



*Provided to you as a service of the Disability Support Services Office*



# Directory of Community Services

NINTH EDITION

## AGENCIES

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<b>American Red Cross</b> 1235 South Tacoma Way, Tacoma, WA 98409	(253) 474-0400
<b>Associated Ministries</b> 901 South 13 <sup>th</sup> St., Tacoma, WA 98405	(253) 383-3056
<b>Centro Latino</b> 1208 South 10 <sup>th</sup> St., Tacoma, WA 98405	(253) 572-7717
<b>Catholic Community Services</b> 1323 South Yakima Ave., Tacoma, WA 98405	(253) 502-2696 (253) 383-3697
<b>Apprisen-CCCS</b> <b>Consumer Credit Counseling</b> 3560 Bridgeport Way W. #1D, University Place, WA 98466 11306 Bridgeport Way SW, Tacoma, WA 98499	(253) 588-1858
<b>DSHS-Department of Vocational Rehabilitation/Training</b> 1949 South State St. N27-13, Tacoma, WA 98405	(253) 983-6500
<b>DSHS-Division of Developmental Disabilities</b> 1305 Tacoma Ave. S., Tacoma, WA 98402	(253) 404-5500 (800) 248-0949
<b>DSHS-Community Services</b> 1949 South State St., Tacoma, WA 98405	(253) 983-6720 (877) 501-2233
<b>Disability Rights Washington</b> 315 Fifth Ave. S., Suite 850, Seattle, WA 98104	(206) 324-1521 (800) 562-2702
<b>Easter Seals of Washington</b> 200 West Mercer St., Suite 210E, Seattle, WA 98119-3954	(206) 281-5700 (800) 678-5708
<b>Educational Opportunity Center (EOC)</b> 721 Fawcett Ave. #201, Tacoma, WA 98402	(253) 572-5960
<b>Legislative Information Center</b> 110 Legislative Building (the domed Capitol Building) P.O. Box 40500, Olympia, WA 98504-0500	(360) 786-7573 (800) 562-6000
<b>Lutheran Community Services</b> 223 North Yakima Ave., Tacoma, WA 98403	(253) 272-8433 FAX (253) 597-6456
<b>Mountain View Funeral Home</b> 4100 Steilacoom Blvd. SW, Tacoma, WA 98499	(253) 584-0250 (253) 948-9895 FAX (253) 984-8299
<b>Office of the Attorney General</b> 1250 Pacific Ave. Suite 105, Tacoma, WA 98401	(253) 593-5243 FAX (253) 593-2449
<b>Overeaters Anonymous</b> 3511 South Ash St., Tacoma, WA 98418	(253) 472-5356

<b>PAVE</b> <b>(Partnerships for Action Voices for Empowerment)</b> 6316 South 12 <sup>th</sup> Street, Tacoma, WA 98465	<b>FAX</b>	<b>(253) 565-2266</b> <b>(800) 5-PARENT</b> <b>(253) 566-8052</b>
<b>Pierce County Human Services</b> 3602 Pacific Ave. Suite 200, Tacoma, WA 98418 1305 Tacoma Ave. S., Tacoma, WA 98418		<b>(253) 798-4400</b> <b>(253) 798-4500</b>
<b>Pierce County Library System</b> 3005 112 <sup>th</sup> St. E., Tacoma, WA 98446 Washington Relay	<b>FAX</b>	<b>(253) 548-3300</b> <b>(253) 537-4600</b> <b>TTY: 711</b>
<b>Pierce County Coordinated Entry</b>		<b>(253) 682-3401</b>
<b>Puyallup Tribal Health Authority</b> 2209 East 32 <sup>nd</sup> St., Tacoma, WA 98404		<b>(253) 593-0232</b>
<b>Safe Streets Campaign</b> 622 Tacoma Ave. S., Suite 1, Tacoma, WA 98402		<b>(253) 272-6824</b>
<b>Salvation Army</b> 1501 Sixth Ave., Tacoma, WA 98405		<b>(253) 572-8452</b>
<b>Social Security Administration</b> 2608 South 47 <sup>th</sup> St., Suite A, Tacoma, WA 98409		<b>(800) 772-1213</b>
<b>Tacoma Community House</b> 1314 South L St., Tacoma, WA 98405		<b>(253) 383-3951</b>
<b>Tacoma Goodwill (Milgard Work Opportunity Center)</b> 714 South 27 <sup>th</sup> St., Tacoma, WA 98409		<b>(253) 573-6500</b>
<b>Tacoma Human Rights Commission (City of Tacoma)</b> Tacoma Municipal Building 747 Market St., Room 243, Tacoma, WA 98402		<b>(253) 591-5849</b>
<b>Tacoma Human Services Commission (City of Tacoma)</b> Tacoma Municipal Building 747 Market St., Room 148, Tacoma, WA 98402 <b>Neighborhood and Community Services Department</b> 747 Market Street., Room 836, Tacoma, WA 98402		<b>(253) 591-5129</b>
<b>Tacoma/Pierce County Employment &amp; Training Consortium Tacoma WA (DBA Workforce Central)</b> 3640 South Cedar St., Suite E, Tacoma, WA 98409		<b>(253) 472-8094</b>
<b>Tacoma Urban League</b> 2550 South Yakima Ave., Tacoma, WA 98405	<b>FAX</b>	<b>(253) 383-2007</b> <b>(253) 383-4818</b>
<b>United Way of Pierce County</b> 1501 Pacific Ave., Ste. 400, Fourth Floor, Tacoma, WA 98402		<b>(253) 272-4263</b>
<b>Washington Protection &amp; Advocacy System/ Disability Rights Washington</b>		<b>(206) 324-1521</b> <b>(800) 562-2702</b>

