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It is the CWU Family Resource Center’s belief that Kittitas County holds within her valley the resources that, by joining together in determination, care, collaboration, and communication, have the potential to meet the needs of every family on the CWU campus and throughout the county.

The online version of the Kittitas County Family Resource Guide will be updated annually by the CWU FRC student interns. If you know of a resource not listed here, please e-mail the resource to the Family Resource Center:

doolittn@cwu.edu

or, call us at (509) 963-2785

**Nurture the nature of your family!**
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ABUSE PREVENTION AND SEXUAL ASSAULT

EMERGENCY CALL 911

American Red Cross / Kittitas County Chapter
312 North Pearl, Ellensburg
(509) 925-5866, (509) 925-4168

ASPEN (Abuse Support and Prevention Education Now)
220 W 4th Ave, Ellensburg
(509) 925-9384
Provides services for domestic violence and sexual assault victims - provides shelter/housing if needed in a crisis, legal advocacy, and general advocacy.

Child Abuse and Neglect Hotline, DSHS/CPS Services
100 E. Jackson Ave, Suite 301, Ellensburg
1-800-452-5367 (Toll Free)
(509) 925-0440

Cle Elum Police Department
(509) 674-2991

Crisis Line
110 W 6th Ave # 279 Ellensburg
(509) 925 4168
Provides 24/7 crisis response for mental health. Can answer your questions, volunteer operators provide listening, support and helpful referral information on available services, agencies, organizations and clubs within Kittitas county. Emergency Lodging.

Crisis Line @ Upper County
(509) 674-2881

CWU Police
(509) 963-2958
Serves the public by furthering a partnership with the university community to protect life, property, prevent crime and resolve problems.

CWU Student Affairs and Enrollment Management
Central Washington University
Bouillon 204
(509) 963-1515
Takes care of disciplinary instances, academic issues, can assist students with any questions and/or problems they may have involving Central Washington University.

Deaf and Hard of Hearing Phone Line
1-800-759-8331

Domestic Violence/Sexual Assault Helpline
1-800-562-6025 (Toll Free)
Crisis intervention, medical and legal information, safe over-night housing, food, childcare, and emotional support.

Domestic Violence Support Group
(509) 925-9861
Provides support for those who are victims of domestic violence. Meets once a week from 5-7 pm on Wednesday nights. They like to meet with those considering attending a meeting prior to the attendance of their first meeting.
Department of Social and Health Services (Adult Abuse/Child Abuse)
(866) 363-4276
(800) 847-2439 (Toll Free)
www.1.dshs.wa.gov/geninfo/contact3.html
Call in case of child or adult abuse.

Ellensburg Police Department
(509) 962-7280

Kittitas Valley Community Hospital
(509) 962-9841
KVCH is committed to excellent and compassionate healthcare. We strive to be the hospital of choice for all Kittitas County residents, providing excellent patient-focused care worthy of your trust.

National Crisis Hotline
1-800-799-7233
Provides crisis intervention, safety planning, information requests, and referral service for victims of domestic violence and their families within the United States, Canada, and Mexico.

Planned Parenthood of Central Washington (Ellensburg)
312 N Pine, Ellensburg
(509) 925-7113
Provides a variety of services including but not limited to: Birth Control Services, emergency contraception, general health care, HIV testing, HPV & Hepatitis vaccines, women’s health services, men’s health services, abortion services, patient education.

Safe Schools Coalition Crisis Line in Support of Gay, Lesbian and Transgender Youth
2124 Fourth Ave. Seattle, 98121
1-888-307-9275
http://safeschoolscoalition.org

WA State Domestic Violence Hotline
1-800-562-6025

ACTIVITIES

Camp Fire USA, Roganunda Council
1001 S 3rd Street, Yakima, WA 98901
(509) 453-9151

Chimpanzee & Human Communication Institute/Central Washington University
(509) 963-2244

Cle Elum Library (Carpenter Memorial Library)
302 Pennsylania Ave., Cle Elum
(509) 674-2313

Cle Elum - Roslyn and Environ/Chamber of Commerce
(509) 674-5958

www.cleelumroslyn.org

Community Schools
700 E. Mt. View Ave, Suite 505, Ellensburg
(509) 925-8017
http://wonders.enburg.wednet.edu/commschools/ - Classes vary each quarter but have included: painting, scrap booking, cooking, tai chi, martial arts, computers, spanish, gymnastics, yoga, tae kwon do, welding & more.

Ellensburg Chamber of Commerce
609 North Main Street
(509) 925-3138
info@ellensburg-chamber.com
Ellensburg and Environs
(509) 925-2002
www.visitellen.com

Ellensburg Public Library
209 N. Ruby St, Ellensburg
(509) 962-7250

Ellensburg Raquet & Recreation Center
6061 Vantage Hwy., Ellensburg
(509) 925-8636
www.ci.ellensburg.wa.us/recreation/senior .cfm - Recreational activities including
tennis, raquetball, roller hockey, family
nights, and tiny tots beginning sports
programs. Community activities.

Ellensburg Senior Activity Center.
506 S. Pine, Ellensburg
(509) 962-7242
www.ci.ellensburg.wa.us/recreation/senior .cfm - Recreational activities and outings
for seniors over 55. Including senior
lunches, foot care, special events and
presentations, computer labs, trips and
tours.

Ellensburg Young Associate Bowling
Alliance (YABA)
830 N. Poplar Street, Ellensburg
(509) 925-1211
A bowling league for junior bowlers; there
are weekly fees, but scholarships are
available

Ginkgo Interpretive Trails
Old Vantage Hwy Vantage
(509) 856-2710

Kittitas Public Library
NE corner of 2nd and Pierce Streets
Kittitas, WA
(509) 968-0226

Kittitas Valley Junior Soccer
Association
(509) 933-GOAL (4625)
www.kvjsa.org

Kittitas Valley Memorial Pool & Fitness
Center City of Ellensburg Parks and
Recreation
815 E. 6th, Ellensburg
(509) 962-7211
www.ci.ellensburg.wa.us/recreation/pool.c
fm - Recreational swim times, family
classes, swim lessons and lifeguard
training.

Leah Polacek Butterfly Garden
Located at Central Washington University,
just east of Mitchell Hall, the garden is
planted with native plants and trees, and
follows the life-cycle of the butterfly.
Short interpretive trail.

Rodeo City Gymnastics
(509) 925-7380
6061 Vantage Hwy, Ellensburg
www.rodeocitygym.com
Preschool, recreational, and competitive
gymnastics for girls and boys; as well
as birthday parties, slumber parties, day
camps and private lessons.

Roslyn Public Library
201 S. First Street, Roslyn
(509) 649-3420
www.roslynnlibrary.org

Youth Baseball/Softball
(509) 962-5729
www.ellensburgbaseball.com
Vince Curtis.
Unicycle and Juggling
Old Vantage Highway, Vantage
(509) 856-2710, (509) 856-2294

Youth and Community Center
City of Ellensburg Parks and Recreation Department
406 E. Capitol Ave, Ellensburg
(509) 925-8604
www.ci.ellensburg.wa.us/recreation/youth.cfm - After school and summer recreation programs for youth from 4th grade and up.

Youth Services of Kittitas County
213 W 3rd St, Ellensburg
(509) 962-2737
Youth Services is an after-school drop in program that provides all ages gym night Thurs. 6:30pm to 7:30pm, all ages swing class last Sat. of each month 3:30pm to 4:30pm, special programs/events, and Big Brother/Big Sister programs and summer programming.

AGING/ELDERLY

Adult Protective Services Report Line
1-877-389-3013
Protects vulnerable adults by investigating allegations of abuse, neglect, abandonment, financial exploitation when the person lives in their own home. Some protective services may be provided without cost.

Aging and Long Term Care (ALTC)
206 W 1st Ave, Ellensburg
(509) 925-8765
www.ALTCwashington.com
ALTC tries to maximize the degree of independence and quality of service to individuals using, and agencies providing, community-based services. Our responsibility is managing, planning, coordinating, educating and Advocacy.

Aging and Long Term Care @ Upper County (ALTC)
116 N. Oaks #A, Cle Elum
(509) 674-5233
www.altcwashington.com
Contracts with community service providers to provide in-home care to elders and adults with disabilities, senior nutrition, legal services, caregiver support services, respite care, senior transportation, foot care, and many other services.

Alzheimer's Association of Western and Central Washington
1422 N.W. 85th St, Seattle
1-800-848-7097 and 1-800-272-5900
Provides information about Alzheimer's to caregivers, families, and those with the disease. Offer support groups for both caregivers and those with Alzheimer's, and gives referrals for different services.

**Alzheimer's Support Groups @ Kittita County Community Hospital**
630 S. Chestnut St, Ellensburg
(509) 925-4628, (509) 962-9841

**Alzheimer's Support Groups–Upper County**
501 W. 1st St, Cle Elum
(509) 674-7151

**Alzheimer's Teleconference Support**
1-(800)-848-7097
Families caring for someone with memory loss can get support from a monthly teleconference offered by the Alzheimer's Association of Washington.

**American Association of Retired Persons (AARP)**
Cle Elum
http://www.aarp.org/

**Big House Family Home for Seniors & Disabled Adults**
751 Big House Rd, Cle Elum
(509) 674-7301

**Briarwood Commons**
1001 S. Chestnut St, Ellensburg
(509) 933-1888
http://briarwoodcommons.com/

**Brookwood Apartments**
606 E. Manitoba Ave, Ellensburg
(509) 925-3509

**Cascade Manor Senior Apartments**
101 S. Pearl St, Ellensburg
(509) 925-3061

**Cle Elum Manor Apartments**
100 N Pennsylvania Ave, Cle Elum
(509) 674-4771

**Cle Elum Senior Center / aka-Centennial Center of Upper Kittitas Co.**
719 East 3rd Street, Cle Elum
(509) 674-7530
www.UKCSC.com
Non-profit center offers a smoke-free environment for meetings and recreational programs. Activities for seniors and other community residents include bingo, billiards, card games, foot care and blood pressure checks.

**Department of Social and Health Services/ Home and Community Services**
100 East Jackson Suite #100, Ellensburg
(509) 925-0415
www.dshs.wa.gov
Long Term Care Planning Services

**Dry Creek Assisted Living Community**
818 E Mt. View Ave, Ellensburg
(509) 925-1220
www.DryCreekALF.com
Retirement and Assisted Living Community

**Ellensburg Adult Activity Center (Senior Center)**
506 S. Pine St, Ellensburg
(509) 962-7242
http://www.ci.ellensburg.wa.us/recreation/senior.cfm

**Ellensburg Fire Department Senior Assistance Program**
2020 Vantage Highway, Ellensburg
(509) 933-7232
Assistance for household tasks, for example, changing light bulbs, moving appliances for cleaning, turning mattresses. Contact duty officer who will decide if request can be filled and schedule
the service. Can do fire and safety inspection while in the home.

