

COMMUNITY RESOURCE GUIDE

**Please use current edition.
Updated June 2009**

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ALCOHOL AND DRUG RESOURCES AND HOTLINES

ADVANTAGES

645 4th Street Suite 201, Bremerton

(360) 479-0853

Hours: Monday-Friday 9 to 5

This is a full service out patient chemical dependency treatment program, adults, family treatment. Call for more information regarding fees and treatment programs. Spanish speaking, ADIS classes available.

AGAPE UNLIMITED- ALCOHOL AND DRUG PROGRAM

(360) 373-1529

5464 Kitsap Way

Hours: Monday-Thursday 9 to 5 and Friday- 9-1

Provides drug and alcohol diagnostic evaluations, DWI assessments, deferred prosecution programs, alcohol and drug information school, intensive outpatient, group, individual and family counseling. This program also has a housing program available to men and women and their children while undergoing treatment, whether with them or another center. Native Americans are their focus but they do serve everyone.

ALANON AND ALATEEN HOTLINE

(800) 562-1240 24 HOURS

Pierce County Al-Anon Info Serv: (800) 726-8094

Greater Seattle Al-Anon Intergroup Council (206) 625-0000

Spanish: Oficina Intergupal Hispana (800) 399-0899

Website: www.wa-al-anon.org; www.seattle-al-anon.org

Email: alateen@wa-al-anon.org; ais@seattle-al-anon.org

For anyone living with an alcoholic or drug dependent person and for teens. Telephone crisis intervention and referral Groups meet at different times and places.

ALCOHOL AND DRUG HELPLINE

(800) 562-1240 (WA only); TTY: (206) 722-3724

Seattle (206) 722-3700

24 HOURS

Website: <http://www.adhl.org>

Crisis intervention and referral.

ALCOHOLICS ANONYMOUS

Port Orchard (360) 876-6642

Seattle (206) 587-3838

Statewide: (800) 750-8566

Hours: 24 hours

Website: www.area72aa.org

A NEW BEGINNING

Poulsbo: 19351 NE 8th Ave, Suite 204; Hours: M-TH 9-5; (360) 598-3929

Port Orchard: 1703 SE Sedgwick Rd., Suite 113; Hours: T-F 9-5; (360) 874-7558

Full service chemical dependency treatment, assessment, and ADIS classes. Call for more information.

CASCADE OUTPATIENT CHEMICAL DEPENDENCY RECOVERY PROGRAM**9095 McConnell Ave. NW, Silverdale WA 98383****(360) 698-7267****Hours: Monday-Thursday 9 to 6, Friday 9 to 1**

Full service outpatient chemical dependency treatment program. They See adolescents, 12 years of age and older, adults, pregnant/postpartum women and do family treatment and interventions. Intake cost: \$50.00, adult evaluations: \$85.00, adolescent evaluations with legal involvement: \$50.00. Walk in urinalysis: \$25.00. They do accept medical coupons and most insurance's. They have some county funding for low-income adults who do not qualify for medical coupons.

HIGHLAND COURTE INPATIENT ALCOHOL/DRUG TREATMENT CENTER**1704 Melody Lane; Port Angeles, WA 98362****(360) 417-5356 or (866) 417-3322****38 Bed Adult Facility**

Highland Courte is an intensive inpatient, clinically managed alcohol/drug treatment center. It is an intimate facility nestled between the Olympic Mountains and the Straits of Juan De Fuca. We offer a holistic approach that includes acupuncture, gender specific groups, individual, family counseling and an introduction to the 12 step programs. Accepted by most insurance.

KITSAP RECOVERY CENTER**1975 NE Fuson Rd.****(360) 337-4625****Open 24 hours**

Outpatient services, substance abuse, drug and alcohol abuse treatment, chemical dependency, and mental health. Inpatient treatment and detoxification. Take private pay or with help from the state for payment. Person needs to contact DSHS.

NAVY ALCOHOL AND DRUG SARP/CAAC**2850 Thresher Ave, Silverdale 98315****(360) 315-3901****Hours: Monday-Friday 7:30 to 4****Website: http://nh_bremerton.med.navy.mil/SARPMMain.html**

Substance/Alcohol rehab program provides a 3-5 week intensive outpatient program. Anyone who is retired, in active duty, or is a dependent is eligible for this program.

OLALLA GUEST LODGE INC/OLALLA RECOVERY CENTER**12851 SE Lala Cove Lane, Olalla WA 98359****(253) 857-6201 or (800) 882-6201****Business Hours: Monday-Friday 8 to 4:30****Website: <http://www.olalla.org>**

Agency provides intensive inpatient and outpatient program. Services offered include family counseling, AA meetings group and individual counseling. Fee \$4095 or referred by DSHS, ADATSA program for a 21-day inpatient program. Most insurance are accepted.

PROSPERITY CHEMICAL DEPENDENCY TREATMENT CENTER**1723 Bonney Ave, Sumner 98390****Business Hours: 8 to 4:30pm****(253) 863-9667**

This is a full service inpatient chemical dependency treatment program. Call for information regarding fees and treatment programs.

SUQUAMISH WELLNESS

(360) 394-5200

Hours: Monday-Friday 9-5; Break 12-1 (Lunch)

Provide a treatment center for chemical and alcohol dependency, assessments, family counseling, marriage counseling, and DUI assessments. Groups are held 3 nights a week.

WEST SOUND TREATMENT CENTER

1415 Lumsden, Port Orchard

(360) 876-9430

Hours: Monday-Thursday 8:30- 5; Friday by appointment only

WSTC is a Washington State Certified outpatient chemical dependency treatment center specializing in providing services to low income and indigent residents of Kitsap County.

ANGER MANAGEMENT/COUNSELING/SUPPORT

ANGER MANAGEMENT COUNSELING

700 Prospect Street Suite 101; Port Orchard

(360) 876-2322

Hours: M-TH 11-5 p.m.

Outpatient family, individual and youth 14yrs and older therapy. **(State certified domestic violence perpetrator program)**. Participant needs to call to schedule an appointment.

BAINBRIDGE ISLAND HELPLINE

282 Knechtel Way NE, Bainbridge Island

(206) 842-7621

Hours: Monday-Friday 9-5

Website: www.helplinehouse.org

Email: helpline@helplinehouse.org

Assists with crisis intervention, individual and family counseling. Participant need to call or come into the office to speak with a social worker. This resource is for Bainbridge Island residents only.

BRIDGES TO MENTAL HEALTH SERVICES

(888) 377-8174 OR (360) 692-1595

Hours: M-F 9-5

Assists Kitsap, Jefferson and Clallam counties. Offers help by providing support, education and mentoring by other parents with similar experiences with children who are struggling with behavior problems, school or home.

CATHOLIC COMMUNITY SERVICES/COUNSELING AND CONSULTATION SERVICES

2525 6TH Street, Suite D, Bremerton

(360) 405-9486 or (888) 649-6732

Hours: Monday-Friday 9-5

Website: <http://www.ccsww.org/>

Catholic Community Services offers counseling for individuals, children/youth, couples and families. Topics are: (but not limited to) relationship building, anger management, parenting classes' school consultations, and internship program for graduate level interns.

Money Management International

(800) 493-2222 or (866) 889-9347

Website: www.moneymanagement.org

DIVORCE LIFELINE

Evelyn Smith

(206) 694-5762 or (800) 509-0515

Support group for those going through divorce or those who are already divorced. There is a support group for children of divorce in Everett. Call for meeting times and locations. At this time there are no meetings in Kitsap, Jefferson or Clallam counties. Fees: \$12.00-\$40.00/sliding scale.

FLEET AND FAMILY RESOURCE CENTER, COUNSELING, ADVOCACY AND PREVENTION SERVICES (800) 562-3301

KEYPORT- (866) 854-0638

BANGOR- (360) 396-4115

BREMERTON- (360) 476-5113

Hours: Monday - Friday 7:30 - 4:00

Provides a wide range of assistance and counseling services. The center offers numerous monthly workshops including parenting, financial, family enrichment and skill development programs. Assistance is offered with relocation, deployment and pre-employment programs; spouse employment assistance services and departure assistance. Individual, family and material counseling are provided to children and adults by highly skilled, certified and credential social workers. **Services are available to active duty/dependents and on a space-available basis, retired military.**

KITSAP MENTAL HEALTH

5455 Almira Dr, Bremerton

(360) 405-4010

Hours: 8am-5pm

Website: www.kitsapmentalhealth.org

KMHS provides mental health services for the chronically mentally ill. They accept medical coupons and some insurance plans. A variety of services are offered: individual, family and group counseling, geriatric day treatment, case management, medication management, CDMHP, children and adolescent services, and more. There are programs for the acutely mentally ill and for those experiencing suicidal thoughts.

ADVAD COUNSELING SERVICES

5997 Holland Rd. NW, Bremerton

(360) 405-6326

Call to make an appointment

Provides family anger and domestic counseling. Has a Certified Domestic Violence Perpetrator Program.

NEW HORIZONS

225 Lindvig Suite 10; Poulsbo

(360) 779-9288

By appointment

Provides anger management, domestic violence parenting classes, family or group counseling, and has a Certified Domestic Violence Perpetrator Program. Fees are on a sliding scale.

PEOPLE OF COLOR AGAINST AIDS NETWORK (POCAAN)

(206) 322-7061

1609 19th Ave, Seattle 98122

Hours: M-F 9-5:30PM

Multicultural outreach program for prevention of HIV/AIDS.

Earthen Vessels Counseling

103 N Callow, Bremerton

(360) 479-6944

Provides family counseling and has a Certified Domestic Violence Perpetrator Program

BUYING - FIXING HOMES

HOME DOWN PAYMENT ASSISTANCE PROGRAM

(360) 473-5375

Hours: Monday- Friday 8-4

Assists low-income families in finding and applying for home ownership. May assist with a down payment and/or rehabilitation grant towards a home. Participant must go through application process and qualify.

HABITAT FOR HUMANITY

811 Veneta Ave, Bremerton; First Christian Church

(360) 479-3853

Hours: M-F 9-5

Website: www.kitsaphabitat.org

This is a VOLUNTEER organization located in Kitsap county. Assists qualifying low-income families in building homes. To qualify, applicants must apply and then will be screened. This process includes a credit check, work history, and meeting income guidelines. Once accepted applicants agree to meet income guidelines. Agreements are made to help build their home as well as other Habitat homes. Call the number to volunteer or apply for the program.

HOME BUILDERS ASSOCIATION OF KITSAP COUNTY

5251 Auto Center Way, Bremerton

(360) 479-4210

Hours: M-F, 8-5

Website: www.kitsaphba.com

The Home Builders Association of Kitsap County is an association of professional builders, subcontractors, service providers and purveyors representing the home building industry. The association provides, to its members and the community, information, education and services that promote the health and welfare of the home building industry. As leaders of the industry, we foster safe affordable housing and address issues affecting our industry. Visit their website to see all the different services and businesses that they have.

KITSAP COUNTY CONSOLIDATED HOUSING AUTHORITY

9307 Bay Shore Dr. NW, Silverdale

(360) 692-5596

Hours: 8:00 - 4:30 M – F

Website: www.kccha.com

Public housing for low-income families. Participant must apply and meet income qualifications. If found eligible, placed on a waiting list. They also offer free after-school programs for youths, free workshops for adults and offer the Self-Help Program (535-6100) and Housing Rehabilitation Loan Program (535-6131).

REBUILDING TOGETHER-KITSAP COUNTY**(360) 308-8783****Hours: Monday-Friday 9:00 a.m. to 5:00 p.m.****Website: www.rebuildingtogetherkitsap.org**

The programs designed to help low-income, elderly or disabled homeowners. Participants must own their home, be low-income, and help in the rebuilding process if physically able. Repairs for the Annual Rebuilding Day in April include yard cleanup and trash removal, home safety improvements, painting, weatherization and other repairs as needed. RT* Kitsap also offers Emergency Year-Round Services program and Home Modifications program for those low-income home-owners in need of home modifications to accommodate disability. Repairs to mobile homes are limited. For more information or to recommend a participant, please call to request an application. **There are application deadlines.**

COUNTRYWIDE BANK**(360) 779-6431 OR 1-866-779-6431****Theresa Korpela (Reverse Mortgage Specialist)**

This program can provide a tax-free income to homeowners aged 62 and over whom own their homes free and clear or have a small outstanding mortgage. The program allows the borrower to utilize the value of the home by converting its home equity into line of credit. No repayment of the loan is required as long as they live in the home **For more information call the above number.**

WEATHERIZATION-KITSAP COMMUNITY RESOURCES**1201 Park Ave., Bremerton****(360) 377-0053****Website: www.kcr.org**

Assists low-income renters and homeowners of Kitsap County with: Insulation, Repair or Replace Roofs, heating systems, doors, Water Heaters and Health & Safety issues. Call for details.

CAREGIVER INFORMATION & LOSS SUPPORT

ALZHEIMER'S FAMILY SUPPORT GROUP/POULSBO

19160 Front Street NE; Poulsbo, WA 98370

(360) 779-7500

Website: <http://www.marthaandmary.org>

This is a self-help group to share concerns about caring for Alzheimer's victims, families or caregivers. They meet at Martha and Mary Nursing Home in Poulsbo. Call and ask for the director to verify the meeting times and location.

CAREGIVER SUPPORT CENTER AND CAREGIVER RESPITE (KITSAP COUNTY)

9729 Silverdale Way

(360) 337-5700 or (800) 562-6418

Hours: Monday-Friday 8-4:30

The Caregiver Support Center offers information, referral, consultation, counseling, social services and in-home case management services for caregivers and their families. Caregivers can meet with social service professionals and borrow books and videos about care giving issues from the lending library. Free brochures, booklets, tip sheets, and resource lists are available to take home or be mailed. The center also offers caregivers an Internet station that offers free access to the Internet to search helpful web sites and resources related to care giving.

Eligibility Requirements: Informal caregivers who are not being paid to provide care for either a care recipient 18 years of age or older, or a child under 19 who has a developmental disability, or a child being raised by a grandparent or other relative 60 years of age and older.

COMFORT KEEPERS/ SENIOR DAY RETREAT

3256 Chico Way, Bremerton, 98312

(360) 698-5533 or (877) 885-HOME Fax: 360 373-2263

Website: www.comfortkeepers.com Email: kitsap@comfortkeepers.com

Provide non-medical in-home health care and are open 9am- 4pm daily, 7 days a week, with 24hr on call. Senior Day Retreat is open 6am-6pm, Monday thru Friday.

COMPASSIONATE FRIENDS -BREMERTON

(360) 620-4831

Hours: 24 hours

Contact Person: Suzanne Coleman

Support group for bereaved PARENTS and Family members. Provides emotional support to those going through the crisis of loss. Books, pamphlets, newsletters, monthly meetings available. No fees. Meetings are held the 3rd Tuesday of each month at Harrison Hospital in Silverdale. For more information call the number above.

