided, followed by children's activities and a parent topic discussion. The session closes with a family activity that is safe, supportive and easy to repeat at home. Classes generally meet for six evenings (approx. 4:30 p.m. to 7:30 p.m.), during the school year.

Prevention Education/Speakers Bureau

Provides a Speakers Bureau. Topics include: children's personal safety, community awareness training, and home alone training. A networking forum, including professional inservice training, is offered. A library with extensive print, film, and video materials is available.

FEES

No charge.

FAMILY RENEWAL SHELTER

ADDRESS

P O Box 98318
Tacoma WA 98498

PHONE

(206) 564-8998

HOURS

Monday & Friday
10 a.m. to 5 p.m. (24-hour phone in emergency)

DESCRIPTION OF SERVICES

Provides a safe lodging for women and their children in a domestic violence situation. The average stay is 6 weeks. Counseling and referral services are available to help women attain a safe environment.

SEXUAL ASSAULT CRISIS CENTER PIERCE COUNTY

ADDRESS

Allenmore Medical Center Bldg A
19th & Union, Suite 302
Tacoma WA 98405-1803

PHONE

(206) 474-7273 Crisis Line
(206) 597-6424 Business Line

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.
Crisis Line open 24 hours

DESCRIPTION OF SERVICES

Information, crisis intervention, emotional support, medical and legal advocacy. Volunteer advocate can be with women through all medical exams, police reporting and court procedure. Support groups are available for both adults and teens. Speakers are available at a slight charge. Referral can be made to other sexual assault crisis centers in the state.

ELIGIBILITY

Anyone who has had a sexual assault.

YWCA (YOUNG WOMEN'S CHRISTIAN ASSOCIATION)

ADDRESS

405 Broadway
Tacoma WA 98402

PHONE

(206) 272-4181

HOURS

Monday-Friday
8:00 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides a variety of women's services, including emergency shelter, food and clothing, resource center for job training, services for homeless children, adolescent programs, parent/child education, and child care.

ELIGIBILITY

Must be staying in a shelter or have been in a shelter.

Women's Shelter & Support Services—Tacoma/Pierce County

Offers an emergency shelter for domestic violence victims (female) and their children. Also provided are counseling and support groups; emergency clothing and food for residents of shelter and their children; legal advocacy for clients and residents; case management for domestic violence residents; health care clinic for shelter residents and their children; a 24-hour crisis line, and advocacy for residents for long-term housing. A strict no-drug nor alcohol policy is enforced.

Eligibility: Women & their children who have experienced domestic violence; no boys over age 12. Women can call or be referred. Call before going to the shelter.

FEES

No charge.

Childcare

CHILD CARE INFORMATION & REFERRAL SERVICE TACOMA-PIERCE COUNTY DEPARTMENT OF HUMAN DEVELOPMENT

ADDRESS

747 Market St - Room 836
Tacoma WA 98402

PHONE

(206) 591-2025

HOURS

Monday-Friday
9 a.m. to 3 p.m.

DESCRIPTION OF SERVICES

Referral service for anyone that is looking for licensed day care services for children up to 12 years of age. The service provides a match for such factors as ability to pay, any special needs and geographic location. The information is given over the phone. Listings available for other early childhood programs. This program is available in other counties. Call for local phone number.

ELIGIBILITY

Pierce County residents.

FEES

No charge.

HILLTOP COMMUNITY DAYCARE CENTER

ADDRESS

1407 South I Street
Tacoma WA 98405

PHONE

(206) 627-7554

HOURS

Monday-Friday
6:30 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Provides child care at low cost/sliding fee scale to families. The daycare provides hot meals, snacks, organized activities including field trips. There is an application process and a waiting list.

ELIGIBILITY

Low income family; toddlers 18 months to 3 years.

FEES

Sliding fee scale.

JOYFUL NOISE CHILD CARE CENTER SALVATION ARMY

ADDRESS

1110 S Puget Sound
Tacoma WA 98405

PHONE

(206) 752-1661

HOURS

Monday-Friday
6:45 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Provides day care for children 18 months through 6 years of age. Children receive breakfast, hot lunch, and afternoon snack. Offers preschool activities.

ELIGIBILITY

18 months through 6 years of age.

FEES

Call for tuition fees.

OLYMPIC VIEW FRIENDS CHURCH DAYCARE

ADDRESS

201 Browns Point Blvd NE
Tacoma WA 98422

PHONE

(206) 927-9184
(206) 927-9151

HOURS

Monday-Friday
6 a.m. to 6:30 p.m.

DESCRIPTION OF SERVICES

Offers preschool and daycare for ages 1 to 12. School age children must attend schools in the Tacoma School District. Provides hot lunch, morning and afternoon snack.

FEES

Same for all income levels.

PUYALLUP PLAYCARE CENTER

ADDRESS

120 McElroy Pl
Puyallup WA 98371

PHONE

(206) 848-4232

HOURS

Monday-Friday
6:30 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Day care for low-income and other families. There is a full-time cook who provides a nutritious hot breakfast, hot lunch, and an afternoon snack.

ELIGIBILITY

2 1/2 to 7 years of age.

FEES

Can take some students on sliding fee scale.

TACOMA DAY NURSERY

ADDRESS

1113 South I Street
Tacoma WA 98405

PHONE

(206) 627-5671

HOURS

Monday-Friday
6:15 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Developmental day care center which provides day care and preschool for children. Hot breakfast, hot lunch and a snack provided.

ELIGIBILITY

2 years through kindergarten. Children need to be potty trained and have appropriate immunization.

FEES

Sliding fee scale established on a monthly basis.

WASHINGTON CHILDREN'S LEARNING CENTERS

ADDRESS

P O Box 44082
Tacoma WA 98444

PHONE

(206) 531-2936

HOURS

Monday-Friday
8:00 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides child care in centers throughout Pierce County. Serves low-income children.

Discovery School-Age Childcare • 858-2807

Provides year-round child care to school age children.

Eastside of Tacoma • 473-9443

Child care for low income children 2-1/2 years to school age.

Grandview School Age Child Care • 851-7734

Provides year-round school age child care for children in kindergarten through fifth grades. Sliding fee scale and DSHS limited.

Harbor Heights School Age Child Care • 858-7744

Provides year-round child care to school age children.

Peninsula Child Care • 851-7733

University Child Care • 531-2009

We Care Learning Center • 572-0905

Provides quality child care for low-income and at-risk children 1 to 5 years of age. Therapeutic child care services are also available.

Counseling

BEHAVIORAL SCIENCES SERVICE

MARY BRIDGE CHILDREN'S HEALTH CENTER

ADDRESS

311 South "L" St
Tacoma WA 98405

PHONE

(206) 594-1465

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Specializes in evaluation and treatment of medically related mental health needs of children. Social work services available in conjunction with pediatric inpatient and outpatient services. Psychological evaluation and therapy services available by appointment. Some of the specialized services include attention deficit disorder, neuro evaluation, multiple sclerosis, sickle cell anemia, etc. Work with children where there is a connection between medical and psychological problems. Schools may request a conference.

ELIGIBILITY

Anyone birth to 17 years of age can be seen on an outpatient basis. Call for more information. Need to have physician referral.

FEES

Sliding fee scale. Accepts insurance and medical coupons. Financial aid is available in some cases.

CATHOLIC COMMUNITY SERVICES

ADDRESS

5410 N 44th St
Tacoma WA 98407

PHONE

(206) 752-2455

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides service to infants, children, families, adults, and seniors of any religion, national origin, race, or sex. Downtown Tacoma location - 13th & Yakima. Multiple counseling locations.

Children & Family Services - Pierce County

Offers foster care, pregnancy services, adoption, respite care, crisis intervention, counseling, substance abuse treatment and day care.

Eligibility: Contact agency for details.

Counseling - Pierce County

Provides individual, couple, family, child, adolescent, and group counseling. Program topics include sexually abused children, adult survivors of sexual abuse, marriage communication, and domestic violence. Other groups and classes offered as requested. Counseling available in outreach centers in Puyallup, Spanaway, and Thurston County.

Homebuilders Program - Pierce County

Professional family therapist visits homes of families in crisis to help diffuse intense stress, clarify conflicts, agree on and carry out family goals, develop more effective family living skills, and use community resources. Home builder's involvement is for four weeks with referrals made for ongoing treatment, if necessary.

Substance Abuse Services - Pierce County

Provides DWI assessments, an alcohol information school, and an anger management program. Gender specific, family and individual programs are also available.

Tahoma Indian Center

A drop-in center for Native American Indians. Offers a place for people to gather to meet other Native Americans. Refreshments and snacks are available. Services include information, referral, advocacy, and social activities. Twelve-step groups are also available.

FEES

Vary with programs.

CHILD AND ADOLESCENT SERVICES GOOD SAMARITAN MENTAL HEALTH CENTER

ADDRESS

407 14th Ave SE
Puyallup WA 98371

PHONE

(206) 848-5571

HOURS

Monday-Thursday - 8 a.m. to 8 p.m.
Friday - 8 a.m. to 5:30 p.m.
Saturday - 9 a.m. to 2 p.m.

DESCRIPTION OF SERVICES

Individual and family counseling services for children, adolescents and their families. Specialized services available for victims of child abuse, juvenile sexual offenders, fire setters, eating disorders, and parenting concerns. Psychiatric and psychological assessments available. Crisis intervention services are available through the Crisis Team. Children are seen on an individual basis. No group counseling. Parenting classes are available.

ELIGIBILITY

All families in eastern Pierce County. Children ages 18 and under.

FEES

Fees are based on a sliding fee scale. Medical coupons are accepted. Many insurance companies cover part of the cost of service.

CHILDREN AND FAMILY UNIT COMPREHENSIVE MENTAL HEALTH

ADDRESS

1201 S Proctor
Tacoma WA 98405

PHONE

(206) 756-5246

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Children and family counseling services. Offers individual, group and family counseling. Specialized program for African American families.

ELIGIBILITY

Under 18 years of age.

FEES

Sliding fee scale, medical coupons and insurance accepted.

CHILDREN'S HOME SOCIETY OF WASHINGTON

ADDRESS

201 S 34th St
Tacoma WA 98408

PHONE

(206) 472-3355

HOURS

Monday-Friday
8:30 a.m. to 5:30 p.m.
Evenings by appointment

DESCRIPTION OF SERVICES

Individual and family counseling. Behavior and adjustment problems of children and adolescents. Provides both outpatient and residential treatment for youth under age 17. Locally there is a Parent Aid Program where individuals work with parents in their home.

ELIGIBILITY

Members of families residing in Pierce and Thurston counties. Statewide services available via other Children's Home Society branch offices.

FEES

Sliding fee counseling schedule. Fees for Residential Treatment and Foster Care are established by the state. No medical coupons nor insurance accepted.

CHOICE - PIERCE COUNTY ALLIANCE

ADDRESS

747 St Helens
Tacoma WA 98402

PHONE

(206) 627-4050
(206) 279-8333 - 24-hr crisis line

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides programs for troubled youth.

Safe place

Youth can call this early intervention crisis line for help. (Examples: runaway, abused, argument with parents, etc.)

Outreach

Resource referral and counseling for youth. Targets ages 12-17.

Alternative School

60-day program; youth stay in foster homes; become state dependents and receive counseling.

Drug/Alcohol

Outpatient program for substance abuse.

FEES

No charge.

CHRESTOS COUNSELING & MEDIATION CENTER

ADDRESS

424 Broadway
Tacoma WA 98402

PHONE

(206) 272-9997
(206) 759-6700 - 24-hr. Crisis Line

HOURS

Monday-Friday
9 a.m. to 5 p.m.
Evening appointments available

DESCRIPTION OF SERVICES

A private, non-profit organization that provides counseling services in order to help people deal successfully with a variety of personal and social problems. Chrestos does individual and family counseling, as well as marital communication workshops, parenting and family seminars, and counselor training. Specialists in treating child sexual abuse.

ELIGIBILITY

Anyone.

FEES

Fees are based on a sliding scale. Insurance and medical coupons not accepted. The state program, crime victim compensation, will pay for part or all of some services.

COMPREHENSIVE MENTAL HEALTH CENTER

ADDRESS

1201 S Proctor
Tacoma WA 98405

PHONE

(206) 756-9960

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers a wide variety of therapeutic services and mental health counseling to people experiencing severe mental or emotional distress. Programs include individual, group and family counseling, family support groups, specialized case management for African-American children and their families, and crisis intervention.

FEES

Sliding fee scale. Medical coupons and insurance accepted.

FAMILY AND CHILDREN SERVICES GREATER LAKES MENTAL HEALTH CENTER

ADDRESS

9703 Bridgeport Way SW
Tacoma WA 98499

PHONE

(206) 584-8933

HOURS

Monday & Wednesday - 8:30 a.m. to 5:30 p.m.

Tuesday & Thursday - 8:30 a.m. to 9 p.m.

Friday - 8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Family and Children Services offers family, group, and individual counseling for young people and their parents; a coordinated treatment program with local schools and parent education.

FEES

Sliding fee scale. Accepts medical coupons and insurance.

FEDERAL WAY YOUTH AND FAMILY SERVICES

ADDRESS

1411 SW Dash Point Rd
Federal Way WA 98023

PHONE

(206) 839-6555

HOURS

Monday-Friday 9 a.m. to 5 p.m.
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers individual, family and marriage counseling; support groups for sexual assault; and teen talk. Provides a children's play group, domestic violence treatment for men, and an alcohol/chemical dependency program for adolescents.

FEES

Sliding fee scale.

GOOD SAMARITAN MENTAL HEALTH CENTER

ADDRESS

407 14th Ave SE
Puyallup WA 98372

PHONE

(206) 848-5571
(800) 422-7861
(206) 841-5720

HOURS

Monday-Thursday - 8 a.m. to 8 p.m.
Friday - 8 a.m. to 5:30 p.m.
Saturday - 9 a.m. to 2 p.m.

DESCRIPTION OF SERVICES

Provides outpatient counseling to children and their families, adults; community support services including day treatment and case management; crisis services; counseling to Southeast Asian refugees and Pacific Island immigrants; medication management; and geriatric evaluation outreach services.

GREATER LAKES MENTAL HEALTH FOUNDATION

ADDRESS

9108 Lakewood Dr SW
Tacoma WA 98499

PHONE

(206) 581-6200
(206) 574-8933
(206) 584-8933

HOURS

Monday-Friday
8 a.m. to 5:30 p.m.
Evening appointments available

DESCRIPTION OF SERVICES

Provides 24-hour emergency services; youth suicide prevention; case management; day treatment services to mentally ill, chronically addicted persons and vocational services; outpatient services including help to children, families and older adults; residential services; Lifeline Institute; and Lakes Associates.

FEES

Sliding fee scale. Accepts medical coupons and insurance.

KENT YOUTH AND FAMILY SERVICES

ADDRESS

232 S 2nd Ave, Suite 201
Kent WA 98032

PHONE

(206) 859-0300

HOURS

Monday-Thursday

8:30 a.m. to 5 p.m.

Friday

8:30 a.m. to 5 p.m.

Evenings by appointment

DESCRIPTION OF SERVICES

Offers youth and family counseling, substance abuse programs, skills classes (anger management, self esteem, avoiding trouble), specialized support groups, and a teen-parent program. There is also a juvenile sexual offender program. Will refer individuals to appropriate resources.

ELIGIBILITY

Ages 5 to 19.

LAKES ASSOCIATES

ADDRESS

9108 Lakewood Dr SW
Tacoma WA 98499

PHONE

(206) 582-4127

HOURS

Monday & Wednesday - 8:30 a.m. to 5:30 p.m.

Tuesday & Thursday - 8:30 to 9 p.m.

Friday - 8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides individual, couples, and family counseling. Emphasis is on brief problem-focused therapy. Contractual agreements with school districts to provide direct services to students and consultation to staff are also offered. Community education classes for children and adults. Staff development for school districts and businesses.

FEES

Sliding fee scale. Accepts insurance.

OLYMPIC COUNSELING

ADDRESS

4214 Portland Ave
Tacoma WA 98404

PHONE

(206) 474-7740

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.
Later by appointments

DESCRIPTION OF SERVICES

Family oriented organization providing drug and alcohol services, substance abuse evaluations, family and group counseling and community consultation and education. Provides counseling for alcoholics and drug abusers on an outpatient basis.

Abuse Outpatient Services

Provides counseling, family counseling, group therapy, and community education.

Eligibility: Targets ages 12 through 18.

Fees: Sliding fee scale, medical coupons accepted.

Family Empowerment/Parents Anonymous

Offers support for parents in crisis with their children. All family members are invited to attend. Activities for children while parents attend a support group meeting. Topics covered include parent education, anger control and information about community resources.

Eligibility: Anyone.

Fees: No charge.

OLYMPIC COUNSELING SERVICES

ADDRESS

1215 Regents Blvd, Suite B
Fircrest WA 98466

PHONE

(206) 564-0220

HOURS

Monday-Friday
7 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides a drug and alcohol evaluation and outpatient treatment program including counseling for patient and family. The specialty population includes adolescents and young adults. Service is provided to six Pierce County school districts. Also offers training, consultation, and workshops on adolescent substance recovery. Offers free education workshops in the community.

