

WHEN TOUGH TIMES HIT, MANY PEOPLE DON'T  
KNOW WHERE TO TURN. SOUTH SOUND 211  
CAN HELP.



CONTACT THE UNITED WAY:

PHONE:  
(253) 272-4263

WEBSITE:  
UWPC.ORG

EMAIL:  
[211@uwpc.org](mailto:211@uwpc.org)

THE UNITED WAY OF PIERCE  
COUNTY



If you or someone you know  
needs help, please call the  
National Suicide Prevention  
Lifeline.  
800-273-8255

South Sound 2-1-1 is a free call from  
your cell phone that connects people  
with services, such as:

- ❖ Rent and Utility Assistance
- ❖ Pregnancy Assistance & Newborn Aid
- ❖ Childcare, Children & Teen Services
- ❖ Transportation Assistance
- ❖ Veteran Information and Resources
- ❖ Domestic Violence Help / Family Resources
- ❖ Medical and Dental Assistance
- ❖ Apply for Health Insurance
- ❖ Disability Services
- ❖ Drug and Alcohol Recovery Help
- ❖ Mental Health & Legal Services
- ❖ Employment, Education, & Training.
- ❖ Clothing Assistance, Food Banks, & Hot Meals

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To find the resources you need, simply dial 2-1-1

You can also get connected by downloading the WIN 2-1-1 app, or  
visiting [uwpc.org](http://uwpc.org)

South Sound 2-1-1 operates its programs without regard to race, color, and  
national origin. To receive additional information on its discrimination  
obligations, including its complaint procedures, please contact the Call Center  
Supervisor at 253-272-4263 or email [211@uwpc.org](mailto:211@uwpc.org)



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DO YOU NEED A FREE CELL PHONE? Just Visit: [Qlinkwireless.com](http://Qlinkwireless.com)

# Help Me Grow Washington Hotline



If you call the Washington Hotline, you can expect a short wait time before you're connected with a friendly, local, and knowledgeable staff member at within reach.

**Call the Help Me Grow Washington Hotline at 1-800-322-2588**

**We can help you understand and apply for a variety of food and health resources in Washington state, including:**

- WIC (Women, Infants & Children Nutrition Program)
- Basic Food (Food Stamps)
- Health Insurance for children, pregnant women and adults
- Birth control through the Take Charge Program
- Health and family planning clinics
- Developmental screenings
- Pregnancy and baby supplies
- Breastfeeding support
- Food banks
- and much more ...

**We're available Monday-Thursday 8:00-5:30 and Friday 8:00-5:00**

- Bilingual staff speak Spanish
- Other languages are served using interpreters via AT&T Language Line
- No quotas or time limits, so we can talk as long as you like to connect you to the services you need
- We can screen you and start applications over the phone or provide you with information and a quick referral—it's up to you.

# Rent and Utility Assistance Services

## **Homeless Prevention Outreach (253-581-8698)**

5505 S.W. 108<sup>th</sup> Street. Lakewood, WA 98498

Monday - Friday 10:00am to 12:00pm.

Also provides bus tickets, utilities, food and furniture, and clothing vouchers. Must live within 98498, 98499, 98439, 98327, 98388 or 98303.

## **Pierce County Human Services Community Action Programs (Assistance Help) (253-798-7240)**

8811 South Tacoma Way. Lakewood, WA 98498

Monday – Friday 08:00am to 4:30pm.

Must live outside Tacoma city limits. Lakewood residents excluded. energy assistance, home repair help, weatherization help, early childhood education & assistance, and aging & disability help

## **St. Vincent De Paul Conference of St. Nicholas Church (253-851-0554)**

3510 Rosedale Street. Gig Harbor, WA 98335 – Serving Gig Harbor and Key Peninsula

Monday – Friday 8:00am to 4:30pm. Also provides utilities, clothing and food. Must live within 98332, 98335, or 98394

## **New Connections (253-617-1405)**

613 S. 15<sup>th</sup> Street. Tacoma, WA 98405

Monday – Friday 9:00am – 4:00pm Call to verify the availability of funding.

## **All Saints Community Services (253-848-2000)**

204 6<sup>th</sup> Ave S.W. Puyallup, WA 98371

Monday – Thursday 10:00am to 12:00pm & 1:00pm to 3:00pm Call first. Also provides rent, utilities, food, & prescription refills. Must have Puyallup Zip Code.

