

A **BIG** Thank You

bigbigbigbigbig

Your Work Matters

♥ To All of Our Community Service Providers! ♥

CC Student Resources

- **FREE Twin Transit bus pass and parking sticker**
- **Trail Blazer Student Food Pantry** TAC 130
Mon-Fri, 8a-5p (Fall, Winter and Spring Quarters)
~ *One bag twice monthly with copy of current quarter schedule.*
- **Showers**
Located on each floor of the TAC building.
- **Blazer Central** 8a-5p Kirk Library (360) 623-8737
~ *Academic Planning*
~ *Individual Navigation Support*
~ *Basic Technology Support*
~ *Study Skill and Success Workshops*
~ *Peer Mentoring Program*
- **Counseling Center** 8a-5p TAC 2nd Floor (360) 623-8967
- **Disability Services** 8a-5p TAC 208 (360) 623-8966

Help Is Here!

Student Emergency Assistance Grant

Centralia College offers emergency assistance to students who experience a financial emergency or unanticipated expense that causes financial hardship. The goal is to cover expenses that affect a student's ability to stay in college and complete their education. ***Funding based on availability***

For more information or to apply visit:

www.centralia.edu/funding/emergency-grants.aspx

Centralia College does not discriminate against any person on the basis of race, color, national origin, disability, sex, genetic information, or age in admission, treatment, or participation in its programs, services and activities, or in employment. All inquiries regarding compliance with access, equal opportunity and/or grievance procedures should be directed to the Vice President of Human Resources and Legal Affairs, Centralia College, 600 Centralia College Blvd, Centralia, WA 98531, or call 360-623-8943.

Lewis County Resource Guide

February 2020



- Community Meals
- Food Pantries
- Food Boxes
- Clothing Banks
- Hygiene
- Rent/Utilities
- Housing/Shelters
- Transportation/Auto

Community Service Providers

Provider	Instructions (if any)	Phone	Address
Gather Café		(360) 827-0264	408 W. Main St. Centralia
Salvation Army	Requires picture ID. & proof of address (piece of mail)	(360) 736-4339	303 N. Gold St. Centralia
Housing Resource Center	*Registered Safe Place*	(360) 736-5140	621 S. Diamond St. Centralia
Reliable Enterprises		(360) 736-9558	203 W. Reynolds Ave Centralia
Community Action Council		(360) 736-1800	409 N. Tower Ave. Centralia
Church of the Nazarene		(360) 736-9981	1119 First St. Centralia
Lewis County Gospel Mission		(360) 996-4474	72 SW Chehalis Ave. Chehalis
Love Inc. of Lewis County	Access by phone	(360) 748-8611	
White Pass Community Services Center	For Lewis Co. residents EAST of Onalaska	(360) 496-5404	102 Main Ave. Morton
St. Vincent de Paul	Access By Phone: Slowly & clearly leave your name and phone number and SVDP will return your call	Centralia/Chehalis: (360) 623-1144 Napavine/Winlock/Mossyrock: (360) 864-4130	
Hope Alliance (Human Response Network)		(360) 748-6601 Office + 24 hr. Crisis	9a-1p, 2p-4p

Department of Social & Health Services (DSHS)

Apply for services at www.washingtonconnection.org then call **1-877-501-2233** and request an interview.

Lewis County office located at **151 NE Hampe Way, Chehalis**

Family/Parent Services Continued

- **Access to Baby & Child Dentistry** (360) 539-7576 X103
Free service for children under 6 with Provider One.
- **Lewis County Head Start** (360) 736-1696
Early childhood education for children aged 3-5 years old.
- **Lewis County Autism Coalition | The Link** (360) 508-4287
Diagnosis and support resource center for children and adults on the autism spectrum.