ELIGIBILITY

Ages 9 to 25 years old and families.

FEES

Sliding scale. Medical coupons and insurance accepted.

Drug / Alcohol

ALCOHOL/DRUG 24-HOUR HELPLINE

ADDRESS

P O Box 18317
Seattle WA 98118-0317

PHONE

(800) 562-1240

HOURS

24-hour helpline

DESCRIPTION OF SERVICES

Provides alcohol and drug information and makes referrals to other programs.

FEES

No charge.

ALCOHOLICS ANONYMOUS

ADDRESS

Pierce County Central Office
5900 100th Street SW #16
Tacoma WA 98499

PHONE

(206) 474-8897

HOURS

24-hour answering service

DESCRIPTION OF SERVICES

Facilitates twelve-step support groups for alcoholics and their families. Makes referrals to Alanon, Alateen and counseling organizations. Phone number is for the central office that will refer caller to a local group.

Alanon

Provides a support group for families and friends of alcoholics. Meets at a variety of locations and times.

Alateen

Provides a support group for children of alcoholics. Target ages are 13-18 although younger children may attend.

Cooperation with the Professional Community

Sponsors self-help groups. Gives information about Alcoholics Anonymous and what the program can do for interested persons, families, and businesses. Provides speakers for groups or individuals.

FEES

No charge.

THE CENTER SUBSTANCE ABUSE TREATMENT PROGRAM M.D.C.

ADDRESS

Administration
815 #B South 28th Street
Tacoma WA 98409

PHONE

(206) 572-8200

HOURS

Monday-Thursday
8 a.m. to 5:30 p.m.
Friday
8 a.m. to 3:30 p.m.

DESCRIPTION OF SERVICES

Treatment for drug abuse consists of both individual and group counseling and therapy with primary emphasis on the personal growth of the individual. Family counseling is available if parents are in the intensive chemical dependency program. Methadone detoxification is available for heroin and other opiate addicts. Library is available on drug information for anyone's use. Short or long term residential treatment is available. Must have at least one week's notice. Also have an outpatient "Alcohol Program" with one-on-one counseling, group counseling, family counseling and a follow-up program. Provides alcohol education and speakers are available.

ELIGIBILITY

Counseling anyone.
Residential Care 18 years or older.

FEES

Sliding fee scale.

CHEMICAL ABUSE RESOURCE EDUCATION (CARE)

ADDRESS

1502 Tacoma Avenue South
Tacoma WA 98402

PHONE

(206) 572-2273

HOURS

Monday-Friday
8:00 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Telephone service for anyone wanting information in regard to chemical dependency, use or abuse. Crisis Information Line is anonymous. Will direct persons to agencies that can assist. Appropriate referrals will be made based on an individual's insurance and income. Information is available about alcohol and other drugs along with films for rent. Speakers are available for a nominal charge. Chemical abuse education for 4th, 5th and, 6th grades in Pierce County Schools at no cost.

ELIGIBILITY

Anyone wanting information about chemical abuse.

CHEMICAL DEPENDENCY SERVICES PIERCE COUNTY ALLIANCE DETECTION PROGRAM

ADDRESS

710 South Fawcett Avenue
Tacoma WA 98407

PHONE

(206) 572-4750

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Substance abuse evaluation and urine testing are provided to any non-felony individual. The information will only be released to those individuals to whom the client has given a waiver. Referrals will be made for treatment.

ELIGIBILITY

Any individual.

FEES

Fees are charged at a fixed rate per service.

COMTE AND ASSOCIATES

ADDRESS

6314 19th St W, Suite 3
Tacoma WA 98466

PHONE

(206) 564-3622

HOURS

Monday-Friday
8 a.m. to 5 p.m.
Emergency 24-hour answering service available

DESCRIPTION OF SERVICES

Provides evaluation and treatment for sexual offenders and victims of sexual abuse. Individual and group therapy available. Treatment available for anger management, marriage counseling, rape, incest, and self-esteem. Adolescent offenders' groups also available.

ELIGIBILITY

Any age.

FEES

Fees vary.

METHADONE TREATMENT PROGRAM TACOMA-PIERCE COUNTY HEALTH DEPARTMENT

ADDRESS

3629 South "D" Street
Tacoma WA 98408

PHONE

(206) 591-6405

HOURS

CLINIC HOURS:

Monday-Friday
5:30 a.m. to 4:30 p.m.

DISPENSING HOURS:

Monday-Friday
5:30 a.m. to 11:00 a.m.
Saturday
6:30 a.m. to 9:30 a.m.

DESCRIPTION OF SERVICES

The only program for methadone maintenance in the county. Methadone dispensed daily by a registered nurse. Supportive social services are available from the counseling staff and the staff physician. Weekly drug screen urinalysis is required for all clients. Drug screening service offered. Support programs are available for family members. Group counseling and one-to-one counseling available.

ELIGIBILITY

Opiate addiction history and current opiate addiction.

FEES

State medical coupons are accepted. Insurance companies will not pay for this treatment. Personal checks are not accepted. Money orders are accepted.

METROPOLITAN DEVELOPMENT COUNCIL TACOMA DETOX CENTER

ADDRESS

721 Fawcett Ave
Tacoma WA 98402

PHONE

(206) 572-5333

HOURS

24 hours a day; 7 days a week

DESCRIPTION OF SERVICES

Provides a residential detox program for Pierce, Thurston and Mason counties. A voluntary medical detox program for individuals who have a chemical (alcohol or drug) dependency. The average stay is three to four days. When necessary, referral is made to other appropriate services.

ELIGIBILITY

Adults with a chemical dependency. Youth under the age of 18 are usually referred to Mary Bridge Hospital.

FEES

Sliding fee scale. Medical coupons and insurance are accepted.

NATIONAL INSTITUTE ON DRUG ABUSE

ADDRESS

5600 Fishers Ln
Rockville MD 20852

PHONE

(800) 662-4357

HOURS

Monday-Friday
6:30 a.m. to Midnight
Saturday-Sunday
9 a.m. to Midnight

DESCRIPTION OF SERVICES

An information and referral service to drug abuse centers throughout the United States including self-help group numbers. Spanish operators are available.

PASSAGES COUNSELING & EDUCATION SERVICES

ADDRESS

10510 Gravelly Lake Dr SW, Suite 200
Tacoma WA 98499

PHONE

(206) 581-5556

HOURS

Monday-Friday
9 a.m. to 7 p.m. (closed 11:30 a.m. to 12:30 p.m.)

DESCRIPTION OF SERVICES

Provides chemical dependency assessments for adolescents, their families, and adults. Also offers intensive outpatient treatment for adolescents and adults, family counseling, group therapy, and one-on-one counseling. DWI, deferred prosecution treatment, anger management treatment, children's groups, and survivor's groups are also available. Offers counseling for young children.

FEES

No sliding fee scale. Medical coupons not accepted. Insurance accepted.

Family Group

For any family member who is concerned about someone in the family drinking or using drugs. Meetings on Wednesday.

Fees: No charge.

Families Anonymous

A support group for parents whose child is chemically dependent or a behavior problem. Meetings on Sundays.

Fees: No charge.

PIERCE COUNTY ALLIANCE

ADDRESS

710 S Fawcett
Tacoma WA 98402

PHONE

(206) 572-4750

HOURS

Monday and Thursday
8:30 a.m. to 6:30 p.m.
Tuesday, Wednesday, and Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides a broad range of social services encompassing the needs of the chemically dependent. Programs include: Adult Outpatient Treatment Center (OTC), Treatment Alternatives to Street Crime (TASC), ADATSA Assessment Center, CHOICE, and Family TASC.

ADATSA Assessment Center

Assesses individual designated unemployable due to alcohol or drug addiction and who lack the financial resources to assist themselves. Determines if eligible for state help.

Eligibility: Indigent, deemed unemployable due to substance abuse.

Chemical Dependency Services

Provides drug and alcohol detection.

Eligibility: May be a referral or walk-in with submission of photo identification from an official agency.

Choosing Healthy Options in Coercive Environments

CHOICE provides education, drug abuse prevention, advocacy, counseling and housing.

Eligibility: Must be under 18 years of age, a runaway, homeless, at-risk, or street involved.

Outpatient Treatment Center

Provides state certified drug and alcohol treatment including evaluation, and individual, group and family counseling.

Eligibility: Varies.

Fee: Sliding fee scale. Medical coupons and insurance accepted.

Project Safeplace

Provides intervention/assistance services for youth in crisis. Housing is available on a limited basis.

Safeplace: Rape Relief/Women's Shelter

Provides crisis intervention, medical and legal advocacy, and temporary shelter. Offers 24-hour crisis lines.

Eligibility: Victim of emotional, physical, or sexual abuse.

PUGET SOUND ALCOHOLISM CENTER

ADDRESS

215 South 36th Street
P O Box 11412
Tacoma WA 98411-0412

PHONE

(206) 756-9548

HOURS

24 hours

DESCRIPTION OF SERVICES

This inpatient program includes an on-going "Family Program" for family members, spouses, children, and includes a 16-week aftercare program for adults. Other groups are available including detox and family programs. Help will be given about an individual's insurance coverage.

ELIGIBILITY

Insurance or personal coverage. Medical coupons not accepted. Assessment with program counselor is mandatory for 16 and 17 year olds before admission.

FEES

Expense may be excessive depending on the program and program length.

PUGET SOUND HOSPITAL CHEMICAL DEPENDENCIES

ADDRESS

P O Box 11412
Tacoma WA 98411

PHONE

(206) 756-9548

HOURS

24 hours a day; 7 days a week

DESCRIPTION OF SERVICES

Provides residential medical detox programs including programs for maternal detox and dual diagnosis--both chemical and emotional treatment.

ELIGIBILITY

Adults.

FEES

Sliding fee scale. Medical coupons and insurance are accepted.

*Emergency &
Crisis Service*

CHILDREN'S SERVICES HOTLINE

ADDRESS

State of Washington
Department of Social & Health Services, OB-41
Olympia WA 98504

PHONE

(206) 562-5624 (Pierce County)
(206) 422-7517 (Tacoma)

HOURS

24 hours a day

DESCRIPTION OF SERVICES

Provides referrals to foster care, adoption, child abuse services, and Parents Anonymous.

CRISIS INTERVENTION GOOD SAMARITAN MENTAL HEALTH CENTER

ADDRESS

407 14th Ave SE
Puyallup WA 98372

PHONE

(206) 848-5571 - 24 hours

HOURS

Monday-Sunday
8 a.m. to 12 p.m.

DESCRIPTION OF SERVICES

Provides immediate response to psychiatric emergencies: Community outreach, walk-in, and phone intervention. Crisis response and appropriate disposition in situations. Will refer clients to appropriate resources.

ELIGIBILITY

Residents in Eastern Pierce County (Sumner, Graham, Orting, Eatonville, Milton, Fife.)

FEES

Sliding fee scale. Medical coupons and insurance accepted.

CRISIS INTERVENTION-EMERGENCY SERVICES GREATER LAKES MENTAL HEALTH CENTER

ADDRESS

9307 Bridgeport Way SW
Tacoma WA 98499

PHONE

(206) 584-8933

HOURS

24-hours

DESCRIPTION OF SERVICES

The Crisis Team of the Emergency Services Program is available seven days a week to handle psychological emergencies. Staff will pursue all possible alternatives to stabilize crises. Have mobile, walk-in, and telephone capabilities. In addition, they offer intensive crisis therapy to individuals in acute distress. Facilitate referrals to other resources in the community.

ELIGIBILITY

Pierce County residents outside the Tacoma limits: Lakewood, Spanaway, Parkland, Fircrest, Steilacoom, University Place, military bases, McKenna, Roy, Tillicum.

FEES

At this time crisis services are free of charge. Sliding fee scale for other services. Medical coupons and insurance accepted.

CRISIS INTERVENTION TEAM (CIT) COMPREHENSIVE MENTAL HEALTH CENTER

ADDRESS

1201 S Proctor
Tacoma WA 98405

PHONE

(206) 756-5253

HOURS

Crisis Intervention Service

24 hours-a-day, 7 days-a-week

Monday-Friday

9 a.m. to 5 p.m. business hours

Open weekends and holidays

9 a.m. to 5 p.m. walk-ins

DESCRIPTION OF SERVICES

Provides crisis intervention counseling primarily by home visit. CIT offers a walk-in service. Short term Acute Outpatient services provided. The team usually works with adults but can work with youth.

ELIGIBILITY

Those living within Tacoma city limits or Peninsula area within Pierce County.

FEES

Sliding fee scale, insurance, or medical coupon accepted.

DOMESTIC VIOLENCE HOTLINE

ADDRESS

HCR 78, Box 336
Naselle WA 98368

PHONE

(800) 562-6025

HOURS

24-hours, 7 days-a-week

DESCRIPTION OF SERVICES

Provides a 24-hour information and referral service for family violence victims statewide. Information on emergency resources for battered women and children include counseling, housing, medical attention, and advocacy. Information for batterers, such as anger control groups. Provides referrals for all areas of Washington State.

ELIGIBILITY

Anyone.

FEES

No charge.

NATIONAL RUNAWAY SWITCHBOARD ADOLESCENT SUICIDE HOTLINE-METRO HELP

ADDRESS

3080 North Lincoln Avenue
Chicago IL 60657

PHONE

(800) 621-4000 — 24 hours
(312) 880-9860 — Office

HOURS

Monday-Friday
8 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

A toll free referral and information contact for all youth and runaways throughout the United States. Neutral channel of communication with family, or message delivery via telephone (3-way conference call between youth switchboard or one way between switchboard and parent), or help with transportation and lodging. Will keep messages on file and deliver to parents and/or youth. Crisis Intervention: will make referrals to centers within calling area. Also crisis intervention counseling to work out options with youth.

ELIGIBILITY

18 years and under.

FEES

No charge.

PROJECT SAFEPLACE PIERCE COUNTY ALLIANCE

ADDRESS

747 St Helens
Tacoma WA 98402

PHONE

(206) 279-8333

HOURS

24-hours-a-day

DESCRIPTION OF SERVICES

Provides assistance for youth in crisis. Housing is available on a limited basis.

ELIGIBILITY

18 years of age and under.

FEES

No charge.

RUNAWAY HOTLINE

ADDRESS

P O Box 12428
Austin TX 78711

PHONE

(800) 231-6946
(512) 463-1980

HOURS

24-hour hotline

DESCRIPTION OF SERVICES

The hotline is designed to help those that have or are thinking about running away. They help the caller locate food, shelter, legal and medical help, counseling and related services in the area from which the person is calling. Persons are encouraged to call parents.

**SUICIDE PREVENTION LINE
LIFELINE INSTITUTE
GREATER LAKES MENTAL HEALTH FOUNDATION**

ADDRESS

9307 Bridgeport Way
Tacoma WA 98499

PHONE

(206) 584-3733
(800) 422-2552

HOURS

8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

This helpline focuses on the needs of the care givers, friends, parents, and teachers of suicidal persons. This is not a crisis line. Counselors provide emotional support for people living or working with a suicidal person. Refers people for therapy, training and makes presentations to young people. Excellent information packets available.

FEES

No charge.

WASHINGTON STATE SHELTER NETWORK

ADDRESS

110 East 5th Street, Suite 214
Olympia WA 98501

PHONE

(206) 753-4621
(800) 562-6025 Hotline

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Statewide telephone hotline aiding victims of any domestic violence. Can make referral to battered women shelters and legal help.

FEES

No charge.

YWCA (YOUNG WOMEN'S CHRISTIAN ASSOCIATION)

ADDRESS

405 Broadway
Tacoma WA 98402

PHONE

(206) 272-4181

HOURS

Monday-Friday
8:00 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides a variety of women's services, including emergency shelter, food and clothing, resource center for job training, services for homeless children, adolescent programs, parent/child education, and child care.

Women's Shelter & Support Services—Tacoma/Pierce County

Offers an emergency shelter for domestic violence victims (female) and their children. Also provided are counseling and support groups; emergency clothing and food for residents of shelter and their children; legal advocacy for clients and residents; case management for domestic violence residents; health care clinic for shelter residents and their children; a 24-hour crisis line, and advocacy for residents for long-term housing. A strict no-drug nor alcohol policy is enforced.

Eligibility: Women & their children who have experienced domestic violence; no boys over age 12. Women can call or be referred. Call before going to the shelter.

ELIGIBILITY

Must be staying in a shelter or have been in a shelter.

FEES

No charge.

**YOUTH CRISIS LINE
CHOICE
PIERCE COUNTY ALLIANCE**

ADDRESS

747 St Helens
Tacoma WA 98402

PHONE

(206) 279-8333

HOURS

24 hours

DESCRIPTION OF SERVICES

A crisis line for youth to call when thinking about running away, have run away, have been abused or have had an argument with parents.

