

LEWIS COUNTY RESOURCES FOR TEEN PARENTS

THIS LIST WAS LAST UPDATED IN 2012 BY THE LEWIS HEALTH DISTRICT. FOR MORE INFO CONTACT: LISA.CONZATTI@LEWISCOUNTYWA.GOV

MEDICAL SERVICES/HEALTH EDUCATION

For an emergency, dial 911

Planned Parenthood

(360) 330-2899 (800) 230-7526

M, 9:30-5; W, 10-6; F, 8-4 plannedparenthood.org

Planned Parenthood is the nation's leading sexual and reproductive health care provider and advocate.

Services include pregnancy tests, emergency contraception, birth control, HIV and STD testing, men and women's health care.

Centralia Women's Center

(360) 330-8950 Providence.org

M-Th, 8:30-5; F, 8:30-4:30

OB/GYN, childbirth care and delivery

Possibilities Pregnancy Center

(360) 330-2229 findmypossibilities.com

M,T,W: 10-5, Th: 10-3, closed Fridays

Possibilities Pregnancy Center exists to be a resource for women and men with pregnancy related needs. Free pregnancy testing and referrals to pregnancy, parenting and adoption services.

Answers Counseling, First Steps

(360) 493-4088 (877) 275-5246

answerscounseling.org M-F, 8-5

The ANSWERS mission is to be the Puget Sounds leading provider of Maternity Support Services, Infant Case Management, Crisis Family Intervention, Professional Services and Guardian ad Litem services

Lewis County Public Health & Social Services, Maternity Support Services

(360) 740-1224 (800) 562-6130

M-F 8am-5pm lewiscountywa.gov

First Steps is a program involving maternity support services and infant case management. This is done through home and office visits by a team of professionals (nurse, nutritionist, mental health specialist), working with you and your family to help make pregnancy and parenting a positive experience for you, your baby and your family.

Lewis County Public Health & Social Services, Women Infants Children (WIC)

(360) 740-1255 (800) 562-6130, ext 1255

lewiscountywa.gov M, T, W, F, 8-5; Th, 8-7

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a nutrition program that helps parents learn how to eat well and stay healthy. It provides a combination of nutrition education and referrals to health care and social service providers.

Valley View Health Center

(360) 330-9595 vvhc.org M-F, 7:30 -6

Valley View Health Centers provides medical, dental, and behavioral health services to Lewis County residents, primarily to the uninsured and under-insured, with payments based on a sliding fee scale.

Pope's Kids Place Dental

(360) 736-5405 popeskidsplace.org M-F, 9-6

Pope's Kids Place children's dental program offers what can be referred to as the beginning stages of a child's dental experience. Services are for children as soon as they have their first tooth up to age 10 on a DSHS medical coupon. The staff focuses on an age appropriate dental exam and hygiene instruction along with application of fluoride varnish. Additional restorative services are also available if needed. Our clinic provides a family friendly atmosphere and allows the parents to be a part of the experience.

Northwest Pediatric Center

(360) 736-6778 (877) 712-6800 nwpeds.com M-F, 9-5

Provides pediatric care in a Christian setting. Although the practice has grown to over 15,000 patients, 4 clinics, and several more providers, our roots remain unchanged: Jesus Christ is the vine and we are the branches; apart from Him, we can do nothing (John 15:4-5).

DSHS PAPERWORK ASSISTANCE

DSHS Community Services Office

(877) 501-2233 dshs.wa.gov M-F, 8-5

State medical and food assistance.

CHOICE Regional Health Network

(360) 493-4550 (800) 981-2123

crhn.org Open first and third Thursdays, 8:30-5pm.

CHOICE Health Resources Coordinators can help clients enroll in health services and other programs, including Medicaid/Healthy Options, Apple Health for Kids, food assistance and prescription assistance. HRCs can also help connect clients with a doctor, dentist, midwife, nurse or mental health counselor.

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).

VIOLENCE/ABUSE INTERVENTION SUPPORT

Human Response Network

(360) 748-6601 (800) 244-7414

hrnlc.org M-Th, 9-5; F, 9-1

When the crisis of domestic violence, sexual assault and other crimes occurs, Human Response Network is there for the survivor. We respond as advocates. The way we advocate for a client is dependent on the client's needs and desires.

EDUCATIONAL RESOURCES

Centralia High School GRADS Program

(360) 330-7605 centralia.k12.wa.us

This class is designed for pregnant teens and/or young parents. The program is designed to help and support parent/students to remain in school and earn a high school diploma. Students will learn practical parenting and child development skills, gain orientation to work, and set goals toward successfully balancing work and family.

Centralia College TEEN (Teens Entering Education Now)

(360) 736-9391, ext. 341

centralia.edu/academics/childfamily/TEEN.html

This program is designed to provide support services for high-school aged students to be successful in high school graduation and parenting. Participants are able to attend classes, obtain high school graduation and gain parenting skills. The program will assist students in creating a network of other resources and expose them to opportunities academically and vocationally.

OTHER

Big Brothers Big Sisters of Lewis County

(360) 807-4097 www.swwabigs.org

The Big Brothers Big Sisters Mission is to help children reach their potential through one-to-one relationships with mentors that have a measurable impact on youth. The Big Brothers Big Sisters Vision is successful mentoring relationships for all children who need and want them, contributing to brighter futures, better schools, and stronger communities for all.

Salvation Army

(360) 736-4339 salvationarmyusa.org M-F, 10-4

Group homes, emergency shelters, and transitional living centers provide housing on a temporary basis for varying amounts of time. They address long-term specific issues of youth for whom family care is undesirable or unavailable.

Love, INC (In the Name of Christ)

(360) 748-8611 loveinc.org M-Th, 9-3; F, 9-12

Love INC provides good, used household furniture (beds, couches, tables/chairs, lamps) to needy families, especially those coming out of homeless/domestic violence shelters, jails, etc. We investigate and supply requests for financial needs such as utility bills, rent, medical prescriptions, work boots, transportation to vital appointments. We provide volunteers for grade schools tutors, and mentors for single mothers. We teach a budgeting/cooking/nutrition class for clients to learn better life skills.

True North Student Assistance

(360) 748-2274 true-north.ws M-F, 8:30-5:30

True North aims to motivate students to make the connection between risky behavior and negative consequences that often have permanent results in their lives. The underlying goal for the model is to create a climate that allows students to discover what behaviors they are engaged in that may be harmful, explore a variety of scenarios and options available to them, and ultimately experience success in their life's decisions.

Lewis County Bar Legal Aid

(360) 748-0430 lcblla.org M-F, 9-4

The mission of Lewis County Bar Legal Aid is to provide local, accessible, client-centered civil legal services to low income residents of Lewis County. Staff assists with completion and filing of legal paperwork for paternity cases and parenting plans.