HOSPICE OF KITSAP COUNTY

GRIEF AND LOSS SUPPORT GROUPS AND PROGRAMS

(360) 698-4611

Hours: Monday-Friday 8-4:30

Website: www.hospiceofkitsapcounty.org

Hospice of Kitsap County offers a variety of support groups. Listed below are the different choices. You will need to call the number above for more information and to register for a program. Adult Grief Support Groups, locations in Bremerton, Port Orchard, Poulsbo, Silverdale and Bainbridge Island. Grief in the Workplace Program, by request only. They also offer **Kids Grief Support** groups for kids age 4-18. Coping With Grief During the Holidays. Support care (nursing, psychosocial and spiritual) for the terminally ill and their loved one during their last days.

PARENT SUPPORT

(253) 426-6735 or page Paula Kulhman at (253) 416-3821

Hours: 24hours

Support group for parents who have lost an infant (conception to one year). It does not matter what the circumstances. Group meets the 3rd Tuesday of each month from 7-9 p.m. at St Joseph's Hospital in Tacoma. Interested parties should call the Pastoral Care Office at the above number.

PROJECT RACHEL

(206) 920-6413 or (800) 822-HOPE

Hours: 24 hours

Weekend retreat available. Phone Counseling and referrals available. This is a healing and reconciliation service. No affiliation with the Catholic church is necessary.

CHILD CARE/PRESCHOOLS

CHILDCARE RESOURCE & REFERRAL OF KITSAP COUNTY

(360) 452-5438 or (800) 452-5438

Hours: Monday-Friday 9-3:30

Website: www.lcsnw.org/parentline

Help in finding licensed daycare in the Kitsap County area. Participant needs to call and leave a message. Someone will return the call and provide a list of providers. The referral service also offers financial assistance for training, expansion and equipment for daycare providers and people interested in becoming a provider.

CHILDREN'S SERVICES-DSHS

3423 6th St. Suite 217, Bremerton

(360) 475-3688 or 800-423-6246

Hours: Monday-Friday 8-5

Provides information on finding a licensed day care or on becoming a provider. This division also oversees foster parents and the state adoption agency.

CHILD DEVELOPMENT AND FAMILY CENTER – OLYMPIC COLLEGE

(360) 475-7190

<http://www.olympic.edu/Students/StudentServices/ChildCare/childDev.htm>

Pre-School & School-Age

Monday -Thursday, 7:00am- 5:30pm Friday, 7:00am-4:00pm

Fall/Winter Evening Care until 8:00pm; Spring Evening Care until 8:00pm

Toddler & Two-Year-Old

Monday - Thursday, 7:00am-5:30pm Friday, 7:00am-4:00pm

On-campus childcare for children of enrolled college students. Enrollment in parent education class (1 credit) is required.

HEADSTART/ EARLY HEADSTART/ECEAP

(360) 473-2026

http://www.kcr.org/head_start.htm

Free part day Pre-School services. Full Day Programs available. There are centers in most areas of Kitsap County; please visit the website for a full listing of locations and hours. The EHS program is for pregnant mothers and children through age 3. HEADSTART program provides services for children ages 3-5. Provides preparation for kindergarten, individual learning plans, health services for the children, nutritious meals and snacks, services for children with special needs, access to community resources and advocacy for the parents. Also has Home Base option which provides eligible families with home visits and support services from the prenatal months to the child's third birthday.

HOMELESS CHILDCARE

1201 Park Ave., Bremerton

(360) 377-0053

Assists in locating and paying for childcare for children birth to age 12 on a short-term basis. Assistance must be for employment or employment activity, housing search, medical, substance abuse, court or counseling appointments. Applicants must be homeless and not eligible for any other daycare subsidy programs such as Department of Social and Health Services Working Connection Childcare.

KITSAP DAYCARE**1198 Elizabeth Ave Bremerton****(360) 373-4862**

Provides quality pre-school and after school care.

LICENSED CHILD CARE INFORMATION SYSTEM**Department of Early Learning****Olympia: (866) 482-4325****Website: www.del.wa.gov/care/Default.aspx**

Offers this service to help parents select and monitor childcare facilities. Parents can evaluate whether or not the childcare facility is right for their child. Parents can also order brochures.

OLYMPIC COLLEGE AFFILIATED PRESCHOOLS**How often:** 1 to 4 days per week depending upon age of child**Hours:** Usually 1½ to 3½ hours in the morning or after**Cost:** Varies from \$26 to \$220 per month depending upon number of days, location, and age of child**Prerequisite:** Enroll in parent education class; parent must work in preschool classroom 2 to 4 times per month**Contact:** Olympic College Parent Education Program at (360) 475-7195**Locations:**Belfair: Belfair Cooperative Preschool; 23300 NE State Rt 3 (360) 277-0392Hansville: Hansville Cooperative Preschool; (360) 271-8502Bainbridge Island: Island Cooperative Preschool; 6894 NE Seabold Church Rd (206) 842-3013Poulsbo: Poulsbo Cooperative Preschool; 20516 Little Valley Rd NE (360) 779-4104South Colby: South Colby Cooperative Preschool (360) 871-4645**WORKING CONNECTIONS CHILDCARE****4710 Auto Center Blvd, Bremerton****(360) 473-2200 or (866) 755-4834**

Provides a childcare subsidy for working parents. The parents pay a portion of their childcare costs. Both in-home providers and day care centers are eligible, however they must agree to take the subsidy and be eligible for the program. Some income guidelines and restrictions apply. There is no age-limit for the children.

CLOTHING

BAINBRIDGE ISLAND HELPLINE HOUSE

282 Knechtel Way NE

(206) 842-7621 M-F 9-5

Website: www.helplinehouse.org

Assists with food, clothing for Bainbridge Island residents only. When funding allows, may assist North End.

GOD'S KITCHEN & CLOSET

7625 Central Valley, Bremerton

(360) 692-7729

Hours: Free Clothing and meals from 12-2 on Mondays.

ST VINCENT DE PAUL-Port Orchard

(360) 876-6933

Hours: Monday-Saturday 8:30AM-5PM

Assists South Kitsap residents WHEN FUNDS ALLOW: with prescriptions, energy assistance, clothing, home furnishings, gas, rental assistance, and worker training. Also has a baby program.

ST VINCENT DE PAUL-BREMERTON

(360) 479-7017

Hours: Monday-Friday 10:30 – 4:00

Mainly a Food bank. When available may have clothes.

DENTAL SERVICES

AVENUE DENTAL CENTER

2741 Wheaton Way, Suite B, Bremerton

(360) 792-0300

Hours: M-TH 8:45AM-5.15PM; F 9AM-2PM

Affordable dentistry. They DO NOT accept DSHS however they are affordable. Prices 40% lower than most.

BATES DENTAL CLINIC

(253) 596-1677

Hours: Monday-Friday 8-3

Exam \$45, full service clinic, emergencies, referral to specialists. May accept DSHS.

COMMUNITY HEALTH DENTAL CLINIC (CLOVER PARK DENTAL CLINIC)

(253) 572-7002

Sliding fee, low-income, all services except root canal and orthodontics.

DENTAL REFERRAL SERVICE

(800) 366-8478 (1-800-DENTIST)

Helps locate a dentist in their area. They CANNOT help find dentists who take DSHS.

PENINSULA ORAL SURGERY-DR. LASNETSKE

Bremerton

Hours: T-F 8AM-5PM

(360) 479-4050

Accepts DSHS. No referral required.

KITSAP COUNTY DENTAL DISEASE PREVENTION PROGRAM-ADULT

(206) 909-1365

An affordable solution for adults who would like to prevent tooth decay and gum disease, but find it impossible to pay for regular preventive care in a private dental office

LOW INCOME DENTAL INFORMATION HOTLINE

MEDICAL ASSISTANCE AND ADMINISTRATION CALL CENTER FOR WASHINGTON

1-800-562-3022

Basic information on dentists, services, and experienced dentists working with seniors and disabled.

NORTHWEST CAN DO DENTAL CLINIC

Bremerton

(360) 373-0832

Hours: M-F 10AM-6PM

OMNI/ABC DENTAL
4207 Wheaton Way Suite C
(360) 373-3487

Hour: Monday-Friday 9-5

Dr. Barakhshan has discounts for the uninsured. Accept DSHS coupons for all ages. **NO SLIDING SCALE FOR THE LOW-INCOME.**

PENINSULA COMMUNITY HEALTH SERVICES-Children Only
616 Sixth St., Bremerton
360.478.2368

Hours: Monday-Friday 7:15AM to 6PM

Provides affordable, quality dental care services for low-income, uninsured and underserved Kitsap County residents. Accepts DSHS/Medicaid and other insurances. Sliding scale fees available.

PUBLIC HEALTH DENTAL HYGENIST-TACOMA
(253) 798-6579

Direct questions regarding dental health.

TACOMA DENTURE CLINIC
(253) 475-8570

Hours: M-F; 8AM-5PM

Denture clinic. No partials, Accepts DSHS.

UW DENTAL CLINIC
(206) 616-6996

Initial screening \$25, all areas. Participant needs to call for details.

WASHINGTON STATE-A LOW COST DENTAL PLAN
(888) 227-9449

Website: <http://www.alowcostdentalplan.com>

Affordable low cost dental plan from \$6.95 plus \$20 start-up fee, must sign up via internet or call. Starts immediately, current conditions accepted, (except work in progress) and most procedures. Discounts routine orthodontia. Private practice dentists included. **Vision plan included at no extra charge.**

DOMESTIC VIOLENCE & SEXUAL ASSAULT

A.L.I.V.E Program

(Location of this shelter must remain confidential)

(360) 479-1980, (800) 500-5513 or dial 911

Hours: 24 Hours

North Kitsap/Bainbridge Island: (206) 780-2931 (accepts collect calls)

Provides shelter for battered women and their children (some age restrictions), medical referrals, legal advocacy, support groups, volunteer resources and other social services.

CRISIS CLINIC

(360) 479-3033 or (800) 843-4793

They have some referrals for safe housing as well as community referrals. Primarily a listening ear for persons in distress. Participants needing this resource just need to call the above number.

DOMESTIC VIOLENCE HOTLINE

(800) 562-6025 Statewide

(800) 799-7233 Nationwide

24hr support, advocacy for victims & families.

KITSAP COUNTY DOMESTIC VIOLENCE TASK FORCE

(360) 373-5392

Website: www.kcdvtf.org

Their mission: to create a community free from domestic violence. They help educate the community, establish a community response, encourage and support other agencies that deal with DV issues, collect and maintain data on DV in the community and help advocate for legislative issues. Please call for more information.

KITSAP SEXUAL ASSAULT CENTER

(360) 479-8500 24 hours

(360) 479-1788 or 911. Also accepts collect calls

Office hours are: 9-5 Monday-Friday

24hr service assisting victims of sexual assault and those close to them, legal & medical advocacy, therapy. Also has a Non-Offending Parent group. Support group to help parents feel more comfortable talking with their kids about the abuse. Call the number for meeting dates & times.

LEGAL ADVOCACY PROGRAM (YWCA)

(360) 479-0491

Hours: Monday-Thursday 8AM-5PM; Friday 8AM-12PM

ALL SERVICES ARE CONFIDENTIAL.

Program provides domestic violence response services: Crisis response, safety planning, support services, advocacy based counseling, protection orders, advocacy at court hearings, victim advocacy throughout criminal proceedings, community referrals, crime victim compensation and assists in obtaining safe shelter. Participant does not have to be a resident of the shelter to receive assistance.

MEN WORKING AGAINST ABUSE

(206) 461-7824

282 Knechtal way Bainbridge Island

This is a support group for men voluntarily trying to change abusive behavior and for men who are victims of abuse. They also have public education services.

NW NETWORK OF BISEXUALS, TRANS, LESBIAN, AND GAY SURVIVORS ABUSE

(206) 568-7777

Hours: Monday-Thursday 9-6; Friday 9-5

Email: info@nwnetwork.org

Serves lesbian, gay, BI-sexual and transgender survivors of all domestic violence. They offer legal advocacy, support, shelter referrals, community, and educational outreach programs.

PIERCE COUNTY DOMESTIC VIOLENCE HELPLINE

1-800-764-2420. 24 Hours.

Provides safety planning, referrals to safe housing, transportation, and information on the legal process in Pierce county. All calls are safe.

EMPLOYMENT/VOCATIONAL TRAINING/EDUCATION

| |
|---|
| <p>AMERICORPS (360) 473-2015 or (360) 473-2016 Opportunities to help communities get things done while earning money. Earn monthly allowance and school scholarship. There are some restrictions and application deadlines.</p> |
| <p>BREMERTON JOB SERVICE CENTER (360) 438-4123 Hours: Monday-Friday 8-5 Website: www.go2worksource.com Assists qualified unemployed persons with getting work. Assists screening applicants for Job Corps and veterans.</p> |
| <p>CENTRAL KITSAP COMMUNITY SCHOOLS (360) 662-1635 Hours: Monday-Friday 8-4:30 Website: www.cksd.wednet.edu/community/CommSchIndex.htm#classes Central Kitsap Community Schools offers a variety of classes throughout the year to anyone in the community. They have aerobics, pottery, computer classes, preschool, gymnastics, sports camps, foreign languages, dancing, babysitter training, drama, gardening, stamps, marketing, financial classes and more. Fees vary according to program.</p> |
| <p>DIVISION OF VOCATIONAL REHABILITATION (DVR) 3888 N.W. Randall Way, Suite 201 Silverdale, WA 98383 (360) 698-4360 Services for individuals (everyone has a unique disability with their own strengths and weakness) who have a barrier to employment due to a disability. Participant may be placed on a waiting list.</p> |
| <p>FAMILY ASSISTANCE, SERVICE & TRAINING PROGRAM (FAST)-KCR (360) 473-2147 1211 Bay St., Port Orchard Services focus on assisting families and individuals with or without children to establish their goals and action plans and carry out those goals. Ongoing one on one counseling, career assessments, advocacy and multi-topic workshops are just a part of the program. Job application and resume support will be provided. Some financial assistance may be available based on funding and priority. Generally some funding may be obtained for childcare, shelter, utilities, education and transportation.</p> |
| <p>IMMIGRATION CENTER INTERPRETER SERVICES (360) 440-2376</p> |
| <p>JOB TRAINING AND EDUCATION CENTER-BREMERTON GOODWILL (360) 373-3692 Hours: Monday-Thursday 10-3 Friday-by appointment only Website: www.seattlegoodwill.org Goodwill offers adult education and training opportunities for individuals seeking greater economic opportunity. Classes include English for speakers of other languages (ESOL) and basic computer training. Job search, resume writing and interviewing assistance are provided to job seekers. Adults age 21 or over can obtain a high school diploma through the National External Diploma Program.</p> |

KITSAP COMMUNITY RESOURCES-COMMUNITY JOBS DEVELOPMENT

Known as: K CAREERS

845 8th Street, Bremerton (360) 473-2118

1211 Bay Street, Port Orchard (360) 473-2144

Website: www.kcr.org/community_works.htm

Community Jobs provides transitional community-based employment and training opportunities for WorkFirst participants with significant challenges. Through public/private partnerships, participants gain increased self-confidence, marketable work skills and increased options to unsubsidized employment. **DSHS Referral Required.**

LABOR READY

1500 NE Riddell Rd., Bremerton

(360) 373-2032

Hours: Monday-Friday 5:30am to 6pm

Saturday 6 a.m-10 a.m.

