AGENCIES

**American Red Cross**
1235 South Tacoma Way, Tacoma, WA 98409  (253) 474-0400

**Associated Ministries**
901 South 13th St., Tacoma, WA 98405  (253) 383-3056

**Centro Latino**
1208 South 10th St., Tacoma, WA 98405  (253) 572-7717

**Catholic Community Services**
1323 South Yakima Ave., Tacoma, WA 98405  (253) 502-2696

**Apprisen-CCCS**

**Consumer Credit Counseling**
3560 Bridgeport Way W. #1D, University Place, WA 98466  (253) 588-1858
11306 Bridgeport Way SW, Tacoma, WA 98499

**DSHS-Department of Vocational Rehabilitation/Training**
1949 South State St. N27-13, Tacoma, WA 98405  (253) 983-6500

**DSHS-Division of Developmental Disabilities**
1305 Tacoma Ave. S., Tacoma, WA 98402  (800) 404-5500

**DSHS-Community Services**
1949 South State St., Tacoma, WA 98405  (877) 983-6720

**Disability Rights Washington**
315 Fifth Ave. S., Suite 850, Seattle, WA 98104  (206) 324-1521
(800) 562-2702

**Easter Seals of Washington**
200 West Mercer St., Suite 210E, Seattle, WA 98119-3954  (206) 281-5700
(800) 678-5708

**Educational Opportunity Center (EOC)**
721 Fawcett Ave. #201, Tacoma, WA 98402  (253) 572-5960

**Legislative Information Center**
110 Legislative Building (the domed Capitol Building)
P.O. Box 40500, Olympia, WA 98504-0500  (360) 786-7573
(800) 562-6000

**Lutheran Community Services**
223 North Yakima Ave., Tacoma, WA 98403  (253) 272-8433
FAX  (253) 597-6456

**Mountain View Funeral Home**
4100 Steilacoom Blvd. SW, Tacoma, WA 98499  (253) 584-0250
FAX  (253) 948-9895
(253) 984-8299

**Office of the Attorney General**
1250 Pacific Ave. Suite 105, Tacoma, WA 98401  (253) 593-5243
FAX  (253) 593-2449

**Overeaters Anonymous**
3511 South Ash St., Tacoma, WA 98418  (253) 472-5356
<table>
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<tr>
<th>Organization</th>
<th>Address/Telephone/FAX</th>
<th>Address/Telephone/FAX</th>
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<tr>
<td>PAVE (Partnerships for Action Voices for Empowerment)</td>
<td>6316 South 12th Street, Tacoma, WA 98465 FAX (253) 565-2266</td>
<td>(800) 5-PARENT (253) 566-8052</td>
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<tr>
<td>Pierce County Human Services</td>
<td>3602 Pacific Ave. Suite 200, Tacoma, WA 98418 (253) 798-4400</td>
<td>(253) 798-4500</td>
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<td></td>
<td>1305 Tacoma Ave. S., Tacoma, WA 98418 (253) 548-3300</td>
<td>(253) 537-4600</td>
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<tr>
<td>Pierce County Library System</td>
<td>3005 112th St. E., Tacoma, WA 98446 FAX (253) 682-3401</td>
<td>(800) 5-PARENT</td>
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<td>Pierce County Coordinated Entry</td>
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<td>(253) 593-0232</td>
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<td>Puyallup Tribal Health Authority</td>
<td>2209 East 32nd St., Tacoma, WA 98404 (253) 272-6824</td>
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<td>Safe Streets Campaign</td>
<td>622 Tacoma Ave. S., Suite 1, Tacoma, WA 98402 (253) 572-8452</td>
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<td>Salvation Army</td>
<td>1501 Sixth Ave., Tacoma, WA 98405 (800) 772-1213</td>
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<td>Social Security Administration</td>
<td>2608 South 47th St., Suite A, Tacoma, WA 98409 (253) 591-3951</td>
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<td>Tacoma Community House</td>
<td>1314 South L St., Tacoma, WA 98405 (253) 383-3951</td>
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<td>Tacoma Goodwill (Milgard Work Opportunity Center)</td>
<td>714 South 27th St., Tacoma, WA 98409 (253) 573-6500</td>
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<td>Tacoma Human Rights Commission (City of Tacoma)</td>
<td>Tacoma Municipal Building 747 Market St., Room 243, Tacoma, WA 98402 (253) 591-5849</td>
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<tr>
<td>Tacoma Human Services Commission (City of Tacoma)</td>
<td>Tacoma Municipal Building 747 Market St., Room 148, Tacoma, WA 98402 (253) 591-5129</td>
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<td></td>
<td>Neighborhood and Community Services Department 747 Market Street., Room 836, Tacoma, WA 98402</td>
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<tr>
<td>Tacoma/Pierce County Employment &amp; Training Consortium Tacoma WA (DBA Workforce Central)</td>
<td>3640 South Cedar St., Suite E, Tacoma, WA 98409 (253) 472-8094</td>
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<tr>
<td>Tacoma Urban League</td>
<td>2550 South Yakima Ave., Tacoma, WA 98405 FAX (253) 383-2007</td>
<td>(253) 383-4818</td>
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<tr>
<td>United Way of Pierce County</td>
<td>1501 Pacific Ave., Ste. 400, Fourth Floor, Tacoma, WA 98402 (253) 272-4263</td>
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Bates Disability Support Services Office (253) 680-7013
<table>
<thead>
<tr>
<th>Service Type</th>
<th>Name</th>
<th>Phone Number</th>
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<tr>
<td>Washington State Department of Veteran’s Affairs</td>
<td>1102 Quince St. SE, Olympia, WA 98504</td>
<td>(800) 562-2308</td>
<td>P.O. Box 41150, Olympia, WA 98504-1150</td>
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<tr>
<td>Young Women’s Christian Association (YWCA)</td>
<td>405 Broadway, Tacoma, WA 98402</td>
<td>(253) 272-4181</td>
<td>Ext. 221</td>
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<tr>
<td>AIDS</td>
<td>AIDS/HIV Clinic</td>
<td>Sea Mar Tacoma Medical Clinic</td>
<td>1112 South Cushman Ave., Tacoma, WA 98405</td>
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<tr>
<td>AIDS Spanish</td>
<td>(800) 344-SIDA</td>
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<tr>
<td>AIDS English</td>
<td>(800) 342-2437</td>
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<tr>
<td>AIDS Hotlines (English or Spanish)</td>
<td>(800)-CDC-INFO</td>
<td>(800) 232-4636</td>
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<tr>
<td>AIDS Prevention/Tacoma Pierce County Health Dept.</td>
<td>3629 South D St, Tacoma, WA 98418</td>
<td>(253) 798-6500</td>
<td>(800) 992-2456</td>
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<tr>
<td>Hepatitis Information Line</td>
<td>Tacoma/Pierce County Health Dept.</td>
<td>3629 So. D St., Tacoma, WA 98418</td>
<td>(253) 798-3559</td>
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<tr>
<td>People of Color/AIDS Education</td>
<td>2200 Rainier Ave. S., Seattle, WA 98144</td>
<td>(206) 322-7061</td>
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<tr>
<td>Pierce County AIDS Foundation</td>
<td>3009 South 40th St., Tacoma, WA 98409</td>
<td>(253) 383-2565</td>
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<tr>
<td>Point Defiance AIDS Project</td>
<td>535 Dock St., #113, Tacoma, WA 98402</td>
<td>(253) 272-4857</td>
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<tr>
<td>ALCOHOL/CHEMICAL DEPENDENCY</td>
<td>(Treatment, Resources &amp; Education)</td>
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<tr>
<td>Alacoma Club</td>
<td>6507 Mt. Tacoma Dr. SW., Lakewood, WA 98499</td>
<td>(253) 582-3100</td>
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<tr>
<td>Alcoholics Anonymous</td>
<td>3640 S South Cedar St., Suite S, Tacoma, WA 98409</td>
<td>(253) 474-8897</td>
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<tr>
<td>Al-Anon Information Services</td>
<td>P.O. Box 98557, Lakewood, WA 98496-8557</td>
<td>(800) 726-8094</td>
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<tr>
<td>Crossroads Treatment Center</td>
<td>10828 Gravelly Lake Dr. SW., #204, Lakewood, WA 98499</td>
<td>(253) 473-7474</td>
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Metropolitan Development Council (MDC)/The Center
For Substance Abuse Recovery
721 Fawcett Ave., Suite 201, Tacoma, WA 98402
(253) 593-2740