Parenting Essentials

From pregnancy to adult, check out popular parenting topics and test your skills with interactive activities, videos and more.

www.cdc.gov/parents/index.html

Support Groups/Services

- **Community Integrated Health Systems** (360) 261-6930
Peer Bridger Program (855) 303-4834
Peer Bridgers use their lived experience to provide support, guidance and hope to those discharging from State Hospital.
- **Parent to Parent** (360) 736-4359
Providing support and information to families of children with disabilities and/or special healthcare needs.
- **Nami Lewis County** 24/7 Crisis Line (360) 807-2440
Family Support Group for families, caretakers & friends of persons with mental illness.
Connections Recovery Support Group for adults with a mental illness, regardless of diagnosis.

And more! Visit www.namilewiscountywa.org

- **XII Step Club of Lewis County** (360) 748-6818
2100 N. National Ave., Suite 108, Chehalis
Open Mon-Sun 10a-10p

Family/Parent Services

- **WIC (Women, Infants & Children)** (360) 740-1255
360 NW North St., Chehalis
Located on the second floor of the Health Services Building
- **In-Tot Developmental Center** (360) 736-4359
Assists children from birth to age 3 and their families learn and grow to meet their developmental milestones.
- **Community Integrated Health Systems** (360) 261-6930
Wraparound with Intensive Services (WISe) (855) 303-4834
We partner with youth under 21 and their families to develop a collaborative plan that builds on their strengths and needs while supporting the youth and family in a community setting.

Department of Social & Health Services (DSHS)
Apply for services at www.washingtonconnection.org
then call **1-877-501-2233** and request an interview.
Lewis County office located at **151 NE Hampe Way, Chehalis.**

- **Alternative Solutions Program** (360) 664-5028
Advocates for responsible parents by helping them overcome the barriers preventing them from complying with child support orders.

VIP
Housing & Supportive Services for Homeless Veteran Families in SW Washington
1207 Commerce Ave., Longview.
(360) 423-0140 X96 • (866) 255-2799

- **Parent-Child Assistance Program (PCAP)** (360) 890-2541
Prevention and intervention with high-risk mothers and their children. For women with SUD while pregnant, are pregnant with SUD, or up to 12 mo. post partum, OR who have a child with Fetal Alcohol Spectrum Disorder and are currently abusing alcohol.

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Did you know
Centralia College has additional funding for folks who receive State food benefits, are on unemployment or have been in the past 4 years, or are plain low income?

You could receive funding for GED, HS Diploma, or programs like

- ✓ Welding ✓ Criminal Justice ✓ Nursing & Nursing Assistant ✓ IT
- ✓ Electronics & Robotics ✓ Chemical Dependency ✓ Diesel Technology
- ✓ Early Childhood Education **And So Much More!**

For more information or to apply
visit us at Centralia College in the Transitional Services Building
(across the hall from WorkSource!) office 101.




Clothing Banks

Gather Café	Every Thursday: 5-6pm Emergency/Office wear anytime
Salvation Army	Tues - Fri: 10-12 and 1-3
Lewis Co. Gospel Mission	Mon-Fri: 10-2
St. Vincent de Paul	Call the message phone
New Life Thrift Store (Dress For Success) <i>Located in the north end of the Sunbirds Shopping Center building at 1757 N. National Ave., Chehalis</i>	Mon-Sun: 9-6 <i>The store is closed Wednesdays, but the clothing bank can be accessed by ringing the bell on the service door. *FREE coats and sleeping bags to the homeless, plus books and toys for kids.*</i>
Cornerstone <i>Located upstairs in the Yardbirds Mall, Suite 230. 2100 N. National Ave. Chehalis</i>	Thursday 10-1
White Pass Community Services Center	Call or stop in

Legal/Documentation (Free)

Love Inc.	<ul style="list-style-type: none"> • Copies of birth certificates • Duplicate IDs • Background checks
Community Action Council	General, legal, medical and systems advocacy services to those impacted by crime. *No income requirements for service*
Northwest Justice Project nwjustice.org • (888) 201-1014	Apply for free legal representation
WashingtonLawHelp.org	Know Your Rights resources, self-help packets, DIY forms, educational videos, locate legal assistance in your area.