315 Fifth Ave. S., Ste. 850, Seattle, WA 98104

**Washington State Department of Veteran's Affairs**

1102 Quince St. SE., Olympia, WA 98504  
P.O. Box 41150, Olympia, WA 98504-1150

**(800) 562-2308**

**Young Women's Christian Association (YWCA)**

405 Broadway, Tacoma, WA 98402

**(253) 272-4181  
Ext. 221**

## **AIDS**

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**AIDS/HIV Clinic**

**Sea Mar Tacoma Medical Clinic**

1112 South Cushman Ave., Tacoma, WA 98405

**(253) 593-2144**

**AIDS Spanish**

**(800) 344-SIDA**

**AIDS English**

**(800) 342-2437**

**AIDS Hotlines (English or Spanish)**

**(800)-CDC-INFO  
(800) 232-4636**

**AIDS Prevention/Tacoma Pierce County Health Dept.**

3629 South D St. Tacoma, WA 98418

**(253) 798-6500  
(800) 992-2456**

**Hepatitis Information Line**

Tacoma/Pierce County Health Dept.  
3629 So. D St., Tacoma, WA 98418

**(253) 798-3559**

**People of Color/AIDS Education**

2200 Rainier Ave. S., Seattle, WA 98144

**(206) 322-7061**

**Pierce County AIDS Foundation**

3009 South 40th St., Tacoma, WA 98409

**(253) 383-2565**

**Point Defiance Aids Project**

535 Dock St., #113, Tacoma, WA 98402

**(253) 272-4857**

## **ALCOHOL/CHEMICAL DEPENDENCY**

**(Treatment, Resources & Education)**

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**Alacoma Club**

6507 Mt. Tacoma Dr. SW., Lakewood, WA 98499

**(253) 582-3100**

**Alcoholics Anonymous**

3640 South Cedar St., Suite S, Tacoma, WA 98409

**(253) 474-8897**

**Al-Anon Information Services**

P.O. Box 98557, Lakewood, WA 98496-8557

**(800) 726-8094**

**Crossroads Treatment Center**

10828 Gravelly Lake Dr. SW., #204, Lakewood, WA 98499

**(253) 473-7474**

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

**Metropolitan Development Council (MDC)  
General Information & Referral Service**

**(253) 572-2273**

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

<b>Metropolitan Development Council (MDC)/The Center For Substance Abuse Recovery</b> 721 Fawcett Ave., Suite 201, Tacoma, WA 98402	<b>(253) 593-2740</b>
<b>Metropolitan Development Council/ Detoxification Center - Treatment Program</b> 721 Fawcett Ave., Room 100, Tacoma, WA 98402	<b>(253) 593-2413</b>
<b>Narcotics Anonymous</b>	<b>(253) 531-8792</b>
<b>Oxford Houses of Washington State, Chapter 10 (Clean &amp; Sober Housing)</b> P.O. Box 98317, Tacoma, WA 98632	<b>Pierce County Hotline:</b> <b>(253) 620-3709</b> <b>(253) 564-6052</b>
<b>Fircrest Oxford (Men's)</b> 1317 West Mount Drive, Fircrest, WA 98466	<b>(253) 507-4460</b>
<b>Freeman Park Oxford (Men's)</b> 1105 East 54 <sup>th</sup> St., Tacoma, WA 98404	<b>(253) 345-4665</b>
<b>John Harrison Oxford (Men's)</b> 4022 East G St., Tacoma, WA 98404	<b>(253) 507-5232</b>
<b>Robertson Oxford (Men's)</b> 1415 East 61 <sup>st</sup> St. Tacoma, WA 98404	<b>(253) 752-8605</b>
<b>Ruston View Oxford (Women's)</b> 4720 North Huson St., Tacoma, WA 98407	<b>(253) 473-0477</b>
<b>Stewart Heights Oxford (W/C)</b> 1324 East 54 <sup>th</sup> St., Tacoma, WA 98404	<b>(253) 267-5802</b>
<b>Sunset View Oxford (Men's)</b> 8101 South 19 <sup>th</sup> St., Tacoma, WA 98466	<b>(253) 719-8807</b>
<b>Sunrise Vista Oxford (Men's)</b> 2703 50 <sup>th</sup> Ave. NE, Tacoma, WA 98422	<b>(253) 566-8135</b>
<b>Tacoma Narrows Oxford (Men's)</b> 615 North Jackson Ave., Tacoma, WA 98406	<b>(253) 572-4750</b>
<b>Pierce County Alliance</b> 510 Tacoma, Ave. S., Tacoma, WA 98402	<b>(253) 798-4500</b>
<b>Puget Sound Behavioral Health</b> 215 South 36 <sup>th</sup> St., Tacoma WA 98418	<b>(253) 593-0232</b>
<b>Puyallup Tribal Health Authority</b> 2209 East 32 <sup>nd</sup> St., Bldg-3, Tacoma, WA 98404	<b>(253) 536-5549</b>
<b>Western Washington Alcohol Center Inc.</b> 504 112 <sup>th</sup> St. S., Tacoma, WA 98444 See also Sea Mar Community Health Centers	

