
LCMN RESOURCE LIST

Updated 8/2017 (to submit correction/update call 748-8611)

(Note: If you cannot find it here, try State Data Base, dial 211)

A

ABUSE & ASSAULT – Adult 877-734-6277 Children 888-713-6115

ADOPTION SERVICES - Children and Family Services 360-807-7080

ADULT PROTECTIVE SERVICES 360-807-7080 (Call when harm/abuse is evident, or possibly imminent)

AIDS/HIV Information (Pierce County AIDS Foundation) Olympia 360-352-2375
Tacoma 253-383-2565

ALCOHOL/DRUG HELP

Alcohol and Drug Helpline - **1-800-562-1240**

Teen line **1-800-562-1240**

American Behavioral Health Systems, Inc. (inpatient drug/alcohol treatment) **360-748-4776**
Chehalis, WA

Celebrate Recovery: – local support/education group

Grace Foursquare Church – **736-0778**

Mossyrock Assembly of God Church – **983-3342**

One on one help: Calvary Chapel, Centralia **827-3291**

Eugenie Center – Drug Rehab – Outpatient **740-9767**
249 NW Chehalis Ave.

Services: Outpatient substance abuse/treatment

Adolescent programs

DUI offender programs

Payment: sliding scale fee, Medicaid, Medicare, private/military insurance

Safe Family Ministry – **360-740-1001** women and children/drug rehab/lifestyle changes - **inpatient**
PO Box 1141, Chehalis

AUTO CARE MINISTRY Centralia Church of the Nazarene **360-736-9981**

1119 W First St., www.centraliachurch.com/#home/auto-care

Minor vehicle repairs/maintenance to single moms, widows, spouses of deployed military
and those financially stressed

B

BICYCLE MINISTRY, Hub City Bike Shop, repairs made, located at the Pearl Street Pool, 360-523-3992
hubcitymission@bethel-church.com

BLIND HOTLINE 800-552-7103

C

CHAPLAINCY SERVICES, Lewis County, 360-748-3395
455 NW Park St., Chehalis

CHILD ABUSE AND NEGLECT - 24/7 Reporting Line;
local: Human Response Network 748-6601

CHILD CARE – Child Care resource and referral 1-800-446-1114 -also dial 211
Child Care Action Council 748-8907

CHILD PROTECTIVE SERVICES (CPS) – 360-996-4315 or 360-807-7080

CLOTHING:

Centralia

Centralia 7th Day Adventist Church (Good clothes for job interview)
1607 Military Road **360-736-4262**
Wed 11:00 am – 2:00 pm (behind church)

Gather Church
408 W. Main, Centralia **360-827-0264**
Thurs. 5:30 – 6:30 pm, Saturday 3:00-4:00 pm

Kid's Clothing Bank **360-269-0587**
Newborn to 10/14, donations accepted, please call first - Shirley Reboin

Chehalis

Cornerstone **360-266-7809**
Yardbirds, upstairs, All Free – household goods, clothes, newborn layettes, toys, kitchen tools,
blankets, broad range of items.
Thursday 10:00 am – 1:00 pm

Lewis County Gospel Mission – **996-4474** - adult clothing – Mon-Fri 10 a.m. – noon
72 SW Chehalis Ave.
Mom's Club – infant and children

Mossyrock

Mossyrock Assembly of God Church Thrift Shop
101 Mossyrock Avenue **360-983-3342**
Thurs, Fri. Sat. Noon- 5:00 pm

Salkum

God's Closet, 154 Salkum Road, 98582 ,Friday-Saturday 11:00 – 3:00

Toledo St. Vincent de Paul, **864-4130**, Steve **864-6476**

COUNSELORS (Christian based)

Note: *This list is provided as a service to you of available Christian-based counselors in our area. It does not represent an endorsement of their services or a recommendation of their individual therapies or treatments. Updated 08/18/15*

