

GRAYS HARBOR COUNTY RESOURCES FOR TEEN PARENTS

THIS LIST WAS LAST UPDATED IN 2012 BY THE GRAYS HARBOR HEALTH DISTRICT.

FOR MORE INFO CONTACT: ESCHREIBER@CO.GRAYS-HARBOR.WA.US

PREGNANCY/PARENTING SUPPORT /FAMILY SERVICES

Grays Harbor County Public Health First Steps

360-532-8631 www.healthygh.org M-F 8-12, 1- 5

First Steps covers a variety of services for low income pregnant women and their infants. First Steps is a FREE program designed to help mothers have a healthy pregnancy and a healthy baby.

Early Support for Infants and Toddlers

360-533-9414

Helping families who have children under 3 who have health, vision, hearing or developmental concerns. Program also connects with community resources.

La Leche League of Grays Harbor

360-533-6622

Every 1st Wed of the month, 10am

This breastfeed support and education group meets monthly on the 1st Wednesday at Harbor Calvary church. A great resource for support and education about all things breastfeeding.

YMCA of Grays Harbor

M-F 5am - 9pm, Sat 7am - 7pm, Sun 12pm - 5pm

360-537-9622 www.ghymca.net

Gym and sports programs, childcare, exercise facilities and exercise programs for the entire family. Financial assistance is available for membership fees.

Hopkins Early Learning Center

360-538-2190

Birth to 5 preschool, IEP assessment

Grays Harbor Early Support for Infants and Toddlers Program

360-533-9414 M-F 8am-5pm

www.esd113.org/domain/177

If you have a concern about your infant or toddler's development contact us to schedule a free developmental screening. If a concern for development is identified we will help you to complete further evaluation and then connect with services in your community to help you learn how to support your child's development.

Grays Harbor County Breastfeeding Coalition

360-500-4050 M-F 8am - 5pm

One-stop-shopping for all things breastfeeding, for grays harbor county residents. If you have a question or need support, education, or help with breastfeeding call the GH Breastfeeding Coalition. Trained and Certified Lactation Consultants and Breastfeeding Peer Counselors.

Grays Harbor County Public Health Children with Special Health Care Needs

360-532-8631 www.healthygh.org M-F 8 – 12, 1- 5

The Children with Special Health Care Needs provides support to families with children who have special health care needs. The program offers assistance to children who are under the age of 18 and have a condition which may prevent them from growing, developing or playing like other children, or have a condition that places them at risk for being disabled.

Sound to Harbor Head Start/ECEAP

360-532-5001 www.soundtoharbor.com

Provides comprehensive individualized preschool education, health education, and family support to promote family engagement and school readiness. Serves children ages 3 - 5 who live in poverty, are homeless, are in foster care, or have a disability. Children typically attend a half-day program, 4-days/week.

WSU Cooperative Extension Office

360-482-2934 M-F 8-5pm <http://graysharbor.wsu.edu>

National education network. Purpose to provide information for dealing with issues that affect daily life; improving nutrition, diet & health, parenting classes. Youth 4-H and Master Gardner advice.

EDUCATION PROGRAMS

Grays Harbor Youth Programs

360-637-8561 www.esd113.org M - Th 8am - 5pm

Our Mission is to empower youth (16 - 21yrs.) to break the cycle of poverty by accomplishing their education and vocational career goals. We work with eligible youth to prepare them for permanent work experiences (unpaid and/or paid), work readiness workshops, assistance with academic performance and academic enrichment activities.

Grays Harbor GRAVITY GED + Program

360-637-8561 www.esd113.org Tu- Th 8am - 3pm

Our GED + program assists eligible local youth (16 - 21yrs.) with the obtainment of their GED. We also assist youth with their next step; e.g., college, employment, technical school. We work with community partners to remove barriers to students' success.

Aberdeen School District COPE/GRADS program

360-537-7409 www.asd5.org M-F 8am - 4pm

An in-school program for pregnant teens and young parents (both male and female) to learn parenting skills, and receive support through graduation and prepare for employment after high school. On-site childcare is also available and will work with you to apply for state awarded childcare benefits.