## **AMERICANS WITH DISABILITIES ACT (ADA)**

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

**Barriers Compliance Board** **(800) USA-ABLE**

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<b>Division of Vocational Rehabilitation (DVR)</b> 1949 South State St., Tacoma, WA 98405	<b>(253) 983-6500</b>
<b>General information and assistance:</b>	<b>(800) ADA-WORK</b>
<b>Job Accommodation Network (JAN)</b>	<b>(800) 526-7234</b>
<b>U.S. Equal Employment Opportunity Commission (EEOC):</b> 909 First Ave., Suite 400, Seattle 98104-1061 P.O. Box 6080, Morgantown, W. Virginia 26506 <b>FAX</b> <b>TTY</b> <b>ASL Video Phone</b>	<b>(800) 669-4000</b> <b>(206) 220-6911</b> <b>(800) 669-6820</b> <b>(844) 234-5122</b>
<b>Washington Human Rights Commission</b> 711 Capital Way S., Suite 402, Olympia, WA 98501	<b>(360) 753-6770</b> <b>(800) 233-3247</b>
<b>Washington State Department of Services for Blind</b> 949 Market St., #508, Tacoma, WA 98402	<b>(253) 597-4417</b>

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## CHILD DEVELOPMENT

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<b>Bates Technical College</b> <b>Child Development/Early Education Program:</b> Prepares students as early learning professionals through formal classroom instruction and daily experience in early childhood programs.	<b>(253) 680-7500</b>
<b>Cooperative Preschools:</b> Provides enriching learning experiences for families and preschoolers under the guidance of Bates Child Studies Instructors.	<b>(253) 680-7500</b>
<b>Child Care Advisory Program:</b> Promotes quality early childhood education and professional development in licensed child care programs.	<b>(253) 680-7500</b>

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## COUNSELING

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<b>Bates Technical College</b> ◆ Downtown Campus 1101 South Yakima Avenue, Tacoma, WA 98405 ◆ South Campus 2201 South 78 <sup>th</sup> St., Tacoma, WA 98409	<b>(Wed-Fri) (253) 680-7006</b> <b>(Mon-Tue) (253) 680-7440</b>
<b>Confidential Associates, LLC</b> 1219 Earnest S. Brazill St., Tacoma, WA 98405	<b>(253) 597-8022</b>
<b>Catholic Community Services/Family Preservation</b> 5410 North 44 <sup>th</sup> St., Tacoma, WA 98407-9544	<b>(253) 759-9544</b>

<b>Good Samaritan Mental Health Services</b> 325 East Pioneer, Puyallup, WA 98372	<b>(253) 697-8400</b>
<b>Greater Lakes Mental Health</b> 9330 59 <sup>th</sup> Ave. SW, Lakewood, WA 98499	<b>(253) 581-7020</b>
<b>HopeSparks - Family Services</b> 6424 North 9 <sup>th</sup> St., Tacoma, WA 98406-2036	<b>(253) 565-4484</b>
<b>Lutheran Community Services NW</b> <i>(Individual, Marital &amp; Family Counseling)</i> 223 North Yakima Ave., Tacoma, WA 98403	<b>(253) 272-8433</b>
<b>Pacific Lutheran University/Marriage &amp; Family Therapy Department/Center</b> 12108 Pacific Ave. S., Parkland, WA 98444	<b>(253) 535-8782</b>
<b>United Way of Pierce County</b> 1501 Pacific Ave., Suite 400, Tacoma, WA 98402	<b>(253) 272-4263</b>

## **CRISIS HOTLINES**

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<b>Acquainted With Grief/Gaffney Funeral Home</b> 1002 South Yakima Ave., Tacoma, WA 98405 <i>(Meets every 2<sup>nd</sup> Wednesday, 2:00)</i>	<b>(253) 272-5558</b>
<b>Alcoholics Anonymous (AA)</b> <b>Alcohol/Drug 24-Hour Helpline</b> 3640 South Cedar St. S., Tacoma, WA 98409	<b>(253) 474-8897</b>
<b>Metropolitan Development Council</b> 721 Fawcett Ave., Tacoma, WA 98402	<b>(253) 572-2273</b>
<b>Catholic Community Services/Family Preservation</b> 5410 North 44 <sup>th</sup> St., Tacoma, WA 98407-9544	<b>(253) 759-9544</b>
<b>Confidential Associates, LLC</b> 1219 Earnest S. Brazill St., Tacoma, WA 98405	<b>(253) 597-8022</b>
<b>Care Net Pregnancy and Family Services of Puget Sound</b> ♦ 1924 South Cedar St. B, Tacoma, WA 98405 ♦ 10828 Gravelly Lake Dr. SW, Suite 101 Lakewood, WA 98499 ♦ 11102 Sunrise Blvd. E., Suite 107 Puyallup, WA 98374	<b>(253) 383-2988</b> <b>(253) 984-6222</b> <b>(253) 770-8697</b>
<b>Crystal Judson Family Justice Center</b> 718 Court East Tacoma, WA 98402	<b>(253) 798-4166</b>
<b>Crisis Suicide Hotline</b>	<b>(800) 576-7764</b>
<b>Domestic Violence Hotline</b>	<b>(800) 562-6025</b>



