

Thurston County Veterans' Resource Guide



Thurston County Public Health & Social Services
Veterans Assistance Fund
412 Lilly Road NE
Olympia, WA 98506
360-867-2625

www.co.thurston.wa.us/health/ssveteran/index.html



January, 2015

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Introduction

The Thurston County Veterans Assistance Fund is pleased to announce the 2015 edition of the Thurston County Veterans' Resource Guide. We want to thank the Thurston County Veterans' Advisory Board, the Washington State Department of Veterans Affairs and other local community members who provided information and advice on the development of this directory.

The Veterans' Resource Guide has been updated to include additional resources in a revised format. Hopefully, Veterans and their family's find this information useful in accessing important resources in our community. You can find the guide on-line at www.co.thurston.wa.us/health/ssveteran/index.html.

We ask that organizations listed in the directory submit additions or corrections to Linda Loyle, Director of Thurston County Veterans Assistance Fund, at loylel@co.thurston.wa.us on at least an annual basis. Organizations who wish to be included in this directory can send inquiries to the same contact.

Thank you,

The staff of the Thurston County Veterans Assistance Fund

Thurston County Veterans Assistance Fund

<p>Mondays & Fridays 8am - 12pm at Thurston County Public Health & Social Services 412 Lilly Road NE, Olympia WA 98506-5132 And Tuesdays/Wednesdays/Thursdays 8am - 12pm at Lacey Veterans Service Office 4232 6th Ave SE, Suite 201, Lacey WA 98503</p> <p>Call to schedule an appointment. (360) 867-2625 or (360) 628-0824 TDD: 1-800-658-6384</p> <p>www.co.thurston.wa.us/health/ssveteran</p>	<p>Provides eligible veterans and their family's assistance with services and resources including past due rent or mortgage, first month's rent, referral services, burial or cremation services, and limited food and utility assistance. Call or go online for eligibility criteria.</p>
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Chemical Dependency/Substance Abuse Treatment and Support

VA Treatment Programs for Substance Use Problems

www.mentalhealth.va.gov/resvatreatmentprograms.asp	<ul style="list-style-type: none"> Speak with your existing VA healthcare provider Contact your local Vet Center Call 1-800-827-1000, VA's general information hotline
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ADDITIONAL RESOURCES

Substance Use Treatment		
Agency	Phone/Website	Additional Information
Alternatives Professional Counseling	(360) 357-7986 http://alternativesprocouns.com/	Accepts most insurance
Behavioral Health Resources (Recovery Services)	(360) 704-7170 or (800) 8225-4820 www.bhr.org/recovery.asp	Includes parenting/pregnant women Accepts Apple Health, most insurance, and private pay
Northwest Resources	Lacey: (360) 688-7312 Olympia: (360) 943-8810 http://nwrii.com/	Certified addiction treatment program. Accepts sliding fee scale and Apple Health
Pathways Mental Health Services	(360) 799-5782 www.pathwaysmhs.org/about.html	Accepts Tricare Insurance
Providence St. Peter Chemical Dependency Center	(360) 456-7575 or (800) 332-0465 http://washington.providence.org/clinics/st-peter-chemical-dependency-center/	Accepts Tricare Insurance and Apple Health
Sea Mar Behavioral Health	(360) 704-7590 www.seamar.org	Accepts Apple Health, most insurance, and private pay
Evergreen Treatment Services (ETS) South Sound Clinic	(360) 413-6910 / (888) 764-7243 www.evergreentx.org/SSC/Pages/SouthSoundClinic.aspx	Opiate substitution treatment (Methadone) Accepts Apple Health
Thurston County Public Health and Social Services	(360) 867-2509 www.co.thurston.wa.us/health/sscd	Information and Referral
Recovery Support Services		
Alcoholics Anonymous (AA)	(360) 753-9934 www.aadistrict8.org	12 Step Program
Celebrate Recovery	Lacey: (360) 915-6303 Olympia: (360) 943-4391 www.celebraterecovery.com	Faith Based
Narcotics Anonymous	24 Hour Info Line: (360) 754-4433 www.spsana.org	Nonprofit fellowship
Washington Recovery Help Line	24 Hour Help Line: 1-866-789-1511 http://warecoveryhelpline.org	Substance abuse, problem gambling, and mental health

Community Resources

Thurston County Veterans Assistance Fund

<p>412 Lilly Road NE, Olympia 98506 (360) 867-2625 TDD: 1-800-658-6384</p> <p>Call to schedule an appointment.</p> <p>www.co.thurston.wa.us/health/ssveteran</p>	<p>Provides eligible veterans and deceased veterans and their family's assistance with services and resources including past due rent or mortgage, first month's rent, referral services, burial or cremation services, and limited food and utility assistance. Call or go online for eligibility criteria.</p>
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Washington State Department of Veterans Affairs

<p>Olympia Veterans Service Center 1102 Quince St. SE – 1st Floor Olympia, WA 98504-1155 Hours: Mon - Fri 8am - 5pm (360) 725-2200 or benefits@dva.wa.gov 1-800-562-2308 (within WA State only)</p> <p>www.dva.wa.gov</p>	<p>Veterans Services Division includes: programs for homeless veterans, incarcerated veterans, veterans with PTSD, job training; assistance with VA claims and benefits, employment, higher education, and much more. Go online for an extensive list of services.</p>
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
<p>Seventh-day Adventist Community Service Center (Clothing Bank) 1029 N. Puget, Olympia 98506 Hours: Tuesday - 9:15am -2:30pm</p>	<p>(360) 943-1518 www.laceysda.org/article/12/serving-our-community</p>	<p>Items available include: clothing, sheets, blankets, and a limited supply of household items, some personal hygiene items and other small articles. Limited to once every 2 months except in case of an emergency.</p>
<p>Furniture Bank of Thurston County 2121 Log Cabin Rd SE, Olympia 98501</p>	<p>(360) 705-1756 on 1st or 3rd Saturday of the month between 9am & 12pm www.olympiacrc.com/outreach/furniture-bank</p>	<p>Provides furniture free of charge to those in need every 1st and 3rd Saturday of the month. Also open for donations on these days.</p>
<p>St. Vincent de Paul 1021 Boundary St SE, Olympia 98501 Social Service Office: Mon - Fri 1pm - 3pm</p>	<p>(360) 352-7554</p>	<p>Provides clothing and shoes, and emergency assistance (food, shelter, utilities and medical) ONCE A YEAR Clothing Bank: Tues & Sat 9am - 11:30am ; Thurs 6:30am - 8 pm</p>
<p>Olympia Union Gospel Mission 413 Franklin St. NE #A, Olympia 98501</p>	<p>(360) 709-9725</p>	<p>Hot showers and laundry: Mon – Fri 1:30pm to 4:30pm</p>
<p>Yelm Community Services 624 Crystal Spring Road NW, Yelm 98597</p>	<p>(360) 458-7000 www.yelmcommunityservices.com</p>	<p>Provides food bank, clothing bank, youth activities, emergency rent and utilities assistance, maternity support services, etc.</p>
<p>Young Women's Christian Association (YWCA) The Other Bank & Kathleen's Closet 220 Union Ave SE, Olympia 98501 The Other Bank: Wed 1pm - 3pm.</p>	<p>Kathleen's Closet Call: (360) 352-0593 Mon - Thurs 9am - 5pm by appointment only</p>	<p>Free toiletries and household cleaning supplies Kathleen's Closet: Provides no-cost professional clothing to women seeking employment or starting a job.</p>