## **St. Vincent de Paul Assistance Line at Holy Disciples Catholic Church (253-693-8863)**

10425 187<sup>th</sup> St E. Puyallup, WA 98374

Also provides clothing, food, & utilities when the resources are available.

Must live within 98338, 98373, 98374, or 98375

## **St. Vincent de Paul Conference of St. Nichols Church (253-851-0554)**

3510 Rosedale St. Gig Harbor, WA 98335

Monday – Friday 8am to 4:30pm

Also provides clothing, food, & utilities when the resources are available.

Must live within 98332, 98335, 98394

## **St. Vincent de Paul Our Lady Queen of Heaven Parrish (253-537-5266)**

14601 A. St. Spanaway, WA 98444

Monday – Friday 10:00am to 2:00pm

Also provides utility assistance. For residents of Spanaway, Roy, and parts of Parkland only.

### **St. Vincent de Paul at St. Martin of Tours**

2305 54<sup>th</sup> Ave E. Fife, WA 98424

Assistance with rent & utilities for Fife, Milton, and Edgewood residents only.

Open Monday and Thursday 09:00am to 4:00pm

### **St. Vincent de Paul of Tacoma & Pierce County (253-474-0519)**

4009 S. 56<sup>th</sup> Street. Tacoma, WA 98409 (This location has a store)

Monday – Saturday 09:00am to 6:00pm (Closed Sunday)

Provides spiritual material & financial support. Must have an eviction notice, or a disconnect notice to qualify for financial assistance. Call for funding availability.

### **St. Vincent de Paul at Summit (253-604-4115)**

10417 Canyon Rd E, Puyallup, WA 98373 (This location has a store)

Monday – Saturday 09:00am to 6:00pm (Closed Sunday) Call for questions and funding availability

### **St. Vincent de Paul Conference of St. Nicholas Church (253-851-0554)**

3510 Rosedale St NW, Gig Harbor, WA 98335

Monday – Friday 08:00am to 5:00pm

Must be a resident of Gig Harbor or Key Peninsula

### **Bridges of Love, N.W (253-531-2366)**

Monday – Thursday 09:00am to 2:00pm

Assistance with rent, utilities, and prescriptions

### **Helping Hands (253-848-6096)**

4321 2nd St SW. Puyallup, WA 98373

Call Mondays at 10:00am. First call, First served.

Assistance with rent and utilities – Adults with minor children only.

### **Salvation Army Locations:**

#### **Puyallup: 4009 9<sup>th</sup> St. SW. Puyallup, WA 98374 (253-841-1491)**

Monday – Friday 08:00am – 4:30pm

By appointment only. Also assists with utilities and prescriptions, subject to funds availability

#### **Tacoma: 1501 6<sup>th</sup> Ave. Tacoma, WA 98405 (253-572-8452)**

Monday, Thursday, and Friday – 08:00am – 4:00pm

Lakeview power assistance only. First come, first served. Also provides prescription assistance, subject to funds availability.

#### **Central Tacoma: 1110 S Puget Sound Ave, Tacoma, WA 98405 (Citadel Corps) (253) 572-8452**

Monday – Friday 08:00am – 4:30pm; Assistance for rent and utilities, subject to funds availability.

### **MDC Energy Assistance (253-572-5557)**

10423 187<sup>th</sup> Street E. Puyallup. WA 98374

Monday – Friday 08:00am to 4:30-pm.

For low income & disabled persons. Call to see if you're eligible for a discount on your phone bill.

### **Metropolitan Development Council**

721 Fawcett Ave. Suite 204 Tacoma, WA 98402 (253-383-3921)

Monday – Thursday 08:00am – 4:30pm (Closed from 12pm-1pm for lunch)

Services include: Energy assistance, home weatherization, healthcare, center for substance abuse and recovery, mental health services, youth education, and adult education and employment assistance.