<b>Family Helpline</b>	<b>(800) 932-4673</b>
<b>Gig Harbor Counseling Center</b> <i>(Outpatient Chemical Dependency Treatment)</i> 5122 Olympic Dr. NW, a105, Gig Harbor, WA 98335	<b>(253) 851-2552</b>
<b>Insurance Commissioner Hotline</b> 5000 Capitol Blvd. SE, Olympia, WA 98512 P.O. Box 40256, Olympia, WA 98504-4326	<b>(800) 562-6900</b>
<b>Low Income Housing Hotline of Washington</b> 1000 Second Ave., Seattle, WA 98104	<b>(800) 767-4663</b>
<b>Lutheran Community Services NW</b> <i>(Individual, Marital &amp; Family Counseling)</i>	<b>(253) 272-8433</b>
<b>National Runaway Safeline</b> 3141 North Lincoln Ave., Chicago, IL 60657	<b>(800) 786-2929</b> <b>(773) 880-9860</b>
<b>Olalla Recovery Center</b> <i>(Inpatient Chemical Dependency Treatment, Intervention &amp; Aftercare)</i> 12850 Lala Cove Ln. SE, Olalla, WA 98359	<b>(253) 857-6201</b>
<b>Safe Place/Gateways to Youth and Families:</b> <b>Gateways Foundation LLC</b> 3501 104 <sup>th</sup> St. E., Tacoma, WA 98446	<b>(253) 383-4361</b>
<b>Sexual Assault 24-Hour Crisis Line:</b> <b>Rebuilding Hope, the Sexual Assault Center of Pierce County</b> 101 East 26 <sup>th</sup> St. #200, Tacoma, WA 98421	<b>(800) 756-RAPE</b> <b>(253) 474-7273</b>
<b>United Way Help Line</b>	<b>(253) 272-4263</b>
<b>Voter Information:</b> <b>Elections Division</b> 520 Union St., Olympia, WA 98504-0229	<b>(800) 448-4881</b> <b>(360) 902-4180</b>
<b>YWCA Women's Support Shelter</b> 405 Broadway, Tacoma, WA 98402	<b>(253) 383-2593</b>

## DENTAL SERVICES

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<b>Bates Dental Clinic</b> 1101 South Yakima Ave., Room E202A, Tacoma, WA 98405	<b>(253) 680-7310</b>
<b>Bates Denture Clinic</b> 1101 South Yakima Ave., Room M231, Tacoma, WA 98405	<b>(253) 680-7314</b>
<b>Bright Now Dental</b> 4545 South Union Ave., Tacoma, WA 98409	<b>(253) 475-7500</b>
<b>Clover Park Dental Clinic</b> 4500 Steilacoom Blvd. SW, Lakewood, WA 98499-4098	<b>(253) 589-5800</b>
<b>Community Health Care Children's Dental Clinic</b> 10510 Gravelly Lake Drive SW, Lakewood, WA 98499	<b>(253) 589-7030</b>
<b>Dentist Referral Service</b>	<b>(800) DENTIST</b>
<b>Dental Services of Washington</b> 10518 South Tacoma Way, Suite B, Tacoma, WA 98499	<b>(253) 584-8840</b>
<b>Milgard Community Family Dental Clinic</b> 1708 East 44 <sup>th</sup> St., Tacoma, WA 98404	<b>(253) 572-7002</b>
<b>Northwest Dental Center</b> 725 St. Helens Ave., Tacoma, WA 98402	<b>(253) 383-3001</b>
<b>Pierce College Dental Hygiene Clinic</b>	<b>(253) 964-6694</b>
<b>Sea Mar Dental Clinic (Spanish/English)</b> 1215 South 11 <sup>th</sup> St., Tacoma, WA 98405 1112 South Cushman Ave., Tacoma, WA 98405	<b>(253) 280-9840</b> <b>(253) 280-9770</b>
<b>Tacoma Dental Center</b> 2617 Sixth Avenue, Tacoma, WA 98406	<b>(253) 627-5707</b>
<b>Tacoma/Pierce County Health Department</b> 3629 South D St., Tacoma, WA 98418	<b>(253) 798-6500</b> <b>(253) 798-6044</b> <b>(253) 798-6027</b>
	<b>Oral Health Hotline</b> <b>FAX</b>