Crisis Services

Veterans Crisis Line

<p>1-800-273-8255 For Veterans Crisis Line Press 1 www.veteranscrisisline.net</p>	<p>Connects Veterans in crisis and their families and friends with qualified confidential phone workers, online chat, or text. Send text message to 838255</p>
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
<p>The Crisis Clinic of Thurston and Mason Counties PO Box 13453, Olympia 98508</p>	<p>Crisis Line: (360) 586-2800 www.crisis-clinic.org</p>	<p>Youth Help Line: (360) 586-2777 Business Line: (360) 586-2888</p>
<p>DSHS Emergency Programs 6860 Capitol Blvd, Tumwater 98501</p>	<p>1-877-501-2233</p>	<p>For emergency assistance with: Medical, Food, Cash</p>
<p>Emergency Outreach Program (Sacred Heart Church) 812 Bowker Street, Lacey 98503</p>	<p>(360) 923-0929</p>	<p>Food bank hours: Mon, Wed, Fri 1pm - 3pm Financial assistance: Mon, Wed, Fri 11am - 1pm</p>
<p>Red Cross 2618 12th Court SW, Olympia 98502</p>	<p>(360) 352-8575 www.redcross.org/wa/tacoma/programs-services/service-to-armed-forces</p>	<p>Provides disaster assistance and health service classes, emergency communication to all active members of the armed services, and blood and tissue donation.</p>
<p>SafePlace (24/7 Sexual and Domestic Violence Help Line)</p> <p>Walk-in Advocacy Tues/Wed 10am - Noon & 1 - 3pm 314 Legion Way SE, Olympia 98501</p>	<p>24 hour helpline: (360) 754-6300 (360) 786-8754 www.safeplaceolympia.org</p>	<p>Free and confidential services to people who have experienced domestic and sexual violence and abuse. Trained advocates provide immediate support for domestic violence and sexual assault crisis needs and connect with resources.</p>

Disability Support

Department of Veterans Affairs – Disability Compensation

www.benefits.va.gov/compensation 1-800-827-1000	Tax free monetary benefit paid to Veterans with disabilities that are the result of a disease or injury incurred or aggravated during active military service. File a claim online at: eBenefits.va.gov
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Developmental Disabilities Administration	(360) 725-3413 www1.dshs.wa.gov/ddd/index.shtml	Helps with services to children with developmental disabilities.
Division of Vocational Rehabilitation	1-800-637-5627 www.dshs.wa.gov/dvr	Employee related services to individuals with disabilities who want to work but need assistance.
Disability Rights Washington 315 5th Avenue South, Suite 850 Seattle 98104	(206) 324-1521 or (800) 562-2702 www.disabilityrightswa.org	Provides disability rights information and referrals.
Morningside (Vocational Development) 809 Legion Way SE, Olympia 98501	(360) 943-0512 www.morningsideservices.com	Provides employment services to individuals with disabilities. Specializes in supported and competitive employment for individuals leaving active duty at JBLM.

Education

Higher Education Resources for Veterans and their Families

www.onlinecollegesdatabase.org/online-college-resources-for-veterans	More than 150 resources to help student veterans and their families overcome the challenges of higher education and career training.
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U.S. Department of Veterans Affairs – Educational Benefits

888-GIBILL-1 (888-442-4551)	Call between 7am - 7pm Central Time, Mon - Fri.
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VetSuccess

www.vetsuccess.gov	VA's internet-based career-planning, job readiness, and job-search resource website for Veterans and employers. Post your resume and access a job bank of employment opportunities.
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Veterans Conservation Corps

Washington Department of Veterans Affairs 1-800-562-2308 www.dva.wa.gov/vet_conservation_corps.html	Assist Veterans by providing training and volunteer opportunities that restore and protect Washington State's natural resources.
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Schools/Tutoring		
Agency	Phone/Website	Additional Information
Brandman University 1445 Galaxy Drive NE Suite 201 Lacey 98503	(360) 493-6392 www.brandman.edu/lacey	Kelly Hudson Military Outreach Program Manager (253) 254-9134
CIELO Project 1202 Black Lake Blvd. SW Suite B1 Olympia 98502	(360) 709-0931 http://cieloproject.org	Offers education at the elementary and secondary levels in participants native language, English language learning classes, GED programs, computer literacy class, etc.
The Evergreen State College 2700 Evergreen Parkway NW Olympia 98505	(360) 867-6000 www.evergreen.edu	Veterans Resource Center (360) 867-6254 Randy Kelly Director of Veterans Services (360) 867-6251
Saint Martin's University 5000 Abbey Way SE Lacey 98503	(360) 491-4700 www.stmartin.edu	Veterans Representative (360) 438-4356
Sound Learning Call for an appointment	Olympia Office: (360) 464-5037	Instruction for adults regarding reading, writing, ESL, GED
South Puget Sound Community College Olympia: 2011 Mottman Road SW Hawks Prairie: 1401 Marvin Road NE Suite 201, Lacey 98516	Olympia: (360) 754-7711 www.spscc.ctc.edu Hawks Prairie: (360) 596-5750 hawksprairie.org	Two year public college. Veterans Education Benefits Coordinator (360) 596-5232

Emergency Shelters

National Call Center for Homeless Veterans

1-877-4AID-VET (1-877-424-3838)	Call for yourself or someone else <ul style="list-style-type: none"> Free and confidential Trained VA counselors to assist Available 24 hours a day, 7 days a week Information about VA homeless programs and mental health services in your area.
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National Coalition for Homeless Veterans

1-877-VET-HELP (1-877-838-4357)	Get help locating services in your area.
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Screening for some shelters provided by Sidewalk: 1139 5th Ave SE, Olympia 98501
 Phone: (360) 515-5587 Mon/Tues/Wed 10am - 2pm Website: www.walkthurston.org

