

SMOKING CESSATION

Fresh Start (Free)	699-0264
Stay Free Plan (Low Cost).....	737-2511
Washington Tobacco Quit Line.....	877-270-STOP
.....	800-2NO-FUME(Spanish)

SUPPORT

ASK (spec. kids resource line).....	800-322-2588
Baby Blues Connection (SWMC).....	735-5571
Body Image & Eating Disorders.....	546-9506
Clark County Info and Referral (211).....	694-8899
Clark County Parent Coalition	759-4917 x109
.....	907-3287
CVAB Self-Empower Svs cvabonline.com	397.8050 x7618
Developmental Disabilities Assoc.....	418-6108
Family Help Line	800-932-HOPE
Friends for Teens (YWCA)	696-0167
OMBUDS Education Office oeo.wa.gov	866-297-2597

TRANSPORTATION

C-Tran/ C-Van.....	696-4494
Employment Transportation.....	258-2103
Medicaid Transportation	694-9997
Toll free	800-752-9422
RSVP	694-6577
The Carpenters Garage.....	882-7755
Trip Resource Ctr tripresourcecenter.org	360-735-5733

UTILITIES

Clark Public Utilities.....	992-3000
Energy Assistance Prog. (Mon-Fri 9 AM).....	866-861-6354
SafeLink Wireless	800-977-3768
WA Phone Asst. Program.....	888-333-9882

WEBSITES OF INTEREST

Baby Talk Free email subscription email	Subscribe-babytalk@listserv.unc.edu
Center for Disease Control (CDC).....	www.cdc.gov
CDC Milestone Tracker App.....	cdc.gov/milestonetracker
Joyful Journey Mom.....	www.joyfuljourneymom.com
DDA/IFS Video	www.informingfamilies.org/ifs_video
Discount on diapers	diapers.com/
Misc. discounts	frugallivingnw.com/
MyPreemie App	grahamsfoundation.org/mypreemieapp/
SIGN IT	signitasl.net
You could get curriculum free if your child is 36mths or younger who is deaf or hard of hearing	infanthearing.org/signit
Special Olympics specialolympicswashington.org	206-362-4949
Text4Baby App	www.text4baby.org
Zero to Three	www.zerotothree.org



Children w/Special Health Needs Community Resources

Emergency	911
Crisis Hotline	800-626-8137
Domestic Violence Hotline	800-562-6025
Information & Referral	211
Poison Center	800-222-1222
Text Crisis Line (Text HOME to 741741) Counselor will reply	
Washougal Social Services	835-7802

ABUSE

CPS Hotline	888-713-6115
Safe Choice	695-0501
Sexual, Physical, Emotional Abuse (YWCA).....	696-0167

ADOPTIONS

Boys & Girls Aid.....	877-932-2734
Open Adoptions	254-7236

ALCOHOL/DRUGS

Al Anon (for family members).....	693-5781
Alcoholic's Anonymous.....	694-3870
Change Point.....	604-0068
Cocaine Anonymous	800-662-2463
Columbia River CDDR/NorthStar	993-3040
Daybreak Youth Svs.....	360-750-9588
Out-Patient.....	360-750-9635
Lifeline	397-8246
Northwest Recovery Ctr	993-3040
Narcotics Anonymous.....	690-1144

AUTISM SPECTRUM DISORDER

American Academy of Pediatrics.....	aap.org
Autism Empowerment www.autismempowerment.org	360-852-8369
Autism Facts cdc.gov/ncbddd/actearly/downloads.html	
Autism Outreach Project.....	888-704-9633
Autism Speaks autismspeaks.org	888-288-4762
WA State Medical Home	206-685-1279
medicalhome.org/diagnoses/autism	
Autism Society of America autism-society.org	800-328-8476

BABY CLOTHES AND FURNISHINGS

Birthright	694-8156
Pathways Pregnancy Clinic—Camas/Wash.	834-2829
Denim & Frills	571-9014
Goodwill Store	695-4669
Interfaith Treasure House.....	834-5786
KIDZ CLOZ	687-6997
Little Bo-tique.....	695-6126
Once Upon A Child	253-7742

Options 360 Battle Ground	687-8943
Orchards	567-0285
Punkey Doodlebugs	253-2229
Salvation Army thrift Store	693-0671
Spanky's	260-0791
The Regifting Store	694-7263

BIRTH CONTROL/FAMILY PLANNING SERVICES

Emergency Contraceptive Line	888-NOT-2-LATE
Planned Parenthood	888-576-7526

BREASTFEEDING

Breastfeeding Peer Mentors (WIC)	397-4370
La Leche League (Local Info line)	514-6773
Legacy Lactation Services	497-4050
Nursing Mother's Counsel	750-0656
PHSW Lactation Dept.	514-4027
Sea-Mar WIC Vancouver	397-8459

