

# SNOHOMISH COUNTY RESOURCES FOR TEEN PARENTS

THIS LIST WAS LAST UPDATED ON 7/3/13 BY THE SNOHOMISH HEALTH DISTRICT. FOR MORE INFO CONTACT: SMCCOOL@YOUTHVILLE.ORG

## TEEN PREGNANCY/TEEN PARENTING PROGRAMS

### **Graduation Reality and Dual Role Skills (GRADS)\***

425.385.5100 Sequoia High School/Everett  
In-school program for pregnant students and young parents (male & female). Focus on graduation, pregnancy, child development, positive parenting practices, and economic independence. Low cost childcare provided onsite as an opportunity to learn and utilize skills learned in classroom.

*\*2012-13 GRADS programs not in operation:*

360.653.0628 Mountain View High School/Marysville  
360.283.4407 Crossroads High School/Granite Falls

### **AIM Alternative High School (Snohomish SD)**

360.563.3401  
Contract based, alternative school academic program. On-site childcare available.

### **Cocoon House**

425.259.5802  
425.259.3342 maternity group home  
Maternity group home (opening 2013) provides housing and case management for up to 5 pregnant/parenting teens and their children. Outreach program offers case management, referrals & DSHS assistance.

### **Housing Hope**

425.347.6556  
Transitional housing, case management, and support for pregnant/parenting teens.

### **Nurse Family Partnership/Little Red School House**

425.353.5656  
Home visits, advocacy, case management for first time mothers, 25 years old and under who are prior to 26 weeks in pregnancy at time of enrollment.

### **YWCA Pathways for Women-Young Parent Program**

206.709.7408  
Transitional housing, case management and support for homeless teen parents, 18-25 years old. Located in King County but available to Snohomish County youth.

## DSHS PAPERWORK ASSISTANCE

### **Citrine Health**

425.259.9899  
1.888.651.8931  
Telephone assistance to complete application for DSHS Basic Food Program and/or Children's Medical (Apple Health for Kids).

### **Within Reach**

[www.parenthelp123.org](http://www.parenthelp123.org) or [www.washingteehelp.org](http://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

### **Sea Mar-Behavioral Health Centers**

425.609.5505 Everett  
425.977.2560 Lynnwood  
360.805.3122 Monroe  
1.866.418.1002 Nurse Advice Line  
Mental health and substance abuse evaluation and treatment services for children, youth and adults.

## MEDICAL SERVICES/HEALTH EDUCATION

### **For an emergency, dial 911**

### **Community Health Center**

425.789.2000 Everett/Broadway  
425.551.6200 Everett/112<sup>th</sup> St  
425.835.5200 Lynnwood/194<sup>th</sup> ST SW  
425.640.5500 Edmonds/75<sup>th</sup> Ave  
Medical, pediatric & dental care. Prenatal care available at Lynnwood office. Prenatal care and labor/delivery at Everett clinics.

### **Planned Parenthood of the Great Northwest**

1.800.230.7526  
Men & Women's health care, birth control, pregnancy testing, STD testing/treatment/vaccines, options counseling, and family planning services. Offices in Marysville, Everett & Lynnwood.

### **Pregnancy Resource Center**

425.366.7567  
Pregnancy testing, options counseling, birth & baby prep classes, limited ultrasound services, and layette services.

### **Sea Mar**

425.312.0202 Everett  
360.653.1742 Marysville  
360.282.3885 Monroe  
1.866.418.1002 Nurse Advice Line  
Family medicine, pediatrics, dental, obstetrics, Maternity Support Services (MSS), & Infant Case Management (ICM).

### **First Steps/Snohomish Health District**

425.252.5303 Everett  
425.258.8400 Lynnwood  
Maternity Support Services (MSS) & Infant Case Management (ICM) services for a healthy pregnancy, delivery, and support for baby's first year of life. Available to low-income pregnant and parenting women and infants up to one year of age.

## HOUSING

### **Catholic Community Services**

425.257.2111  
Parents over 18 years old may get clothing and accessories for newborns, counseling & housing support.

### **Domestic Violence Services of Snohomish County**

425.25-ABUSE (425.252.2873) 24 hr. crisis line  
Shelter, transitional housing, legal advocacy, & teen dating violence support group (free & confidential).

## PARENTING SUPPORT / FAMILY SERVICES

### **Early Head Start**

425.388.6439 North Snohomish County-  
Sultan, Granite Falls, Marysville & Arlington only  
425.712.9000 ext. 4503 - Everett

Free program for children, *prenatal* to 3 years; home visits to promote the growth and development of infants & toddlers. For pregnant women & families on a limited income; children with a diagnosed disability or special need also eligible. Special consideration may be given to parents under age 21, homeless families or foster children.