Shelters		
Agency	Phone/Website	Additional Information
Community Youth Services 711 State Avenue, Olympia 98506	(360) 943-0780 or (888) 698-1816 Safe Shelter – (360) 943-7861 www.communityyouthservices.org/about.shtml	Emergency shelter and housing programs for at risk youth and their families.
Drexel House 604 Devoe St. SE, Olympia 98501	(360) 753-3340 www.ccsww.org/drexelhouse	Provides 16 bed emergency shelter for men. Also, transitional and low-income permanent housing.
Family Support Center Family Shelter 201 Capitol Way, Olympia 98501	Emergency Shelter Hotline: (360) 628-7343 www.fcscs.org	Emergency shelter for families.
Family Support Center Pear Blossom Place 837 7th Ave. SE, Olympia 98501	(360) 754-9297 x208 Emergency Shelter Hotline: (360) 628-7343	24-hour homeless shelter for families with children and subsidized apartments for people who qualify.
Housing Authority of Thurston County 1206 12th Ave SE, Olympia 98501	(360) 753-8292 www.hatc.org	Emergency shelter for families up to 90 days.
Interfaith Works Emergency Overnight Shelter First Christian Church 701 Franklin St. SE, Olympia 98501	(360) 545-3176 www.oly-wa.us/interfaith	42-bed single homeless adult shelter, no sobriety requirement, clients screened based on vulnerability.
Interfaith Works Women’s Shelter PO Box 1221, Olympia 98507	(360) 515-5620 (call Mon/Wed 10am - 2pm & nightly 7pm - 9pm) www.oly-wa.us/interfaith/shelter.php	Year-round shelter for single women & women with children
Out of the Woods 2300 East End Street, Olympia 98502	(360) 570-0423 outofthewoods.org	Emergency food & shelter for families up to 90 days.
SafePlace 314 Legion Way SE, Olympia 98501	(360) 786-8754 24 hour helpline: (360) 754-6300 www.safeplaceolympia.org	Emergency shelter for women & children fleeing domestic violence
The Salvation Army 824 5th Ave SE, Olympia 98501	(360) 352-8596 www.salvationarmy.org	Emergency shelter for single adults. 42 beds for men, 14 beds for women.

Employment

Community Reintegration Services (CRS) VA

VA Puget Sound Health Care System (253) 583-1800 1-800-329-8387	Provides a vocational assessment which identifies individual interests, capabilities, readiness for employment, work skills and possibilities for employment opportunities. Also provides counseling resource development and guidance for reintegration into the work force.
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WorkSource –Thurston County (Veteran Employment and Training Services)

1570 Irving St SW, Tumwater 98512 (360) 704-3600 Disabled Veterans Outreach Program (DVOP) Veteran Employment Specialist (360) 570-4258 or 570-6970 www.esd.wa.gov/findajob/specialprograms/veteran-s-services.php	Provides job listings, limited counseling and assistance in matching individuals skills with available jobs, extensive resource center to assist with resume writing, interviewing, labor marking information assessment; computer access. The DVOP works with Veterans seeking employment, homeless veterans, disabled veterans and veterans transitioning careers.
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Goodwill Veterans Services Manager 714 S. 27th Street, Tacoma, 98409	(253) 573-6653 Email: mtassin@tacomagoodwill.org www.goodwillwa.org/services/military-veterans	Serving veterans and their families with the tools they need to succeed in the workplace: resume writing, career and skills assessment, job placement services, counseling, etc.
Hero2Hired Washington State Employment Coordinator: Tamie Clark	(253) 512-1383 Email: tclark@a-teamsolutions.com	Hero2Hired employment coordinators assist unemployed Reserve Component services members with job placement.
Homeless Veterans Supported Employment (HVSEP) VA	1-877-424-3838 Or contact your VA Housing Program Case Manager	Services provided include assistance in locating and maintaining employment. Must be eligible for VHA services.
Morningside Employment Services 809 Legion Way SE, Olympia 98501	(360) 943-0512 www.morningsideservices.com Mark Moffat (360) 596-3536	Provides employment services to individuals with disabilities. Specializes in assisting individuals leaving active duty at JBLM.
South Puget Sound Community College WorkFirst Services Building 34, Room 108	(360) 596-5504 www.spscc.ctc.edu/programs/special/workfirst	Helps parents receive training to improve their skills and increase their earning potential.
Village Vans Driver Training & Job Skills Program	(360) 705-5831 www.intercitytransit.com/traveloptions/villagevans/Pages/VillageVansDriverTrainingJobSkillsProgram.aspx	FREE professional training program designed to help you build a career. On-the-job driving experience and professional training in multiple areas.
Veterans Conservation Corps WDVA	1-800-562-2308	Assist Veterans by providing training and volunteer opportunities that restore and protect Washington State's natural resources.
Veterans Employment Center (VEC)	www.ebenefits.va.gov/ebenefits/jobs	Online employment support services for veterans including: job search, translating military skills, profile & resume builder, etc.

Family Support

Washington National Guard Families & Veterans (J-9)

<p>J9Warrior, Veteran & Family Services Center Bldg. 3, Camp Murray Tacoma, WA 98430</p> <p>(253) 512-8540 or 1-877-585-5655</p> <p>washingtonguard.org/FamiliesandVeterans</p>	<p>One-stop center for all Washington National Guard Veteran and Family Readiness services. They are responsible for Deployment Cycle support and Reintegration (Yellow Ribbon) Programs, Veterans Transition Assistance, the Family Program Office, the full-time Sexual Assault Prevention and Response (SAPR) Coordinator, Suicide Prevention, the Chaplain, the Employer Support to the Guard and Reserve (ESGR) office and a newly established Director of Psychological Health.</p>
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
<p>Baby Bank 3132 Boulevard Road SE, Olympia 98501 Hours: Wed 10am - 11:30am</p>	<p>(360) 357-6617 www.olycofc.com/Babybank/baby_bank.php</p>	<p>Operated through Olympia Church of Christ. Provides help for infants and young children. Referral required through one of the local social service agencies.</p>
<p>DSHS http://www.dshs.wa.gov/ To see if you qualify go to: www.washingtonconnection.org</p>	<p>Child Support – 1-800-442-5437 www.dshs.wa.gov/dcs Child Care Subsidy – 1-877-501-2233 Child Care Resource and Referral – 1-800-446-1114 www.childcarenet.org</p>	<p>For assistance with any of the following programs: Temporary Assistance for Needy Families; Aged, Blind or Disabled (ABD); Pregnant Womens Assistance</p>
<p>Family Support Center 201 Capitol Way, Olympia 98501 Hours: 9am - 5pm</p>	<p>(360) 754-9297 www.fcss.org</p>	<p>Community resource center offering a variety of services and programs for children and families.</p>
<p>Family Education and Support Services 1202 Black Lake Boulevard, Suite #B Olympia 98502</p>	<p>(360) 754-7629 http://familyess.org</p>	<p>Provides family enrichment activities, parent support programs, and parent trainings, including: fathering skills; mothers with substance abuse; relatives who are raising children.</p>
<p>Washington Army & Air National Guard Family Programs Olympia – Family Assistance Coordinator 515 Eastside Street, Olympia 98501-1645</p>	<p>(360) 704-6707 or 1-800-364-7492 washingtonguard.org/familyprograms</p>	<p>Information and referral resource to support service members and their families before, during and after deployment about benefits, resources or financial assistance.</p>

Food and Nutrition

DSHS Community Services Office

Apply here for Basic Food (Supplemental Nutrition Assistance Program) 6860 Capitol Blvd Tumwater 98501 Call 1-877-501-2233 Mon - Fri	Hours of operation	Mon - Fri	8am - 5pm
	Same day application services	Mon - Fri	8am - 2pm
	EBT Issuance	Mon - Fri	10am - 2pm
	Hours for cash or food interviews are 8am - 2pm.		