**Elmview Supported Living**  
204 East 6th Ave, Ellensburg  
(509) 925-6688  
Intensive tenant support for developmentally disabled.

**Elmview Senior Nutrition Program**  
(Meals on Wheels)  
506 S. Pine St, Ellensburg  
(509) 933-3333  
Elmview Nutrition Program provides meals (Mid-Day) for seniors (60+) at adult activity and Upper Kittitas County Senior Center meal site or home delivered meals to homebound seniors.

**Elmview Vocational Services**  
804 Elmview Road, Ellensburg  
(509) 925-6124  
Job development, placement, skill building, support to maintain a job, building a pathway to employment, retirement services.

**Elumwood Apartments**  
200 E 2nd, Cle Elum  
(509) 674-5161  
Low-Income apartments for seniors and persons with disabilities.

**Hampton Court**  
700 N Cle Elum St, Ellensburg  
(509) 925-2899  
Government subsidized housing for individuals 62 or older, or person of any age with disabilities.

**Hearthstone Cottage**  
802 E Mt View Ave, Ellensburg  
(509) 925-3099  
Provides three areas of senior living: independent retirement, assisted living, and memory care. Offers 24 hour assistance, 3 meals daily, active social calendar, nursing services (medication, bathing, dressing).

**Home Care and Hospice of Kittitas Valley**  
302 E 2nd Street, Ellensburg  
(509) 962-7438 or 1-800-734-5326 (Toll Free)  
www.kvch.com  
Medical and nursing services.  
Provides home/health/hospice services for Kittitas County. Goal of Home Care Hospice is quality of life.

**Home Care of Washington**  
(509) 933-4411  
1-888-410-9162 (Toll Free)  
www.hcow.net  
Home Care of Washington provides a multitude of quality in home care services.

**Home Care Services Senior Life Resources**  
1206 N Dolarway Rd. Ste 217, Ellensburg  
(509) 962-6242  
Our services enable you or a loved one to remain independent and safely in your home.

**Hospice Friends**  
401 E. Mtn. View Suite 3, Ellensburg  
(509) 962-7379  
www.hospicefriends.net  
A non-profit charitable organization that provides peace, comfort, and care to the
frail elderly and anyone with a life-threatening illness in Kittitas County

**Housing Authority of Kittitas County**
107 West 11th Ave, Ellensburg
(509) 962-9006
Provide low income housing to elderly/disabled individuals and/or families. Application required to be placed on the waiting list.

**Huntington Court Senior Apartments**
206 E Manitoba Ave, Ellensburg
(509) 925-5178
Provide low income housing to elderly/disabled individuals and/or families. Application required to be placed on the waiting list.

**Mountain View Meadows**
1800 E. Mountain View Ave, Ellensburg
(509) 925-4484
[www.extendicare.com](http://www.extendicare.com)
Assisted living for Independent Seniors.

**Northwest Audiology and Hearing Aid Center**
603 N Main St, Suite 2, Ellensburg
(509) 962-9575
Free screening/services if qualify for grant.

**Residential Care Services Complaint Line**
1-800-562-6078
Complaint line for nursing homes and other forms of residential care facilities.

**Retired and Senior Volunteer Program (RSVP) @ Ellensburg**
707 N Pearl Ste.1, Ellensburg
(509) 962-4311
Provides service opportunities for people 55 years of age and over.

**Retired and Senior Volunteer Program (RSVP) @ Cle Elum**
116 Oakes Suite A, Cle Elum
(509) 674-5233
[www.rsvp-w.org/ellensburg](http://www.rsvp-w.org/ellensburg)

**Royal Vista Care Center**
1506 Radio Road, Ellensburg
(509) 925-1404
Skilled Nursing Facility

**Tender Loving Care for Caregivers (TLC)**
312 East 4th, Ellensburg
(509) 925-5868
In home care, private pay, state certified Alzheimer care. Support group for people who provide unpaid care to family members or other adults who are frail and/or have a disability.

**Total Care, Inc.**
307 S 12th Ave #18, Yakima, WA 98902
(509) 925-2299
[www.tc-homecare.com](http://www.tc-homecare.com)
Home care specialists: Provide a variety of services such as: bathing dressing, meal preparation, personal hygiene, transportation, companionship, Alzheimers care, etc.

**Volunteer Chore Services**
206 West 1st Ave, Ellensburg
(509) 929-3057
Volunteer Chore Services provides basic in-home assistance to low-income elders and adults with disabilities to enable them to continue to living safely, independently and with dignity in their own homes.
ARTS

Children's Activity Museum
400 N Main St, Ellensburg
(509) 925-6789
An interactive facility for children to be able to play safely with a variety of different materials and environments.

Children's Musical Theatre
409 S. Sampson, Ellensburg
(509) 925-2664

Clymer Museum of Art
416 N. Pearl St, Ellensburg
(509) 962-6416
www.clymermuseum.com
Hours of operation: M-F 10am-5pm, Sat. 10am-4pm
Camp Clymer for Kids in summer.
Quarterly arts activities.

Gallery One Visual Arts Center
408 N. Pearl St, Ellensburg
(509) 925-2670
www.gallery-one.org
After-school arts programs, adult classes,
Artists with disabilities classes, art shows.

Laughing Horse Arts Foundation
PO Box 214, Ellensburg

Missoula Children’s Theater
(509) 962-7210

Stage Door Dance Studio
307 N. Main, Ellensburg
(509) 925-2028
Various classes offered to students of all ages. Curriculum taught by accomplished faculty. Developed to meet the needs of both student with professional aspirations and the recreational dances.

Valley Musical Theatre
PO Box 1551, Ellensburg
Email:
ValleyMusicalTheatre@gmail.com

CAMPUS RESOURCES

Associated Students of CWU Board of Directors
SURC 236
(509) 963-1693
www.cwu.edu/~ascwu
The Board of Directors (BOD) serves as student government and consists of seven elected students who represent CWU’s students in a variety of areas that affect daily life at Central.

CAMP: College Assistance Migrant Program
Hertz 201
(509) 963-1729
www.cwu.edu/~camp
Provides financial and academic support services to freshman students from migrant and seasonal farm working backgrounds. Those students involved in CAMP are eligible for a variety of
services: financial support, academic assistance,

**Campus Life**
SURC 263
(509) 963-1450
www.cwu.edu/~camplife
Mission is to enrich students' experiences outside the classroom through responsible stewardship of student resources and facilities, while providing a diverse array of social, cultural, recreational, and educational programs.

**Campus-Community Coalition**
SURC 139
(509) 963-3240
www.cwu.edu/~ccc
The mission of the Campus-Community Coalition is to reduce underage and high-risk drinking by fostering a united and sustained commitment to that goal and by changing practices, expectations and policies within our communities.

**Career Services**
Barge 204M/202
(509) 963-1921
www.cwu.edu/~career.
Career Services is comprised of Career Counseling, Cooperative Education and Career Employment.

**Center for Excellence in Leadership**
SURC 260
(509) 963-1524
www.cwu.edu/~cel.
The Center for Excellence in Leadership engages Central Washington University students in leadership learning; by so doing, we collectively improve the communities in which we live and expand individual leadership capacity.

**Center for Student Empowerment**
SURC 250
(509) 963-2127
www.cwu.edu/~ecenter
The Center for Student Empowerment educates and facilitates students' development outside of the classroom regarding: gender relations, social constructs, identity, age, equity, societal expectations, domestic violence, sexual harass

**Chimpanzee & Human Communication Institute**
(509) 963-2244
www.cwu.edu/~cwuchci
The Chimpanzee and Human Communication Institute (CHCI) provides sanctuary for three chimpanzees - Loulis, Tatu, and Dar. Primary goal is ensuring the well-being and protection of these chimpanzees by guaranteeing their freedom.

**Community Counseling and Psychological Assessment Center**
PSY 118
(509) 963-2501

**Continuing Education**
Bouillon 206
(509) 963-1504
www.cwuce.org. The Office of Continuing Education provides lifelong learning opportunities for you, including a wide variety of credit and non-credit courses, certificates, and degree programs.

**Disability Support Services**
Bouillon 205
(509) 963-2171
www.cwu.edu/~dss.
Provides a variety of services such as: Adaptive Tech. Services, Access Tech. Resource Center, State Audio Services, and Time Management Mobile Assistive Technology (TMMAT).
Diversity Education Center  
SURC 253  
(509) 963-1685  
www.cwu.edu/~diversity. The Diversity Education Center enhances a vibrant campus environment through intentional and thought provoking programming that challenges students to strengthen intercultural competencies and develop transformative ideas and skill.

Don and Verna Duncan Civic Engagement Center  
SURC 256B  
(509) 963-1643  
www.takeactioncwu.edu

Early Childhood Learning Center  
(509) 963-1366 (Rainbow Room)  
Infants and toddlers  
www.cwu.edu/~children

Early Childhood Learning Center  
Preschool  
(509) 963-1744 (Brook Lane)

Financial AID/Student Employment  
Barge 103  
(509) 963-3008  
www.cwu.edu/~seo

Gear Up  
Hertz 110  
(509) 963-1250  
www.cwugearup.com

Gerontology Program  
PSY 461  
(509) 963-3669

Human Resources  
(509) 963-1202  
www.cwu.edu/~hr

International Studies & Programs  
International Center 101  
(509) 963-3612  
www.cwu.edu/~intlprog

Non-Emergency Reporting- Kittcom  
(509) 925-8534

Retired and Senior Volunteer Program  
707 N. Pearl Suite 1  
(509) 962-4311

University Housing & New Student Program  
Button Hall  
(509) 963-1831  
www.cwu.edu/~housing

University Recreation  
SURC 175  
(509) 963-3510  
www.cwu.edu/~rec.  
University Recreation at Central Washington University is committed to offering recreation programs that provide personal and professional development for a diverse university community. Also provides children’s programs.

University Writing Center  
Hertz 101  
(509) 963-1296  
www.cwu.edu/~writingcenter.  
A free service available to all CWU students. Open M-Th 9am-7pm, Fri. from 9am-2pm.

Veterans Affairs Office  
(509) 963-3028

Washington Sensory Disabilities Services  
Black 225-21  
(509) 963-1131
Wildcat Wellness Center  
Kamola 128  
(509) 963-3213  
www.cwu.edu/~hcws. Provides health care and counseling services for students in a positive, caring, efficient, cost effective manner.

Women's Studies Program  
L&L 318  
(509) 963-2488  
www.cwu.edu/~womens_studies  
Women's studies cultivates a critical awareness of the contributions of women and the impact of gender in our lives, both historically and in the contemporary world.

CANCER CARE

American Cancer Society (ACS)  
1-800-ACS-2345  
http://www.cancer.org  
Search for center nearest you.