Community service provider locations and phone numbers can be found on page 2

Health Care

Sexual Health & Pregnancy

- **Planned Parenthood** (360) 330-2899
1020 W. Main St., Centralia
- **Possibilities** (360) 330-2229
1017 W. Main St., Centralia
- **WIC (Women, Infants & Children)** (360) 740-1255
360 NW North St., Chehalis
Located on the second floor of the Health Services Building

Mental Health & SUD Services

- **Cascade**
2428 W. Reynolds Ave., Centralia (360) 330-9044
228 W. Main St., Morton (360) 496-5157
- **Eugenia Center**
121 NW Chehalis Ave., Chehalis (360) 740-9767
~**Adult Social Support Services @ the Eugenia Center, Chehalis~**
230 E. State St., Mossyrock (360) 983-3227
- **New Directions**
1956 NE Kresky Ave., Chehalis (360) 740-4380
- **American Behavioral Health Systems**
1723 Kresky Ave., Centralia (360) 559-6201
500 SE Washington Ave., Chehalis (360) 748-4776
- **Community Integrated Health Systems** (360) 261-6930
Flexible Assertive Community Treatment (FACT) (855) 303-4834
- **Community Integrated Health Systems** (360) 261-6930
Trueblood Mental Health Diversion (855) 303-4834
The Trueblood team works with pre-release participants living with mental health issues to navigate a path out of incarceration.

Health Care



Free Eye Exams & Glasses



Courtesy of the Lions Club & Dr. Dolezal

Complete the application process to see if you qualify by visiting
Innovations in Eye Care • 1125 Mellen St. Centralia

Sliding Scale & Walk-In Clinics

- **Valley View Health Center & Dental** (360) 330-9595
2690 NE Kresky Ave., Chehalis
- **Planned Parenthood** (360) 330-2899
1020 W. Main St., Centralia
- **Valley View Walk-In** (360) 736-3042
1800 Cooks Hill Rd., Centralia
- **Steck Urgent Care** (360) 330-2899
1020 W. Main St., Centralia
- **The Quick Clinic** (360) 736-0256
2526 Colonial Dr., Centralia



Health & Hope FREE Walk-In Clinic

For the Un and Under Insured who are not eligible for State insurance or who have deductibles of \$4000 or more per person, and meet income criteria.

Every Tues 5:30p-8p NW Pediatrics,
West Building, 1911 Cooks Hill Rd. Centralia

Community service provider locations and phone numbers can be found on page 2

Housing/Survival

Housing: *Start Here* → **Housing Resource Center**
& complete intake process
HRC acts as a gateway to other housing resources in our area, such as Reliable Enterprises and Community Action Council. When in need, always start here.

Rent
<ul style="list-style-type: none"> • Love Inc. • Community Action Council With 14 day eviction notice • Salvation Army • St. Vincent de Paul • Gather Café • Church of the Nazarene

Utilities
<ul style="list-style-type: none"> • Love Inc.: Financial, firewood, propane • Community Action Council: City, PUD, PSE, firewood, oil, propane, weatherization, repairs. • Salvation Army • St. Vincent de Paul • Church of the Nazarene • Gather Café

Shelters
<ul style="list-style-type: none"> • Housing Resource Center • Hub City Mission Severe Weather Shelter @ the SW Washington Fairgrounds. 2555 N National Ave. Chehalis. Open when night time temps drop to 38° or below, or severe weather is imminent. Follow on Facebook for regular updates on shelter hours. • Lewis County Gospel Mission: Day shelter open Mon-Fri 7am-3pm. • Hope Alliance (AKA Human Response Network) Domestic Violence Shelter.

Tents & Tarps *Based on availability*
<ul style="list-style-type: none"> • Friends Without Homes Call:(360) 386-5915 • Housing Resource Center • Salvation Army • Gather Café

Blankets/Sleeping Bags *Based on availability*
<ul style="list-style-type: none"> • Friends Without Homes Call:(360) 386-5915 • Love Inc. • Salvation Army • Gather Café • New Life Thrift Store (See Clothing Banks on pg 4 for more information)

Rent Well Program

A program to help you strengthen your rental resume. Learn what landlords want in a renter and gain tips on how to overcome barriers to get a YES on your rental application. The Rent Well program networks with local landlords and can give excellent referrals to successful graduates. All are welcome!

