



Provided by the Kittitas County Health Network. Created with partnership collaboration.





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# Hotlines

# **Kittitas County Crisis Lines**

Lower County: 509-925-4168 or 988 Upper County: 509-674-2881 or 988

#### **Crisis Text Line**

Text: HOME to 741741 Website: crisistextline.org

### **Domestic Violence Hotline**

24/7, free, confidential support for anyone impacted by relationship abuse

Phone: 509-925-9384 or 1-800-799-SAFE(7233)

Text: START to 88788 Website: thehotline.org

#### **Crime Victim Hotline**

Phone: 509-575-4824

#### **Trans Lifeline**

24/7, free, confidential hotline staffed by transgender people for transgender people

Phone: 877-565-8860 Website: translifeline.org

#### **Trevor Lifeline**

24/7, free, confidential crisis support for LGBTQ2SA+ individuals

Phone: 866-488-7386 Text: START to 678-678

Website: <a href="mailto:thetrevorproject.org/help">thetrevorproject.org/help</a>

#### **Veterans Crisis Line**

24/7, free, confidential crisis support for veterans and their loved ones

Phone: 988 then press 1

Text: 838255

Website: veteranscrisisline.net

# **Warmlines**

### **Washington Recovery Help Line**

24/7, free, confidential support for people experiencing substance use disorder, problem gambling, and/or a mental health challenge

Phone: 866-789-1511 (24/7)
Text: 866-789-1811 (9am-9pm)
Website: warecoveryhelpline.org

#### **HearMeWA**

24/7, free, confidential support line for individuals experiencing stress, anxiety, violent threats, sexual abuse, or anything that makes life hard

Phone: 888-537-1634

Text: HEARMEWA to 738-477

Website: hearmewa.org

# **Washington Warm Lines**

Monday-Sunday 2pm-9pm <u>non-crisis</u>, free, confidential peer support for people living with emotional and mental health challenges (i.e. anxiety, loneliness, depression, problems with family or friends, etc.)

Phone: 206-933-7001 or 877-500-WARM(9276) Website: crisisconnections.org/wa-warm-line

# Information

# 211: Washington Information & Resource Directory

A free confidential community service and one-stop connection to needed services (i.e. utility assistance, food, housing, health, childcare, after school programs, elder care, crisis intervention, and much more)

Phone: 211 or 877-211-274

Website: 211.org

# Clothing

#### **APOYO**

Apoyo's Community Closet provides cost-free and culturally appropriate essential items for anyone. Apoyo distributes boxes of nutritious, culturally-relevant food every Wednesday 4:00-6:00p.m. and every Saturday 12:00-2:00p.m. Apoyo also offers health education workshops and bilingual advocacy and translation services.

Phone: 509-201-1820

Address: 1320 E. 18th Avenue, Ellensburg, WA 98926

Hours: Food pantry & community closet – Wednesday 4-6pm, Saturday

12-2pm

Clothing drop-offs – Wednesday-Friday 11am-2pm

Website: <u>apoyo-community.org</u>

### **CareNet Pregnancy Center**

Provides maternity items, diapers and clothing for children up to age 2

Phone: 509-925-2273

Address: 111 E. 4th Avenue, Ellensburg, WA 98926

Website: carenetellensburg.org

# **Church of Christ Clothing Bank**

Serves Kittitas County with free, quality clothing

Phone: 509-925-1822

Address: 408 S. Maple Street, Ellensburg, WA 98926

Hours: Clothing bank – Mondays 9am-12pm

Clothing drop-off – Monday-Saturday 9am-5pm \*please put clothing

in plastic bags if leaving it outside\*

Website: ellensburgchurchofchrist.com/m628-clothing-bank.html

#### **Coal Center**

Affordable thrift store for child and adult clothing

Phone: 509-649-3195 or 509-260-0741

Address: 31 Arctic Avenue, Ronald, WA 98940 (behind the Post Office)

Hours: Wednesday 1-5pm, Saturday 10-2pm

E-mail: <a href="mailto:coalcenter@outlook.com">coalcenter@outlook.com</a>
Website: <a href="mailto:facebook.com/COALUPC">facebook.com/COALUPC</a>

### **Compassion Closet**

Provides Kittitas County foster parents with essential items to relieve financial burden. Clothing drop-off available on the west side of the building in a tan box in front of the blue shed.