### **Helping Hand House**

4321 2nd St SW, Puyallup, WA 98373 (253-848-6096)

Monday – Friday 08:00am to 4:30pm

Utility assistance

### **Pierce County Human Services – Energy Assistance**

8811 South Tacoma Way, Tacoma, WA 98499 (253-798-3800)

Monday – Friday 07:30am to 4:00pm

Must live outside Tacoma City Limits

If already disconnected, call (253-798-4328)

### **Small Tribes Origination of Western Washington (253-589-7101)**

3040 96<sup>th</sup> St. S, Lakewood, WA 98499

Serving everyone. Call for funding availability.

**888-255-5773**

## **Pregnancy Assistance and Newborn Aid**

### **Baby Catchers & Beyond (253-471-3193)**

2115 S 56th St #103, Tacoma, WA 98409

Monday – Friday 09:00am to 5:00pm

A healthcare alternative, provided by a certified nurse midwife and an ARNP. Services include family planning, annual exams, primary care, newborns, complete prenatal care and births.

### **Pregnancy Aid of Tacoma (253-383-4100)**

902 Market Ave. Tacoma, WA 98405

Monday, Wednesday, Friday 10:00am to 1:30pm. Must be pregnant or have children under 5.

Assistance with rent, utilities, clothes, cribs, car seats, food, formula, and pregnancy tests. Call for funds availability.

### **Women, Infants & Children (253-588-9597)**

11216 Bridgeport Way SW. Lakewood, WA 98499

Monday 10:00am to 6:00pm, Tuesday 09:00am to 5:00pm, Wednesday and Thursday 08:30am to 5:15pm.

Closed Friday, Saturday, and Sunday.

A safe place for Women, Infants, and Children. \$50 a month covers all meals, and utilities, as well as a furnished room.

### **Mary Bridge Children's WIC – Eatonville**

118 Washington Ave N. Eatonville, WA 98328

Ph: **360-832-4232** | Fax: **360-832-7330**

Thursdays: 8:15am to 4:15pm

### **Mary Bridge Children's WIC – Frederickson**

11102 Sunrise Blvd E. Suite 102 - BLDG 1 Puyallup, WA 98374

Ph: **253-446-3238** | Fax: **253-446-3260**

Mondays: 8am-4:15pm, Closed 12:15-1:00pm

### **Mary Bridge Children's WIC – JBLM**

551 Barnes Blvd McChord AFB, WA 98438

Ph: **253-982-0210** | Fax: **253-982-3156**

Mon-Fri: 6:45am to 5:15pm

### **Mary Bridge Children's WIC – Puyallup**

1011 E Main St. Suite 106. Puyallup, WA 98372

Ph: **253-848-0490** | Fax: **253-845-7218**

Mondays through Saturdays: 8:30am to 5pm | Wednesday: 7:30am to 5pm

### **Mary Bridge Children's WIC – Spanaway**

18020 B Street E. Spanaway, WA 98387

Ph: **253-846-8234**

Fax: **253-846-3915**

Mondays, Wednesdays, Fridays: 8:30am to 5pm | Tuesdays & Thursdays: 7:30am to 4pm

### **Mary Bridge Children's WIC – Tacoma East**

3569 E Roosevelt Ave. Tacoma, WA 98404

Ph: **253-798-4597**

Fax: **253-798-4599**

Thursdays: 9am-4pm, Closed 12:15-1:15pm

### **Mary Bridge Children's WIC – Boze**

Boze Elementary School

1140 E 65th St

Tacoma, WA 98404

Ph: **253-473-8452** Fax: **253-473-1614**

Mondays and Tuesdays 8am to 4:15pm

### **Mary Bridge Children's WIC – Tacoma Main**

316 North L Street

Tacoma, WA 98403

Ph: **253-403-1349** Fax: **253-403-7800**

Mondays through Fridays: 7:45am to 5:45pm; 2nd Saturday of each month from 8am to 4:15pm

## Care Net Pregnancy and Family Services of Puget Sound Locations:

**Puyallup:** 11102 Sunrise Blvd E #107, Puyallup, WA 98374 (253-770-8697) [carenetsps.org](http://carenetsps.org)

**Lakewood:** 10828 Gravelly Lake Dr SW, Lakewood, WA 98499 (253-984-6222)

**Tacoma:** 1924 S Cedar St B, Tacoma, WA 98405 (253-383-2988)

### Services include, but are not limited to:

- Confidential Pregnancy Tests
- Confidential Ultrasounds.
- Parenting Classes
- Prenatal Classes
- Confidential STD and STI testing.
- Healing Tides (Classes for post abortion support)
- Referrals for Other Services

### **Planned Parenthood (253-779-3900)**

1515 Martin Luther King JR. Way. Tacoma, WA 98405

## Child Care Services

### **ECEAP & Head-Start (253-798-7379)**

Pre-School, hot meals, snacks, field trips, health screenings, & limited transportation.  
Please call to see if you qualify.