Temporary labor. Go in first thing in the morning to sign up for work. Usually paid same day.

LITERACY COUNCIL OF KITSAP

616 5th St., Bremerton

(360) 373-1539

Email: literacy@krl.org

Website: www.kitsapliteracy.org

Programs include GED preparation, Tutoring, and Adult Basic Education. Services offered are Math, Reading, English and English as a second language. Also has computer lab. Call for times and locations of programs.

OLYMPIC COLLEGE JOB INFORMATION CENTER

(360) 475-7300

Hours: M-F 8AM-4.30PM

Email: careercenter@oc.ctc.edu

Career center, resumes, and jobs assistance. Participant needs to call for more details.

SKOOKUM CORPORATION

2604 Burwell St., Bremerton

(360) 475-0756

Works with local businesses to create job opportunities for people with disabilities or other barriers to employment. Helps them maintain their employment.

SOUND WORKS JOB CENTER

(360) 779-1160

Hours: Monday-Friday 9-4

Website: homepages.donobi.net/soundworks

Helps to locate all types of employment. Is in association with the Bremerton Job Service Center. They also provide help with resume writing and interview training. Services are free of charge. Contact the center for more information.

WASHINGTON CASH**(360) 698-4088 or (206) 352-1945 (SEATTLE)****Website: www.washingtoncash.org**

Offers a business training, lending and business support program designed specifically for people with limited incomes (up to 200% of poverty guidelines). Program designed to assist in self-sufficiency by self-employment. Participant needs to call for class schedules and admission information.

WASHINGTON LITERACY HOTLINE**(800) 228-8813****Hours: Monday-Friday 9-5****Website: www.literacy.org**

Get information on learning to read, getting a GED, learning English or becoming a citizen. Can also refer people to Adult Basic Education resources.

WIA ADULT PROGRAM-KCR EMPLOYMENT AND TRAINING**845 8th Street., Bremerton****1211 Bay Street, Port Orchard****(360) 473- 2118****(360) 473-2144**

KCR'S WIA Program is an employment service designed to assist people of Kitsap County find the necessary information, skills and/or training to enter employment in our community

WIA ADULT SERVICES - WORKSOURCE CENTER**1300 Sylvan Way, BREMERTON****(360) 337-4810**

Programs include Dislocated Workers-help for workers who have been laid-off or have received notice of termination or lay off, lost job and unlikely to return to that profession or self-employed, but the economy or natural disaster has impacted work. Employment Support Project-one on one job development and coaching for the learning or physically disabled. Adult Programs- for the economically disadvantaged who lacks the job skills and education required for gainful employment.

KEYS to College and Career Life Transitions Program**(360) 475-7478****Website****<http://www.olympic.edu/Students/StudentServices/WomensPrograms/Keys+to+College+and+Career.htm>**

Their purpose is to assist those who have lost their source of financial support to become economically self-sufficient. The program provides the tools necessary to identify career or school options and to gain the self-confidence necessary to make the transition to independence. Services include information and referrals, support services and classroom instruction. The services are FREE. Eligible people must have been primarily a homemaker. This program is open from September through June.

WORKFORCE DEVELOPMENT-OLYMPIC COLLEGE**Hours: 8AM-4.30PM****(360) 475-7555****<http://www.olympic.edu/Students/WorkforceDevelopment>**

The Worker Retraining program provides funding and support for people that are currently; eligible for unemployment, have been eligible for unemployment in the last 24 months, displaced homemakers, or self-employed. Must be a Washington State resident for at least one year.

FOODBANKS & FINANCIAL ASSISTANCE

ABRAHAM'S HOUSE

3670 Chico Way, Bremerton, WA 98312 (Alliance Church Gym)

(360) 405-0488 (ENCOURAGE TO CALL FIRST)

Hours: For Donation Only Tuesday-Friday 10-4 p.m.

Hours: For Giving Only Saturday 10-2

This is an outreach to the community assistance with household items, clothing, beds, bedding and baby items.

BAINBRIDGE ISLAND HELPLINE HOUSE

282 Knechtel Way NE, Bainbridge Island

(206) 842-7621

Hours: Monday-Friday 9-5; Saturday 10-2

Website: www.helplinehouse.org.

Assists with food, clothing, crisis intervention, individual and family counseling, and volunteer coordinating. Participant needs to call or come into the office to speak with a social worker. This resource is for Bainbridge Island residents only. When funding allows, may assist other North End residents.

BELL RINGER OF NORTH KITSAP

(360) 697-6087

Help with electric/Oil Only. Call to make appointment. Silverdale, Kingston, and Poulsbo areas.

BREMERTON FOODLINE

1600 12th St., Bremerton

(360) 479-6188 or (360) 373-9971

Hours: Monday-Friday 10-1:45

Website: www.bremertonfoodline.org.

Mainly a food bank. They may have some small baby items. During the holidays offers a holiday basket sign up. Participant must live in the Bremerton school district.

CENTRAL KITSAP FOOD BANK

3790 NW Anderson Hill Road, Silverdale 98383

(360) 692-9818

Hours: Monday-Friday 10-1:30pm

Primarily provides food. During the holidays provides holiday baskets. Participant must reside or work full time in Central Kitsap School District

DSHS/DEPARTMENT OF SOCIAL AND HEALTH SERVICES

4710 Auto Center Blvd., Bremerton 98312

(360) 473-2200 or (800) 338-7410

Hours: Monday-Friday 8-5

DSHS has programs to help people with financial assistance, food benefits, medical coupons, some funeral expenses if family is on public assistance, employment training, and developmental disabilities funding, tenant support and more. Participant must submit an application and then will be called for an eligibility review.

GOD'S KITCHEN AND CLOSET**7625 Central Valley, Bremerton****(360) 692-7729****Hours: Monday 12-2**Free clothes for children of all ages when available. Provide meals to anyone from 12-2 on Monday s. Produce and baked goods are given when available. **There are no city or county restrictions to persons in need.****KITSAP COMMUNITY RESOURCES****1201 Park Ave., Bremerton****(360) 479-1507****Hours: Monday-Friday 8AM-4:30PM or go online to make an appointment****Website: www.kcr.org/energy_assistance.htm**

Heating assistance available during the winter months (October- June), to assists low-income household in Kitsap county with the increased costs it takes to heat their home during the winter months.

LIFE CARE COMMUNITY FOOD BANK**8640 Journey Lane, Port Orchard****(360) 876-9244****Hours: Wednesday and Saturday 9:00 a.m. - 12:00 p.m.**This is an outreach of Spirit of Life Lutheran Church. Food is provided on an emergency basis to qualifying **residents of rural South Kitsap County** up to five times per year. Clothing is also available. You will need to provide proof of address, Social Security cards for the household and drivers license.**NORTH KITSAP FISHLINE FOODBANK****(360) 779-5190****Hour: Monday-Thursday 10:00 a.m.-3:00 p.m., Friday's 9:30-12:30 p.m.**

Assist North Kitsap residents mainly with food, commodities and referrals however, when available may assist with utilities, prescriptions and baby items. During the holidays may have holiday basket sign-up.

NORTH MASON FOOD BANK**NW 22471 Hwy 3, Belfair****(360) 275-4615****Hour: Monday 10-2, Tuesday 10-2, Wednesday 1-5:30, Thursday 10-2**

No restrictions. Participants need to go to the above address at the above times for assistance. Need proof of physical address.

PORT ANGELES FOOD BANK**(360) 452-8568****Hours: Monday/Wednesday/Friday 1-3:30 p.m.**

Provides food to persons in emergency situations. Provisions for 4-5 days are usually given. No eligibility requirements.

SALVATION ARMY**832 6TH St.; Bremerton****(360) 373-5550****Website: <http://www.salvationarmy.org>**Haircuts: M-T-Th, / simple cuts only / 9 am to 2 pm. Make appt. with receptionist FIRST.Food Boxes: Once a month: T-Th-F: 9:30 am to 11:15 & W 4 pm to 6 pm. Must show photo I.D., zip code, and proof of all family members.Bread & Produce: weekdays, as available.Breakfast and Lunch: Weekdays, 8:00 am to 8:45 am, and 12:00 to 12:45 pm.

Diapers and Toiletries: Same days as food boxes.

Utility Assistance: January to June. Must show proof of low-income and have a disconnect notice. Restricted to once per 12 months. Call for appt.

Community Voice Mail: provides free voice mail for those who need to receive messages but have no phone.

SHARENET FOODBANK-HANSVILLE/KINGSTON AREA

(360) 297-2000 OR (360) 297-2266

Hours: Tuesday and Friday 9:30-12:00 p.m.

Bayside Community Church (Sharenet) provides food and clothing when available.

SOUTH KITSAP HELPLINE/FOODBANK

1351 Bay St.

(360) 876-4089

Website: www.helplinefoodbank.org

Thrift store hours: Monday-Friday 10-3; Saturday 9:30-5

Assists South Kitsap residents mainly with food however when available also assist with commodities, energy assistance, rental help, prescriptions and household items. Participants must reside in South Kitsap School District.

ST. VINCENT DE PAUL-BELFAIR

(360) 275-6199

Hours: Monday-Saturday 9:30-5:30

Please call for more information. You must live in North Mason County to receive help at this site.

ST. VINCENT DE PAUL-BREMERTON

1137 Callow Ave. N

(360) 479-7017

Hours: Monday-Friday 10:30- 4

Mainly a Food bank. When available may have clothes, energy assistance, rental assistance, and gas vouchers

ST. VINCENT DE PAUL- PORT ORCHARD

1209 Bay St.

(360) 876-6933 or (360) 876-2364

Hours: Monday-Saturday 8:30- 5

Assists South Kitsap residents with prescriptions, energy assistance, clothing, home furnishings, gas vouchers, bus passes, rental assistance and work training. **MUST LIVE IN SOUTH KITSAP**

WASHINGTON STATE COMBINED APPLICATION PROGRAM (WASHCAP)

(877) 380-5784

A joint effort between the SSA and DSHS. WASHCAP is a simplified way to deliver Food Assistance to SSI recipients who: are at least 18 years old, do not have earned income and live alone or buy and fix food apart from others who live in the home.

WASHINGTON TELEPHONE ASSISTANCE PROGRAM

Call a phone company in your area that provides local residential phone services.

These are the major companies in Washington

(800) 700-8880

Qwest (800) 244-1111

VCI (888) 923-8375

DOES NOT HELP PAY FOR OVERDUE BILLS OR SHUT OFF NOTICE

Up to 50% discount on connection fees, monthly telephone service and waiver of local deposit. Have to be receiving a DSHS service: TANF, Refugee, GAU, Food Stamps, SSI/Medicaid or DSHS chore service/COPES.

FREE MEALS

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| <p>BREMERTON UNITED METHODIST CHURCH 1150 Marine Dr., Bremerton 373-3510 Regular Hours 9-1 Monday-Friday. Last Friday of the month offer free sit down meal. 4:30-6:30 p.m.</p> |
| <p>BREMERTON COMMUNITY CHURCH OF GOD 1904 8th St & Hewitt Ave, Bremerton (360) 373-0583 Hours: 8:30AM-10:00AM. Free breakfast on Saturdays for anyone in need.</p> |
| <p>CORNERSTONE CHRISTIAN/PASTOR ART AT SYLVAN WAY BAPTIST CHURCH 900 Sylvan Way, Bremerton (360) 698-3219 Hours: 6:30 pm, Tues and Thurs.</p> |
| <p>FIRST LUTHERAN CHURCH 18920 4th Ave. NE, Poulsbo Hours: 5-6:30 pm, Tues.</p> |
| <p>GOD'S KITCHEN & CLOSET 7625 Central Valley Bremerton. Hours: Mondays 12-2 (360) 692-7729 Hours: Monday 12-2 Free clothes for children and adults when available. Provide meals to anyone from 12-2. They will provide food to go for invalids to be delivered by friends or relatives. Produce and baked goods are given on Mondays. <u>There are no city or county restrictions to persons in need.</u></p> |
| <p>JOY OF FREEDOM AT THE WESTGATE FIRE HALL Rocky Point-Bremerton (360) 373-2014 Homeless and low-income are invited to a free brunch each Sunday between 10:30-11:30 a.m.</p> |
| <p>LORD'S NEIGHBORHOOD DINER Callahan Dr., Bremerton (360) 377-2915 Serves dinner to the needy on Saturdays and Sunday s from 3-5 p.m. Sometimes there is a shuttle available; participants need to call for pick up sites.</p> |
| <p>NEW LIFE ASSEMBLY CENTER 1305 Iron sized Ave Bremerton, WA 98312 (360) 377-7292 Hours: Tuesday-Friday 9-4p.m.</p> |
| <p>OUR SAVIOR'S LUTHERAN CHURCH 1015 Veneta, Bremerton (360) 479-6374 Provides free hot dinner first three Wednesday's of each month at 6:00 p.m.</p> |

POULSBO FAMILY KITCHEN

(360) 697-2720 (ENCOURAGED TO CALL FIRST)

Each month during the last, full week (Sunday-Saturday) First Lutheran Church serves a free meal at 5:30 p.m.

SALVATION ARMY

832 6TH St.; Bremerton

(360) 373-5550

Website: <http://www.salvationarmy.org>

Haircuts: M-T-Th, / simple cuts only / 9 am to 2 pm. Make appt. with receptionist FIRST.

Food Boxes: Once a month: T-Th-F: 9:30 am to 11:15 & W 4 pm to 6 pm. Must show photo I.D., zip code, and proof of all family members.

Bread & Produce: weekdays, as available.

Breakfast and Lunch: Weekdays, 8:00 am to 8:45 am, and 12:00 to 12:45 pm.

Diapers and Toiletries: Same days as food boxes.

Utility Assistance: January to June. Must show proof of low-income and have a disconnect notice. Restricted to once per 12 months. Call for appt.

Community Voice Mail: provides free voice mail for those who need to receive messages but have no phone.

SILVERDALE LUTHERAN CHURCH

11701 Ridgepoint Dr. NW, Silverdale

(360) 692-9263

Offers free hot lunches from 12-1:00 every Wednesday. All are invited. Church is located 1.5 blocks from Ridgetop Blvd.