Phone: 509-859-2735

Address: 906 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Tuesday 12:30-2pm

Website: ellensburgfoursquare.org/compassion-closet

### **CWU Career Services Professional Clothing Closet**

Provides casual and professional clothing to CWU students, faculty, and staff

Phone: 509-963-1921

Location: 206 Bouillon Hall

Hours: Monday-Friday 8am-5pm

E-mail: career@cwu.edu

Website: <a href="mailto:careerservices.cwu.edu/professional-clothing-closet">careerservices.cwu.edu/professional-clothing-closet</a>

### **CWU Family Services and Resources**

Provides child and adult clothing, basic child supplies (bottles, pacifiers, diapers), toiletries, and hygiene items. Additionally, Family Services and Resources offers parenting groups with free childcare during sessions.

Phone: 509-963-2758

Website: cwu.edu/academics/child-family/family-resource-center

# **Ellensburg Community Clothing Center (United Methodist Church)**

Provides gently used, free clothing to folks in Kittitas County Donations accepted in the big green box in the alley behind the church. If the box is full, please contact the church office Tuesday, Wednesday, and Thursday 11am-2pm (clothing left outside the box will be discarded)

Phone: 509-962-9257

Address: 210 N. Ruby Street, Ellensburg, WA 98926

Hours: Tuesday and Saturday 9am-12pm Website: ellensburgumc.org/clothingcenter

# Churches

# **Kittitas Valley Ministerial Association**

Voluntary group of pastors, ministry leaders, and community leaders who work together to provide support and services to the Kittitas County community

Website: <a href="mailto:facebook.com/KVMAPastors">facebook.com/KVMAPastors</a>

# **Cavalry Ellensburg**

Focused on understanding and applying the whole counsel of God through a verse-by-verse study of the bible.

Phone: 509-968-5555

Address: 504 E. Mountain View Avenue, Ellensburg, WA 98926

E-mail: <u>info@calvaryellensburg.com</u>
Website: calvaryellensburg.com

# **Chestnut Street Baptist Church**

Believes the bible is the inspired written word of God and as such, it is the sole authority for our beliefs and practices.

Phone: 509-925-2424

Address: 609 N. Chestnut Street, Ellensburg, WA 98926

E-mail: office@csbcfamily.com

Website: <a href="mailto:csbcfamily.com">csbcfamily.com</a>

# **Church of Shekinah Glory**

Phone: 509-674-9737

Address: 506 Power Street, Cle Elum, WA 98926

E-mail: <a href="mailto:churchofshekinahglory@gmail.com">churchofshekinahglory@gmail.com</a>

### **Church of The Nazarene**

Loving community of believers who worship God, love others, and serve our community

Phone: 509-674-2954

Address: 302 E. 2<sup>nd</sup> Street, Cle Elum, WA 98922

Website: <u>cleelumnazarenechurch.org</u>

#### **Cle Elum Alliance Church**

Shares the Good News of Jesus Christ in song and sermon

Phone: 509-674-2664

Address: 327 Madison Ave, South Cle Elum, WA 98943

Hours: Monday-Thursday 9am-3pm

Website: cleelumalliance.org

# **Cle Elum Cavalry Chapel**

Phone: 509-974-6856

Address: 417 E. Railroad Street, Cle Elum, WA 98922

Website: calvarychapelcleelum.com

### **Cle Elum Community Church**

Connecting broken people to Jesus

Phone: 509-674-2472

Address: 201 E. 3rd Street, Cle Elum, WA 98922

Hours: Monday-Thursday 10am-5pm Website: <u>cleelumcommunitychurch.org</u>

# **Cle Elum Seventh-Day Adventist Church**

A Protestant Christian community believing that God is concerned with the qualify of human life and that everything is part of His plan

Phone: 509-674-5919

Address: 115 E. 2<sup>nd</sup> Street, Cle Elum, WA 98926

Website: cleelumadventist.org

# **Ellensburg Baptist Church**

King James Bible-believing independent Baptist church.