CAR SEAT

Hotline (recall & buckle-up)	800-282-5587
PHSW Car Seat Clinic-3 rd Sat. of mo	450-8997

CHILDBIRTH EDUCATION (Medicare/Medicaid pays cost)

Legacy Salmon Creek	487-4840
PHSW Medical Center	514-2229

CHILD CARE

ARCH Respite, Crisis archrespite.org	919-490-5577
Childcare Resource & Referral resources.parenthelp123.org/	750-9735
Dept. of Early Learning for WA del.wa.gov	866-482-4325
Div. of Dev. Disabilities –DSHS Respite	750-4250
www.dshs.wa.gov/ddd	888-877-3490
Innovative Svcs Respite & Nurturing Parenting	823-5154
Medically Fragile Children at Providence	503-215-2404
Working Connections Child Care dshs.wa.gov	877-501-2233

CHILDREN EARLY INTERVENTION THERAPY

Developmental Disabilities Assoc. (DDA)	418-6108
Region 6	725-4250/586-4719 TTY
dshs.wa.gov/dda	800-339-8227
Early Choice Pediatric Therapy	750-5850
EOCF (Early Head Start age 0-3; Head Start, ECEAP ages 3-5)	896-9912
Early Support for Infants & Toddlers/Early Head Start (ESIT)	
Clark	750-7507
Statewide eocfwa.org/programs/earlyheadstart/	800-322-2588
Enterprise for Progress in the Community (EPIC)	
epicnet.org	509-248-3950
Family Health Hotline Statewide ParentHelp123.org	800-322-2588
Innovative Svcs NW innovativeservicesnw.org	892-5142
Legacy Pediatric Developmental Clinic	
Randall Children's	503-276-6500
Salmon Creek	487-1000

Lions Hearing Committee	690-4327
New Heights Clinic (call for appt/no cost)	694-0355
RX Assistance Program (SHEBA)	735-3686
Sea Mar B.G. 118 S. Parkway Ave	342-8060
Sea Mar 7410 e. Delaware (Navigator on site)	896-5128
Sea Mar 6100 E 4th Plain Blvd	947-2550
Sea Mar E. Vanc. 19005 SE 34th St	726-6720
Sea Mar 20 th Ave Salmon Creek (Navigator on site)	852-9070

PARENT SUPPORT

ARC of Clark County (P2P prog)	254-1562
.....	759-4917 x 104
Center for Children w/ Special Needs cshcn.org	206-884-5741
Children w/Special Health Care Needs (Care Coordination)	397-8440
Early Support for Infants & Toddlers Prog.	725-3500
del.wa.gov/providers-educators/early-support-infants-and-toddlers-esit	
Family Educator Partnership Proj. www.arc-spokane.org	888-754-8798
Healthy Mothers, Healthy Babies www.withinreachwa.org	800-322-2588
ParentHelp123 parenthelp123.org	800-322-2588
Swindells Family Resource bit.ly/swindellsresourcecenter	503-215-2429
WA PAVE	wapave.org
WA State Father's Network fathersnetwork.org	425-747-4004
WA State Medical Home medicalhome.org	206-685-1279
WithinReach Family Health Hotline withinreachwa.org	800-322-2588
Zero to Three zerotothree.org	202-638-1144

PARENTING EDUCATION

Caring Connections–Nurturing Parenting (Sat.)	882-3606
Children's Center	699-2244
Children's Home Society	695-1325 x 4221
Clark College	992-2000
ESD 112 (Parents as Teachers Program)	750-7500
Evergreen Community Education	604-4082
Girls & Boys Town Nat. 24hr Parenting Hotline	800-448-3000
Parenting Program – EOC of Clark County	896-9912

RECREATION

BG Indoor Play Park	687-7767
C.A.S.T. for Kids Program www.castforkids.org	425-251-3214
Club Upside (2 nd Sat. of Mo., 2-4pm, St. Andrew Lutheran Church)	360-953-1597
Family Circle time	992-0205
Firstenberg Comm Center	487-7001
Fort Vancouver Regional Libray http://www.fvrl.org/	360-906-5000
Harvest Comm. Church	833-8224
Noah's Ark	694-3363
Open Arms Play Group-1st Sat. of mth 2:30-4:30 Unitarian Universalist Church ..	
Parks and Recreation-Vancouver	360-487-8311
Summer Camp Directory for Special Needs Children	
.....	www.cshcn.org/resources-contacts/summer-camp-directory

HOSPITALS

Clark County

Legacy Salmon Creek Med. Ctr legacyhealth.org 487-1000
PeaceHealth SW peacehealth.org/southwest-medical-center 514-2000