Daily Hot Meals (Multiple Locations)

Salvation Army 808 5 th Ave. SE, Olympia 98501 (360) 352-8596 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Breakfast</td><td>Daily</td><td>7 - 7:30am</td></tr> <tr><td>Lunch</td><td>Mon-Sat Sun</td><td>11:30 - 12:30 12:30 - 1:30</td></tr> <tr><td>Dinner</td><td>Daily</td><td>5:30 - 6:30pm</td></tr> </table> Hot meals: http://walkthurston.info/food	Breakfast	Daily	7 - 7:30am	Lunch	Mon-Sat Sun	11:30 - 12:30 12:30 - 1:30	Dinner	Daily	5:30 - 6:30pm	Olympia Union Gospel Mission 413 Franklin St. NE #A, Olympia 98501 (360) 709-9725 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Breakfast</td><td>Mon-Fri Sat Sun</td><td>6am 10am - Noon 7:30am</td></tr> <tr><td>Lunch</td><td>Daily</td><td>Noon</td></tr> <tr><td>Dinner</td><td>Mon-Sat</td><td>5:30</td></tr> </table> www.ougm.org/meals-services-and-more	Breakfast	Mon-Fri Sat Sun	6am 10am - Noon 7:30am	Lunch	Daily	Noon	Dinner	Mon-Sat	5:30	First Baptist Church 9 th & Franklin 904 Washington St. SE, Olympia 98501 (360) 357-3881 <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Dinner</td><td>Sunday</td><td>4pm</td></tr> </table>	Dinner	Sunday	4pm
Breakfast	Daily	7 - 7:30am																					
Lunch	Mon-Sat Sun	11:30 - 12:30 12:30 - 1:30																					
Dinner	Daily	5:30 - 6:30pm																					
Breakfast	Mon-Fri Sat Sun	6am 10am - Noon 7:30am																					
Lunch	Daily	Noon																					
Dinner	Mon-Sat	5:30																					
Dinner	Sunday	4pm																					

ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
ROOF (Rochester Food Bank) 10140 Highway 12 SW, Rochester 98579	(360) 273-6375 www.roofcommunityservices.org	Provides food bank, after school tutoring, emergency food services, family services, community gardens, and a summer lunch program for kids and teens.
Tenino Food Bank 297 Sussex Avenue E, Tenino 98589	(360) 264-5505	Please call first to verify hours & service.
Thurston County Food Bank 220 Thurston Ave NE, Olympia 98501 Office Hours: Mon - Fri 8am - 5pm Service Hours: Mon, Wed, Fri 11am - 3pm 2 nd /4 th Wed 5 - 7pm	(360) 352-8597 www.thurstoncountyfoodbank.org	Offers fresh produce, dairy products, frozen meat and canned and dry goods, baby food, nutritionals (Ensure, etc) and pet food. Multiple satellite locations in Thurston County, see website for a location near you.
Women, Infants and Children (WIC) Nutrition Program Lacey: Community Action Council 420 Golf Club Rd SE, Lacey 98503 Mon - Thurs 7am - 5:30pm Olympia: SeaMar Community Health Center, 905 24 th Way SW, Olympia 98502 Mon - Thurs 8am - 7pm; Fri 8am - 5pm	Lacey: (360) 438-1100 www.caclmt.org Olympia: (360) 754-2936 www.seamar.org/static_pages/preventive_thurston.php	A nutrition program for pregnant women, new and breastfeeding moms, and children under 5. It provides monthly checks for healthy food, health screenings and referrals, nutrition education, and breastfeeding support. Sites also available in Rochester, Tenino, and Yelm.
Yelm Community Services Food Bank 624 Crystal Springs Road NW, Yelm 98597 Thurs 1 - 4 pm	(360) 458-7000 www.yelmcommunityservices.com	Food Bank serves Yelm and Rainier School Districts, and Nisqually Tribal Reservation.

Health Care

Fisher Houses

Madigan Army Medical Center 9999 Wilson Ave. JBLM, 98433 (253) 964-9283 - Manager: Jodi Land info@fisherhouse-jblm.org	A Fisher House is “a home away from home” for families of patients receiving medical care at major military and VA medical centers. www.fisherhouse.org/programs/houses
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My HealthVet

1-877-327-0022 Mon - Fri 7am - 7pm (Central Time) www.myhealth.va.gov/index.html	Online personal health record for veterans, active duty service members, their dependents and caregivers.
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VA Puget Sound Health Care System

The VA Puget Sound Health Care System provides care for Veterans as part of the largest health care network in the country. Services include: primary care, mental health services, social work services, lab services and prescriptions. www.pugetsound.va.gov	
American Lake Division 9600 Veterans Drive, Tacoma, WA 98493 (253) 582-8440; 800-329-8387	Seattle Division 1660 South Columbian Way, Seattle, WA 98108 (206) 762-1010; 800-329-8387
South Sound CBOC (Sterling Medical) 151 NE Hampe Way, Chehalis, WA 98532 (360) 748-3049	

VA Sweat Lodge American Lake

American Lake Hospital 9600 Veterans Drive, Tacoma 98493 Men’s Lodge Contact: (253) 988-5265 Women’s Lodge Contact: (360) 801-1351 or (360) 275-8389 www.vasweatlodge.com	The mission of the Elder Council that runs the lodge is to offer a traditional Native American way of healing for veterans who are suffering from the trauma associated with war. Social Work Supervisor: Ralph Dalisky (253) 583-1164 Minority Veterans Program Coordinator: Cathy Davidson (253) 589-4147
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Amahoro House 1618 4th Avenue, Olympia 98506	(360) 338-0107 hospicewithoutborders.com/amahoro-house	Free hospice care for the impoverished, homeless and fragile who are at end of life in Olympia.
Capital Medical Center 3900 Capital Mall Drive SW, Olympia 98502	(360) 754-5858 www.capitalmedical.com	A 110-bed full-service hospital.
Care Net Pregnancy Center 135 Lilly Rd NE, Olympia 98506	(360) 753-0061 www.carenetolympia.org	Pregnancy testing, consultation, ultrasound, parenting education, and limited STD testing/treatment
CHOICE Regional Health Network (Low Income Insurance) 1217 Fourth Ave. E, Suite 200, Olympia 98506	(360) 539-7576 http://crhn.org/pages	Baby and Child Dentistry (ABCD) Program, In-Person Assister/ Navigator Program, and Mental Health Access Program.