Phone: 509-724-0156 or 509-859-1712

Address: 506 S. Pine Street, Ellensburg, WA 98926

E-mail: ellensburgbaptist@gmail.com

Website: ellensburgbaptist.com

# **Ellensburg Church of Christ**

Independent, non-denominational gathering of Christians seeking to honor and worship the God who created and saved us. Offers M6/28 Clothing Bank.

Phone: 509-925-1822

Address: 408 S. Maple Street, Ellensburg, WA 98926

E-mail: office@ellensburgcoc.org

Website: ellensburgchurchofchrist.com

# **Ellensburg Foursquare Church**

Church of the International Foursquare Gospel; in-person and online services

Phone: 509-925-5000

Address: 906 E. Mountain View Ave, Ellensburg WA 98926

Website: ellensburgfoursquare.org

# **Ellensburg Presbyterian Church**

A Covenant Order of Evangelical Presbyterians congregation whose services designed to inspire and uplift your spirit.

Phone: 509-925-3149

Address: 1307 E. 3<sup>rd</sup> Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 9am-1pm E-mail: office@eburgpres.org

Website: eburgpres.org

# **Ellensburg Seventh-Day Adventist Church**

A faith community committed to seeking God's direction; in-person and virtual services available.

Phone: 509-968-5254

Address: 415 W. 14<sup>th</sup> Avenue, Ellensburg, WA 98926

E-mail: <u>ellensburgsda@gmail.com</u> Website: <u>ellensburgadventist.org</u>

# **Ellensburg United Methodist Church**

Queer-friendly; welcoming space where all people can come together to connect with God and one another

Phone: 509-962-9257

Address: 210 N. Ruby Street, Ellensburg, WA 98926

Hours: Tuesday-Thursday 10am-2pm E-mail: secretary@ellensburgumc.org

Website: ellensburgumc.org

# **Family Christian Center**

Helping people connect with Jesus Christ and each other, grow in every way, and live to their God-given potential.

Phone: 509-925-3310

Address: 701 E. Capitol Avenue, Ellensburg, WA 98926

Website: <a href="mailto:eburgfcc.com">eburgfcc.com</a>

#### **First Christian Church**

Non-denominational independent Christian church; worship service is a blend of contemporary and traditional practices.

Phone: 509-925-2644

Address: 600 N. Ruby Street, Ellensburg, WA 98926

E-mail: <a href="mailto:fcceburg@fairpoint.net">fcceburg@fairpoint.net</a>
Website: <a href="mailto:fccellensburg.com">fcceburg@fairpoint.net</a>

#### First Lutheran Church

Member of the Evangelical Lutheran Churches of America (ECLA) offering worship services, bible studies, and other outreach

Phone: 509-925-2844

Address: 512 N. Ruby Street, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-12pm

E-mail: <u>flceburg@yahoo.com</u>

Website: flc-eburg.org

# **Grace Episcopal Church**

Queer-friendly space; open and affirming church

Phone: 509-962-2951

Address: 1201 N. B Street, Ellensburg, WA 98926

Hours: Tuesday and Thursday 1-4pm E-mail: church@graceellensburg.com

Website: graceellensburg.com

# **Independent Baptist Church**

Bible-believing church, uses the King James Bible and traditional worship music

Phone: 509-607-2028

Address: 1104 Okanogan Street, Ellensburg, WA 98926

Website: ibcellensburg.com

# Kaleidoscope

P.O. Box 14, South Cle Elum, WA 98943

Phone: 509-593-3876 (call or text) Email: <u>info@kaleidoscopecs.org</u> Website: <u>www.kaleidoscopecs.org</u>

# **Kittitas Valley Unitarian Universalist Congregation**

A liberal religious community that provides a safe haven to celebrate diversity, foster intellectual, spiritual, and ethical growth, and care for our earth.

