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# Thurston County Veterans' Resource Guide



Thurston County Public Health & Social Services  
412 Lilly Road NE  
Olympia, WA 98506  
360-867-2625

[www.co.thurston.wa.us/health/ssveteran](http://www.co.thurston.wa.us/health/ssveteran)



March, 2014

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## Chemical Dependency/Substance Abuse

### Alcoholics Anonymous (AA)

<p>407 Water St SW Olympia, WA 98501 Phone: (360) 753-9934</p> <p><a href="http://www.aadistrict8.org/">www.aadistrict8.org/</a></p>	<p>"A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety." (<a href="http://calvertaa.org/index.html">http://calvertaa.org/index.html</a>)</p>
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### Alternatives Professional Counseling (Including Domestic Violence Victims)

<p>203 4th Avenue E. Suite 301 Olympia, WA 98501 Phone: (360) 357-7986 Fax: (360) 534-9595 Hours: M-T, 10am – 5pm <a href="http://www.alternativesprocouns.com/">www.alternativesprocouns.com/</a></p>	<p>"Alternatives Professional Counseling, Inc. is a treatment agency offering diversified services in the areas of domestic violence, substance abuse and dependency, anger management and family focused programs. Alternatives, offers programs with costs that are affordable, up front and clear with no hidden fees or undisclosed administrative costs." (<a href="http://alternativesprocouns.com/">http://alternativesprocouns.com/</a>)</p>
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### Behavioral Health Resources (Recovery Services)

<p>3857 Martin Way E Olympia, WA 98506 Phone: (360) 704-7170 Toll Free: (800) 825-4820</p> <p>Hours: M-F, 8am-5pm <a href="http://www.bhr.org/recovery.asp">www.bhr.org/recovery.asp</a></p>	<p>"Recovery Services specializes in providing quality chemical dependency treatment for pregnant and parenting women in Thurston and Mason Counties. Our dedicated staff of professionals has experience caring for and helping individuals break the ties of addiction. We recognize that every individual is unique in their needs and provide individualized treatment to address those needs. Our services are completely confidential. We accept insurance, medical coupons, and offer a sliding fee scale for low income individuals." (<a href="http://www.bhr.org/recovery.asp">http://www.bhr.org/recovery.asp</a>)</p>
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### Celebrate Recovery (Capital Christian Center)

<p>4431 Martin Way Olympia, WA 98516 Phone: (360) 943-4391</p> <p>Tuesday Night Celebrate Recovery Meetings: 5:30pm - 8:30pm</p> <p><a href="http://go2ccc.org/ministries/celebrate-recovery/">go2ccc.org/ministries/celebrate-recovery/</a></p>	<p>"Celebrate Recovery is a biblical and balanced program that helps us overcome our hurts, hang-ups, and habits. It is based on the actual words of Jesus rather than psychological theory. We strive to help others find the tools to live life making healthy and life giving choices, and to work through the hurts, hang-ups, and habits that have caused them to make choices that were not healthy." (<a href="http://go2ccc.org/ministries/celebrate-recovery/">http://go2ccc.org/ministries/celebrate-recovery/</a>)</p>
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### Narcotics Anonymous

<p>PO Box 2133 Olympia, WA 98507 24 Hour Info Line: (360) 754-4433 <a href="http://www.spsana.org/">www.spsana.org/</a></p>	<p>"Narcotics Anonymous is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean." (<a href="http://www.spsana.org/index.shtml">http://www.spsana.org/index.shtml</a>)</p>
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## Chemical Dependency/Substance Abuse

### Nisqually Tribal Health Services (Including Substance Abuse Program)

<p>4820 She-Nah-Num Dr. S.E. Olympia, WA 98513 Phone: (360) 459-5312</p> <p>Hours: M, T, Th, 8am - 7pm W, 11am - 8pm, F 8am - 5pm</p>	<p>"The Nisqually Substance Abuse Program is here to develop a comprehensive treatment program that will result in abstinence from alcohol and drug use. To achieve that goal, our staff will use ongoing quality reviews to evaluate success and patient satisfaction." (<a href="http://www.nisqually-nsn.gov/content/substance-abuse">http://www.nisqually-nsn.gov/content/substance-abuse</a>)</p>
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### Northwest Resources (Addiction Treatment Program)

<p>2708 Westmoor Court SW Olympia, WA 98502 Phone: (360) 943-8810</p> <p>3773A Martin Way E Olympia, WA 98506 Phone: (360) 688-7312</p> <p>428 W. Birch St, Suite 14B Shelton, WA 98502 Phone: (360) 426-0890</p> <p>Hours for all location: M-F, 8am - 4pm <a href="http://www.nwrii.com">www.nwrii.com</a></p>	<p>"NWR is a State Certified Addictions Treatment Program. We treat addictions to drugs and alcohol." "NWR starts with a comprehensive assessment to ensure placement in an appropriate level of care. We provide multifaceted treatment programs for individualized care." (<a href="http://www.nwrii.com/">http://www.nwrii.com/</a>)</p>
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### Providence St. Peter Chemical Dependency Center (Inpatient and Outpatient Treatment, Detox)

<p>Substance Abuse Services 4800 College Street SE Lacey, WA 98503 Phone: (360) 456-7575</p> <p>Hours: M-F, 8am - 5pm</p> <p><a href="http://washington.providence.org/chemical-dependency-center">washington.providence.org/chemical-dependency-center</a></p>	<p>"Providence St. Peter Chemical Dependency Center has been a chemical dependency provider since 1986. Substance abuse is a chronic, progressive, relapsing disease, resulting in physical and psychological dependence on chemical substances. Much like other health concerns, it can also be treated successfully. Our staff is committed to helping individuals whose lives have been affected by the harmful use of alcohol and other drugs."</p> <p>"We offer a complete continuum of treatment options to diagnose, treat, and provide ongoing recovery support. Our medically supervised programs offer excellence in clinical counseling, comprehensive education, and a safe environment for recovery." (<a href="http://washington.providence.org/clinics/st-peter-chemical-dependency-center/">http://washington.providence.org/clinics/st-peter-chemical-dependency-center/</a>)</p>
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## Chemical Dependency/Substance Abuse

### Sea Mar Behavioral Health (Including Spanish-Speaking Services)

<p>669 Woodland Square Loop SE Lacey, WA 98503 Phone: (360) 359-4880 Fax: (360) 359-4881</p> <p>3030 Limited Lane NW Olympia, WA 98502 Phone: (360) 491-1399</p> <p>409 Custer Way Suite C Tumwater, WA 98501 Phone: (360) 704-7590 Fax: (360) 704-7591</p> <p>Hours: M-F, 8am-5pm</p> <p><a href="http://www.seamar.org/location">www.seamar.org/location</a></p>	<p><b>Behavioral Health Services:</b> “Provides mental health services to children, youth and adults in English and Spanish. Our site is state-licensed as a community mental health agency. We meet all requirements for court-mandated services, and we are fully accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).” <a href="http://www.seamar.org/location.php?xloc=21&amp;xser=3&amp;xcty=6&amp;xserloc=121">http://www.seamar.org/location.php?xloc=21&amp;xser=3&amp;xcty=6&amp;xserloc=121</a></p> <p><b>Chemical Dependency Services</b></p> <ul style="list-style-type: none"><li>• Drug and alcohol evaluations</li><li>• DUI assessments</li><li>• Deferred prosecution</li><li>• Relapse prevention</li><li>• Monthly monitoring</li><li>• Aftercare</li></ul> <p><b>Mental Health Services</b></p> <ul style="list-style-type: none"><li>• Assessments for mental health clients</li><li>• Case management for adults and children</li><li>• Psychiatric medication assessments and management for adults and children</li></ul> <p><a href="http://www.seamar.org/location.php?xloc=26&amp;xser=3&amp;xcty=6&amp;xserloc=52">http://www.seamar.org/location.php?xloc=26&amp;xser=3&amp;xcty=6&amp;xserloc=52</a></p>
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### South Sound Clinic (Counseling-Methadone Program)

<p>6700 Martin Way East Olympia, WA 98516 Phone: (360) 413-6910 / (888) 764-7243 Fax: (360) 413-9026</p> <p>Hours: M-F, 8am – 5pm</p>	<p>“Evergreen Treatment Services are committed to improving the quality of drug abuse treatment through involvement in research and the application of research findings to clinical practice. The agency is currently participating as a community-based treatment program site in the Washington Node of NIDA's Clinical Trials Network.” <a href="http://www.evergreentreatment.org/about_ets.htm">http://www.evergreentreatment.org/about_ets.htm</a></p>
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### Thurston County Public Health and Social Services (Substance Use Prevention and Treatment)

<p>412 Lilly Rd. NE Olympia, WA 98506-5132 For additional information: Phone: (360) 867-2509</p> <p><a href="http://www.co.thurston.wa.us/Health/sscd/AboutUs.html">www.co.thurston.wa.us/Health/sscd/AboutUs.html</a></p>	<p>“The Thurston County Chemical Dependency Program coordinates services for Thurston and Mason County residents who are experiencing signs or symptoms of a substance abuse disorder. Services are available to low income individuals and persons with no income who receive state entitlements (i.e., medical coupons, SSI, etc.). The Chemical Dependency Program contracts with licensed chemical dependency agencies for adult and youth outpatient services, detoxification, involuntary commitment, intensive case management, and methadone.” <a href="http://www.co.thurston.wa.us/Health/sscd/index.html">http://www.co.thurston.wa.us/Health/sscd/index.html</a></p>
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## Chemical Dependency/Substance Abuse

### True North Student Assistance and Treatment Services

ESD 113 6005 Tye Drive SW Tumwater, WA 98512 Phone: (360) 464-6700  <a href="http://www.esd113.org/truenorth">http://www.esd113.org/truenorth</a>	"The True North framework for integrated student services responds to risk factors that exist within the school and community environment. The central idea is to provide full integration of the program elements (prevention, intervention, treatment, and recovery support efforts) in a least restrictive level of care that will enhance student completion and success in their K-12 experience." ( <a href="http://www.esd113.org/domain/52">http://www.esd113.org/domain/52</a> )
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### Washington Recovery Help Line

Phone: 1-866-789-1511 24-Hour Help for Substance Abuse, Problem Gambling & Mental Health  <a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a>	"The Washington Recovery Help Line is the new consolidated help line for substance abuse, problem gambling and mental health, as authorized and funded by The Washington State Department of Social and Health Services' Division of Behavioral Health and Recovery. The Recovery Help Line is a service of Crisis Clinic and serves residents in Washington State" <a href="http://warecoveryhelpline.org/">http://warecoveryhelpline.org/</a>
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## Crisis/Legal/Support Services

### 2-1-1 (Resource Directory)

Dial: 2-1-1 to be connected to services  <a href="http://www.211.org">www.211.org</a>	"2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more. Learn more about your local 2-1-1 by looking it up here." ( <a href="http://www.211.org/">http://www.211.org/</a> )
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### Cellular Service Providers

Assurance Wireless Phone: 1-888-898-4888 <a href="http://www.assurancewireless.com">www.assurancewireless.com</a>  SafeLink Wireless <a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a>	"Assurance Wireless is a federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline is a government benefit program supported by the federal Universal Service Fund. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria." "SafeLink is a Lifeline supported service, a government benefit program. You may qualify if you participate in programs such as Food Stamps or Medicaid."
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### City of Olympia (Victim Assistance Program)

PO Box 1967 Olympia, WA 98507 Phone: (360) 753-8408  Hours: M-F, 8am-5pm	"If you are a victim of a crime and the defendant is being prosecuted at the Olympia Municipal Court, The City of Olympia Prosecutor's Office has a person called the Victim Assistance Coordinator (VAC) who is there to help you. The VAC can give you information such as the case status, No Contact Order/Protection Order information, safety alternatives, community support and referrals. The VAC, when requested and available, may be able to accompany you to Olympia Court hearings. The VAC can inform the City Prosecutors about your feelings, concerns and/or questions that you may have about the case." ( <a href="http://olympiawa.gov/city-services/police-department/victim-assistance-program.aspx">http://olympiawa.gov/city-services/police-department/victim-assistance-program.aspx</a> )
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## Crisis/Legal/Support Services