Metropolitan Development Council/
Detoxification Center - Treatment Program
721 Fawcett Ave., Room 100, Tacoma, WA 98402
(253) 593-2413

Narcotics Anonymous
(253) 531-8792

Oxford Houses of Washington State, Chapter 10
(Clean & Sober Housing)
P.O. Box 98317, Tacoma, WA 98632
Fircrest Oxford (Men’s)
1317 West Mount Drive, Fircrest, WA 98466
Freeman Park Oxford (Men’s)
1105 East 54th St., Tacoma, WA 98404
John Harrison Oxford (Men’s)
4022 East G St., Tacoma, WA 98404
Robertson Oxford (Men’s)
1415 East 61st St. Tacoma, WA 98404
Ruston View Oxford (Women’s)
4720 North Huson St., Tacoma, WA 98407
Stewart Heights Oxford (W/C)
1324 East 54th St., Tacoma, WA 98404
Sunset View Oxford (Men’s)
8101 South 19th St., Tacoma, WA 98466
Sunrise Vista Oxford (Men’s)
2703 50th Ave. NE, Tacoma, WA 98422
Tacoma Narrows Oxford (Men’s)
615 North Jackson Ave., Tacoma, WA 98406
(253) 572-4750
(253) 798-4500
(253) 593-0232
(253) 536-5549

Pierce County Alliance
510 Tacoma, Ave. S., Tacoma, WA 98402
(253) 572-4750

Puget Sound Behavioral Health
215 South 36th St., Tacoma WA 98418
(253) 798-4500

Puyallup Tribal Health Authority
2209 East 32nd St... Bldg-3, Tacoma, WA 98404
(253) 593-0232

Western Washington Alcohol Center Inc.
504 112th St. S., Tacoma, WA 98444
See also Sea Mar Community Health Centers
(253) 536-5549

AMERICANS WITH DISABILITIES ACT (ADA)

INFORMATION AND ASSISTANCE: The following agencies and organizations can provide advice and assistance:

Barriers Compliance Board
(800) USA-ABLE

Bates Disability Support Services Office (253) 680-7013
CHILD DEVELOPMENT

Bates Technical College
Child Development/Early Education Program: (253) 680-7500
Prepares students as early learning professionals through formal classroom instruction and daily experience in early childhood programs.

Cooperative Preschools: (253) 680-7500
Provides enriching learning experiences for families and preschoolers under the guidance of Bates Child Studies Instructors.

Child Care Advisory Program: (253) 680-7500
Promotes quality early childhood education and professional development in licensed child care programs.

COUNSELING

Bates Technical College
♦ Downtown Campus (Wed-Fri) (253) 680-7006
1101 South Yakima Avenue, Tacoma, WA 98405
♦ South Campus (Mon-Tue) (253) 680-7440
2201 South 78th St., Tacoma, WA 98409

Confidential Associates, LLC (253) 597-8022
1219 Earnest S. Brazill St., Tacoma, WA 98405

Catholic Community Services/Family Preservation (253) 759-9544
5410 North 44th St., Tacoma, WA 98407-9544
Good Samaritan Mental Health Services  
325 East Pioneer, Puyallup, WA 98372  
(253) 697-8400

Greater Lakes Mental Health  
9330 59th Ave. SW, Lakewood, WA 98499  
(253) 581-7020

HopeSparks - Family Services  
6424 North 9th St., Tacoma, WA 98406-2036  
(253) 565-4484

Lutheran Community Services NW  
(Individual, Marital & Family Counseling)  
223 North Yakima Ave., Tacoma, WA 98403  
(253) 272-8433

Pacific Lutheran University/Marriage & Family Therapy Department/Center  
12108 Pacific Ave. S., Parkland, WA 98444  
(253) 535-8782

United Way of Pierce County  
1501 Pacific Ave., Suite 400, Tacoma, WA 98402  
(253) 272-4263

CRISIS HOTLINES

Acquainted With Grief/Gaffney Funeral Home  
1002 South Yakima Ave., Tacoma, WA 98405  
(Meets every 2nd Wednesday, 2:00)  
(253) 272-5558

Alcoholics Anonymous (AA)  
Alcohol/Drug 24-Hour Helpline  
3640 South Cedar St. S., Tacoma, WA 98409  
(253) 474-8897

Metropolitan Development Council  
721 Fawcett Ave., Tacoma, WA 98402  
(253) 572-2273

Catholic Community Services/Family Preservation  
5410 North 44th St., Tacoma, WA 98407-9544  
(253) 759-9544

Confidential Associates, LLC  
1219 Earnest S. Brazill St., Tacoma, WA 98405  
(253) 597-8022

Care Net Pregnancy and Family Services of Puget Sound  
♦ 1924 South Cedar St. B, Tacoma, WA 98405  
(253) 383-2988

♦ 10828 Gravelly Lake Dr. SW, Suite 101  
Lakewood, WA 98499  
(253) 984-6222

♦ 11102 Sunrise Blvd. E., Suite 107  
Puyallup, WA 98374  
(253) 770-8697

Crystal Judson Family Justice Center  
718 Court East Tacoma, WA 98402  
(253) 798-4166

Crisis Suicide Hotline  
(800) 576-7764

Domestic Violence Hotline  
(800) 562-6025

Bates Disability Support Services Office (253) 680-7013
Family Helpline
(800) 932-4673

Gig Harbor Counseling Center
(253) 851-2552
(Outpatient Chemical Dependency Treatment)
5122 Olympic Dr. NW, a105, Gig Harbor, WA 98335

Insurance Commissioner Hotline
(800) 562-6900
5000 Capitol Blvd. SE, Olympia, WA 98512
P.O. Box 40256, Olympia, WA 98504-4326