SOUTH KITSAP FAMILY KITCHEN

2483 Mitchell Rd-Port Orchard

(360) 876-3901

Hours: last two-Monday-Tuesday-Thursday-Friday 5-6:30 p.m.

Free meals served during the last 8 days of the month. Dinner is served at 5pm the last 2 Mondays, Tuesdays, Thursdays, and Fridays of the month.

SUQUAMISH UCC CHURCH HALL

18732 Division Ave NE, Suquamish, WA

(360) 598-4434

Hours: 5 to 7 pm on the last Wednesday of the month.

Located on the corner of Division and Geneva in Suquamish. Suquamish United Church of Christ.

HEALTH CARE

ANGEL FLIGHT WEST

1-888-426-2643

Hours: Monday-Friday 8:30a.m.-4:30 p.m. Pacific Time

Air Lifeline is a national non-profit charitable organization of over 1,000 private pilots who fly ambulatory patients who cannot afford the cost of travel to medical facilities for diagnosis and treatment. Our pilots donate their time, aircraft and fuel to make this air transportation service totally free of charge for patients who qualify.

BAINBRIDGE ISLAND HELPLINE

(206) 842-7621

Hours: M-F 9:00-5:00p.m.

Loans out medical equipment. Participants need to reside on Bainbridge Island.

BASIC HEALTH

1-800-826-2444 or TDD: 1-888-923-5622

Website: www.basichhealth.hca.wa.gov

Affordable health care coverage for those that are income eligible. Participant needs to call for an application. No local branch offices. Currently they are taking children and pregnant women only

CAPRI HEART AND LUNG INSTITUTE CAPRI

2601 Cherry Ave #111, Bremerton, 98310

(360) 479-3886

Hours :Monday-Wednesday, Friday 8:00am-4:30pm, then on Tuesday and Thursday 8:00am-2:30pm

Helps improve the health of people affected by or at risk for heart and lung disease through rehabilitation, education and prevention. A nurse practitioner or physician must refer person. CAPRI will assist with a referral.

CENTER FOR DISEASE CONTROL & PREVENTION

1-888-443-7232

Website: www.cdc.gov/hepatitis

For information on viral hepatitis. Participant should call if they believe to be infected or at high-risk or for more information on the virus.

SEATTLE CHILDREN'S HOSPITAL & MEDICAL CENTER

(206) 987-2000 or (206) 987-2164

Hours: 24 Hours

Website: www.seattlechildren.org

Provides referrals and treatment for childhood psychological problems. Appropriate referrals are: Attention Deficit Disorder, behavior problems, depression, suicidal, socially withdrawn, conduct disorders, physical and sexual abuse, family crisis intervention, anxiety disorders, learning and school-related difficulties. They provide assessment testing and behavioral management assistance as well. Call for more information. Sliding scale fees.

COMMUNITY HEALTH CARE

101 E 26TH St, Tacoma

(253) 597-4550

Hours: Monday-Thursday 8:00-5 p.m., Friday 8-4:30 p.m.

There are 8 medical facilities and 3 Dental facilities. Participant needs to call to find out where to go for full service medical/dental facilities that serves people with or without insurance and/or who are low-income. No county restrictions. Sliding fee scale, call for appointment.

COMMUNITY HEALTH CARE/PIERCE COUNTY**101 E 26th St Tacoma****(253) 597-4550.****Hours: M-F 8:30-5p.m.**

Community Health Care is a full service medical facility that serves people without insurance or who are low-income. Call for more information or to make an appointment. You do NOT have to be a Pierce County resident to qualify for services

FIRST STEPS**(360) 337-4821****Hours: M-F 8:00am-4:30pm****Website: www.kitsapcountyhealth.com**

First Steps is a program to help income eligible pregnant women get the health and social services they need to be a healthy mom and to have a healthy baby. Program services include medical coverage for mother and baby, free bus passes or Para transit to doctor visits, funding for childcare during doctor visits, free in-home education, counseling and support from a Public Health Nurse or Behavior Health Specialist, linkages to community resources, childbirth classes through Harrison Medical Center, WIC nutrition services through K.C.R. and free family planning up to 1 year after the birth of the baby.

GENTIVA HEALTH SERVICES**4060 Wheaton Way, Bremerton****(360) 373-6966 or (800) 531-0825****Hours: Monday-Friday 8-5:30pm**

Home health care company that will care for acute and chronically ill children and the child with long-term health care needs. Services are provided in the home by registered nurses, nursing assistants, occupational therapists and physical therapists. Cost: they accept private pay, private insurance and are Medicare/Medicaid certified.

GREEN MOUNTAIN REHABILITATION MEDICINE**2625 Wheaton Way, Bremerton****(360) 475-6480****Hours: Monday-Friday 8:00-4:30PM**

A comprehensive outpatient rehabilitation facility (CORF) specializing in physical, occupational and speech/language therapy for those who have experienced a stroke, head injury or those who have a neuro disorder or anyone who may need Ortho rehabilitation.

HEAR NOW PROGRAM**(800) 328-8602****Hours: switch board 7am -6pm****Website: www.sotheworldmayhear.org**

National program providing assistance to those permanently living in the U.S., to acquire hearing aids through an application process. All applicants must meet the program's financial criteria, complete the application process and be approved for hearing aids. For more information call the above number.

HARRISON HOSPITAL CHARITY CARE PROGRAM

(360) 377-3911X 6610

Hours: 9am-4:30pm

Website: www.harrisonhospital.org

May apply for charity assistance if unable to pay medical bill at Harrison Hospital. Call the above number for more information

APPLE HEALTH KIDS

(877) 543-7669.

Website: www.applehealthkids.wa.gov

Quality low-cost health care to children under 19, who do not have insurance and family income, is too high for Medicaid but fits within CHIP guidelines. Interested families should call for income-guidelines and admission information. Children can receive low-cost medical services they need through CHIP. Covered services include check-ups, immunizations, prescriptions, dental, vision, hearing, outpatient & inpatient hospital services and more.

HILL BURTON ACT

(800) 638-0742

Program for people who are having trouble paying a hospital bill or need an operation but do not have the funds. Under the program, certain health care centers provide free or low-cost medical care to patients who cannot afford to pay. People can apply before they receive the care and after the bill has been sent to a collection agency. In Kitsap County, only the Kitsap Community Health Clinic is under this plan.

KITSAP COUNTY HEALTH DISTRICT

345 6th Street Suite 300, Bremerton-98337

Hours: M-F 8am-4:30pm

(360) 337-5235

Can assist with applying for no-cost health care to those that qualify. Families, kids up to 19 or pregnant women. Reproductive And Sexual Health Services, Medical care; testing, exams, HIV testing, contraception, pregnancy testing and education.

PHILLIPS LIFE LINE

10215 Lake City Way N.E., Suite K, Seattle

(800) 543-3546

Hours: Monday-Friday 9-5

Website: www.health-watch.com

Services offered to disabled and/or elderly in which the client wears a push button device that enables them to summon for help without having to move or use the phone. The office receives the signal and dispatches for assistance.

Website: www.nleb.org

Referral for the local Lions Club for recipients in need of eye exam and glasses.

Need to call the above number for more information.

PENINSULA HEALTH CARE CENTER**BREMERTON**616 6TH St.

(360) 377-3776

Hours: Monday-Friday 8 a.m.-9 p.m.

Saturday-Sunday 9 a.m.-3 p.m.

PORT ORCHARD

320 South Kitsap Blvd.

(360) 876-7215

Hours: Monday-Friday 7:45-5PM

POULSBO

19045 Hwy 305, Plaza 305 # 180

(360) 779-1963

Hours: Monday-Friday 8 a.m. - 5 p.m.

Walk in Clinic: Monday-Friday 5-9 p.m.

Provides primary medical care for low-income, uninsured and underserved families in Kitsap County. May assist established PCHS patients with prescription purchases or samples. Accepts DSHS, Healthy Options, Basic Health and other insurances. Patients charged on a sliding scale based on income. Participant needs to call in the morning to schedule an appointment. Also provides dental, mental health care. Bremerton Clinic now opens extended hours-week nights and weekends.

PORT GAMBLE SKALLAM TRIBAL HEALTH CLINIC/DENTAL CLINIC

32014 Little Boston Rd NE, Kingston

(360) 297-2646

Hours : M-F 8:30am-4:30pm

Medical from tribal members to tribal members, spouses, and Native Americans in Kitsap County. May be a cost.

SEX INFORMATION LINE (FACTS OF LIFE LINE)

(206) 328-7711

Hours: Monday-Thursday 3-6 p.m.

Provides information and referral for people with questions and concerns about contraception, pregnancy, sex-related medical issues, sexual dysfunction, venereal disease, alcohol and pregnancy concerns, complications with pregnancy and a variety of sex-related concerns. For ALL ages and sponsored by Planned Parenthood of Seattle.

VISION USA

(800) 766-4466

Hours: 8:30-5:00 Central Time

Website: www.aoa.org

Free eye care for children, adults, and seniors. To qualify for the program you need to be working or live in a household with at least one family member working at least part-time, have no insurance that covers eye exams, and have an income below an established level. Please call to receive an application or visit the website listed above. Only covers exam.

WHEELCHAIR LIBRARY

62 Peter Hagen RD NW

Seabeck, WA 98380

(360) 479-4535

Hours: Call Time Monday-Friday 8-2pm Pick-up from 2pm until dark

Free library of wheelchairs, walkers, crutches, hospital beds and other medical equipment. Call day before pick-up (pick up time is until dark)

HOUSING INFORMATION

ADULT FAMILY HOMES-DSHS
4710 Auto Center Way, Bremerton
(360) 473-2200

Hours: Monday-Friday 8-5

Provides low-cost homes, throughout the county, to be rented by developmentally/physically disabled or elderly adults. Anyone 18 years or older, elderly or disabled can apply. Successful applicants placed onto a waiting list.

AGAPE UNLIMITED/ Syphus II Housing

5464 Kitsap Way

(360) 373-1529

Hours: Monday-Thursday 9-5, Friday 9-1 by appointment only.

State funded Transitional Housing Facility that provides a sober living environment for single men or women and their children while participating in treatment. They must be in treatment, either with them or another agency. They can be pregnant or parenting a child under the age of 13 or have CPS involvement. They must have funding or be eligible for funding from the state (SSI, TANF, GAU, ADATSA) or working. Clients do pay rent.

BREMERTON HOUSING AUTHORITY

Phone/TDD: (360) 479-3694

Hours: Monday- Friday 8-4 p.m.

Website: www.bremertonhousing.org

Housing for all low-income persons and families who qualify. Income guidelines are used to determine eligibility. Placement in housing is not immediate. Qualified applicants placed onto a waiting list. Participant has to obtain an application. Applications available at the Bremerton Housing Authority and other community agencies.

BENEDICT HOUSE

Contact person: Pat Millen

2525 6th St., Suite D. Bremerton

Phone: 360-405-9486 or 1-866-246-3642

A group residential facility, with enriched supportive services, serving chronic and low-income homeless men in Kitsap County.

BREMERTON PROBATION DEPARTMENT

239 4th Street. Bremerton

(360) 473-5238

Hours: Monday-Thursday 10:30-4pm, Friday 10:30-3:30

The probation department works with people sentenced to probation by the court. They help arrange drug or alcohol assessment if needed. They also assist with finding halfway-house lodging or just lodging. Their focus is to assist the individual in order to stay on track and out of old patterns that lead to law violations.

BURWELL HOUSE/KITSAP MENTAL HEALTH SERVICES

1724 Burwell St., Bremerton

360-373-1575

Hours: 24 Hours

This is transitional housing for mental health clients recently released from in-patient hospitalization and are returning to the community and still need 24 hour care: socialization skills, living skills and associated issues.

COBB CENTER (Children's Home Society)

(206) 695-3200 or (800) 456-3339

Hours: Monday-Friday 8:30-5

Website: www.chs-wa.org

Website: childrenshomesociety.org

Cobb Center is a residential group home for boys ages 6-15 that have behavior problems or who are sexually acting out or having been sexually assaulted. They will not take boys who are involved in a court case.

FAMILY SELF-SUFFICIENCY (WEST PARK COMMUNITY CENTER)

Website: www.bremertonhousing.org

Provides case management, education, training, employment and emergency assistance to families residing in Bremerton Housing Authority's subsidized housing with the goal of achieving self-reliance for these families. Interested individuals are encouraged to call for details, restrictions and more detailed program information.

HOUSING AUTHORITY OF MASON COUNTY (COMMUNITY ACTION COUNSEL)

(360) 426-9726 ext 106

Hours: Monday- Friday 9-3

Provides housing (not immediate shelter) for low-income individuals and families. People must apply and meet low-income qualifications.

KITSAP COMMUNITY RESOURCES

1201 Park Ave., Bremerton

(360) 377-0053

Hours: Monday-Friday 8:00 - 4:30.

Website: www.kcr.org.

Emergency & Transitional Housing programs for low income, homeless (some restrictions), elderly and handicapped participants. Participant needs to call or come into the office for details. In addition, KCR assists with rental payments when funds are available.

KITSAP COUNTY CONSOLIDATED HOUSING AUTHORITY

9307 Bay Shore Dr. NW, Silverdale

(360) 535-6100 or (800) 693-7070 x. 6139

First time Home Buyers: 535-6153

Hours: Monday-Friday 8-4:30

Website: www.kccha.org

Public housing for low-income families. Participant must apply and meet income qualifications. If found eligible, placed on a waiting list. They also offer free after-school programs for youths, free workshops for adults and offer the Self-Help Program (535-6100) and Housing Rehabilitation Loan Program (535-6131).

LONG TERM CARE (AGING AND DISABILITY SERVICES)

4710 Auto Center Way, Bremerton

(360) 473-2299

Hours: Monday-Friday 8-5

Website: www.aashaweb/dshs.com

Provides low-cost homes, throughout the county, to be rented by developmentally/physically disabled or elderly adults. Anyone 18 years or older, elderly or disabled can apply.

MAX HALE CENTER

285 5TH St., Suite 1, Bremerton

(360) 792-2117

Hours: M-F 9am-5pm

The Center offers 33 units of single room occupancy (SRO) housing for homeless single adults, as well as 14 studios, 4 one-bedroom and 1 two-bedroom units for individuals and families at or below 50% of median income.

THIS IS NOT A SHELTER.

OLY CAP (OLYMPIC COMMUNITY ACTION PROGRAM)

(360) 452-2023

Low-income individuals may apply for assistance with housing programs (weatherization). Participants need to call the office for more details. This program is for Jefferson and Clallam counties

OXFORD HOUSE OF WASHINGTON/WHEATON HOUSE

Location Confidential

(360) 373-2493 or (360) 850-1056 Hotline

Hours: 8AM-8PM

This house is for men who have been clean and sober for at least 30 days. They must sign a contract that covers 3 months. There are deposit and monthly fees. There is a zero tolerance policy here. If a participant is interested, they need to call for an interview. THIS IS NOT A SHELTER.