## DISABILITY SERVICES

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

1949 South State St., Tacoma, WA 98405

**Disability/Aging Resource Center:**

**Pierce Aging & Long Term Care**

1305 Tacoma Ave. S., Ste. #104, Tacoma, WA 98402

**(253) 798-4400**

**HopeSparks Tacoma Children's Developmental Services Office**

6316 South 12<sup>th</sup> St., Tacoma, WA 98465 **FAX**

**(253) 565-4887**

**(253) 565-2983**

**Parking Permits (Acquisition):**

**Pierce County Department of Human Services/Aging & Disability Resource Center**

**(253) 798-4600**

**(800) 562-0332**

**Pierce/King Cabulance Service**

3101 South 36<sup>th</sup> St., Tacoma, WA 98409

**(253) 473-7444**

**Social Security Administration**

2608 South 47<sup>th</sup> St., Suite A, Tacoma, WA 98409

**(800) 772-1213**

**Tacoma Area Coalition of Individuals W/Disabilities**

6315 South 19<sup>th</sup> St., Tacoma, WA 98466 **TTY**

**(253) 565-9000**

**(253) 565-3486**

**Tacoma Goodwill Industries**

714 South 27<sup>th</sup> St., Tacoma, WA 98409

**(253) 573-6500**

**Vadis**

1701 Elm St. E., Sumner, WA 98390

**(253) 863-5173**

**Washington Pave**

6316 South 12<sup>th</sup> St., Tacoma, WA 98465

**V/TTY**

**(800) 572-7368**

**V/TTY**

**(253) 565-2266**

**Washington Talking Book & Braille Library**

2021 9<sup>th</sup> Ave., Seattle, WA 98121

**(Msg.)**

**(206) 615-0400**

**(800) 542-0866**

**Washington TDD Relay Services**

**FAX**

**(800) 833-6384**

**(877) 551-3323**

## **DOCTORS**

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**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**

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**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.

**(888)-550-3915**  
**(253) 475-0848**

**FAX**

**Pierce County Domestic Violence Helpline:**  
**Crystal Judson Family Justice Center**  
718 Court "E", Tacoma, WA 98402

**TTY**

**(253) 798-4166**  
**(253) 798-6050**

**YWCA Women's Support Shelter**  
405 Broadway, Tacoma, WA 98402

**(253) 383-2593**

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## **EMERGENCIES**

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**Pierce County Crisis Line**

**TTY 711**

**(800) 576-7764**

**Police/Fire**

**911**

**Sexual Assault Crisis Center**

**(800)-756-7273**  
**(253) 474-7273**

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## **EMPLOYMENT**

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**Bates Technical College Job Service Center**  
1101 South Yakima Ave., Tacoma, WA 98405

**(253) 680-7240**

**Tacoma/Pierce County Employment & Training  
Consortium (Workforce Central)**  
3640 South Cedar St., Suite E, Tacoma, WA 98409

**(253) 472-8094**

**Tacoma Community House**  
1314 South L St., Tacoma, WA 98405

**(253) 383-3951**

**Youth Employment:**

**\*Youth Building Tacoma**

**(253) 593-7331**

**\*YouthBuild (Tacoma Goodwill REACH Center)**

**(253) 573-6819**

**\*YouthBuild Tacoma (WorkSource)**

**(253) 573-6590**

**(253) 593-7363**

**WorkSource Pierce**  
1305 Tacoma Avenue S., Tacoma, WA 98402

**(253) 593-7300**

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## **ENGLISH AS A SECOND LANGUAGE**

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**Bates Technical College Adult Education Office**

**(253) 680-7276**

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

(For Limited English-Speaking Adults)

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

## **FOOD/CLOTHING/OTHER SERVICES**

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**All Saints Community Services** (253) 848-2000  
204 Sixth Ave. SW, Puyallup, WA 98371

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

**Emergency Food Network (Referrals to Food Banks)** (253) 584-1040  
3318 92<sup>nd</sup> St. S., Tacoma, WA 98499

**Nourish Pierce County** (253) 383-3164  
1702 South 72<sup>nd</sup> St., Suite E, Tacoma, WA 98408

**Food Connection** (253) 383-5048  
1323 South Yakima Ave., Tacoma, WA 98405

**Food Stamp Program – WA State DSHS (call center):**  
**Pierce North – 1st Floor** (877) 501-2233

1949 South State St., Tacoma, WA 98405

**Pierce South** (877) 501-2233

1301 E. 72<sup>nd</sup> St., Tacoma, WA

**Pierce—Puyallup** (877) 501-2233

**Good Shepherd Lutheran (open to anyone)** (253) 473-4848  
140 East 56<sup>th</sup> St., Tacoma, WA 98404  
**Dinner - Tuesdays at 6pm**

**Hospitality Kitchen** (253) 502-2695  
1323 South Yakima Ave., Tacoma, WA 98405  
**Light breakfast - 8:30am; Lunch - 11:30am–1:30pm M-F**

**Salvation Army Family Services** (253) 572-8452  
1501 Sixth Ave., Tacoma, WA 98405

**Salvation Army Food Bank & Clothing Bank** (253) 572-8452  
1501 Sixth Ave., Tacoma, WA 98405

**Tacoma Adventist Community Services** (253) 272-8289  
3108 Portland Ave. E., Tacoma, WA 98404

**St. Leo's Church** (253) 272-5136  
710 South 13<sup>th</sup> St., Tacoma, WA 98405  
(Can supply furniture for zip codes 98402 & 98405 only)