Low Income Housing Hotline of Washington
(800) 767-4663
1000 Second Ave., Seattle, WA 98104

Lutheran Community Services NW
(253) 272-8433
(Individual, Marital & Family Counseling)

National Runaway Safeline
(800) 786-2929
3141 North Lincoln Ave., Chicago, IL 60657
(773) 880-9860

Olalla Recovery Center
(253) 857-6201
(Inpatient Chemical Dependency Treatment, Intervention & Aftercare)
12850 Lala Cove Ln. SE, Olalla, WA 98359

Safe Place/Gateways to Youth and Families:
Gateways Foundation LLC
(253) 383-4361
3501 104th St. E., Tacoma, WA 98446

Sexual Assault 24-Hour Crisis Line:
(800) 756-RAPE

Rebuilding Hope, the Sexual Assault Center of Pierce County
(253) 474-7273
101 East 26th St. #200, Tacoma, WA 98421

United Way Help Line
(253) 272-4263

Voter Information:
Elections Division
(800) 448-4881
520 Union St., Olympia, WA 98504-0229
(360) 902-4180

YWCA Women’s Support Shelter
(253) 383-2593
405 Broadway, Tacoma, WA 98402

Bates Disability Support Services Office (253) 680-7013
## DENTAL SERVICES

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<th>Service</th>
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<tbody>
<tr>
<td>Bates Dental Clinic</td>
<td>(253) 680-7310</td>
</tr>
<tr>
<td>1101 South Yakima Ave., Room E202A, Tacoma, WA 98405</td>
<td></td>
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<tr>
<td>Bates Denture Clinic</td>
<td>(253) 680-7314</td>
</tr>
<tr>
<td>1101 South Yakima Ave., Room M231, Tacoma, WA 98405</td>
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<tr>
<td>Bright Now Dental</td>
<td>(253) 475-7500</td>
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<tr>
<td>4545 South Union Ave., Tacoma, WA 98409</td>
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<tr>
<td>Clover Park Dental Clinic</td>
<td>(253) 589-5800</td>
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<tr>
<td>4500 Steilacoom Blvd. SW, Lakewood, WA 98499-4098</td>
<td></td>
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<tr>
<td>Community Health Care Children’s Dental Clinic</td>
<td>(253) 589-7030</td>
</tr>
<tr>
<td>10510 Gravelly Lake Drive SW, Lakewood, WA 98499</td>
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<tr>
<td>Dentist Referral Service</td>
<td>(800) DENTIST</td>
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<tr>
<td>Dental Services of Washington</td>
<td>(253) 584-8840</td>
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<tr>
<td>10518 South Tacoma Way, Suite B, Tacoma, WA 98499</td>
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<tr>
<td>Milgard Community Family Dental Clinic</td>
<td>(253) 572-7002</td>
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<tr>
<td>1708 East 44th St., Tacoma, WA 98404</td>
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<tr>
<td>Northwest Dental Center</td>
<td>(253) 383-3001</td>
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<tr>
<td>725 St. Helens Ave., Tacoma, WA 98402</td>
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<tr>
<td>Pierce College Dental Hygiene Clinic</td>
<td>(253) 964-6694</td>
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<tr>
<td>Sea Mar Dental Clinic (Spanish/English)</td>
<td>(253) 280-9840</td>
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<tr>
<td>1215 South 11th St., Tacoma, WA 98405</td>
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<tr>
<td>1112 South Cushman Ave., Tacoma, WA 98405</td>
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<tr>
<td>Tacoma Dental Center</td>
<td>(253) 627-5707</td>
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<tr>
<td>2617 Sixth Avenue, Tacoma, WA 98406</td>
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<tr>
<td>Tacoma/Pierce County Health Department</td>
<td>(253) 798-6500</td>
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<tr>
<td>3629 South D St., Tacoma, WA 98418</td>
<td>Oral Health Hotline</td>
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<td>(253) 798-6044</td>
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<td>FAX</td>
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<td>(253) 798-6027</td>
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## DISABILITY SERVICES

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<tr>
<td>Blind Services Department</td>
<td>(253) 597-4417</td>
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<tr>
<td>949 Market St., Suite 508, Tacoma, WA 98402</td>
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<tr>
<td>Disabled American Veterans</td>
<td>(253) 752-2970</td>
</tr>
<tr>
<td>1110 North Stevens St., Tacoma, WA 98406</td>
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<tr>
<td>Disability Rights Washington</td>
<td>(800) 562-2702</td>
</tr>
<tr>
<td>315 5th Ave. S., Suite 850, Seattle, WA 98104</td>
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<tr>
<td>Division of Vocational Rehabilitation (DSHS)</td>
<td>(206) 324-1521</td>
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<td>(253) 983-6500</td>
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Bates Disability Support Services Office (253) 680-7013
1949 South State St., Tacoma, WA 98405

Disability/Aging Resource Center: (253) 798-4400
Pierce Aging & Long Term Care 1305 Tacoma Ave. S., Ste. #104, Tacoma, WA 98402
HopeSparks Tacoma Children’s Developmental Services Office (253) 565-4887
6316 South 12th St., Tacoma, WA 98465 FAX (253) 565-2983
Parking Permits (Acquisition):
Pierce County Department of Human Services/Aging & Disability Resource Center (253) 798-4600
Pierce/King Cabulance Service (800) 562-0332
3101 South 36th St., Tacoma, WA 98409
Social Security Administration (800) 772-1213
2608 South 47th St., Suite A, Tacoma, WA 98409
Tacoma Area Coalition of Individuals W/Disabilities (253) 565-9000
6315 South 19th St., Tacoma, WA 98466 TTY (253) 565-3486
Tacoma Goodwill Industries (253) 573-6500
714 South 27th St., Tacoma, WA 98409
Vadis (253) 863-5173
1701 Elm St. E., Sumner, WA 98390
Washington Pave (800) 572-7368
6316 South 12th St., Tacoma, WA 98465 V/TTY (253) 565-2266
Washington Talking Book & Braille Library (206) 615-0400
2021 9th Ave., Seattle, WA 98121 (Msg.) (800) 542-0866
Washington TDD Relay Services (800) 833-6384
V/TTY (877) 551-3323

DOCTORS

Referral & Appointment Service:
CHC Franciscan Health (888)-825-3227
Choose from over 1300 Physicians of every specialty.
Appointments are made while you’re on the phone.
General Dentist Nurse Midwives
Podiatrists Chemical Dependency Services Care
Counselors (within 48 hours)
Psychologists

DOMESTIC VIOLENCE

City of Tacoma Family Renewal Shelter: (253) 475-9010

Bates Disability Support Services Office (253) 680-7013
6832 Pacific Ave., Tacoma, WA  98408
is one of only two domestic violence shelters
and the only confidential domestic violence
shelter for battered women and children in
Pierce County. We offer shelter, counseling, support
Groups, legal advocacy, job referral, supplying food,
clothing, and some furniture to victims of domestic
abuse and violence.