Cancer Care  
New York, NY  
(800) 813-HOPE x 4673  
http://www.cancercare.org  
Online support group, professional support services for patients and caregivers.

Cancer Care Northwest  
Spokane, WA  
(509) 228-1000  
http://www.cancercarenorthwest.com  
Information, support groups, education, treatment.

Cancer Hope  
Chester, NJ  
(877) HOPE-NET  
http://www.cancerhopenetwork.org  
Free one-on-one support for cancer patients and their families. Resource links.

Gilda's Club  
New York, NY  
(800) 813-HOPE x 4673  
http://www.gildasclub.org  
In honor of Gilda Radner (Saturday Night Live). Family focused. Support and humor.

Kittitas Valley Community Hospital  
603 S Chestnut St, Ellensburg  
(509) 962-7320  
http://www.kvch.com  
Cancer support group, medical library, home care, social worker.

KVCH **Cancer Support Group**  
(509) 962-7379  
Meetings are held the 2nd Monday in conference room A&B on the 2nd floor. Call for times.

KVCH **Reach To Recovery** Breast Cancer Patient to Patient Mentor Program  
(509) 925-6576 or (509) 925-4969  
Home and hospital visits by KVCH Registered Nurse to offer understanding of the disease and its treatment and provide information about services. Support groups are held the 2nd Monday of every month at 6:30 in Conference Rooms A&B.

National Coalition for Cancer Survivorship (NCCS)  
Silver Spring, MD  
(888) 650-9127  
http://www.canceradvocacy.org  
Toolbox, publications, connect with others, personal stories.
North Star Lodge  
108 N 39th Ave, Yakima  
(509) 574-3400  
http://www.northstarlodge.org  
Treatment, research, care for the "whole" person, education, coordination of care, emotional support, community resources.

Seattle Cancer Care Alliance  
Seattle, WA  
(206) 288-7222  
http://www.seattlecca.org/  
Treatment, research, support groups.

The Wellness Community  
Washington, DC  
(888) 793-WELL  
http://www.thewellnesscommunity.org  
Support, education, nutrition, education, hope.

Wellness House  
210 S. 11th Ave #40, Yakima  
(509) 575-6686  
http://www.wellnesshouseyakima.org -  
Support groups, peer mentors, education, grief counseling. Free programs.

CHILD CARE & PRESCHOOL

AAA Daycare  
913 N. Pfenning Rd, Ellensburg  
(509) 962-1222  
Provides childcare from birth to 11 years. Hours of operation depends on the needs of families.

ABC and 123 Childcare Center  
3912 W. Logan Ave, Yakima  
(509) 966-6789  
Provides childcare from 1-5 years of age. They do have a preschool. Hours of operation are 7:00am-5:30pm.

After School Safe Place (First Presbyterian Church)  
1307 E. 3rd Ave, Ellensburg  
(509) 925-3741  
Provides a safe place for school aged children to go after school. Provide activities and homework tutoring for children involved. Hours of operation 3pm-6pm.

Agapeland Preschool & Kindergarten  
560 McGonagle Rd, Selah  
(509) 697-6116  
http://www.selahcov.com

Bouncing Ball Daycare  
2606 Hannah Rd, Ellensburg  
(509) 962-2514  
Provides childcare for ages 2.5-12 years. Preschool hours are from 8:45am-11:45am, childcare hours are from 7:30am-5:30pm.

Bremi’s Kids Child Care Center  
607 S. 36th Ave, off Tieton Dr, Yakima  
(509) 469-5437  
Provides childcare for ages 12 months to 5 year. Hours of operation 6:30am-6pm.
Busy Buddies Childcare  
P.O. Box 1017, Roslyn  
(509) 649-2273

Child Care Health Promotion Program  
Kittitas County Public Health Department  
507 Nanum, Ellensburg  
(509) 962-7002  
www.co.kittitas.wa.us/health-Referrals for child care placement, health and safety instruction for daycare centers and homes.

Child Care Resource and Referral Network  
1-800-793-4453  
Catholic Family & Child Service. Connects Parents with licensed child care and pre-schools in Kittitas County. Spanish and English

Cornerstone Preschool & Child Care  
705 S. Matthews Rd, Ellensburg  
(509) 925-3419

Country Kids Child Development Center  
909 N. 21st Ave Yakima, & 641 N. Keys Rd, Terrace Heights  
(509) 453-4462 OR (509) 453-8688  
Provides childcare for ages 1 year to kindergarten, as well as providing an after school program. Hours of operation: 6:30am-6pm M-F

Creative Kids Learning Center  
1201 N B Street, Ellensburg  
(509) 962-2552  
Educational child care from ages 0-12.

Foursquare Church Preschool and Daycare  
906 E. Mt. View, Ellensburg  
(509) 925-7680  
Provide childcare for ages 2.5-12 years. Hours of operation 7:30am-5:30pm.

I Know I Can Preschool  
2531 Kittitas Hwy, Kittitas  
(509) 962-9612  
Tuesday and Thursday class for ages 3 and 4, meets for 2.5 hours. MWF classes for ages 4 and 5, also meets for 2.5 hours.

Kids Inc.  
3300 Roosevelt Ave. Yakima  
(509) 457-5437  
Provides childcare for ages birth-school age. Hours of operation M-F 6:30am-6pm.

Kittitas County Head Start  
507 N Pierce Street, Kittitas  
(509) 968-4050  
Now provides private and/or subsidized childcare for children ages 3-9. Hours of operation: 6:30am-6:30pm.

Kittitas County Head Start, Upper County  
300 N 2nd, Roslyn  
(509) 649-2902

Little Country Preschool  
1800 Strande Rd, Ellensburg  
(509) 925-7976

Little Dreamers Child Care  
Ellensburg  
(509) 925-1105  
Provides childcare for ages 3 months-11 years old. Hours of operation 7:40am-5:20pm.

Little Rascals Daycare  
902 W. 3rd Ave., Ellensburg  
(509) 929-3469  
Provides childcare for ages 1 month to 11 years. Hours of operation: 7:30am-5:30pm.

Mercer Creek (CMA) Church Day Care  
1407 N. B, Ellensburg
Provides childcare for ages 1 month to children entering the 2nd grade. Hours of operation: M-F 7:30-5:30

**Munchkinland**
1006 S Ruby St, Ellensburg
(509) 962-4248
Provides childcare for ages 12 months to 12 years. Hours of operation: 7:15am-5:30pm.

**One to Grow On**
1974 Game Farm Rd, Ellensburg
(509) 962-1032.

**Rise and Shine Christian Preschool**
512 N Ruby St, Ellensburg
(509) 925-2844

**Upper County Cooperative Preschool**
205 W Idaho Ave, Roslyn
(509) 649-2671
Cooperative preschool. Parents assist in the classroom once a month. Hours of operation: M-F; MWF classes are from 8:30am-2:30pm (with option of half days) for ages 4 and 5. Tuesday/Thursday classes are from 8:30am-11:30am for ages 3 and 4.

Washington State Child Care Resource and Referral Network
1-800-446-1114
www.childcarenet.org

**Wesley Preschool (at Wesley United Methodist Church)**
14 N 48th Ave. (48th & Chestnut), Yakima
(509) 966-2370

**Westpark Christian Academy**
3902 Summitview Ave, Yakima
(509) 966-1632
www.diversityexcels.org Provides for children from preschool to the 12th grade. Hours of operation: 8am-4pm.

**Wishing Tree School**
2612-103 W. Nob Hill Blvd, Yakima
(509) 248-4620 OR (509) 949-4844
www.wishingtreeschool.com

**Young At Heart Day Care**
501 Kimberly Lane, Ellensburg
(509) 859-2889
Provides childcare for children ages 1-5 years. Hours of operation: 7:30am-5:30pm.

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**CLINICS**

**Ellensburg Community Health Clinic (Free-Clinic)**
611 S. Chestnut, Suite #A, Ellensburg
(509) 929-7266
1st & 3rd Saturday of the month from 9-12:00 p.m.
CLOTHING BANKS

Care Net
111 E. 4th, Ellensburg
(509) 925-2273
Maternity and baby clothes.

Cle Elum Clothing Center
115 E. 2nd St, Cle Elum
Seventh Day Adventist Church
(509) 674-5919
Open once a month. Usually the 3rd Monday from 9 to 11 a.m. or by appt.
Contact Donna Mongetory at (509) 674-2505 for more info.

Department of Social and Health Services
521 E. Mountain View Ave, Ellensburg
1 (800)-847-2437 OR (509)925-0400
www.wa.gov.dshs

Hope Source (Ellensburg)
601 W. 5th Ave, Ellensburg
(509) 925-1448

Hope Source (Upper County)
110 Pennsylvania Ave, Cle Elum
(509) 674-2375

Kittitas Community Clothing Bank
5th & Pierce Street
Old High School Gym, Kittitas,
(509) 9292-0992
Tue. & Thur. 5:00-7:00 p.m.

Methodist Church Clothing Bank
210 N. Ruby, Ellensburg
(509)925-4188
Tuesday 9:00am-12:00 p.m. and Thursday 1:00-4:00 p.m.

Thorp Community Church
150 1st Street, Thorp
(509) 964-2222
Call anytime and leave a message for someone to call back and open the clothing bank.

COUNSELING

Alcohol Drug Dependency Service
507 Nanum S, Room 111, Ellensburg
(509) 925-9821 OR (509) 674-2146

ASPEN- Domestic Violence/Sexual Assault
220 W 4th Ave, Ellensburg
(509) 925-9384

Care Net Pregnancy Center
111 E 4th Ave, Ellensburg
(509) 925-2273
www.care-net.org

Central Washington Comprehensive Mental Health-Cle Elum
309 E. 1st St, Cle Elum
(509) 674-2340

Central Washington Comprehensive Mental Health - Ellensburg
220 W 4th Ave, Ellensburg
(509) 925-9861
www.cwcmh.org

Christian Counseling Center
111 W Washington Ave #2, Yakima
(509) 454-8885

Catholic Family and Child Services
5301 Tieton Drive, Suite C, Yakima
(509) 965-7100
www.cfcsyakima.org
Community Counseling & Psychological Assessment Center  
CWU, Ellensburg  
(509) 963-2501  
Under the supervision of CWU Psychology department faculty, graduate students provide individual, group, & family counseling to CWU students and local community members.