PENINSULA WORK RELEASE

1340 Lloyd Parkway, Port Orchard

(360) 895-6158.

Provides people who are within six months of release from prison a place to live while they learn how to function normally in society. They use therapeutic methods to make the transition easier

SEATTLE EMERGENCY HOUSING SERVICE

(206)-568-7841 leave a message Website: www.ywcaworks.org

SEHS provides free, on-site resources to help families. Each family in our program is assigned a case manager who meets regularly with them. Families also have access to a food bank, clothing, house wares and transportation assistance. Partner agencies provide on-site mental health, alcohol and substance abuse counseling, employment services and legal assistance and a preschool and day care. SEHS also accepts donated cars, trucks, RV's, boats and motorcycles. Free towing is available in most areas. Call or visit their website for further information.

STRALEY HOUSE

5602 15th Ave. N.E., Seattle 98105

(206) 526-9637

Aids young adults (18-21) in their transition towards independent living. Must be willing to maintain employment, complete high school and dedicate to saving money. Length of stays 6-18 months. One third of their income goes to rent. They cannot have any drug/alcohol problems or mental illness.

SUBSIDIZED SENIOR HOUSING

Senior Housing on an income-based rate:

Charter House: 360-377-0808, Bremerton. Conifer Ridge: 360-871-2869, South Park Apts. 360-871-3666.

Viewmont East: 360-895-1454, Port Orchard. Virginia Villa: 206-842-5482, Winslow Arms: 206-842-3611,

Bainbridge Island. Call the numbers above for more information.

LEGAL INFORMATION

CASA (COURT APPOINTED SPECIAL ADVOCATES)

Port Orchard

(360) 337-5407

Hours: Monday-Friday 8-4:30

A service of the Juvenile Department of Kitsap County. The program arranges for an advocate to be appointed for a child to assure that the child's best interests are served in the courts in cases of abuse, and neglect. Volunteers are trained to provide advocacy on the child's behalf. **Contact: Nancy Wilson**

CHILD ABUSE HOTLINE

1-800-4-A-CHILD. Information on child abuse/neglect. Participant needs to call.

CHILD PROTECTIVE SERVICES

3423 6th St, Suite 217 Bremerton

(360) 475-3688

Hours: Monday-Friday 8-5

Assists in the investigation of the physical, mental, emotional and incest issues and the betterment of children.

CLEAR (COORDINATED LEGAL EDUCATION, ADVICE & REFERRAL SYSTEM)

(888) 201-1014

(888) 201-9737 TTY

(888) 387-7111 Seniors

Free legal assistance for low-income people with non-criminal matters. For residents of WA.

CRIME VICTIMS COMPENSATION

(800) 762-3716

Website: www.lni.wa.gov/claimsinsurance/crimevictims

Kitsap County Prosecutor's Office. Participant needs to call.

DISPUTE RESOLUTION CENTER (KITSAP)

(360) 698-0968 or (800) 37-SOLVE

Hours: Monday-Friday 8:30-4:00

Website: www.kitsapdrc.org

A private, nonprofit community mediation center that provides residents with options for resolving disputes themselves, out-of-court, voluntarily, nonviolently, inexpensively and within the community. For further information, call the office.

DIVISION OF CHILD AND FAMILY SERVICES (MASON COUNTY)

(888) 283-2634 or Main (360) 432-2050

Central Intake (800) 562-5424

Hours: Monday-Friday 8-5

Investigates complaints of neglect and abuse of children, provides protection of abused children, incest therapy, parenting skills, infant care classes, individual and family therapy. Also offers help with runaways, foster home placement, childcare referrals and more.

DSHS / OFFICE OF SUPPORT ENFORCEMENT/TACOMA

(800) 345-9976

Website: www.childsupportpayment.dshs.wa.gov

This is the number for people to call who either receive or pay support for a child living in Washington State. Call if you need help collecting support or information on how to get your payments collected by OSE, so you have a record of how much and how often you have been paid.

FAIR HOUSING AND EQUAL OPPORTUNITY HOTLINE

(800) 877-0246

Hours: Monday-Friday 8-4:30

Website: www.hud.gov/groups/fairhousing.cfm

Accepts complaints filed by people who feel they have been discriminated against based on race, color, sex, religion, family status, disabilities or national origin. Only for complaints against 'housing' agencies.

FAMILY COURT

614 Division St., Port Orchard

Hours: Monday-Friday 8-4:30

Website: www.kitsap.gov.com

Provides family counseling, appropriate referrals and court orders as needed.

JUVENILE COURT

11338 Old Clifton Rd., Port Orchard

(360) 337-5401

Hours: Monday-Friday 8-4:30

Detention services, offender supervision, Court administrator, dispute intervention. No fees.

KITSAP COUNTY ATTORNEY REFERRAL SERVICE

(360) 373-2426

Hours: Monday-Friday 8:00- 4:30

KLS serve the low-income residents of Kitsap County who are in need of legal assistance in civil matters. There is a \$50.00 initial half-hour consultation fee, or prepay through the office with credit or debit card for \$40

KITSAP COUNTY CLERK

(360) 337-7260

Hours: Tuesday-Thursday by appointment

Wednesday- only to schedule and appointment

Helps people with family law. They can help select proper paperwork, review paperwork, and help schedule hearings for persons who do NOT have an attorney. **NO LEGAL ADVICE IS GIVEN.**

KITSAP COUNTY COURTHOUSE NUMBERS

614 Division St., Port Orchard

Port Orchard- (360) 337-7053; Olalla- (253) 851-4147; Bainbridge Island - (206) 842-2061

Jury Recording-(360) 337-7072; Personnel/Human Services :(360) 337-7185; Jury Clerk: (360) 337-7166;

Kitsap County Job line: (360) 337-7169; Child Support/Paternity: (360) 337-7020;

Municipal Court (360) 876-1701; County Administrator: (360) 337-7146

KITSAP PROSECUTOR OFFICE

(360) 337-7174

Hours: Monday –Friday 8-4:30

Assistance through the criminal justice system.

LANDLORD/TENANT DISPUTE HOTLINE

645 4th St. Suite 204

(360) 479-1683

Hours: Monday 9-3; Tuesday-Friday 10:30-5

Email: proa1@juno.com

A hotline to inform renters and/or landlords of their legal rights and responsibilities. This is only an information line, no mediation given.

LEGAL ADVOCACY PROGRAM (YWCA)

(360) 479-0491

Hours: Monday-Thursday 8-5, Friday 8-12noon

ALL SERVICES ARE CONFIDENTIAL. Program provides domestic violence response services: Crisis response, safety planning, support services, advocacy based counseling, protection orders, advocacy at court hearings, victim advocacy throughout criminal proceedings, community referrals, crime victim compensation and assists in obtaining safe shelter. Participant does not have to be a resident of the shelter to receive assistance.

NORTHWEST ADA/IT CENTER

6192 200 20th Suite SW Mount Lake Terrance, WA 98403

(800) 949-4232 or (425) 248-2480

Fax (425) 774-9303

Website: www.dbtacnorthwest.org

Email: www.dbtacnw@uwashington.edu

Working together with designated state affiliates to keep track of issues pertaining to disability. Also, provide technical assistance with understanding and abiding by the laws.

NORHTWEST JUSTICE PROJECT (CLEAR)

(888) 201-1014

Website: www.nwjustice.org

Coordinated Legal Education, advice and referral system. Provides assistance in finding an attorney for the specific needs of the participant. Also may be able to find attorneys with a sliding scale or who charge an average for their practice.

NURSING HOME RESIDENTS NEGLECT HOTLINE

(800) 562-6078

Hours: Monday-Friday 8:00AM-4:30

Use this number to anonymously report alleged abuse or neglect occurring in nursing homes, assisted living environments, adult homes and all care giving agencies for people over 18.

OFFICE OF CIVIL RIGHTS

2201 6th Ave

(206) 615-2290 OR (800) 368-1019

Hours: Monday-Friday 8-4:30

Website: www.hhs.gov/ocr/index.html

Part of DSHS that investigates discriminatory acts by departments within DSHS. Participants should call if they feel they have been discriminated against.

SPECIAL ASSAULT UNIT (KITSAP COUNTY)

(360) 337-7174

Hours: Monday-Friday 8-4:30

Assistance through the criminal justice system. Helps interview child victims of sexual, mental, emotional and physical abuse in a caring environment.

WASHINGTON'S CHILD SUPPORT PROGRAM-KITSAP/PIERCE COUNTY

(800) 345-9976

Hours: Monday-Friday 8-5

Provides effective child support services. Helps families break the cycle of poverty by assisting in the collection of child support. In addition, assists in child support payment processing. This service is for persons who pay support as well as those who receive it.

WASHINGTON STATE ADDRESS CONFIDENTIALITY PROGRAM

(800) 822-1065 or (360) 753-2972 Olympia

Website: www.secstate.wa.gov/acp

Program helps people, who are afraid of being found by their abuser, keep their home; work or school addresses a secret. They can give substitute addresses, forward first class mail, without revealing the address. Program also helps people vote or get married without having those records released to the public.

WELFARE RIGHTS ORGANIZING COALITION (WROC)/ DSHS

(206) 324-3063

Hours: Monday-Friday 9-5

Website: www.wroc.org

Legal advocacy group that fights to protect and maintain rights for people on public assistance. Participants can call for information on their rights.

PARENTING

BIG BROTHERS & BIG SISTERS

See numbers below

Website: www.bbbsa.org

Big Brothers and Big Sisters are not available in Kitsap County. Participants may use the offices in King, Pierce and Thurston county. BBBS of King/Pierce: 608 State Street South, Kirkland, (425)822-6687. BBBS of Thurston County: 1015 4th Ave West Ste G, Olympia, (360) 943-0409. BBBS matches adult to child from a single parent household. Usually there is 3-5 hours of involvement a week. Call one of the offices listed to start the application.

CATHOLIC COMMUNITY SERVICES-FAMILY PRESERVATION SERVICES

(360) 792-2020 or (888)-649-6732

Hours: Monday-Friday 8am-5pm

Services are designed for children/youth and families with multiple and complex needs severe histories and who tend to be involved with multiple child-serving systems.

CHANGES PARENT SUPPORT NETWORK

(206) 621-0312 or (888) 468-2620

Website: www.cpsn.org

The CHANGES Parent Support Network empowers parent communities experiencing destructive, violent and out-of-control adolescent behavior. We achieve this through structured self help support and educational programs that promote positive behavioral and cultural changes.

CHILD SAFETY SEAT CHECK IN KITSAP COUNTY

A certified car seat technician will check for appropriate seat for child, recalls and proper installation. There are several locations throughout Kitsap County.

Mary Bridge Children's Health Center

Harrison Hospital facility in Silverdale

1780 NW Myhre Rd., Suite G220

Marcy Powell, (360) 662-1198

1st Wednesday of the month from 10-2p.m

No appointment necessary

Bainbridge Island Fire Station #23

12985 Phelps Rd.

1st Tuesday of the month from 10-1p.m.

No appointment necessary

Central Kitsap Fire and Rescue

5300 NW Newberry Hill Rd., Silverdale

Judy Knudtzon Banks

3rd Wednesday of the month

By appointment only

Bremerton/Kitsap County Task Force

Bremerton Police Department

239 4th St., Bremerton

Shirley Wise

By appointment only

CHILDREN'S HOME SOCIETY OF WASHINGTON

3300 NE 65TH St., Seattle

(206) 695-3200 or (800) 456-3339

Hours: Monday-Friday 8:30-5

Website: www.chs-wa.org

Have programs that benefit children and families. They have foster care, adoption, child advocacy, and parenting programs. They offer education classes for parents, counseling for families and children who have been victims of sexual, physical or mental abuse. They DO NOT accept medical coupons for some services.

COVENANT HOUSE NINE LINE

(800) 999-9999

24 HOURS AND NATION WIDE

Crisis line for runaways and their families. Discuss frustrating situations or parents can call if their children are runaways. Kids can call to get help in returning home or getting out of an abusive situation.

FAMILY RECONCILIATION SERVICES**475-3688 or (800) 423-6246 M-F 8-5 p.m.****3423 6th St Suite 217, Bremerton.**

Provides placement for runaways and children who need to be removed from their homes. Provides information to parents concerning children that have been placed by DSHS/FRS.

FAMILY VISITOR PROGRAM-YWCA**905 Pacific Ave., Bremerton****(360) 479-0522****Hours: Monday-Thursday 8am-5pm Fridays 8am-noon**

Outreach program that provides case management, encouragement of positive parenting skills, help families develop their own support network. Their goal is to help families enjoy their children, and able to recognize problems and know how to use resources and support systems.

LUTHERAN COMMUNITY SERVICES NORTHWEST /CHILDREN IN THE MIDDLE**645 4th St. Suite 202 Bremerton, WA 98337****(360) 377-5511 or (800) 378-5771****Hours: 8am-4:30pm**

Children in the Middle offers parents solutions to issues of single parenting, what amount of visitation is right for the child, conflict resolution techniques and challenges of blending families. This group/lecture is given at different times. This also will satisfy requirements of counties and states where it is mandated that parents attend a class dealing with the effects of divorce on their children. Call for detailed information on lecture series and fees.

MOTHER'S OF PRESCHOOLERS (MOPS)Groups are communities that meet the needs of every mom with children from birth to kindergarten. MOPS recognizes, that urban, suburban, and rural moms, stay-at-home and working moms, teen, single, and married moms all share a similar desire to be the very best moms they can be. MOPS groups help them do it. There are several locations in Kitsap County. **Call the numbers below for days and times of their meetings.**

| Bremerton | Port Orchard | Poulsbo | Silverdale |
|--|--|--|--|
| Memorial Lutheran Church (360) 377-0161 www.memorialbremerton.org | Adventure of Faith Pres Church (360) 876-0061 www.faithadventure.com | Christ Memorial Church (360) 779-5515 | Silverdale Lutheran Church (360) 692-9263 www.silverdalelutheran.org |
| Crossroads Neighborhood (360) 692-1672 www.crossroadscare.com | Grace Bible Church (360) 876-3200 www.gbcpo.org | | Faith Fellowship (360) 692-6555 www.faithfellowshipchurch.net |
| Peninsula Bible Fellowship (360) 692-6549 www.peninsulabible.org | | | |

PARENTS ANONYMOUS**1-800-932-HOPE**Website www.parenttrust.org

Peer support group for stressed parents.

RELATIVES AS PARENT PROGRAM/RAPP**(800) 932-HOPE (Support Group)**Website: <http://parenting.wsu.edu/relative/index.htm>

This is a website for anyone raising a relative. Has information on resources available and support The Northwest Women's Law Center has completed the second edition of "Grandparents Raising Grandchildren: A Legal Guide for Washington State", clients can access this guide through the website. Also has a support group.