Pierce County Domestic Violence Helpline: (253) 798-4166
Crystal Judson Family Justice Center TTY (253) 798-6050
718 Court “E”, Tacoma, WA 98402
YWCA Women’s Support Shelter (253) 383-2593
405 Broadway, Tacoma, WA  98402

EMERGENCIES

<table>
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<tr>
<td>Pierce County Crisis Line TTY 711</td>
<td>(800) 576-7764</td>
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<tr>
<td>Police/Fire</td>
<td>911</td>
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<tr>
<td>Sexual Assault Crisis Center</td>
<td>(800)-756-7273</td>
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<td>(253) 474-7273</td>
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EMPLOYMENT

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<tr>
<td>Bates Technical College Job Service Center</td>
<td>(253) 680-7240</td>
</tr>
<tr>
<td>1101 South Yakima Ave., Tacoma, WA 98405</td>
<td></td>
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<tr>
<td>Tacoma/Pierce County Employment &amp; Training</td>
<td>(253) 472-8094</td>
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<tr>
<td>Consortium (Workforce Central)</td>
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<tr>
<td>3640 South Cedar St., Suite E, Tacoma, WA 98409</td>
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<tr>
<td>Tacoma Community House</td>
<td>(253) 383-3951</td>
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<tr>
<td>1314 South L St., Tacoma, WA 98405</td>
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<tr>
<td>Youth Employment:</td>
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<tr>
<td>*Youth Building Tacoma</td>
<td>(253) 593-7331</td>
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<tr>
<td>*YouthBuild (Tacoma Goodwill REACH Center)</td>
<td>(253) 573-6819</td>
</tr>
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<td>(253) 573-6590</td>
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<tr>
<td>*YouthBuild Tacoma (WorkSource)</td>
<td>(253) 593-7363</td>
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<tr>
<td>WorkSource Pierce</td>
<td>(253) 593-7300</td>
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<tr>
<td>1305 Tacoma Avenue S., Tacoma, WA 98402</td>
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ENGLISH AS A SECOND LANGUAGE

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<tbody>
<tr>
<td>Bates Technical College Adult Education Office</td>
<td>(253) 680-7276</td>
</tr>
</tbody>
</table>
(For Limited English-Speaking Adults)

**Tacoma Community House**  
1314 South L St., Tacoma, WA 98405  
(253) 383-3951

## FOOD/CLOTHING/OTHER SERVICES

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All Saints Community Services</strong></td>
<td>204 Sixth Ave. SW, Puyallup, WA 98371</td>
</tr>
<tr>
<td><strong>American Red Cross</strong></td>
<td>1235 South Tacoma Way, Tacoma, WA 98409</td>
</tr>
<tr>
<td><strong>Emergency Food Network (Referrals to Food Banks)</strong></td>
<td>3318 92nd St. S., Tacoma, WA 98499</td>
</tr>
<tr>
<td><strong>Nourish Pierce County</strong></td>
<td>1702 South 72nd St., Suite E, Tacoma, WA 98408</td>
</tr>
<tr>
<td><strong>Food Connection</strong></td>
<td>1323 South Yakima Ave., Tacoma, WA 98405</td>
</tr>
<tr>
<td><strong>Food Stamp Program – WA State DSHS (call center):</strong></td>
<td></td>
</tr>
</tbody>
</table>
- **Pierce North – 1st Floor**  
  1949 South State St., Tacoma, WA 98405 | (877) 501-2233 |
- **Pierce South**  
  1301 E. 72nd St., Tacoma, WA | (877) 501-2233 |
- **Pierce–Puyallup** | (877) 501-2233 |
| **Good Shepherd Lutheran (open to anyone)** | 140 East 56th St., Tacoma, WA 98404 | (253) 473-4848 |
| **Dinner - Tuesdays at 6pm** |  
- Light breakfast - 8:30am; Lunch - 11:30am–1:30pm M-F | |
| **Hospitality Kitchen** | 1323 South Yakima Ave., Tacoma, WA 98405 | (253) 502-2695 |
| **Salvation Army Family Services** | 1501 Sixth Ave., Tacoma, WA 98405 | (253) 572-8452 |
| **Salvation Army Food Bank & Clothing Bank** | 1501 Sixth Ave., Tacoma, WA 98405 | (253) 572-8452 |
| **Tacoma Adventist Community Services** | 3108 Portland Ave. E., Tacoma, WA 98404 | (253) 272-8289 |
| **St. Leo’s Church** | 710 South 13th St., Tacoma, WA 98405 | (253) 272-5136 |
| (Can supply furniture for zip codes 98402 & 98405 only) |  
- Breakfast - 6:30am – 7:30am daily | |
| **Tacoma Rescue Mission** | 425 South Tacoma Way, Tacoma, WA 98402 | (253) 383-4493 |

Bates Disability Support Services Office (253) 680-7013
Dinner - 5:00pm – 6:00pm daily

Trinity Presbyterian Church  
1615 Sixth Avenue, Tacoma, WA  98405  (253) 272-8819

HOSPITALS & CLINICS

Allenmore Hospital (MultiCare)  
1901 South Union Ave., Tacoma, WA  98405  (253) 459-6633

Good Samaritan Hospital (MultiCare)  
401 15th Ave. SE., Puyallup, WA  98372  (253) 697-4000

Mary Bridge Children’s Hospital (MultiCare)  
317 M.L.K. Jr. Way, Tacoma, WA  98403  (253) 403-1400

Sea Mar Tillicum Medical Clinic  
14916 Washington Ave SW, Lakewood, WA  98498  (253) 280-9890

St. Clare Hospital  
11315 Bridgeport Way SW, Lakewood, WA  98499  (253) 985-1711

St. Joseph Medical Center (CHI Franciscan)  
1717 South J St., Tacoma, WA  98405  (253) 426-4101

Tacoma General Hospital (MultiCare)  
315 M.L.K. Jr. Way, Tacoma, WA  98405  (253) 403-1000

VA Puget Sound Medical Division Hospital:  
American Lake Veterans Administration Medical Center  
9600 Veterans Drive SW, Tacoma, WA  98493  (253) 582-8440

HOUSING

Associated Ministries Housing Advocate  
901 South 13th St., Tacoma, WA  98405  (253) 682-3401

Faith Homes-Teen Housing Consortium  
3519 South 30th St., Tacoma, WA  98409  (253) 572-0458  Ext. 23  
(Jump-Start, Transitional Housing for Single Women, & their children ages 16-25)

Family Housing Network  
5050 South Tacoma Way, Tacoma, WA  98409  (253) 471-5340

Helping Hand House  
4321 2nd St. SW, Puyallup, WA  98373  (253) 848-6096  
P.O. Box 710, Puyallup, WA  98371  
(Transitional housing for low-income & homeless families)

Hope Guest House  
915 South 7th St., Tacoma, WA  98405  (253) 627-3620
(For women with physical & mental health challenges & on SSI or SSA)

**Jefferson Square**
2336 Jefferson Ave., Tacoma, WA 98402
*(For homeless or low-income individuals who have a case manager and are clean and sober)*