CWU Student Health & Counseling Center  
(11th & Poplar) 400 E University Way, Ellensburg  
(509) 963-1391  
http://www.cwu.edu/~hcws/counseling/index.html

Eastside Vocational Services  
1206 N. Dolar Way Rd, Ste. 208, Ellensburg  
(509) 962-1950

Family Counseling Services Department  
1409 Fruitvale Blvd, Yakima  
(509) 575-5523

Family Health Hotline  
1-800-322-2588

Kittitas Valley Community Hospital  
603 S Chestnut St, Ellensburg  
(509) 962-9841  

Memorial Hospital  
2811 Tieton Drive, Yakima 98902  
(509) 575-1174

Northwest Associates *An Affiliate of CWCMH  
707 N. Pearl St, Ste. E, Ellensburg  
(509) 925-7507  
www.cwcmh.org

Planned Parenthood Cle Elum Express Health Center  
415 E 1st, Cle Elum  
(509) 952-2451

Planned Parenthood of Central WA  
312 N Pine, Ellensburg  
(509) 925-7113  
www.plannedparenthood.org  
Provides a variety of services including but not limited to: Birth Control Services, emergency contraception, general health care, HIV testing, HPV & Hepatitis Vaccines, women’s health services, men’s health services, abortion services, patient education.

Planned Parenthood Yakima Express Center  
1002 N 16th Ave, Yakima 98902  
(509) 454-4338

Planned Parenthood Yakima Health Center  
1117 Tieton Drive, Yakima 98902  
866-904-7721  
www.plannedparenthood.org
CRISIS LINE & EMERGENCY SERVICES

Aging and Long Term Care
Upper County
(509) 674-5785

ASPEN (Abuse Support & Prevention Education Now)
220 W 4th Ave, Ellensburg
(509) 925-9384 or
866-523-6468 (Toll Free)
Offers Assistance to victims of abuse. On call 24 hours a day.

Child Protective Services/DSHS (CPS)
100 E. Jackson Ave, Suite 301, Ellensburg
(509) 925-0440 or
1-800-452-5367 (Toll Free)
www.dshs.com

Cle Elum Police
(509) 674-2991

Crisis Line - Cle Elum
Cle Elum & Roslyn/Upper County
(509) 674-2881

Crisis Line of Kittitas County
Ellensburg
(509) 925-4168
Serving Kittitas County with confidential 24-hour telephone information, referral and crisis support services

DSHS (Adult Abuse/Child Abuse)
1-866-363-4276 or
1-800-847-2439 (Toll Free)
http://www1.dshs.wa.gov/geninfo/contact3.html
Call in case of child or adult abuse.

Ellensburg Fire Department
(509) 933-7231

Ellensburg Police Department
(509) 962-7280

Kittitas County Community Public Health and Safety network
104 W 5th Ave, Ellensburg
(509) 962-9775
www.kccn-dfc.com Safe kids, Meth action drug-free community.

Poison Control Center (24 hours)
1-800-222-1222

Sheriff's Department of Kittitas County
205 W 5th Ave, Ellensburg
(509) 962-7525
www.co.kittitas.wa.us/sheriff

WA State Domestic Violence Hotline
1-800-562-6025

DENTAL

Oral Health Kittitas County Public Health Department
507 Nanum street, Rm. 102, Ellensburg
(509)962-7515
www.co.kittitas.wa.us/health

Links to Dental Services for low-income, uninsured, and Medical Coupon Clients.
DISABILITY/SPECIAL NEEDS

Aging and Long Term Care (ALTC)
422 N Pine St, Ellensburg
(509) 962-9620 or 1-800-240-5978 (Toll Free)

Aging and Long Term Care (ALTC) @ Upper County
116 N. Oaks #A, Cle Elum
(509) 674-5233
www.altcwashington.com
Contracts with community service providers to provide in-home care to elders and adults with disabilities, senior nutrition, legal services, caregiver support services, respite care, senior transportation, foot care, etc.

Alliance of People with Disabilities
(206) 545-7055

American Speech-Language-Hearing Association (ASHA)
1-800-638-8255
www.asha.org

Autism Society of Washington (ASW).
(360) 943-2205
www.autismsocietyofwa.org

Autism Support Group / Parent to Parent (KCP2P)
Ellensburg
(509) 929-7277
Meetings held at the Palace Café 1st Thursday of every month at 6:00 p.m.

Central Washington Disability Resources (CWDR)
200 E 4th, Ellensburg
(509) 962-9620 or 1-800-240-5978
http://www.cwdrinfo.org/
Central Washington Disability Resources (CWDR) is committed to assisting those with disabilities with knowledge, support, and education.

Cystic Fibrosis
(206) 282-4770 or 800-647-7774
www.cff.org - A private non profit organization that can refer you to local centers.

Disability Rights Washington
1-800-562-2702
www.disabilityrightswa.org
Works to pursue justice on matters related to human and legal rights. Information referral; training and publications; legal representation; system impact litigation; abuse; neglect intervention.

Divisions of Developmental Disabilities (DDD)
100 E. Jackson Ave. Suite 100, Ellensburg
(509) 925-0406
http://www1.dshs.wa.gov/ddd/index.shtml
- Assist individuals with developmental disabilities and their families to obtain services and supports based on individual preferences, capabilities and needs

Easter Seals Disability Services
Jane's House Child Dev. Center
1101 S. 13th Ave, Yakima
(509) 574-4762
wa.easterseals.com - Easter Seals provides exceptional services to ensure that people living with autism and other disabilities have equal opportunities to live, learn, work and play.

Epilepsy Foundation Northwest
(509) 325-1128
www.epilepsyfoundation.org
The organization works to ensure that people with seizures are able to participate in all of life’s experiences, to improve how people with epilepsy are perceived, accepted and valued in society; and to promote research.
The Father's Network
www.fathersnetwork.org. Celebrates and supports fathers and families with special health care needs and developmental disabilities.

Hospice Friends
401 East Mountain View Suite #3, Ellensburg
(509) 962-7379
www.hospicefriends.net - Offering a wide variety of free services. Providing peace, comfort, and care to the frail elderly or anyone with a life-threatening illness in Kittitas County.

Learning Disabilities Association of Washington
1-800-536-2343

Lilac Blind Foundation
Ellensburg Contact: Melissa Leggate
(509) 328-9116 or 1-800-442-7893 (Toll Free)
www.lilacblindfoundation.org
Independent living program, adaptive computer program, low vision department.

Muscular Dystrophy Association
1-800-572-1717
www.mda.org

Northwest Audiology and Hearing Aid Center
603 N Main St, Suite 2, Ellensburg
(509) 962-9575
Free screening/services if qualify for the grant.

Parent to Parent
Ellensburg/Upper Kittitas County
(509) 929-7277
A support group for parents of children with special needs.

Residential Care Services Complaint Line
1-800-562-6078
Nursing homes, certified supportive homes, adult family homes, boarding homes.

Special Olympics
Provides year-round sports training and athletic competition to people with disabilities.
(206) 362-4949
www.sowa.org

Spirit Therapeutic Riding Center
Serving People with Disabilities.
1051 Sorenson Road, Ellensburg
(509) 929-1401

The ARC of Washington State

WA State School for the Blind
2214 E. 13th St, Vancouver, WA, 98661
(360) 696-6321
www.wssb.wa.gov. Provides specialized quality educational services to visually impaired and blind youth ages birth to 21 within the state of Washington.

WA State School for the Deaf
611 Grand Blvd., Vancouver, WA, 98661
(360) 696-6525 TTY 1-800-613-4228
www.wsd.wa.gov. WSD is an educational community and statewide resource committed to ensuring all deaf and hard of hearing students in WA reach their full potential.
**Washington PAVE (Parents Are Vital in Education)**

1-800-572-7368
www.washingtonpave.org

Supports individuals with disabilities and their families through training, information, referral, and support.

**Washington Sensory Disabilities Services**

CWU 400 E University Way, Ellensburg
(509) 963-1131

Contact Carrothers, Deaf/Hard of Hearing Services Coordinator

**DISCRIMINATION PROTECTION**

**Kittitas County Coalition for Human Rights**

951 Cowboy Lane, Ellensburg
(509) 933-2787

Private organization with no powers of coercion. They maintain the phone lines so that people who feel that their human rights have been violated can call in. Gives advice as to what agency might be able to help them out.

**EDUCATION**

**After-School Programs (GEAR, CRASH, and JUNIOR MINTS)**

Upper Kittitas County, Cle Elum, WA
GEAR: 3-5 grades (Susan Bronkhorst, (509)-304-7012); CRASH: 6-8 grades (Dawn Bass, (509)-899-2561); JUNIOR MINTS (Rhonda Wilton, (509)-304-5180).

Help with homework, classes, activities, fun learning. JUNIOR MINTS is an extended program and offers one-to-one time with mentor/counselor.

**Circle of Success**

(509) 469-9888
Program mails free books every month to children under the age of five.

**Ellensburg Developmental Preschool**

CWU Psychology Building, Ellensburg
(509) 963-1116

**Ellensburg Christian School**

407 S. Anderson, Ellensburg
(509) 925-2411

**Ellensburg School District Community Schools**

(509) 925-8000 or (509) 925-8017
Offers community-based educational programs and classes.
Head Start / ECEAP
507 North Pierce Street, Kittitas
(509) 968-4050
www.kitcohs.org
Non-profit organization that provides services to families and children ranging in age from birth to 5 years. All services are free if you are in accordance with the guidelines.

Head Start / ECEAP @ Roslyn / Upper County
300 N 2nd, Roslyn
(509) 649-2902

Migrant Education Program
1300 East 3rd Ave, Ellensburg
(509) 925-8029
Educational program working with the local school district and working with migrant students of migrant parents who have moved here because of agricultural or seasonal work including fisheries. The program is free to qualified applicants.

Opportunities Industrialization Center @ Kittitas (OIC)
309 East Mountain View, Ellensburg
(509) 962-8098 ext.113
www.yvoic.org - OIC of WA is a non-profit organization providing Community Services through federal, state and local agencies. OIC provides educational and employment and training programs for youth ex-offenders, high wage dislocated workers, job skills.

Washington State University Extension Youth Education Programs/Kittitas Valley
507 Nanum St., Ellensburg
(509) 962-7507
Dale Larson.

Yakima Valley Community College @ Ellensburg (YVCC)
401 East Mountain View, Ellensburg
(509) 925-4011
The staff includes two (ABE) Adult Basic Education Program instructors, and (ESL) English as a Second Language instructor and an office assistant. The center is open Monday through Thursday from 8:30 am to 12:30 pm.

EMPLOYMENT/JOB TRAINING/EDUCATION SERVICES

English as a Second Language Classes (ESL)
P.O. Box 1647, Yakima, Wa 98907
(509) 574-6850

High School Equivalency Program (HEP)
400 E. University Way, Ellensburg
(509) 963-1741
Assists migrant and seasonal farm workers in obtaining a general education diploma (GED) certificate equivalent to a high school diploma and to assist them in pursuing higher education.