For more information or to sign up for the Rent Well program, stop in or call Reliable Enterprises

Community service provider locations and phone numbers can be found on page 2

Food Pantries By City

City	Location/Time	
Centralia	Salvation Army	Tues-Fri 10a-12p, 1p-3p
	Gather Café	Thurs 5p-6p
	Hub City Mission 416 N. Tower Ave.	2 nd Sat of Month 9a-10a
	God's Portion 1025 F St.	Weds 5p-7p Sat 2:15p-5p
Chehalis	Greater Chehalis Food Bank 450 SW 21 st St.	Fri 12:30p-3p
	Jackson Prairie Church 4224 Jackson Hwy. Near Mary's Corner	Mon 9a-12a Closed Holidays
Mineral	Mineral Neighborhood Christian Center 127 Mineral Rd. N.	Weds 12p-3
Morton	Pastor's Pantry 7th & Adams St.	Fri 11a-3p
Toledo	Toledo Food Bank 101 N. 2 nd St.	2 nd & 4 th Fri 11a-1p
PeEll, Doty, Dryad	PeEll Food Bank N. Main St., PeEll	Last Weds of month 11a-12p
Salkum, Onalaska, Mossyrock, Ethel, Cinebar, Silver Creek	S.O.M.M.A Food Bank 144 Wilcox Rd., Salkum	2 nd , 3 rd & 4 th Weds 9a-12p
White Pass, Randle, Packwood, Glenoma	White Pass Food Bank 106 Kindle Rd., Randle	1 st & 3 rd Friday 9a-11a
Winlock, Vader	Winlock-Vader Food Bank 1 st & Fir St., Winlock	2 nd Weds 4p-7p All Other Weds 11a-2p

Hygiene

Showers

- **Salvation Army**
Mon & Fri 11am-3pm
Tues-Thurs 1pm-3pm
- **Lewis County Gospel Mission**
Mon- Fri 9am-11am



Laundry

- **Salvation Army**
Mon & Fri 11am-3pm
Tues-Thurs 1pm-3pm
- **Love Inc.**
Laundromat Voucher

Toiletries

- **Salvation Army** • **Gather Café** • **Love Inc.**
- **Lewis County Gospel Mission** • **St. Vincent de Paul**

Hair Cuts

Gather Café regularly works to obtain volunteers who give haircuts for free. Inquire within to find out the next scheduled day for cuts.

Centralia Beauty College, located at 217 S. Tower Ave. in Centralia, offers a **haircut+shampoo for \$6.95**. Call (360) 736-2866 for your appointment.

Other Services/Did You Know?

Free Phone. Free Service. For Life.

3GB of Data, Unlimited Text & 1000 Minutes of Talk.

Eligibility based on income. Sign up at Qlinkwireless.com

Internet Essentials from Comcast \$9.95+tax per mo.

No contract | No credit check | No Installation Fee | 15 Mbps

Apply at apply.internetessentials.com

Community service provider locations and phone numbers can be found on page 2

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Gas/Auto/Transportation

What	Who
Gas	<ul style="list-style-type: none"> • Love Inc. For verifiable appointments • St. Vincent de Paul Requires proof of insurance and registration • Church of the Nazarene • White Pass Community Services Center For verifiable appointments, proof of insurance required. • Gather Café
Bus Pass	<ul style="list-style-type: none"> • Lewis County Gospel Mission Daily pass for verifiable appointments • Gather Café
Auto Repair	<ul style="list-style-type: none"> • Church of the Nazarene Very limited assistance dependent on volunteer status. • Gather Café Some financial assistance possible; talk to Bethanne.

Hub City Bike Shop

At the Pearl Street Pool

500 Block of N. Pearl St. Centralia

Tuesdays & Saturdays, 10am to 2pm

Bring your bicycle down for assistance with tune up, chain lube and flat tire repair. We have tools and mechanics available to help!