Agency	Phone/Website	Additional Information
DSHS Health & Medical 6860 Capitol Blvd, Tumwater 98501	www.dshs.wa.gov/health.shtml For more information call: 1-800-562-3022 or 1-877-501-2233	Medicaid is now Apple Health in Washington. Apply online at: wahealthplanfinder.org .
Health Care Authority	1-800-562-3022 Email: askmedicaid@hca.wa.gov www.hca.wa.gov	Medical and Medicaid assistance programs.
The Olympia Free Clinic 108 State Ave NW, Olympia 98501 Wed & Thurs 5:30 - 8pm	(360) 529-1937 www.oly-wa.us/OlyFreeClinic	Provides urgent/acute care, social work, and referrals for low-income, underinsured people in Thurston County.
Olympia Union Gospel Mission (Dental/Vision) 413 Franklin St NE, Olympia 98501	Call to make an appointment Dental Line: (360) 943-6400. Mon - Fri 8am - 3pm Vision Clinic: (360) 709-9725. Mon - Fri 9am - 4pm www.ougm.org	Provides emergency dental services to Thurston County residents living at or below 200% of the federal poverty level who have no dental insurance or means to pay for care. Vision clinic provides eye health exam and glasses.
Providence St. Peter Hospital 413 Lilly Rd NE, Olympia 98501	(360) 491-9480 washington.providence.org	Cancer services, chemical dependency center, diagnostic imaging, emergency care, heart and vascular services, family birth center, orthopedic services, palliative care, psychiatry, rehabilitation, senior, sleep center, and surgery.

Sea Mar Dental and Community Health Clinic Services

Provides general medical and dental care for all ages. www.seamar.org	
Sea Mar CHC - <i>Olympia</i> Medical Clinic 3030 Limited Lane NW, Olympia 98502 (360) 491-1399	Sea Mar CHC - <i>Thurston Walk-In Clinic</i> 205 Lilly Road NE, Olympia 98506 Phone: (360) 742-5000 Hours: Everyday - 11am - 10pm
Sea Mar CHC - <i>Yelm</i> Medical Clinic 202 Cullens St. NW, Yelm 98597 (360) 400-4800	Sea Mar CHC - <i>Lacey</i> 669 Woodland Square Loop SE, Lacey 98503 Medical Clinic - (360) 359-4840 Dental Clinic - (360) 359-4860
Sea Mar CHC - <i>Tumwater</i> Dental Clinic 409 Custer Way, Suite C, Tumwater 98501 (360) 570-8016	

Housing

Homeless Veterans Reintegration Project (HVRP) WDVA

1-800-562-2308 Or email: benefits@dva.wa.gov www.dva.wa.gov/homeless_veteran_services.html	Provides an individually designed case management plan to help homeless veterans find employment and offers assistance with shelter, food, transportation, and employment support.
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VA Puget Sound Homeless Veteran Programs

Community Housing and Outreach Services (425) 203-7200	Helps homeless veteran's access housing and healthcare, and secure employment through a variety of programs.
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WDVA Washington Veterans Home Building 9

1141 Beach Drive East, Building 9 Retsil, WA 98378 (360) 895-4346 www.dva.wa.gov/washington_state_veterans_homes.html	Transitional housing for veterans in need of stable housing, vocational rehabilitation, and increased income potential.
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Bread and Roses 1320 8th Ave SE, Olympia 98501	(360) 754-4085 http://breadandrosesolympia.org	Affordable housing for low-income people committed to serving the community.
City of Olympia Housing Rehabilitation 837 7th Avenue SE, Olympia 98501	(360) 753-8436	Provides housing rehabilitation loans to lower and moderate-income owner-occupant homeowners.
Community Youth Services Transitional Housing Program 711 State Avenue, Olympia 98506	Admissions (360) 918-7838	Provides transitional housing for young adults and families, ages 18-24, who are homeless, at risk, are exiting an institution or were in foster care.
Drexel House 604 Devoe St. SE, Olympia 98501	(360) 753-3340 www.ccsww.org/drexelhouse	Low-income transitional and permanent housing.
Habitat for Humanity 400 Cooper Point Road SW, Olympia 98502	(360) 956-3456 www.spshabitat.org	New, 33-home development in the city of Lacey to serve veterans by offering them the opportunity to join their homeownership program.
Homes First 4310 6th Ave SE, Suite B, Lacey 98503	(360) 236-0920 www.homesfirst.org	Low-income rental housing for low or very-low income people, people recovering from substance abuse, and the developmentally disabled.
Housing Authority of Thurston County 1206 12th Ave SE, Olympia 98501	(360) 753-8292 www.hatc.org	Provides safe and affordable housing to persons with disabilities, low income and at-risk individuals and families.
Mercy Housing EVERGREEN VISTA II 1209 Fern Street SW, Olympia 98502	(360) 352-2638 www.mercyhousing.org/washington-evergreen-vista-ii	Affordable apartments for formerly homeless families, families with mentally ill family member, and low-income.
SideWalk 1139 5th Ave SE, Olympia 98501	(360) 515-5587 www.walkthurston.org	Rapid rehousing and supportive housing for homeless childless adults over 21.

Information/Referral

Center for Women Veterans (VA)

1-855-VA-WOMEN (1-855-829-6636) www.va.gov/womenvet	Coordinate VA health care and benefits services and programs for women veterans.
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U.S. Department of Veterans Affairs

Contact any VA Office, call 1-800-827-1000 or visit www.va.gov	Disability benefits, vocational rehabilitation and employment, home loan guaranty, dependents' and survivors' benefits and burial benefits, education benefits.
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Military Service Records

www.archives.gov	For applying for DD214 and other military service records.
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
2-1-1 (Resource Directory) Information and Referrals Specialists Mon - Fri 9am - 4pm	Dial: 2-1-1 to be connected to services 1-800-572-4357 www.resourcehouse.com	Online directory of health and human service programs to find resources like food banks, emergency shelters, transportation, health clinics, rent or utilities assistance, legal help and many more.
The Crisis Clinic of Thurston and Mason Counties PO Box 13453, Olympia 98508	Crisis Line: (360) 586-2800 Youth Help Line: (360) 586-2777 Business Line: (360) 586-2888 www.crisis-clinic.org	24 hour anonymous, confidential, crisis intervention and emotional support, information and referral.
DSHS – Community Services Office 6860 Capitol Blvd, Tumwater 98501 Office hours: Mon - Fri 8am - 5pm Application hours: Mon - Fri 8am -2pm	1-877-501-2233	Assistance with applying for benefits such as food stamps, WIC, cash assistance programs, pregnancy support, etc.
Social Security Information Line 402 Yauger Way SW, Olympia 98502	1-800-772-1213 www.ssa.gov	Information about SSI/Medicare