**Metropolitan Development Council Housing**
721 Fawcett Ave., Rm. 204, Tacoma, WA 98402  **FAX**

**Oxford Houses of Washington State, Chapter 10**
P.O. Box 98317, Tacoma, WA 98632
*(Clean & Sober Housing)*

**Fircrest Oxford (Men’s)**
1317 West Mount Drive, Fircrest, WA 98466

**Freeman Park Oxford (Men’s)**
1105 East 54th St., Tacoma, WA 98404

**John Harrison Oxford (Men’s)**
4022 East G St., Tacoma, WA 98404

**Robertson Oxford (Men’s)**
1415 East 61st St. Tacoma, WA 98404

**Ruston View Oxford (Women’s)**
4720 North Huson St., Tacoma, WA 98407

**Stewart Heights Oxford (W/C)**
1324 East 54th St., Tacoma, WA 98404

**Sunset View Oxford (Men’s)**
8101 South 19th St., Tacoma, WA 98466

**Sunrise Vista Oxford (Men’s)**
2703 50th Ave. NE, Tacoma, WA 98422

**Tacoma Narrows Oxford (Men’s)**
615 North Jackson Ave., Tacoma, WA 98406

**Pierce County Housing Authority**
603 Polk St. S., Tacoma, WA 98444

**Salvation Army Family Lodge**
1521 Sixth Ave. S., Tacoma, WA 98405

**Shared Housing Services**
901 South 11th St., Tacoma, WA 98405

**TACID Housing & Employment Specialist**
6315 South 19th St., Tacoma, WA 98466  **Ext. 25**

**Tacoma Rescue Mission**
425 South Tacoma Way, Tacoma, WA 98402

**Tacoma Housing Authority**
902 South L St., Tacoma, WA 98405

**Three Cedars Aids Housing Association of Tacoma**

*Bates Disability Support Services Office (253) 680-7013*
Bates Disability Support Services Office  (253) 680-7013

301 North L St., Tacoma, WA  98403

U.S. Department of Housing & Urban Development (HUD)  (206) 220-5101
909 First Ave., Suite 200, Seattle, WA  98104

Washington Low Income Housing Alliance  (206) 442-9455
1411 Fourth Ave., Suite 1525, Seattle, WA 98101  FAX  (206) 467-4522
Washington Low Income Housing Network  (206) 442-9455
1000 8th Ave., Suite 105, Seattle, WA  98104

Young Women’s Christian Association (YWCA)  (253) 272-4181
405 Broadway, Tacoma, WA  98405
(For domestic violence situations only)

LEGAL

Lawyer Referral Services:
Tacoma/Pierce County Bar Association  (253) 383-3432
620 Tacoma Ave. S., Suite 403, Tacoma, WA  98405
(No walk-ins – referrals by phone only)
Volunteer Legal Services (for low-income individuals)  (253) 572-5134

MEDICAL/HEALTH CARE

AIDS/HIV Clinic:
Sea Mar Tacoma Medical Clinic  (253) 593-2144
1112 South Cushman Ave., Tacoma, WA  98405

Community Health Care Hilltop Regional Health Center  (253) 597-3813
1202 M.L.K. Jr. Way, Tacoma, WA  98405

Diabetes Association of Pierce County  (253) 272-5134
P.O. Box 110427, Tacoma, WA 98411

Center for Diabetes Education (MultiCare):
♦ Information Line for Tacoma/Gig Harbor/Lakewood  (253) 403-1726
♦ Information Line for Mary Bridge Children’s Hospital  (253) 403-3131
♦ Information Line for Puyallup  (253) 697-1356
Ext. 3
♦ Information Line for South King County  (253) 372-7010
Ext. 2

Eye Care America  (877) 887-6327
FAX  (415) 561-8567

Family Hearing Care Inc. (affordable hearing aids)  (253) 503-2851
4506 South G St., Tacoma, WA 98418-6641  FAX  (253) 503-5476

Gift of Sight Program  
(Contact any local LensCrafter’s store for details of the program)

Neighborhood Clinic (must have no insurance)  (253) 627-6353
1323 South Yakima Ave., Tacoma, WA  98405
Open Mondays & Thursdays, 5-8 pm ONLY

Pierce County Medical Society (doctor referrals)  (253) 572-3667

Bates Disability Support Services Office  (253) 680-7013
MENTAL HEALTH

**Acquainted With Grief**
1002 South Yakima Ave., Tacoma, WA 98405
(Meets every 2nd Wednesday, 2:00)
(253) 272-5558

**Catholic Community Services, The Counseling Center**
1323 South Yakima Ave., Tacoma, WA 98405
(253) 502-2696

**Catholic Community Services - Family Preservation**
5410 North 44th St., Tacoma, WA 98407
(253) 759-9544

**Comprehensive Life Resources**

- 1201 South Proctor St., Tacoma, WA 98405
- 1305 Tacoma Avenue S., Suite 305, Tacoma, WA 98402
(253) 396-5800

**Greater Lakes Mental Health Center**
9330 – 59th Ave. S.W., Lakewood, WA 98499
(Crisis Line)
(253) 581-7020
(253) 584-8933

**HopeSparks**
6424 N. 9th St., Tacoma, WA 98406
(253) 565-4484

**Lutheran Community Services**
223 N. Yakima Ave., Tacoma, WA 98403
(253) 272-8433

**MultiCare Behavioral Health**

- 2201 South 19th St., Tacoma, WA 98405
  (New Clients)
  (Toll Free)
  (888) 445-8120
- 325 East Pioneer, Puyallup, WA 98372
  (Information)
  (253) 697-8400

**Pacific Lutheran University (Couple & Marriage Counseling)**
(253) 535-8782

Bates Disability Support Services Office (253) 680-7013
PARENTING

Bates Technical College:
Home & Family Life (253) 680-7500
(Excellent resource for parents)

Parent Cooperative PreSchool (253) 680-7500
(Provide enriching learning experiences for preschoolers and parents under the guidance of Bates Parent Education Coordinators.)

Daycare Advisory Program (253) 680-7500
(Designed to promote quality early childhood education and provide for parent education in child care centers.)

Childbirth Education (253) 680-7500
( Offering a complete selection of parent preparation classes: Modified Lamaze classes on weeknights or weekends, teen pregnancy classes, and massage classes for pregnant couples. The program also has career training seminars for childbirth educators, birth doulas, and postpartum doulas. Classes are co-sponsored by the Childbirth Education Assn.)

Parent-Infant/Toddler Programs (253) 680-7500
(Explore parenting and child development issues. Enjoy enriching activities (including music and creative arts) with your child. (Infants to 2½ years old.)

Care Net Pregnancy and Family Services (Parenting classes)
♦ 1924 South Cedar St. b, Tacoma, WA 98405 (253) 383-2988
♦ 10828 Gravelly Lake Dr. SW, Ste. 101, Lakewood, WA 98499 (253) 984-6222
♦ 2727 Hollycroft St. #130, Gig Harbor, WA 98335 (253) 858-5585

PREGNANCY

Childbirth Education (253) 680-7500
(Complete selection of parent preparation classes: Prepared Childbirth, Life with Newborn, Teenage Pregnancy, and Relinquishing. Classes are co-sponsored with the Childbirth Education Association. A training program for Lamaze instructor certification is also available.)