### **Metropolitan Development Council (253) 383-3921**

721 S. Fawcett Street. Suite 204 Tacoma, WA 98402

This is a child food program

### **Tacoma Day Care & Preschool Association (253-627-5671)**

1113 South I Street. Tacoma, WA 98405. Starting at ages 14Months. ECEAP Program is offered.  
This is a tuition-based program, but working connections is accepted.

## Children and Teen Services

### **Child Support Enforcement Services (253-597-3700)**

### **Girl Scouts of Western Washington 1(800) 541-9852**

**Email:** [customer care@girlscoutsww.org](mailto:customer care@girlscoutsww.org)

**Website:** [girlscoutsww.org](http://girlscoutsww.org)

**Boy Scouts of America: (253-682-2217)**

4802 S 19th St, Tacoma, WA 98405

**Website:** <https://beascout.scouting.org/>

**Oasis Youth Services (253)-671-2838 | (Emergency Line 253-988-2108)**

2215 Pacific Ave. Tacoma, WA 98402

Drop-in Center with Programs and Classes for LGBTQ individuals.

**Bates Technical College Home & Family Program:**

Downtown Tacoma:	<b>(253-680-7002)</b>	1101 S Yakima Ave, Tacoma, WA 98405
South Campus:	<b>(253-680-7603)</b>	2201 S 78th St, Tacoma, WA 98409
Central /Mohler Campus	<b>(253-680-7603)</b>	2320 S 19th St, Tacoma, WA 98405

**Children's Home Society (253-472-3355)**

5929 Westgate Blvd. #D. Tacoma, WA 98406

**Washington State Family Helpline (800-932-4673)**

**Parents are Vital in Education (PAVE) (253-565-2266)**

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

**(CCS) (Formerly Family Preservation) (253-759-9544)**

5410 N 44th St, Tacoma, WA 98407

Intensive therapy for high risk youth under 21. Prescreening.

**National Runaway Safeline (800-621-4000)**

**Big Brothers Big Sisters (253-396-9630)**

**Boys and Girls Club of America (404) 487-5700)**

BCGA.ORG

**Bridges Center for Grief & Loss (253-403-1966)**

**YMCA / YWCA**

- **Lakewood (253-564-9622)**  
1002 S. Pearl St. Tacoma, WA 98465
  
- **Puyallup (253-841-9622)**  
302 43<sup>rd</sup> Ave SE. Puyallup, WA 98374
  
- **Tacoma (253-597-6444)**  
1144 Market Street. Tacoma, WA 98402



# Transportation Assistance

## **Catholic Community Services / St. Leo's Catholic Church (253-272-5136)**

1323 S. Yakima. Tacoma, WA 98405 / 710 S 13th St, Tacoma, WA 98405 (Next Door to Each Other)  
Tuesday – Friday from 09:00am to 12:00pm and then reopens at 1:30pm until 4:30pm.  
Limited bus ticket vouchers.

## **Beyond the Borders (Pierce County Community Services) (253-798-2831)**

930 Tacoma Ave S. Tacoma, WA 98402

For low income or special needs persons who live in Pierce County, but outside of Pierce Transit boundaries. You **MUST** establish eligibility **PRIOR** to receiving services.

Please apply online ([co.pierce.wa.us/4856/Beyond-The-Borders](http://co.pierce.wa.us/4856/Beyond-The-Borders)) or call 2-1-1

## **Pierce Transit Shuttle Services (253-581-8000; Then select 1, and then 2)**

Door to Door service for people unable to ride city buses. Call for more information.

[piercetransit.org](http://piercetransit.org)

## **Tacoma Greyhound (253-383-4621)**

10% discount through an agency or organization.

## **American Cancer Society (800-227-2345)**

Provides transportation for **ALL** cancer patients, to and from treatments and doctors' appointments free of charge.