Legal Services

Child Support Enforcement Officers – Veterans Liaisons Thurston County

Gary Skaar - (360) 664-6876 Gary Bierman – (360) 664-6959 Toll Free: 1-800-345-9964	Provide assistance to work with Veterans to meet their obligations. We are committed to serving our veterans and active duty service members by helping them navigate through the child support program.
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Northwest Justice Project (Veteran Services)

711 Capitol Way S, Ste 704 Olympia 98501 (360) 753-3610 Veteran Intake: 1-855-NJP-VETS (657-8387) nwjustice.org/veterans	Provides legal advice, representation, and referrals on a variety of civil legal issues including: child support, vacating criminal convictions, consumer law, housing issues, discharge upgrades, and drivers licensing re-instatement for low-income individuals.
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Thurston County Veterans Court

Veterans Court Program Manager 2000 Lakeridge Drive SW Bldg 3, Olympia 98502 (360) 867-2034 www.co.thurston.wa.us/distcrt/veterans-court.htm	Serves veterans or active duty military personnel involved in the Thurston County criminal justice system who meet specific criteria.
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
City of Olympia (Victim Assistance Program) PO Box 1967, Olympia 98507	(360) 753-8408 olympiawa.gov/city-services/police-department/victim-assistance-program.aspx	Services for crime victims in which the defendant is being prosecuted by Olympia Municipal court.
Crime Victims Advocacy Network 2000 Lakeridge Drive SW Bldg 2 Olympia 98502	(360) 786-5601 24-Hour Hotline: 1-866-711-2826 www.cvan11.org	Offers free and confidential services for victims of crimes.
Dispute Resolution Center 312 4th Ave E, Olympia 98501	(360) 956-1155 mediatethurston.org	Provides mediation services for individuals, groups, homeowners in danger of foreclosure.
Partners in Prevention Education (PiPE) 408 7th Avenue SE, Olympia 98501	(360) 357-4472 1-800-833-6388 (hearing impaired) youthchangeagents.org	Works with homeless youth and young adults who have faced issues of violence.
Tenant Union Hotline 5425 Rainier Avenue S Ste B Seattle 98118	(206) 723-0500 www.tenantsunion.org	Provides tenant counseling, education, and assistance to help tenants learn their rights and take action to resolve housing problems.
Thurston County Prosecuting Attorney's Office (Victim Advocate Division) 2000 Lakeridge Dr SW Olympia 98502	(360) 786-5540 www.co.thurston.wa.us/pao/va	Assistance with completing Victim Impact Statements and Crime Victim Compensation applications and appeals and the steps that follow.
Volunteer Legal Services (Thurston County) Weekdays 9:15 am - 12:15pm	CLEAR line: 1-888-201-1014 CLEAR Sr. (60+): 1-888-387-7111 sites.lawhelp.org/Program/2498	CLEAR is a very busy line, so be persistent in calling them. This is the first step in receiving free legal services!
Washington State Human Rights Commission 711 S. Capitol Way, Suite 402, Olympia 98504	(360)753-6770 1-800-233-3247 www.hum.wa.gov/Veterans/Index.html	File complaints if you feel as a protected class you have been discriminated against.

Mental Health Services

Tacoma Vet Center

<p>4916 Center St. Suite E, Tacoma 98409 (253) 565-7038 or 1-877-927-8387 www.vetcenter.va.gov Hours: Mon/Wed 8am - 6:30pm Tues/Thurs/Fri/Sat 8am - 4:30pm</p> <p>Mobile Services in Thurston County: 1st and 3rd Thursday at Cabela's parking lot. 1600 Gateway Blvd NE, Lacey 98516</p>	<p>Part of the U.S. Department of Veterans Affairs – provide free counseling, outreach, and referral information to Veterans who served in a combat zone, their family members and survivors of military sexual trauma.</p> <p>Services may include individual and group counseling, marriage and family therapy, couples counseling, bereavement counseling, military sexual trauma and PTSD counseling. All services are free of cost and are strictly confidential.</p>
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Behavioral Health Resources (Counseling Services) 3857 Martin Way E, Olympia 98506	(360) 704-7170 or 1-800-825-4820 www.bhr.org	Provides individual, group, and family therapy, co-occurring mental health/substance abuse treatment, and more.
Capital Recovery Center/ Capital Clubhouse (Rehab Program by & for Mental Health Consumers) 1000 Cherry St, Olympia 98501	(360) 357-2582 www.nwrecovery.org	Provides peer supported mental health recovery services and dual-diagnosis services to people who desire to work towards recovery in their life.
CHOICE Regional Health Network (Free Mental Health Clinic) 1217 Fourth Ave E, Suite 200, Olympia 98506	(360) 539-7576, ext. 107 crhn.org	Provides brief intervention therapy for clients with anxiety or depression.
CIELO Project (Family Counseling, Therapeutic Mental Health Counseling) 1202 Black Lake Blvd. SW, Suite B1, Olympia 98502	(360) 709-0931 cieloproject.org	Family preservation, crisis family intervention, and therapeutic mental health counseling provided in both English and Spanish.
Crisis Resolution Services Thurston County Evaluation & Treatment Center 3436 Mary Elder Road NE, Olympia 98506 Access Center Walk in services: Mon - Fri 9am - 5pm	(360) 704-7170 Crisis Services: (360) 754-1338 / 1-800-270-0041 www.bhr.org/accesscenter.asp www.bhr.org/etprogram.asp	24 hour involuntary detention. Access Center available for walk in services for assessment and brief therapy. Inpatient, intervention, diversion, and triage services are offered for people in crisis due to mental health issues.
Providence St. Peter Hospital (Inpatient & Outpatient) 413 Lilly Rd NE, Olympia 98506	(360) 493-7060 www.providence.org/swsa	Inpatient and outpatient psychiatry services for voluntary patients, and an innovative day program for people ages 16 and older challenged by mental health symptoms.
Sea Mar Behavioral Health (Outpatient) Lacey: 669 Woodland Square Loop SE Olympia: 3030 Limited Lane NW Tumwater: 409 Custer Way, Suite C	Lacey: (360) 359-4880 Olympia: (360) 491-1399 Tumwater: (360) 704-7590 www.seamarchc.org/service	Assessments, case management, individual therapy, and psychiatric medication assessments and management.