Care Net Pregnancy and Family Services (253) 383-2988
♦ 1924 South Cedar St. b, Tacoma, WA 98405 (253) 984-6222
♦ 2727 Hollycroft St. #130, Gig Harbor, WA 98335 (253) 858-5585

Easter Seals of Washington (206) 281-5700
RECREATION

Boys & Girls Clubs of South Puget Sound
3875 South 66th St., Ste. 101, Tacoma, WA 98409  FAX
(253) 502-4600  (253) 336-2055

Metropolitan Park District
4702 South 19th St., Tacoma, WA 98405
(253) 305-1022

Portland Avenue Community Center
3513 Portland Ave. E., Tacoma, WA 98404
(253) 591-5391

South Park Community Center
4851 South Tacoma Way, Tacoma, WA 98409
(253) 591-5299

Steilacoom Community Center
2301 Worthington St., Steilacoom, WA 98388
(253) 581-1076

Tacoma Little Theater
210 North I St., Tacoma, WA 98403
(253) 272-2281

Young Men’s Christian Association (YMCA)
♦ Morgan Branch (Family)
1002 South Pearl St., Tacoma, WA 98465
(253) 564-9622

♦ Lakewood Branch (Family)
9715 Lakewood Dr. SW, Lakewood, WA 98499
(253) 584-9622

♦ Tacoma Center Branch (Family)
1144 Market St., Tacoma, WA 98402
(253) 597-6444

♦ Mel Korum Branch (Family)
302 43rd Ave. SE, Puyallup, WA 98374
(253) 841-9622

♦ Gordon Branch (Family)
16101 64th St. E., Sumner, WA 98390
(253) 826-9622

TRANSPORTATION

Tacoma Yellow Cab
3101 South 36th St., Tacoma, WA 98409
(253) 475-4205

Pierce Transit
3701 96th St. SW, Lakewood, WA 98496-0070
(253) 581-8000

Pierce Transit Shuttle
(253) 581-8000

Bates Disability Support Services Office  (253) 680-7013
## UTILITIES

<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department of Public Utilities</td>
<td>3628 South 35th St., Tacoma, WA 98409</td>
<td>(253) 502-8600</td>
</tr>
<tr>
<td>Metropolitan Development Council (MDC)/Energy Assistance</td>
<td>721 Fawcett Avenue, Rm. 204, Tacoma, WA 98402</td>
<td>(253) 572-5557</td>
</tr>
<tr>
<td>Pierce County Action Agency/Energy Assistance</td>
<td>8811 South Tacoma Way, Lakewood, WA 98499</td>
<td>(253) 798-3800</td>
</tr>
<tr>
<td>Pierce County Human Services Department/Community Action Program - Energy Assistance</td>
<td></td>
<td>(253) 798-7240 Ext. 1</td>
</tr>
<tr>
<td>Pierce County Veterans Bureau</td>
<td>925 Tacoma Ave. S., Suite B, Tacoma, WA 98402</td>
<td>(253) 798-7449</td>
</tr>
<tr>
<td>Salvation Army</td>
<td>1501 6th Ave., Tacoma, WA 98405</td>
<td>(253) 572-8452</td>
</tr>
<tr>
<td></td>
<td>P.O. Box 1254, Tacoma, WA 98401</td>
<td></td>
</tr>
<tr>
<td>South Sound Outreach Services</td>
<td>1106 M.L.K. Jr. Way, Tacoma, WA 98405-4152</td>
<td>(253) 593-2111</td>
</tr>
</tbody>
</table>

## VETERAN’S INFORMATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Legion (visit <a href="http://www.legion.org">www.legion.org</a> for directory of services)</td>
<td></td>
<td>(317) 630-1200</td>
</tr>
<tr>
<td>(Local Branches)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>♦ 11204 Park Ave. S., Tacoma, WA 98444</td>
<td></td>
<td>(253) 536-6999</td>
</tr>
<tr>
<td>♦ Pacific Lanes, Tacoma, WA 98408</td>
<td></td>
<td>(253) 475-4970</td>
</tr>
<tr>
<td>♦ 9315 Gravelly Lake Dr. SW, Ste. 112, Lakewood, WA 98499</td>
<td></td>
<td>(253) 589-0187</td>
</tr>
<tr>
<td>♦ 7515 Cirque Dr. W., University Place, WA 98467</td>
<td></td>
<td>(253) 460-1105</td>
</tr>
<tr>
<td>AMVETS Post 1 Service Office</td>
<td>5717 South Tyler St., Tacoma, WA 98409</td>
<td>(253) 472-1966</td>
</tr>
<tr>
<td>Claims Inquiry</td>
<td></td>
<td>(253) 472-2552</td>
</tr>
<tr>
<td>Department of Labor &amp; Industries (DOL/VETS)</td>
<td></td>
<td>(360) 902-5800</td>
</tr>
<tr>
<td>Switchboard</td>
<td></td>
<td></td>
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<tr>
<td>Contact: James Arrington</td>
<td></td>
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</tr>
<tr>
<td>Department of Veteran’s Affairs, Vocational Rehabilitation</td>
<td></td>
<td>(800) 827-1000</td>
</tr>
<tr>
<td>Fort Lewis, WA 98433</td>
<td></td>
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</tr>
<tr>
<td>Disabled American Veterans #18</td>
<td>5604 75th St. W., Tacoma, WA 98499</td>
<td>(253) 472-4680</td>
</tr>
<tr>
<td>Military Severely Injured Center (MSIC), Dept. of</td>
<td></td>
<td>(800) 336-9782</td>
</tr>
<tr>
<td>Northwest Paralyzed Veterans of America</td>
<td>616 S.W. 152nd St., Suite B, Burien, WA 98166 FAX</td>
<td>(206) 241-1843</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(206) 433-0749</td>
</tr>
<tr>
<td>Northwest Veteran (publisher of The Ranger &amp; Weekly Volcano)</td>
<td></td>
<td>(253) 584-1212</td>
</tr>
</tbody>
</table>
Pierce County Veterans Bureau
925 Tacoma Ave. S., Suite B, Tacoma, WA 98402  (253) 798-7449

Tacoma Vet Center
4916 Center St., Suite E, Tacoma, WA 98409  FAX  (253) 565-7038  (253) 254-0079

<table>
<thead>
<tr>
<th>TOLL-FREE HOTLINE NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address Confidentiality Program ..................................................</td>
</tr>
<tr>
<td>Adult Abuse – End Harm .................................................................</td>
</tr>
<tr>
<td>Adoption Support Services (DSHS) ..................................................</td>
</tr>
<tr>
<td>Aviation Division (DOT) .................................................................</td>
</tr>
<tr>
<td>Aging and Long-Term Support Administration (DSHS) .................</td>
</tr>
</tbody>
</table>