# Veteran Information & Resources

## **Department of Veterans Affairs (800-827-1000)**

### **Tacoma Vet Center (253-565-7038)**

4916 Center St. Suite E. Tacoma, WA 98409

### **University of Washington Tacoma Veteran and Military Resource Center (UWT VMRC)**

Located in: Tioga Building, 1901 Jefferson Ave, Tacoma, WA 98402

### **Pierce County Veterans Assistance Programs (253) 798-7449**

3602 Pacific Ave Suite 200, Tacoma, WA 98418.

### **Supportive Services for Veterans and Families (253-593-2920)**

721 Fawcett Street, Suite 201 Tacoma, WA 98402

Monday – Thursday 8:00am to 4:30pm | Friday 8:00am – 3:30pm

# Domestic Violence Help

## **Local Pierce County D.V. Helpline (800-764-2420) | (253-798-4166)**

Crystal Judson Family Justice Center  
718 Court E. Tacoma, WA 98402

## **National Domestic Violence 24 Hour Hotline (800-799-7233)**

## **Community Resource Program YWCA (253-272-4181)**

**When calling, Choose Option 8 for Safe Shelter and DV Advocate**

405 Broadway. Tacoma, WA 98402

Monday – Thursdays 08:30am to 5:30pm | Friday 08:30 | 04:30

## **Puyallup Domestic Violence Victim's Advocate (253-435-3654)**

## **Address Confidentiality Program (800-822-1065)**

Provides an alternative mailing address to help keep your Home, Work, and School addresses confidential.

# Family Support Centers

## **Eastside Tacoma Support Center (253-798-4569)**

3569 Roosevelt Ave. Tacoma, WA 98404

## **American Lake Community Garden Center (253-584-1280)**

19416 Washington Ave. Lakewood, WA 98398

## **Orting Family Support Center (360-893-8500)**

120 Washington Ave N. Room 8. Orting, WA 98360

## **Sumner | Bonnie Lake Family Center (253-891-6153)**

1508 Willow St, Sumner, WA 98390 (Sumner Middle School, Building 705)

## **White River Family Support Center (360-829-5883)**

250 W. Main St. #200 Buckley, WA 98321

## **Bethel Family Center (253-683-6850)**

18020 B. Street E. Spanaway, WA 98387

# Medical Services

**Need Health Insurance? Please go to [wahealthplanfinder.org](http://wahealthplanfinder.org) and Click “Apply”**

**Neighborhood Clinic (253-627-6353)**

1323 S. Yakima Ave. Tacoma, WA 98405

Monday & Thursday 5:00pm to 8:00 pm

[neighborhoodclinetacoma.org](http://neighborhoodclinetacoma.org) (this is a free clinic, but DSHS is welcomed)

**Sea Mar Tacoma Medical Clinic (253) 682-2180**

1307 S 11th St, Tacoma, WA 98405

**Poison Control (800-222-1222)**

**Community Healthcare Clinics / MultiCare**

**Eastside Tacoma (253-471-4553)** 1708 E. 44<sup>th</sup> Street. Tacoma, WA 98404

**Lakewood (253-589-7030)** 10510 Gravelly Lake Dr. SW. Lakewood, WA 98499

**Spanaway (253-847-2304)** 134 188<sup>th</sup> Street. Spanaway, WA 98387

**Tacoma (253-597-3813)** 1102 South I Street. Tacoma, WA 98405

**Soundview (253-404-0737)** 3611 South D Street. Tacoma, WA 98418

(CHC provides comprehensive care to low income persons. state insurance OK)

**Pierce County Aids Foundation (253-383-2565)**

3009 S. 40<sup>th</sup> Street. Tacoma, WA 98409

**Sea-Mar Medical Clinic (253-593-2144)**

1112 S. Cushman Ave. Tacoma, WA 98405

10217 125<sup>th</sup> St. Ct. E. Puyallup, WA 98373

Monday – Friday 09:00am to 5:00pm

(Also specializing in services to the low income, uninsured Latino community)