Older Adult Services

State Veterans Homes

<p>Long term nursing and assisted-living care homes for honorable discharged veterans or their spouses. Medicaid & Medicare certified. Admissions: 1-877- 838-7787 www.dva.wa.gov/washington_state_veterans_homes.html</p>	
<p>Washington Soldiers Home 1301 Orting-Kapowsin Hwy, Orting 98360 (360) 893-4515</p>	<p>Washington Veterans Home 1141 Beach Dr., Retsil/Port Orchard 98378 (360) 895-4700</p>

ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
<p>Area Agency on Aging (Information & Case Management) 2404 Heritage Court SW, Olympia 98502</p>	<p>(360) 664-2168 or 1-888-545-0910 www.lmtaaa.org</p>	<p>Provides home and community services for seniors and adults with disabilities to live in their own homes and identifies services and programs for seniors, adults with disabilities and family caregivers.</p>
<p>Catholic Community Services (Home Care) 129 Decatur St., Olympia 98501</p>	<p>(360) 586-2960 www.ccsww.org</p>	<p>Provides non-medical assistance to aging persons and those with disabilities living in their home.</p>
<p>Providence Sound Homecare & Hospice 3432 South Bay Rd NE, Olympia 98506</p>	<p>(360) 459-8311 / 1-800-869-7062 providence.org/in-home-services/soundhomecare-and-hospice</p>	<p>Provides short term rehabilitation or hospice care.</p>
<p>Providence St. Peter Hospital (Older Adult) 413 Lilly Rd NE, Olympia 98506</p>	<p>(360) 493-7060 providence.org/clinics/olympia-psychiatry/services/outpatient-services/older-adult-mental-health-services</p>	<p>A specialized intensive program for adults ages 55 and older who are seeking diagnosis and treatment for a mental health problem.</p>
<p>Retired Senior Volunteer Program (RSVP) 1211 4th Ave East, Suite 101, Olympia 98506</p>	<p>(360) 943-2773 www.unitedway-thurston.org/RSVP</p>	<p>Free federal program to support volunteers 55+ in Lewis, Mason and Thurston Counties, sponsored by United Way.</p>
<p>Senior Information & Assistance (AAA)</p>	<p>(360) 664-2168 / 1-888-545-0910 www.altsa.dshs.wa.gov/Resources/Thurston/default.htm</p>	<p>Free information and referral service for adults age 60 and older and for family and friends helping care for the older adult.</p>
<p>Senior Services for South Sound/STARS Program Olympia Senior Center 222 Columbia Street NW Lacey Senior Center 6757 Pacific Avenue SE</p>	<p>Olympia: (360) 586-6181 Lacey: (360) 407-3967 www.southsoundseniors.org</p>	<p>Operates 2 senior centers, meals on wheels, adult daycare, in-home caregiver registry, nutrition and respite care, socialization, health and independent living programs.</p>

Transportation

DAV Volunteer Transportation Network

American Lake and Seattle VA Hospital Van Transport (253) 583-1343	Not wheelchair accessible
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VA Puget Sound Transportation

Mon-Fri call: (206) 764-2120 Weekends/Evenings call: (206) 764-2810	Transportation for medical appointments.
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Dial-A-Lift 222 State Avenue, Olympia 98501 Hours: Mon - Fri 8am - 5pm Reservations Hours: Mon - Fri 8am - 5pm, Sat - Sun 9am - 4pm	(360) 786-1881 / 1-800-287-6348 Ride Schedule: (360) 754-9393 www.intercitytransit.com/traveloptions/accessibleservices/Pages/Dial-A-Lift.aspx	Public transportation service for people with disabilities that prevent them from using regular bus services. Operates where regular buses operate.
Intercity Transit Customer Service Office 222 State Avenue, Olympia 98501	(360) 786-1881 www.intercitytransit.com	Public transportation for people in Thurston County, including: 24 bus routes, a vanpool program, and specialized van programs
Rural & Tribal Transport Service hours: Mon - Fri 6am - 6pm. Reservation Hours: Mon - Fri 9am - 3pm	1-800-650-7846 www.thurstonRT.org	Public accessible transportation serving the rural and tribal areas of Thurston County (Bucoda, Rainier, Rochester, Tenino, Yelm).
Village Vans (Intercity Transport)	(360) 705-5840 Driver Training: (360) 705-5831 www.intercitytransit.com/traveloptions/villagevans	Provide free transportation to low income job seekers or workers who have no other transportation.

Utilities

Community Action Council (Utility Assistance)

420 Golf Club Road SE, Lacey 98503 (360) 438-1100 www.caclmt.org	Energy and utility assistance, home weatherization, and WIC. Must meet income eligibility.
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The Salvation Army Warm Home Fund (Utility Assistance)

1505 4 th Avenue E, Olympia 98501 (360) 705-2850 www.salvationarmy.org	Emergency utility bill assistance during winter months for Thurston County residents who are Puget Sound Energy customers http://pse.com/accountsandservices/YourBill/Pages/Low-Income-Assistance.aspx
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ADDITIONAL RESOURCES

Agency	Phone/Website	Additional Information
Cell Phones for Soldiers	1-866-716-2220 www.cellphonesforsoldiers.com	Nonprofit organization dedicated to providing cost-free communication services to active-duty military members and veterans.
Cellular Service Providers: Assurance Wireless Safelink Wireless	Assurance: 1-888-898-4888 www.assurancewireless.com SafeLink: 1-800-Safelink (723-3546) www.safelinkwireless.com	Provides free cellular phone for qualified individuals.
Olympia Center Showers 222 Columbia St. NW., Olympia 98501 Hours: Mon - Fri 8am - 9am, Sat 8am - 4pm	(360) 753-8380	Showers are coin operated, they take quarters only. * .50 cents will run the shower for 5 minutes.

Veterans' Service Organizations

The American Legion

Washington State Headquarters 3600 Ruddell Road SE, Lacey 98503 (360) 491-4373 www.walegion.org	
Post 94 Lacey 98509 (360) 459-0150	Post 69 Tenino 98589 (360) 264-4675
Post 100 Lacey 98503 Kevin (253) 302-9773 sgtjustindnortonpost100.org	Post 264 Rainier 98576 (360) 458-8433 or (360) 446-3194 www.alpost264.com
Post 3 Olympia 98507 (360) 357-9780 www.olympialegion3.org	Post 164 Yelm 98597 (253) 216-4715
Post 11- Secure Haven Tumwater 98511 Charlie Spano (253) 861-2195	

Disabled American Veterans (DAV)

Mailing Address: 920 Poplar St, Olympia 98501 (360) 459-7400 American Lake VA Medical Center Chapter 18 Service Office (253) 583-1303 Mon - Fri by appointment	A non-profit organization that helps Veterans who have sustained an injury or condition because of their military duty to file claims for benefits. www.dav.org
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Marine Corps League

Olympia Detachment 482 PMB 407, 3701 Pacific Ave SE, Olympia 98501-2124 www.olympiamarines.org	Dedicated to assisting fellow Marines, their families, and fellow service members.
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Military Officers Association of America

Olympia Area Chapter (360) 438-5786 www.moaa.org/chapter/olympia	Represents the interests of military officers and their families at every stage of their careers.
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Military Order of the Purple Heart (MOPH) Women Veterans Program