### The Crisis Clinic of Thurston and Mason Counties

<p>P.O. Box 13453 Olympia, WA 98508-3453 Business Line: (360) 586-2888 Crisis Line: (360) 586-2800 Youth Help Line: (360) 586-2777 Fax Line: (360) 586-2808 <a href="http://www.crisis-clinic.org">www.crisis-clinic.org</a></p>	<p>"We strive to empower people, especially those in crisis, through telephone intervention, and information and referral, every hour of the year."</p> <p>"We strengthen the community by training Clinic volunteers and educating community groups in crisis intervention skills."</p> <p>(<a href="http://www.crisis-clinic.org/">http://www.crisis-clinic.org/</a>)</p>
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### Disability Rights Washington (Developmentally Disabled/Mentally Ill)

<p>315 - 5th Avenue South, Suite 850 Seattle, WA 98104 Phone: (206) 324-1521 TTY: (206) 957-0728</p> <p>Hours: M-F, 9am- 4pm <a href="http://www.disabilityrightswa.org">www.disabilityrightswa.org</a></p>	<p>"Disability Rights Washington creates a work plan from the priorities of people with disabilities. Become involved in the priority-setting process, to assure DRW respectfully advances the disability civil and human rights movement."</p> <p>(<a href="http://www.disabilityrightswa.org/">http://www.disabilityrightswa.org/</a>)</p>
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### Dispute Resolution Center (Mediation Service)

<p>312 4th Ave E Olympia, WA 98501 Phone: (360) 956-1155</p> <p>Hours: M-F, 9am- 4:30pm <a href="http://mediatethurston.org">mediatethurston.org</a></p>	<p>"Our mission is to empower people to resolve their disputes by providing conflict resolution, mediation and training services to South Sound community members. We envision a South Sound community that has and uses healthy and respectful conflict resolution skills."</p> <p>(<a href="http://mediatethurston.org/about-us/">http://mediatethurston.org/about-us/</a>)</p>
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### Family Support Center (Coordinated Family Services)

<p>201 Capitol Way Olympia, WA 98501 Phone: (360) 754-9297 Fax: (360) 528-2004 Emergency Shelter Hotline: (360) 628-7343</p> <p>Hours: M-F, 9am-5pm <a href="http://www.fscss.org">www.fscss.org</a></p>	<p>"The Family Support Center is a 501(c)(3) nonprofit community resource center offering a variety of services and programs for children and families in the heart of historic downtown Olympia."</p> <p>(<a href="http://www.fscss.org/">http://www.fscss.org/</a>)</p>
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### KWA: Korean Women's Association (Asian, Pacific Islander & Elders)

<p>1302 Homann Drive Se Lacey, WA 98503 Phone: (360) 455-4524</p> <p><a href="http://www.kwacares.org">www.kwacares.org</a></p>	<p>"The Korean Women's Association (KWA) of Washington is a registered 501(c)(3) non-profit organization, established in 1972 to provide services to Korean wives of American servicemen. Over the years, KWA's programs have expanded to meet the needs of people of many cultures and nationalities. Its special expertise is as providers of multi-cultural, multi-lingual services to people in need."</p> <p>(<a href="http://www.kwacares.org/about/">http://www.kwacares.org/about/</a>)</p>
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## Crisis/Legal/Support Services

### National Suicide Lifeline

Phone: 1-800-273-8255 For Veterans Crisis Line Press 1 Operates 24 hours  <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	“The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.” “The Lifeline’s national network of local crisis centers provides crisis counseling and mental health referrals day and night.” ( <a href="http://www.suicidepreventionlifeline.org/about.aspx">http://www.suicidepreventionlifeline.org/about.aspx</a> )
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### Nisqually Indian Tribal Services

4820 She-Nah-Num Dr. S.E. Olympia, WA 98513 Phone: (360) 456-5221 / (877) 768-8886  Hours: M-F, 8am-5pm <a href="http://www.nisqually-nsn.gov">www.nisqually-nsn.gov</a>	“The Nisqually Tribe’s mission is to perpetuate our home and our culture, by helping our people thrive. We administer a variety of programs to sustain the general welfare of the Nisqually people, as well as ensure the prosperity of future generations.”  ( <a href="http://www.nisqually-nsn.gov/content/programs">http://www.nisqually-nsn.gov/content/programs</a> )
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### Northwest Justice Project (Veteran Services)

711 Capitol Way S, Ste 704 Olympia, WA 98501 Phone: (360) 753-3610 Veteran Intake: 1-855-657-8387 Client Intake: 1-888-201-1014; Intake Line for Senior Citizens: 1-888-387-7111; TTY is 1-888-201-9737; Fax: (360) 753- 0174 <i>All new clients must be screened by calling the intake line before speaking with an attorney. Intake lines are open M-F from 9:15 a.m. – 12:15 p.m. Hours: M-F, 9am- 4pm</i>	“NJP’s mission is to secure justice through high quality legal advocacy that promotes the long-term well-being of low-income individuals, families, and communities. As a dynamic statewide law firm, we pursue our mission through legal advice and representation, community partnerships, and education to empower clients and combat injustice in all its forms.”  <a href="http://nwjustice.org/our-vision-justice-all-low-income-people-washington">http://nwjustice.org/our-vision-justice-all-low-income-people-washington</a>  Veterans Project: <a href="http://nwjustice.org/veterans">http://nwjustice.org/veterans</a>  Washington State Legal Information: <a href="http://www.washingtonlawhelp.org/">http://www.washingtonlawhelp.org/</a>  <a href="http://www.nwjustice.org">www.nwjustice.org</a>
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### Partners in Prevention Education (PIPE)

408 7th Avenue SE Olympia, WA 98501 Phone: (360) 357-4472 or WA Relay Service: 1-800-833-6388  Hours: M-F, 9am-5pm <a href="http://youthchangeagents.org">youthchangeagents.org</a>	“To engage homeless and at risk youth and adult allies in the elimination of sexual violence, bias, hate & general crimes as they contribute to homelessness and as they exist in street culture.”  “We achieve this through social change work, violence prevention education, and survivor support services including advocacy, therapy and support groups.” ( <a href="https://youthchangeagents.org/">https://youthchangeagents.org/</a> )
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### P.O.W.E.R. (Parents Organizing for Welfare and Economic Rights)

701 Franklin St. NE Olympia, WA 98501 Phone: (360) 352-9716 / (877) 330-3063  Hours: M-F, 8am- 4pm	“We provide information regarding people's legal rights to public benefits, including governmental cash, food and medical assistance. We educate low income parents on civic issues that affect their lives, and provide training so that they may effectively advocate for improved.”  ( <a href="http://www.sos.wa.gov/charities/search_detail.aspx?charity_id=24913">http://www.sos.wa.gov/charities/search_detail.aspx?charity_id=24913</a> )
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## Crisis/Legal/Support Services

### SafePlace (24/7 Sexual and Domestic Violence Help Line)

<p>314 Legion Way SE Olympia, WA 98501 Phone: (360) 786-8754</p> <p>24 hour helpline: (360) 754-6300</p> <p>Hours: M-F, 9am-5pm <a href="http://www.safeplaceolympia.org">www.safeplaceolympia.org</a></p>	<p>"SafePlace provides free and confidential services to people who have experienced all forms of domestic and sexual violence and abuse. Our 24-Hour/7 days a week Helpline, (360) 754-6300, can connect you with resources both locally and throughout the United States, someone to help you plan for your safety, as well as someone to listen and help you process your experience. Trained advocates are here to provide immediate support regardless of where you are with your survivorship. We can assist with immediate domestic violence and sexual assault crisis needs." (<a href="http://www.safeplaceolympia.org/helpline/">http://www.safeplaceolympia.org/helpline/</a>)</p>
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### South Puget Intertribal Planning Agency (SPIPA-five tribes)

<p>3104 SE Old Olympic Hwy Shelton, WA 98584 Phone: (360) 426-3990</p> <p>Hours: M-F, 8am- 5pm <a href="http://www.spipa.org">www.spipa.org</a></p>	<p>"Deliver social, human and health services and provide training and technical assistance, resource development and planning to the Chehalis, Nisqually, Shoalwater Bay, Skokomish and Squaxin Island Tribal communities."</p> <p>(<a href="http://www.spipa.org/mission.html">http://www.spipa.org/mission.html</a>)</p>
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### Tenant Union Hotline

<p>5425 Rainier Avenue S Ste B Seattle, WA 98118 Phone: (206)723-0500</p> <p>Hours: M 10am-12:30pm T 10am-12:30pm, 1:30-4pm, 4:30-6pm W 10am-12:30pm, 1:30pm-4pm</p> <p><a href="http://www.tenantsunion.org">www.tenantsunion.org</a></p>	<p>"The mission of the Tenants Union (TU) is to create housing justice through empowerment-based education, outreach, leadership development, organizing, and advocacy. Founded in 1977, the TU carries on a proud legacy of work to create concrete improvements in tenants' living conditions and challenge and transform unjust housing policies and practices. As a membership organization, the TU's work is grounded in the strong conviction that tenants must be the leaders of efforts to transform our housing conditions and communities. The TU embraces the values of equality, hope, tenant leadership, respect, direct action, civic courage, racial and economic justice, and self-determination in our work."</p> <p>(<a href="http://www.tenantsunion.org/pdf/2012_TU_Brochure.pdf">http://www.tenantsunion.org/pdf/2012_TU_Brochure.pdf</a>)</p>
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### Thurston County Prosecuting Attorney's Office (Victim Advocate Division)

<p>2000 Lakeridge Dr S.W. Olympia, WA 98502 Phone: (360) 786-5540</p> <p>Hours: M-F, 8am - 5pm <a href="http://www.co.thurston.wa.us/pao/va/">www.co.thurston.wa.us/pao/va/</a></p>	<p>"The Victim Advocates respond to the needs of crime victims in an empowering and proactive manner, striving to inform victims of their rights under the law in order to facilitate informed participation in the criminal justice system."</p> <p>(<a href="http://www.co.thurston.wa.us/pao/va/">http://www.co.thurston.wa.us/pao/va/</a>)</p>
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### Volunteer Legal Clinic

<p>711 Capitol Way S. Olympia, WA 98501 Phone: (360)705-8194</p>	<p>Free legal advice and appointments for low-income clients in the areas of family law, landlord-tenant law, and consumer law. Also offers a "Do it yourself" divorce class. *Spanish Available</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Crisis/Legal/Support Services

### Washington Army and Air National Guard Family Programs

<p>Local Contact: Olympia – Family Assistance Coordinator 515 Eastside Street Olympia, WA 98501-1645 Phone: (360) 704-6707</p> <p><a href="http://washingtonguard.org/familyprograms/">http://washingtonguard.org/familyprograms/</a></p>	<p>Family Programs is primarily an Information and Referral Resource to support Service Members and their Families effectiveness; train to build Family self-reliance and coordination of programs and services that assists Family Members before, during and after deployment. There are 12 Family Assistance Coordinators (FAC) stationed throughout Washington State in local armories to assist Service Members and their Families with numerous issues.</p> <p>If you have a question about benefits, resource or financial assistance please contact a local FAC and they will help you. If you don't know who your FAC is please call this number and we'll direct you to the right one. 1-800-364-7492</p>
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### Washington National Guard Families & Veterans (J-9)

<p>J9Warrior, Veteran &amp; Family Services Center Bldg. 3, Camp Murray Tacoma, WA 98430</p> <p>Phone: (253) 512-8540 or 1-877-585-5655</p> <p><a href="http://washingtonguard.org/FamiliesandVeterans/">http://washingtonguard.org/FamiliesandVeterans/</a></p>	<p>“Taking Care of Our Guard Families and Veterans. The J9 is designed to be a one-stop center for all Washington National Guard Veteran and Family Readiness services. Located in Building #3 on Camp Murray, the J9 is responsible for Deployment Cycle support and Reintegration (Yellow Ribbon) Programs, Veterans Transition Assistance, the Family Program Office, the full-time Sexual Assault Prevention and Response (SAPR) Coordinator, Suicide Prevention, the Chaplain, the Employer Support to the Guard and Reserve (ESGR) office and a newly established Director of Psychological Health.”</p>
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### Washington State Human Rights Commission