Junior American Red Cross Aides (JARCA)
312 N Pearl Street, Ellensburg
(509) 925-5866
JARCA is a program targeted at youth/young adults of middle school, high school and college ages. It is designated to help them find volunteer opportunities within our county.
Opportunities Industrialization Center  
(OIC) Division of WorkSource  
401 E. Mt. View, Ellensburg  
(509) 925-1004  
Work assistance program for low-income teens.

Pat Cort’s Word Processing  
100 N Main Street, Kittitas  
(509) 968-9622 or 1-866-904-8986  
www.patcortswordprocessing.com  
Helps with resume/cover letter preparation, professional job search portfolio, computer training, etc.

People for People  
309 E Mt. View, Ellensburg  
(509) 925-5311  
Assists people who are seeking to become a part of the work force. No referral necessary; assists people over 18 to find a place in the work force.

Work Source of Kittitas County  
309 East Mountain View Ave, Ellensburg  
(509) 925-5311  
www.go2worksource.com  
Work Source employment offices offer valuable employment and training services to help you with your job hunt. Services also include dealing with a loss of a job, getting skills and education, workshops.

FOOD/FOOD BANKS

APOYO (Allied People Offering Year-Round Outreach)  
Located in the alley behind Domino's, Ellensburg  
(509) 929-4112 - Phillip Garrison  
(509) 925-1141 - Stella  
(509) 925-7783  
Hours: Wednesday 6:00-6:30pm and Saturday 1:00-1:30pm or by appt. Call anytime in case of an emergency. Also offers Spanish interpreter, transportation assistance, ESL classes, citizenship classes & parenting classes.

F.I.S.H. (Friends in Service to Humanity)  
210 N. Ruby, Ellensburg, First United Methodist Church  
(509) 925-5990  
e-mail: fish@kvalley.com. Food boxes are given to those who need them. No one is turned away.

CMA Church of Cle Elum  
4th and Madison St, Cle Elum  
(509) 674-2664  
Open on Tuesday at 12 for lunch and 1-2:30 for the food bank.

HopeSource (Supportive Services Kittitas County Action Council)  
204 East 6th, Ellensburg  
(509) 925-1448  
kcac.org-Food bank, youth recreation scholarship, rent assistance, emergency shelter.

HopeSource (Supportive Services Kittitas County Action Council)  
110 Pennsylvania Ave, Cle Elem  
(509) 674-2375
Kittitas Food Bank
Kittitas
(509) 968-4401
Nearly always open. Ask for Ruth.
Families and students welcome to call.

Mercer Creek (CMA) Food Bank
1407 North B Street, Ellensburg
(509) 933-7800
cmachurch@ellltel.net
Provides food for all families in need.

Shape Up Kittitas County
507 N Nanum St, Room 102, Ellensburg
(509) 962-7515
Educates the public about nutrition,
supports infrastructure of local food access
programs, increases the availability of,
usage of, and access to fresh foods.

St. Andrew's Community Garden
Ellensburg
http://gardenplotters.org

WIC - Women, Infants, & Children
Food Program
507 N Nanum St, Ellensburg
(509) 962-7077

FAITH

Calvary Baptist Church
840 Cowboy Lane, Ellensburg
(509) 925-3688

Catholic Campus Ministry
706 N Sprague St, Ellensburg
(509) 925-3043

Chestnut St Baptist Church
609 N Chestnut St, Ellensburg
(509) 925-2424

Chi Alpha Christian Fellowship
1009 N D St, Ellensburg
(509) 925-9139

Christian & Missionary Alliance
Church
327 Madison St, Cle Elum
(509) 674-2664
Has a foodbank - contact person: Joanne
Mills

Church of Christ
408 S Maple, Ellensburg
(509) 925-1822

Church of Jesus Christ of Latter Day
Saints
1700 Brick Road, Ellensburg
(509) 925-6001

Community of Christ
306 N Anderson St, Ellensburg
(509) 925-2295

Mercer Creek/Ellensburg Christian &
Missionary Alliance Church
1407 N B St, Ellensburg
(509) 933-7800. Youth Activities.
Has a childcare center on Monday through
Friday. Works with FISH. Is connected
to ASPEN and CareNet.

Ellensburg Foursquare Church
906 E Mt View, Ellensburg
(509) 925-5000

Faith Baptist Church
Ellensburg
(509) 933-2199

Faith Chapel Church of God
401 S Ruby St, Ellensburg
(509) 962-2205
Family Christian Center/Assembly of God
701 E Capitol Ave, Ellensburg
(509) 925-3310

First Baptist Church
306 N Sprague St, Ellensburg
(509) 925-3322

First Lutheran Church
512 N Ruby, Ellensburg
(509) 925-2844
Has Rise and Shine Preschool: for ages 3-4 and 4-5.

First Presbyterian Church
1307 E 3rd, Ellensburg
(509) 925-3149
Works with FISH; Also, has After School Safe Place: after school daycare for children from Kindergarten-fifth grade.

First United Methodist
210 N Ruby, Ellensburg
(509) 962-9257
Clothing bank is housed on site.

Good Hope Evangelical Lutheran Church
1402 Brick Rd, Ellensburg
(509) 962-8521

Grace Episcopal Church
1201 N B St, Ellensburg
(509) 962-2951
Works with FISH and collects for multiple community agencies.

Great Round Up Covenant Church
PO Box 879, Ellensburg
(509) 933-2500
www.greatroundup.org

Higher Ways World Outreach
Hal Holmes Center, Ellensburg
(509) 968-4028

Independent Baptist Church
1104 Okanogan, Ellensburg
(509) 962-1433

Jehovah's Wittnisses Hall
1404 Vantage Hwy, Ellensburg
(509) 925-5749

Kittitas Community Church
3rd and Pierce, Kittitas
(509) 968-3331
Work with Aspen to put on workshops approximately every 3 months. Workshops usually pertain to a need within the community, for example "Cyber Safety".

Kittitas Valley Unitarian Universalist Congregation
400 N Anderson St, Ellensburg
(509) 933-3198
Contributes to HopeSource, assists with APOYO food bank, works closely with and supports the existing human services within the community. Offers children's religious education. Runs a Sustainability film series. Has a "Green Sanctuary" committee.

New Family Assembly
212 N Main St, Kittitas
(509) 968-3847

Quaker Silent Meeting (Religious Society of Friends)
400 N Anderson St, Ellensburg
(509) 968-3117

Seventh Day Adventist
415 W 14th, Ellensburg
(509) 962-9723
GRANDPARENTS

AARP Grandparent Information Center
601 E. Street N.W.
Washington, DC 20049
1-888-687-2277
www.aarp.org/contacts/programs/gic.html

Child Welfare League of America Kinship Care Program:
Kinship care is the full time care, nurturing and protection of children by relatives, members of their tribes or clans, godparents, stepparents, or any adult who has a kinship bond with a child.
440 First Street N.W., 3rd Floor
Washington, DC
(202) 638-2952
http://www.cwla.org/programs/kinship/default.htm

Grandparents Rights Organization
www.grandparentsrights.org/

Kittitas County Kinship Navigator
Catholic Family and Child Services
5301 Tieton Dr., Ste. C
Yakima, WA 98908
(509) 965-7100 or 1-800-246-2962
For Spanish-speaking families:
Terri Aguilera-Flemming

National Coalition of Grandparents for Children’s Rights
215 Hill St./POB 56
Friendly, W.V. 26146
1-866-624-9900
http://www.cwla.org/programs/kinship/default.htm

Generations United - National Center on Grandparents and Other Relatives Raising Children
122 “C” St. NW, Ste. 820
Washington, DC 20001-2085
(202) 638-2085

Green Living Ideas
www.greenlivingideas.com

GREEN FAMILY TIPS

Cascade Land Conservancy
409 N. Pine St., Ellensburg
(509) 962-1654
jilla@cascadeland.org

Greener Trends
www.greenertrends.com/category/green-living/

Green Family: Gardening and Children
www.greenthumbfamily.com
**Kittitas County Conservation District**  
607 E. Mountain View Ave, Ellensburg  
(509) 925-3352  
http://www.kccd.net/  
Serves the citizens of our community to ensure the long-term use of natural resources in an economically, socially, and environmentally sustainable manner using non-regulatory, voluntary approaches.

**Kittitas Environmental Education Network (KEEN)**  
421 N. Pearl St. Ste 216, Ellensburg  
(509) 962-1520  
http://www.kittitasee.net/  
KEEN was founded in 1999 and its purpose is to provide and promote throughout the year that advocate getting in touch with nature, being environmentally friendly, and preserving and restoring our natural habitats. Green tips and Green library.

## FINANCIAL ASSISTANCE

<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td><strong>Consumer Credit Counseling Services of Yakima Valley, Inc.</strong></td>
<td>312 N. 3rd St., Suite A, Yakima, 98901</td>
<td>1-800-273-6897 or (509) 248-5270</td>
</tr>
<tr>
<td><strong>DSHS - Department of Social and Health Services</strong></td>
<td>100 E. Jackson Ave, Ellensburg</td>
<td>(509) 925-0400 or 1-800-847-2439</td>
</tr>
<tr>
<td><strong>HopeSource (Energy Assistance Program)</strong></td>
<td>204 East 6th, Ellensburg</td>
<td>(509) 925-1448 or (509) 962-0435</td>
</tr>
<tr>
<td><strong>Volunteer Income Tax Assistance (VITA)</strong></td>
<td></td>
<td>(509) 963-3340 or 211</td>
</tr>
</tbody>
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## HEALTH SERVICES (also see Illness Support)

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
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<tbody>
<tr>
<td><strong>Alcoholics Anonymous</strong></td>
<td>(509) 925-1771</td>
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<tr>
<td><strong>Al-Anon (for families and friends of people living with alcoholism)</strong></td>
<td>(509) 962-9045</td>
</tr>
<tr>
<td><strong>American Academy of Pediatrics</strong></td>
<td>1-800-433-9016</td>
</tr>
<tr>
<td><strong>American Cancer Society</strong></td>
<td>1-800-ACS-2345</td>
</tr>
<tr>
<td><strong>American College of Allergy and Immunology</strong></td>
<td>1-800-842-7777</td>
</tr>
</tbody>
</table>

www.cancer.org - a nationwide, community-based voluntary health organization committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

www.aacaai.org
American Diabetes Association
(509) 624-7478 or 1-888-342-23837
www.diabetes.org - Contact the toll free number for more information on diabetes.

American Heart Association
1-800-242-8721
www.americanheart.org
Information and advocacy of heart disease.

Children’s Resource Line
(206) 987-2500
1-866-987-2500 (Toll-Free)
www.seattlechildrens.org
If you have questions about your child's health and development, call our toll-free Seattle Children’s Resource Line anytime for support and information. Our consulting nurses are experts in children's health. Call us to ask for information about resources in the community and to request free educational materials.

