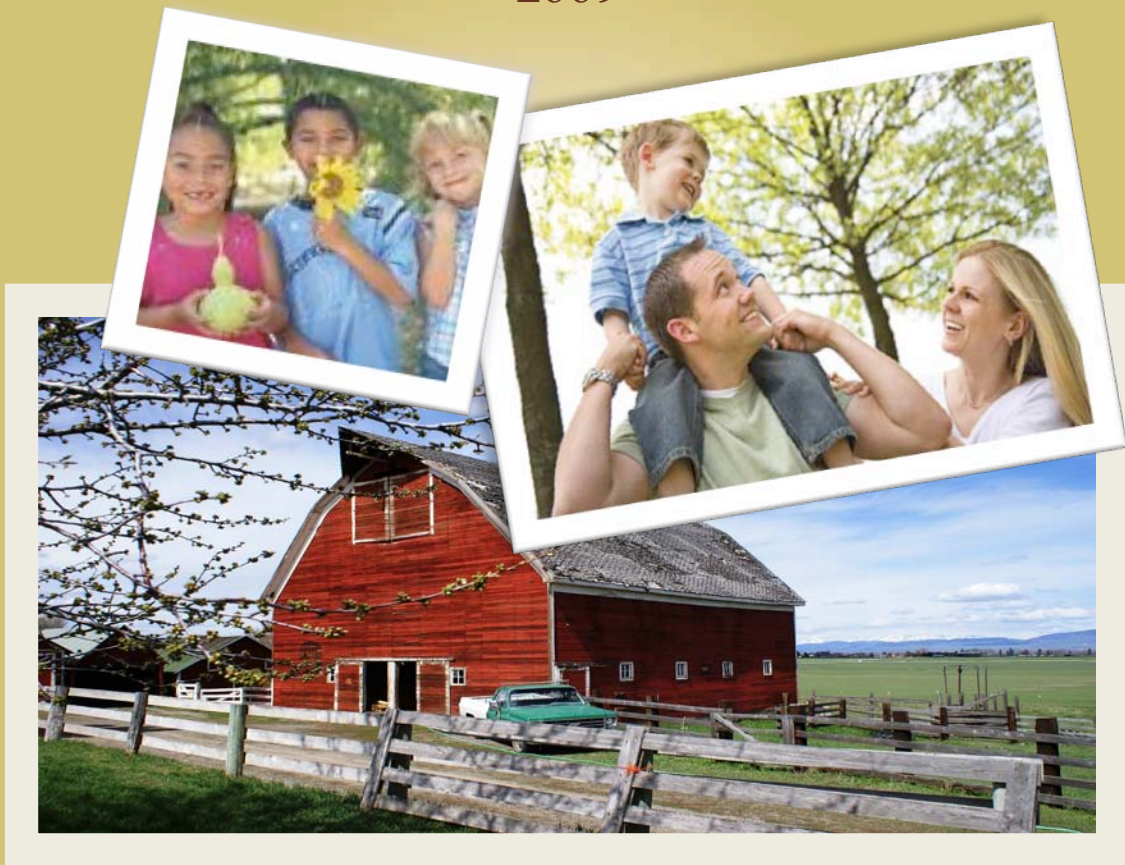


KITTITAS COUNTY FAMILY RESOURCE MANUAL

2009



SUPPORTING COMMUNITIES BY SERVING FAMILIES

**CENTRAL WASHINGTON UNIVERSITY
FAMILY RESOURCE CENTER**

KITTITAS COUNTY FAMILY RESOURCE GUIDE SPRING 2009

Researched and prepared by the Central Washington University Family Resource Center.

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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 Pennsylvania Ave., Cle Elum
(509) 674-2313

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

www.cleelumroslyn.org

Community Schools
700 E. Mt. View Ave, Suite 505,
Ellensburg
(509) 925-8017
<http://wonders.eburg.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 County Historical Museum

114 E. 3rd St., Ellensburg
(509) 925-3778
History of life in Kittitas County. Classes and hands-on activities.

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.cfm - 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.roslynlibrary.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.altc.washington.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 @ Kittiatia 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 Senior Nutrition Program (Meals on Wheels) @ Cle Elum

719 E. 3rd Street, Cle Elum 98922
(509) 674-7530

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

Mountain View Meadows

1800 E. Mountain View Ave, Ellensburg
(509) 925-4484

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

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

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

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

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 harassment

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.cwu.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 1-5years of age.
They do have a preschool. Hours of operation are 7:00am-5:30pm.

After School Daycare

906 E. Mountain View Ave, Ellensburg
(509) 925-7680

Provides childcare for ages 2.5-12 years.
Preschool hours are from 8:45am-11:45am, childcare hours are from 7:30am-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 from Birth to 5/6 years of age. Hours of operation: Monday-Friday 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

(509) 933-7819
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.