Financial Assistance

CHILDREN'S EMERGENCY FUND

ADDRESS

214 W Main St
Puyallup WA 98371

PHONE

(206) 841-8700

HOURS

Monday-Friday
8:30 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides emergency assistance, medical, dental, optical care, hearing and clothing. Accessed through a school nurse/counselor. Will refer to other agencies.

ELIGIBILITY

Low income families in Puyallup, Sumner and Orting. Funds given on an individual basis.

METROPOLITAN DEVELOPMENT COUNCIL - SUPPORT & OUTREACH SERVICES DIVISION

ADDRESS

622 Tacoma Ave S
Tacoma WA 98402

PHONE

(206) 627-8588
(206) 383-3921

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Offers programs designed to serve homeless, high risk youth, and low-income populations of the city and county. Programs include: homeless employment, homeless health care, outreach to homeless mentally ill, latchkey projects, high risk youth employment projects, prevention-intervention project for youth, energy assistance, and an educational resources clearinghouse.

Energy and Emergency Assistance

Provides low-income energy assistance and energy/utility shut-off assistance. The program helps pay for wood, gas/propane, electricity or oil.

Eligibility: Proof low income, resident of Tacoma.

PIERCE COUNTY COMMUNITY ACTION AGENCY

ADDRESS

South Tacoma Business Park
8811 S Tacoma Way, Bldg 2
Tacoma WA 98499-4592

PHONE

(206) 591-7240

HOURS

Monday-Friday
8:30 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Administers a variety of social service programs to assist and enable the economically disadvantaged. This is accomplished through housing services, child and family services, energy assistance services, and community services sections.

PROGRAMS

Energy Assistance Program (EAP)

Assists Pierce County residents with energy or utility bills. Helps pay for wood, gas/propane, electric, or oil. Also helps with shut off notices. Energy conservation tips are also given out to all applicants. Clients can be helped one time per year with EAP and one time per year with RCIP. call in early fall (October.)

Energy Crisis Intervention (RCIP)

Provides assistance with heating emergencies such as furnace breakdowns, shut off notices, and broken windows. Does not operate during the summer months.

Housing Services

Facilitates positive communication between consumers and housing providers. Provides information and counseling about fair housing laws, landlord-tenant issues, home ownership issues, loans and foreclosures. The program also works with homeless families.

Weatherization

Provides assistance with insulation of individual's home. Call in the fall (October).

ELIGIBILITY

Must live outside the city of Tacoma but in Pierce County.

*Food / Clothing /
Shelter*

BETHANY PRESBYTERIAN CHURCH

ADDRESS

4420 N 41st St
Tacoma WA 98407

PHONE

(206) 752-1123

HOURS

Monday-Friday
9 a.m. to 2:30 p.m.

DESCRIPTION OF SERVICES

Offers a food bank, the Nativity House which provides free items for the holidays, the Pastor's Emergency Fund, and the Senior High Youth Group.

Food Bank

Provides staples and fresh food to low-income people

Eligibility: Must be registered with FISH.

Pastor's Emergency Fund

Offers an opportunity for persons needing to make money, on a short-term basis, to work at the church. Workers can earn \$5 per hour.

CAMAS PRAIRIE PTA FOOD DRIVE

ADDRESS

307 176th Street East
Spanaway WA 98387-8322

PHONE

(206) 536-7255

HOURS

Monday-Friday
8:30 a.m. to 3 p.m.

DESCRIPTION OF SERVICES

Offers free food to those in need. Serves families in Camas Prairie Elementary School area.

COMMODITY FOOD PROGRAM

ADDRESS

2302 Sixth Ave
Tacoma WA 98403-1047

PHONE

(206) 383-1830

HOURS

Monday & Tuesday
7:30 a.m. to 4 p.m. (recording will answer other days)

DESCRIPTION OF SERVICES

Offers food distribution by address to income-qualifying persons. Food items will vary month-to-month.

ELIGIBILITY

Low income; must have ID with name and address.

DISCOUNT FOOD

DESCRIPTION OF SERVICES

One-day-old bread is sold at a discount:

Gai's Bakery

8203 Durango SW

Tacoma WA

Phone: (206) 584-4200

Monday - Friday, 9:30 a.m. - 5:30 p.m.

Langendorf

11216 Goldengiven Rd E

Tacoma WA

Phone: 537-0749

Monday - Friday

8:30 a.m. - 6:30 p.m.

Wonder Bread

1720 S 7th St, Sprague

Tacoma WA

Phone: (206) 627-0137

Monday - Saturday, 9 a.m. - 6 p.m.

Sunday, 11 a.m. - 4 p.m.

Items such as cereals, noodles, canned goods and household items are available at reduced prices:

Canned Food Warehouse

11011 Pacific Hwy SW

Tacoma WA

Phone: (206) 581-5333

Monday - Friday, 9 a.m. - 7 p.m.

Saturday, 9 a.m. - 6 p.m.

Sunday, 9 a.m. - 5 p.m.

EASTSIDE NEIGHBORHOOD CENTER

ADDRESS

1720 East 44th Street
Tacoma WA 98404

PHONE

(206) 474-5673

HOURS

Monday-Friday 9 a.m. to 9 p.m.

DESCRIPTION OF SERVICES

Free hot meals are served to anyone on Monday, Wednesday, and Thursday from 3 p.m. to 5 p.m. At times, free clothing is available.

EATONVILLE MULTI-PURPOSE CENTER

ADDRESS

104 Rainier Avenue South
P O Box 661
Eatonville WA 98328

PHONE

(206) 832-6805
(206) 832-3511

HOURS

Monday-Thursday
8:30 a.m. to 3 p.m.
Friday
8:30 a.m. to 12 noon

DESCRIPTION OF SERVICES

Provides food bank, baby food, information and referral, clothing, help in filling out DSHS and food stamp forms, weekly blood pressure checks, energy assistance, Christmas baskets and toys, and income tax assistance and forms. Families may access the food bank once a month. Eleven meals are provided for a family of four.

ELIGIBILITY

Low income citizens; handicapped citizens.

FEEES

No charge.

EMERGENCY FOOD NETWORK

ADDRESS

P O Box 2322
Tacoma WA 98401

PHONE

(206) 383-2144

HOURS

Monday-Friday
8 a.m. to 4 p.m.
Ideal times are between 9 a.m. to 1 p.m.

DESCRIPTION OF SERVICES

The Emergency Food Network distributes to local food banks. Local food banks are accessed based on zip codes.

Refer families to the emergency food network only when local food bank is unknown, the number for local food bank is unknown, or in an emergency situation when local food bank is closed.

Call before 1 p.m.

FEES

No charge.

FAMILY LIFE MINISTRIES

ADDRESS

711 S 25th St
Tacoma WA 98405

PHONE

(206) 383-3010
(106) 383-3058

HOURS

Monday-Friday
9 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Offers a basic minimal food bank, clothing bank, financial counseling, a minimum family shelter for single women with children, and a public fruit market. In the process of developing a recreational program for youth.

ELIGIBILITY

Low income.

FEES

No charge.

THE FOOD CONNECTION

ADDRESS

710 South 13th
Tacoma WA 98405

PHONE

(206) 383-5040

HOURS

Monday-Friday
1:30 p.m. to 3:30 p.m.

Last 3 Saturdays of each month:
11:30 am. to 1 p.m.

DESCRIPTION OF SERVICES

Each household may get food once a week. The family needs to show one piece of picture I.D., 2 pieces of official mail such as a utility or phone bill that have been mailed in the last 10 days, and a box or bag for the food. If there are more than seven people in the family, they will need to show proof that each person is actually a member of the family. Documentation can be a social security card, welfare, or medical coupons.

DIRECTIONS

Take I-5 North
Take City Center exit — Stay in LEFT hand lane
15th and Pacific Avenue, turn LEFT and go up hill 7 or 8 lights
Turn RIGHT on Yakima
Take very next RIGHT into the parking lot

FRANCIS HOUSE

ADDRESS

212 Seventh Avenue SW
Puyallup WA 98371

PHONE

(206) 848-3618
(206) 272-3381

HOURS

Tuesday-Thursday
11:00 a.m. to 2:30 p.m.

Friday
7:00 p.m. to 9:00 p.m.

DESCRIPTION OF SERVICES

Francis House (Puyallup)

Provides adult, child and baby clothing, and bedding. Kitchen utensils, furniture, and appliance items when available. Can provide seven clothing items per person per month.

Eligibility: Person must be low income, unemployed, or be a recipient of Social Security, SSI, or public assistance.

Francis House (Tacoma)

Provides adult, child and baby clothing and bedding. Kitchen utensils, furniture, and appliance items when available.

Eligibility: People must have proof of low income.

FEES

No charge.

GIG HARBOR PENINSULA FISH

ADDRESS

P O Box 154
Gig Harbor WA 98335

PHONE

(206) 851-8800

HOURS

24-hours-a-day

DESCRIPTION OF SERVICES

Provides a volunteer 24-hour emergency assistance organization which serves the Gig Harbor and Key Peninsula areas through varied community assistance programs.

Family Counseling

Provides family counseling assistance for low-income families with elementary-age children.

Financial Aid

Provides financial assistance for bills such as water, fuel, or power after a thorough assessment is made of the individual's situation.

Food Bank/Thrift Shop • 9:30 a.m. to 3:30 p.m.

Provides food, household goods, clothing, and school supplies to eligible families on an emergency basis. Posts "help wanted" notices and openings from the Lakewood Job Service and local businesses.

Eligibility: Varies

Self-Sufficiency

Offers child care assistance to eligible single parents who are attending an accredited educational institution.

Eligibility: Varies

Telephone Monitor Service

Volunteers answer phones and give needy callers information on available private and government services.

Transportation

FISH volunteers are available to pick up food donations and assist with other transportation needs. Urgent transportation needs can sometimes be accommodated.

HELPING HAND HOUSE

ADDRESS

P O Box 1579
Puyallup WA 98371

PHONE

(206) 848-6096

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides an emergency transitional shelter for homeless families. Offers medical care, food, clothing, assistance with job search, community resource information, listening time and advocacy.

ELIGIBILITY

One and two-parent families with children.

HOSPITALITY KITCHEN — ST. LEO'S CHURCH

ADDRESS

St. Leo's School Building
1323 South Yakima (Kitchen)
Tacoma WA 98405

PHONE

(206) 627-4532

HOURS

Monday-Friday
8 a.m. to 3 p.m.

DESCRIPTION OF SERVICES

A place where anyone may come for two hot meals daily and companionship. Guests are welcome to spend the day. Breakfast — 9:00 a.m. Lunch — 12:30 p.m. There is no cost for the meals. People do not have to be low income to take advantage of this service.

FEES

No charge.

KEY PENINSULA COMMUNITY SERVICES

ADDRESS

17006 Hoff Rd
P O Box 392
Lakebay WA 98349

PHONE

(206) 884-4440

HOURS

Tuesday-Friday
9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Energy Assistance

In fall and winter, will help individuals fill out necessary paperwork to apply for this program.

Food Bank

Tuesday-Friday, 10 a.m. to 3 p.m.

Eligibility: Low income, identification with social security numbers; and proof of residence (such as a current bill)

USDA Commodity Foods

Last Wednesday of month, 9 a.m. to 1 p.m. Low income, ID with name and address

Also provides information and referral service, a thrift store and free clothing. Usually have bread and vegetables available to anyone.

KITSAP COUNTY (SOUTH) HELPLINE

ADDRESS

1770 Village Lane SE, Suite 14
Port Orchard WA 98366

PHONE

(206) 871-7026
(206) 871-6767

HOURS

Monday-Friday
10 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides a food bank, family emergency shelter, financial crisis intervention, employment and budget counseling, help with utility bills, and gas furnished when necessary for work. Serves as a referral service.

ELIGIBILITY

Clients must be low income residents of South Kitsap School District.

NEW JERUSALEM CHURCH OF GOD IN CHRIST

ADDRESS

1623 S 11th St
Tacoma WA 98405

PHONE

(206) 572-6785
(206) 536-1346

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Free Meal Program

Serves a free meal to anyone on Saturday (except 1st Saturday of month) from 10 a.m. to 2 p.m. Food baskets are also available to residents of the Upper Tacoma (Hilltop) area.

THE SHELTER

ADDRESS

6201 46th Ave S
Seattle WA 98118

PHONE

(206) 725-8888
(206) 622-3187

HOURS

24-hour crisis/house line

DESCRIPTION OF SERVICES

Provides short-term and emergency shelter program for runaways, street youths, and youth in transition. Offers individual and group counseling, family reconciliation and referral to permanent long-term care.

ELIGIBILITY

11 to 17 years of age.

FEES

No charge.

TACOMA RESCUE MISSION

ADDRESS

1510 Pacific Ave
Tacoma WA 98402

PHONE

(206) 383-4493
(206) 383-4462

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers emergency services to men in need, a free meal program for men and women, and a family shelter.

Challenge Learning Center

Provides an adult basic education program which includes basic literacy, preparation for taking the GED test, as well as computer and life skills. Materials are adult-oriented and targeted toward the homeless.

Eligibility: Homeless or in transitional housing.

Fee: No charge.

Family Shelter

Provides emergency shelter for families and single women (no couples) for up to two weeks. Includes three meals a day, laundry facilities, access to a telephone, and clothing for women and children. Recipients must help with basic cleaning and are expected to attend morning classes offered four times per week. Topics include job hunting, parenting, communication skills, goal setting, family budgeting, self-esteem, etc. Access is available to the Challenge Learning Center.

Eligibility: Families, single women, homeless.

Fee: No charge.

Free Meal Program

Serves free meals to men and women at 5:30 p.m., seven days a week.

Eligibility: Children must be accompanied by adult.

Men's Mission

Offers emergency services for men including free clothing weekdays from 4-5:30 p.m., and a free dinner at 5:30 p.m. daily. The overnight facility houses 44 men and provides breakfast. Sign up for bed between 4-6:30 p.m.

Eligibility: Men; must abide by rules.

THURSTON COUNTY FOOD BANK

ADDRESS

413 North Franklin
Olympia WA 98501

PHONE

(206) 352-8597

HOURS

Monday, Wednesday & Friday
10 a.m. to 3 p.m.
Food distribution - 1 p.m. to 3 p.m.

DESCRIPTION OF SERVICES

Provides emergency food on an emergency basis. Families given a three-day food supply. A school can send a note saying that the family is in need. On Wednesday's the food bank will help people prepare, gather and fill out necessary forms to apply for food stamps.

ELIGIBILITY

Anyone with a need for food who cannot get food elsewhere. Given on an individual basis. Must have identification showing current address.

WOMEN, INFANTS AND CHILDREN - WIC PIERCE COUNTY HEALTH DEPARTMENT

ADDRESS

3629 South "D" St
Tacoma WA 98408

PHONE

(206) 591-6409
(800) 841-1410 State WIC Office

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Provides WIC services to families who meet income guidelines and are at nutritional risk as determined by WIC guidelines. Services are provided to pregnant and breast feeding women, infants and young children. The age limit for children varies with each WIC office. The office provides a nutritional supplement, and some food vouchers. Also provides nutrition assessment, counseling and education.

ELIGIBILITY

Proof of low income. Health risk determined by medical and nutritional needs.

Good Samaritan

615 E Pioneer
Puyallup WA 98372
(206) 848-0490
9 a.m. to 5 p.m.

Mary Bridge

316 North "L" St
Tacoma WA 98403
(206) 594-1349
7:45 a.m to 4 p.m.

Nutrition Community Health

2209 E 32nd
Tacoma WA 98404
(Only for Native Americans)
(206) 593-0241
8 a.m. to 5 p.m.

Ft. Lewis

ARMY COMMUNITY SERVICES (ACS)

ADDRESS

Bldg 5218
Ft Lewis WA 98433

PHONE

(206) 967-7166

HOURS

7:30 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Army Emergency Relief (AER)

AER provides financial assistance to military families that are experiencing a true emergency, such as a mix-up in a paycheck, a breakdown in family transportation, eviction notice, utility shut off in 48 hours, funeral expenses, and medical/dental/hospital bills after CHAMPUS has been applied.

Eligibility: Emergency situation: must present a valid ID card, current LES, a marriage license if married less than two months, a DA Form 1103 signed by CO/ISG or rear det CDR for deployed units.

Army Family Advocacy Program • 967-7166

Offers a prevention/education program for spouse and child abuse; referrals are made to counseling classes and YWCA Shelter. Classes are available for abusers and victims; stress management, child growth and development, and strengthening step families.

Parenting classes are being developed. Call for more information.

Eligibility: Military personnel or family members.

Brown Bag Helpers Lunch

This program is offered the 2nd Thursday of each month from noon to 1 p.m. People from both military and civilian community service agencies come and explain new programs or procedures for accessing new programs. Personnel from Madigan, Childreach, Drug/Alcohol programs and Chaplains have made presentations in the past. Call for more information.

Consumer Affairs & Financial Assistance • 967-7166

Provides programs that include Consumer Affairs which offer assistance, information, and advocacy. Offers financial counseling including budgeting assistance, insurance and investment information, unit and NCOPD classes, and debt liquidation, which includes CCCS, Army and Chapter 13 programs.