Local Chapter: Evergreen State, Lacey 98584 www.purpleheart.org/WomenVeterans/Default.aspx	Membership restricted to combat injured men and women, but committed to serving all female veterans. Provides support for all issues specifically related to female veterans.
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Thurston County Veterans Council

PO Box 1063, Olympia WA 98507 Email: tcvccchairman@yahoo.com	Created to be the central clearing house for all support between the veteran service organizations throughout the county (VFW, American Legion, DAV, and the Marine Corps League).
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Veterans of Foreign Wars

Washington State Contact Phone: (253) 922-2114 or Email: vfwstateofwa@aol.com	
Post 11402 Lacey 98503 (360) 459-0524 Email: sgtmilehibob@comcast.net	Post 318 Olympia 98506 (360) 754-1346
Post 8044 Rochester 98579 (253) 312-3528	Post 7089 Tumwater 98511 (360) 754-7370 Email: silverbackmonkeyman@hotmail.com
Post 5878 Tenino 98589 (360) 264-5420	Post 5580 Yelm 98597 (360) 894-3325

WDVA Veterans Service Center

1102 Quince St SE, Olympia 98504 Mon – Fri 8am – 5pm (360) 725-2200 1-800-562-2308	Assists veterans and family members in accessing benefits to which they may be entitled. www.benefits.dva.wa.gov
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Web Links

AboutFace - www.ptsd.va.gov/apps/AboutFace/veterans.html

Learn about posttraumatic stress disorder (PTSD) from Veterans who live with it every day. Hear their stories. Find out how treatment turned their lives around.

Air Compassion Veterans® - <http://aircompassionforveterans.org>

The mission of Air Compassion for Veterans® is to ensure that no financially-stressed wounded warrior, veteran, or his/her adversely-affected family member(s) is denied the ability to access any of the following: distant, specialized medical evaluation; diagnosis and treatment; counseling; rehabilitation; service dog acquisition; or any program that promotes healing and restoration for reintegration into a productive life.

Courage to Care – Courage to Talk . . .about War Injuries - www.couragetotalk.org

A campaign to help healthcare providers and families communicate more effectively about war injuries.

eBenefits - www.ebenefits.va.gov/ebenefits

eBenefits is a web-based portal, provided by the VA, for veterans and service members to research, find, access, and manage their benefits.

Federal Benefits for Veterans, Dependents and Survivors (VA) - www1.va.gov/opa/publications/benefits_book.asp

Provides information on all available benefits, e.g., healthcare, vocational, pensions, education and training, home loan guaranty, life insurance, burial, etc.

Give an Hour - www.giveanhour.org

Give an Hour is dedicated to providing complimentary mental health services to post 9/11 veterans, service members, their families, and their communities.

<http://connected.giveanhour.org>

Give an Hour's connected website provides a space to find events, programs, organizations, and initiatives for veterans and their families. You can also create a profile to build connections.

Giving a Voice to Hope: Assistance for Female Veterans (US Dept of Labor) - www.youtube.com/watch?v=ynSJtdz8MkI

Information about services provided for homeless female veterans.

Honoring Our Babies & Toddlers

www.zerotothree.org/about-us/funded-projects/military-families/honoring-our-babies-and-toddlers.html

Supporting Young Children affected by a military parent's injury or death.

Make the Connection - www.maketheconnection.net

An interactive resource to connect veterans and their friends and family members with information, resources, and solutions to issues affecting their lives.

Military Child Education Coalition . . . for the sake of the child - www.militarychild.org

To ensure inclusive, quality educational experiences for all military-connected children

Military Kids Connect (MKC) - <http://militarykidsconnect.dcoe.mil>

Online community for military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life.

Military & Veteran Legal Resource Guide (WA State Office of the Attorney General)

www.atg.wa.gov/uploadedFiles/Home/Safeguarding_Consumers/Consumer_Issues_A-Z/Veterans/Military-Veteran-Resource-Guide.pdf

Military OneSource - www.militaryonesource.mil

Providing information and resources to help deal with the unique challenges of military life.

Military Sexual Trauma – What is it? (U.S. Department of Veterans Affairs)

www.mentalhealth.va.gov/docs/MST_FaceSheet_April2014.pdf

Contact local Vet Center for free, confidential treatment.

Navigating DSHS – How can we help? - www.dshs.wa.gov/pdf/Publications/22-1199.pdf

Aging and long term support, behavioral health, developmental disabilities, children’s administration, economic services, and juvenile justice administration.

Puget Sound Health Care System - Homeless Care Line 253-583-2825

PTSD/War Trauma Outpatient Counseling Program Providers List (Washington State)

www.dva.wa.gov/resource-contacts/ptsdwar-trauma-outpatient-counseling-program-providers-list

T★A★P★S Tragedy Assistance Programs for Survivors - www.taps.org/survivors

Provides a free resource kit for all survivors. The TAPS Survivor Resource Kit contains vital information and special items, designed to provide you a personal resource, as well as items of comfort and care as you travel your grief journey.

Provides immediate and long-term emotional help, hope, and healing to all who are grieving the death of a loved one in military service to America

The Veterans Connection - <http://theveteransconnection.org>

Provides assistance to military veterans and guides them through the red-tape challenges in order to receive benefits.

Tips for Communicating with People with Traumatic Brain Injury & Post-Traumatic Stress Disorder

www.dol.gov/vets/ahaw

Materials for employers to support successful employment of returning service members with TBI & PTSD

**Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event (SAMHSA)
A Guide for Parents, Caregivers, and Teachers**

<http://store.samhsa.gov/shin/content//SMA12-4732/SMA12-4732.pdf>

Top 10 Things all Healthcare and Service Professionals Should Know about VA Services for Survivors of Military Sexual Trauma

www.ncdsv.org/images/VA_Top-10-things-all-healthcare-and-service-Professionals-should-know-about-VA-services-for-MST_1-2011.pdf

Traumatic Grief in Military Children - www.nctsn.org/trauma-types/traumatic-grief/traumatic-grief-military-children

Resources specifically for the unique aspects of military family loss

USA.gov - www.usa.gov/Federal-Employees/Military-Veterans.shtml

Find resources and official information for active duty military personnel, including history, support for families, memorials and monuments, benefits, career assistance, education, and much more

Veterans Affairs National Center for PTSD - www.ptsd.va.gov/public

This website provides information on trauma and PTSD for veterans, family members, and the general public.

Mobile App: PTSD Coach - www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp

Veteran Connection - <http://veteran-connection.com>

Provides information and a chance for clients and family members to speak with a professional about any issue that is affecting daily life.

Phone: 800.932.0034; Text: 858.224.2094

Email: info@veteran-connection.com

Veterans Training Support Center - <http://veteranstrainingsupportcenter.org>

Provides training for community agencies that work with veterans.