Aging & Disability Resources (Pierce County Human Services) ...... | 1-800-562-0332 |
AIDS/HIV Information Hotline (DOH) .................................................. | 1-800-272-2437 |
Alzheimer's Association ................................................................. | 1-800-848-7097 |
Alzheimer's Resource Center ............................................................ | 1-800-562-0332 |
Alcohol & Drug Hotline ................................................................. | 1-866-684-6303 |
Alcohol & Tobacco Complaints ....................................................... | 1-800-800-3855 |
American Cancer Society (Seattle office) ........................................ | 1-800-729-1151 |
American Cancer Society (National) ................................................ | 1-800-227-2345 |
American Lung Association ............................................................. | 1-800-732-9339 |
Attorney General (Consumer Protection) ........................................... | 1-800-551-4636 |
Beach Closures – Shellfish Toxins (DOH) ......................................... | 1-800-562-5632 |
Blind Services Hotline ................................................................. | 1-800-552-7103 |
Blind Book & Braille Library .......................................................... | 1-800-542-0866 |
Business Assistance Hotline ........................................................... | 1-800-237-1233 |
Cancer Information (National Cancer Institute) ......................... | 1-800-422-6237 |
Charitable Solicitation Information (Secy. of State Corp. Div.) .... | 1-800-332-4483 |
Child Find of America ................................................................. | 1-800-426-5678 |
Children or Families at Risk (Children’s Administration) .......... | 1-800-562-5624 |
Children’s Services (DSHS) ............................................................. | 1-800-562-5624 |
Child Support Enforcement (Washington State) ......................... | 1-800-729-7580 |
Civil Rights Hotline ................................................................. | 1-800-368-1019 |
Civil Rights Hotline (National) .................................................... | 1-800-421-3481 |
Client Relations Hotline (L&I) ...................................................... | 1-800-547-8367 |
Community Action Programs, Pierce County .................................. | 1-800-562-0336 |
Constituent Services (DSHS) ........................................................... | 1-800-737-0617 |
Contractor Complaints, Consumer Check (L&I) ......................... | 1-888-811-5974 |
Consumer Advocacy & Outreach (WA State Office of Ins. Comm.) .... | 1-800-562-6900 |
Crime Victim’s Advocacy (WA State Dept. of Commerce) .......... | 1-800-822-1067 |
Deaf TDD/TTY Relay Services ....................................................... | 1-800-833-6384 |
Disability Advocacy & Protection System .................................. | 1-800-562-2702 |
Disability CLEAR ........................................................................... | 1-888-201-1014 |

(Coordinated Legal Education, Advice and Referral)

Bates Disability Support Services Office (253) 680-7013
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disability Hotline (Information on Americans with Disabilities Act)</td>
<td>1-800-949-4232</td>
</tr>
<tr>
<td>Disability Insurance Benefits (DSHS)</td>
<td>1-800-562-6074</td>
</tr>
<tr>
<td>Disability Rights Washington</td>
<td>1-800-562-2702</td>
</tr>
<tr>
<td>Department of Licensing</td>
<td><a href="http://www.wa.gov/dol">www.wa.gov/dol</a></td>
</tr>
<tr>
<td>Domestic Violence Hotline (Family Justice Ctr.-Pierce County)</td>
<td>1-800-764-2420</td>
</tr>
<tr>
<td>Drinking Water Emergencies</td>
<td>1-877-481-4901</td>
</tr>
<tr>
<td><strong>TOLL-FREE HOTLINE NUMBERS</strong></td>
<td></td>
</tr>
<tr>
<td>(Cont.)</td>
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<tr>
<td>Emergency Management Division (Military Dept., Camp Murray)</td>
<td>1-800-562-6108</td>
</tr>
<tr>
<td>Emergency Medical &amp; Trauma Prevention</td>
<td>1-800-525-0127</td>
</tr>
<tr>
<td>Emergency Services (24 hrs, search &amp; rescue, forest fires, hazardous materials)</td>
<td>1-800-258-5990</td>
</tr>
<tr>
<td>Emission Control (Ecology)</td>
<td>1-800-272-3780</td>
</tr>
<tr>
<td>Energy Ideas Clearinghouse (for businesses)</td>
<td>1-800-363-3732</td>
</tr>
<tr>
<td>(Energy Efficiency and Renewable Energy Clearinghouse)</td>
<td></td>
</tr>
<tr>
<td>Family &amp; Children’s Ombudsman</td>
<td>1-800-571-7321</td>
</tr>
<tr>
<td>Federal Emergency Management Agency (FEMA), at Camp Murray</td>
<td>1-800-562-6108</td>
</tr>
<tr>
<td>Gypsy Moth Information Line</td>
<td>1-800-443-MOTH</td>
</tr>
<tr>
<td>Hazardous Substances (WA State Department of Ecology)</td>
<td>1-800-633-7585</td>
</tr>
<tr>
<td>Hazardous Waste Spills Hotline</td>
<td>1-800-258-5990</td>
</tr>
<tr>
<td>Health Consumer Assistance</td>
<td>1-800-525-0127</td>
</tr>
<tr>
<td>Health Facilities &amp; Service Complaints</td>
<td>1-800-633-6828</td>
</tr>
<tr>
<td>Hospital/Home Health Care Agency Complaints</td>
<td>1-800-633-6828</td>
</tr>
<tr>
<td>Human Rights Commission</td>
<td>1-800-233-3247</td>
</tr>
<tr>
<td>Information, State Department of Information Systems</td>
<td>1-800-321-2808</td>
</tr>
<tr>
<td>Insurance Claims, Office of the Insurance Commissioner (Consumer Protection)</td>
<td>1-800-562-6900</td>
</tr>
<tr>
<td>Internal Revenue Service</td>
<td>1-800-829-1040</td>
</tr>
<tr>
<td>Labor &amp; Industries General Information &amp; Claims</td>
<td>1-800-547-8367</td>
</tr>
<tr>
<td>Labor &amp; Industries Fraud Line</td>
<td>1-888-811-5974</td>
</tr>
<tr>
<td>Legislative Hotline</td>
<td>1-800-562-6000</td>
</tr>
<tr>
<td>Long-Term Care Ombudsman</td>
<td>1-800-562-6028</td>
</tr>
<tr>
<td>Low-Interest Home Loans &amp; Down Payment Assistance</td>
<td>1-800-767-4663</td>
</tr>
<tr>
<td>Medicaid Information (DSHS)</td>
<td>1-800-562-3022</td>
</tr>
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<td>Medicare Information</td>
<td>1-800-633-4227</td>
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<td>Medicare Complaint Hotline</td>
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<td>Mental Health, Pierce County RSN &amp; Ombudsman Serv</td>
<td>1-800-531-0508</td>
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Bates Disability Support Services Office (253) 680-7013
Mental Health Crisis Line (24-hour service) .......................... 1-800-576-7764
Missing Children Clearinghouse (WA State Patrol) ................ 1-800-543-5678
Natural Resources, Department of ........................................ 1-800-527-3305
Nursing Home, Boarding Home, Adult Family Home Complaints
   (Residential Care Services) ........................................... 1-800-562-6078
Nursing Home Ombudsman (consumer advocacy) ...................... 1-800-562-6028
Paratransit (Medicaid recipients) ......................................... 1-800-925-5438
Park Reservations, Washington State Parks ............................ 1-800-833-6384

TOLL-FREE HOTLINE NUMBERS
(Cont.)