STEP-BY-STEP PARENT SUPPORT-BAINBRIDGE

(206) 780-0423

This is a step-by-step parenting class that teaches parents problem solving skills and how to deal with children. It is led by Victoria Heemstra and meets in the Sterling Building in downtown Bainbridge. The classes meet every other Saturday from 10:00AM until 12:00PM. The cost is \$25/session, per couple.

THE PARENTING PLACE

1201 Park Ave

(360) 373-1898 Ext. 2134

Parenting place offers a variety of age-appropriate and topic-specific parenting classes to strengthen families of Kitsap County.

TOTEM GIRL SCOUT COUNCIL

1109 Warren Ave., Bremerton

(360) 373-9578.

Hours: Monday-Thursday 9-4:30, Friday 9-2:30

Website: www.girlscoutswesternwashington.org

Promotes fun, challenge, adventure, Opportunity and leadership for girls 5-18.

WIC (Women, Infant & Children)

Bainbridge Island----- (360) 692-6530.....Woodward School (Parent Child Center)

Belfair----- (360) 275-8340

Bremerton----- (360) 373-6221..... 810 6th St. (beside 7-11 store)

Port Orchard----- (360) 473-2144.....1211 Bay St. (next to St. Vincent De Paul)

Poulsbo----- (360) 692-6530..... St. Olaf's Church

Silverdale----- (360) 692-6530..... 3513 NW Anderson Hill Rd.

Or (800) 322-2588 to find one closest to you.

WIC offers women and families with children less than 5 years of age, pregnant or nursing food/formula vouchers.

PREGNANCY

CELEBRATE LIFE CENTER

4211 Seacrest Street Gorst

(360) 373-4688

Hours: Temporary M-F 11am-5pm

This is a pregnancy center. Services include free testing, infant/children clothing, diapers, food, furniture and maternity needs. Participant needs to call for detailed information.

CATHOLIC COMMUNITY SERVICES

(360) 792-2020

Hours: Monday-Friday 9am-5pm

They have Family Preservation Programs which include: adoption services; foster home care; pregnancy and maternity counseling; therapy for families in conflict; respite care for parents of children with disabilities, and much more.

CHILDBIRTH EDUCATION AT HARRISON

(360) 792-6765 or (800) 281-4024

Hours: Monday-Friday 8-4:30

Website: www.harrisonmedical.org

Harrison offers a full spectrum of classes for parents and siblings-to-be. You can register for classes online.

CHRISTIAN LIFE CENTER (HELPING HANDS)-PORT ORCHARD

1780 SE Lincoln

(360) 876-5595

Hours: 9am-5pm

Mainly will assist with food. When possible may help with baby clothing. Need to call to make arrangements for supplies and pickup days and times. **No one will be refused.**

EMERGENCY CONTRACEPTION HOTLINE

(888) NOT-2-LATE

Website: www.not-2-late.com

Provides a list of providers in the participant's area that provide the emergency contraceptive. This contraceptive helps prevent pregnancy after sex.

KANGAROO KAPERS (HARRISON HOSPITAL)

(360) 792-6764

Hours: Monday-Friday 8-4:30

Program introduces siblings to the hospital environment where mom will be during the arrival of the new baby. Children 2-6 will benefit from the program that helps prepare them for their new sibling. Children also get a chance to see a newborn as well as recognize their own feelings about their new brother or sister.

NEW HOPE CHILD AND FAMILY AGENCY-SEATTLE

19304 Kings Garden Drive North, Seattle 98133

(800) 228-3150 or (206) 363-1800.

Website: newhopearchievestrista.net

Helps young women find solutions to unplanned pregnancies. Domestic and international adoption services are available. They help medically and financially when possible. They are also a listening ear when someone needs to talk.

PLANNED PARENTHOOD / KITSAP

623 NE Riddell Rd Suite 103 Bremerton, WA 98310; Silverdale 10030 Silverdale Way, Suite 106 Silverdale, WA 98383

1-800-769-0045

Emergency Number: (800) 348-2442

Website: <http://www.ppww.org>

Planned parenthood provides information on all types of family planning, birth control, STD's and AIDS/HIV issues. They perform pregnancy tests, breast exams, STD testing, pap tests, pelvic exams, birth control, and more. They accept most insurance and utilize the sliding scale. Call the above numbers for days and times.

PREGNANCY RESOURCE CENTER

(360) 479-0243-Bremerton

(360) 698-1162- Silverdale

Hours: M-F 10am-5pm

Free testing, baby supplies, counseling; adoption info, abortion alternatives, furniture & clothing for babies. Service is for all ages. Participant needs to call to schedule an appt.

WIC (Women, Infant & Children)

Bainbridge Island----- (360) 692-6530.....Woodward School (Parent Child Center)

Belfair----- (360) 275-8340..... 845 8th 150 Hwy 3 APT 3 Belfair

Bremerton----- (360) 373-6221..... 845 8th St.

Port Orchard----- (360) 473-2144.....1211 Bay St. (next to St. Vincent De Paul)

Poulsbo----- (360) 692-6530..... St. Olaf's Church

Silverdale----- (360) 692-6530..... 3513 NW Anderson Hill Rd.

Or (800) 322-2588 to find one closest to you.

WIC offers women and families with children less than 5 years of age, pregnant or nursing food/formula vouchers.

WINDS OF CHANGE CHILDBIRTH EDUCATION

Kendra Machen, CCCE

PO Box 2693 Poulsbo, WA 98370

(360) 874-1689

Website: www.toothlessgrin.com

Individualized private childbirth education classes in Port Orchard. Class schedules fill up quickly. Please e-mail or call to register no later than week 30 of your pregnancy. Sliding Fee scale available.

PRESCRIPTION ASSISTANCE

NORTH KITSAP FISHLINE

(360) 779-5190

Assists in costs of some prescriptions for residents of North Kitsap.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

(888) 477-2669

Website: www.pparx.org

PPA brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them

PENINSULA COMMUNITY HEALTH SERVICES

BREMERTON

616 6TH St.

(360) 377-3776

Hours: Monday-Friday 8 a.m.-9 p.m.

Saturday-Sunday 9 a.m.-3 p.m.

Walk in clinic: Monday-Friday 6-9

Provides primary medical care for low-income, uninsured and underserved families in Kitsap County. May assist established PCHS patients with prescription purchases or samples. Accepts DSHS, Healthy Options, Basic Health and other insurances. Patients charged on a sliding scale based on income. Participant needs to call in the morning to schedule an appointment. Also provides dental, mental health care and WIC nutrition support service. Bremerton Clinic now open extended hours--week nights and weekends. Dental services for children only unless it is an emergency and then only if there is an opening.

PORT ORCHARD

320 South Kitsap Blvd.

(360) 876-7215

Hours: Monday-Friday 8 a.m.-5 p.m.

POULSBO

19045 Hwy 305, Plaza 305 # 180

(360) 779-1963

Hours: Monday-Friday 8 a.m.- 5 p.m.

3M PHARMACEUTICALS-PATIENT ASSISTANCE PROGRAMS

(800) 328-0255

To provide 3m pharmaceuticals prescription medications to those individuals who are not covered by a third-party prescription insurance plan, do not qualify for government assistance, and who income and medical expenses meet the qualification of the 3M program.

ST VINCENT DE PAUL-BREMERTON

(360) 479-7017

Hours: Monday-Friday 10:30-4:00

Will fill some antibiotic prescriptions. Participant needs to come into the office and provide; ID, and proof of address. **MUST RESIDE IN THE BREMERTON SCHOOL DISTRICT.**

THE MEDICINE PROGRAM

(573) 996-7300

Website: www.themedicineprogram.com.

Free prescription medicine available for those who qualify.

For those who do not have insurance or a government program pays for outpatient prescription medicines, and the cost is causing a financial hardship; Participant needs to call or visit their Website. There may be a waiting period for enrollment.

REFERRAL AGENCIES

AMERICAN CANCER SOCIETY

(800) 227-2345

Website: www.cancer.org

Gives information on cancer, treatments, and refers persons to local support groups. Programs; Road to recovery, Reach to recovery & Look good feel better.

AMERICAN RED CROSS

811 Pacific Ave., Bremerton

(360) 377-3761

Hours: Monday-Thursday 9-5 Friday 9-2:30

Website: www.seattlredcross.org

Disaster Response, Assistance and Preparedness, First Aid & CPR training, Lifeguard and swimming classes, HIV/AIDS Education, Babysitting classes, Emergency Armed Forces services, and Youth programs. Class prices vary.

AWRD

Website: www.awrd.org

Gives information on community resources in the area. Similar to united way info link.

HELPLINE PIERCE COUNTY

(800) 572-HELP

Website: www.uwpc.org

Information, referral and assistance. Helps with housing, food, clothing and more. For PERICE county residents.

JEFFERSON COUNTY OLYMPIC COMMUNITY ACTION COUNCIL

(360) 385-2571 or (800) 464-2571

Hours: Monday-Friday 8-12p.m and 1-4:30p.m

NO AFTER HOURS PLACEMENT

The Community Action Council of Jefferson County has many programs to help people. They have clothing for men, women and children, work clothing, emergency food, rental assistance (not to exceed \$100/individual), transportation, chore services for people confined to home, help obtaining glasses, meals for seniors, emergency shelter, health care assistance, alcohol and drug help and more. This agency does not have any after-hour facilities. After hours, call Serenity House.

KITSAP COMMUNITY RESOURCES

1201 Park Ave.

(360) 478-2301

Website: www.kcr.org

Provides a full time information and assistance case -worker to better serve the community in reaching families in crisis or in need of a referral to many resources. For a referral to a resource, please call the above number.

KITSAP COUNTY DOMESTIC VIOLENCE TASK FORCE**(360) 373-5392****Website: www.kcdvtf.org**

Their mission: to create a community free from domestic violence. They help educate the community, establish a community response, encourage and support other agencies that deal with DV issues, collect and maintain data on DV in the community and help advocate for legislative issues. Please call for more information.

OLYMPIC COMMUNITY ACTION ENERGY ASSISTANCE/ENERGY CRISIS-PORT ANGELES**(360) 452-8203****Hours: Monday-Friday 8-4:30****Website: www.olycap.org**

This division of Clallam Community Action Council helps low-income families, as funding is available, with heating costs. Families only allowed to apply once in a 12-month period. DSHS clients must apply to DSHS before applying here. This agency helps people who are below the poverty level get help with employment, food, temporary shelter, health care, clothing, and some financial assistance.

SALVATION ARMY**832 6TH St.; Bremerton****(360) 373-5550****Website: <http://www.salvationarmy.org>**

Haircuts: M-T-Th, / simple cuts only / 9 am to 2 pm. Make appt. with receptionist FIRST.

Food Boxes: Once a month: T-Th-F: 9:30 am to 11:15 & W 4 pm to 6 pm. Must show photo I.D., zip code, and proof of all family members.

Bread & Produce: weekdays, as available.

Breakfast and Lunch: Weekdays, 8:00 am to 8:45 am, and 12:00 to 12:45 pm.

Diapers and Toiletries: Same days as food boxes.

Utility Assistance: January to June. Must show proof of low-income and have a disconnect notice. Restricted to once per 12 months. Call for appt.

Community Voice Mail: provides free voice mail for those who need to receive messages but have no phone.

SENIOR INFORMATION AND ASSISTANCE REFERRAL**(360) 337-5700 or (800) 562-6418****Hours: Monday-Friday 8-4:30**

Free information and referral and case management for those 60 years and above. Senior I & A can also make direct referrals to KMHS for mental health or substance abuse services for geriatric clients.

TACOMA PIERCE CO HEALTH DEPT.**3629 South D St., Tacoma 98418****(800) 992-2456****Hours: Monday-Friday 8-4:30**

Listings of Pierce Co. resources. Participant needs to call if they live in Pierce County.

Peninsula's 211**Dial:211 or (877) 211-WASH**

Information and referral.

VOLUNTEERS OF AMERICA-MENTORING CHILDREN OF PROMISE**(800) 663-3183**

This program is dedicated to providing children of incarcerated parents with long term mentors who can model safe and trusting relationships, healthy lifestyles and social behavior, increase participation in community activities and increase children's interest in literacy and education. **Call for further information**

SENIORS

BREMERTON HOUSING AUTHORITY**(360) 479-3694****Website: www.bremertonhousing.org**

Housing for low-income senior or disabled persons. Housing is NOT immediate. Participant must submit application and there is a sufficient waiting period.

CATHOLIC COMMUNITY SERVICES-Long Term Care**(360) 792-2066 or (800) 642-8019****Hours: Monday-Friday 8-4:30**

Provides help with meals, laundry, housework, shopping, dressing, etc., to elderly and disabled people.

Will remodel homes to be handicap accessible. Also provides long term care

CHUCKWAGON DINNERS/MEALS ON WHEELS**(360) 377-8511****Hours: 9a.m– 3p.m**

This is a nutrition program for senior citizens, 60+ years of age. Donations are requested from seniors, but no one is refused. Meals can be delivered to seniors who are homebound for medical reasons, disabilities and chronic illnesses. There is an assessment process.

CITY OF PORT ANGELES**(360) 457-0411****Hours: Monday-Friday 8-5.**

City light gives senior's energy credit that meets the income guidelines and is not in subsidized housing. Income is verified before credit is given. Call to apply.

COLUMBIA (LEGAL SERVICES)**(206) 464-1122 statewide: (800) 542-0794****Hours: Monday-Friday 9-5****Website: www.columbialegal.org**

A coalition of legal services providers. CLS works closely with other legal services, volunteer attorney law school clinical programs and many others throughout the state to provide a network of providers for those who cannot afford legal assistance.

COPE SERVICES-DSHS**KITSAP COUNTY (800) 422-7114****CLALLAM COUNTY (360) 565-2161 or (360) 374-6193****Hours: Monday-Friday 8 to 5:00**

Copes services are available to those persons who are on Medicaid or are eligible for Medicaid. Copes worker can be a family member, anyone but the spouse. Copes workers assist the in need person with meeting their personal needs. In order for that person to stay in their home and not be placed in a nursing home. Copes worker does not have to live with the individual in need. The pay is minimal for the Copes worker. The Copes worker must meet physical and background check requirements.

DIVISION OF AGING AND LONG-TERM CARE/CAREGIVER SUPPORT CENTER

9729 Silverdale Way

(360) 337-5700 or (800) 562-6418

Hours: Monday-Friday 9-4:30

Uses state and federal funding to determine services needed and degrees of funding for programs related to problem of senior citizens. Activities include; needs assessment planning, program development, contract preparation, and program monitoring. Call for more information.