- Cascade Counseling: Dr Jeffrey Wagaman, PhD (Adult, Individual, Marital); Dr Joel Wagaman, PhD (Youth/Adolescent and Family); Dr. Sarah A. Chickering (Clinical Psychologist); Becky Cox, MA

(Teenage Girls, Women's Issues, Marriage) 2100 Caton Way SW, **Olympia**, WA 98502 Phone: 360.866.7406

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- Pediatric Psychology Associates: Dr Jeff Hansen, PhD; Dr James Masson, PhD; Dr Jeff Petra, PhD; Dr Greg Williams, PhD, Dr. Ken Miles, PhD 2118 Caton Way SW, **Olympia**, WA 98502 Phone: 360.754.4662
- Sydney Gienty, MA LMHC
2118 Caton Way SW, **Olympia**, WA 98502 Phone: 360.456.5185
- Kristin Clouse, MA (Children, Teens, Adults) 2401 NE Kresky Ave, **Chehalis**, WA 880.3501
- Colleen Hicks, MA (Individual, Marriage, Family)
2100 Caton Way SW, **Olympia**, WA 98502 Phone: 360.438.7188
- Robert Shope (Licensed Mental Health Counselor)
6334 Littlerock Rd SW, **Tumwater**, WA Phone: 360.352.1052
- Breath of Life Counseling (Family, Individual, Children, Marriage, Trauma)
Sherri Hamilton, MA, LMHC EMDR 11 trained
204 Centralia College Blvd, **Centralia**, WA 98531 Phone: 807.8476
- Words of Hope Counseling (Family, Individual, Children)
Sandra Ames, MA LMHC Marriage & Family Therapist www.sandraames.com
540 W River Rd, **Centralia**, WA 98531 Phone: 269.1780 FAX: 360.736.2304
- James Hunt, MA LMHC (Individual, Marriage, Family)

243 US Hwy 12 East, **Chehalis**, WA 98532 Phone: 266.0600
- Enos, Dr. Anthony, Th.D., Ph.D., C.C.P., C.C.D.V.C. 360-219-8885, Christian Counseling for *Solutions That Make Sense*. All needs appropriately addressed. For more information 360-219-8885 **Centralia**
- Renate Starroff, MA EMDR (Children, Marriage, Family, Couples)
1018 Mellen St, **Centralia**, WA 98531 Phone: 736.1930
- Pacific Psychological Associates (Domestic violence, sexual abuse)
Dr David Hawkins 57 W Main St, **Chehalis**, WA 98532 Phone: 748.3774
- New Life Ministries Phone: 1.800.NEW.LIFE
Resource for Christian based counseling & psychologists **statewide**
- St Peters Chemical Dependency Center (NOT CHRISTIAN)
4800 College St SE, **Lacey**, WA 98503 Phone: 1.800.332.0465

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DAYCARE

Cooks Hills Community Church 736-6133 / Harrison Square Presbyterian Church 736-9996

Pope's Kid's Place **360-736-9178/9147** 230 Washington Way, Centralia M-F 8:30 am – 5:00 pm
Serves all children with primary focus on medically fragile, disabled, special health care needs
Daycare and respite services

DOMESTIC VIOLENCE HELP/SHELTER – Human Response Network 748-6601

DOMESTIC VIOLENCE HOTLINE – State 1-800-562-6025 National 1-800-799-7233

DSHS (Department of Social and Health Services) **360-740-3800**

E

EMPLOYMENT HELP

Lewis County Work Source , (State) **360-748-2360** 151 NE Hampe Way, Chehalis (Lewis Co. Mall)
For job hunters, classes, resumes, etc.
Lewis County work Opportunities (non-profit) for job hunters with disabilities

EYE GLASSES

Elks Club, Jeanette Fifield **360-807-8868** (Free eye exam by Dr. Dolazol, local M.D.)
Lions Club, **360-748-3756** (Children only)
Vision USA **800-766-4466** (low income eye care, some restrictions incl. proof of legal residency)