**Parkland Clinic (253-536-2020)**

11225 Pacific Ave. Tacoma, WA 98444

Monday – Friday 08:00am to 5:00pm, and lunch is from 12:00pm to 1:00pm

# Dental Services

## **Pierce County Dental Society & Referral Service (253-272-9910)**

221B Tacoma Ave. S. Tacoma, WA 98402

## **Northwest Dental Clinic (253-383-3001)**

725 St. Helens Ave. Tacoma, WA 98405

## **Sea-Mar Dental Clinic (253-593-2144)**

1112 S. Cushman Ave. Tacoma, WA 98405

10217 125<sup>th</sup> St. Ct. E. Puyallup, WA 98373

Monday – Friday 09:00am to 5:00pm

## **Lindquist Dental for Children (253) 539-7445)**

130 131<sup>st</sup> Street S. Tacoma, WA 98444

## **Community Health Care Dental (253-572-7002)**

1215 S. 11<sup>th</sup> St. Tacoma, WA 98405

Monday, Tuesday, Friday: 07:00am – 5:30pm | Closed 12:00pm – 1:00pm

Wednesday: 07:00am – 6:30pm

Thursday: 07:00am – 5:30pm | Closed 12:00pm – 2:00pm

## **Bates Technical Dental Clinic (253-680-7000)**

1101 S. Yakima. Tacoma, WA 98405

Monday – Thursday 08:00am – 2:00pm | DSHS OK

# Disability Services

## **Paratransit Services (888-925-5438) (Transportation)**

8311 S. Durango St. Lakewood, WA 98499

48-hour notice required

## **Pierce Transit Shuttle (253-581-8000) (Transportation)**

3701 96<sup>th</sup> Street S.W. Lakewood, WA 98499

## **L 'Arche Tahoma Hope Community (253-535-3178) (Employment)**

12303 36<sup>th</sup> Ave E. Tacoma, WA 98446 | Employment options for people with disabilities.

## **MultiCare Hospice / Home Care (253-301-6400) (Home Health Care)**

3901 S Fife St, Tacoma, WA 98409

## **Mary Bridge Speech & Hearing for Children (253-697-5200) (Speech and Hearing)**

1220 Division Ave, Tacoma, WA 98403

**Tahoma Associates (253-627-7980) (Employment)**

1545 Tacoma Ave S. Tacoma, WA 98402 | Employment options for people with disabilities.

**VADIS (253-863-5173). (Employment)**

1701 Elm St. Sumner, WA 98390 | Employment options for people with disabilities.

## **Drug and Alcohol Recovery Services**

**Tacoma Detox Services / The Center @ MDC | MDC (253-593-2413)**

**C.A.R.E. (Chemical Abuse, Resource, and Education / MDC) (253-572-2273; Option 3)**

**Youth Detox Stabilization** Available in Suite 100 | Open 24hours a day. 721 S. Fawcett Ave. Tacoma, WA 98402

**New Life Program @ Tacoma Rescue Mission (253-383-4493)**

425 South Tacoma Way. Tacoma, WA 98402 | Monday – Friday 08:30am – 5:30pm. Please call first.

**Alcoholics Anonymous Pierce County Central Service Office (253-474-8897)**

3640 South Cedar Street Ste S, Tacoma, WA 98409

Email: [csoadmin@pugetsoundaa.org](mailto:csoadmin@pugetsoundaa.org) | Visit: <https://www.pugetsoundaa.org/>

**Narcotics Anonymous**

<http://www.pcana.org/>

**SEA MAR Treatment Center (253-627-2250)**

**Pierce County Methadone Treatment Program (253-798-6405)**

3629 S. D Street. Tacoma, WA 98418

**Pierce County Alliance | ADATSA (253-572-4750)**

510 Tacoma Ave. Tacoma, WA 98418

## **Mental Health Services**

**Hope Guest House (253-627-3620)**

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

Monday – Sunday 7:00am to 11:00pm

Group Home for Women with a slight mental impairment & are on SSI or SSA.

Case Management provided by Comprehensive Mental Health.

**Acquainted with Grief (253-272-5558)**

1002 S. Yakima Ave. Tacoma, WA 98405

A support group for persons who have lost a spouse.

