

Advocacy & Support Center 515-5587

1139 - 5th Ave SE, Olympia 10 AM - 2 PM Monday - Wednesday

Screening for IW Shelter & Drexel House Men's Shelter Rapid Rehousing Program

Partners in Prevention Education 357-4472

408 - 7th Ave SE, Olympia

*Free* therapy & advocacy for ages 12-30 street-involved or homeless victims of crime.

Charlia Messigner, Violence Prevention

Shawn Harris Therapy Services

www.youthchangeagents.org



Resource Information & Referral Service Serving Pierce, Thurston & Lewis Counties

Created by First Christian Church. For Updates/Questions: Call 360-943-8025

# **Community Youth Services**

Transitional Housing, Job Training 18-24 Corner of Plum & State St.

**Rosie's Place**—24 and under Food, Shelter, Showers & more!

520 Pear St. SE 360-943-0780

## **Capital Recover Center**

357-2582

1000 Cherry St. Se Olympia Mon—Thurs. 9:00-3:30PM

**Community Outreach** For those 18 years and older Make an intake appointment for help with services Mental Health Recovery Not a drop-in center

Financial Assistance Sacred Heart Emergency......923-0929 Outreach 906 Bowker St SE, Lacey

Rent, Utility, Medicine (as available) Mon - Wed - Fri: 11AM - 12:15 PM FOOD AVAIL.. 1-2:30 PM

## Evergreen Christian ......352-3410 Community

1000 Black Lake Blvd, Olympia Rent, Energy, & Food (as available)

Thurs: 8:30 - 11 AM & 12:30 - 3 PM www.ecconline.cc Union Gospel Mission 709-9725

413 Franklin St (corner of A St) Olympia

Hot Showers: Mon - Fri: 1:30 - 4:30 PM

**Laundry:** Mon - Fri: 1:30 - 4:30 PM

Hair Cuts: 2nd & 4th Monday: 9 AM - Noon

Vision Care: Vision Clinic......709-9725 Call for appointment.

#### City Gates Ministries 705-0291

201 Adams St NE, Olympia Job Search Assistance Food - Clothing - Furniture Housing & Utility Assistance Call for appointment www.citygatesministries.com

#### **PATH**

Projects for Assistance in Transitional Housing Housing services for homeless or at risk of homelessness. Located in Capital Recovery Center 1000 Cherry St. SE Olympia 360-357-2582 Walk-in: 9AM-Noon Wed. & Thurs.

## Community Resource Guide for Olympia, Tumwater, Lacey & Thurston County

First Christian Church (Disciples of Christ) of Olympia

This is not the entire list of places to get help. Please contact the **Crisis Clinic** for other options.

## The Crisis Clinic 586-2800

www.crisisclinic.org

Helping in Thurston & Mason Counties

Need help and don't know where to turn? Try the website at: www.resourcehouse.com

Connected to The Crisis Clinic Offering help in: Health & Human Services Referrals Gasoline—Rental Assistance Low-cost Housing

# **Mental Health Services**

Crisis Resolution Services.... 754-1338 3436 Mary Elder Rd, Olympia Mon - Fri: 7 AM - 11 PM 24-Hour Phone Line

**Sea Mar Behavioral Health . 491-1399** 3030 Limited Ln NW, Olympia

Choice Regional Health ...... 539-7576 Network Counseling for depression and anxiety. Call for intake. M - F: 8 AM - 5 PM

#### <u>Shelter</u>

Hospitality House 1320 - 8th Ave SE, Olympia *Referrals by Sidewalk only!* 

Interfaith Works Shelter Call ......1-844-628-7343

Family Support Shelter...... 628-7343 201 Capitol Way N, Olympia Shelter referrals for families Resources for basic & emergent needs

## **Furniture Bank**

**Furniture Bank ......705-1756 of Thurston County** *Call to schedule a pickup or delivery* 

# <u>Food</u>

#### Free Meals:

Dinner: Mon - Fri: 5:30 PM

Community Kitchen ...... 349-2808 808 - 5th Ave SE, Olympia

Lunch: 11 AM - 12:30 PM Dinner: 5 - 6:30 PM

#### Free Food:

Thurston Co. Food Bank ..... 352-8597 220 Thurston Ave NE, Olympia Groceries and pet food (as available) Mon-Wed-Fri: 11 AM - 3 PM 2nd & 4th Wed: 5 - 7 PM

Summer Mobile Lunches (call) for children 18 and younger.

Many food bank satellite locations. *www.thurstoncountyfoodbank.org* 

#### <u>Medical</u>

**The Olympia Free Clinic ....529-1937** 108 State Ave NW, Olympia

Wed & Thurs: 5:30 - 8 PM

*Women's Health Clinic* 1st Monday: 6 - 8 PM

*Audiology* 4th Wednesday: 6 - 8 PM

*PT/Chiropractic Clinic* 3rd Monday: 6 - 8 PM

*Massage Clinic* 4th Monday: 6 - 8 PM

Planned Parenthood......754-5522 402 Legion Way, Ste 201, Olympia Women's & Men's health care, contraception, pregnancy & STD testing

Sea Mar Medical Clinic ......491-1399 3030 Limited Ln NW, Olympia Mon - Fri: 8 AM - 5 PM 24 Hour Nurse Advice Line 1-866-418-1002

# **Transportation**

## Low Cost / Free Showers

Capital Recovery Center..... 357-2582 1000 Cherry St. SE, Olympia Shower, laundry, & bus vouchers for those receiving PATH only.

## **Free Clothing**

**St. Vincent DePaul** St. Michael Catholic Church 1021 Boundary St SE, Olympia T 9-11:00 TH 6:30-8PM & Sat 9-11AM

Adventist Community Service Center 1029 Puget St. NE Olympia, WA 98506 Tues. 9:15—2:00 PM

## Diaper / Baby Needs Personal Hygiene

The Other Bank...... 352-0593 YWCA

> 220 Union Ave SE, Olympia *Referral Services Hygiene Supplies* Wed: 1:30 - 3:30 PM