<p>711 S. Capitol Way, Suite 402 Olympia, WA 98504 Phone: (360)753-6770 /(800) 233-3247 Fax: (360)586-2282 TTY: 1-800-300-7525</p> <p>Hours: M-F, 8am-5pm <a href="http://www.hum.wa.gov">www.hum.wa.gov</a></p>	<p>“The mission of the Washington State Human Rights Commission is to eliminate and prevent discrimination through the fair application of the law, the efficient use of resources, and the establishment of productive partnerships in the community.”</p> <p><a href="http://www.hum.wa.gov/">(http://www.hum.wa.gov/)</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Disabilities

### ARC of WA State (Advocates for Citizens with Intellectual/Developmental Disabilities)

<p>2638 State Avenue NE Olympia, WA 98506 Phone: (360) 357-5596 / (888) 754-8798 Fax: (360) 357-3279</p> <p><a href="http://www.arcwa.org">www.arcwa.org</a></p>	<p>"The Arc of Washington State's mission is to advocate for the rights and full participation of all people with intellectual and developmental disabilities. Along with our network of members and chapters, we support and empower individuals and families; connect and inform individuals and families; improve support and service systems; influence public policy; increase public awareness; and inspire inclusive communities." (<a href="http://www.arcwa.org/aboutus">http://www.arcwa.org/aboutus</a>)</p>
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### Dial-A- Lift (IT Bus Services)

<p>222 State Avenue Olympia, WA 98501 Phone: (360) 786-1881/ (800) 287-6348 Fax (360)943-8760</p> <p>Hours: M-F, 8am - 5 pm</p> <p>Reservation Hours: M-F, 8am - 5pm, Sat - Sun 9am - 4 pm</p> <p><a href="http://www.intercitytransit.com/traveloptions/accessible-services">www.intercitytransit.com/traveloptions/accessible-services</a></p>	<p>"Dial-A-Lift is a door-to-door, shared-ride public transportation service for people with disabilities that prevent them from using our regular bus service. We offer Dial-A-Lift service where and when regular buses operate."</p> <p>"You are eligible for Dial-A-Lift service if you: are unable to board, ride, or exit a lift-equipped bus without assistance, or need to use a lift but it cannot be deployed safely at your bus stop, or have a disability that prevents travel to and from your bus stop under certain conditions, and are certified to use Dial-A-Lift."</p> <p>(<a href="http://www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx">http://www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx</a>)</p>
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### Morningside (Vocational Development/ Employment Services)

<p>809 Legion Way SE Olympia, WA 98501 Phone: (360) 943-0512</p> <p>Hours: M-F, 8am-4pm</p> <p><a href="http://www.morningsideservices.com">www.morningsideservices.com</a></p>	<p>"Morningside is a private not-for-profit 501-(c)3 Community Rehabilitation Program providing employment services to individuals with disabilities. We specialize in supported and competitive employment." (<a href="http://www.morningsideservices.com/about_us.asp">http://www.morningsideservices.com/about_us.asp</a>)</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Disabilities

### Parent to Parent Support (For Parents of Individuals who are Disabled)

1012 Homann Dr SE Lacey, WA 98503 Phone: (360) 352-1126  <a href="http://www.ssp2p.org">www.ssp2p.org</a>	"Parent to Parent Support Program of Thurston County/ South Sound Parent to Parent provides a network of support, information, and advocacy to families who have children with special needs and chronic illnesses and adults with disabilities. Services also include training and matching of volunteers with requesting families." <a href="http://www.ssp2p.org/aboutus.html">http://www.ssp2p.org/aboutus.html</a>
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### PAVE (Support/Advocacy for Families and Individuals who are Disabled)

Tacoma (MAIN) Office 6316 S 12th Street Tacoma, WA 98465 Phone: (253) 565-2266 Toll Free: 1-800-5-PARENT (572-7368) Fax: (253) 566-8052  <a href="http://www.wapave.org">www.wapave.org</a>	"PAVE, a non-profit organization, exists to share information and resources with people whose lives are linked to children and adults with disabilities."  "PAVE can help you understand the educational system for preschoolers and school-age children. Assist you to find services in your community for you and your child or adult with a disability. Provide support when you learn that your child has a disability or chronic health care need. Help you as your child transitions from school to adult life." <a href="http://wapave.org/about/whoweare.asp">http://wapave.org/about/whoweare.asp</a>
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### Social Security Information Line

402 Yauger Way SW Olympia, WA 98502 Phone: 1-800-772-1213 Hours: M-F, 7am- 7pm <a href="http://www.ssa.gov">www.ssa.gov</a>	For information about SSI/Medicare
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## Education/Literacy

### CIELO Project (Spanish Literacy and GED Preparation)

1202 Black Lake Blvd. SW, Suite B1 Olympia, WA 98502 Phone: (360) 709-0931  Hours: M-F, 12pm-8pm Sat, 10am-2pm  <a href="http://cieloproject.org">cieloproject.org</a>	"The Plaza Comunitaria program allows participants to study subjects at the elementary and secondary levels and complete their education in their native language. At the completion of this on-line program, students receive a diploma from the Secretary of Public Education from Mexico. Students study at their own pace via computer and have an opportunity to learn how to read and write in order to get better jobs and reach their fullest potential. Volunteer tutors help students navigate through the courses and offer support." <a href="http://cieloproject.org/?page_id=89">http://cieloproject.org/?page_id=89</a> "The State of Washington issues a General Education Development certificate to students who successfully pass exams in five areas: Spanish reading/writing, Spanish literature, social studies, science, and math. Students are paired with volunteer tutors who have expertise in the different knowledge areas and provide support to our students through this process." <a href="http://cieloproject.org/?page_id=873">http://cieloproject.org/?page_id=873</a>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Education/Literacy

### The Evergreen State College (Public Liberal Arts College)

2700 Evergreen Parkway NW Olympia, WA 98505 Phone: (360) 867-6000  <a href="http://www.evergreen.edu">www.evergreen.edu</a>	"Evergreen Offers: A dynamic, team-taught, theme-based curriculum examining real world issues. Student-designed majors. Individual learning contracts and internships providing hands-on, practical application of knowledge and skills. Study Abroad opportunities. Narrative evaluations that highlight student progress and inform graduate schools and future employers of your unique skill set." ( <a href="http://evergreen.edu/admissions/">http://evergreen.edu/admissions/</a> )
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### Family Education and Support Services

1202 Black Lake Boulevard, Suite #B Olympia, WA 98502 Phone: (360)754-7629  <a href="http://familyess.org/">http://familyess.org/</a>	"Parenting Support and Child Development. We have a variety of family enrichment activities, parent support programs, and parent trainings provided each month. Examples include communication skills for divorcing parents; a 12-week course for developing fathering skills; a 12-week program for mothers with drug and alcohol challenges; monthly programs for relatives who are raising children; parenting classes; and even Zumba for families! Our programs also provide general skill building for parents/caregivers offering help with communication, stress management." ( <a href="http://familyess.org/?page_id=2">http://familyess.org/?page_id=2</a> )
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### Saint Martin's University (Private, Catholic Liberal Arts University)

5000 Abbey Way SE Lacey, WA 98503 Phone: (360) 491-4700  <a href="http://www.stmartin.edu">www.stmartin.edu</a>	"Saint Martin's University is a Catholic Benedictine institution of higher education that empowers students to pursue a lifetime of learning and accomplishment in all arenas of human endeavor. Saint Martin's students learn to make a positive difference in their lives and in the lives of others through the interaction of faith, reason, and service." ( <a href="http://www.stmartin.edu/about/Mission.aspx">http://www.stmartin.edu/about/Mission.aspx</a> )
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### Sound Learning (Tutoring for Reading, Writing, ESL and GED)

133 West Railroad Ave. Shelton WA 98584 Phone: (360) 426-9733  Hours: M-Th, 10am-4pm Friday by appointment  Olympia Office: (360) 464-5037 Call for an appointment <a href="http://soundlearning.co">soundlearning.co</a>	"Sound Learning provides instruction to adults in basic skill improvement (reading, writing, math and problem solving), GED preparation, computers, and English for Speakers of Other Languages."  "We provide these services in classes and small-group tutoring sessions in Mason and Thurston Counties. We are a non-profit 501(c)(3) dedicated to helping adults gain self-sufficiency, improve literacy and develop the essential skills needed to succeed in today's world."  <a href="http://www.soundlearning.co/">http://www.soundlearning.co/</a>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Education/Literacy

### South Puget Sound Community College (Public College)

<p>Main Campus 2011 Mottman Road SW Olympia, WA 98512 Phone: (360) 754-7711 <a href="http://www.spscc.ctc.edu">www.spscc.ctc.edu</a></p> <p>Hawks Prairie Center 1401 Marvin Road NE, Suite 201 Lacey, WA 98516 Phone: (360) 596-5750 <a href="http://hawksprairie.org">hawksprairie.org</a></p>	<p>"We are here to guide you, whether you want to learn a new skill, land a new job earn a new degree or pursue an opportunity that didn't seem possible before. Our combination of passionate staff and small class size translates into a learning environment focused on helping you achieve your goals and dreams." <a href="http://www.spscc.ctc.edu/getting-to-know-us">http://www.spscc.ctc.edu/getting-to-know-us</a></p>
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## Emergency Needs

### Adventist Community Service Center

<p>1029 N. Puget Olympia, WA 98506 Phone: (360) 943-1518</p> <p>Hours: Tuesday only, 9:15am -2:30pm</p>	<p>People in need can pick up clothes, towels, sheets, bedding, pots, pans, and dishes as supplies permit.</p>
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### Baby Bank

<p>3132 Blvd. Road SE Olympia, WA 98501 Phone: (360) 357-6617</p> <p>Hours: W, 10am - 11:30am</p> <p><a href="http://www.olycofc.com">www.olycofc.com</a></p>	<p>"The Baby Bank is a community service project through the Olympia church of Christ and dedicated to helping those people who find themselves in need of help for their infants or young children. These people can be anyone who finds themselves, due to circumstances, in need. We do require that the client obtain a Baby Bank referral from one of the local social service agencies, such as DSHS, WIC, the Salvation Army or the YWCA. A more complete list can be obtained by calling us. They will assist you in filling out the forms for the referral. This referral is good for six visits and the client can come as often as every two weeks." <a href="http://www.olycofc.com/Babybank/baby_bank.php">http://www.olycofc.com/Babybank/baby_bank.php</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Emergency Needs

### Community Action Council (Utilities)

<p>Thurston County 420 Golf Club Road SE Lacey, WA 98503 Phone: (360) 438-1100</p> <p>Mason County 807 W. Railroad Avenue Shelton, WA 98584 Phone: (360) 426-9726</p> <p>Lewis County 409 N. Tower Avenue Centralia, WA 98531 Phone: (360) 736-1800</p> <p>Hours: M-Th, 7am - 6pm <a href="http://www.caclmt.org">www.caclmt.org</a></p>	<p>Energy assistance program:</p> <p>"Fuel funds are funds donated by customers of local utilities to help people in need pay their utility bill and avoid disconnection. To qualify for assistance, your household must be in the service area of the specific utility, meet the corresponding income guidelines and energy service connection requirements." (<a href="http://www.caclmt.org/?page_id=14">http://www.caclmt.org/?page_id=14</a>)</p> <p>"The Lacey Utility Assistance Fund is a donation supported program to assist low-income families with the municipal utility bill." (<a href="http://www.caclmt.org/?page_id=227">http://www.caclmt.org/?page_id=227</a>)</p>
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### Emergency Outreach Program (Sacred Heart Church)

<p>906 Bowker Street Lacey, WA 98503 Phone: (360) 923-0929 Hours: M, W &amp; F, 1pm-2:45pm</p>	<p>Food closet, emergency help with rent, utilities, and prescriptions. *Once a year only. Thurston County residents only.</p>
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### Olympia Center Showers (Shower Facilities)