HOME-HELPERS/HOME CARE (LUTHERAN COMMUNITY SERVICES)

(360) 377-5511 or (800) 378-5771 (Kitsap County)

Hours: Monday Friday 8-4:30

Designed to provide support to older, convalescing and disabled persons of all ages who require assistance in their homes. Service available in Pierce & Thurston Counties as well.

KITSAP COMMUNITY RESOURCES

(360) 377-0053 or (800) 338-3363

Low-income housing and energy assistance for the elderly, low income and handicapped. Housing NOT immediate. Participant needs to call for more program information.

KITSAP COUNTY CONSOLIDATED HOUSING AUTHORITY

(360) 692-5596

Hours: Monday-Friday 8-4:30

Website: www.kccha.com

Provides housing for low-income people. Must meet guidelines to qualify. NOT emergency housing or immediate placement. Participant needs to call to get an application or for information.

KITSAP JOB TRAINING CENTER (WORKSOURCE KITSAP COUNTY)

1300 Sylvan Way, Bremerton

(360) 337-4810

Hours: Monday-Friday 8-5

Provides job training and placement assistance for persons 22 years old and over. Programs for placing persons in a work experience job and the JTC will pay 50% of the wages, Dislocated Worker Program, Youth Training projects during the summer, and Senior Programs. Applicants must be low-income, Kitsap County residents and 22 years old and over. They can provide tuition assistance, on the job training, work and other services with job seeking.

MARSHA CALDWELL CONSULTING

PO BOX 340 Tracyton

(360) 405-1030

Hours: Monday-Friday 9-5pm

Help disabled and elderly stay as independent as they can for as long as they can. They help individuals in all types of living situations. They can help with meds, wills, selling property and moving, and money management. They take private funding.

MEDICARE HOTLINE

(800) 562-3022

Hours: Monday-Friday 7-6pm

Website: www.medicare.gov

Medicare recipients can find out how to access and use Medicare benefits. This office will try to answer questions or refer to a local agency that can help.

MIRACLE ON WHEELS

(800) 749- 8778

Website: www.durablemedical.com

Some senior citizens 65 and older may qualify for a free or low-cost power wheelchair.

SENIOR INFORMATION AND ASSISTANCE/KITSAP DIVISION ON AGING

(360) 337-5700 or (800) 562-6418

Hours: Monday-Friday 9-4:30

Clallam County: (800) 801-0070

Hours: Monday-Friday 9-12, 1-4pm

Information and referrals direct assistance, case management, and meals, medical, legal referrals and housing referrals for those 60+. Special assistance may be given to elders who may be victims of abuse and / or unable to care for themselves. Senior I & A can make referrals to KMHS for mental health services for geriatric clients.

SENIOR INFORMATION

(888) 435-3377

This program helps you find the service that will best fit your needs.

SOCIAL SECURITY ADMINISTRATION

9594 Mickelberry Rd NW, Silverdale (across from Albertsons)

(800) 772-1213 or (360) 692-5540

Hotline open until 7p.m

Hours: Monday/Tuesday/Wednesday/Friday 9-4, Thursday 9-5:30

Website: www.socialsecurity.gov

Provides social security cards, processes benefits for retirement, survivors and disability benefits, Medicare applications and much more. Participant should call for information on all the services offered.

SERVICES FOR THE DISABLED

ACCESS MOBILITY SYSTEMS (AMS)

(360) 425-771-4659 or (800) 854-4176

Website: www.accessams.com

Hours: Monday-Friday 8-5p.m , Saturday 10-2 (sales only)

For wheelchair accessible vans, van conversions, driving aids, Jazzy Power Chairs, scooters, wheelchair and scooter lifts, tie-down restraint systems, wheelchair and scooter rentals, seat relocation, transfer seats, pedal extensions, and vehicle grab bars. If it is not mentioned here, please ask. When a family or individual requires temporary or permanent adaptive mobility equipment please call and speak to an AMS representative.

AMERICAN COUNSEL FOR THE BLIND

(800) 424-8666 or (202) 467-5081

Hours: Monday-Friday 9-5

Website: www.acb.org

Information on books, computer diskettes, catalogs, monthly magazine, information on the Americans with Disabilities Act, information for parents and much more.

ASSOCIATION FOR RETARDED CITIZENS (ARC)

3243 N. Perry Ave., Bremerton

(360) 377-3473

Hours: Monday-Friday 9-5

Website: www.arckj.org

Programs to assist the developmentally disabled. Education & Classes, Parent to Parent support, Social opportunities, counseling, and care provider referrals. ARC also has a Camp program. Membership encouraged but not required.

CHILD FIND

(360) 598-1133

Finds programs for children (AGES 3-5 ONLY) with special needs like: Learning disabilities, vision problems, speech difficulties and more. Call for the next screening time.

CLIENT ASSISTANCE PROGRAM

(800) 544-2121

Helps answer questions about vocational and rehabilitation services.

COMMUNITAS GROUP

920 Park Ave., Bremerton

(360) 377-7231 or (888) 844-7231

Hours: Monday- Friday 8-5

Website: www.communitas.org

Provides family style residential facilities for developmentally disabled. They also have houses for people with disabilities, assistance with daily living skills and training. Also assists with daily living skills and training to allow successful integration in the community. Screening done through DDD.

DEPARTMENT OF SERVICES FOR THE BLIND**(800) 552-7103****Hours: Monday-Thursday 7:30-5:30pm****Website: www.dsb.wa.gov**

Provides a variety of programs for blind and visually impaired persons of all ages. Provide for eligible candidates: vocational rehabilitation, business enterprise program, orientation and training program, child and family services, independent living programs for older adults and visually impaired persons. Call for more information.

DIVISION OF DEVELOPMENTAL DISABILITIES (DDD)/BREMERTON**(360) 475-3490****Hours: Monday-Friday 8-5pm****Website: www1.dshs.wa.gov/ddd/**

For individuals who have developmental disabilities. Provides; case management, family support, child development services and residential/day program services for persons birth through adult

DIVISION OF VOCATIONAL REHABILITATION (DVR)**3888 N.W. Randall Way, Suite 201, Silverdale****2465 Bethel Rd. S.E. Port Orchard****(360) 698-4360 Silverdale****(360) 874-7240 Port Orchard****Hours: Monday-Friday 8-5****Hours: Monday-Friday 8-5**

For persons with physical, sensory, and/or emotional disability or long term illness which has created a barrier to employment. Services include but are not limited to assessment of limitations, testing, goal setting, community-based OJT, job coaching, job development and training. Participant may be placed onto a waiting list.

EASTER SEAL SOCIETY OF WASHINGTON**220 West Mercer St. Suite 120 W. Seattle 98119****(800) 678-5708****Hours: Monday-Friday 8:30-4:30****Website: www.wa.easterseals.com**

The aim of Easter Seals is increasing independent living skills of persons with disabilities. They have programs that include the loaning of computers and they have a list of low cost medical equipment that can be rented. They have a dental access program for low-income disabled persons.

FAMILY RESOURCE COORDINATION- (HOLY RIDGE) KITSAP COUNTY**(360) 373-2536 or (800) 449-1660****Hours: Monday-Friday 7:30-5****Website: www.hollyridge.org**

A program for children birth to 3, who have learning difficulties. Pediatric therapy and vocational training for the developmentally disabled. Also has an Infant Toddler Program family centered, interdisciplinary. Early intervention service for young children with special needs. Parents can call with questions about their child's development and can call for a screening. If after the screening the parent still has some concerns, a recommendation will be made for some services. Parents will not be turned away if they have no way to pay.

FRANCES HADDON MORGAN CENTER**3423 6th St., Bremerton****Website: www.dshs.wa.gov/ddd/FHMC.shtml****(360) 475-3480****Hours: 24 HOUR FACILITY: Business Hours: Monday-Friday 8-5**

This agency provides residential care, treatment and training for autistic or mentally disabled clients who exhibit chronic to severe behavioral problems and who have chronic emotional disorders. Residents should be ambulatory.

HEARING SPEECH & DEAFNESS CENTER

(206) 323-5770 Seattle & Renton

Website: www.hsdcenter.org

Provides evaluations and therapy for adults and children of all ages. Serves the hearing and speech disabled. Participant needs to call or visit their Website for more information.

KITSAP APPLIED TECHNOLOGIES

4195 Wheaton Way

(360) 377-5454 or (360) 373-8239

Website: www.katkitsap.org

Hours: Monday-Friday 8-4:30

Provides work training and supportive employment for severe to profoundly disabled adults. Eligibility: Must be significantly disabled. To apply: Trainees are referred through the Division of Developmental Disabilities or DVR.

KITSAP COUNTY PARENT COALITION FOR DEVELOPMENTAL DISABILITIES

4619 Basswood Ct. SE, Port Orchard

(360) 769-2220 or (800) 347-7387

Hours: Monday-Friday 9-5

Website: www.kitsap-wa.org

The mission of the Kitsap County Parent Coalition is to promote a better quality of life for individuals with developmental disabilities and their families by providing support through advocacy, education and sharing information. They offer monthly meetings, speakers and special topics. Advisory committee, workshop and training opportunities, information about programs and services for people with developmental disabilities and their families. They also provide information about parent rights and responsibilities, monthly newsletter, community projects and a resource library.

KITSAP TENANT SUPPORT SERVICES

(360) 373-4173 or (888) 696-0049

Hours: Monday-Friday 8:30-4:30

Provides persons with disabilities help to remain living on their own. Help with money management, hygiene, shopping skills, and cooking. Participant must apply at DSHS division of developmental disabilities.

PARENTS ARE VITAL IN EDUCATION (PAVE)

(253) 565-2266 or (800) 5-PARENT

Hours: Monday-Friday 9-5

Website: www.washingtonpave.org

Parents working with other parents to help them learn about rights of their handicapped children. Workshops and training available. Provides support & accompany parents to school meetings. They participate in a variety of community efforts to improve services for handicapped children and adults.

PENINSULA SERVICES

7500 Werner Rd., Bremerton 98312
(360) 373-1446

Mailing Address: P.O. Box 5030 Bremerton, WA. 98312

Hours: Monday-Friday 9-5 Website: peninsulaservices.org

This is a non-profit agency providing work training and employment opportunities to persons with disabilities
Eligibility: diagnosed disability and funding support from agencies such as; Vocational Rehabilitation or the Division of Developmental Disabilities. Contact: Keith Justice, Human Resources Director

POSITIVE SOLUTIONS

2817 Wheaton Way, Ste 209, Bremerton
(360) 373-5206

Hours: Monday-Thursday 10-3

Website: www.psbrc.org

Provides information to individuals with disabilities, their families, and service providers. Emphasis on self-advocacy training through one-to-one disability benefits counseling, workshops/forums, and internet technologies.

SKOOKUM CORPORATION

20634 Burwell St.
(360) 475-0756

Website: www.skookim.org

Works with local businesses to create job opportunities for people with disabilities or other barriers to employment. Helps them maintain their employment.

SPEECH TO SPEECH (STS)

(877) 833-6341 24 hours a day

Telephone access for people with speech difficulties. Helps provide communication assistance for those with a difficulty being understood during phone conversations Free in the State of Washington.

NATIONAL ALLIANCE FOR THE MENTALLY ILL

(206) 783-9264 (800) 782-9264

Hours: Monday-Friday 9-5pm

Website: www.nami-greaterseattle.org/

Addresses the unmet needs of the severely mentally ill and their families through advocacy, public education, information and referral and self-help support groups.

WASHINGTON ASSEMBLY FOR CITIZENS WITH DISABILITIES

4649 Sunnyside Ave N, Ste 100
(206) 545-7055 TYY: (206) 632-3456

Website: www.disabilitypride.org

This is a non-profit agency of self-advocates their families and other advocates concerned about disability issues. Assembly provides: weekly advocacy day for self-advocates, parents, family members and other advocates during the legislative sessions.

WASHINGTON COUNCIL INFORMATION OF THE BLIND

(800) 255-1147

Hours: Monday-Friday 9-4

Website: www.wcbinfo.org

Anytime support for the blind. Participant needs to call for details.

SHELTER INFORMATION

A.L.I.V.E SHELTER

(360) 479-1980, (800) 500-5513 or dial 911

Hours: 24 Hours (Location confidential)

Provides: 17 beds for battered women and their children (some age restrictions), medical referrals, legal advocacy, support groups, volunteer resources and other social services.

North Kitsap/Bainbridge Island: 206-780-2931. (accepts collect calls)

BENEDICT HOUSE

(360) 405-9486

Contact Person: Pat Millen, OSF or Carol Brown

Benedict House will provide year-round emergency and transitional housing with support services for up to 25 chronic and low-income homeless men (one with children).

BROADVIEW EMERGENCY SHELTER-SEATTLE

(206) 299-2500 OR (877) 622-3122

Website: www.fremontpublic.org.

Provides emergency shelter for women with children. Call for more information.

COMPASS CENTER

77 S. Washington

Women Transitional Housing

1205 Thomas St. Seattle

(206) 357-3150

Call At: 9am for openings

Single 18yrs and older men or women shelter. Call for more information.

Men's Transitional Housing

210 Alaskan Way South Seattle

(206) 357-3250 Men Shelter

Call at: 1pm Tuesday or Friday for openings

CRISIS CLINIC

(360) 479-3033 or (800) 843-4793 (accepts collect calls)

They have referrals for shelters and community referrals. Primarily a listening ear for persons in distress.

HOMELESS CHILDCARE-KITSAP COMMUNITY RESOURCES

1201 Park Ave., Bremerton

(360) 478-2301

Contact Person: Stephanie Livengood

Assists in locating and paying for childcare for children birth to age 12 on a short-term basis. Assistance must be for employment or employment activity, housing search, medical, substance abuse, court or counseling appointments. Applicants must be homeless and not eligible for any other daycare subsidy programs such as DSHS Working Connection Childcare.

KITSAP COMMUNITY RESOURCES

1201 Park Ave.

(360) 377-0053 or (800) 338-3363

Hours: Monday-Friday 8-4:30

Website: www.kcr.org

Emergency & Transitional Housing Program for low income, homeless (some restrictions), elderly and handicapped participants. Participant needs to call or come into the office for details. In addition, KCR assists with rental payments when funds are available.

MARTIN LUTHER HOUSING DEVELOPMENT ASSOCIATION

(253) 627-7171 Tacoma

Hours: Monday-Thursday 8:30-5pm Friday 8:30-4:30pm

Provides a variety of services to needy and homeless participants including single men's shelter, family shelter, women and infant shelter, advocacy, support services for the homeless.

Participants encouraged calling first if they live in another county due to the location.

MAX HALE CENTER

285 5th St., Bremerton Suite 1

(360) 792-2117

Hours: Monday-Friday 9-5pm

The Max Hale Center offers 33 units of single room occupancy (SRO) housing for homeless individuals. Please call for more information if needed.