Pass-Mountain Reports (Out-of-state travelers) ...................... 1-800-695-7623
Pierce County Council ..................................................... 1-800-992-2456
Pierce County Sheriff (dispatcher) ...................................... 1-800-562-9800
Poison Information Center ................................................ 1-800-222-1222
Protection & Advocacy System (DSHS) ............................... 1-800-562-2702
Public Disclosure Commission (PDC) ................................. 1-877-601-2828
Puget Sound Air Pollution Control ..................................... 1-800-552-3565
Recycling Hotline (Ecology) ............................................ 1-800-732-9253
Red Tide Hotline ............................................................. 1-800-562-5632
Retirement System Planning ............................................ 1-888-711-6676
Revenue, Department of .................................................. 1-800-647-7706
Senior Info. and Assist. (Tacoma-Pierce County Human Services) ... seniors@cityoftacoma.org

Sexual Assault Center of Pierce County ............................... 1-800-756-7273
Social Security Administration ........................................... 1-800-772-1213
Sound Transit Services (Accessibility) ................................ 1-800-201-4900
Summer Food Hotline for Hungry Kids ............................... 1-866-348-6479
Support Enforcement (WA State Division of Child Support) ...... 1-800-729-7580
Tacoma/Pierce County United Way Help Line ........................ 1-800-572-4357
Tourist Information Hotline ............................................. 1-800-272-2662
Toxic Chemical and Oil Spills (National Resource Center) ...... 1-800-424-8802
Unclaimed Property, Department of Revenue ........................ 1-800-435-2429
Underground Storage Tanks (Ecology) ................................ 1-800-826-7716
Utilities and Transportation Commission (UTC) .................... 1-800-562-6150
Veterans Affairs, Washington State .................................... 1-800-562-2308
Veterans Affairs, Washington D.C. ................................... 1-800-827-1000
Veterans, Crisis Line. ..................................................... 1-800-273-8255
   (Press Ext 1)
Volunteer Chore Services, Catholic Comm. Services............... 1-800-372-3697
Voter Information ......................................................... 1-800-448-4881
Water Works Operator Certification Program ....................... 1-800-525-2536
WIC (Women/Infant/Child) Services ................................... 1-800-841-1410
Workers’ Compensation Claims (L&I) ................................ 1-800-547-8367

Bates Disability Support Services Office (253) 680-7013
### WEB SITES

#### Achieving Personal Fitness & Health
- Department of Health  
  [www.dhhs.gov/](http://www.dhhs.gov/)
- Physical Activity and Health  
  [www.edc.gov](http://www.edc.gov)
- Healthwise  
  [www.cc.columbia.edu](http://www.cc.columbia.edu)
- Safer Sex  
  [https://www.healthysexuals.com](https://www.healthysexuals.com)

#### Achieving Wellness
- National Institute of Mental Health  
- Taking Charge of Your Health  
  [www.healthfinder.gov](http://www.healthfinder.gov)

#### Building Healthy Relationships
- Planned Parenthood  
  [www.plannedparenthood.org](http://www.plannedparenthood.org)

#### Cardiovascular Diseases
- Action on Smoking and Health  
  [www.ash.org](http://www.ash.org)
- American Heart Association  
  [www.americanheart.org](http://www.americanheart.org)
- National Heart, Lung, and Blood Institute  
  [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

#### Choosing a Nutritious Diet
- US Food and Drug Administration  
  [www.fda.gov/](http://www.fda.gov/)

#### Employment & Education Sites
  [http://access.wa.gov/](http://access.wa.gov/)
- GED Practice Test  
  [www.GEDPractice.com](http://www.GEDPractice.com)

#### Making Decisions for Health Care
- Centers for Medicare & Medical Services  
  [http://cms.hhs.gov](http://cms.hhs.gov)
- Welcome to Acupuncture  
  [www.acupuncture.com](http://www.acupuncture.com)

#### Making Healthy Choices
- Environmental Protection Agency  
  [www.epa.gov](http://www.epa.gov)

#### Managing Stress
- Eating Disorders Shared Awareness  
  [www.something-fishy.org](http://www.something-fishy.org)
- Johns Hopkins Medicine (Eating Disorders)  
  [https://www.hopkinsmedicine.org](https://www.hopkinsmedicine.org)

#### Mental Health Info
- [www.nami.org](http://www.nami.org)

#### Prescription Drug Assistance
- Needy Meds  
  [www.needymeds.com](http://www.needymeds.com)

#### Protecting Against Infectious Diseases
- Mayo Clinic  
  [www.mayoclinic.org](http://www.mayoclinic.org)

#### Tobacco & Alcohol Use & Abuse
- National Institute on Drug Abuse  

#### Understanding Aging & Dying
- Administration on Aging  
  [https://www.acl.gov/about-acl/administration-aging](https://www.acl.gov/about-acl/administration-aging)
- National Osteoporosis Foundation  
  [www.nof.org](http://www.nof.org)

#### Understanding Pregnancy & Parenthood
- Infertility Resources  
  [www.ihr.com/infertility/index.html](http://www.ihr.com/infertility/index.html)
- Interactive Pregnancy Calendar  
  [www.pregnancy.org](http://www.pregnancy.org)

#### Understanding & Preventing Disease
- American Cancer Society  
  [www.cancer.org](http://www.cancer.org)

#### Using Drugs Responsibly
- Food & Drug Administration  
  [www.fda.gov/](http://www.fda.gov/)
- RX List  
  [www.rxlist.com/](http://www.rxlist.com/)

#### Utility Financial Assistance
- South Sound Outreach Services  
  [https://southsoundoutreach.wordpress.com/tag/pierce-county-social-services/](https://southsoundoutreach.wordpress.com/tag/pierce-county-social-services/)
The Directory of Community Services list is published for Bates Technical College Instructors, Staff, and Students to help them meet their needs through community resources.

Every effort has been made to ensure the accuracy of the information contained in this publication. However, the Bates Disability Support Services Office cannot guarantee that changes have not been made after the published date.

If you find that there are differences in this directory, or you would like to update a listing, please feel free to contact the Bates Disability Support Services Office at (253) 680-7013 or fill out the provided sheet and return it.

**PLEASE RETURN TO:**

**DISABILITY SUPPORT SERVICE OFFICE**

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<th>Name of Agency/Organization:</th>
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Bates Technical College reaffirms its policy of equal opportunity and does not discriminate on the basis of race, ethnicity, color, national origin, creed, religion, sex, sexual orientation, gender identity, age, marital status, disability, or status as a disabled veteran or Vietnam era veteran in its programs and activities in accordance with college policy, and applicable federal and state statutes and regulations. Bates publications are available in alternate formats upon request by contacting the Disability Support Services Office at 253.680.7010. Inquiries regarding Bates’ non-discriminatory policies, including Title IX and ADA, should be directed to: For student matters, the Vice President of Institutional Effectiveness and Student Success at 253.680.7105, Downtown Campus A211. For employee matters, the Director of Human Resources at 253.680.7180, Downtown Campus A326.

Revised: December 2017