**Tacoma Rescue Mission** (253) 383-4493  
425 South Tacoma Way, Tacoma, WA 98402  
**Breakfast - 6:30am – 7:30am daily**

**Dinner - 5:00pm – 6:00pm daily**

**Trinity Presbyterian Church**

1615 Sixth Avenue, Tacoma, WA 98405

**(253) 272-8819**

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## **HOSPITALS & CLINICS**

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**Allenmore Hospital (MultiCare)**

1901 South Union Ave., Tacoma, WA 98405

**(253) 459-6633**

**Good Samaritan Hospital (MultiCare)**

401 15<sup>th</sup> 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**

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## **HOUSING**

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**Associated Ministries Housing Advocate**

901 South 13<sup>th</sup> St., Tacoma, WA 98405

**(253) 682-3401**

**Faith Homes-Teen Housing Consortium**

3519 South 30<sup>th</sup> St., Tacoma, WA 98409

*(Jump-Start, Transitional Housing for Single Women,  
& their children ages 16-25)*

**(253) 572-0458  
Ext. 23**

**Family Housing Network**

5050 South Tacoma Way, Tacoma, WA 98409

**(253) 471-5340**

**Helping Hand House**

4321 2<sup>nd</sup> St. SW, Puyallup, WA 98373

P.O. Box 710, Puyallup, WA 98371

*(Transitional housing for low-income & homeless families)*

**(253) 848-6096**

**Hope Guest House**

915 South 7<sup>th</sup> St., Tacoma, WA 98405

**(253) 627-3620**

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

*(For women with physical & mental health challenges  
& on SSI or SSA)*

<b>Jefferson Square</b> 2336 Jefferson Ave., Tacoma, WA 98402 <i>(For homeless or low-income individuals who have a case manager and are clean and sober)</i>	<b>(253) 272-6828</b>
<b>Metropolitan Development Council Housing</b> 721 Fawcett Ave., Rm. 204, Tacoma, WA 98402 <b>FAX</b>	<b>(253) 597-6728</b> <b>(253) 592-4405</b>
<b>Oxford Houses of Washington State, Chapter 10</b> P.O. Box 98317, Tacoma, WA 98632 <i>(Clean &amp; Sober Housing)</i>	<b>Pierce County Hotline:</b> <b>(253) 620-3709</b> <b>(253) 564-6052</b>
<b>Fircrest Oxford (Men's)</b> 1317 West Mount Drive, Fircrest, WA 98466	
<b>Freeman Park Oxford (Men's)</b> 1105 East 54 <sup>th</sup> St., Tacoma, WA 98404	<b>(253) 507-4460</b>
<b>John Harrison Oxford (Men's)</b> 4022 East G St., Tacoma, WA 98404	<b>(253) 345-4665</b>
<b>Robertson Oxford (Men's)</b> 1415 East 61 <sup>st</sup> St. Tacoma, WA 98404	<b>(253) 507-5232</b>
<b>Ruston View Oxford (Women's)</b> 4720 North Huson St., Tacoma, WA 98407	<b>(253) 752-8605</b>
<b>Stewart Heights Oxford (W/C)</b> 1324 East 54 <sup>th</sup> St., Tacoma, WA 98404	<b>(253) 473-0477</b>
<b>Sunset View Oxford (Men's)</b> 8101 South 19 <sup>th</sup> St., Tacoma, WA 98466	<b>(253) 267-5802</b>
<b>Sunrise Vista Oxford (Men's)</b> 2703 50 <sup>th</sup> Ave. NE, Tacoma, WA 98422	<b>(253) 719-8807</b>
<b>Tacoma Narrows Oxford (Men's)</b> 615 North Jackson Ave., Tacoma, WA 98406	<b>(253) 566-8135</b>
<b>Pierce County Housing Authority</b> 603 Polk St. S., Tacoma, WA 98444	<b>(253) 620-5400</b>
<b>Salvation Army Family Lodge</b> 1521 Sixth Ave. S., Tacoma, WA 98405	<b>(253) 627-3962</b>
<b>Shared Housing Services</b> 901 South 11 <sup>th</sup> St., Tacoma, WA 98405	<b>(253) 272-1532</b>
<b>TACID Housing &amp; Employment Specialist</b> 6315 South 19 <sup>th</sup> St., Tacoma, WA 98466	<b>(253) 565-9000</b> <b>Ext. 25</b>
<b>Tacoma Rescue Mission</b> 425 South Tacoma Way, Tacoma, WA 98402	<b>(253) 383-4493</b>
<b>Tacoma Housing Authority</b> 902 South L St., Tacoma, WA 98405	<b>(253) 207-4400</b>
<b>Three Cedars Aids Housing Association of Tacoma</b>	<b>(253) 272-5533</b>

301 North L St., Tacoma, WA 98403

**U.S. Department of Housing & Urban Development (HUD)**

909 First Ave., Suite 200, Seattle, WA 98104

**(206) 220-5101**

**Washington Low Income Housing Alliance**

1411 Fourth Ave., Suite 1525, Seattle, WA 98101

**FAX**

**(206) 442-9455**

**(206) 467-4522**



- Washington Low Income Housing Network** (206) 442-9455  
1000 8<sup>th</sup> 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