Eligibility: Military personnel or family members.

Family Services • 967-7166

Provides crisis counseling, community education, information on foster care and non-support. Makes referrals for food stamps, food resources, and emergency food assistance. Baby layettes available.

FEES

No charge.

CO-NEXION: A MINISTRY WITH MILITARY FAMILIES

ADDRESS

15508 Portland Ave SW
P O Box 356
Tillicum WA 98492

PHONE

(206) 581-3880
(206) 581-3881

HOURS

Monday-Thursday
8 a.m. to 2:30 p.m.

DESCRIPTION OF SERVICES

Offers information and visitation to newcomers and mothers of newborns; support groups for wives and children; and education in living skills. Can provide some referral information. All programs have free child care. Will work with people who have transportation difficulties.

Circles of Love

Offers weekly workshops for young military wives. Workshops offer opportunities for friendship, fun, crafts, personal growth and enhancement of living skills. Workshop topics include educational, recreational, parenting, and family activities.

Tuesdays Plus

Offers an opportunity for individual activities. Suggested pursuits are parenting, useful crafts, and sewing (instruction provided).

Waiting Wives

Provides a weekly group for military wives whose husbands are overseas or away at school. Separation survival techniques are offered. Strong bonds are formed.

FORT LEWIS SUPPORT SERVICES

ADDRESS

Ft Lewis WA 98433

PHONE

(206) 967-1110

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Alcohol, Drug Abuse, Prevention Control Program (ADAPCP) • 967-2202

Provides out-patient counseling for drug and alcohol treatment. Provides 10-15 minute presentation to parents. Schools can call to arrange a speaker.

Eligibility: Family members of military and civilian personnel employed on Ft. Lewis.

American Red Cross - 967-7686

Offers emergency communication, travel assistance, information and referral for Ft Lewis, volunteer program, health and safety classes, and no-interest loans and grants for emergency travel.

Eligibility: Military personnel or family members.

Child Care Resource and Referral Service

Makes referrals of family child care providers to military personnel. Maintains waiting list and makes placements in three child development centers on Ft Lewis. The three centers are Beachwood Child Development Center (967-2600/2084); Clarkmoor Child Development Center (967-2300/7561); Madigan Child Development Center (967-2800/5899).

Chapel - 967-3126

Offers referrals and crisis service, counseling, religious education, and religious ceremonies.

Housing Referral Office - 967-4082

Provides temporary housing on-post and listings of available housing in the community for incoming military.

Eligibility: Military personnel or family members.

Legal Assistance - 967-3111 or 967-3112

Provides limited legal assistance. Advises on any legal claim or problem, and provides public notary.

Eligibility: Military personnel or family members.

Libraries: 967-5015/967-2824

WIC - 967-1232

Nutritional supplement for women and infants.

Youth Activities Update Line: 967-5970 (24 hrs.)

Youth Activities Center: 967-5850/967-5776

MADIGAN ARMY MEDICAL CENTER

ADDRESS

Madigan Army Medical Center
Tacoma WA 98431-5000

PHONE

(206) 968-1110
(206) 968-1681

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.
24-hours for emergencies

DESCRIPTION OF SERVICES

Serves military personnel and their family members for medical needs. The Trauma Center is also open to civilian accident victims.

Adolescent Clinic • 968-1980

Health care, education, and counseling. Referrals can be made to other areas of hospital if needed.

Eligibility: Family members of military personnel, 13 to 18 years old.

CHAMPUS • 968-2165

An insurance company which assists military personnel and their family members to receive health care. This benefit system is intended to augment services in the community. A percentage is paid by the military for health care.

Eligibility: Active and retired military personnel and their family members.

Child Development Center • 967-5899

Provides hourly and full-time day care for regular and special needs (physical, mental, emotional disabilities) children 6 weeks to 6 years of age. No formalized instruction is provided.

Eligibility: Military personnel and their families.

Community Health Nursing • 967-5312 • 7:30 a.m. to 4 p.m.

Offers health care for young families. Nurses make home visits and serve as a source of information and referral.

EFMP (Exceptional Family Member Program)

Provides evaluation and referrals, and identifies and documents special medical and educational needs of family members of active duty military personnel. The information is used in the assignment process of the military person.

Eligibility: Family members of active duty military personnel.

Pediatrics • 968-3066

Provides comprehensive pediatric and adolescent care to age 21. Same day appointments available. Patients are seen from 9 a.m. to 8 p.m. Weekday walk-ins are seen, 4 p.m. to 8 p.m.; weekend walk-ins are seen, 9 a.m. to 3 p.m. Also have well-baby and well-child clinics. Call Pediatrics with questions regarding Attention Deficit Disorder and/or Hyperactivity. (968-3333.)

Social Work • 968-2316

Provides a service which duplicates DSHS-CPS. Investigates child abuse issues, provides family and marital counseling, offers services for families with minor crises and conducts a child guidance clinic.

Eligibility: Military personnel or their family members.

NATIONAL GUARD

ADDRESS

State of Washington
Camp Murray
Tacoma WA 98430

PHONE

(206) 581-8927

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

A reserve group, activated by state or federal government, used as protective support during riots and/or natural disasters.

Employee Support of the Guard & Reserves

Works with employer of National Guard reservist to solve conflicts.

Eligibility: Must be member of National Guard, reserves or family member.

Family Support Groups

Provides support to families in need. Counseling is provided, if needed. Also provides information and referral of specific needs. Programs available to help families when spouse is deployed.

Chaplains • 1-800-562-8544

ELIGIBILITY

National Guard, Army and Air Force personnel and their families.

SPECIALIZED TRAINING OF MILITARY PARENTS (S.T.O.M.P.)

ADDRESS

12208 Pacific Hwy SW
Tacoma WA 98499

PHONE

(206) 588-1741

HOURS

Monday-Friday
9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

STOMP provides military families with information about their rights and responsibilities in achieving appropriate educational services for their children wherever they may be located in the United States or overseas. Parents learn how to participate in the education planning for their handicapped children.

ELIGIBILITY

Single parent of one or more children.

FEES

Yearly dues.

Housing

ELMHURST MUTUAL

ADDRESS

120 132nd St S
Tacoma WA 98444

PHONE

(206) 531-4646

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Offers energy conservation help and suggestions to customers. Helps cover cost of insulation and windows. For low income families, 90% of cost for insulation or windows provided. For non-low income families, 45% of cost for windows, 70% for insulation provided.

ENERGY ASSISTANCE HOTLINE

ADDRESS

Ninth & Columbia
Olympia WA 98504

PHONE

(206) 753-2564

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Local community action agency that provides information for low-income energy assistance and monitors programs that offer different types of assistance.

HABITAT FOR HUMANITY

ADDRESS

909 North J Street
P O Box 712
Tacoma WA 98407

PHONE

(206) 627-5626

HOURS

Monday, Wednesday & Friday
10 a.m. to 2 p.m.

DESCRIPTION OF SERVICES

A non-profit Christian housing ministry which helps families living in poverty housing build their own home. After being accepted to this program, a home is designed with the family for their needs. Families help build their home with help of volunteers. The family rents the home first and then a plan is developed where the family can buy the home.

Habitat for Humanity also helps nurture the family and refers them to other community resources when necessary.

ELIGIBILITY

Low income families living in substandard housing. Families must have an income, financial and character references.

FEES

300 hours of labor on their own home, 200 hours of labor on someone else's home.

METROPOLITAN DEVELOPMENT COUNCIL - WEATHERIZATION

ADDRESS

721 Fawcett Ave
Tacoma WA 98402

PHONE

(206) 597-6738

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Provides weatherization of homes for city of Tacoma residents. Can rent or own home. Multiplexes can be provided with help for weatherization if enough individuals qualify for the program.

ELIGIBILITY

Low income, Tacoma resident.

ST. VINCENT DE PAUL

ADDRESS

4009 S 56th St
Tacoma WA 98409

PHONE

(206) 472-1783

HOURS

Monday-Friday
9 a.m. to 3 p.m.

DESCRIPTION OF SERVICES

Community Service Office

Gives limited emergency assistance for rent. Will pay last \$100 of bill. All clients are seen by appointment only.

ELIGIBILITY:

Must have an eviction notice or be homeless.

TACOMA HOUSING AUTHORITY

ADDRESS

1728 East 44th Street
Tacoma WA 98404

PHONE

(206) 475-1170

HOURS

Monday-Friday
8 a.m. to 3:30 p.m.

DESCRIPTION OF SERVICES

Provides housing for families, elderly, disabled, or handicapped. Leases standard private housing from owners and subleases to eligible low-income tenants. Tacoma Housing Authority manages public housing such as Salishan, Hillside Terrace and Bergerson Terrace. Rent is scaled to income. Preference is given to families displaced by public action, fire, or natural disasters.

ELIGIBILITY

Varies. There is usually a waiting list of 3-6 months.

FEES

No charge.

UNITED STATES DEPARTMENT OF HOUSING & URBAN DEVELOPMENT (HUD)

ADDRESS

451 Seventh St SW
Washington DC 20410-4000

PHONE

(202) 708-0940
(800) 669-9779

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Works to ensure that all families have affordable, decent housing, and equal opportunity housing.

Seattle Regional Office

Offers programs and assistance for community planning and development; rent, repair and building; public and Indian housing; fair housing and equal opportunity; policy development and research; and access to housing for the disabled.

Eligibility: Varies.

*Interdenominational
Resources*

ASSOCIATED MINISTRIES

ADDRESS

1224 South "I" St
Tacoma WA 98405

PHONE

(206) 383-3056
(206) 383-3057

HOURS

Monday-Friday
8:30 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

A local association of churches, which offers religious information and referral. Emergency food through FISH Food Banks. Community meeting room available.

Financial Assistance

Offers financial assistance for rent, utilities, or gas. Calls are taken at 8:30 a.m. only on the first Wednesday of each month.

Eligibility: First come, first served.

BETHANY PRESBYTERIAN CHURCH

ADDRESS

4420 N 41st St
Tacoma WA 98407

PHONE

(206) 752-1123

HOURS

Monday-Friday
9 a.m. to 2:30 p.m.

DESCRIPTION OF SERVICES

Offers a food bank, the Nativity House which provides free items for the holidays, the Pastor's Emergency Fund, and the Senior High Youth Group.

Food Bank

Provides staples and fresh food to low-income people

Eligibility: Must be registered with FISH.

Pastor's Emergency Fund

Offers an opportunity for persons needing to make money, on a short-term basis, to work at the church. Workers can earn \$5 per hour.

CHRISTIAN COUNSELING SERVICE

ADDRESS

704 South J Street
Tacoma WA 98405

PHONE

(206) 272-2279

HOURS

Monday-Friday
8:30 a.m. to 4:30 p.m. (closed 12 noon to 1 p.m.)

DESCRIPTION OF SERVICES

Offers individual, group, marital and family counseling. Individual and group counseling for youth and adults. This is a non-denominational Christian counseling service.

FEES

Sliding fee scale.

COUNSELING & HUMAN DEVELOPMENT PROGRAM CATHOLIC COMMUNITY SERVICES

ADDRESS

5410 N 44th St
Tacoma WA 98407

PHONE

(206) 752-2455
(206) 838-2073 (toll free)

HOURS

Monday-Friday
9 a.m. to 5 p.m.
Evening hours available for counseling.

DESCRIPTION OF SERVICES

Counseling provided for individuals, couples and families. Groups and classes are offered as requested or when need arises. Counseling available in outreach centers in Puyallup, South Tacoma, Spanaway, as well as in Thurston County.

ELIGIBILITY

Over 18 years of age except in cases of family counseling.

FEES

Sliding fee scale; insurance accepted.

JEWISH FAMILY SERVICE

ADDRESS

1214 Boylston
Seattle WA 98101

PHONE

(206) 461-3240

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides family, individual and group counseling for Jewish families. "Big Pal" program matches children from a single family with an older adult. Help is available in emergencies with rent, travel and a food bank is maintained.

ELIGIBILITY

Must be Jewish.

FEES

Sliding fee scale.

LIFE CENTER MINISTRIES

ADDRESS

1717 S Puget Sound
Tacoma WA 98405

PHONE

(206) 756-5300

HOURS

Monday-Friday
8:30 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Introduces people to Christ through a variety of support groups including AIDS, cancer, alcohol/drug groups.

Super Club

Inner city children are picked up on buses for a day of recreational activities.

Eligibility: Four years old to junior high.

Fees: No charge.

LUTHERAN SOCIAL SERVICES OF WASHINGTON SW AREA OFFICE (OVERVIEW)

ADDRESS

223 N Yakima
Tacoma WA 98403

PHONE

(206) 272-8433

HOURS

Monday-Friday
9 a.m. to 5 p.m.
Evenings by appointment

DESCRIPTION OF SERVICES

Provides individual, marital, family, and group counseling. Counseling programs on pre-marriage, marriage and family problems. Alcohol and drug program being developed. Work done with children and adults. Counseling available in Spanaway, Puyallup and Olympia.

FEES

Sliding fee scale. Medical coupons not accepted.

PASTORAL THERAPY ASSOCIATES

ADDRESS

625 Commerce St, Suite 400
Tacoma WA 98402

PHONE

(206)627-1691

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers pastoral counseling services to individuals and families.

FEES: Sliding fee scale.

TEMPLE BETHEL

ADDRESS

5975 S 12th St
Tacoma WA 98465

PHONE

(206) 564-7101

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides low cost counseling or can refer to appropriate resources. Also give tours of temple.

ELIGIBILITY

Must be of the Jewish religion.

Law Enforcement

COMMUNITY CRIME RESOURCE PREVENTION CENTER

ADDRESS

124 S Meridian
Puyallup WA 98371

PHONE

(206) 841-5430
(206) 841-5562

HOURS

Monday-Friday
8 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Crime prevention and substance abuse program of the city of Puyallup Police Department. Programs include substance abuse prevention DARE, Parenting Plus, Youth Volunteer Center, PRIDE (Puyallup Residents Involved in Drug Education), "Together" team, resource information and referral.

PIERCE COUNTY SHERIFF

ADDRESS

930 Tacoma Ave S
Tacoma WA 98402-2168

PHONE

(206) 591-7530

HOURS

Monday-Friday
8 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides emergency services concerning crime, public education and other related services.

TACOMA/PIERCE COUNTY JUVENILE FIRE INTERVENTION PROGRAM

ADDRESS

100 S 114th St
Tacoma WA 98444

PHONE

(206) 531-6505

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Serves youth, families, and the community with intervention, prevention, assessment, interview, evaluation, referral, counseling, education, and communication around youth firesetting behaviors. Works in cooperation with a county-wide coalition of fire services, schools, and community agency personnel.

ELIGIBILITY

Pierce County juvenile under 18 years (at-risk or known to be firesetters) and their families or caregivers.

TACOMA POLICE DEPARTMENT

ADDRESS

930 Tacoma Ave S
Tacoma WA 98402

PHONE

(206) 591-5900

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides emergency services concerning crime, public education, and other related services.

Legal

EQUAL JUSTICE COALITION

PHONE

(206) 759-4544

(206) 582-2353

HOURS

Monday-Friday

9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Offers a support group for people who have gone through or are going through the legal process. Provides information and referral. Offers support networks and promotes social change within local, legal and judicial system. Meets during the school year on the 2nd Thursday of the month.

NEIGHBORHOOD LEGAL CLINIC ASSOCIATED MINISTRIES INTERFAITH CENTER

ADDRESS

1224 South "I" St
Tacoma WA 98405

PHONE

(206) 383-3056

HOURS

Clinic is open 2nd and 4th Thursday of every month from 6 p.m. to 8 p.m.

DESCRIPTION OF SERVICES

Provides basic legal information and referral. Clinic is operated by lawyers, legal assistants and secretaries.

Lawyer will meet with individual for 30 minutes to help decide if a lawyer is needed; what are the individual's rights and obligations; if there is a community organization or government agency that can help; explanation of legal documents. Lawyer is only available for advice.

For appointment call between 9-10 a.m. on day of clinic. Only 12 appointments are available each clinic.

ELEGIBILITY

Low income in need of legal advice.

FEES

No charge.

TEL-LAW TACOMA-PIERCE COUNTY BAR ASSOCIATION

PHONE

(206) 383-3624

HOURS

Monday-Friday

9 a.m. to 1 p.m. & 2 p.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides informational cassette tapes on various legal problems. Designed to provide informal legal advice on specific questions. A brochure lists each tape, its subject, and call code. The brochures are available at various branches of Puget Sound National Bank. Tapes include information on: attorney legal services (how to access), marriage and dissolution of marriage, trials, adoptions, you and your estate, senior citizen, bankruptcy, employment and social security, you and your home, and consumer information. A computerized answering service directs your calls. The tapes will give you numbers for appropriate agencies to call.