**Greater Lakes Mental Health (253-581-7020)**

9330 59<sup>th</sup> Ave. SW. Lakewood, WA 98499

Monday – Thursday 08:00am to 8:00pm | Friday 08:00am to 5:00pm

State Insurance OK

**Pacific Lutheran University Counseling (253-535-8782)**

121<sup>st</sup> & Pacific | Parkland, WA 98444

First Visit \$10, then a sliding scale will be used. State Insurance OK

**Comprehensive Mental Health (253-396-5930)**

815 S Pearl St, Tacoma, WA 98465

**ACTS Behavioral Health Services (253-302-3826)**

8811 S Tacoma Way #106, Lakewood, WA 98499

## **Ethnic Services**

**Centro Latino (253-572-7717)**

1208 S. 10<sup>th</sup> St. Tacoma, WA 98405

Monday – Friday 09:00am to 5:00pm

Interpretation, Translation, Interpretation, and on the job Training.

Notary Public, ESL & Tutoring.

**Indo-Chinese Cultural & Services Center (253-473-5666)**

1427 E. 40<sup>th</sup> St. Tacoma, WA 98404

Monday – Friday 09:00am to 4:00pm

Referral Services, Translation, & Interpretation for Vietnamese, Cambodian, Laotian & Chinese

**Asian Counseling Service (253-301-5250)**

4301 S. Pine St. Tacoma, WA 98418

Monday – Friday 08:00am to 05:30pm. Closed From 12:00 to 1:00 for Lunch

Multi-Language Mental Health Support for Adults & Children.

Services in English, Vietnamese, Korean, Cambodian, Laotian & Samoan.

Accepts State Insurance & Has a Sliding Scale

**Tacoma Urban League (253-383-2006)**

2550 S. Yakima Ave. Tacoma, WA 98405 Assists disadvantage individuals & families from welfare to work. From low wage to living wage, & from despair to hope.

**Puyallup Tribal Health Authority (253-593-0232)**

2209 E. 32<sup>nd</sup> St. Bldg. 2 Tacoma, WA 98404

Monday – Friday 08:00am to 5:00pm (Closed from 12:00 to 1:00 for lunch)

Nutrition, transportation, children's services, medical, dental, housekeeping,

counseling, parenting classes, adult education, substance abuse treatment and referrals, accepts state insurance and has a sliding scale fee.

Revised 3/2020

**Korean Women's Association (253-535-4667)**

123 E. 96<sup>th</sup> St. Tacoma, WA 98445

**Tahoma Indian Center (CCS) (253-593-2707)**

1804 E. 31<sup>st</sup> St. Tacoma, WA 98404

Provides culturally sensitive classes such as AA, and drug and alcohol advocacy. Also provides family referrals, home visits, & blessings for funerals, births, weddings and graduations. Hot meals daily. Food and Clothing banks available.

## Legal Services

**Northwest Justice Project (253-272-7879)**

715 Tacoma Ave S. Tacoma, WA 98402

Monday – Friday 09:30am to 12:00pm.

Some civil legal services are available free of charge for low-income persons. Issues include housing, family, health, guardianship, living well, employment, public benefits, consumer & education law.

Some services available in Spanish and Russian at: [nwjustice.org](http://nwjustice.org)  
[washingtonlawhelp.org](http://washingtonlawhelp.org)

**Equal Employment Opportunity Commission (800-669-4000)**

[eoc.gov](http://eoc.gov)

**CLEAR Legal Services (888-201-1014)**

Monday – Friday 09:15 to 12:15

Tuesday 3:30pm to 6:15pm

**Tacoma Pierce County Bar Association (253-383-3432)**

621 Tacoma Ave S. Tacoma, WA 98402

Provides a 30-minute free consultation. Other services are either free, or for a nominal fee.

**Fair Housing Center (253-274-9523)**

1517 S. Fawcett Ave. Suite 250 Tacoma, WA 98402

Provides help with housing discrimination

## Employment, Education & Job Training Services

**Goodwill Industries (253-576-6500)**

714 S. 27<sup>th</sup> St. Tacoma, WA 98405

Community employment services, comprehensive vocational and educational services. Job skill training & special needs employment assistance.

**Pierce County Human Services Community Action Programs (Employment Help)**  
**(253-798-7240)**

8811 South Tacoma Way. Lakewood, WA 98498

Monday – Friday 08:00am to 4:30pm.

Works with referrals from social service agencies for low income families. Services are designed to assist in breaking down to self-sufficiency. Helps to obtain education, training, employment & supportive services that will help avoid long term public assistance dependency. Job readiness assessment, career planning, resume development, interviewing techniques, appropriate dress & appearance pointers, job search & retention skills. Work experience & Post-employment counseling.