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 (Upper County)

110 Pennsylvania Ave, Cle Elum
(509) 674-2375

Hope Source (Ellensburg)

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

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

Catholic Family and Child Services

5301 Tieton Drive, Suite C, Yakima
(509) 965-7100
www.cfcsyakima.org

Central Washigton 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

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

www.kvhc.com.

Memorial Hospital

2811 Tieton Drive, Yakima 98902

(509) 575-1174

www.yakimamemorialhospital.org

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.altc.washington.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

www.arcwa.org. Promotes education, health, self-sufficiency, self-advocacy, inclusion, and choices of individuals with developmental disabilities.

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

Washington Sensory Disabilities Services

1-800-572-7000

www.wsdsonline.org

Provides information, training, technical assistance and resources to families and educators statewide regarding individuals from birth to age 21 with sensory disabilities-students who are deaf, hard of hearing, blind, visually impaired.

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

K-8. Preschool opening fall 2009.

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.kitcoh.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.patcortwordprocessing.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
Hour's: 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.

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.

**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.

**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@elltel.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 Witnesses 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

St. Andrew's Catholic Church
401 S Willow St, Ellensburg
(509) 925-2644

Thorp Community Church
150 1st St PO Box 157, Thorp
(509) 964-2222

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>

Generations United - National Center on Grandparents and Other Relatives Raising Children

122 "C" St. NW, Ste. 820
Washington, DC 20001-2085
(202) 638-2085

Grandparents Raising Grandchildren Resources -

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

Green Family: Gardening and Children
www.greenthumbfamily.com

National Adoption Information Clearing House

330 "C" St. SW
Washington, DC 20447
1-888-251-0075

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

137 Larkin Street
Madison, WI 53705
www.grandparentchildconnect.org

National Committee of Grandparents for Children's Rights

215 Hill St./POB 56
Friendly, W.V. 26146
1-866-624-9900

GREEN FAMILY TIPS

Greener Trends

www.greener trends.com/category/green-living/

Green Living Ideas

www.greenlivingideas.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

Consumer Credit Counseling Services of Yakima Valley, Inc.

312 N. 3rd St., Suite A, Yakima, 98901
1-800-273-6897 or (509) 248-5270

HopeSource (Energy Assistance Program)

204 East 6th, Ellensburg
(509) 925-1448 or (509) 962-0435

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.

Volunteer Income Tax Assistance (VITA)

(509) 963-3340 or 211
Annually February 1st-April 15th.

HEALTH SERVICES (also see Illness Support)

Alcoholics Anonymous

(509) 925-1771

Al-Anon (for families and friends of people living with alcoholism)

(509) 962-9045

American Academy of Pediatrics

1-800-433-9016

www.aap.org

American Cancer Society

1-800-ACS-2345

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.

American College of Allergy and Immunology

1-800-842-7777

www.acaai.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.yakimachildreenvillage.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

**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

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

Washington Basic Health
1-800-826-2444
www.basicehealth.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.

Washington Tobacco Quit Line
1-877-270-STOP
www.quitline.com

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

Youth Tobacco Prevention
(509) 962-7680

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

ILLNESS SUPPORT

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

(509) 925-5123

www.washingtonlawhelp.org - 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

www.disabilityrightswa.org - Work to pursue justice on matters related to human and legal rights.

MILITARY/VETERANS FAMILY RESOURCES

Benefits of Service

www.military.com

Department of Veterans Affairs

1-800-827-1000

www.va.org

**Immediate Contact in Kittitas County -
Gene Ketzenberg**

(509) 899-5678

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.

**National Center for Post-Traumatic
Stress Disorder**

(802) 296-6300

www.ncptsd.va.gov

Spouse BUZZ - Virtual Spouse Support Group

www.spousebuzz.com.

U.S. Army Family Readiness Group

<http://www.armyfrg.org>

Veterans Assistance

(509) 962-7055

<http://www.va.gov>.

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.

Dads 4 Dads

(509) 949-5946

Ellensburg area

Contact: Greg Robbins

Free group for all kinds of dads.

Meets monthly.

Qualified child care.

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

Dictionary for DADS

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

Cedar River Clinic

111 E. University Way

(509) 575-6422

Respite night, newsletter, info and referral, support mtg.

Expectant Parent Series

603 S Chestnut St, Ellensburg

(509) 962-9841

Expectant Parent Series

106 East E St, Yakima 98901

(509) 575-6422

Child Birth Class- Katie McKeown

(509) 933-8633

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
www.wapc.org. Immediate information and assistance. Preventing poisonings.

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.aspx> - 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 counties 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

Medical Alert *Information line*

1000 W Palm Turlock, CA
1-800-344-3226
www.medicalert.org

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
www.epicnet.org. (509) 248-3950.
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>

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.

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.

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.