TENNIS SHOE BRIGADE

ADDRESS

P O Box 12157
Tacoma WA 98412

PHONE

(206) 535-4940
(206) 472-7920

HOURS

9 a.m. to 5 p.m. daily
Emergencies on call

DESCRIPTION OF SERVICES

Assists all victims of violent crime throughout the court process. Holds group and individual support meetings. Holds monthly meetings on the second Thursday of each month at the Moore Branch of the Tacoma Public Library, 215 South 56th Street, from 7 to 8:45 p.m. Helps crime victims access victim compensation.

ELIGIBILITY

Any victim of a violent crime.

FEES

No charge.

VICTIM WITNESS ASSISTANCE SERVICE PIERCE COUNTY PROSECUTING ATTORNEY'S OFFICE

ADDRESS

County/City Building, Rm. 1033B
Tacoma WA 98402

PHONE

(206) 591-7448
(206) 591-7400

HOURS

Monday-Friday
8:30 a.m. to 4:30 p.m.
Closed 12 to 1 p.m.

DESCRIPTION OF SERVICES

Provides services to victims and witnesses (juvenile and adults) of criminal acts. Services include: general information on criminal justice system, outreach to burglary, domestic violence and crimes against people, information and assistance on property return and restitution, referral to social service agencies for extended counseling and support, and assistance with crime victim's compensation forms.

This program cannot give money or legal advice and cannot replace stolen property.

ELIGIBILITY

Victims and witnesses of crimes.

FEE

No charge.

McChord

CO-NEXION: A MINISTRY WITH MILITARY FAMILIES

ADDRESS

15508 Portland Ave SW
P O Box 356
Tillicum WA 98492

PHONE

(206) 581-3880
(206) 581-3881

HOURS

Monday-Thursday
8 a.m. to 2:30 p.m.

DESCRIPTION OF SERVICES

Offers information and visitation to newcomers and mothers of newborns; support groups for wives and children; and education in living skills. Can provide some referral information. All programs have free child care. Will work with people who have transportation difficulties.

Circles of Love

Offers weekly workshops for young military wives. Workshops offer opportunities for friendship, fun, crafts, personal growth and enhancement of living skills. Workshop topics include educational, recreational, parenting, and family activities.

Tuesdays Plus

Offers an opportunity for individual activities. Suggested pursuits are parenting, useful crafts, and sewing (instruction provided).

Waiting Wives

Provides a weekly group for military wives whose husbands are overseas or away at school. Separation survival techniques are offered. Strong bonds are formed.

FAMILY SUPPORT CENTER, MCCHORD AFB

ADDRESS

62nd MSSQ/FS,
McChord AFB
Tacoma WA 98438-5000

PHONE

(206) 984-2695
(206) 976-2695

HOURS

Monday-Friday
7:30 a.m. to 4:30 p.m. (Emergency service is available in other than normal duty hours by calling the McChord Base Telephone Operator at (206) 984-1910 or DSN: 976-1910.)

DESCRIPTION OF SERVICES

Provides information and referral on a wide range of military and community services; develops quality programs that have a positive effect on family life; offers spouse employment listings, training and information; assists in solving relocation questions and problems, and provides a complete financial management education, assistance and counseling service to its personnel. Coordinates and manages proactive family development and family enrichment classes to meet the ongoing needs of Air Force families at McChord. Provides short term crisis intervention to stabilize individual situations or marital relationships.

Air Force Aid - 984-2695

Provides financial assistance through interest-free loans, grants, basic maintenance (food, rent, utilities), emergency leave, temporary duty travel expenses, funerals, moving expenses, essential transportation, guaranteed student loans, and fire and disaster aid.

Eligibility: Active duty personnel, family members, and Dept. of Defense civilians attached to McChord.

Air Force Family Services - 984-2695

Provides crisis counseling, financial counseling, emergency aid, spouse employment, information and referral, family services, food and clothing bank, loans, and household goods.

Eligibility: Military personnel, their family members, retired and civil servants (Air Force), and reserves.

Family Support Center - 984-2695

Offers a "one-stop information center," information and referral, coordination of family support providers, support during separation, relocation assistance, employment assistance, family development education, financial management education, and services for families with special needs.

Eligibility: Active duty military, family members, retired Air Force personnel and dependents, or DOD civilians attached to McChord.

FEES

No charge.

MADIGAN ARMY MEDICAL CENTER

ADDRESS

Madigan Army Medical Center
Tacoma WA 98431-5000

PHONE

(206) 968-1110
(206) 968-1681

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.
24-hours for emergencies

DESCRIPTION OF SERVICES

Serves military personnel and their family members for medical needs. The Trauma Center is also open to civilian accident victims.

Adolescent Clinic - 968-1980

Health care, education, and counseling. Referrals can be made to other areas of hospital if needed.

Eligibility: Family members of military personnel, 13 to 18 years old.

CHAMPUS - 968-2165

An insurance company which assists military personnel and their family members to receive health care. This benefit system is intended to augment services in the community. A percentage is paid by the military for health care.

Eligibility: Active and retired military personnel and their family members.

Child Development Center - 967-5899

Provides hourly and full-time day care for regular and special needs (physical, mental, emotional disabilities) children 6 weeks to 6 years of age. No formalized instruction is provided.

Eligibility: Military personnel and their families.

Community Health Nursing - 967-5312, 7:30 a.m. - 4 p.m.

Offers health care for young families. Nurses make home visits and serve as a source of information and referral.

EFMP (Exceptional Family Member Program)

Provides evaluation and referrals, and identifies and documents special medical and educational needs of family members of active duty military personnel. The information is used in the assignment process of the military person.

Eligibility: Family members of active duty military personnel.

Pediatrics - 968-3066

Provides comprehensive pediatric and adolescent care to age 21. Same day appointments available. Patients are seen from 9 a.m. to 8 p.m. Weekday walk-ins are seen, 4 p.m. to 8 p.m.; weekend walk-ins are seen, 9 a.m. to 3 p.m. Also have well-baby and well-child clinics. Call Pediatrics with questions regarding Attention Deficit Disorder and/or Hyperactivity (968-3333.)

Social Work - 968-2316

Provides a service which duplicates DSHS-CPS. Investigates child abuse issues, provides family and marital counseling, offers services for families with minor crises and conducts a child guidance clinic.

Eligibility: Military personnel or their family members.

MCCHORD AFB SUPPORT SERVICES

ADDRESS

McChord Air Force Base WA 98438-5000

PHONE

(206) 984-2695

HOURS

Monday-Friday

7:30 a.m. to 4:30 p.m.

Air Force Red Cross - 984-5577

Provides emergency financial assistance, emergency travel assistance, communications and transportation. Offers volunteer training and support disaster assistance.

Eligibility: Active duty military, family members, and some reserves. Limited communications assistance to civil service employees at McChord.

CHAMPUS - 984-2257

Provides information on medical and dental care on the CHAMPUS Program. Offers CHAMPUS cost share program for medical and dental benefits.

Eligibility: Military personnel and/or family members.

Chapel - 984-5556

Offers referrals and crisis support, counseling, religious education, and religious ceremonies (marriages, baptisms, etc.).

Eligibility: Military and family members.

Child Development Center - 984-2958

Provides preschool and regular child care for military or DOD personnel working at McChord. Hours are 7:30 a.m. to 1 p.m.

Eligibility: Military and DOD personnel and their families.

Clinic Appointments - 984-5601

Provides health care for family members 6 years of age and older. Offers general care only, no walk-ins or specialists. May also use Madigan.

Eligibility: Military personnel and family members only. Must have valid identification.

Housing Office - 984-5514

Provides lists of homes available for rent and sale, and issues government housing.

Eligibility: Military or retired military personnel.

Legal - 984-5511

Provides services to military servicemen and their family members including legal assistance, claims handling, and notary public.

Eligibility: Military personnel and/or family members.

Library: 984-3454

MCCHORD AFB SUPPORT SERVICES (CON'T.)

Mental Health Clinic - 984-3684

Offers mental health and crisis support, marital and child therapy, family and child abuse counseling, substance abuse, crisis intervention and psychological evaluation.

Eligibility: Military or retired military personnel and their families.

Youth Activities - 984-5501

Offers activities for children ages 5 through 18, including sports, before and after school daycare, day camp, special activities, instruction in piano, gymnastics and ballet.

Eligibility: Military personnel and family members.

WIC Nutrition Services - 964-1232

Nutritional supplement for women and young children.

NATIONAL GUARD

ADDRESS

State of Washington
Camp Murray
Tacoma WA 98430

PHONE

(206) 581-8927

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

A reserve group, activated by state or federal government, used as protective support during riots and/or natural disasters.

Employee Support of the Guard & Reserves

Works with employer of National Guard reservist to solve conflicts.

Eligibility: Must be member of National Guard, reserves or family member.

Family Support Groups

Provides support to families in need. Counseling is provided, if needed. Also provides information and referral of specific needs. Programs available to help families when spouse is deployed.

Chaplains • 1-800-562-8544

ELIGIBILITY

National Guard, Army and Air Force personnel and their families.

SPECIALIZED TRAINING OF MILITARY PARENTS (S.T.O.M.P.)

ADDRESS

12208 Pacific Hwy SW
Tacoma WA 98499

PHONE

(206) 588-1741

HOURS

Monday - Friday
9 a.m. - 4 p.m.

DESCRIPTION OF SERVICES

STOMP provides military families with information about their rights and responsibilities in achieving appropriate educational services for their children wherever they may be located in the United States or overseas. Parents learn how to participate in the education planning for their handicapped children.

ELIGIBILITY

Single parent of one or more children.

FEES

Yearly dues.



Medical / Dental



AMERICAN DIABETES ASSOCIATION

ADDRESS

557 Roy Street, Lower Level
Seattle WA 98109

PHONE

(800) 628-8808
(206) 282-4616

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers free literature, referral, support groups, public education, youth services, funding of research, professional education, youth services committee, research, and foreign language material.

FEES

No charge.

AMERICAN HEART ASSOCIATION

ADDRESS

120 Tacoma Avenue North
Tacoma WA 98403

PHONE

(206) 272-7854

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides referrals to other related agencies and written materials on special diets for heart patients, care of stroke patients and their families, and diets with doctors' prescriptions.

Education materials for schools and professional use are also available including a few films.

CANCER INFORMATION SERVICE

ADDRESS

1124 Columbia Street
Seattle WA 98104

PHONE

(800) 422-6237

HOURS

Monday-Friday
8:30 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides current and accurate information about cancer and appropriate referrals to hospitals in King and Pierce County and other agencies that can help with medical, financial and emotional needs. Referrals for other counties in Washington possible. Wide range of free pamphlets. A caring listener for people who may be experiencing some very frightening times. Every call is confidential. This service is provided in English or Spanish.

CANCER LIFELINE

PHONE

(800) 255-5505

HOURS

24 hours a day

DESCRIPTION OF SERVICES

Provides emotional support over the phone for individuals who have cancer or families and friends of someone who has cancer. Also a source of resources for counseling, follow-up support and financial aid.

CHILD, INFANT BIRTH HELPLINE

ADDRESS

Tacoma General Hospital
315 South "K" St
Tacoma WA 98405

PHONE

(800) 842-4784

HOURS

24 hours a day

DESCRIPTION OF SERVICES

A registered nurse provides telephone support for questions related to pregnancy, childbirth and new baby care. Callers referred to appropriate resources.

COMMUNITY HEALTH CARE DELIVERY SYSTEM - DENTAL

ADDRESS

1215 S 11th St
Tacoma WA 98405

PHONE

(206) 572-7002

HOURS

Monday, Tuesday, Wednesday, Friday
8:30 a.m. to 5 p.m. (1:30 to 2:30 closed)
Thursday
1 p.m. to 8:30 p.m. (4:30 to 5:30 closed)

DESCRIPTION OF SERVICES

Low income dental clinic. Provides cleanings, fillings and some other dental work. Call at 12:30 p.m. for next day's appointment. May take a few days to get an appointment.

ELIGIBILITY

Anyone.

FEES

Sliding fee scale. DSHS coupons accepted. Must pay at time of appointment.

COMMUNITY MEDICAL/DENTAL CLINICS OF TACOMA & PIERCE COUNTY (CHCDS)

ADDRESS

See below

HOURS

Regular medical clinic hours:

Monday-Friday

8:30 a.m. to 5 p.m. and

one day per week from 1 p.m. to 8:30 p.m.

Dental clinic hours are:

Mon., Tues., Wed., and Fri., 8:30 a.m. to 5 p.m. and

Thursday from 1 p.m. to 8:30 p.m.

DESCRIPTION OF SERVICES

Provides primary health care for persons in need. Programs include well child clinic, immunizations, nutrition counseling, WIC, physical and health evaluations

CLINIC LOCATIONS

Family Clinic 627-9182 1215 S 11th St Tacoma WA 98405	Lakewood Clinic 593-4023 Room 203 9112 Lakewood Dr SW Tacoma WA 98499
Children's Clinic 272-7535 1213 S 11th St Tacoma WA 98400	Sumner Clinic 863-0406 1110 Fryar Rd Sumner WA 98390
Eastside Clinic 472-9647 1720 E 44th St Tacoma WA 98404	Dental Clinic 572-7002 1215 S 11th St Tacoma WA 98405

DENTAL CLINIC CLOVER PARK TECHNICAL COLLEGE

ADDRESS

4500 Steilacoom Blvd SW
Tacoma WA 98499

PHONE

(206) 589-5742

HOURS

Monday-Friday
8 a.m. to 12 noon

DESCRIPTION OF SERVICES

Complete dental work performed on children and adults with marginal income or on Public Assistance. Children are usually referred to Lindquist Center.

ELIGIBILITY

Families with low incomes or on Public Assistance.

FEES

Medical coupons accepted if specified dental. Set fee for services. Fees must be paid at the time dental care is received.

1-800 DENTIST

PHONE

(800) 336-8478

HOURS

Monday-Friday
7 a.m. to 7 p.m.

DESCRIPTION OF SERVICES

Dental referral service for persons seeking a dentist. Serves most of western Washington.

DIABETES ASSOCIATION OF PIERCE COUNTY

ADDRESS

1722 South J Street
Tacoma WA 98405

PHONE

(206) 272-5134

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers counseling, support groups, and guidance to people needing information about diabetes. Also provides information about prevention, detection, and education. Detection tests are available at public sites or by appointment.

DOCTORS PHYSICIAN REFERRAL

ADDRESS

1218 Third Avenue, Room 808
Seattle WA 98101

PHONE

(800) 622-9933

HOURS

Monday-Friday
7 a.m. to 7 p.m.

DESCRIPTION OF SERVICES

Provides immediate physician, mental health, and dental referrals. Gives information about age, background, medical coupon acceptability, insurance coverage, low income and free clinics, etc. Can transfer callers to doctors, make telephone appointments for clients and send a follow-up letter with the appointment information. Serves Seattle, Tacoma, and some parts of Everett.

FEES

No charge.

EMERGENCY PHARMACY — ST. JOSEPH HOSPITAL

ADDRESS

1718 South "I" Street
Tacoma WA 98405

PHONE

(206) 591-6684
(206) 591-5239

HOURS

24 hours a day. Open holidays

DESCRIPTION OF SERVICES

This service provides a comprehensive 24-hour pharmacy. Physicians may either call in prescription or patient may bring signed prescription to the pharmacy.

FEES

Cost of drug plus dispensing fee.

GOOD SAMARITAN HOSPITAL

ADDRESS

407 14th Avenue SE
Puyallup WA 98372

PHONE

(206) 848-6661

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides inpatient and outpatient services, support groups, and community education programs, car seat loans, and emergency services.

LINDQUIST CLINIC

ADDRESS

Clover Park Technical College
4500 Steilacoom Blvd SW, Bldg 14
Tacoma WA 98499

PHONE

(206) 589-5709

HOURS

Monday-Friday
1 p.m. to 6 p.m.

DESCRIPTION OF SERVICES

Dental and vision care services offered at low cost to school aged children. Dental services cover basic care. Vision services include eye exam with glasses or contact lenses at a reduced cost.

ELIGIBILITY

School aged children only. Must qualify for free or reduced lunch. If not in a public school, must show income eligibility. School nurse may refer students for this program.

FEES

Very low. DSAS medical coupons and insurance not accepted.

LIONS CLUB

ADDRESS

9633 Gravelly Lake Drive SW
Tacoma WA 98499

PHONE

(206) 588-1831

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides community services, including the purchase of eyeglasses for students and adults. The phone will be answered "Home Sales Real Estate." The business owner is responsible for this Lions' program.

ELIGIBILITY

Clients must adhere to specific program qualifications. School nurse recommendation is helpful.

FEES

No charge.

MEDICAL ALERT FOUNDATION

ADDRESS

2323 Colorado Avenue
Turlock CA 95381

PHONE

(800) 344-3226
(209) 668-3333

HOURS

24-hour phone line, including holidays

DESCRIPTION OF SERVICES

Provides medical identification bracelets and/or necklaces; an implant registry which notifies participants of recalls; and offers the Medical Response Service in which the client wears an electronic button which, when pushed, alerts agency to emergency. The 800 number to call in emergencies is on the back of the emblem. The service keeps the following information on file: doctor's name, number; the condition of the person wearing identification, their medication; and a family member's name and phone number.