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### 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

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### 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

223 Tacoma Ave. S., Tacoma, WA 98402

**Puyallup Tribal Health Authority** (253) 593-0232  
2209 East 32<sup>nd</sup> St., Tacoma, WA 98404

**Regence Blue Shield** (253) 594-7254  
1501 Market St., Tacoma, WA 98402

**Starkey Hearing Technologies (Hearing Aids)** (800) 648-4327  
1615 Foxtrail Dr., #260, Loveland, CO 80538 (970) 461-6700

**Tacoma/Pierce County Health Department** (253) 798-6500  
3629 South D St., Tacoma, WA 98418

**Tacoma/Pierce County Vital Records** (253) 798-6060  
3629 South D St., Tacoma, WA 98418 (253) 798-6418  
(Main Health Department Building)

**Washington State Health Care Authority** (800) 562-3022  
626 Eighth Ave. SE, Olympia, WA 98501

**Women's Health Clinic** (253) 597-4163  
1708 East 44<sup>th</sup> St., Tacoma, WA 98404

## MENTAL HEALTH

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

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

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

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

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

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

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

**MultiCare Behavioral Health** *(New Clients)* (253) 445-8120  
♦ 2201 South 19<sup>th</sup> St., Tacoma, WA 98405 *Toll Free* (888) 445-8120  
♦ 325 East Pioneer, Puyallup, WA 98372 *(Information)* (253) 697-8400

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

## PARENTING

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<b>Bates Technical College: Home &amp; Family Life</b>	(253) 680-7500
<i>(Excellent resource for parents)</i>	
<b>Parent Cooperative PreSchool</b>	(253) 680-7500
<i>(Provide enriching learning experiences for preschoolers and parents under the guidance of Bates Parent Education Coordinators.)</i>	
<b>Daycare Advisory Program</b>	(253) 680-7500
<i>(Designed to promote quality early childhood education and provide for parent education in child care centers.)</i>	
<b>Childbirth Education</b>	(253) 680-7500
<i>(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.)</i>	
<b>Parent-Infant/Toddler Programs</b>	(253) 680-7500
<i>(Explore parenting and child development issues. Enjoy enriching activities (including music and creative arts) with your child. (Infants to 2½ years old.)</i>	
<b>Care Net Pregnancy and Family Services (Parenting classes)</b>	
◆ 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

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<b>Childbirth Education</b>	(253) 680-7500
<i>(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.)</i>	
<b>Care Net Pregnancy and Family Services</b>	
◆ 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
<b>Easter Seals of Washington</b>	(206) 281-5700

200 West Mercer St., Suite 210E, Seattle, WA 98119-3954	<b>(800) 678-5708</b>
<b>Planned Parenthood</b>	<b>(253) 779-3900</b>
◆ 1515 M.L.K. Jr. Way, Tacoma, WA 98405 <i>(Gen. Info.)</i>	<b>(800) 769-0045</b>
<b>Pregnancy Aid of Tacoma</b>	<b>(253) 383-4100</b>
902 Market Street, Tacoma, WA 98402	

## **RECREATION**

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<b>Boys &amp; Girls Clubs of South Puget Sound</b>	<b>(253) 502-4600</b>
3875 South 66 <sup>th</sup> St., Ste. 101, Tacoma, WA 98409 <b>FAX</b>	<b>(253) 336-2055</b>
<b>Metropolitan Park District</b>	<b>(253) 305-1022</b>
4702 South 19 <sup>th</sup> St., Tacoma, WA 98405	
<b>Portland Avenue Community Center</b>	<b>(253) 591-5391</b>
3513 Portland Ave. E., Tacoma, WA 98404	
<b>South Park Community Center</b>	<b>(253) 591-5299</b>
4851 South Tacoma Way, Tacoma, WA 98409	
<b>Steilacoom Community Center</b>	<b>(253) 581-1076</b>
2301 Worthington St., Steilacoom, WA 98388	
<b>Tacoma Little Theater</b>	<b>(253) 272-2281</b>
210 North I St., Tacoma, WA 98403	
<b>Young Men's Christian Association (YMCA)</b>	
◆ <b>Morgan Branch (Family)</b>	<b>(253) 564-9622</b>
1002 South Pearl St., Tacoma, WA 98465	
◆ <b>Lakewood Branch (Family)</b>	<b>(253) 584-9622</b>
9715 Lakewood Dr. SW, Lakewood, WA 98499	
◆ <b>Tacoma Center Branch (Family)</b>	<b>(253) 597-6444</b>
1144 Market St., Tacoma, WA 98402	
◆ <b>Mel Korum Branch (Family)</b>	<b>(253) 841-9622</b>
302 43 <sup>rd</sup> Ave. SE, Puyallup, WA 98374	
◆ <b>Gordon Branch (Family)</b>	<b>(253) 826-9622</b>
16101 64 <sup>th</sup> St. E., Sumner, WA 98390	

## **TRANSPORTATION**

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<b>Tacoma Yellow Cab</b>	<b>(253) 475-4205</b>
3101 South 36 <sup>th</sup> St., Tacoma, WA 98409	
<b>Pierce Transit</b>	<b>(253) 581-8000</b>
3701 96 <sup>th</sup> St. SW, Lakewood, WA 98496-0070	
<b>Pierce Transit Shuttle</b>	<b>(253) 581-8000</b>