<p>222 Columbia St. NW. Olympia, WA 98501 Phone: (360) 753-8380 Hours: M-F, 8am-9am, Sat. 8am-4pm</p>	<p>Showers are coin operated, they take quarters only. * .50 cents will run the shower for 5 minutes.</p>
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### Red Cross

<p>2618 12th Ct., SW Olympia, WA 98502 Phone: (360) 352-8575</p> <p>Hours: M-F, 8am - 4:30pm <a href="http://www.rainier-redcross.org">www.rainier-redcross.org</a></p>	<p>Provides disaster assistance and health service classes. Emergency messages for military families. Blood service program.</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Emergency Needs

### The Salvation Army (Warm Home Fund)

824 5 <sup>th</sup> Ave SE Olympia, WA 98501 Phone: (360) 352-8596  <a href="http://www.salvationarmy.org">www.salvationarmy.org</a>	"Qualified low-income families who require emergency utility-bill assistance during the winter may receive help from the Warm Home Fund, which we offer in partnership with The Salvation Army. The fund is composed of voluntary contributions from PSE customers, employees and PSE. Contact your local Salvation Army unit for more information" <a href="http://pse.com/accountsandservices/YourBill/Pages/Low-Income-Assistance.aspx">http://pse.com/accountsandservices/YourBill/Pages/Low-Income-Assistance.aspx</a>
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### St. Vincent de Paul

1021 South Boundary Olympia, WA 98501 Phone: (360) 352-7554  Social Service Office: M-F, 1pm - 3pm Clothing Bank: T & Sat, 9am-11:30am Th, 6:30am - 8 pm	No charge. Has large selection of clothing including shoes. Needs clean, usable clothes for distribution to needy persons in Thurston County. Call for arrangements to drop off. Provides emergency assistance (food, shelter, utilities and medical) ONCE A YEAR
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### Thurston County Veterans Assistance Fund

412 Lilly Road NE Olympia, WA 98506 Phone: (360) 867-2625 TDD: 1-800-658-6384  Appointments scheduled for: M-F, 8am -12pm  <a href="http://www.co.thurston.wa.us/health/ssveteran/">www.co.thurston.wa.us/health/ssveteran/</a>	"The Thurston County Veterans Assistance Fund provides eligible veterans and deceased veterans and their families assistance with services and resources. The types of services provided includes assistance with past due rent or mortgage; utilities including power, water and garbage; food and personal hygiene vouchers; bus passes; clothing vouchers; eye care; referral services; and burial or cremation services. Eligibility criteria includes meeting the definition of veteran as defined by law, resident of WA State for at least the last six months, resident of Thurston County for at least the last 31 days, meet the established low income criteria and able to provide documentation proving eligibility including verification of need. ( <a href="http://www.co.thurston.wa.us/health/ssveteran/index.html">http://www.co.thurston.wa.us/health/ssveteran/index.html</a> )
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### Yelm Community Services

624 Crystal Spring Road NW Yelm, WA 98597 Phone: (360) 458-7000  Hours: 9am-4:30pm <a href="http://www.yelmcommunityservices.com">www.yelmcommunityservices.com</a>	"A nonprofit, community development organization that provides social and economic programs to enhance the quality of life of the community." ( <a href="http://www.yelmcommunityservices.com/">http://www.yelmcommunityservices.com/</a> )
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Emergency Needs

### YWCA of Olympia ("Other Bank", Toiletries/House Cleaning Supplies)

220 Union Avenue SE Olympia, WA 98501 Phone: (360) 352-0593  Hours: M-Th, 9am- 5pm <a href="http://ywcaofolympia.org/programs">ywcaofolympia.org/programs</a>	"It's about dignity and good health. The YWCA's Other Bank offers toiletries and household cleaning supplies, making it possible for low-income families to gain the confidence to address the bigger things in life." ( <a href="http://ywcaofolympia.org/programs">http://ywcaofolympia.org/programs</a> )
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## Employment

### Hero2Hired

Yellow Ribbon Reintegration Program  <a href="http://www.H2H.jobs">http://www.H2H.jobs</a>	"With H2H.jobs, job seekers get access to great features. H2H.jobs is a powerful job search and online community. The system allows them to search for jobs, explore career paths, translate their military skills into matching jobs, take a career assessment, learn about industries and find education and training resources.  "Hero2Hired assists unemployed Reserve Component services members with job placement."
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### Pathfinders Supported Employment

3857 Martin Way E Olympia, WA 98506 Phone: (360) 704-7170 Toll Free: 1-800-825-4820  Hours: 8am- 5pm <a href="http://www.bhr.org/adult">www.bhr.org/adult</a>	"Pathfinders, a program of Behavioral Health Resources (BHR) that provides individual employment support services to clients in Thurston and Mason Counties. Our mission is to assist people with mental health disabilities to find and maintain meaningful employment in our community." ( <a href="http://www.bhr.org/adult.asp">http://www.bhr.org/adult.asp</a> )
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### South Puget Sound Community College (Work First Program)

WorkFirst Services Building 34, Room 108 Phone: (360)596-5504  WorkFirst Coordinator Building 23, Room 130 Phone: (360)596-5401  Hours: 8am- 4pm <a href="http://www.spscc.ctc.edu/programs/special/workfirst">www.spscc.ctc.edu/programs/special/workfirst</a>	"WorkFirst programs help parents receive training to improve their skills and increase their earning potential. WorkFirst Tuition Assistance provides money for tuition, fees, and books for parents to take credit or non-credit classes to upgrade their skills. Customized Job Skills Training and Integrated Basic Skills programs are full-time, short-term training linked to employment opportunities in the community." ( <a href="http://www.spscc.ctc.edu/programs/special/workfirst">http://www.spscc.ctc.edu/programs/special/workfirst</a> )
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Employment

### Washington State Department of Social & Health Services (Department of Vocational Rehabilitation)

<p>4565 7th Avenue SE Lacey, WA 98503 Phone: (360)725-3636 Toll free: 1-800-637-5627</p> <p>Hours: 8am- 5pm <a href="http://www.dshs.wa.gov/dvr">www.dshs.wa.gov/dvr</a></p>	<p>"Helping individuals with disabilities to participate fully in their communities and become employed is our purpose and passion." (<a href="http://www.dshs.wa.gov/dvr/">http://www.dshs.wa.gov/dvr/</a>)</p>
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### WorkSource –Thurston County (Veteran Employment Services)

<p>1570 Irving St SW Tumwater, WA 98512 Phone: (360) 570-4258</p> <p>Disabled Veterans Outreach Program (DVOP) DVOP phone #'s (360) 704-3614 and (360) 570-6982</p> <p>Office Hours: M-F 8am-5pm <a href="http://www.gotoworksource.com">www.gotoworksource.com</a></p>	<p>Listing for jobs in the county, and the entire state. Provides limited counseling and assists in matching individuals with listed jobs. Extensive resource center for job seekers: resume writing, interviewing, labor market information assessment workshops, Computer access (internet) faxing, copiers and public phones. All services offered are free of charge.</p> <p>The DVOP's work with Veterans seeking employment, Homeless Veterans, Disabled Veterans and Veterans transitioning careers.</p>
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## Food and Nutrition

### Daily Hot Meals (Multiple Locations)

<p>Salvation Army 808 5<sup>th</sup> Ave. SE Olympia, WA 98501 Phone: (360) 352-8596</p> <p>Olympia Union Gospel Mission 413 Franklin St. NE #A Olympia, WA 98501 Phone: (360) 709-9725</p> <p>First Baptist Church 904 Washington St. SE Olympia, WA 98501 Phone: (360) 357-3881</p>	<p><b>Breakfast:</b></p> <table border="0"> <tr> <td>Salvation Army</td> <td>Daily</td> <td>6:30am-7:30am</td> </tr> <tr> <td>Union Gospel Mission</td> <td>Daily</td> <td>6:00am-7:00am</td> </tr> </table> <p><b>Lunch:</b></p> <table border="0"> <tr> <td>Salvation Army</td> <td>Mon-Sat</td> <td>11:30am-12:30pm</td> </tr> <tr> <td></td> <td>Sun</td> <td>12:30pm-1:30pm</td> </tr> <tr> <td>Union Gospel Mission</td> <td>Daily</td> <td>Noon (Not Saturday)</td> </tr> </table> <p><b>Dinner:</b></p> <table border="0"> <tr> <td>Salvation Army</td> <td>Daily</td> <td>5:30pm-6:30pm</td> </tr> <tr> <td>Union Gospel Mission</td> <td>Daily</td> <td>5:30pm</td> </tr> <tr> <td>First Baptist Church</td> <td>Sun</td> <td>4:00pm-5:30pm</td> </tr> </table>	Salvation Army	Daily	6:30am-7:30am	Union Gospel Mission	Daily	6:00am-7:00am	Salvation Army	Mon-Sat	11:30am-12:30pm		Sun	12:30pm-1:30pm	Union Gospel Mission	Daily	Noon (Not Saturday)	Salvation Army	Daily	5:30pm-6:30pm	Union Gospel Mission	Daily	5:30pm	First Baptist Church	Sun	4:00pm-5:30pm
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First Baptist Church	Sun	4:00pm-5:30pm																							

# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Food and Nutrition

### ROOF (Rochester Food Bank)

10140 U.S. 12 Rochester, WA 98579 Phone: (360) 273-6375  Hours: 9am- 5pm  <a href="http://www.roofcommunityservices.org">www.roofcommunityservices.org</a>	"The food bank serves the Rochester community by supplying emergency food to families and individuals in need. Whether it is someone who has just lost their job or a senior citizen on a fixed income, the ROOF food bank is here to help. We serve approximately 400 families or 1,500 individuals every month. ROOF is a member of Northwest Harvest, Food Lifeline, Washington Food Coalition and the Emergency Food Assistance Program." <a href="http://www.roofcommunityservices.org/foodbank.html">http://www.roofcommunityservices.org/foodbank.html</a>
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### Tenino Food Bank

297 E Sussex Tenino, WA 98589 Phone: (360) 264-5505  Hours: Tu & Th 8:30am – 10:30 am	Please call first to verify hours & services.
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### Thurston County Food Bank

220 Thurston Ave NE Olympia, WA 98501 Phone: (360) 352-8597  Hours: 8am- 5pm  See website for other locations <a href="http://thurstoncountyfoodbank.org">thurstoncountyfoodbank.org</a>	"It is the mission of the Thurston County Food Bank to eliminate hunger within our community." <a href="http://thurstoncountyfoodbank.org/about-us/">http://thurstoncountyfoodbank.org/about-us/</a> "Our basic service is a week's worth of food for each family; the Food Bank provides fresh produce, frozen meat, bread, pastries, dairy products and some frozen foods. In addition to this, non-perishable foods are offered by choice, organized by food groups and scaled up by family size. Additional selections are offered to those with special needs including dietary restrictions." <a href="http://thurstoncountyfoodbank.org/80-2/">http://thurstoncountyfoodbank.org/80-2/</a>
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### Women, Infants and Children (WIC) Nutrition Program-Community Action Council

420 Golf Club Rd SE Lacey, WA 98503 Phone: (360) 438-1100  Hours: 8am- 4pm  <a href="http://www.caclmt.org">www.caclmt.org</a>	"The Community Action Council provides WIC services to eligible residents of Mason and Thurston Counties. We serve low-income, nutritionally at-risk pregnant women, postpartum mothers and children up to their 5th birthday. Clients must meet income guidelines, a state residency requirement and be individually determined to be at medical or "Nutritional Risk" by a WIC certifier or registered dietitian." <a href="http://www.caclmt.org/?page_id=12">http://www.caclmt.org/?page_id=12</a>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Food and Nutrition