F

FAMILY SERVICES

Crime Victim Advocate **866-711-2826**
Area Agency on Aging **360-748-2524**
Domestic Violence **800-799-7233 National**
800-562-6025 State

Help at Home Senior Svcs. **360-736-9300**
\$25/\$27 per hr. depending on services needed

Pope's Kid's Place **360-736-9178/9147**
230 Washington Way, Centralia M-F 8:30 am – 5:00 pm
Serves all children with primary focus on medically fragile, disabled, special health care needs
Daycare and respite services, Dental program, Outreach program, Pediatric medical clinic.

Volunteer Chore Services **800-783-8193**
Assists disabled, elderly

Catholic Community Svcs. **360-345-1100**
Home Care services for elderly, disabled, children
Under \$800/mo – no charge
Over \$800/mo - fee based

Private in-home care - \$19.00/hour
Transportation to M.D., etc.

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|-------------------------------|---------------------|----------|
| Child Abuse/Neglect | 360-363-4276 | |
| 24 hour reporting line | | |
| Childcare Resource & Referral | 800-446-1114 | 5 |
| Childcare Action Council | 360-786-8907 | |

Child Care

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|---------------------------|---------------------|
| Resource and Referral | 800-446-1114 |
| Child Care Action Council | 360-748-8907 |

WROC – Welfare Rights Organizing Coalition **866-543-9716**
Services include information on welfare rights, guidelines/services to low income parents

FOOD BANKS

Centralia

Hub City
416 N. Tower, Centralia **360-736-6443**
Last Saturday of the month 9:00 am until out of supplies

Gather Church
104 S. Rock St. Centralia
Thursdays 5:30 to 7 pm, Saturdays 3-4 pm

Salvation Army **360-736-4339**
303 N. Gold Monday- Friday 10:00 to 11:45 and 1:00 to 4:00

Chehalis-Adna-Napavine

Greater Chehalis Food Bank
750 SW 21st Street
Friday 12:30 pm – 3:00 pm

Jackson Prairie Assembly of God
4224 Jackson Highway, Chehalis
Monday 9:00 – 2:00

Morton

Sacred Heart Catholic Church
7th and West Adams, Morton
Mon, Tues. and Wed 11:30 am to 2:30 pm

Mossyrock

Mossyrock Assembly of God Church
115 Mossyrock Avenue, Mossyrock
Tuesday 7:00 pm – 8:00 pm
Sunday 1:00 pm to 2:00 pm

PeEll

St. Joseph's Church

North Main St.
4th Wednesday of the month, 11:00 to Noon

SOMMA – Serving Mossyrock, Onalaska, Salkum, Silver Creek Grange, Ethel, Cinebar 6
Salkum Wilcox Road
1st through 4th Wednesdays, 9 am to Noon

Toledo
Toledo Community Hall, 130 2nd St., North (behind fire station) 2nd & 4th Friday 10 -1:00 p.m.

Vader

Vader Assembly of God Food Bank
302 6th St., Vader 360-295-3756
2nd and 4th Tuesdays of the month

Winlock-Vader
Corner of 1st and Fir St. (behind Sack's) Winlock
Wednesday 11:00 am – 2:00 pm

Statewide Diabetic Food Bank
Tacoma Adventist Community Services 253-272-8289
3108 E. Portland Avenue, Tacoma
M-Thurs 10:00-2:30 Must bring empty diabetic Rx bottle

FOOD VOUCHERS

Love INC 360-748-8611, call before coming in

G

GAS VOUCHERS

Love INC, call before coming in 360-748-8611; must have current auto registration and driver's license; Mon-Thurs 9 – 3p.m. and Fri 9 – noon.