(800) 562-8109

## UTILITIES

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

## VETERAN'S INFORMATION

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

Bates Disability Support Services Office (253) 680-7013

**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**

**TOLL-FREE HOTLINE NUMBERS**

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Address Confidentiality Program .....	1-800-822-1065
Adult Abuse – End Harm .....	1-866-363-4276
Adoption Support Services (DSHS).....	1-800-562-5682
Aviation Division (DOT).....	1-800-552-0666
Aging and Long-Term Support Administration (DSHS).....	1-800-422-3263
	<a href="http://www.aasa.dshs.wa.gov">www.aasa.dshs.wa.gov</a>
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)	

Disability Hotline.....	1-800-949-4232
(Information on Americans with Disabilities Act)	
Disability Insurance Benefits (DSHS).....	1-800-562-6074
Disability Rights Washington.....	1-800-562-2702
Department of Licensing.....	<a href="http://www.wa.gov/dol">www.wa.gov/dol</a>
Domestic Violence Hotline (Family Justice Ctr.-Pierce County) .....	1-800-764-2420
Drinking Water Emergencies. ....	1-877-481-4901

## **TOLL-FREE HOTLINE NUMBERS**

### **(Cont.)**

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Emergency Management Division .....	1-800-562-6108
(Military Dept., Camp Murray)	
Emergency Medical & Trauma Prevention .....	1-800-525-0127
Emergency Services.....	1-800-258-5990
(24 hrs, search & rescue, forest fires, hazardous materials)	
Emission Control (Ecology) .....	1-800-272-3780
Energy Ideas Clearinghouse (for businesses).....	1-800-363-3732
(Energy Efficiency and Renewable Energy Clearinghouse)	
Family & Children’s Ombudsman .....	1-800-571-7321
Federal Emergency Management Agency (FEMA), at Camp Murray.....	1-800-562-6108
Switchboard.....	1-800-854-5406
Ferry Information (DOT) .....	1-800-843-3779
Fire Reports (Department of Natural Resources) .....	1-800-562-6010
Gambling Commission .....	1-800-345-2529
Good Samaritan (MultiCare) Mental Health Crisis Line . ....	1-888-445-8120
Gypsy Moth Information Line.....	1-800-443-MOTH
Hazardous Substances (WA State Department of Ecology) .....	1-800-633-7585
Hazardous Waste Spills Hotline .....	1-800-258-5990
Health Consumer Assistance .....	1-800-525-0127
Health Facilities & Service Complaints.....	1-800-633-6828
Hospital/Home Health Care Agency Complaints .....	1-800-633-6828
Human Rights Commission .....	1-800-233-3247
Information, State Department of Information Systems. ....	1-800-321-2808
Insurance Claims, Office of the Insurance Commissioner (Consumer Protection).....	1-800-562-6900
Internal Revenue Service .....	1-800-829-1040
Labor & Industries General Information & Claims .....	1-800-547-8367
Labor & Industries Fraud Line.....	1-888-811-5974
Legislative Hotline .....	1-800-562-6000
Long-Term Care Ombudsman.....	1-800-562-6028
Low-Interest Home Loans & Down Payment Assistance .....	1-800-767-4663
Medicaid Information (DSHS).....	1-800-562-3022
Medicare Information .....	1-800-633-4227
Medicare Complaint Hotline .....	1-800-633-4227
Mental Health, Pierce County RSN & Ombudsman Serv.....	1-800-531-0508

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.)**

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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) ...	1-800-562-0332
	<a href="mailto:seniors@cityoftacoma.org">seniors@cityoftacoma.org</a>
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



# WEB SITES

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## Achieving Personal Fitness & Health

Department of Health

[www.dhhs.gov/](http://www.dhhs.gov/)

Physical Activity and Health

[www.cdc.gov](http://www.cdc.gov)

Healthwise

[www.cc.columbia.edu](http://www.cc.columbia.edu)

Safer Sex

<https://www.healthysexuals.com>

## Achieving Wellness

National Institute of Mental Health

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

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

Access Washington Resource Directory

<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>

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>

## Mental Health Info

[www.nami.org](http://www.nami.org)

## Prescription Drug Assistance

Needy Meds

[www.needy meds.com](http://www.needy meds.com)

## Protecting Against Infectious Diseases

Mayo Clinic

[www.mayoclinic.org](http://www.mayoclinic.org)

## Tobacco & Alcohol Use & Abuse

National Institute on Drug Abuse

[www.nida.nih.gov/](http://www.nida.nih.gov/)

## Understanding Aging & Dying

Administration on 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/>

**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.**

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**PLEASE RETURN TO:  
DISABILITY SUPPORT SERVICE OFFICE**

<b>Name of Agency/Organization:</b>		
<b>Address:</b>		
<b>City:</b>	<b>Zip Code:</b>	<b>Telephone:</b>
<b>Category or Type of Service Offered:</b>		
<b>Comments:</b>		
<b>Submitted by:</b>		
<b>Program/Course or Department:</b>		
<b>Telephone:</b>		

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