### Women, Infants and Children (WIC) Nutrition Program-Sea Mar CHC

<p>905 24<sup>th</sup> Way SW Olympia, WA 98502 Phone: (360) 754-2936</p> <p>Sites also available in Rochester, Tenino, and Yelm</p> <p><a href="http://www.seamar.org/static_pages/preventive_thurston.php">http://www.seamar.org/static_pages/preventive_thurston.php</a></p>	<p>WIC is a supplemental food and nutrition/breastfeeding education program that helps pregnant women, new mothers, and young children to eat and live healthily. Clients receive nutrition and breastfeeding counseling, vouchers for nutritious foods, and assistance with referrals to needed services. Breast pumps are available on loan for breastfeeding moms.</p> <p>(<a href="http://www.seamar.org/static_pages/preventive.php">http://www.seamar.org/static_pages/preventive.php</a>)</p>
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### Yelm Community Services Food Bank

<p>624 Crystal Springs Road NW Yelm, WA 98597 Phone: (360) 458-7000</p> <p>Office Hours: M-F, 9 am - 5pm (closed from 1-2 for lunch), Sat 10am – 1pm</p> <p>Food Bank: Thursdays from 1-4 p.m. <a href="http://www.yelmcommunityservices.com">www.yelmcommunityservices.com</a></p>	<p>“Serving Yelm and Rainier School Districts, and the Nisqually Tribal Reservation since 1971. Yelm Community Services is proud to be the first and oldest food bank in Thurston County. Food Bank and USDA Commodities.” (<a href="http://www.yelmcommunityservices.com/programs.html">http://www.yelmcommunityservices.com/programs.html</a>)</p> <p>“A non-profit, community development organization that provides social and economic programs to enhance the quality of life in our community.” (<a href="http://www.yelmcommunityservices.com/index.html">http://www.yelmcommunityservices.com/index.html</a>)</p>
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## Health Care

### Capital Medical Center (Community Hospital)

<p>3900 Capital Mall Drive SW Olympia, WA 98502 Phone: (360)754-5858</p> <p><a href="http://www.capitalmedical.com">www.capitalmedical.com</a></p>	<p>“Capital Medical Center is a 110-bed full-service hospital serving all of Thurston and surrounding counties. We provide a comprehensive range of medical services and high quality care. We are a forward thinking, innovative hospital where trust, teamwork, and technology come together to make a positive difference in the health of our community and region. Our Joint Commission accreditation powerfully demonstrates our commitment to meet the highest national standards for quality and safety.” (<a href="http://www.capitalmedical.com/about-us/">http://www.capitalmedical.com/about-us/</a>)</p>
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### Care Net Pregnancy Center (Pregnancy Counseling/ Testing, Ultrasound)

<p>135 Lilly Rd NE Olympia, WA 98506 Phone: (360) 753-0061</p> <p><a href="http://www.caretolympia.org">www.caretolympia.org</a></p>	<p>“Care Net Pregnancy Center of Thurston County opened its doors in 1985. Beginning in a small house near downtown Olympia, we have grown to become a medical clinic serving thousands of area men, women, children, and families. We are here to inform, support, and care for YOU! All services are free of charge, and do not require any form of insurance or state health coverage.”</p> <p>(<a href="http://www.caretolympia.org/who-we-are/background-history.html">http://www.caretolympia.org/who-we-are/background-history.html</a>)</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Health Care

### CHOICE Regional Health Network (Low Income Insurance)

1217 Fourth Ave. E, Suite 200 Olympia, WA 98506 Phone: (360) 539-7576 Fax: (360) 943-1164  Hours: M-F, 8am- 5pm <a href="http://crhn.org/home.asp">crhn.org/home.asp</a>	"CHOICE is a membership organization, which serves both its members and the community. CHOICE works where the interests and needs of its members align with those of the community."  "Our mission is to improve community health in Central Western Washington through collective planning and action of health care leaders." ( <a href="http://crhn.org/home.asp">http://crhn.org/home.asp</a> )
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### HIV/AIDS Hotline, Washington State (Info and Referral)

101 Israel Road Tumwater, WA 98501 Phone: (360)236-3426 Toll Free (only in WA) 877-376-931 Fax: (360)664-2216  Hours: 8am- 5pm <a href="http://www.doh.wa.gov">www.doh.wa.gov</a>	<a href="http://hab.hrsa.gov/gethelp/statehotlines.html">http://hab.hrsa.gov/gethelp/statehotlines.html</a>
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### Nisqually Tribal Health Services (Indian Medical/Dental)

4820 She-Nah-Num Dr. S.E. Olympia, WA 98513 Phone: (360)456-5221  Health/Dental Clinic & Tribal Pharmacy Hours: M, T, Th, F, 9am - 5pm	"The Nisqually Tribe operates a clinic as part of the federal Indian Health Service, currently the only universal public health care program in the United States. The Indian Health Service is an agency within the federal Department of Health and Human Services, and is the principal health care provider and advocate for native peoples. The IHS provides a comprehensive health service delivery system for approximately 1.9 million American Indians and Alaska Natives who belong to 562 federally recognized tribes in 35 states." <a href="http://www.npaihb.org/member_tribes/tribe/nisqually_tribe">http://www.npaihb.org/member_tribes/tribe/nisqually_tribe</a>
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### The Olympia Free Clinic

108 State Ave NW Olympia, WA 98501 Phone: (360) 529-1937  Hours: W & Th, 5:30 - 8pm Monthly: 3 <sup>rd</sup> Monday, PT/Chiro Clinic 6-8pm 4 <sup>th</sup> Monday, Massage Clinic 6-8pm 4 <sup>th</sup> Wednesday, Audiology 6-8pm 1 <sup>st</sup> Monday, Woman's Clinic 6- 8pm  <a href="http://www.oly-wa.us/OlyFreeClinic">www.oly-wa.us/OlyFreeClinic</a>	"We envision a society where all people have accessible health care and the knowledge it takes to prevent illness. We furthermore envision a community that supports a holistic approach to health care encompassing the social, environmental, economic, and spiritual aspects of health. Thankfully, our community is rolling up its sleeves to expand the health care safety net for those in need."  <a href="http://www.oly-wa.us/OlyFreeClinic/index.php">http://www.oly-wa.us/OlyFreeClinic/index.php</a>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Health Care

### Olympia Union Gospel Mission (Dental/Vision)

<p>413 Franklin St NE Olympia, WA 98501 Phone: (360) 709-9725 Hours: M-F, 8am- 4pm</p> <p>Dental Line Phone: (360) 943-6400 Hours: M-F, 8am- 3pm</p> <p>Vision Clinic Phone: (360) 709-9725 Operates M,T, 5-8pm Call to make appointment</p> <p><a href="http://www.ougm.org">www.ougm.org</a></p>	<p>"No-Fee Dental Clinic has been staffed by volunteer dental professionals. Now serving over 2,000 patients a year, the clinic provides emergency services to Thurston County residents living at or below 200% of the federal poverty level who have no dental insurance or alternate means to pay for care." (<a href="http://www.ougm.org/dental-clinic/">http://www.ougm.org/dental-clinic/</a>)</p> <p>"Qualified individuals receive an eye health exam and glasses. The clinic is staffed by volunteer professional optometrists. Through Olympia Host Lions – area Lions Clubs pay for the lenses in the glasses. The frames are donated by frame companies and local optometrist offices." (<a href="http://www.ougm.org/vision-clinic/">http://www.ougm.org/vision-clinic/</a>)</p>
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### Paratransit Services

<p>715 78th Ave SW Ste B Olympia, WA 98501 Phone: 1-800-846-5438</p> <p>Hours: 8am- 4pm <a href="http://paratransit.net">paratransit.net</a></p>	<p>"Paratransit Services provides Non-Emergency Medical Transportation (NEMT) brokerage services under contract with the State of Washington's Health Care Authority (HCA). Services include door to door trip coordination and scheduling as well as the distribution of bus passes from local municipalities to qualified recipients." (<a href="http://www.wanemt.com/?Page=HM">http://www.wanemt.com/?Page=HM</a>)</p>
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### Poison Center, WA

<p>715 78th Ave SW, Ste B Olympia, WA 98501 Phone: 1-800-222-1222</p> <p>Hours: 24 hours <a href="http://www.wapc.org">www.wapc.org</a></p>	<p>"The Washington Poison Center (WAPC) is a statewide provider of immediate, free*, and expert treatment advice and assistance on the telephone in case of exposure to poisonous, hazardous, or toxic substances. All calls are confidential." "**There is a \$45 fee for all animal calls." (<a href="http://www.wapc.org/">http://www.wapc.org/</a>)</p>
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### Providence St. Peter Hospital

<p>413 Lilly Rd NE Olympia, WA 98501 Phone: (360) 491-9480</p> <p>Office Hours: 8am - 5pm <a href="http://washington.providence.org">washington.providence.org</a></p>	<p>Cancer Services, Chemical Dependency center, Diagnostic Imaging, Emergency Care, Fitness Center, Heart and Vascular Services, Family Birth Center, Orthopedic services, Palliative Care, Psychiatry, Rehabilitation, Senior, Sleep Center, Surgery</p> <p>(<a href="http://washington.providence.org/hospitals/st-peter/services/">http://washington.providence.org/hospitals/st-peter/services/</a>)</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Health Care

### Sea Mar Community Health Clinic (Dental Services)

<p>Sea Mar CHC - Lacey Dental Clinic 669 Woodland Square Loop SE Lacey, WA 98503 Phone: (360) 359-4860</p> <p>Sea Mar CHC - Tumwater Dental Clinic 409 Custer Way, Suite C Tumwater, WA 98501 Phone: (360) 570-8016</p> <p>Hours: M-F, 8am - 5pm Every other Sat, 8am - 5pm</p> <p><a href="http://www.seamar.org">www.seamar.org</a></p>	<p><b>Lacey Services:</b></p> <ul style="list-style-type: none"><li>• Oral exams and consultations</li><li>• Oral screenings for infants and young children</li><li>• Oral health education and training to foster good oral hygiene</li><li>• Preventive services for children, including x-rays, cleanings, sealants and fluoride treatments</li><li>• Consultations for root canals</li></ul> <p><b>Tumwater Services:</b></p> <ul style="list-style-type: none"><li>• Oral exams and consultations</li><li>• Oral screenings for infants and young children</li><li>• Oral health education and training to foster good oral hygiene</li><li>• Preventive service for children including x-rays, cleaning, sealants and fluoride treatments</li><li>• Adult emergencies dental care</li><li>• Regular appointments for adults routine and preventive dental care, including x-rays, restoration (fillings), scaling, composites, extractions</li><li>• Consultations for root canals</li></ul> <p><a href="http://www.seamar.org/county.php?xestado=56&amp;xcondado=6&amp;xcondado_n=Thurston">http://www.seamar.org/county.php?xestado=56&amp;xcondado=6&amp;xcondado_n=Thurston</a></p>
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### Sea Mar Community Health Clinic (Community Health Care Services)

<p>Sea Mar CHC - <i>Olympia</i> Medical Clinic 3030 Limited Lane NW Olympia, WA 98502 Phone: (360) 491-1399 Hours: M-F, 8am - 5pm, Sat, 8am-12pm &amp; 1pm -5pm</p> <p>Sea Mar CHC - <i>Thurston Walk-In Clinic</i> 205 Lilly Road NE Olympia, WA 98506 Phone: (360) 742-5000 Hours: M-Sun, 11am-10pm</p> <p>Sea Mar CHC - <i>Lacey</i> Medical Clinic 669 Woodland Square Loop SE Lacey, WA 98503 Phone: (360) 359-4840 Hours: M - F, 8am - 5pm</p> <p>Sea Mar CHC - <i>Yelm</i> Medical Clinic 202 Cullens St. NW Yelm, WA 98597 Hours: M-F, 8am - 5pm</p> <p><a href="http://www.seamar.org">www.seamar.org</a></p>	<p><b>Services in Olympia:</b> Family medicine, Internal medicine, Adolescence health care, Acute care, Chronic disease management, Geriatrics, Physical exams, Walk-in/acute-care services, Family planning, Health education, Care coordination, In-house laboratory services, Pharmacy.</p> <p><b>Services for Thurston County Walk-In:</b> Cough, cold, and flu, sore throats and sinus infections, Cuts and scratches, Broken bones, Allergies and asthma, sprains and strains, headaches, urinary tract infections, ear and eye infections, lab tests and X-rays.</p> <p><b>Services in Lacey:</b> Family medicine, Adolescent health care, Acute care, Chronic disease management, Geriatrics, Physical exams, Acute-care services, Family planning, In-house laboratory services</p> <p><a href="http://www.seamar.org/county.php?xestado=56&amp;xcondado=6&amp;xcondado_n=Thurston">http://www.seamar.org/county.php?xestado=56&amp;xcondado=6&amp;xcondado_n=Thurston</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Health Care