### **Head Start**

425.712.9000 ext. 4503-  
Monroe, Everett, Lynnwood & Edmonds only  
Free preschool program for children 3-5 years old in a classroom setting. For pregnant women & families on a limited income; children with a diagnosed disability or special need also eligible. Special consideration may be given to parents under age 21, homeless families or foster children.

### **Healthy Start**

425.844.9669 ext. 102-  
south county to Casino Road; east to Monroe  
Home visits, parenting education, developmental screening and support groups for first time parents who are 22 years old or younger and whose child is no more than 6 months old at enrollment. Services continue until the child's 3<sup>rd</sup> birthday.

### **Lutheran Community Services**

425.513.2880 Familias Unidas/So. Everett Neigh. Center  
425.670.8984 Family Center of So. SnoCo/Lynnwood  
425.397.7433 Lake Stevens Family Center/GF Outreach  
Information, referrals, parenting classes, early learning support, help accessing services, education & skill building classes; foster care and adoption services. Lake Stevens Family Center & Granite Falls Outreach site provide basic needs assistance for teen parents—diapers, baby food, formula, etc.

### **Volunteers of America (VOA)**

Dial "211" resource information line  
(425) 259-3191 x1300 basic need/emergency services  
800-584-3578 care crisis response line (help identify the best way through a crisis)  
Care crisis response, emergency & basic needs resource referral, Everett & Sultan food banks, & parenting classes.

### **YMCA**

425.258.9211 Everett / 360.653.9622 Marysville  
425.337.0123 Mill Creek / 425.493.9622 Mukilteo  
360.805.1879 Monroe  
Youth events, programs and family support programs.

## COUNSELING/SUPPORT GROUPS

### **Catholic Community Services**

425.257.2111  
Parents *over* 18 years old may get clothing and accessories for newborns, counseling & housing support; teen parents *under* 18 years old can receive newborn clothing and accessories & counseling.

*Note: there are several faith-based teen parent mentoring programs & support groups across Snohomish County: Youth for Christ Teen Parents program (Stanwood), YoungLives (Everett, Monroe, & Edmonds), Growing Together (Monroe), Teen MOPS, etc.*

### **Compass Health**

425.349.6200 support line; helps connect to services in-  
Everett, Lynnwood, Monroe, Smokey Point, Edmonds,  
Marysville, Mukilteo & Snohomish  
Mental health, substance abuse treatment, housing assistance, and infant support program for mentally ill parents. Clinics provide specialized services for children, youth and families which may include individual therapy, family services, group therapy, and support for parents and children.

## VIOLENCE/ABUSE INTERVENTION SUPPORT

### **Domestic Violence Services of Snohomish County**

425.25-ABUSE (425.252.2873) 24 hr. crisis line  
Crisis line, shelter, transitional housing, legal advocacy, & teen dating violence support group (free & confidential).

### **Providence Intervention Center for Assault & Abuse**

425.297.5774  
425.252.4800 24-hour crisis line  
Free emergency medical services and advocacy for victims of assault, abuse, or sex trafficking.

## BASIC NEEDS

### **Catholic Community Services**

425.257.2111  
Provides newborn clothing and accessories to parents.

### **Cocoon House**

425.327.1609  
425.249.6335 *español*  
U-Turn Drop In Center open for basic needs and referral support. Shelter for pregnant teens, case management and referrals.

### **Pregnancy Resource Center**

425.366.7567  
Pregnancy testing, options counseling, birth & baby prep classes, limited ultrasound services, and layette services.

### **Volunteers of America (VOA)**

Dial "211" resource information line  
(425) 259-3191 x1300 basic need/emergency services  
Care crisis response, emergency & basic needs resource referral, Everett & Sultan food banks, & parenting classes.

### **WIC /Snohomish Health District**

425.252.5303 Everett  
425.258.8400 Lynnwood  
Supplemental food vouchers and nutrition education program designed to improve the health of pregnant, breastfeeding and postpartum women, infants and children up to age 5. Also offers immunizations, dental health screenings, breast pump loan program and referrals to other community service agencies.

### **WIC/Pregnancy Aid of Snohomish County**

425.252.6444 main office, Everett  
425.316.8929 WIC services line-  
Arlington, Marysville, Snohomish, Granite Falls,  
Monroe, & southeast Everett  
Supplemental food vouchers and nutrition education program designed to improve the health of pregnant, breastfeeding and postpartum women, infants and children up to age 5. Also offers maternity/baby/ children's clothing, car seats (when available) and referrals to other community service agencies.