American Red Cross/ Kittitas County Chapter
312 North Pearl, Ellensburg
Emergency:(509) 925-4168
(509) 925-5866
www.redcross.org
Teaches first aid, water safety, CPR, automated external defibrillator /adult & child training, disaster training, blood drives, food and water storage for emergency sheltering, babysitter training.

Answers for Special Kids (ASK) Resource Line
1-800-322-2588

Apple Health for Kids Information Line
1-877-KIDS-NOW
www.applehealthforkids.wa.gov - Assistance in getting low-cost or free healthcare for kids under 19 including full medical, dental and vision coverage.

Arthritis Foundation
1-800-283-7800 or 1-800-542-0295
The foundation helps people take control of arthritis by providing public health education; pursuing public policy and legislation; and conducting evidence-based programs

Asthma Awareness
Kittitas Valley Community Hospital - Ellensburg
(509-962-7371

Attention Deficit Disorder Association
1-484-945-2101 or 1-800-939-1019
www.add.org

Autism Society of America
1-800-328-8476

Autism Society of Washington
1-360-943-2205
www.autismsocietyofwa.org

Bereavement Support
Kittitas Valley Community Hospital - Ellensburg
(509) 962-7379

Cancer Support Group
(509) 962-2844

Cedar River Clinic
106 East E St, Yakima 98901
(509) 575-6422
www.fwhc.org/yakima.htm - Abortions, birth control and services. Also in spanish.

Center for children with special Needs
www.cshen.org

Child Birth Classes
(509) 933-8633 (English), or
(509) 925-4846 for Spanish
**Children's Village**
3801 Kern Way, Yakima
1-800-745-1077
www.yakimachildrensvillage.org.
Provides support and services to children with special health care needs and their families. On-line support, too.

**Cle Elum Family Medicine**
201 Alpha Way, Cle Elum
(509) 674-5331

**Community Health of Central Washington**
611 S. Chestnut, Suite A, Ellensburg
(509) 933-7575
www.commhealthcw.org - Sliding fee scale based on income.

**Community Psychological Service Center**
400 E. University Way, Ellensburg
(509) 963-2501
Family Counseling sessions available; Testing and counseling by graduate students (sessions are recorded).

**Cystic Fibrosis Foundation**
1-800-344-4823
www.cff.org - Assures the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

**DSHS – Constituent Services**
**Department of Social and Health Services**
(360) 902-7878.
www1.dshs.wa.gov/index.html - The office of Constituent Services is a point of contact made available for citizens, elected officials, and other agencies seeking information and assistance with DSHS programs.

**DSHS - Department of Social and Health Services**
100 E. Jackson Ave, Ellensburg
(509) 925-0400 or 1-800-847-2439
www.dshs.wa.gov - As a single agency, DSHS is able to provide services from several programs to meet the multiple needs of the majority of clients.

**DSHS - Medical Assistance**
Ellensburg
(509) 962-7710 or 1-800-562-3022

**Ellensburg Community Health Clinic (Free Clinic)**
611 S. Chestnut, Suite #A, Ellensburg
(509) 929-7266
Non-profit organization serving low-income and un-insured people in Kittitas County. 1st & 3rd Sat of the month from 9-12:00.

**Ellensburg Pediatrics**
611 S. Chestnut, Suite E, Ellensburg
(509) 962-5437
Pediatric services. Accepts many types of medical insurance and medical coupons.

**Ellensburg Physical Therapy Center**
707 N. Pearl street, suite K, Ellensburg
(509) 962-2492
Physical Therapy services

**Epilepsy Foundation of Washington**
1-800-752-3509
www.epilepsyfoundation.org/washington - Works to ensure that people with seizures are able to participate in all life experiences.

**Family Dental Care**
201 E. Mt. View, Ellensburg
(509) 962-2435
Family Dental Care is one of the only dental services that accepts medical coupons in Kittitas County.
Family Eye Clinic
207 N. Harris, Cle Elum
(509) 925-9873 or (509) 674-4313
Optometry Services. In Cle Elum every Thursday

Family Health
107 E. Mt. View Ave, Suite 1, Ellensburg
(509) 962-6348
Family Practice

Healthy Mothers Healthy Babies
1-800-322-2588
www.hmhbwa.org - Health insurance; nutrition resources; family planning; child care; immunizations; eligibility screenings for many programs, including medicaid, WIC, basic food and take charge family planning.

HIV/AIDS/STD Counselor
Kittitas County Public Health
Department
507 Nanum Street, Ellensburg
(509) 962-7028 or (509) 925-7515
www.co.kittitas.wa.us/health - HIV testing and counseling

Home Care and Hospice of Kittitas Valley
302 E. 2nd, Ellensburg
(509) 962-7438 or 1-800-734-5326
Home health, home respiratory services, hospice benefits, the geriatric nurse practitioner program, cancer outreach, and home infusion services

Hospice Friends
401 E. Mountain View Ave.
(509) 962-7379
Care for hospice patients and others with life-threatening illnesses: food supplements, linen supplies, respite care, etc.

KCPH @ Upper County (Kittitas County Public Health)
415 E 1st Ave, Scott Rollins Ins. Bldg., Cle Elum
(509) 962-7515 by appointment only.
(509) 674-5513
www.co.kittitas.wa.us

Kittitas County Public Health Department
507 Nanum Street, Suite #102, Ellensburg
(509) 962-7515
www.co.kittitas.wa.us - 8:00-5:00 Mon Tue Thu & Fri / 9:00-5:00 Wed

Kittitas Valley Community Hospital
603 S. Chestnut Street, Ellensburg
(509) 962-9841
www.kvch.com

Kittitas Valley Recovery Services
505 N. 4th Street, Unit 5, Yakima
(509) 925-7227
Drug and Alcohol Rehabilitation.

KVCH Community Health Library
603 S. Chestnut, Ellensburg
(509) 933-7533
www.kvch.com
www.patients.wired.md (online medical videos, call the library for video codes). A public library specializing in health information

Lilac Blind Foundation
(509) 328-9116 or 1-800-442-7893
www.lilacblindfoundation.org - Support groups and independent living services

March of Dimes
1-800-727-3705 or (509) 783-1099
www.modimes.org - A non-profit organization that is dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality
Mary Bridge Children's Hospital and Health Care Center  
Tacoma, WA  
(253) 594-1400  
1-800-552-1419 (Toll Free)  
www.multicare.org/marybridge.  
Coordinates medical care for children, education, and support.

National Alliance for Hispanic Health  
1-866 783-2645  
www.hispanichealth.org  
Provides consumers with culturally proficient health information. Nationwide resources, offers Hispanic consumers free reliable and confidential information in Spanish and English.

National STD's and AIDS Hotline, CDC Plan  
1-800-342-2437  
Answer questions about prevention, risk, treatment and other STD-related concerns.

Northwest Associates **An Affiliate of CWCMH  
707 North Pearl Suite E, Ellensburg  
(509) 925-7507  
www.cwcmh.org - Services provided include: crisis services, psychiatric services, evaluation services, outpatient therapy, case management, residential services, rehabilitative services, continuing education and consultation, multidisciplinary.

Northwest Audiology and Hearing Aid Center  
603 N Main St., Suite 2, Ellensburg  
(509) 962-9575  
Free screening/services if qualify for grant.

Oral Health Kittitas County Public Health Department  
507 Nanum Street, Room 102, Ellensburg  
(509) 933-8220 or (509) 962-7515  
Dental Services for low-income, uninsured, and medical coupon clients.

Women, Infants and Children (WIC)  
507 Nanum Street, Room 102, Ellensburg  
(509) 933-8220 or (509) 962-7515  
Nutrition, education.

Overeaters Anonymous  
1307 E 3rd St., Ellensburg  
(509) 899-0960  
Meetings are on Tuesdays from 7-8 pm at the First Presbyterian Church.

PAP @ Cle Elum / Upper County  
116 Oak Ave. Suite A, Cle Elum  
(509) 674-5233  
11:00-2:00 Tue. PAP is a prescription program for uninsured and low income patients. To access the available resources, patients need to be seeing a Dr. in Kittitas County and need proof of income.

Partnership for Prescription Assistance  
1-888-477-2669  
www.pparx.org  
The Partnership for Prescription Assistance is America’s pharmaceutical companies working together with the health care community to help people in need.

Patient Assist Program-Prescription help (PAP)  
Located at the Medical Library/KVCH Campus, Ellensburg  
(509) 933-7565
South Eastern Washington Service Center for the Deaf and Hard of Hearing
524 N 20th Ave, Yakima
124 N. 5th Ave, Pasco
(509) 469-1845 Yakima
(509) 543-9644 Pasco

Speech Pathology Associates
508 N Rudy St, Ellensburg
(509) 925-2850

Washington Basic Health
1-800-826-2444
www.basichealth.hca.wa.gov - Basic Health is a state-sponsored program providing affordable health care coverage through private health plans.

Washington Sensory Disabilities Services
1-800-572-7000
www.wsdsonline.org/ - Information and referral regarding children and youth with sensory disabilities; students who are deaf/hard of hearing, blind/visually impaired, or deaf-blind.

Women's Health Exam (Over 40), FREE, Kittitas County Public Health
(509) 962-7028
Julia Karns, contact.

Youth Tobacco Prevention
(509) 962-7680

Statewide Health Insurance Benefits Advisors Helpline (SHIBA)
Retired/Senior Volunteer Program
707 North Pearl, Suite I, Ellensburg
(509) 962-4311 or 1-800-562-6900
www.insurance.wa.gov/shiba - Rx assistance, learn your rights and options, evaluate/compare policies, direct and report fraud, pursue claims or appeals, process medical billings and understand your health insurance.

TLC for Caregivers
Housed in the same place as Aging and Long Term Care
(509) 925-5868
Support group for people who provide unpaid care to family members or other adults who are frail and/or have a disability. The gatherings offer support and information in a comfortable environment.

Hospice Friends - Nonmedical Services
401 E Mountain View Ave, Ste 3, Ellensburg
(509) 962-7379
Nutritional supplements, bedding, respite care, bereavement, etc.

Hospice Valley Home Health & Hospice
(509) 962-7438
Medical and Nursing care in the home.

Kittitas Valley Home Health & Hospice
(509) 962-7438
Medical and Nursing care in the home.
HEALTH/MEDICAL CENTERS

Children's Hospital and Medical Center
4800 Sand Point Way N.E. Seattle, 98105
(206) 987-2000

Children's Village
3801 Kern Rd, Yakima
(509) 574-3260

Cle Elum Urgent Care Center
201 Alpha Way, Cle Elum
(509) 674-6944
Monday-Friday from 5pm to 11pm and Saturday and Sunday from 8am to 11pm

Feminist Women's Health Center-Cedar River Clinic
106 East E St, Yakima 98901
(509) 575-6422

Kittitas Valley Community Hospital
603 S Chestnut St, Ellensburg
(509) 962-9841

Yakima Regional Hospital
110 S 9th Ave, Yakima
(509) 575-5000
www.yakimaregional.com

Yakima Valley Memorial Hospital
2811 Tieton Drive, Yakima 98902
(509) 575-8000
www.yakimamemorialhospital.org

American Speech-Language-Hearing Association (ASHA)
1-800-638-8255
www.asha.org

HOUSING

Elumwood Apartments
200 E 2nd Street, Cle Elum
(509) 674-5161
An apartment complex for low-income families, seniors, and persons with disabilities.