→ **Donations gladly accepted!**

Community service provider locations and phone numbers can be found on page 2

Food Boxes

Where	What/How
Salvation Army	<ul style="list-style-type: none"> • Regular food box available once per month. • Emergency food box available once per month.
Gather Café	Emergency food available anytime upon request.
Hub City Mission 416 N. Tower Ave., Centralia	Last Saturday of the month beginning at 9a
St. Vincent de Paul	Call the message phone

Grocery vouchers available for eligible applicants through **Love Inc.**

Hot Meals Outlying Areas

Provided by The Hub City Mission

Bucoda	Bucoda Community Center 204 S. Main St.	Dinner Tues 6p-7p
Onalaska	Onalaska Elementary School 540 Carlisle Ave.	Dinner 4 th Tuesday 5:30-7p

Community service provider locations and phone numbers can be found on page 2

Hot Meals • • • • Centralia

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
First Week	8:30a-5p Eat Free Café • Light meal on request					
			9-10 Breakfast			
	11-12 Lunch	11:00-12:30 Hot Lunch	11am Lunch			11-12 Lunch
		4:30 Hotdog Dinner/Socks	5:30-6:30 Free Hot soup	6-7:30 Dinner	4:15-4:45 Dinner	
		5:30-6:30 Dinner				
Second Week	8:30a-5p Eat Free Café • Light meal on request					
			9-10 Breakfast			
	11-12 Lunch	11:00-12:30 Hot Lunch	11am Lunch			11-12 Lunch
		4:30 Hotdog Dinner/Socks	5:30-6:30 Free Hot soup	6-7:30 Dinner	4:15-4:45 Dinner	
		5:30-6:30 Dinner				
Third Week	8:30a-5p Eat Free Café • Light meal on request					
			9-10 Breakfast			
	11-12 Lunch	11:00-12:30 Hot Lunch	11am Lunch			11-12 Lunch
		4:30 Hotdog Dinner/Socks	5:30-6:30 Free Hot soup	6-7:30 Dinner	4:15-4:45 Dinner	Dinner after 5:30 Service
		5:30-6:30 Dinner				
Fourth Week	8:30a-5p Eat Free Café • Light meal on request					
			9-10 Breakfast			
	11-12 Lunch	11:00-12:30 Hot Lunch	11am Lunch			11-12 Lunch
		4:30 Hotdog Dinner/Socks	5:30-6:30 Free Hot soup	6-7:30 Dinner	4:15-4:45 Dinner	
5:30 Dinner	5:30 Dinner	5:30-6:30 Dinner				

Gather
408 W. Main
Centralia

Salvation Army
303 N. Gold
Centralia

First United Methodist
506 S. Washington Ave.
Centralia

Hub City Mission
Lewis & Clark Hotel
117 W. Magnolia
Centralia

Hub City Mission
416 N. Tower
Centralia

Hot Meals • • • • Chehalis

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
First Week	8a-9a Breakfast 12p-2p Lunch 10a-2p One Meal Food Bags To Go					
	Brunch 9-11 +Lunch To Go		5:30-6:30 Dinner			Brunch 9-11 +Lunch To Go
Second Week	8a-9a Breakfast 12p-2p Lunch 10a-2p One Meal Food Bags To Go					
	Brunch 9-11 +Lunch To Go		5:30-6:30 Dinner			Brunch 9-11 +Lunch To Go
Third Week	8a-9a Breakfast 12p-2p Lunch 10a-2p One Meal Food Bags To Go					
	Brunch 9-11 +Lunch To Go		5:30-6:30 Dinner			Brunch 9-11 +Lunch To Go
Fourth Week	8a-9a Breakfast 12p-2p Lunch 10a-2p One Meal Food Bags To Go					
	Brunch 9-11 +Lunch To Go		5:30-6:30 Dinner			Brunch 9-11 +Lunch To Go

Lewis County Gospel Mission
72 SW Chehalis Ave.
Chehalis

Hub City Mission
V.R. Lee Building/Recreation Park
221 SW 13th St.
Chehalis