H

HOMELESS SHELTERS

Housing Resource Center 360-736-5140 Office 621 S. Diamond, Centralia
runs separate shelters for men and women (formerly called Homeless Shelter)
Services to provide re-entry into jobs/permanent housing
Shelter Program Hotline 360-269-6688

Community Youth Services 888-698-1816
Ask for ILS, servicing kids aging out of the foster care system

Human Response Network – Shelter for victims of **domestic violence (child and adult)**

125 NW Chehalis Ave, Chehalis **360-748-6601**

Motel 6

1310 Belmont, Centralia **360-330-2057**

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(when motel is needed, always call White Pass Community Services first 360-496-2322)

Twin Cities Mission for Women – 6 beds - Christian

418 W 3rd St., Centralia **360-330-2130**

Longview

Community House – **360-425-8679**

serves both single men and women, families

Longview Housing Authority **866-570-8840**

HOUSING (For list of low-income housing call Love INC 360-748-8611 ext. 202)

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K

KACS-KACW 360-748-9436, local community Christian radio. Free public service announcements for churches and charities. Donation supported. www.KACS.org

L

LAUNDRY FACILITIES

Salvation Army, 303 Gold St., Centralia, Tues 9-11 a.m./ Thurs & Fri 1-3 p.m.

LEGAL ASSISTANCE

CLEAR Sr. (over 60) **888-387-7111**

Legal help for low-income, non-criminal issues

Weekdays (except Tues) 9:15 am – 12:45 pm

Tuesdays 3:30 pm – 6:15 pm

Child Support Enforcement **800-345-9984**

Columbia Legal Services **360-943-6260**

Legal information for low-income

www.access.wa.gov

Lewis County Legal Aid (Civil law only) **360-748-0430**

Mon-Fri 9:00 am – 4:30 pm

LEWIS COUNTY SHERIFF

748-9286

M

MEALS – Centralia/Chehalis

(Note: There is a snack of some kind all day at Gather Church, 408 W Main)

Sunday

Brunch 9 am. to 11 a.m.
Lewis County Gospel Mission
72 SW Chehalis Ave

Breakfast 10:30 a.m.
Seven Mt. worship Center
1629 Kresky Ave., Chehalis

Dinner 5:30 to 6:30 p.m.
Gather Church
408 W Main, Centralia

Tuesday

Breakfast 8 a.m. to 9 a.m.
Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 12 noon – 2 p.m.
Lewis County Gospel Mission
72 SW Chehalis Ave.

Tuesday, cont'd.

Lunch 11 a.m. to 12:30 p.m.
Hub City Mission
416 No. Tower, Centralia

Dinner 5:30 to 7:00 p.m.
Virgil Lee Bldg
221 SW 13th St., Chehalis

Thursday

Breakfast 8 a.m. to 9 a.m.

Monday

Breakfast 8 a.m. to 9 a.m.
Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 11 a.m. to 12 p.m.
Gather Church
408 W Main St., Centralia

Dinner 3rd and 4th Mondays
Centralia Methodist Church
506 So. Washington Ave

Wednesday

Breakfast 8 a.m. to 9 a.m.
Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 12 noon to 2 p.m.
Lewis County Gospel Mission
72 SW Chehalis Ave

Wednesday, cont'd.

Lunch 11 a.m. to 11:45 a.m.
Gather Church
408 W. Main, Centralia

Dinner 5:30 to 6:30 p.m.
Gather Church
408 W. Main, Centralia

Dinner 5:30 p.m. to 6:30 p.m.
St. John's Lutheran Church
2190 Jackson Hwy., Chehalis

Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 12 noon to 2 p.m.

Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 11 a.m. to 11:45 a.m.

Salvation Army (call first 736-4339)
303 No. Gold St., Centralia

Dinner 6:30 p.m. to 7:30 p.m.

Gather Church
408 W Main, Centralia

Saturday

Brunch 9 a.m. to 11 a.m.

Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 11 a.m. to 12 noon

Salvation Army
303 No. Gold St., Centralia

Dinner 3rd Saturday only 8:30 a.m. to 5:p.m.