Greater Washington Hospitals

Seattle Children's Hospital seattlechildrens.org
Olympia Clinic.....360-459-5009
Seattle Hosp.....206-987-2000
Olympia's Mary Bridge Children's Multicare Health Ctr
Olympia, WA multicare.org/marybridge800-552-1419

Portland

Doernbecher ohsu.edu/xd/health/services/doernbecher/503-494-8311
Legacy Emanuel legacyhealth.org/emanuel 503-413-2500
Shriner's Hospital shrinershq.org.....503-241-5090
For Application.....800-237-5055

HOUSING

Aspire 448-2121
Council for the Homeless 695-9561
Housing hotline..... 695-9677
Emergency Shelter866-577-2503
Clearing House (proof of pregnancy) 695-9677
Community Housing Resource Ctr 690-4496
Habitat for Humanity..... 737-1759
New Beginnings.....989-0280
Oxford 695-4167
Ready to Rent.....906-9117
Second Steps Housing..... 696-0167
Vancouver Housing authority (Main line) 694-2501
Vida's Ark (teen mothers)..... 695-3681

LANGUAGES

Columbia Interpreter Services..... 896-3881

LEGAL HELP

Clark Co. Volunteer Lawyers Assoc..... 695-5313
Family Court Services 397-2326
NW Justice Proj/CLEAR Legal Adv.....888-201-1014
Paternity Affidavit Info800-356-0463
Senior Info. and Assistance..... 694-8144

MEDICAL

Washington Health Program 800-660-9840
Breast & Cervical Health Prog (SWMC)..... 514-1663
Free Clinic of SW WA/Emergency Prescription 313-1390
4100 Plomondon St..... (call for Urgent care and walk-in hours)
WA Health Programs..... www.healthplanfinder.org
Comm. Health Plan of WA 800-440-1561
Coordinated Care 877-644-4613
Molina 800-869-7185
Healthcare Authority/DSHS Cust. Svs 800-562-3022
WA Medicaid Apple Health..... 855-923-4633

Providence Neurodevelopmental Ctr for Children
Skamania/East Clark503-215-2233
West Clark.....503-216-2339
WA Elks Therapy Program (statewide).....800-825-3557
elks.org/therapyprogram

COUNSELING FOR CHILDREN

Children's Center thechildrenscenter.org 699-2244
Children's Home Society..... 695-1325 x 4233
childrenshomesociety.org
Columbia River Mental Health (adult & children) crmhs.org 993-3000
Family Solutions (adult & children) family-solutions.net 695-1014

COUNSELING MENTAL HEALTH

Adapt swmedicalcenter.org/ADAPT 696-5300
Catholic Community Services (adult & children)..... 567-2211
Columbia Pastoral Counseling cpcc.home.comcast.net 696-1615
Columbia River Mental Health (adult & children) crmhs.org 993-3000
Community Svcs Northwest communityservicesnw.org 397-8484
Eating Disorder Hotline 800-931-2237
NAMI (Nat. Assoc. of Mental Illness) 695-2823
OMBUDSMAN 397-8470
Seamar Behavioral Health 566-4432 x16007
Wellness Project 546-1722
YWCA ywcaclarkcounty.org 696-0167

DENTAL/VISION

ABCD Program (0-5 yrs) abcd-dental.org 397-8497
Center for Pediatric Dentistry..... 206-543-5800
thecenterforpediatricdentistry.com
Clark College Dental Hygiene Program clark.edu/student_services .. 992-2158
Clark County Skills Center, Dental ccskillscenter.com 604-1050
Dental Van 313-1390
OHSU School of Dentistry 503-494-8867
Sea-Mar Dental Clinic—1412 NE 88th St. seamar.org 574-4074
WA State Oral Health Coalition..... ws-ohc.org/
Infant SEE eye exams infantsee.org..... 888-396-3837
Lions Sight Foundation freeclinics.org/services/dental 696-6321 x 210
WA State Vision Clinic 693-2300

DISTRICTS/SCHOOL ALTERNATIVES

Battle Ground School District 885-6577
Camas School District..... 817-4400
Disabilities, Opportunities, Internetworking & Technology
DO-IT Statewide washington.edu/doiit 888-972-3648
Spokane 509-3228-9331
Division of Vocational Rehab DVR Statewide
dshs.wa.govt/dvr..... 800-637-5627
ESD 112..... 750-7500
School Nurse Corps x215
Specialized Student Svc x316
Evergreen School district 604-4000

Green Mountain School District.....	225-7366
Hockinson School district.....	448-6400
La Center School district.....	253-1172
Office of the Education Ombudsman Statewide.....	
governor.wa.gov/oeo	866-297-2597
Office of the Superintendent of Public Instruction Statewide	
School Health Svc	725-6000/664-3631 TTY
k12.wa.us/HealthServices/default.aspx	
Special Education k12.wa.us/specialed	725-6075/586-0126 TTY
School Nurse Corps Prog. k12.wa.us/HealthServices/SchoolNurse.aspx	
Ridgefield School District.....	887-0200
Vancouver School District.....	313-1000
Washougal Alternative.....	835-8766
Washougal High School	835-2155
WA State School for the Blind wssb.wa.gov	696-6321
WA School for the Deaf wsd.wa.gov (V or TTY).....	696-6525