Habitat for Humanity
738 W. University Way, Ellensburg
(509) 962-5058
www.kchabitat.org
Works in partnership with people in need to build and renovate affordable housing. The houses are then sold to those in need at no profit and with no interest charged

Hopesource (Energy Assistance & Weatherization Kittitas County Action Council)
204 E. 6th, Ellensburg
(509) 925-1448 or (509) 674-2375
www.kcac.org
Energy Assistance provides financial assistance for eligible clients, to energy providers. Weatherization. Provides minor home repair for eligible clients to improve energy efficiency in homes.

Housing Authority of Kittitas County
107 W. 11th Ave, Ellensburg
(509) 962-9006
housingauthority@fairpoint.net

HUD - Housing And Urban Development
(206) 220-5101
Academy for Eating Disorders (AED)  
P.O. Box 13155. North Palm Beach. FL 33408-3155  
(561) 841-0900  
www.eatingdisorderinfo.org  
Seeks to establish easily accessible programs across the nation that allow children and young adults the opportunity to learn about eating disorders.

Alcoholics Anonymous  
(509) 925-1771  
Serving Upper and Lower Kittitas County Communities. Call for meeting times and places.

Alliance for Eating Disorders Awareness  
P.O. Box 13155. North Palm Beach. FL 33408-3155  
(561) 841-0900  
www.eatingdisorderinfo.org - Seeks to establish easily accessible programs across the nation that allow children and young adults the opportunity to learn about eating disorders.

Alzheimer's Association Western and Central Washington State Chapter  
127 - 30th Ave. NE, Suite 101. Seattle, 98125  
(206) 363-5500  
http://www.alzwa.org/  

Alzheimer's Association (Eating Disorders)  
1-800-272-3900  
www.alz.org

Alzheimer's Education and Referral Center  
http://www.nia.nih.gov/alzheimers - National Institute on Aging - NIA

Alzheimer's Association Inland NW Chapter - Spokane, WA  
Spokane, WA  
(509) 473-3390  
www.alz.org/inlandnorthwest

American Diabetes Association  
W. 801 5th Ave. #319. Spokane, 99204  
(509) 624-7478 or 1-888-DIABETES (Toll Free)  
www.diabetes.org

Breast Cancer Support Reach to Recovery  
(509)-962-7322 or (509)-925-2105

Central Washington Comprehensive Mental Health (CWCMH)  
220 West 4th Ave, Ellensburg  
(509) 925-9861 24hr line (509) 925-4168  
8:00a.m.-7:00p.m./Monday-Thursday, 8:00-5:00/ Friday

CWCMH @ Cle Elum (Upper County)  
309 East 1st Street, Cle Elum  
(509) 674-2340  
10:00a.m.-6:00p.m./Thursdays 8:00a.m.-7:00p.m./Once a month on Tuesdays, or by appointment

Cystic Fibrosis  
(206) 282-4770 or 1-800-647-7774  
www.cff.org - A private non-profit organization that can refer you to local centers.
Diabetes Education and Support Groups - Local
Kittitas Valley Community Hospital - Ellensburg
1-800-628-8808
For more information please contact Mary Jo Morrissey, M.S, RD., CDE at (509)962-7433, or Pamela Dick, M.S. R.D. at (509)962-7373.

Fetal Alcohol Syndrome Hotline
1 (206) 526-2522

Healing Connections, Inc.
1461A First Ave, Suite 303. New York, NY 10021
(212 )585-3450
www.healingconnections.org
A non-profit 501(c)(3) tax-exempt organization that strives to save lives through education, prevention, intervention, advocacy and future financial assistance for people suffering from anorexia and bulimia.

Jessie's Wish
13101 Glenmeadow Court. Midlothian, VA 23114-3014
(804) 378-3032
www.jessieswish.org
A 501(c)3 organization to help educate about eating disorders and raise funds to help with financial assistance when there is inadequate or no health insurance available.

KVCH **Cancer Support Group**
(509) 962-7379
Meetings are held the 2nd Monday in conference room A&B on the 2nd floor.

KVCH **Reach To Recovery** Breast Cancer Patient to Patient Mentor Program
(509) 925-6576 or (509) 925-4969
Home and Hospital visits by KVCH Registered Nurse to offer understanding of the disease and its treatment and provide information about services. Support Groups are held the second Monday of every month at 6:30 in Conference Rooms A&B.

Liberty Medical-Home Delivery of Diabetes Supplies, Prescriptions and support
1-866-342-2383
www.libertymedical.com - Liberty Medical proudly supports the (ADA) American Diabetes Association in their efforts to help people with diabetes live better, healthier lives.

Lupus Information **Pacific Northwest Chapter**
1-877-774-2992 within WA, OR, and ID
www.lupuspnw.org/aboutus/

Narcotics Anonymous
(509) 877-664-0398

National Association of Anorexia Nervosa and Associated Disorders (ANAD)
Box 7 Highland Park, IL 60035
(847) 831-3438
www.anad.org - An association that is concerned with and provides a wide variety of programs for the entire Eating Disorders field (consumer advocacy, counsel, education, referral list, research, etc.)
National Center for Overcoming Overeating
(212) 875-0442
http://www.overcomingovereating.com/ - Women's Campaign to End Body Hatred and Dieting.

National Eating Disorders Association (NEDA)
603 Stewart Street, Suite 803. Seattle, WA 98101-1264
(206) 382-3587 or
(800) 931-2237 (Toll-Free)
http://www.nationaleatingdisorders.org/ - Formally EDAP & AABA. The National Eating Disorders Association is the largest nonprofit organization in the U.S. dedicated to expanding public understanding of eating disorders and promoting access to quality treatment.

Overeaters Anonymous
P.O. Box 44020. Rio Rancho, New Mexico 87124-4020
(505) 891-2664
www.oa.org - Dealing with the issues of compulsive overeating. Site contains information on OA, info for healthcare professionals, a meeting locator map, fact file, OA literature, upcoming events and more.

Parent to Parent
Ellensburg
(509) 929-7277
A Support group for parents of children with special needs..

Speech Pathology Associates
508 N Rudy St, Ellensburg
(509) 925-2850

The Dressing Room Project
45 State St #280. Montpelier, VT 05602
(802) 522-4949
http://www.thedressingroomproject.org/ - The Dressing Room Project is an initiative of Emerging Women's Projects, a non-profit organization for teen girls' empowerment.

The Elisa Project
8600 NW Plaza Drive, Suite 2B. Dallas, Texas 75225
(214) 369-5222
www.theelisaproject.org
Educating Health professionals, Parents, Children, The Community and the Funding Community.

LEGAL HELP

ACLU - American Civil Liberties Union of Washington
(206) 624-2180
www.aclu-wa.org

Columbia Legal Services- King county region office
Seattle, WA 98104
1-800-542-0794
www.columbialegal.org - Advocates for people living in poverty. We work to reveal and end actions that harm client populations; seek social and economic justice for them through systemic changes.

Court Advocates for Children of Kittitas County
421 N. Pearl St. #208, Ellensburg
(509) 925-4871
(Referral needed from Kittitas County Superior Court)

Disability Rights Washington
(206) 324-1521

Dispute Resolution Center
105 W 5th Ave, Ellensburg
We are a non-profit agency that works closely with the courts, law enforcement, public, and private agencies, as well as people experiencing conflict.

Immigration and Naturalization Service
1-800-375-5283
www.immigration-bureau.org

Legal Foundation of Washington
(206) 624-2536
www.legalfoundation.org

Northwest Justice Project / CLEAR – Main Office (NJP)
1-888-201-1012
www.nwjustice.org - Northwest Justice Project is a not-for-profit state wide organization that provides free civil legal services to low-income people from thirteen offices and four satellite locations throughout the state of Washington.

Northwest Women’s Law Center
1-866-259-7720
www.nwwlc.org - By using the law, one of the most powerful tools in our democratic society, we improve women's social, economic and legal status.

Prosecutor Victim Witness
(509) 962-7520
Kittitas County Victim Witness Unit. For victims of crimes that are being prosecuted by the KC Prosecutor’s Office.

Small Claims Court
(509) 962-7511

Washington Protection and Advocacy System
1-800-562-2702

MILITARY/VETERANS FAMILY RESOURCES

Benefits of Service
www.military.com

Iraq War Veterans
www.iraqwarveterans.org
Supportive, trained English and Spanish-speaking Parenting Coaches. Coaches listen to concerns and successes, help problem solve, and help families connect to local community resources.

Department of Veterans Affairs
1-800-827-1000
www.va.org

Immediate Contact in Kittitas County - Gene Ketzenberg
(509) 899-5678

National Center for Post-Traumatic Stress Disorder
(802) 296-6300
www.ncptsd.va.gov
Spouse BUZZ - Virtual Spouse Support Group

U.S. Army Family Readiness Group
http://www.armyfrg.org

Veterans Assistance
(509) 962-7055

Veterans of Foreign Wars (VFW)
(509) 925-9488
http://www.vfw.org/

Washington State Family Programs
(253) 512-8000
www.familyprograms.washingtonguard.org

Wounded Warrior Project
(904) 296-7350; 1-877-TEAMWWP
www.woundedwarriorproject.org
Provides programs and services to severely injured service members during time between active duty and transition to civilian life.

PREGNANCY/FAMILY PLANNING/PARENTING

Breastfeeding Support Group
(sponsored by the Health Department)
507 North Nanum, Ellensburg
(509) 962-7515
Provides a support group for nursing mothers, call for a start date.

Care Net Pregnancy Center
111 E 4th, Ellensburg
(509) 925-2273
www.optionline.org-Reproduction information and assistance; free pregnancy testing; peer counseling. Free maternity/baby clothes, and Dads 4 Dads. T-F 11-5

Cedar River Clinic
111 E. University Way
(509) 575-6422
Respite night, newsletter, info and referral, support mtg.

Child Birth Class- Katie McKeown
(509) 933-8633

Dads 4 Dads
(509) 949-5946
Ellensburg area
Contact: Greg Robbins
Free group for all kinds of dads. Meets monthly. Qualified child care.

Dictionary for DADS
www.dictionaryfordads.com.- Promotes knowledge, education, experience, and resources to become an excellent father in nurtured relationships.