**Medicine Creek Tribal College (253-573-7950)**

2002 E. 28<sup>th</sup> St. Bldg. 18. Tacoma, WA 98404

GED preparation & ABE

**Tacoma Community House (253-383-3951)**

1314 South L St. Tacoma, WA 98405

Employment, education, GED training, & ESL

**Centro Latino Services (253-572-7717)**

1208 S. 10<sup>th</sup> St. Tacoma, WA 98405

Bilingual services (Spanish/English). Family learning center, maternity case management, job readiness, job search & scholarship assistance for technical and community college.

**People Ready (253-445-0908)**

11910 Meridian Ave E. Puyallup, WA 98373

Work today, Get paid today.

**Clover Park Elective High School | Adult Diploma Completion (253-589-5770)**

An elective high school for people between the ages of 16-20.

Adult high school diploma completion program.

**Tacoma Community College (253-566-5000)**

6501 S 19<sup>th</sup> St. Tacoma, WA 98466

Programs available that allow tuition & fee waivers for low-income persons who have been unemployed or underemployed for the previous 6 months. Must be at least 21 years old, be a Washington State resident & not have attended ANY college for the previous 6 months.

**WorkSource (253-593-7300)**

1305 S. Tacoma Ave. Tacoma, WA 98405

**Associated Ministries Community University (253-383-3056)**

1224 South "I" St. Tacoma, WA 98405

Adult education program focusing on spirituality, religious studies, arts & humanity, & personal development. Also assists families in transition from welfare to work.



# Clothing Assistance

## **Pat's Clothing Closet (253-272-8819)**

1619 6<sup>th</sup> Ave. Tacoma, WA 98405

Thursday 5:00pm – 7:00pm | Friday 1:00pm – 3:00pm

Assists students & working families.

## **St. Vincent De Paul (253-474-0519)**

4009 S. 56<sup>th</sup> St. Tacoma, WA 98409

## **(St.) Francis House (253-848-3618)**

322 7<sup>th</sup> St. SE. Puyallup, WA 98371

Tuesday & Thursday 11:00am – 2:30pm | Friday 7:00pm – 9:00pm [must have proof of income]

**The next 4 entries are in the rent and utilities section, and will provide additional contact information in that section**

## **Homeless Prevention Outreach (253-581-8698)**

## **St. Vincent De Paul Conference of St. Nicholas Church (253-851-0554)**

## **St. Vincent de Paul Assistance Line at Holy Disciples Catholic Church (253-693-8863)**

## **St. Vincent de Paul Conference of St. Nichols Church (253-851-0554)**

# Food Banks

## **Sumner Food Bank (253-863-3793)**

15625 Main St. E. Sumner, WA 98390

Mon – Wed & Friday 12:00pm – 3:00pm Thursday 5:00pm-7:00pm (Call first)

## **Fife Food Bank (253)922-0960**

2303 54<sup>th</sup> Ave. Tacoma, WA 98424

Monday, Tuesday & Thursday, 09:00am to 12:00pm Must have proof of address & Social Security Number. Call First.

## **Nourish Pierce County (253-383-3164)**

MANY food bank locations. Excellent food resource line. M-Sat, food banks are open. No appointment necessary.

We will need your name and date of birth, along with your address, zip code, and the names and birthdays of all of the persons in your household.

**Graham Food Bank (253-846-3805)**

10425 187<sup>th</sup> St. E. Puyallup, WA 98374

Monday and Friday 10:00am to 1:30pm, and Wednesday 3:00pm – 6:00pm

**St. Andrews Episcopal Church (253-564-4402)**

7410 S. 12<sup>th</sup> St. Tacoma, WA 98465

Last Wednesday of the month, 5:00pm – 7:00pm

## Hot Meals

**The Tacoma Rescue Mission (253-383-4493)**

425 S. Tacoma Way. Tacoma, WA 98402

(Breakfast) 07:00am      Dinner 5:00pm (Open at 3:00pm, arrive prior to 5:00pm)

**Rainier View Christian Church (253-531-0757)**

12305 Spanaway Loop Road. Tacoma, WA 98444

Community Dinner Every Monday at 6:00pm