DSHS PAPERWORK ASSISTANCE

Within Reach

www.parenthelp123.org or www.washingteehelp.org
1.800.322.2588 Family Health Hotline

Health education materials, information for local health resources and a benefits finder for health insurance and food assistance programs. Can apply online for many programs including Basic Food (Food Stamps), Children's Medical (Apple Health for Kids), Pregnancy Medicaid (First Steps), & WIC (Nutrition for Women, Infants and Children).

SUBSTANCE ABUSE TREATMENT

Social Treatment Opportunity Program (STOP)

360-533-4997 www.stopwa.com

Affordable substance abuse, anger management and domestic violence therapy. State-certified. Drop-ins welcome. Accepts insurance and private pay.

Alcoholics Anonymous

360-532-2691

Daily meetings at several locations in Aberdeen.

Alanon & Alateen

360-532-7585

Meetings for people affected by another's addiction.

Harbor Crest Behavioral Health

360-533-8500 877-346-8253

www.harborcrestbh.org 24/7

Harbor Crest is a medical detox and stabilization hospital. Also provides outpatient treatment and urinalysis services. CUPS program provides treatment to any using pregnant woman; including marijuana dependence. Treating Adults 18 yrs. and over.

MEDICAL SERVICES/HEALTH EDUCATION

For an emergency, dial 911

BHR Elma Clinic

360-482-5358

Mark Reed Memorial Hospital

360-495-3244

SeaMar Health Center Aberdeen

360-538-1293 Medical Services

360-538-1463 Dental Services

360-538-1461 Behavioral Services

SeaMar Health Center Ocean Shores

360-289-2427 www.seamar.org

Roger Saux Clinic

360-276-4405 360-533-8724 (24hrs)

Grays Harbor County Public Health WIC (Women, Infant and Children)

360-532-8631 www.healthygh.org M-F 8 – 12, 1 – 5

WIC improves health and nutrition status of pregnant women, new mothers, infants and children under five. WIC provides health screening, nutrition education, nutrient rich foods, breastfeeding support and referrals to other health and social services.

Sea Mar Community Health Center WIC Program

*Elma 360-482-4510 M-F 8am-5pm

*Humptulips 360-482-4510 contact cell 360-581-8584

4th Tuesday, every other month

*Ocean Shores 360-482-4510 contact cell 360-581-8584 Tuesdays 10am-3pm

WIC is a supplemental nutrition program for women, infants and children. WIC provides health screening, education, foods, breastfeeding support and referrals to other services.

Grays Harbor County Public Health Family Planning Clinic

360-532-8631 www.healthygh.org M-F 8 – 12, 1- 5

Family Planning services are available to men and women of reproductive age. Services are available by appointment. The fee is based on your income and Medicaid is accepted. We are also a participating provider in the Take Charge program. Take Charge is a program that pays for birth control for low-income men and women. Please call for the most up to date information.

Grays Harbor County Public Health ABCD Dental Program

360-532-8631 www.healthygh.org M-F 8 – 12, 1- 5

The ABCD Dental Program (Access to Baby and Child Dentistry) provides referrals ABCD Dentists, 1 initial dental exam, 2 dental exams per year, and 2 parent education sessions per year. Children who are 0-5 years of age, live in Grays Harbor County and have a Medical ID Card (DSHS coupon) are eligible for the program.

EMPLOYMENT

Work Source Grays Harbor

360-533-9318 800-783-0657

www.go2worksource.com M-F 8pm - 5pm

Employment services to people with disabilities and misplaced workers. Unemployment insurance, VA benefits and employment readiness. Youth resource center and computers available. Drop ins welcome.

Work First at Grays Harbor College

360-538-2383

Provides funding, resources and help for working families to develop skills in work force. Low-income and TANF recipients can qualify for free books and tuition. Work study positions and on-site childcare.