FEES

About \$50 for bracelet or necklace. May use charge card. No medical coupons accepted. A person can receive the emblem free of charge by sending a letter on letterhead from a doctor or social worker stating that the person can not afford to pay. This signed letter along with an application will allow a person to get a free emblem. There is a \$7 fee to update emergency information.

MEDICAL SOCIETY OF PIERCE COUNTY

ADDRESS

223 Tacoma Ave S
Tacoma WA 98402

PHONE

(206) 572-3666

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers information and referral for medical and dental services in Pierce County. The Grievance Committee mediates grievances between patients and physicians. A speakers bureau arranges physician speakers for various groups.

ELIGIBILITY

Anyone, though focuses on low income. All of these doctors accept medical coupons.

NEIGHBORHOOD CLINIC

ADDRESS

1323 S Yakima
Tacoma WA 98405

PHONE

(206) 627-6353

HOURS

Monday and Friday
5 p.m. to 8 p.m.

DESCRIPTION OF SERVICES

Provides free medical care and examinations with limited pharmacy and laboratory work. Some referrals are made to medical resources in community. A walk-in clinic is also open to the public.

ELIGIBILITY

Persons in need of health care who do not have insurance or medical coupons.

PIERCE COLLEGE DENTAL HYGIENE CLINIC

ADDRESS

9401 Farwest Dr SW
Tacoma WA 98498

PHONE

(206) 964-6694

HOURS

Monday-Friday
7:30 a.m. to 5:30 p.m. (office)
Clinic hours vary

DESCRIPTION OF SERVICES

Dental hygiene students work under faculty of either dental hygienists or dentist. Offer free screening. Provide basic care; care that dental hygienists can legally provide. Do not accept emergency situations nor do extractions nor dentures.

ELIGIBILITY

General public.

FEES

Medical coupons with dental care and insurance accepted. Payment at time of service.

POISON INFORMATION HOTLINE

ADDRESS

317 South K Street
Tacoma WA 98405

PHONE

(800) 542-6319

HOURS

24 hours

DESCRIPTION OF SERVICES

Hotline provides poison information and management.

PRESCHOOL HEALTH SERVICES PROGRAM TACOMA-PIERCE COUNTY HEALTH DEPARTMENT

ADDRESS

3629 South "D" St
Mail Stop FC: 3194
Tacoma WA 98408

PHONE

(206) 591-6403

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Special health care nursing for birth to age 17. Offers support services for families or individuals, services, education and respite care.

Children's Community Based Nursing

Nurses work with pregnant moms and families of children to the age of 6. Focus in the areas of health and development.

Wellchild Clinics

Medical exams for children, birth to age 11.

Fees: Sliding fee scale. Medical coupons accepted.

Oral Health

Oral health education in the schools.

Fees: No charge.

SPEECH & HEARING SERVICES MARY BRIDGE CHILDREN'S HEALTH CENTER TACOMA

ADDRESS

1220 Division Ave
Tacoma WA 98403

PHONE

(206) 572-5252

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Evaluation and treatment for speech and language disorders. Audiological services include hearing evaluation, hearing aid evaluation, fitting and follow-up.

ELIGIBILITY

Infants through 18 years of age. Self referrals accepted. Physician referral required for some services.

FEES

Speech/language services charged by the hour. Audiology charges depend on tests performed. Sliding fee scale. Accept insurance and CHAMPUS. Financial aid programs are available. Community resources may be able to help pay for hearing aid.

TACOMA/PIERCE COUNTY HEALTH DEPARTMENT

ADDRESS

3629 South D Street
Tacoma WA 98408

PHONE

(206) 591-6485
(206) 591-6500 (alternate phone)

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Assists local government and the people of Pierce County in the promotion, protection, and prevention of illnesses, diseases, and injuries. Provides assessment, policy and development, and assurances. When directed and resourced, provides services directly to residents of Pierce County.

Child & Family Treatment - Child Guidance Clinic • 591-6490

Provides therapy for children, parents, and families. Problems range from attention deficit disorders to serious physical abuse and/or neglect issues.

Eligibility: Children 11 years of age and younger.

Child Guidance Clinic • 591-6490

Provides counseling for children that have been sexually abused and/or have behavioral problems.

Eligibility: Youth 3 to 12 years of age; up to age 18 if sexually abused.

Child Sexual Abuse Treatment Program • 591-6490

Offers individual and group therapy for child victims of sexual abuse as part of the Child Guidance Clinic. Provides family therapy for victims and other family members, and offers a support group for parents of victims.

Eligibility: Established problem involving sexual abuse.

Children With Special Health Care Needs • 591-6403

Provides nursing case management for families who have children with special health care needs. Offer limited funding help for therapies or equipment for children who have no other funding resources. (In order to have access to funding, family must meet financial eligibility requirements.)

Eligibility: Children from birth to 17 years of age who have special health problems.

Community Based Nurse • 591-6403

Offers assessment, education, and early intervention by geographically-based community health nurses. Provides comprehensive health counseling to prenatal clients and to parents of children and infants in the home, clinic, and community. Prevention services primarily target low-income and environmentally at-risk families.

Eligibility: Residents of Pierce County; pregnant women and families with children 6 years of age and younger.

TACOMA/PIERCE COUNTY HEALTH DEPARTMENT (cont.)

Dental Program : 501-8403

Provides dental resources for residents of Pierce County.

Eligibility: Pierce County residents.

Family Recovery Program : 501-8405

Provides IOP, OP, and aftercare chemical dependency treatment for parents of children ages 1 to 18. Offers alcohol/drug education, parenting, infancy, co-dependency emotional growth, family and skill building, and pregnancy groups. Self-referrals are accepted. Scheduled appointments or walk-in appointments are available daily. This program is part of the Substance Abuse Division.

Eligibility: Drug/alcohol use; mother of child ages 1 to 18.

Well Child Clinic : 501-8409

Provides well-child screening, counseling and physical assessments including immunizations and community education for children, birth through 11 years. Offers a number of locations throughout the county. No one will be denied services if they are unable to pay.

Eligibility: Children, birth through 11 years of age.

WIC (Women, Infants, Children) : 501-8400

Provides prescribed nutritious foods plus education and counseling to guide women in using WIC supplemental food. Clients receive vouchers for food monthly and are assessed for their nutritional risk.

Eligibility: Determined by income and nutritional risk.

TEL-MED

PIERCE COUNTY MEDICAL BUREAU

ADDRESS

114 Broadway Plaza
Tacoma WA 98402

PHONE

(206) 627-6181

HOURS

Monday-Friday
8 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Provides over 300 informational cassette tapes giving anonymous medical advice. These are health tips and are not intended to be a source for diagnosis or treatment. Designed to provide professional advice on specific medical problems and disease. A brochure is available listing each tape, its subject and code number.

WASHINGTON BASIC HEALTH CARE PLAN

ADDRESS

1220 Eastside St
P O Box 9014
Olympia WA 98504

PHONE

(800) 826-2444
(206) 586-5332

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Targets people under age 65 with low incomes who do not qualify for Medicare. The plan covers doctor visits, hospital care, lab tests, x-rays, emergency care, and many other services.

ELIGIBILITY

Low income. Under age 65.

FEES

Sliding fee scale.

Other Resources

EMERGENCY OUTREACH

ADDRESS

5505 108th St SW
Tacoma WA 98498

PHONE

(206) 582-5320

HOURS

Monday, Wednesday, Thursday, Friday except the first Thursday of each month
1:30 p.m. to 3:30 p.m.

DESCRIPTION OF SERVICES

Directs people to community services. Provides emergency assistance for rent and utilities.

ELIGIBILITY

Lakewood, Steilacoom and Tillicum areas only.

HELPING OURSELVES MEANS EDUCATION (HOME)

ADDRESS

P O Box 64155
Tacoma WA 98464

PHONE

(206) 597-4281

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides guidance and information to help low income individuals to become self sufficient through further education. Develops school or work related goals with individuals. Works with the individual helping to problem-solve until goals are met. Services include information and referral, pre-college education and college assistance, and job counseling.

FEES

No charge.

HOME & FAMILY LIFE DEPARTMENT BATES VOCATIONAL TECHNICAL INSTITUTE

ADDRESS

Ruston Campus
5219 N Shirley
Tacoma WA 98407

PHONE

(206) 596-1760

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers effective parenting classes, parent-infant, parent toddler, and a cooperative nursery school for children ages 2 through 5. Also offers childbirth classes.

ELIGIBILITY

Anyone.

FEES

Fees vary for classes.

LIBRARIES - PIERCE COUNTY

ADDRESS

3005 112th E
Tacoma WA 98446

PHONE

(206) 572-6760

HOURS

Monday-Wednesday, 11 a.m. to 9 p.m.
Thursday-Saturday, 11 a.m. to 6 p.m.
Sunday, 1 p.m. to 5 p.m.

BRANCHES

PHONE NUMBER

Lakewood 6300 Wildaire Rd SW Tacoma WA 98499.....	582-6040
Parkland/Spanaway 13718 Pacific Ave S Tacoma WA 98444.....	531-4656
Peninsula 4424 Pt Fosdick Dr NW Gig Harbor WA 98335.....	851-3793
Steilacoom 1717 Lafayette Steilacoom WA 98388.....	588-1452
South Hill 12020 Meridian S Puyallup WA 98373.....	848-8686
Sumner 1116 Fryar Ave Sumner WA 98390.....	863-0441
Tillicum 14916 Washington SW Tacoma WA 98498.....	588-1014
University Place 4202 Bridgeport Way W Tacoma WA 98466.....	565-9447

LIBRARIES - TACOMA

PHONE

(206) 591-5666

Quick Information/Reference 591-5666

HOURS

Monday-Thursday, 9 a.m. to 9 p.m.

Friday-Saturday, 9 a.m. to 6 p.m.

BRANCHES

PHONE NUMBER

Dr. Martin Luther King

1902 S Cedar

Tacoma WA 98405 591-5166

Fernhill

765 S 84th

Tacoma WA 98444 591-5620

Kobetich

212 Browns Point Blvd NE

Tacoma WA 98422 591-5630

McCormick

3722 N 26th

Tacoma WA 98407 591-5640

Moore

215 S 56th

Tacoma WA 98408 591-5650

Mottet

3523 East "G" St

Tacoma WA 98404 591-5660

South Tacoma

3411 S 56th St

Tacoma WA 98409 591-5670

Swan Creek

3828 Portland

Tacoma WA 98404 594-7805

Swasey

7001 6th Ave

Tacoma WA 98406 591-5680

MAKE A WISH

ADDRESS

400 E Pine St, Suite 220
Seattle WA 98122

PHONE

(206) 322-9474

HOURS

9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Make A Wish Foundation grants wishes to children ages 2 through 18 years of age who have life threatening illnesses.

MARTIN LUTHER KING ECUMENICAL CENTER

ADDRESS

1424 Tacoma Ave S, Suite A
Tacoma WA 98402

PHONE

(206) 383-1585

HOURS

Monday-Friday
8 a.m. to 5 p.m. (closed 12 noon to 1 p.m.)

DESCRIPTION OF SERVICES

Provides a continuum of services to help homeless people receive the assistance needed to return to a home. Programs include clothing bank, emergency shelters, health care program for families awaiting Washington Social Health services.

SALISHAN ALLIANCE FOR COMMUNITY SERVICES

ADDRESS

1720 E 44th St
Tacoma WA 98404

PHONE

(206) 473-6276

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides liaison services between Salishan residents and the Tacoma Housing Authority.
Refers low income residents to community resources.

SERVICES FOR THE BLIND WASHINGTON STATE

ADDRESS

3411 S Alaska St
Seattle WA 98118

PHONE

(800) 552-7103

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Washington Department of Services for the Blind assists the visually impaired and blind residents of Washington State through rehabilitation services. Provides vocational rehabilitation and homemaker services, child and family services, independent living skills; a recreation program, and an orientation and training center for adults located in Seattle.

ELIGIBILITY

Services are provided for all blind persons.

FEES

No charge.

TACOMA/PIERCE COUNTY VISITORS AND CONVENTION BUREAU

ADDRESS

906 Broadway
Tacoma WA 98401

PHONE

(206) 627-2836
(800) 272-2662

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Promotes tourism and aids visitors to Pierce County. Provides calendar of events, information about events, where to get more information, maps, brochures about points of interest and ferry schedules. Will mail information to individuals.

UNITED STATES MARINE CORPS

ADDRESS

1100 Alexander Ave
Tacoma WA 98421

PHONE

(206) 272-3055

HOURS

Monday-Friday
7:30 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Toys for Tots

Toys, collected by Marines, are sent to the Christmas House and other organizations for distribution. Schools may access this service for toys for a needy family.

UNITED WAY OF PIERCE COUNTY

ADDRESS

734 Broadway
P O Box 2215
Tacoma WA 98401-2215

PHONE

(800) 572-4357

HOURS

Monday-Friday
8 a.m. to 8 p.m.
Saturday-Sunday
10 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides free information and referral services concerning the full range of health and human services in Pierce County.

WASHINGTON UTILITIES & TRANSPORTATION COMMISSION

ADDRESS

Attn: Public Relations
1600 Seventh Avenue
Seattle WA 98191

PHONE

(206) 272-5506

HOURS

Monday-Friday
7 a.m. to 7 p.m.
Saturday
9 a.m. to 1 p.m.

DESCRIPTION OF SERVICES

Provides affordable telephone services to low-income citizens including up to 100% discount on connection charges and up to half off on regular line. Will pay for one transfer / connection in a 12-month period. Taxes and custom calling features must be paid by the consumer. Individuals may find out if they are eligible over the phone within minutes. Spanish speaking operators are available.

ELIGIBILITY

Must be currently enrolled in any DSHS program that provides continuing financial or medical assistance. Must provide case number and social security number.

Parents

DEPARTMENT OF PUBLIC UTILITIES

ADDRESS

3628 S 35th St
P O Box 1107
Tacoma WA 98411-2598

PHONE

(206) 383-2471

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides public utilities to customers of Tacoma City Light. Offers payment assistance, home repair, and weatherization to qualifying low-income clients. There are no special rates for low income clients.

Budget Payment Plan

Allows customers to pay eleven equal monthly payments and the twelfth month is used to adjust the account. The monthly payment is based on billing history. Includes all utilities provided (electric, water, sewer, storm sewer, refuse). Best time to sign up is May or June.

Home Weatherization

Offers energy analysis and assistance with installation of weatherization items such as insulation, caulking, weatherstripping, storm windows, etc. Will help to apply for low cost loans.

Eligibility: Tacoma City Light customers only with electric heat, meeting the gross annual income guidelines.

DSHS - CHILDREN & FAMILY SERVICES

ADDRESS

1949 South State Street
MS: N27-1
Tacoma WA 98405

PHONE

(206) 593-2711
(206) 593-2600

HOURS

Monday-Friday
8: a.m. to 5 p.m. (after hours staff available)

DESCRIPTION OF SERVICES

Provides child protective services, family reconciliation services, assistance to victims of domestic violence, foster home licensing, day care licensing, adoption, foster care, interim care, day care services, and homemaker services.

Day Care Licensing

Child care subsidies are provided to non-profit and for-profit licensed child day care providers on behalf of children needing care and supervision for the following purposes: employment child care for low-income, non-AFDC, employed families; therapeutic child development; secondary education; child care for parents enrolled in high school completion; child protective/child welfare services; child care for respite purposes; and parents in drug/alcohol treatment.

Eligibility: Families may be required to participate in the cost of care. Contact agency for further details.

Family Reconciliation Services

Provides a continuum of assessment, prevention, and out of home placement services to adolescents 13 years of age and older whose physical or sexual abuse are not the primary reason(s) for intervention. Services include information and referral, intake/assessment, assessment of risk, services to prevent out-of-home placement, and alternate care programs. Type of cases include families in conflict, runaways, and juvenile court referrals.

Eligibility: Children ages 13 or older.

First Steps

Provides help in obtaining medical care; pays medical expenses; and helps with personal problems, child care and transportation. Also offers additional help for women with substance abuse problems.

Eligibility: Pregnant women.

Homemaker Services

Provides hands-on practical services necessary to enhance family functioning and maintain children in their own homes. Staff goes into family homes and works along with parents to develop parenting ability and household management skills.

Eligibility: Active clients with Children and Family Services.

DSHS - CHILDREN & FAMILY SERVICES (CON'T)

Interim Care

Consists of two service categories. Family Receiving Home Care and Crisis Residential Centers (CRC). Both programs are utilized as emergency placement resources for children pending family reunification or replacement to longer term family foster or group care.

Eligibility: Eligibility is a result of the emergency nature of the placement need.

Second Steps

Provides medical coverage to children under age 18. Coverage includes physician and clinic services, lab work, x-rays, immunizations, prescription drugs, dental services, etc.

Eligibility: Children under 18 who are below poverty level and who are not eligible for other state or federal health care programs.