Expectant Parent Series
603 S Chestnut St, Ellensburg
(509) 962-9841

Expectant Parent Series
106 East E St, Yakima 98901
(509) 575-6422

Family Helpline
1-800-932-HOPE
Fetal Alcohol Syndrome Family Resource Institute
(253) 531-2878 or 1-800-999-3429
www.fetalalcoholsyndrome.org Parent support and advocacy groups, training/workshops.

First Steps-Kittitas County Health Department
507 Nanum St, Ellensburg
(509) 962-7068 or (509) 962-7515
www.co.kittitas.wa.us- provides prenatal education and resource referrals for expecting moms and dads.

Project Working Mom
www.elearners.com/projectworkingmom “Working to improve the lives of working moms and their families.”

Healthy Mothers Healthy Babies
1100 Lake City Way NE, Seattle, Wa 98125
1-800-322-2588
www.hmhbwa.org

InfantSEE Program
1-888-396-3937
www.infantsee.org- Optometrists will provide a free, comprehensive eye assessment to infants in their first year of life.

KVCH Family Birthing Center
603 S Chestnut St, Ellensburg
(509) 962-9841

Midwifery Services
611 S. Chestnut, Ste B, Ellensburg
(509) 962-5000

Mothers of Preschoolers (MOPS)
(509) 962-5680
Meets once a month. Call for information.

Mother's Support Group
Public Health Dept, 507 N Nanum St, Ellensburg
(509) 962-7515

New Hope Council
312 W Ridgenew Lane, Ellensburg
(509) 925-4844

Parent to Parent
Ellensburg/Upper Kittitas County
(509) 929-7277
A support group for parents of children with special needs.

Parent Trust for Washington Children
www.parenttrust.org-We offer a variety of educational and support services for families in Washington State

Parents as Teachers
(509) 929-4792
www.ParentsAsTeachers.org-This free program provides parent education and family support to families throughout pregnancy until their child enters kindergarten, usually age 5.

Parents and Friends of Lesbians and Gays (PFLAG)
Offers support group meetings, community education, and advocacy opportunities.
(509) 576-7937
pflag_eburg@hotmail.com

Planned Parenthood of Central WA
312 N Pine, Ellensburg
(509) 925-7113
www.plannedparenthood.org- Quality, affordable reproductive health care and sexual health information

 Poison Control Center (24 hours)
1-800-222-1222
Pregnancy care and delivery  
(509) 962-5000

Pregnancy exercise program  
(509) 962-9675

Prenatal Classes  
(509) 962-7340

Safe Kids  
104 West 5th Ave, Ellensburg  
(509) 962-9775  
www.kccn-dfc.co - A program that goes year-round. Educates and provides car seats for children in low income families; other donations.

Strong Families  
402 S. 4th Ave, Yakima, WA 98902  
(509) 575-4858  
Parenting classes.

Super Nanny / Parenting Advice - a service of Boy’s Town  
www.supernanny.com  
www.parenting.org

The Father's Network  
www.fathersnetwork.org. Celebrates and supports fathers and families with special health care needs and developmental disabilities.

Women-Infants-Children (WIC)  
507 N. Nanum St., Room 102, Ellensburg  
(509) 962-7077  
http://www.co.kittitas.wa.us/health/wic.asp - WIC’s mission is to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets and information on healthy eating.

Women-Infants-Children (WIC)  
Cle Elum  
(509) 674-5513  
Open on Tuesdays only.

PRESCRIPTION ASSISTANCE

Patient Assist Program-Prescription help (PAP)  
Located at the Medical Library/hospital Campus  
(509) 933-7565

PAP @ Cle Elum / Upper County  
116 Oak Ave. Suite A, Cle Elum  
(509) 674-5233  
11:00-2:00 Tue. PAP is a prescription program for uninsured and low income patients. To access the available resources, patients need to be seeing a Dr. in Kittitas County and need proof of income.

Partnership for prescription assistance  
1888-477-2669  
www.pparx.org - The Partnership for Prescription Assistance is America’s pharmaceutical companies working together with the health care community to help people in need.

Washington Prescription Drug Program (WPDP)  
1-800-913-4146  
www.rx.wa.gov - This program is available to any Washington State resident regardless of age or income. To see if your neighborhood pharmacy has joined, or for help with enrolling please call the toll free number.
PREVENTION SERVICES

Centers for Disease Control Information Line (CDC)
1-800-232-4636 - 24hr Helpline
www.cdc.gov - The role of the information line is to provide reliable information and science-based health information. CDC also provides referrals to local health department, testing sites and clinics in the person’s local area.

Drug and Alcohol National Information and Referral Hotline
1-800-872-2525

Kittitas County Community Network and Drug-Free Communities
104 West 5th Ave, Ellensburg
(509) 962-9775
www.kccn-dfc.co - Our mission is to identify and assess the substance prevention and safety needs concerning the county’s adults, youth, and families.

March of Dimes
1-800-727-3705
www.modimes.org - A non-profit organization that is dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality

Meth Action Team @ Kittitas Community Public Health and Safety Network (MAT)
(509) 962-9775
www.kccn-dfc.com - Promote collaboration between local law enforcement, health officials, children, family services, and community members in developing and implementing a strategic plan that addresses methamphetamine manufacturing, distribution, and use

Narcotics Anonymous
1-877-664-0398
www.na.org - An anonymous help line for information regarding narcotics and local meeting locations

National Institute on Drug Abuse
1-800-662-HELP
www.nida.nih.gov/ - Information and research on drug abuse and addictions

Safe Kids
104 West 5th Ave, Ellensburg
(509) 962-9775
www.kccn-dfc.co - A program that goes year around. Educates and provides car seats for children in low income families and other donations.

Youth Tobacco Prevention Program
Kittitas County Public Health Department
507 Nanum Street, Ellensburg
(509) 962-7680 or (509) 962-7515
www.co.kittitas.wa.us/health - Works with youth on tobacco prevention
STUDENT RESOURCES

CWU Off Campus Housing
(509) 925-7634
www.cwuoffcampus.com-Apartment Complexes off campus.

Raise The Nation
www.raisethenation.org- Independence through education by awarding scholarships to single parent women and their children.

SUBSTANCE ABUSE/PREVENTION SERVICE

Addiction Help Services
1-800-663-7847

EPIC (Enterprise for Progress in Community)
2902 Castlevale Rd., Ste. A, Yakima
Early Childhood Education, Youth Services, Crisis Nursery, Jeld-Wen Discovery Center.

Alcoholic Anonymous (AA)
213 W. 3rd Ave, Ellensburg
(509) 925-2494

Alcohol Drug Dependency Services (ADDS)
507 N Nanum Rd. Rm. 111, Ellensburg
(509) 925-9821;
1-800-925-3454 (Toll Free)
www.adds-info.org - Monday through Friday, 8:00 AM to 5:00 PM , Drug testing Hrs 8:30- 11:00 & 1:30 -4:00. We offer a full range of chemical dependency treatments that presents an integrated recovery program in a positive, non-punitive setting.

Cascade Recovery Resource Center L.L.C.
707 N Pearl Street, Suite B, Ellensburg
(509) 933-3838
9-6 PM Monday-Friday - Cascade Recovery Resource Center is a private outpatient chemical dependency treatment agency.

Drug and Alcohol National Information and Referral Hotline
1-800-872-2525

Kittitas County Community Public Health and Safety Network
104 W. 5th Ave., Ellensburg
(509) 962-9775
Identifies and assesses the substance prevention and safety needs of children, youth, adults, and families in an ongoing process.

Meth Action Team
(509) 962-9775

Smoking Cessation
(509) 962-7003

Underage Drinking Prevention
(509) 962-9775

Youth Tobacco Prevention Program, Kittitas County
Public Health Department, 507 Nanum St. Ellensburg
(509) 962-7680 or (509) 962-7515
Works with youth about tobacco prevention.
TRANSPORTATION

Central Transit
(509) 933-2287 Lower County
(509) 674-2252 Upper county
Servicing Kittitas County from Snoqualmie Pass to the Columbia River, including cities and rural areas. Bus to Yakima once a week. Transportation available for medical, nutrition, shopping, etc.

Central Washington Airporter (CWA)
1-866-235-5247
www.airporter.com- Choice of four round-trips daily to Sea-Tac Airport or downtown Seattle, and intercity travel between Yakima, Ellensburg and Cle Elum (great for students)

FISH Food Bank
210 North Ruby, Ellensburg
(509) 925-5990 Roger cell (509) 312-9056
For a medical-need gas voucher, talk to Roger.

People for People Transportation and Interpreter Brokering Services (PFP)
302 West Lincoln Ave, Yakima
(509) 457-1111 or (509) 248-6793
www.pfp.org/yakima - arranging transportation for people of all ages, with current Washington State Department of Social and Health Services Medicaid Coupons and need transportation to non-emergency medical services.

YOUTH SERVICES

Ellensburg Library Kids
www.ellensburglibrary.org/children/progr ams.html

Ellensburg Youth and Community Center
406 E. Capital Ellensburg
(509) 925-8604
www.ci.ellensburg.wa.us/recreation/youth. cfm

Girls & Boys Town National Hotline
1-800-448-3000
www.girlsandboystown.org - It is always our hope that parents who have problems with their children will seek counseling through some family counseling or social service agency first in order to try and resolve whatever problems they are having.

Kittitas County Youth Employment Program
(509) 962-8098 (OIC)

Youth Services of Kittitas County
213 W. 3rd St, Ellensburg,
(509) 962-2737

Youth Tobacco Prevention Program, Kittitas County
Public Health Department, 507 Nanum St. Ellensburg
(509) 962-7680 or (509) 962-7515
Works with youth about tobacco prevention.
VETERANS
(See also Military Families)

American Legion Club
Ellensburg
(509) 925-9488
http://www.legion.org

Kittitas County Veterans Coalition
413 N. Main St. Suite O, Ellensburg
(509) 933-2932
Assistance for veterans of all eras, including social and domestic services to promote stability and quality of life. Services include case management, crisis intervention, financial assistance, mental health counseling, permanent housing and transitional housing.

Department of Veteran Affairs - Seattle
1-800-827-1000
www.va.gov - Take applications from veterans who have a service related illness or injury based on their honorable discharge. Take claims from veterans that served during a war time period that do not have a service related illness or injury.

Veterans Coalition @ Upper County
Cle Elum
309 E. 1st St, Cle Elum
(509)-674-3872

VOTER'S ASSISTANCE

Auditors Office Registration Information
205 West 5th Ave Suite 105, Ellensburg
(509) 962-7503
www.co.kittitas.wa.us. - hours: 9-5 P.M. M-F

WOMEN'S PROGRAMS

Washington Women in Need (WWIN)
1-888-440-9946
www.wawomeninneed.org - Our vision is to improve the lives of low income women in Washington through financial assistance for health care and education.