Gather Church
408 W Main St., Centralia

Dinner 6 p.m.

Seven Mountain Worship Center
1629 Kresky Ave., Chehalis (potluck, no need to bring food)

MEDICAL EQUIPMENT_(for minimal fee, loan, or give away)

Goodwill (Warren) **360-785-3176**

(have items for Veteran and Spouse, may take items, no fee)

Knights of Columbus (wheelchairs, walkers, etc) **360-748-4150**

Will loan equipment, free, return when finished with it

Medical Equipment Exchange **360-866-3515**

Shelton Medical Equipment Bank **360-432-0449**

Used Medical Equipment Bank **360-456-8810**

There are also 2 websites which could help: 2good2toss.com and freecycle.com

MEDICAL HELP

Health and Hope Medical Clinic – **Free**

Tuesdays 5:30 to 8:30 p.m. – 1911 Cooks Hill Rd., Centralia 360-623-1485

Friday

Breakfast 8 a.m. to 9 a.m.

9

Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 12 noon to 2 p.m.

Lewis County Gospel Mission
72 SW Chehalis Ave

Lunch 11:.m. to 11:45 a.m.

Salvation Army (call first 736-4339)
303 No. Gold St., Centralia

Dinner 6 p.m. to 7 p.m.

Grace Foursquare Church
3030 Borst Ave., Centralia

DSHS - Basic Health and Medical Coupons **800-981-2123**

Cascade Mental Health **360-748-6696**

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Valley View Medical **360-330-9595**
2690 NE Kresky Ave., Chehalis

MENTAL HEALTH ISSUES – Crisis Hotline 800-559-6696

Cascade Mental Health – 748-6696

MOPS Mothers of PreSchoolers – call 736-9981

N

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P

PARENTING CLASS 360-736-6133

Cooks Hill Community Church

Love and Logic Parenting classes **360-736-9391 X 464 Linda Wilcox**
Email instructor at ckearns@toledotel.com

PET CARE

Low or No-Cost Spray or Neuter **360-748-6263**
Pet Connection/Ron Lebenton

POISON CONTROL CENTER – Hotline 1-800-222-1222

Immediate free, expert treatment advice/assistance on the telephone in case of poison, or hazardous substances.

POLICE DEPARTMENTS, NON-EMERGENCY

Centralia Police **360-330-7680** Chehalis **360-748-8605**

PRESCRIPTION HELP

These programs offer free or low-cost prescriptions to Seniors and Low-Income Families with no medical insurance. These programs are **NOT** run by DSHS.

CHOICE Regional Network **800-981-2123**

Prescription Drug Hotline **888-435-3377**

Love INC (non-narcotic only) **360-748-8611**

Family Wise Community Service Partnership, Inc. **1-866-810-3784** www.familywise.org/

Washington Prescription Drug Program

Enrollment **1-800-913-4146**

Customer Service **1-800-913-4311**

PREGNANCY SUPPORT

Possibilities Pregnancy Center **360-330-2229**

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1017 W Main St., Centralia

Free pregnancy tests, prenatal & parenting resources, nurse consults, diapers, material support

Hours: Mon- Wed 10 a.m. –5 p.m.; Thurs 10 a.m. – 2 p.m.

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RENT ASSISTANCE

Love INC

360-748-8611

Red Cross

360-748-4607

57 W. Main, Suite 245, Chehalis (fire loss only)

Salvation Army

360-736-4339

Tues, Wed, Thurs 1:30 pm – 3:00 pm call first, Must fill out application

St. Vincent de Paul

Centralia/Chehalis

360-736-4356 Ex. 117

Remainder of Lewis County call

360-864-4130 OR 360-496-2322

Veterans Relief Fund

360-740-1417

Monday 9:30-Noon (call for appointment off days)

4th Thursday in Morton PUD Noon-3:00

S

SENIORS

Area Agency on Aging 748-2524

Volunteer Chore Services – assist elderly 800-783-8193

Catholic Community Services – home care services for elderly disabled, children

Private in-home care \$19/hr.