Victims of Domestic Violence

A referral service for emergency food and shelter for victims.

FAMILY COUNSELING SERVICE TACOMA/PUYALLUP

ADDRESS

6424 N 9th
Tacoma WA 98406

PHONE

(206) 565-4484

HOURS

Monday-Friday
9 a.m. to 4 p.m.
Evening & weekend appointments available.

DESCRIPTION OF SERVICES

Child, marital and family-centered counseling for all types of situations including sexual abuse. Support groups include stress management, anger control and parenting. Christian counseling services also available.

FEES

Sliding fee scale. Insurance is accepted. Medical coupons not accepted.

FISH FOOD BANKS OF PIERCE COUNTY

ADDRESS

1224 South I Street
Tacoma WA 98405

PHONE

(206) 383-3164

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides emergency food boxes, clothing banks and limited financial assistance for prescriptions, gasoline, utilities, and rent.

Financial Assistance

Provides financial assistance for rent or utilities (up to \$100 once a year for either rent or utilities). Calls are taken only on the first Wednesday of each month at 8:30 a.m. Limited funds are available to help approximately 20 families a month.

Eligibility: First come, first served

Fish Food Banks

Provides emergency nutritionally balanced food boxes to low income persons. Each box provides food for about three days. Families may access this service for only four different emergencies a year. Call in the morning to schedule an appointment for an afternoon.

Eligibility: Families must show proof of address, which could be a phone or electric bill. Identification must be shown for all members of the family. A food stamp card, medical coupons, birth certificate, social security card or a report card may be used.

AREA OFFICES:

Fife/Milton/Edgewood/

NE Tacoma 383-1811
Graham/Kapowsin 383-1986
Lakewood 383-1812
Northwest 383-1813
Old Town/Hilltop 383-1810
Puyallup Valley 383-1814

Roy/McKenna 383-1976
South Tacoma 383-1816
SE Tacoma 383-1815
Seventh Day Adventist 383-1810
(handicapped and diabetic only)
Spanaway 383-1817

MARY BRIDGE CHILDREN'S HOSPITAL-MULTICARE

ADDRESS

317 South K Street
PO Box 5299
Tacoma WA 98405

PHONE

(206) 594-1400
(206) 594-1422

HOURS

24 hours-a-day, 7 days-a-week

DESCRIPTION OF SERVICES

Provides pediatric services such as: intensive care, surgery, emergency services, specialty outpatient clinics, nutritional support, treatment for abused children, parent education and support, cancer support groups, car seat loner program, car restraints for children in casts, health care for low income families, sexual assault clinic, speech & language and WIC.

NORTHWEST MEDIATION SERVICE

ADDRESS

405 114th Avenue SE, Suite 300
Bellevue WA 98004

PHONE

(206) 455-3989

HOURS

Monday-Friday
8 a.m. to 5:30 p.m.

DESCRIPTION OF SERVICES

Mediation service for couples going through a divorce when there are disagreements about custody of children. Helps create a parenting plan including such aspects as custody, property and support. Post divorce mediation is offered when there is a dispute over these issues. Also provides domestic mediation, including family disputes. Training materials are available to schools to teach students to be conflict managers.

FEES

Sliding scale for divorce mediation. Set hourly fee for post-divorce mediation. Fee for the elementary school training program.

PARENT WARM LINE

PHONE

(206) 759-6700

HOURS

24 hours-a-day; 7 days-a-week

DESCRIPTION OF SERVICES

Emotional support for parents in stress. Provides some referral service.

PIERCE COUNTY CRISIS LINE

ADDRESS

P O Box 7458
Tacoma WA 98407-7458

PHONE

(206) 759-6700 Crisis Line
(206) 756-0744 Business Line

HOURS

Monday-Friday
8 a.m. to 6 p.m.
Crisis Line open 24 hours

DESCRIPTION OF SERVICES

Provides crisis intervention over the telephone to persons experiencing emotional distress. Answerers are trained and supervised by a mental health professional. When necessary, referrals are made to appropriate agencies. Both adults and youth use this line. People use this line for help with depression, marital problems, problems with children, and more immediate crisis situations such as suicide.

FEES

No charge.

PLANNED PARENTHOOD OF PIERCE COUNTY

ADDRESS

813 South "K" St
Tacoma WA 98405

PHONE

(206) 572-6955

HOURS

Monday, Tuesday & Friday

9 a.m. to 5 p.m.

Wednesday & Thursday

11:30 am. to 7 p.m.

DESCRIPTION OF SERVICES

Confidential, accessible, affordable reproductive health care (family planning) for women and men. Sexuality education programs available, including workshop and films.

FEES

Sliding fee scale; medical coupons accepted.

PUGET SOUND LEGAL ASSISTANCE FOUNDATION

ADDRESS

625 Commerce St, Suite 420
Tacoma WA 98402

PHONE

(206) 572-4343
(206) 572-6000

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides services for eligible clients in priority areas including landlord/tenant relations, health, divorce/custody, public benefits and senior issues. Residents outside Pierce County will be referred to appropriate phone numbers.

ELIGIBILITY

Pierce County residents. Low income; show verification of income.

FEES

No charge.

Social / Welfare

AMERICAN RED CROSS - TACOMA/PIERCE COUNTY CHAPTER

ADDRESS

1235 S Tacoma Way
P O Box 111028
Tacoma WA 98411

PHONE

(206) 572-4830

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides emergency disaster assistance, emergency communications, senior programs, volunteer opportunities, health and safety classes and services. Provides emergency travel funds for military families.

Disaster Services

Provides emergency disaster assistance to victims of fire, flood, earthquake, and the like in the form of food, shelter, clothing, contacting insurance companies, and housing. Free speakers are available to discuss earthquake preparedness.

Eligibility: Disaster victims.

Emergency Communications

Provides 24-hour emergency communication and assistance to military personnel and their families. Chaplains will help service personnel return to their homes in an emergency.

Health and Safety Services

Provides classes on first aid, CPR, water safety, swimming, blood pressure screening, babysitting and AIDS education.

Military Social Services

Provides military families and dependents with counseling, financial assistance and communication with service personnel who are overseas.

Eligibility: Military families, dependents, veterans.

COMMUNITY YOUTH SERVICES

ADDRESS

824 Fifth Avenue SE
Olympia WA 98501

PHONE

(206) 943-0780

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers emergency shelter, juvenile diversion, and employment training for low-income youth residing in Thurston County.

This office will refer you to similar programs in other counties.

Haven House

Provides short-term shelter for youth that have run away, are homeless or where there is conflict in the home. Youths, ages 11-17 years, may refer themselves or referrals may be made by parents, schools, or law enforcement officials.

ELIGIBILITY:

Must be a resident of Thurston County.

FEES

No charge.

DSHS - DIVISION OF ALCOHOL & SUBSTANCE ABUSE

ADDRESS

8811 S Tacoma Way
Tacoma WA 98499

PHONE

(206) 591-7202

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides a continuum of alcoholism and drug abuse services to help people recover from alcoholism and drug addiction. The division contracts with counties and service agencies to provide treatment services to persons who cannot pay the full cost of treatment.

DSHS - INCOME ASSISTANCE

ADDRESS

12th & Franklin Sts
P O Box 45410
Olympia WA 98504-5410

PHONE

(206) 753-1238

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers programs which are directed at low-income groups. Includes public assistance grants, food stamp benefits, and assistance in securing employment.

Aid to Families with Dependent Children

Provides medical care, food stamps, and money (grants) on an individual case basis.
Eligibility: Application needs to be completed to determine eligibility.

Consolidated Emergency Assistance

Provides a one-time-per-year emergency grant. Must have children to qualify for assistance. State emergency problem.
Eligibility: Must have a child in the family.

Family Independence Program

Provides financial, medical, and social services to assist clients who are currently enrolled in DSHS.
Eligibility: Currently enrolled in DSHS.

Food Stamp Program

Provides food stamps that help low-income households obtain the food they need for good health.
Eligibility: Must fill out an application.

Funeral and Internment Assistance

Provides financial assistance with funeral expenses. A relative of the deceased must go directly to the DSHS office to apply.
Eligibility: Relative of the deceased.

General Assistance

A program for unemployable adults who are unable to work for 90 days. This must be verified by a doctor's statement at one of the following offices: Pierce North CSO, 593-2950; Pierce South CSO, 536-6100; Pierce West CSO, 593-2760; Puyallup CSO, 840-4600.
Eligibility: Adults unable to work for 90 days.

Jobs Opportunities/Basic Skills Training

"JOBS" assists clients in finding a job, provides education, training, and on-the-job experience. Provides childcare during the program and after the client is working. Also provides services for the family.
Eligibility: Must currently be enrolled in the AFCD program.

DSHS - INCOME ASSISTANCE (CON'T)

Medicaid Doctor Referral

Refers people to private doctors (including OB/GYN), dentists, and optometrists who accept medical coupons throughout the state of Washington. Also helps with billing problems.

Eligibility: DSHS requirements.

Refugee Assistance

Promotes economic self-sufficiency of refugees within the shortest period of time after entrance into the state. Provides cash and medical assistance, health assessment, casework services, English language and vocational training, counseling and evaluation, employment, and foster care.

Eligibility: Refugees only.

Supplemental Security Income (SSI)

Provides a supplement to social security benefits. Medical coupons are available to persons with a lengthy disability.

Eligibility: Must be disabled and financially eligible. Must fill out application to determine eligibility.

Washington Telephone Assistance Program

Allows eligible persons lower monthly telephone payments and allows for 50% of phone installation deposit. Persons must call their local telephone company. If persons are eligible, they will be hooked up immediately.

Eligibility: Must be receiving DSHS assistance of some type.

DSHS - MENTAL HEALTH

ADDRESS

Mental Health Division
P O Box 45320
Olympia WA 98504

PHONE

(206) 753-5414

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Supports and evaluates an integrated comprehensive system of mental health services for mentally ill children and adults in Washington State. The development and management of the mental health system is performed by Regional Support Networks for individual counties throughout the state.

DSHS - REVENUE

ADDRESS

1949 S State St
Tacoma WA 98405-2850

PHONE

(206) 597-4280

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Oversees office of Support Enforcement, disability insurance benefits, medical assistance information, Welfare Fraud Hotline, and Social Service Payment System (SSPS).

Support Enforcement Service

Enforces a child's right to parental financial support; oversees paternity establishment.

Eligibility: Single parents whose ex-spouse is not paying agreed-upon child support.

DSHS - VOCATIONAL REHABILITATION

ADDRESS

1949 S State St
Tacoma WA 98405

PHONE

(206) 593-2350
(206) 593-5942

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides vocational rehabilitation services to eligible disabled people wanting to become employed. Offices are also located in Parkland at 12001 Pacific Avenue, Suite 2B, Tacoma, WA 98444, phone 597-3837 and in Sumner at 1115 Main Street, Sumner, WA 98390, phone 863-2283.

METROPOLITAN DEVELOPMENT COUNCIL - FAMILY DIVISION

ADDRESS

2302 Sixth Ave
Tacoma WA 98403

PHONE

(206) 383-1761

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

Provides programs to the community addressing the needs of families. Offers food programs, early childhood screening and education, and support services to drug impacted babies and mothers.

Child Reach - 591-3698

Developmental screening for children, birth to 6 years of age, is provided at various sites throughout Pierce County.

Early Childhood Education and Assistance Program - 383-1761

Provides a comprehensive preschool program for low-income 4-year-old children and their families.

Foster Family Support System - 756-6736/591-7002

Drug-impacted infants, their foster parents, and their parents are provided services aimed at improving the care given to the infants and assist caregivers with problems. Services include assessment, home-based education, drug and alcohol education, respite care, transportation, crisis intervention, and supervised visitation.

SALVATION ARMY

ADDRESS

1501 Sixth Ave
P O Box 1254
Tacoma WA 98401

PHONE

(206) 572-8452

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.
Closed from 12 noon to 1 p.m.

DESCRIPTION OF SERVICES

Provides a food bank, utility assistance, emergency lodge, child care center, casual employment, emergency prescriptions, emergency transportation, clothing, youth activities, senior activities, drug and alcohol rehabilitation, thrift stores, and disaster service.

Adopt-A-Family Program

A program that matches those who wish to "adopt" a family for Christmas and those who wish to be "adopted."

Eligibility: Low income.

Camping Program - Tacoma

Offers a community service summer camp for children from low income families.

Eligibility: Low income children, ages 7 to 12 years of age.

Emergency Family Lodge - Tacoma

Provides temporary emergency lodging for homeless families and single women. Includes furnished rooms, three meals a day, laundry facilities, casework and supervision.

Eligibility: No place to live and insufficient financial resources to stay elsewhere.

Family Service Office - Tacoma

Offers a food bank, utility assistance, clothing vouchers, prescription vouchers, and transportation vouchers. Disburses energy assistance funds for Puget Power (Energy Fund) and Washington Natural Gas.

Eligibility: Low income, identification for all family members.

Social Services Division - Olympia

Offers emergency food baskets; emergency housing (short-term and limited rental assistance); gas for transportation to medical appointments; 24-hour disconnection, Puget Power bill assistance; and 24-hour disconnection, Washington Natural Gas assistance.

Youth Activities - Tacoma

Offers character-building activities for children and youth ages 6 to 18, including transportation to and from home and meals.



Support Groups



COALITION FOR AUTISTIC PEOPLE

ADDRESS

1006 Rosewood Lane
Tacoma WA 98466

PHONE

(206) 564-8487
(206) 964-5867

HOURS

Variable

DESCRIPTION OF SERVICES

A child disability parenting resource. Support group meetings held September through June, 7 p.m. to 9 p.m.

COMMUNITY FOR CHILD SAFETY

ADDRESS

1517 S Fawcett
Tacoma WA 98402

PHONE

(206) 572-5541

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides resources and referrals for child safety issues. Phone may be answered with reference to prevention resources or prevention of abuse.

Parenting Plus

Helps a person develop a parenting program. Work with the on-site coordinator to access community resources and money. Provides the group facilitator for the parent education component, and someone to help supervise the children's groups. The program meets once a week for 6 weeks. Families eat together before the children go to an age appropriate group for crafts and parents participate in a parent group. Before the evening ends the families participate in another short activity.

Parent Aid

Support group for parents. Parents are matched with trained volunteers to become a friend and mentor. A volunteer visits the family home weekly for a minimum of 6 months. For families not involved with Child Protective Services.

Counseling

Psychologists provide counseling to sexually abused youth, both individually and in a peer group.

Speakers Bureau

Speakers available to give presentations on personal safety for children, to children, parents, and educators.

Sexual Assault Clearing House

Resource referral for families where there has been sexual abuse.

Esteem Team

A therapeutic support group for sexually abused children up to the age of 12. A non-offending parent group operates in conjunction with the Esteem Team program.

ARTHRITIS FOUNDATION

ADDRESS

100 S King, Suite 330
Seattle WA 98104

PHONE

(800) 542-0295
(206) 622-1378

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers a variety of free services including support groups at major hospitals, information and referrals, literature, education and a speakers' bureau.

AUTISM SOCIETY OF WASHINGTON- PIERCE COUNTY

ADDRESS

1006 Rosewood Ln
Tacoma WA 98466

PHONE

(206) 564-8487

HOURS

Monday-Friday
10 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Provides a parent support group as well as speakers, teachers, and psychologists. Respite child care is offered at the meetings. Meetings are held at 7 p.m. at Baker Middle School on the third Tuesday of each month during the school year. Various activities in the summer. Referrals for other areas of state available.

CHILDFIND OF AMERICA

ADDRESS

P O Box 277
New Palty NY 12561

PHONE

(800) 426-5678
(800) 292-9688

HOURS

24-hour answering service

DESCRIPTION OF SERVICES

Assists in bringing missing children home, preventing child abduction and locating missing children through investigation, photo distribution, mediation and public information.

COMPASSIONATE FRIENDS

ADDRESS

P O Box 44062
Tacoma WA

PHONE

(206) 845-3353

HOURS

8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Self-help organization for parents who have experienced the death of a child.

CONSUMER CREDIT COUNSELING SERVICE

ADDRESS

11306 Bridgeport Way SW
Lakewood WA 98499

PHONE

(206) 588-1858

HOURS

Monday-Friday
8:30 a.m. to 5:30 p.m.

DESCRIPTION OF SERVICES

Provides free 1-hour budget counseling. There is a small fee if a debt management program is started.

DADS AGAINST DISCRIMINATION

ADDRESS

506 Second Ave, Rm. 1518
Seattle WA 98104

PHONE

(206) 623-3761

HOURS

Monday-Friday
9 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Self help support group for men and women. Can help with questions regarding family law.

DEBTORS ANONYMOUS

ADDRESS

Unity of Tacoma Church
2102 S 23rd St
Tacoma WA 98408

PHONE

(206) 863-3655 (home)
(206) 383-2684 (home)

HOURS

Monday-Friday
9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

This is a 12-step support group for people who have problems with compulsive debting and spending. The group meets Thursdays at 7:30-9 p.m. at Unity of Tacoma Church, 2102 S 23rd St. No need to call first.

