

# Whatcom County Resources for Teen Parents

This list was last updated in 2012 by the Whatcom County Health District

For more information contact: [jziels@whatcomcounty.us](mailto:jziels@whatcomcounty.us)

## Medical and Dental Insurance:

Whatcom Alliance for Healthcare Access (WAHA): Helps find health insurance

Phone: 360-788-6594 <http://www.whatcomalliance.org>

DSHS: Apply for Medicaid, food stamps or cash assistance.

Phone: 1-877-501-2233 Apply online: [www.WashingtonConnection.org](http://www.WashingtonConnection.org)

## Dental Clinics:

Interfaith Dental program: 360-676-6177

Seamar Dental Clinic: 360-738-3016

Whatcom County Health Department WIC Dental Hygiene Program: 360-676-6762

## Domestic Violence:

DVSAS of Whatcom County (360)671-5714, or (360)715-1563 (24 hr hotline)

Domestic Violence & Sexual Assault Services, 1407 Commercial St., Hrs. M-F: 9am-5pm.

Offers emergency support, safety planning, prevention education, legal advocacy and information to anyone affected by domestic violence and/or sexual assault. Web: <http://www.dvsas.org/>

## Education:

Your Local High School: Contact your school district to re-enroll. You may qualify for an adjusted high school completion plan.

GRADS Program: High school completion, support and onsite day care 360-676-6471

Located at Squalicum High School

Insight School of Washington: Free on-line high school completion program.

<http://wa.insightschools.net/> 877-254-6744

### GED Programs:

Bellingham Technical College: <http://www.btc.ctc.edu/BasicAcademic/GEDPreparation.asp> 360-752-8341

Goodwill: <http://www.seattlegoodwill.org/job-training-and-education/centers/bellingham> 360-738-0483

Whatcom Community College: 360-383-3060

<http://www.whatcom.ctc.edu/degrees-and-programs/special-programs/adult-basic-education-and-ged/>

### **Food and Good Nutrition for Mom and Baby:**

#### **WIC:**

Lummi Nation WIC Program (2592 Kwina Road)	360-384-0464
Nooksack Indian Tribe WIC Clinic (2510 Sulwhanon Drive, Everson)	360-966-2106
Seamar WIC (4455 Cordata Parkway)	363-788-7150
Whatcom County Health Department WIC (1500 N. State Street)	360-676-6762

#### **Foodbanks:**

<u>Bellingham Food Bank</u> , 1824 Ellis St.	M, W, F, 12:30-3:00
<u>Blaine Food Bank</u> , 500 C Street	T, F, 9:00-12:00
<u>Everson Nooksack Valley Food Bank</u> , 204 N. Washington Street	Thursday, 10:00-2:00
<u>Ferndale Food Bank</u> , 1671 Main Street	M, W, S, 9:00-11:00
<u>Lynden Food Bank</u> , 205 S.BC Ave, #105	M, W, F, 9:30-3:00
<u>Sumas Food Bank</u> , 415 Cherry St.	Thursday, 12:00-3:00
<u>Evening Hours:</u> (Bellingham and Blaine only)	Wednesday, 5:00-7:00

#### **Housing:**

<u>Northwest Youth Services</u> (1020 N. State St.)	360-734-9862 ext. 116
<a href="http://www.northwestyouthservices.org/">http://www.northwestyouthservices.org/</a>	
<u>Opportunity Council</u> (1111 Cornwall Ave)	360-734-5121 ext. 370
<a href="http://www.opppo.org">http://www.opppo.org</a>	

#### **Maternity Support Services:**

(A nurse to help with pregnancy, childbirth, parenting and community resources for women with Medicaid.)

Answers Counseling	360-255-7855
Seamar Community Health Center	360-671-3225
Whatcom County Health Department	360-676-6762

#### **Transportation:**

<u>Northwest Regional Council</u> , Medicaid transportation	360-738-4554
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#### **Helpful Websites:**

<u>WashingTeenHelp</u> -resources for pregnant and parenting teens	<a href="http://www.WashingtonTeenHelp.org">www.WashingtonTeenHelp.org</a>
<u>Washington Connection</u> -find out if you are eligible for state benefits Like food stamps, health insurance, and cash assistance	<a href="http://www.WashingtonConnection.org">www.WashingtonConnection.org</a>
<u>ParentHelp123</u> -apply for state benefits, find local providers	<a href="http://www.ParentHelp123.org">www.ParentHelp123.org</a>
<u>Text4baby</u> -free text messages about pregnancy and newborn care	<a href="http://www.text4baby.org">www.text4baby.org</a>
<u>The Opportunity Council Resource Guide</u>	<a href="http://fms1.opppo.org/resources/guide">http://fms1.opppo.org/resources/guide</a>