### State Health Insurance Benefit Advisors (SHIBA)

5000 Capitol Blvd. Tumwater, WA 98501 Phone: 1-800-562-6900  Hours: 8am-5pm <a href="http://www.insurance.wa.gov">www.insurance.wa.gov</a>	"SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices"  <a href="http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/">(http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/)</a>
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### Thurston County Medical Equipment Bank

5930 Mullen Rd. SE Lacey, WA 98503 Phone: (360) 491-3000 Hours: M, W & Sat, 10am – 11am  <a href="http://www.medicalequipmentbank.org/">www.medicalequipmentbank.org/</a>	"The Thurston County Medical Equipment Bank works hard to provide free medical equipment for those who cannot afford to purchase their own. All equipment is lent on a temporary basis to any person that is in need, for as long as they need. We ask that the borrower return the equipment when finished." "The Thurston County Medical Equipment Bank is here to serve you. If you are in need of medical equipment or medical supplies (or you have items to donate); we will answer your message within 48 hours." <a href="http://medicalequipmentbank.org/">http://medicalequipmentbank.org/</a>
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### Thurston County Public Health and Social Services Department

412 Lilly Road NE Olympia, WA 98506 Phone: (360) 867-2500 TDD 1-800-658-6384 Fax: (360) 867-2601  Hours: 8am-5pm  <a href="http://www.co.thurston.wa.us/health">www.co.thurston.wa.us/health</a>	Syringe (needle) exchange, communicable disease program, chronic disease prevention, children with special health care needs, maternal and child health, Veterans' needs <a href="http://www.co.thurston.wa.us/health/personalhealth/">(http://www.co.thurston.wa.us/health/personalhealth/)</a>
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### VA Puget Sound Health Care System

American Lake Division 9600 Veterans Drive Tacoma, WA 98493 Phone: (253) 582-8440; 800-329-8387  Seattle Division 1660 South Columbian Way Seattle, WA 98108 Phone: (206) 762-1010; 800-329-8387  South Sound CBOC (Sterling Medical) 151 NE Hampe Way Chehalis, WA 98532 Phone: (360) 748-3049	The VA Puget Sound Health Care System provides care for Veteran populations as part of the largest health care network in the country.  "Primary care, mental health services, social work services, lab services and prescriptions."  <a href="http://www.pugetsound.va.gov">www.pugetsound.va.gov</a>
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## 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

### Housing

#### **Bread and Roses (Permanent Supportive Housing for Women)**

1320 8 <sup>th</sup> Ave SE Olympia, WA 98501 Phone: (360) 754-4085  <a href="http://breadandrosesolympia.org">breadandrosesolympia.org</a>	“Bread & Roses’ Women’s Guesthouse Shelter offers a beautiful, warm, inviting, home-like environment that operates 24/7. Guests at the shelter have access to all the common amenities of a home – kitchens, bathrooms with showers, laundry, living rooms, good music and books... In addition, the hosts living next door at the House of Hospitality invite the guests to come over and participate in daily meals, to help themselves to coffee and fresh fruit, or to simply just socialize and spend time recovering from the trauma of street life.” <a href="http://breadandrosesolympia.org/about-2/womens-guesthouse-shelter/">(http://breadandrosesolympia.org/about-2/womens-guesthouse-shelter/)</a>
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#### **City of Olympia (Housing Rehabilitation)**

Housing Rehab Specialist 837 7th Avenue SE Olympia, WA 98501 Phone: (360) 753-8436  Hours: M-F 8am-4pm	Provides housing rehabilitation loans to lower and moderate-income owner-occupant homeowners. Financing available for weatherization, insulation, roofing, electrical wiring, and plumbing. Services rendered are free, but the actual house improvement loan is secured as a lien against the property. City of Olympia residents only.
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#### **Community Youth Services (Emergency Shelter for Youth and Housing Programs)**

711 State Avenue Olympia, WA 98506 Phone: (360) 943-0780 Fax: (360) 943-0785 Toll Free: (888)698-1816  Hours: 8am to 5pm <a href="http://www.communityyouthservices.org">www.communityyouthservices.org</a>	“Community Youth Services empowers youth at-risk and their families to meet their goals for safety, stability, belonging and success by providing a continuum of individualized services and advocacy.”  <a href="http://www.communityyouthservices.org/about.shtml">http://www.communityyouthservices.org/about.shtml</a>
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#### **Drexel House (Emergency Shelter and Housing Programs)**

604 Devoe St. SE Olympia, WA 98501 Phone: (360) 753-3340 Fax: (360) 753-2295  Hours: M-F, 8am - 4pm <a href="http://www.ccsww.org/drexelhouse">www.ccsww.org/drexelhouse</a>	“Drexel House provides a continuum of housing care in a safe environment that fosters respect and dignity, with an emergency shelter for 16 men, 25 low-income affordable furnished studio apartments for men and women transitioning into permanent housing, and 10 permanent low-income affordable furnished studio apartments for chronically homeless and disabled men and women.”  <a href="http://www.ccsww.org/site/PageServer?pagename=housing_drexelhouse">http://www.ccsww.org/site/PageServer?pagename=housing_drexelhouse</a>
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## Housing

### Family Support Center (Emergency Shelter for Families)

<p>108 State Avenue Olympia, WA 98501 Phone: (360) 754-9297</p> <p>Emergency Shelter Hotline: (360) 628-7343 Hours: M-F, 9am-5pm <a href="http://www.fscss.org">www.fscss.org</a></p>	<p>“Family Resource Services is here to help any Thurston County family with children needing special assistance navigating local resources. Whether it’s financial assistance to pay the rent or mortgage, food, clothing, healthcare, utility assistance, child care, crisis intervention, holiday gifts, advocacy, case management, transportation, counseling, application assistance, or that hard to find resource you just can’t seem to find, our Family Resource Coordinator is here to help you through it all with kindness, compassion, dignity, and respect.” (<a href="http://www.fscss.org/Index.html">http://www.fscss.org/Index.html</a>)</p>
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### Habitat for Humanity (Affordable Housing for Low Income Families)

<p>South Puget Sound Habitat for Humanity 400 Cooper Point Rd. SW Olympia, WA 98502 Phone: (360) 956-3456</p> <p><a href="http://www.sps Habitat.org">www.sps Habitat.org</a></p>	<p>“South Puget Sound Habitat for Humanity is dedicated to eliminating substandard housing by working with donors, volunteers, community organizations and home buyers to create decent and affordable housing for families in need and to make shelter a matter of conscience with people everywhere.” (<a href="http://www.sps Habitat.org/about/">http://www.sps Habitat.org/about/</a>)</p> <p>Veterans: South Puget Sound Habitat for Humanity (SPSHH) has recently begun the construction of a new, 33-home development in the city of Lacey. SPSHH is interested in serving veterans local by offering them the opportunity to join their homeownership program. Program participants put in 250 sweat equity hours during the construction process, working on the building site, in the store or the offices depending on the individuals needs and abilities. Once the homes are completed the participants purchase the homes from the SPSHH with a zero-interest, 25-year mortgage.</p> <p>To qualify for the homeownership program, households must make between 30% and 60% of the median area income, live or work in Thurston County, and be able to demonstrate a need for a change in theirs housing situation.</p>
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### Homes First (Low-Income Rental Housing)

<p>4310 6<sup>th</sup> Ave SE, Suite B Lacey, WA 98603 Phone: (360)236-0920</p> <p>Hours: M-F, 9am-5pm</p> <p><a href="http://homesfirst.org">homesfirst.org</a></p>	<p>“Homes First! has worked to increase the supply of affordable housing for community members in need. We have purchased a variety of houses and apartments or duplexes and rehabilitated them. We continue to search for opportunities to partner with our local community to purchase and provide housing for the most vulnerable in Thurston County. We also work with variety of other non-profit organizations to provide housing and services for developmentally disabled community members and others who need a little extra support.” (<a href="http://homesfirst.org/what-we-do/">http://homesfirst.org/what-we-do/</a>)</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Housing

### Housing Authority, Thurston County (Emergency Shelter for Families and Housing Programs for Low Income, Disabled and Elderly)

1206 12th Ave SE Olympia, WA 98501 Phone: (360) 753-8292  Hours: 8:30am-4:30pm <a href="http://www.hatc.org">www.hatc.org</a>	"The Mission of the Housing Authority of Thurston County is to provide safe, decent, and affordable housing and services to persons with disabilities, low income and at-risk individuals and families. The ultimate goal of the Housing Authority is to assist individuals and families to secure long-term permanent housing." ( <a href="http://www.hatc.org/">http://www.hatc.org/</a> )
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### Interfaith Works (Emergency Shelter for Single Men and Women and Homeless Housing Programs)

PO Box 1221 Olympia, WA 98507 Phone: (360) 515-5620  Hours: M-F, 10am-2pm  <a href="http://www.oly-wa.us/interfaith">www.oly-wa.us/interfaith</a>	"Interfaith Works promotes interfaith understanding, and serves the community through charitable, social and educational endeavors." "Interfaith Works (IW) is a non-profit association of faith communities and individuals of diverse faith traditions."  "We have a long-standing history of bringing the human and financial resources of our faith communities together with business and government agencies for the benefit of those in need. " "We strive to participate in endeavors which are relevant to the times in which we live, while maintaining our identities as people of faith." ( <a href="http://www.oly-wa.us/interfaith/About.php">http://www.oly-wa.us/interfaith/About.php</a> )
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### Out of the Woods (Emergency Shelter for Families)

2300 East End Street Olympia, WA 98502 Phone: (360) 570-0423  <a href="http://outofthewoods.org">outofthewoods.org</a>	"Out of the Woods provides emergency food and shelter for homeless families in Thurston County and guides them toward self-sufficiency with dignity." "Today the shelter offers emergency services for families with children for up to 90 days. Our goal is to help families with children to move on from homelessness to stable, sustainable housing." ( <a href="http://outofthewoods.org/">http://outofthewoods.org/</a> )
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### Rebuild Thurston County (Disaster Relief and Home Rehabilitation)

222 Columbia Street Olympia, WA 98501  <a href="http://rebuildthurston.org">rebuildthurston.org</a>	"We will strive to: Provide coordinated management of the long-term recovery process after a disaster. Assist disaster victims with preparedness and mitigation. Provide advocacy for people most vulnerable to having their needs overlooked in disaster recovery processes." ( <a href="http://rebuildthurston.org/">http://rebuildthurston.org/</a> )
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### SafePlace (Emergency Shelter for Women and Children Fleeing Domestic Violence)

314 Legion Way SE Olympia, WA 98501 Phone: (360) 786-8754 24 hour helpline: (360) 754-6300  Hours: M-F, 9am-5pm <a href="http://www.safeplaceolympia.org">www.safeplaceolympia.org</a>	"SafePlace is the only advocacy agency and confidential shelter for survivors of domestic violence and sexual assault in Thurston County." ( <a href="http://www.safeplaceolympia.org/about-us/">http://www.safeplaceolympia.org/about-us/</a> )
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Housing

### The Salvation Army (Emergency Shelter for Single Adults)

<p>824 5<sup>th</sup> Ave SE Olympia, WA 98501 Phone: (360) 352-8596</p> <p><a href="http://www.salvationarmy.org">www.salvationarmy.org</a></p>	<p>"The Salvation Army is the largest and best known shelter in town. It has the advantage of being downtown, and having meals prepared there. Guests must leave first thing in the morning. The Salvation Army requires that guests show their ID. There are 42 beds for single men and 14 beds for single women. If guests wish to stay at SA for more than one night, they must participate in a program consisting of regular job search, counseling and financial savings (i.e. SA will hold onto 80% of a guest's income until they enter more permanent housing or leave the shelter for other reasons). If they leave for one night, they are not allowed to return for 60 days unless they have permission from their counselor to leave that particular night." <a href="http://www.shelterlistings.org/details/35996/">(http://www.shelterlistings.org/details/35996/)</a></p>
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### SideWalk (Homeless Service Center)