OPERATION NIGHTWATCH-SEATTLE

302 14th Ave. S., Seattle

Mailing Address: PO Box 21181 Seattle, Wa. 98111

Daytime number 9am-5pm: (206) 323-4359

Nighttime number 9:00PM –12:00 MIDNIGHT, daily call: (206) 329-2099

Provides downtown shelter referrals after-hours. Single adult men and women MUST WALK IN at 9:00 PM for intake. Single men must have a referral. Early arrivals will NOT be served. Tickets for shelter may be required at certain times of the year. The ticket distributors are Downtown Emergency Service Center, Bread of Life or see your Social Worker or local church.

SEATTLE DOWNTOWN EMERGENCY SERVICE CENTER

517 3rd Ave. & Yesler

(206) 464-1570

Hours: Monday-Friday 7:30-5:30pm

Provides shelter "tickets" when required for shelter access. Provides referrals also.

SERENITY HOUSE/FAMILY SHELTER SERVICES (PORT ANGELES)

(360) 452-7224

Hour: Monday-Friday 9-5:30

Singles Shelter: (360) 452-7221

Family Shelter: (360) 504-1946

24 Hour emergency shelter for single women, single men over 50, individuals with a mental illness, disability, medical issues and chemical dependency issues. Provides counseling, housing information and limited funds for prevention of homelessness, childcare and rental assistance. In addition, they provide referrals to other social service agencies.

ST. MARTIN (SEATTLE)

1561 Alaska Way South

(206) 323-6341

Provides emergency shelter for men 50 and older. To access, go to Lazarus Day Center: 416 2nd Ave ext South, Seattle by 7PM. The Center is open daily from 11AM-6: 30 PM.

SUPPORT GROUPS

CHADD / CHILDREN AND ADULTS WITH ATTENTION DEFICIT DISORDER

1100 Waaga Way (Peninsula Bible Fellowship)

(360) 697-3922

Website: www.chadd.org

Email: natianl@atchadd.org

Meetings are held at 7PM the 2nd Tuesday of the month at the Peninsula Bible Fellowship. The meetings are for adults and children who have ADD, as well as professionals working with them.

KITSAP COUNTY FATHERS NETWORK

(360) 692-4670

Hours: 10-12p.m.

Website: www.fathersnetwork.org

This is a monthly meeting to help support and respond to the needs of fathers of special needs children. The meetings are held at 3243 N Perry at the ARC building in Bremerton. They meet on the 3rd Saturday of the month, from 10am - 12pm. Only during the school year. Call for more information.

KITSAP COUNTY-LUPUS SUPPORT GROUP

Harrison Hospital (Bremerton)

(360) 443-2068 or (360) 698-0186

Website: www.harrisonmedical.org

When: 1st Saturday of each month from 1-3p.m.

Learn new coping skills. Share your own experiences. Support form others that have fears of living with a chronic illness. Family and Friends are always welcome. No summer meetings, group restarts in October. For additional information call the numbers listed.

OVEREATERS ANONYMOUS

Website: www overeatersanonamous.org

This is a support group for people with eating disorders. Meeting are held at the following locations:

| Bremerton | Silverdale | Port Orchard |
|--|---|--|
| Kitsap Lake Baptist Church 5802 Wilmont St Contact: Paula (360) 792-2424 Saturdays- 10:00 a.m. | Contact: Elalyne (360) 692-7040 Call for meeting location, date and time | Adventure of Faith Jackson and Lund Contact: Charlie (360) 871-1557 Saturdays- 8:00 a.m. Monday- 6pm (5:30 if new comer) |

PARENT TO PARENT-BREMERTON

3243 N. Perry

(360) 377-3473.

Hours: Monday-Friday 9-5

Website: www.arckj.org

A support group for parents that have children with disabilities. 'Child' also applies to dependent persons that are adults. Call for meeting times and additional information.

TWICE THE SPICE

(360) 692-3580

Email: vicmwebb@aol.com

Support group for parents of multiples. Meets once a month. Talk about stresses, experiences and being a multiple parent. Parents can be pregnant or have multiples of any age. \$25 dues. Please call the number for detailed information.

TRANSPORTATION INFORMATION & ASSISTANCE

DRIVE PROGRAM – KCR – EMPLOYMENT & TRAINING

Bremerton: 845 8th Street/ Port Orchard: 1211 Bay Street

Bremerton: (360) 473-2117/Port Orchard: (360) 473-2144

Website: www.kcr.org

The DRIVE Program is set-up to assist low-income individuals that have a suspended driver's license due to unpaid tickets. The program works with the individual to create a payment plan, based off of income, that is easy and manageable so the unpaid tickets can ultimately be paid off. Additionally, participation in the DRIVE Program allows individuals to get their licenses back, as long as the scheduled monthly payments are made. Please contact Jennifer Allik in Bremerton or Aura McDonald in Port Orchard for more information or visit either location to pick-up an application.

KITSAP ACCESS

(360) 479-7272 or (800) 422-2877

ACCESS Reservations: Monday –Saturday 8a.m.-4p.m., Holidays usually Not service days (call to find out)

Website: www.kitsaptransit.org

Provides transportation to elderly and disabled persons who are unable to use the fixed route transit system. Contact Kitsap Transit Access for eligibility application and any additional information needed.

KITSAP COMMUNITY RESOURCES

1201 Park Ave.

(360) 377-0053

Provides gas vouchers to those that qualify. Gas must be for job related activities or medical appointments. . Must have current driver's license, registration and Medical appointments are verified. Participants are only eligible one time in a 12 month period.

KITSAP TRANSIT

Website: www.kitsaptransit.org

Bus system for Kitsap County. Customer Service.

Bremerton and Poulsbo Office

10 Washington Ave.

(360) 377-2877 or (800) 501-7433

Hours: Monday-Friday 6a.m.-7p.m.

Saturday & Sunday 8a.m.-4p.m.

Port Orchard

85 Sidney Ave.

(360) 876-7433

Hours: Monday-Friday 6a.m.-4p.m

Closed on Saturday & Sunday

PARATRANSIT

4810 Auto Center Way Suite Z

(360) 377-7007 or 1-800-756-5438

Hours: Monday-Friday 7-7 for scheduling 24 hr Emergency calling

Transportation to and from Medicaid covered medical services to anyone who receives medical assistance through DSHS. Persons utilizing services to medical appointments are covered with a current medical coupon. Customized transportation is available as a fee-for service for anyone.

SOUTH KITSAP HELPLINE-PORT ORCHARD

1351 Bay St.

(360) 876-4089

Will help South Kitsap residents with gas vouchers for verifiable interviews or medical appointments **when funding is available**. Bus passes also **when available**.

ST VINCENT DE PAUL – BREMERTON

1137 Callow Ave.

(360) 479-7017

Hours: Monday-Friday 10:30-3

May provide gas vouchers **when funds allow**. Must have current driver's license, registration, proof of insurance and need the gas for medical emergency or job-related activity. Can only receive help one time in 12 months. Do not give out vouchers on Fridays.

ST VINCENT DE PAUL-PORT ORCHARD

1209 Bay St.

(360) 876-6933

Assists South Kitsap residents when funding is available with vehicle gas vouchers. In order to receive gas help participant must have an emergent medical appointment or similar situation and live in South Kitsap.

VETERAN SERVICES

DEPLOYMENT HEALTH CLINICAL CENTER HELPLINE

(800) 796-9699

Callers who are experiencing health problems due to medical illness or due to any deployment can call to set up medical evaluations and get information.

FLEET AND FAMILY SUPPORT CENTER

(360) 396-4115 or (800) 562-3301

Hours: Monday-Friday 7:30-4

Military family Relocation assistance, Exceptional Family member programs, Ombudsman, Volunteer resources, Counseling, Domestic Violence counseling, Transition assistance and employment programs.

Also loans out hospitality kits (Pots, Pans, dishes, Silverware, etc). Single persons can also use this resource. Now open at Bangor and Keyport.

HOMELESS VETERANS RETSIL

1141 Beach Dr-Port Orchard

(360) 895-4700; Admission-(877) 838-7787

State wide: (800) 562-2308 or (206) 220-6145

Hours: Monday-Friday 8-4:30

Website: www.dva.wa.gov

American Lake VA Hospital, Tacoma 206-582-8440 or 800-329-8387

This is a program for homeless veterans. They offer a place to stay, meals, medical staff and security. Participant needs to call admissions number to establish eligibility and apply for services.

NAVY/MARINE CORPS RELIEF SOCIETY

(360) 377-0602-Bremerton or (360) 396-6704-Bangor

Interest free loans for emergency transportation, funerals, medical/dental bills, food, rent, utilities, disaster relief, personal needs and vehicle repair. Other services include; education loans, budget counseling, visiting nurse, layettes, and coordination with other agencies and organizations. Active duty member must sign off on the forms. Spouses must have specific General of Attorney in order to sign for financial assistance. Call for more information.

RED CROSS ARMED FORCES SERVICE CENTER

(877) 272-7337

Emergency communications number for active duty military members and their families assigned to commands within Kitsap and North mason counties.

VA HEALTHCARE PLAN

(253) 582-8440-Tacoma

This insurance is for veterans only. Due to legislative priority or number of applications received, a person may be turned down. If someone is receiving health care from a VA facility, they are automatically considered for enrollment. The above number is for the closest local office. Participant should have their DD-214 handy when applying.

VFW (VETERANS OF FOREIGN WARS)

Helpline: (800) 749-8387

Website: www.va.gov

Ensure veterans are provided all the care, entitlements and compensation that they have earned through their service and sacrifice in defense of our nation in a prompt and compassionate manner by the Departments of Veterans Affairs.

SEATTLE VET CENTER

2030 9th Ave. Suite #210-Seattle

(206) 553-2706

Individual and group therapies for veterans. Participant needs to call for details. Walk-in's welcome

VETERANS INDEPENDENT ENTERPRISES OF WASHINGTON / VIEW

4630 16th St. E., Suite B-16, Fife

(800) 748-6856 or (253) 922-5650

Website: www.veteransworkshop.org

Hours: Monday-Friday 8-4:30

In other words, they provide life skills training, vocational testing, counseling and job skills training, work therapy, substance abuse after-care and transitional housing. Eligibility: varies depending on the program. Call for more information.

VETERANS SERVICE OFFICE -OLYMPIC COLLEGE

1600 Chester

(360) 475-7561 or (360) 475-7560

Hours: Monday-Friday 8-4:30

Website: www.oc.ctc.edu

Helping with all educational services available to veteran's at Olympic College. Participant needs to call.

WASHINGTON STATE VETERANS DEPARTMENT

1-800-562-2308

Provides veterans with information on the entire range of issues associated with benefits and entitlements.

Participant can call about employment, re-employment, family benefits, education, discharge upgrade, counseling, family services, insurance, home and business loans, disability, medical and dental care, legal, housing and other assistance.

WA STATE DEPARTMENT OF AFFAIRS- HOMELESS WOMEN VETERANS ASSISTANCE

(206) 205-5619 or (888) 341-7465 pager

Will assist homeless women veterans find housing and employment through the Homeless Women Veterans Reintegration Project. This program can also provide help with Training, Education, Child Care, Housing, and Medical Assistance. They will provide help to the women who or want to live in their service counties which include King, Snohomish, Thurston, pierce, and Kitsap. They will also provide Information and Assistance services to these women.

YOUTH PROGRAMS

AMERICA'S PROMISE-THE ALLIANCE FOR YOUTH

(703) 684-4500

Website: www.americaspromise.org

The VFW helps mentor organizations, recruits youth to volunteer at VA Medical Center and Veterans' homes, and recognizes youth and adult youth leaders for their volunteerism. Call for further information or visit their website.

BAINBRIDGE YOUTH SERVICES

(206) 842-9675 or (877) 383-6816

Website: www.bainbridgeyouthservices.org

Crisis & short term counseling for youth 11-19 years, job programs.

CAMP FIRE USA

1109A Warren Ave, Bremerton

(360) 377-5513 or (800) 451-2267

Hours: Monday-Thursday by Appointment. Friday 9-3pm

Website: www.campfire-usa.org

Campfire is a multifaceted organization. They have groups in which children are taught living and self-reliance skills. A volunteer leader runs these groups. They also teach babysitting, specialized babysitting for the very young and/or DD child, and other self-reliance skills. ANYONE in the community can attend these classes. Call for class dates, times and location. They have a program called SPECIAL SITTERS that teaches teenagers to care for children with disabilities. Saturday Club is where children disabled or not disabled can gather and play with the SPECIAL SITTERS on Saturdays. Scholarships are available. Children can begin at any time

COFFEE OASIS

822 Burwell St.

(360) 373-0461

Hours: Friday's 8p.m. -11pm

Every Friday night they have a "teen night". They have games, socializing and DJ's. Ages 13-24 years of age are welcome. They also offer free food, please call for info.

FRIENDS OF YOUTH COMMUNITY SERVICES-ISSAQUAH

(425) 392-6367

Hours: Monday-Friday 8:30-5:00pm

Short-term shelter for runaways/homeless youths. Provides substance abuse counseling, individual/group-therapy.

GIRLS AND BOYS TOWN

(800) 448-3000 TDD- (800) 448-1833

Hours: 24 hours

Website: www.girlsandboystown.org

National Hotline is a 24-hour crisis, resource and referral line. Accredited by the American Association of Suicidology. Hotline is staffed by trained counselors who can respond to your questions every day of the week.

RUNNING START - OLYMPIC COLLEGE

1600 Chester

(360) 475-7646 or (800) 259-6718 ext. 7646

Hours: Monday-Friday 8-4:30

Website: www.olympic.edu

For high school juniors and seniors to take college-level course tuition free at OC. Students earn both college and high school credits. Participant needs to call or visit the Website for more information.

SOUND INSTITUTE

Address confidential

(360) 479-8677

Hours: 24 Hours

Temporary residential services for youths (ages 12-17) because of family conflict. Placements screened through DSHS or for after hour placement call the Crisis Clinic of Kitsap County. Callers cannot “self-admit”.

STAND UP FOR KIDS

(360) 286-1502; 1-888-365-4KID; (360) 479-2389

Website: www.standupforkids.org

The program is designed to empower homeless and at-risk youth toward life-long personal growth through a national on the streets outreach program. **Program is mainly through the alternative Schools and assistance can be requested at any time for food, clothing, and hygiene items by calling (360) 286-1502.**

TEEN LINE

(877) 345-8336 or (206) 722-4222-Seattle

Hours: 24 hours

Crisis intervention and referral line. They offer peer counseling about a wide array of issues that the youth may be experiencing.

VOLUNTEERS OF AMERICA-MENTORING CHILDREN OF PROMISE

(800) 663-3183

This program is dedicated to providing children of incarcerated parents with long term mentors who can model safe and trusting relationships, healthy lifestyles and social behavior, increase participation in community activities and increase children’s interest in literacy and education. **Call for further information**