Love INC, 748-8611 ext. 202

SHOWERS

Lewis County Gospel Mission, 72 SW Chehalis Ave Mon – Fri 9 a.m. to 11 a.m. **966-4474**

Salvation Army 303 Gold St., Centralia, Tues 9-11 a.m.; Thurs & Fri 1-3 p.m. **736-4339**

SINGLE MOM H.S. DIPLOMA 360-736-9391 ext. 563

SUPPORT GROUPS (Note: for grief/loss support groups Google griefshare chehalis wa or centralia wa)

AIDS **360-748-4357**
Alzheimer's Support Group **360-330-8717** 4th Monday 2:00 pm to 4:00 pm **12**

Grief and Loss Support
Westminster Presbyterian Church – **748-0091** 4th Thursday, 6 p.m.
394 No. Market Blvd, Chehalis

Multiple Sclerosis Group **360-330-8620**
3rd Tuesday and 3rd Thursday 7:00 pm

NW Family Therapy (Hispanic) **360-748-6580**
1034 S. Market, Chehalis

Parkinson's Support Group **360-520-4889** 2nd Thursday each month 1:00 p.m.
Bethel Church, 132 Kirkland Road, Chehalis

Parents who've lost a child **360-269-1354**
2nd and 4th Wednesday, Valley View, Joy

Sexual Abuse/Assault Therapy and Support
Human Response Network **360-748-6601 or 800-244-7414**
Providence St. Peters **360-492-9480**
Evergreen Psychological Assoc. **360-740-8533**

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TRANSPORTATION

Amtrak **360-736-8653**
Angel Flight Inc. **918-749-8992**
CAP Bus **800-383-2101 or 360-425-3430** Vancouver to Castle Rock
Catholic Comm. Services (CCS) **360-748-0161**
Cowlitz Tribal Transport **360-864-8720 or 360-232-8526**
Greyhound **360-736-9811**
Lewis County Senior Transportation **360-748-0161**
Love INC **360-748-8611** (Mon-Thurs 9-3, Fri 9-noon)
Para Transit **800-846-5438**
Quality Taxi **360-807-3923**
Rural Transit **800-650-7846**
Twin Transit **360-330-2072**
Lewis Mountain Transit **360-496-5404** (White Pass Comm. Services bus)

TUTORS

Love INC **360-748-8611** volunteer tutors for reading up to grade level
United Way **360-748-8100** reading buddies, tutors

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UTILITY/ENERGY ASSISTANCE

| | | |
|---|--|---|
| Community Action Council 409 N. Tower, Centralia | 360-736-1800 or 800-952-8012 Ex. 100 | Funds from November until gone |
| Love INC | 360-748-8611, Ex. 204 | |
| Puget Sound Energy | 888-225-5773 | Limited help |
| Salvation Army | 360-736-4339 | |
| Winlock contact Tedi Curry Morton | 360-785-3811 | |
| St. Vincent de Paul Centralia/Chehalis | 360-623-1144 | |
| Winlock, Toledo, Mossyrock | 360-864-4130 | |
| Wash. Trans. & Util. Comm. Natural Gas and Telephone help only | 888-333-9882 | |
| | 360-496-3230 | (Director of Morton Senior Center) Tues/Thurs 9-3 |

V

VETERANS AFFAIRS

Veterans Relief Funds **800-827-1000** or **800-827-0648**

360-740-1417

W

WASHINGTON STATE PATROL

360-260-6333 Crime Stoppers **740-1326**

WELFARE FRAUD

800-562-6906

WIC (Services for Women/Infant/Children) **360-740-1255**

WORK OPPORTUNITES, LEWIS COUNTY **360-748-9921**

122 Sears Road, Chehalis - Provides industrial job training, supported employment, job coaching, and job development services. email: info@lcworkop.org

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