<p>1139 5th Ave SE Olympia, WA 98501 Phone: (360) 515-5587</p> <p><a href="http://www.walkthurston.org">www.walkthurston.org</a></p>	<p>"SideWalk uses a cutting-edge new method - called "rapid rehousing" - that has swept the nation in the last few years. Rapid rehousing is an approach to resolving homelessness that offers time-limited, small rental subsidies to assist the homeless in moving into housing, followed by intensive case management to ensure stability." <a href="http://walkthurston.org/page/results">http://walkthurston.org/page/results</a></p>
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### VA Puget Sound Health Care System (Homeless Veterans' Program)

<p>VA's National Call Center for Homeless Veterans: 1-877-424-3838</p> <p>American Lake Division 9600 Veterans Drive Tacoma, WA 98493 1-800-329-8387</p> <p>Veteran's Homeless Prevention Program: 1-855-468-8387 <a href="http://www.pugetsound.va.gov/services/homeless/index.asp">www.pugetsound.va.gov/services/homeless/index.asp</a></p>	<p>"If you are a Veteran who has lost your home, VA can help you get back on your feet. Contact VA's National Call Center for Homeless Veterans at 1-877-4AID-VET (1-877-424-3838) to speak to a trained VA responder. The hotline and online chat are free and neither VA registration nor enrollment in VA healthcare is required to use either service." <a href="http://www.pugetsound.va.gov/services/homeless/index.asp">http://www.pugetsound.va.gov/services/homeless/index.asp</a></p>
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### Yelm Community Services (Emergency Shelter for Families and Housing Programs)

<p>624 NW Crystal Spring St. Yelm, WA 98597 Phone: (360) 458-7000</p> <p>Hours: M-F, 9am-5pm <a href="http://www.yelmcommunityservices.com">www.yelmcommunityservices.com</a></p>	<p>"Yelm Community Services, a United Citizens Betterment Organization, is a nonprofit, community development organization that provides social and economic programs to enhance the quality of life in our community." <a href="http://www.yelmcommunityservices.com/index.html">http://www.yelmcommunityservices.com/index.html</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Mental Health Services

### Behavioral Health Resources (Counseling Services)

<p>3857 Martin Way E Olympia, WA 98506 Phone: (360) 704-7170 or (800) 825-4820</p> <p>Hours: 8am- 5pm <a href="http://www.bhr.org">www.bhr.org</a></p>	<p>"At BHR, our clients use their resilience to focus on their strengths and their ability to live a recovering lifestyle. We are always inspired and taught by their courage and their grace. Through their example, we know that hard work can result in a healthier and happier life in the community. We feel privileged to help our clients reach their optimum of mental health and recovery from chemical dependency." (<a href="http://www.bhr.org/">http://www.bhr.org/</a>)</p>
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### Capital Recovery Center/ Capital Clubhouse (Rehab Program by & for Mental Health Consumers)

<p>1000 Cherry St Olympia, WA 98501 Phone: (360) 357-2582</p> <p><a href="http://nwrecovery.org">nwrecovery.org</a></p>	<p>"Capital Recovery Center is a not for profit organization that provides mental health recovery services, and dual-diagnosis services to people who desire to work towards recovery in their life. Capital Recovery Center provides avenues for its participants to pursue individualized recovery goals and to be engaged in their community through a peer-to-peer model of support." (<a href="http://nwrecovery.org/index.html">http://nwrecovery.org/index.html</a>)</p>
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### CHOICE Regional Health Network (Free Mental Health Clinic)

<p>Mental Health Access Program (MHAP) operates Wednesdays evenings at the Thurston County Public Health &amp; Social Services Department</p> <p>CHOICE Regional Health Network Phone: (360) 539-7576, ext. 107</p> <p>CHOICE Regional Health Network 1217 Fourth Ave E, Suite 200 Olympia, WA 98506 Phone: (360) 539-7576 Fax: (360) 943-1164</p> <p><a href="http://www.crhn.org">www.crhn.org</a></p>	<p>"The Mental Health Access Program (MHAP) is a community-based program developed to improve access to basic mental health services in Thurston County. Volunteer therapists provide counseling, targeting clients who are troubled by anxiety or depressed mood and who might benefit from brief intervention therapy."</p> <p>"People in our community face a daunting journey trying to navigate the numerous and confusing system of health care that currently exists. When mental illness enters into the picture, access to services becomes even more difficult. As a result, people often do not receive services for which they are eligible. There is currently no place other than MHAP to refer clients who are in need of short-term intervention therapy which means the client frequently returns to the ED. That is why MHAP is committed to rethinking how we provide services, moving the system away from management to recovery that promotes personal responsibility and action."</p> <p>(<a href="http://crhn.org/MHAP/">http://crhn.org/MHAP/</a>)</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Mental Health Services

### CIELO Project (Family Counseling, Therapeutic Mental Health Counseling)

<p>1202 Black Lake Blvd. SW, Suite B1 Olympia, WA 98502 Phone: (360) 709-0931</p> <p>Hours: M-F, 12pm-8pm Sat, 10am-2pm</p> <p><a href="http://cieloproject.org">cieloproject.org</a></p>	<p>"Proyecto Family is made up of a team of 7 mental health therapists and case managers who provide services under contract with the Department of Children and Family Services. The services provided in English and Spanish are: 1) Family Preservation Services, which is a six month in-home family counseling program that provides counseling and case management for families with children under 12 who are experiencing serious difficulties with the goal of preventing out-of-home placement and keeping the families together. 2) Crisis Family Intervention Services, which is a six week in-home family counseling program that deals with parent-teen conflict. 3) Professional Services, which provides therapeutic mental health counseling by referral from DCFS." (<a href="http://cieloproject.org/?page_id=98">http://cieloproject.org/?page_id=98</a>)</p>
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### Crisis Resolution Services (Involuntary Detention 24 hrs)

<p>BHR ~Thurston County Evaluation &amp; Treatment Center 3436 Mary Elder Road NE Olympia, WA 98506 Phone: (360) 704-7170 Access Center Walk in services – M-F, 9am-5pm</p> <p>Crisis Services: (360) 754-1338 or 800-270-0041</p> <p><a href="http://www.bhr.org/etprogram.asp">www.bhr.org/etprogram.asp</a></p>	<p>Access Center Services Walk in Services: "Intake (Face to Face meeting to determine eligibility for mental health services) and Brief Therapy (One to four sessions) (<a href="http://www.bhr.org/accesscenter.asp">http://www.bhr.org/accesscenter.asp</a>)</p> <p>Inpatient, intervention, diversion, and triage services are offered for people in crisis due to mental health issues. (<a href="http://www.bhr.org/etprogram.asp">http://www.bhr.org/etprogram.asp</a>)</p>
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### Providence St. Peter Hospital (Inpatient & Outpatient)

<p>413 Lilly Rd NE Olympia, WA 98506 Phone: (360) 493-7060</p> <p><a href="http://www.providence.org/swsa">www.providence.org/swsa</a></p>	<p>"We offer a wide range of inpatient and outpatient psychiatry services for voluntary patients-individuals who can personally request and sign in for treatment." <a href="http://washington.providence.org/clinics/olympia-psychiatry/">Http://washington.providence.org/clinics/olympia-psychiatry/</a></p> <p>"Partial Hospitalization is an innovative day program for people ages 16 and older challenged by mental health symptoms." <a href="http://washington.providence.org/clinics/olympia-psychiatry/services/outpatient-services">http://washington.providence.org/clinics/olympia-psychiatry/services/outpatient-services</a></p>
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### Sea Mar Behavioral Health (Incl. Spanish Speaking Services)

<p>409 Custer Way, Suite C Tumwater, WA 98501 Phone: (360) 704-7590 Fax: (360) 704-7591</p> <p>Hours: M-F, 8am – 5pm <a href="http://www.seamarchc.org">www.seamarchc.org</a></p>	<ul style="list-style-type: none"><li>• Assessments for mental health clients</li><li>• Case management for adults and children</li><li>• Psychiatric medication assessments and management for adults and children</li><li>• Individual therapy</li></ul> <p><a href="http://www.seamar.org/location.php?xloc=26&amp;xser=3&amp;xcty=6&amp;xserloc=52">http://www.seamar.org/location.php?xloc=26&amp;xser=3&amp;xcty=6&amp;xserloc=52</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Mental Health Services

### Tacoma Vet Center

<p>4916 Center St. Suite E Tacoma, WA 98409</p> <p>Phone: (253) 565-7038 or (877) 927-8387 Mobile Services to Thurston County also available.</p> <p>Normal working hours are 8am to 4:30pm Monday through Friday</p> <p><a href="http://www.va.gov/directory/guide/facility.asp?ID=476">http://www.va.gov/directory/guide/facility.asp?ID=476</a></p>	<p>"Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers across the country provide a broad range of counseling, outreach and referral services to combat Veterans and their families. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential."</p>
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### Washington State Department of Veterans Affairs (PTSD Counseling Services)

<p>PTSD/War Trauma Outpatient Counseling Program, Thurston County Keith Meyer, M.S., LMHC 208 Lee St. SW, Ste 104 Tumwater, WA 98512 Phone: (360) 250-0781 (Cell)</p> <p>Tacoma Vet Center: 4916 Center St. Suite E Tacoma, WA 98409 Phone: (253) 565-7038 / 877-927-8387 Mobile Vet Center provides services in Thurston County.</p> <p>24-Hour VA Crisis Hotline: 1-800-273-8255</p> <p>WA State Dept. of Veterans Affairs: <a href="http://www.dva.wa.gov/ptsd_counseling.html">www.dva.wa.gov/ptsd_counseling.html</a></p>	<p>"The Post Traumatic Stress Disorder (PTSD) Program attempts to create community-based avenues to counseling service that are less formal in nature, offering the highest level of confidentiality possible. Services provided throughout the program include individual, couples, family and veteran group counseling. Some contractors offer group services to women veterans and spouses of veterans. Veterans may be referred to specialized inpatient or outpatient treatment offered by the U.S. Department of Veterans Affairs Medical Centers or Vet Centers within Washington State."</p> <p>Eligibility: Honorably discharged war era (any of the nation's war or peacekeeping periods) veterans and his/her family members.</p>
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### Washington State Health Care Authority

<p>626 8<sup>th</sup> Ave SE Olympia, WA 98501 PO Box 45502 Olympia, WA 98504 Phone: (800) 562-3022</p> <p><a href="http://www.hca.wa.gov/">www.hca.wa.gov/</a></p>	<p>The Health Care Authority oversees health care programs such as: Washington Apple Health (Medicaid), Prescription Drug assistance, and other medical assistance programs.</p> <p><a href="http://www.hca.wa.gov/Pages/index.aspx">Http://www.hca.wa.gov/Pages/index.aspx</a></p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Seniors

### Area Agency on Aging (Information & Case Management)

2404 Heritage Court SW Olympia, WA 98502 Phone:(360) 664-2168 or 1-888-545-0910  Hours: M-F, 9am-5pm <a href="http://lmtaaa.org">lmtaaa.org</a>	"Is a local governmental agency that provides home and community services for seniors and adults with disabilities to help them remain living in their own homes. Case Management staff assesses and authorizes home care services for clients in Lewis, Mason and Thurston Counties. Information and Assistance staff offers free help to individuals and organizations in our communities to identify services and programs for seniors, adults with disabilities and family caregivers." <a href="http://lmtaaa.org/about/">(http://lmtaaa.org/about/)</a>
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### Catholic Community Services (Home Care)