DOWN SYNDROME

Dept of Health.....	doh.wa.gov/youandyourfamily/infantand children/healthandsafety/geneticservices/downsyndrome
Down Syndrome Connect https://dsconnect.nih.gov	
Down Syndrome Parent Group (1 st Sat. of mo, 2:30-4:30p).....	695-1891
Lettercase—Free booklet for family of newly dx child	www.lettercase.org
OHSU Down Syndrome Clinic.....	503-346-0640
National Down Syndrome Society http://www.ndss.org	
National Down Syndrome Congress http://www.ndsccenter.org/	
NW Down Syndrome Assoc. Nwdsa.org	503-238-0522

EDUCATION

Adult Basic Education (GED/ESL).....	992-2741
Battle Ground ALP	260-5331
CPR Classes: at SWMC for info	514-2190
NW Regional Trg Ctr.....	397-2100
Displaced Homemakers.....	992-2321
Evergreen Early Childhood Center	604-3925
Evergreen SD Teen Program	604-6704
GED.....	992-2588
Vancouver Early Childhood Center.....	313-4853
Vancouver SD Teen Prg.....	360-313-4436
Vancouver Teen Parent Program	313-4436

EMPLOYMENT

Clearview Employment.....	737-2801
Goodwill/Job Connection	695-1923
Job Corps.....	735-5070
WA Employment Opportunities.....	696-6171
Work Source	735-5010

FINANCIAL/BASIC NEEDS ASSISTANCE

Clark Public Utilities	992-3000
Clark College Financial Aid.....	992-2153
Child Support Enforcement.....	800-442-5437

Columbia River CSO (Vancouver).....	759-2800
Consumer Credit Counseling Solutions	800-634-2227
Dev. Disability Assoc. dshs.wa.gov/dda	418-6108
DSHS Customer Service Center.....	877-980-9180
Energy Assistance Prog.....	866-861-6354
Medicaid Transportation (vouchers)	694-9997/888-877-3490
Social Security and SSI	866-605-8967
ssa.gov	696-7519/800-772-1213
Waiting list info after acceptance	993-9580
WA Phone Assistance Prog.....	800-244-1111

FOOD SOURCES (by zip codes they serve)

Battle Ground:

N. County Comm. Food Bank (17 NE 3 rd Ave.).....	687-5007
Adventist Comm. Svcs (1101 NE 189 th St).....	687-2265
Serving: 98604, 98695, 98601, 98606, 98622, 98674	

Camas/Washougal:

Interfaith Treasure House(91 C St. Washgl) ifth-cw.org	834-5786
Serving: 98607-98674, 98683	
East Co. Fam Res Ctr (1702 C St. Washgl) chs-wa.org	835-7802
Salvation Army (1612 “I” St.).....	835-3171

Orchards: FISH (6008-NE 110 th Ave).....	256-2440
Serving: 98629, 98642, 98685, 98686	

Ridgefield:

Neighbors Helping Neighbors (21814 NW 11 th Ave).....	887-3354
Serving: 98629, 98642, 98685, 98686	

Vancouver:

Angel Food Ministries/St. John Lutheran Church	
11005 NE Hwy 99	573-1461
FISH (14 th & Franklin)	695-4903
Serving: 98660, 98661, 98663, 98665, 98686	
Clark Co. Adventist (3200 St. Johns).....	695-8632
One Life (1207 E. Reserve St.).....	904-1273
River of Life (811 NE 88 th Circle)	573-4441
Salvation Army (7509 NE 47 th Ave.)	694-9503
St. Vincent de Paul (2456 Stapleton Rd)	694-5388
Share House (1115 W 13 th) sharevancouver.org/	695-7658
USDA Commodities Hotline	693-3211
With Open Hands Ministries	759-4990

WIC

Battle Ground (<i>Mon, Wed, NOT last Thu of mo</i>).....	687-7126
Vancouver.....	397-8459
Washougal (<i>Tues & LAST Thu of mo</i>).....	835-7802

GRIEF SUPPORT

Brief Encounters (pregnancy/infant loss)	503-699-8006
Brief Moments (pregnancy/infant loss).....	636-5100
Compassionate Friends (loss of child).....	892-1219
CVAB Warm Line (<i>5-10pm, supportive help</i>).....	903-2853
Hospice (pregnancy/infant loss)	696-5100
Stepping Stones (grief support for children & families)	696-5100