EPILEPSY ASSOCIATION OF WESTERN WASHINGTON

ADDRESS

8511 15th Ave NE
Seattle WA 98115

PHONE

(800) 752-3509
(206) 523-2551

HOURS

Monday-Friday
9 a.m. to 5 p.m. (closed 12 noon to 1 p.m.)

DESCRIPTION OF SERVICES

Offers information and referral services, public education, pamphlets, videos, doctor and financial needs referral, counseling, workshops, and support groups. Will answer any questions about epilepsy or talk about concerns with the caller.

Epilepsy Support Group - Tacoma

Offers a support group for people with any seizure disorder. The group meets at 7 p.m. the fourth Thursday of the month at TACID, 6315 S 19th St, Tacoma. Speakers come to every other meeting.

Eligibility: Open to epilepsy patients, their families, and friends.

LEARNING DISABILITIES ASSOCIATION OF WASHINGTON

ADDRESS

17530 NE Union Hill Rd, Suite 100
Redmond WA 98052

PHONE

(206) 882-0792

HOURS

Monday-Friday
9 a.m. to 4:45 p.m.

DESCRIPTION OF SERVICES

Provides information and referral, telephone crisis counseling, conferences, workshops, parent training, advocacy and life skills training. Can be referred to a volunteer group in your area.

Conferences and Workshops

Offers conferences and workshops on Learning Disabilities (LD) and Attention Deficit Disorders (ADD) which are directed toward teachers, professionals, and parents concerned with relevant and current issues. There is a fee to attend conferences and workshops.

Information and referral

Offers telephone crisis counseling for parents, learning disabled adults, and professionals who are concerned with learning disabilities. Referrals can be made to schools, doctors, counselors, diagnosticians, and other professionals.

Parent Advisor Program

Provides training on the education of learning disabled children and those with attention deficit disorders. Participants learn about testing, laws, services they're entitled to, resources, public school options, special education, advocacy and communication skills.

LEARNING DISORDER ASSOCIATION OF WASHINGTON PIERCE COUNTY CHAPTER

ADDRESS

311 South L Street
P O Box 5299
Tacoma WA 98405-0987

PHONE

(206) 756-0955

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers a support group for individuals or caregivers for individuals with an attention deficit disorder. Meets twice monthly on the second and fourth Wednesday. The first meeting is an open forum. The second meeting is an educational presentation by a professional educator or psychologist. The group meets at Mary Bridge at 7 p.m.

LIFELINE INSTITUTE

ADDRESS

9108 Lakewood Dr SW
Tacoma WA 98499

PHONE

(800) 422-2552
(206) 584-8933

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

SURVIVORS OF SUICIDE SUPPORT GROUP - S.O.S.

Sponsors a local support group for those impacted by a suicide death. It is a non-profit, non-sectarian, self-help group whose goal is to promote the positive resolution of grief. Meetings are the second and fourth Tuesday of the month from 7:30 p.m. to 9 p.m. at the Bible Baptist Church, 1320 Auburn Way South, Auburn, WA.

ELIGIBILITY

Open to anyone who has lost a loved one, friend, or relative as a result of suicide.

FEES

No charge.

NARCOTICS ANONYMOUS

ADDRESS

P O Box 706
Tacoma WA 98401

PHONE

(206) 531-8792

HOURS

24 hours-a-day

DESCRIPTION OF SERVICES

Support group that helps people who have the desire to stop using or abusing drugs. Not a drug treatment center. Daily support group meetings working on the premise used by AA.

ELIGIBILITY

Anyone.

FEES

No charge.

PARENTS ANONYMOUS - WASHINGTON STATE

ADDRESS

1305 4th Ave, Suite 310
Seattle WA 98101

PHONE

(206) 233-0139

HOURS

Monday - Friday
9 a.m. to 4 p.m.

DESCRIPTION OF SERVICES

Parents Anonymous (PA) is a self-help group designed to make parenting a more positive experience. Through weekly meetings parents have a support group where they can vent feelings, problem solve, and attain resources. The office in Seattle will refer parents to nearby Parent Anonymous support groups, to community resources and maintains a listing of parenting workshops being offered.

PARENTS WITHOUT PARTNERS

ADDRESS

P O Box 778
Tacoma WA 98444

PHONE

(206) 474-2530 (information line)

DESCRIPTION OF SERVICES

Parents Without Partners is an organization that provides family activities for the single parent and his/her children. Also provides opportunities for adult support group, education and lectures.

ELIGIBILITY

Single parent of one or more children.

FEES

Yearly dues.

SAFE STREETS CAMPAIGN

ADDRESS

934 Broadway
Tacoma WA 98402

PHONE

(206) 272-6824

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

A task force of citizens designed to help with community neighborhood empowerment. If there are problems in the neighborhood (i.e., drugs), this group will help set up a neighborhood meeting. Will inform neighbors about what to look for, what services the city can provide, and provide an opportunity for neighbors to get to know one another. Will also help establish a neighborhood block watch if one is not already in place.

TACOMA AREA COALITION OF INDIVIDUALS WITH DISABILITIES (TACID)

ADDRESS

6315 S 19th St
Tacoma WA 98466

PHONE

(206) 565-9000

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers a variety of programs including housing advocacy, deaf services, sign language/interpretation, visually impaired/blind program, information and assistance, support groups, and health awareness

ELIGIBILITY

Residents of Pierce, Lewis, Thurston, Mason, Grays Harbor and Kitsap counties.

WASHINGTON PAVE

ADDRESS

6316 S 12th St
Tacoma WA 98465

PHONE

(206) 565-2266
(800) 572-7368

HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

DESCRIPTION OF SERVICES

PAVE is an organization in which parents are working with other parents. Develops the potential of its participants through education and training. PAVE will educate parents concerning their rights and responsibilities regarding programs for their children with special learning needs. PAVE supports parents and their handicapped children to insure an appropriate educational and vocational program. PAVE has a variety of programs that work toward these goals.

*Youth Services /
Recreation*

ANOTHER DOOR TO LEARNING

ADDRESS

3519 S 30th St
Tacoma WA 98409

PHONE

(206) 627-0139

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides educational assessment and individualized remedial program for learning disabled children and adults.

FEES

Set fee for assessment. Sliding fee scale for tutoring.

BIG BROTHERS / BIG SISTERS

ADDRESS

8200 Tacoma Mall Blvd. S.
Tacoma WA 98409

PHONE

(206) 581-9444

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides role model for boys, ages 7-14 years and girls, ages 5-14 years from single parent families.

ELIGIBILITY

Children must be from single parent families where there is limited contact with the absent parent — less than six times a year. It takes a year or more before a “Big Brother” or “Big Sister” is matched to a child. Because of the length of wait for a match this service is not recommended for military families where one spouse is assigned to another post.

FEES

No charge.

BOY SCOUTS OF AMERICA

ADDRESS

1722 S Union Ave
Tacoma WA 98405

PHONE

(206) 752-7731

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers programs for boys first grade through 20 years of age. Also offers programs for women 15 to 20 years of age. Emphasis is placed on character building, citizenship, and leadership skills. Summer camps are available.

- Cub Scouts** - Family oriented fun activities for boys first through fifth grade.
- Boy Scouts** - Outdoor adventure in a Scout Troop for boys 11 through 17 years of age.
- Exploring** - Vocational and avocational centered programs for young men and women who have completed 8th grade or are 15-20 years of age.

BOYS AND GIRLS CLUBS OF TACOMA/PIERCE COUNTY

ADDRESS

2005 S 64th St #316
Tacoma WA 98409

PHONE

(206) 474-3590

HOURS

Monday-Friday - 8 a.m. to 5 p.m.
Call for evening, weekend and summer hours

DESCRIPTION OF SERVICES

Provides after-school programs for boys and girls, ages 6 to 18. Services include recreation, health/physical education, social activities, education, and character development. Emphasis is given to providing guidance and special services to the disadvantaged youngster.

ELIGIBILITY

Boys and girls, ages 6 to 18.

FEES

No charge.

A.T. Davies Boys & Girls Club

1620 S 17th
Tacoma WA
(206) 383-2731

The Southend Boys & Girls Club

4910 S Pine
Tacoma WA
(206) 474-0626

The Eastside Boys & Girls Club

614 E 64th
Tacoma WA
(206) 474-2266

The D.A. Gonyea Boys & Girls Club

5136 N 26th
Tacoma WA
(206) 752-3561

Seattle Office

(206) 461-3890

EARLY CHILDHOOD EDUCATION & ASSISTANCE PROGRAM

ADDRESS

Educational Services District No. 121
ECEAP
12320 80th Ave S
Seattle WA 98178

PHONE

(206) 596-6906 Pierce County
(206) 439-6906 King County

HOURS

Monday-Friday
7:30 a.m. to 3 p.m.

DESCRIPTION OF SERVICES

Offers a program for children four years of age on or before August 31 who come from low-income families and are eligible for free preschool. Preschool needs parental involvement. Program incorporates health, nutrition, parent involvement, transportation, meals, and field trips.

ELIGIBILITY

Children 4-years-of-age; must meet federal poverty guidelines.

FEES

No charge.

4-H YOUTH PROGRAM

ADDRESS

3049 S 36th, Suite 300
Tacoma WA 98409

PHONE

(206) 591-7160

DESCRIPTION OF SERVICES

4-H program is designed to develop personal growth in young people by providing a variety of opportunities for urban and rural youth.

GIRL SCOUTS, PACIFIC PEAKS COUNCIL

ADDRESS

5631 Tacoma Mall Blvd.
Tacoma WA 98409-6921

PHONE

(206) 475-0307

HOURS

Monday, Tuesday, Wednesday, Friday
9:00 a.m. to 12:30 p.m. & 1:30 p.m. to 5 p.m.

Thursday
10:00 a.m. to 12:30 p.m. & 1:30 p.m. to 6 p.m.

DESCRIPTION OF SERVICES

Places girls, kindergarten through twelfth grade, in the appropriate age group to participate in a variety of social, recreational, and educational activities. Activities include arts and crafts and overnight camping.

For referral to local area council call the Tumwater office at 572-8950.

ELIGIBILITY

Girls and young women, grades K through 12.

METROPOLITAN PARK DISTRICT

ADDRESS

10 Idaho St
Tacoma WA 98409

PHONE

(206) 591-3690

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION FOR SERVICES

Provides various activities for anyone interested including seniors, handicapped, and children. Call to find out about athletic information and supervised playground locations. Office provides information packets.

Northwest Trek - 847-1901

A wildlife park which offers a tram tour. Hours vary by season.

People's Community Center

Offers activities which include swimming, gym, ballet, art, pottery, community events, and some Saturday programs. Teen recreation and after-school activities are also offered.

People's Community Center - Special Population

Provides activities which are geared to the physically challenged and mentally disabled.

Point Defiance Zoo - 591-5337

A zoo and aquarium. Open daily to the public, 10 a.m. to 5 p.m. Group tours are available.

Point Defiance Park

Never-Never Land (591-5845), a children's storyland; the park is seasonal (April-August) and fees are charged. *Fort Nisqually* (591-5339), a replica of the original Hudson's Bay Fur Trading Post, is also available for tours. Hours vary. Free except for special events. Gardens, old growth forest, trails, beach, boathouse, Boathouse Grill restaurant, and more.

Snake Lake Nature Center - 591-6439

A fifty-four acre wooded nature preserve. Nature workshops for children and adults, special events, and group tours are offered. 8 a.m. - sunset.

Teen Recreation

Offers special activities for teens as well as some weekend and evening events. Also see People's Community Center.

Community Centers

People's Community Center, 591-5321
Portland Avenue Community Center, 591-5391
South Park Community Center, 591-5299
Titlow Lodge Community Center, 591-5297
Wright Park Community Center, 591-5331

Swimming Pools

Outdoor pools open daily, summers:
Titlow Park, 591-2042 or 591-5323
South End Pool, 591-2042 or 591-5323
Indoor pools open daily except major holidays:
Eastside Community Pool, 591-2042
People's Community Center Pool, 591-5323

PIERCE COUNTY PARKS AND RECREATION

ADDRESS

9112 Lakewood Dr SW
Tacoma WA 98499

PHONE

(206) 593-4176
(800) 562-0900

HOURS

Monday-Friday
8:30 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers a variety of recreational camps and classes including swimming, aerobics, badminton, and jazzercise. Also has an open gym at the Lakewood Community Center. Sponsors special and seasonal events such as the Tour de Pierce bicycling race. Offers educational and art classes. Lists employment opportunities with the Parks & Recreation Department at most offices.

SOUTH END NEIGHBORHOOD CENTER PUBLIC WORKS DEPARTMENT BUILDINGS DIVISION

ADDRESS

7802 South L Street
Tacoma WA 98408

PHONE

(206) 591-5098

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Gym is available for volleyball and basketball. Both the multipurpose room and the gym are available for use and/or rent by private citizens for various functions. Programs include games, art activities, sports, and free time in the gym. Call for schedule.

ELIGIBILITY

Pierce County and City of Tacoma residents.

FEES

Fees vary.

STEILACOOM COMMUNITY CENTER

ADDRESS

2301 Worthington St
Steilacoom WA 98388

PHONE

(206) 581-1076

HOURS

Monday-Thursday

7:30 a.m. to 9 p.m.

Friday

7:30 a.m. to 6 p.m.

DESCRIPTION OF SERVICES

Provides programs and recreational classes for youth, adults, and senior citizens.

FEES

Vary.

YMCA (YOUNG MEN'S CHRISTIAN ASSOCIATION)

ADDRESS

1002 S Pearl St
Tacoma WA 98465

PHONE

(206) 564-9622

HOURS

Monday-Friday
8 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides physical education programs and health activities for people of all ages including teen leadership development, camping, parent-child relations and day camps. Some day camps are offered during the holidays. Offers special programs for the physically challenged.

FEES

Vary.

YOUNG LIFE — WESTERN DIVISION

ADDRESS

7030 Tacoma Mall Blvd
Tacoma WA 98409

PHONE

(206) 531-6411
(206) 473-0812
(206) 473-4195

HOURS

Monday-Thursday
9:00 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Provides spiritual-oriented social groups for youth including leadership development, youth guidance, counseling resources, overnight outings and special events. Weekly or bi-monthly meetings are located near area schools.

Tacoma Young Life

Offers intervention prevention programs, youth guidance, mentor relationships, leadership development, youth activities, and youth camping.

Eligibility: 12 to 20 years of age.

Young Life — Greater Puyallup Valley

Focuses on one-to-one relationships with kids, weekly or bi-weekly club meetings (centered around, but not promoted by schools), and camping programs. Also offers counseling and classroom presentations on relationships and sex education.

Eligibility: Grades seven through twelve who live within the Sumner, Eatonville, Puyallup, Orting, or Fife school districts.

Young Life — South Pierce County

Offers fun group meetings, one-on-one with kids, overnight outings, special events, tutoring, and guidance.

FEES

No charge.

YOUTH FOR CHRIST

ADDRESS

1205 Sixth Ave
Tacoma WA 98405

PHONE

(206) 572-7889
(206) 572-7888

HOURS

Monday-Friday
9 a.m. to 5 p.m.

DESCRIPTION OF SERVICES

Offers clubs, small groups, and leadership training accompanied by a supportive and encouraging staff in a spiritual environment.

CHAPTER FIVE

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

Summary

The purpose of this project was to design and develop a resource manual to help parents work effectively with at-risk, 5th grade students, in the Clover Park School District, Lakewood, Washington. To accomplish this purpose a review of current literature regarding at-risk students and parent involvement was conducted. Additionally, various organizations were solicited for community resources including: United Way, Department of Social & Health Services, Puget Sound Educational Service District, Equal Opportunity Resource Center, and Pierce County Community Action Agency. Finally, Resource materials were compiled, organized, and assembled.

Conclusions

Conclusions reached as a result of this project were:

1. Schools and parents can work together as partners in helping children learn at school and at home. Community groups can work with families to make the streets safe for children and provide constructive after-school and summer experiences.
2. Research has shown, when parents show an interest in their child's education, it helps develop attitudes conducive to learning, and student achievement is enhanced. Barriers to parent involvement

are classified into four categories: (1) physical, (2) social, (3) emotional, and (4) communication.

3. With an investigation of different models for school-family partnerships, important elements have been recognized. Regardless of whether a top-down or bottom up approach is used, effective models work because a group of persons are committed to making a change.

Recommendations

As a result of this project, the following recommendations have been suggested:

1. Parents need to spend more time monitoring their children and helping with their studies and homework.
2. Schools need to determine if they are creating barriers to parent involvement. Barriers can be broken down by creating a parent friendly and welcoming atmosphere.
3. Schools should utilize programs which can improve school climate, provide family services and support, increase parents' skills and leadership, connect families with others in the school and in the community, and help teachers with their work.
4. Other school districts seeking to develop a resource manual for parents of at-risk students may wish to adapt the model resource manual which was the subject of this project for use in their

school districts, or undertake further research on this subject to meet their unique needs.

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