Grays Harbor College BFET (Basic Food and Employment Training) program

360-532-9020 800-562-4830
M-F 8am-5pm www.ghc.edu/bfet

A program designed to help college students who are receiving Basic Food Assistance (BFA) through DSHS, but are not working 20 hours/week. BFET allows students to maintain their BFA while exempting them from the work requirement. BFET also offers assistance with tuition fees and book (when funding is available), Working Connections Childcare, and academic and career planning.

HOUSING

Friendship House

360-533-2221
Clothing Bank W&F 12-2pm

Emergency housing for single women and mothers with small children.

NeighborWorks of Grays Harbor

360-533-7828 1-866-533-7828
M-Th 8-5pm www.aberdeen-nhs.com

Provides wide variety of housing services to help people become home owners by combining resources such as lenders, landlords, non-profits and contractors.

Habitat For Humanity of Grays Harbor

360-533-8090 Tue-Sat

Builds homes for low-income families on DSHS

IGNITE Independent Living Program of Grays Harbor

360-538-6603 M-F 8am-5pm

Serves foster care youth and alumni between 15-21 yrs old. We offer, at no cost, education support and advocacy, post secondary education prep, income maintenance, resume writing, health and nutrition education.

Grays Harbor Youth Center of Catholic Community Services

360-589-3259 www.ccsww.org

8pm-8am 7days a week for shelter services; hotline is open 24/7.

Grays Harbor Youth Center is an emergency overnight youth shelter for homeless and at-risk youth between the ages of 13-17. The Youth Center also provides resource referrals, school supplies, clothing, emergency food for families in need, transportation to appointments, case management, life skills training and support in placements with stable, secure, safe living.

COUNSELING/SUPPORT GROUPS

A Healthy Risk Counseling Center

360-249-2297 800-789-0208

Substance abuse, gambling and domestic violence programs.

Behavioral Health Resources (BHR)

360-532-8629 800-685-6556 (24hrs crisis line)
M-F 8-5pm www.bhr.org

A counseling and treatment service for people experiencing mental and emotional abuse. Only accepts Medicaid.

VIOLENCE/ABUSE INTERVENTION SUPPORT

Domestic Violence Center of Grays Harbor

360-538-0733 800-818-2194 (24hrs)

Provides services for women over 18 & their children. Intakes, referrals for legal help, counseling & shelter. By appointment or drop in. No Fees.

Beyond Survival Sexual Assault Center

360-533-9751 888-626-2640 (24hrs)
www.ghbeyondsurvival.com M-F 9am-5pm

Confidential Advocacy & Support, Crisis Intervention, Support Groups, Community Education, Information & Referrals and a 24 hour Crisis Line, for direct or indirect survivors of sexual assault or abuse. We provide community and school presentations on prevention, sexting, bullying and safe & unsafe touch. All of our services are provided FREE of charge.

Children's Advocacy Center of Grays Harbor

360-249-0005 800-959-1467

M-F 8-5pm www.wsacac.org

Support for child abuse victims and their families. Parenting classes available. 24hr emergency child care available.

BASIC NEEDS

Coastal Community Action Program

360-533-5100 800-828-4883

www.coastalcap.org M-F 8am - 5pm

Information and referral services, energy assistance, weatherization, case management, child care resources, emergency housing, payee programs, ABL dental and community job programs. Serving low income households. Walk ins welcome.

Grays Harbor Crisis Clinic and Hotline

800-685-6556 (24hrs) www.crisis-clinic.org

Provides 24-hr crisis intervention and referral to resources in Grays Harbor

Catholic Community Services

360-533-9470 800-783-8193

www.ccsww.org M-F 8am - 5pm

Food distribution and emergency shelter. Long-term and home care services.

Grays Harbor County Juvenile Probation Department

360-533-3919 Mon - Fri 8am - 5pm

Juvenile court services for Juveniles on Probation for a criminal offense, Youth at Risk Program (YAR), Truance, CHINS (Child in need of services) and a Diversion program for first time offenders. 24 hour detention facility for kids who are ordered to serve time in lock up. Functional Family Therapy and Aggression Replacement Training available for juveniles on probation and limited space for YAR kids.

