

KITSAP COUNTY RESOURCES FOR TEEN PARENTS

THIS LIST WAS LAST UPDATED IN 2012 BY THE KITSAP HEALTH DISTRICT. FOR MORE INFO CONTACT: SHELLEY.ROSE@KITSAPPUBLICHEALTH.ORG

MEDICAL SERVICES/HEALTH EDUCATION

For an emergency, dial 911

Planned Parenthood

1.800.230.7526

www.plannedparenthood.org

M-9-5, T-10-6, W8-4, Th11-7, F8:30-4:30

Planned Parenthood provides up-to-date, clear medically accurate information that helps you better understand your sexual health.

Family Planning

360-337-5235

T,W,Th 8am-4pm

Our services provide confidential female health care exams and contraceptive options for females and males of all ages. We also provide exams, testing and treatment for males and females for communicable disease as well as sexually transmitted infections.

First Steps/Nurse Family Partnership

360-337-4821

www.kitsappublic.org

M-F 8am-4pm

First Steps is a program that helps moms-to-be access the vital services they need to be healthy—and to have a healthy baby. Nurse-Family Partnership is a free program for women who are having their first baby. If you enroll, a registered nurse will visit you in your home throughout pregnancy and continue to visit until your baby is 2 years old.

WIC

360-478-2301

www.kcr.org

WIC is a nutrition education and supplemental food program serving eligible pregnant, breastfeeding and postpartum women, infants, and children. WIC provides ongoing nutrition education through workshops, educational boards, and on-on-one counseling. Income guidelines must be met.

Pregnancy Resource Services

360-479-0243

1-800-395-4357

www.prskitsap.org

M,W,Th 9-5 Tue & F 10-4pm

Pregnancy Resources will help you assess your situation, define any obstacles, and find resources for positive solutions. They offer pregnancy testing, and information about pregnancy, parenting and adoption.

DSHS PAPERWORK ASSISTANCE

DSHS

360-698-4362

1-877-501-2233

www.dshs.wa.gov

M-F 8am-5pm

Apply online or in person for assistance for: child care, medical, cash, food and more.

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

Kitsap Sexual Assault

360-479-1788

1-866-831-2050

360-479-8500 24 hr crisis line

Assessments * Individual group therapy/counseling * Medical and legal advocacy * 24-hour crisis line * Community workshops * School-based individual and group therapy * Survivors group * Prevention

OTHER

Kitsap Legal Services

1-888-201-1014

www.nwjustice.org

M-F 9:30-12:30

The NW Justice Project operates a toll-free intake and referral hotline called CLEAR. CLEAR serves as the statewide, centralized point of access for clients seeking free legal help, including advice, education, limited legal services, self-help materials, and where available, referrals for further representation.

Soroptimist

Soroptimist Violet Richardson Award program recognizes young women ages 14-17 for demonstrating leadership by identifying an issue in their community that is important to them and trying to solve it. This award is based solely on the applicant's volunteer work and leadership qualities. She may not be the best student, the best athlete, or the most popular girl in school, but she is committed to making the world a better place.