129 Decatur St. Olympia, WA 98501 Phone: (360) 586-2960  <a href="http://www.ccsww.org">www.ccsww.org</a>	"Catholic Community Services provides non-medical assistance to aging persons and those with disabilities living in their homes - in every county in western Washington. Homecare workers do everything from housework, such as the grocery shopping, the laundry and dishes, to personal care such as dressing, bathing, and helping transferring from the bed. Care may be just a few hours a day, or around the clock. For all income levels, CCS brings affordable, personal care every day, sustaining those who are served with dignity - in the home they cherish." <a href="http://www.ccsww.org/site/PageServer?pagename=seniors_homecare"> (http://www.ccsww.org/site/PageServer?pagename=seniors_homecare)</a>
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### Providence Sound Homecare & Hospice

3432 South Bay Rd NE Olympia, WA 98506 Phone: (360)459-8311 / 1-800-869-7062  Hours: M-F, 8am- 5pm <a href="http://washington.providence.org/in-home-services/soundhomecare-and-hospice/">washington.providence.org/in-home-services/soundhomecare-and-hospice/</a>	"Providence Sound Home Care and Hospice brings the Providence tradition of excellent medical care into the comfort of the patient's home setting. Our goal is to provide the highest quality of care and a comprehensive range of services, including emotional and spiritual support, in a compassionate and responsive manner." <a href="http://washington.providence.org/in-home-services/soundhomecare-and-hospice/">(http://washington.providence.org/in-home-services/soundhomecare-and-hospice/)</a>
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### Providence St. Peter Hospital (Older Adult)

413 Lilly Rd NE Olympia, WA 98506 Phone: (360) 493-7060 <a href="http://www.providence.org/swsa">www.providence.org/swsa</a>	"We offer a specialized intensive program for adults ages 55 and older who are seeking diagnosis and treatment for a mental health problem." <a href="http://washington.providence.org/clinics/olympia-psychiatry/services/outpatient-services">http://washington.providence.org/clinics/olympia-psychiatry/services/outpatient-services</a>
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### Retired Senior Volunteer Program (RSVP)

1211 4th Ave East, Suite 101 Olympia, WA 98506 Phone: (360)943-2773 Fax: (360)943-2777  <a href="http://www.unitedway-thurston.org/webform/contact-us">www.unitedway-thurston.org/webform/contact-us</a>	"RSVP, or the Retired and Senior Volunteer Program, is a free, federal program to support volunteers 55+ in Lewis, Mason and Thurston Counties. The local RSVP is sponsored by United Way, working to advance the common good by creating a better life for all." <a href="http://www.unitedway-thurston.org/RSVP"> (http://www.unitedway-thurston.org/RSVP)</a>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Seniors

### Senior Information & Assistance (AAA)

Phone: (360) 664-3162 / 1-888-545-0910	"Free information and referral service for adults age 60 and older and for family and friends helping care for the older adult." ( <a href="http://www.familyresourcehomecare.com/faqs/resources">http://www.familyresourcehomecare.com/faqs/resources</a> )
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### Senior Services for South Sound/STARS Program (Adult Day Care)

<p>Olympia Senior Center 222 Columbia Street NW Olympia, WA 98501 Phone: (360) 586-6181 Hours: M-F, 8:30am - 4pm</p> <p>Lacey Senior Center 6757 Pacific Avenue SE Lacey, WA 98503 Phone: (360) 407-3967 Hours: M-F, 8am - 4pm</p>	"Senior Services for South Sound (SSSS) is a private, non-profit 501(c) 3 organization governed by a volunteer board of directors. SSSS operates at 7 sites throughout Thurston and Mason Counties, including two senior centers - the Olympia and Lacey Senior Centers. It is the goal and mission of SSSS to help seniors stay vital and independent in the community. Established in 1973, our agency strives to meet its goals by providing a wide array of progressive and comprehensive services including adult daycare, case management, nutrition, transportation, and respite care, along with socialization, health, and independent living programs." ( <a href="http://www.southsoundseniors.org/">http://www.southsoundseniors.org/</a> )
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### Washington Soldiers Home (Veterans' Nursing Home)

Washington Soldiers Home & Colony 1301 Orting Kapowsin Hwy Orting, WA 98360 Phone: (360) 893-4515 <a href="http://www.dva.wa.gov/soldiers_home">www.dva.wa.gov/soldiers_home</a>	"Washington Soldiers Home and Colony, located on 181 acres in the beautiful Puyallup Valley near Orting, serves residents needing skilled-nursing care." "For admissions information or to schedule a tour call 877-838-7787" ( <a href="http://www.dva.wa.gov/soldiers_home.html">http://www.dva.wa.gov/soldiers_home.html</a> )
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## Transportation

### Dial-A-Lift

Hours: M-F, 8am - 5pm Telephone Reservations Hours: M-F, 8am - 5pm, Sat-Sun, 9am - 4pm  Ride Schedule: (360) 754-9393  <a href="http://www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx">www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx</a>	"Dial-A-Lift is a door-to-door, share-ride public transportation service for people with disabilities that prevent them from using our regular bus services. We offer Dial-A-Lift service where and when regular buses operate."  ( <a href="http://www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx">http://www.intercitytransit.com/traveloptions/accessible-services/Pages/Dial-A-Lift.aspx</a> )
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Transportation

### Intercity Transit

<p>Customer Service Office 222 State Avenue Olympia, WA 98501 Phone: (360) 786-1881</p> <p><a href="http://www.intercitytransit.com">www.intercitytransit.com</a></p>	<p>“Intercity Transit is a municipal corporation that provides public transportation for people who live and work in Olympia, Lacey, Tumwater, and Yelm, an area of approximately 94 square miles. We operate 24 bus routes, a door-to-door service for people with disabilities, a vanpool program, specialized van programs, and are active in community partnerships.”</p> <p>(<a href="http://www.intercitytransit.com/about/Pages/default.aspx">http://www.intercitytransit.com/about/Pages/default.aspx</a>)</p>
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### Puget Sound Health Care System - Van Transportation Services

<p>American Lake and Seattle VA Hospital Van Transport Phone: 1-800-329-8387 *71343</p>	
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### Village Vans

<p>To schedule a ride call: (360)705-5840</p> <p>Transportation Services Hours: M-F, 7:30am-5:30pm</p> <p>For info about Driver Training: (360)705-5831</p> <p><a href="http://www.intercitytransit.com/traveloptions/villagevans">www.intercitytransit.com/traveloptions/villagevans</a></p>	<p>“In support of your work-related activities, we can provide free transportation to:”</p> <ul style="list-style-type: none"> <li>• Your new job, Job interviews, Job training sites</li> <li>• WorkSource Center, DSHS</li> <li>• Childcare Centers</li> </ul> <p>“The Driver Training and Job Skills Program is a FREE, professional training program designed to help you build a career, not just a job.” “In addition to on-the-job driving experience, the program includes professional training in:”</p> <ul style="list-style-type: none"> <li>• Communication skills</li> <li>• Computer skills</li> <li>• Resume writing so you get noticed!</li> <li>• Interview techniques</li> <li>• Professional ethics</li> <li>• Interpersonal skills</li> <li>• Organizational skills</li> </ul> <p>(<a href="http://www.intercitytransit.com/traveloptions/villagevans">http://www.intercitytransit.com/traveloptions/villagevans</a>)</p>
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## Veterans' Resources

### RallyPoint/6 (Pierce County)

<p>9881 Bridgeport Way Lakewood, WA 98499 Phone: (253) 380-9124</p> <p><a href="http://theunfinishedmission.org/the-unfinished-mission/contact-us/">http://theunfinishedmission.org/the-unfinished-mission/contact-us/</a></p>	<p>“RallyPoint/6 is Washington States’ largest one-stop Resource Center for Transitioning Service Members, National Guard and Reservists, Veterans and Military Family Support. RallyPoint/6 is the first official “one-stop” Community Based Center in Washington State that brings together existing public and private supportive services. . .”</p>
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# 2014 - THURSTON COUNTY VETERANS' RESOURCE DIRECTORY

## Veterans' Resources

### Thurston County Veterans Assistance Fund (Also Under 'Emergency Needs')

<p>412 Lilly Road NE Olympia, WA 98506 Phone: (360) 867-2625 TDD: 1-800-658-6384</p> <p>Appointments scheduled for: M-F, 8am -12pm</p> <p><a href="http://www.co.thurston.wa.us/health/ssveteran/">www.co.thurston.wa.us/health/ssveteran/</a></p>	<p>"The Thurston County Veterans Assistance Fund provides eligible veterans and deceased veterans and their families assistance with services and resources. The types of services provided includes assistance with past due rent or mortgage; utilities including power, water and garbage; food and personal hygiene vouchers; bus passes; clothing vouchers; eye care; referral services; and burial or cremation services. Eligibility criteria includes meeting the definition of veteran as defined by law, resident of WA State for at least the last six months, resident of Thurston County for at least the last 31 days, meet the established low income criteria and able to provide documentation proving eligibility including verification of need.</p> <p>(<a href="http://www.co.thurston.wa.us/health/ssveteran/index.html">http://www.co.thurston.wa.us/health/ssveteran/index.html</a>)</p>
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### U.S. Department of Veterans Affairs

<p>Disability Benefits, Vocational Rehabilitation and Employment, Home Loan Guaranty, Dependents' and Survivors' Benefits and Burial Benefits contact: Any VA Office or call 1-800-827-1000 or visit <a href="http://www.va.gov">www.va.gov</a></p>	<p>Education and Training: Contact any VA Office or Call 1-888-442-4551 or visit <a href="http://www.gibill.va.gov">www.gibill.va.gov</a></p> <p>Medical Treatment: Contact any VA Medical Facility or call 1-877-222-8387 or visit <a href="http://www.va.gov">www.va.gov</a></p> <p>Life Insurance: Contact any VA Office or call 1-800-419-1473 or visit <a href="http://www.va.gov">www.va.gov</a></p>
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### Veterans' Service Organizations

<p><b>The American Legion Washington State HQ</b> (360) 491-4373 <a href="http://www.walegion.org/">http://www.walegion.org/</a></p> <p><b>The American Legion, Post 94</b> Olympia, WA – (360) 491-3621</p> <p><b>The American Legion, Post 100</b> Lacey, WA – (360) 682-0815</p> <p><b>The American Legion, Post 264</b> Rainier, WA – (360) 951-8182</p>	<p><b>Veterans of Foreign Wars Post 318</b> Olympia, WA – (360) 754-1346</p> <p><b>Veterans of Foreign Wars Post 7089</b> Tumwater, WA – (360) 790-1423 <a href="mailto:SilverBackMonkeyMan@hotmail.com">SilverBackMonkeyMan@hotmail.com</a></p> <p><b>Veterans of Foreign Wars Post 11402</b> Lacey, WA 98503 - (360) 556-7562 Email: <a href="mailto:sgtmilehibob@comcast.net">sgtmilehibob@comcast.net</a></p>
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### Washington State Department of Veterans Affairs

<p>Olympia Veterans Service Center 1102 Quince St. SE – 1<sup>st</sup> Floor Olympia, WA 98504-1155 <b>Directions</b> Phone: (360) 725-2200 or Email a Benefit Specialist at <a href="mailto:benefits@dva.wa.gov">benefits@dva.wa.gov</a></p> <p>1-800-562-2308 (within WA State only)</p> <p>Hours: M-F, 8am-5pm</p>	<p>"Veterans Services Division: Transitional Housing for Homeless Veterans, VA Claims and Benefits &amp; Benefits Enhancement Program, Veterans Estate Management Program, Financial &amp; Homeless Employment Services; County Programs and Services &amp; Incarcerated Veterans, Veterans Conservation Corps (VCC), Veteran Training Support Center, Veteran Friendly Campuses, and WDVA's Post traumatic Stress Disorder (PTSD) &amp; War Trauma Counseling Program."</p> <p>"State Veterans Cemetery: Eligibility, Burial Options &amp; Services, Pre-Registration &amp; Costs, and Volunteers &amp; Donations."</p> <p>"State Veterans Homes: Washington Soldiers Home, Washington Veterans Home, and Spokane Veterans Home."</p> <p><a href="http://www.dva.wa.gov">www.dva.wa.gov</a></p>
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