# **Queer-friendly space**

Address: 400 N. Anderson Street, Ellensburg, WA 98926

E-mail: <u>boardmembers@kvuuc.net</u>

Website: kvuuc.net/

# **Liberty Bible Church**

Gospel-centered, offers worship, fellowship, and discipleship

Phone: 509-955-6600

Address: 507 N. Pine Street, Ellensburg, WA 98926

Website: <u>libertyellensburg.org</u>

#### **Mercer Creek Church**

Dedicated to creating a space that encourages spiritual growth and connection

Phone: 509-933-7800

Address: 1410 N. Main Street, Ellensburg, WA 98926

Hours: Monday-Friday 9am-5pm

Website: mercercreek.org

# **New Life Assembly Church**

A loving and safe place to grow closer to God and each other

Phone: 509-834-7823

Address: 210 N. Main Street, Kittitas, WA 98934

Website: newlifeassembly.net

# **Prophet Elijah Antiochian Orthodox Mission**

Phone: 509-933-2720

Address: 107 S. Dennis Street, Ellensburg, WA 98926

Website: prophetelijah.net

### **Resonate Church**

Family of churches committed to the college campus

Phone: 509-339-6335

Address: 400 E. University Way, Ellensburg, WA 98926

Website: resonate.net

#### **Saint Andrews Parish**

Catholic church; grow in love when you find your way to serve

Phone: 509-962-9819

Address: 401 S. Willow Street, Ellensburg, WA 98926

Hours: Monday-Friday 8-11:30am

E-mail: saintandrewparish@yahoo.com

Website: st-andrewsparish.org

# Saint John the Baptist Immaculate Conception

Upper Kittitas County Catholic Church

Phone: 509-674-2531

Address: 303 W. 2<sup>nd</sup> Street, Cle Elum, WA 98922

Hours: Tuesday-Friday 10am-3pm

Website: <u>ukccatholic.org</u>

# The Church of Jesus Christ of Latter-Day Saints – Cle Elum Branch

Jesus Christ plays a central role in our beliefs and in our lives

Phone: 509-429-7911

Address: 510 N. Columbia Avenue, Cle Elum, WA 98926

Hours: Monday-Saturday 9am-6pm

Website: local.churchofjesuschrist.org/en/us/wa/cle-elum/510-north-

columbia-avenue

# The Church of Jesus Christ of Latter-Day Saints – Manastash Ward

Jesus Christ plays a central role in our beliefs and in our lives

Phone: 509-426-7911

Address: 808 S. Magnolia Street, Ellensburg, WA 98926 Website: local.churchofjesuschrist.org/en/us/wa/ellensburg

# The Church of Jesus Christ of Latter-Day Saints - Reecer Creek Ward

Jesus Christ plays a central role in our beliefs and in our lives

Phone: 509-426-7911

Address: 1700 N. Brick Road, Ellensburg, WA 98926

Website: <a href="local.churchofjesuschrist.org/en/us/wa/ellensburg">local.churchofjesuschrist.org/en/us/wa/ellensburg</a>

# **Wellspring Christian Fellowship**

Striving to be passionate, obedient lovers of Christ

Phone: 509-925-3322

Address: 306 N. Sprague Street, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-2pm Website: ellensburgwellspring.com

# **Dental Care**

# Access to Baby and Child Dentistry (ABCD) Program

Connects Apple Health (Medicaid) insured children from birth up to age six with specially-trained dentists in their communities

Phone: 509-962-7515

Address: 507 N. Nanum Street Suite 102, Ellensburg, WA 98926

Email: publichealth@co.kittitas.wa.us

Website: abcd-dental.org

#### **Avanta Dental**

Phone: 509-505-5040

Address: 306 S. Main Street, Ellensburg, WA 98926

Hours: Monday-Wednesday 8:30am-5pm, Thursday 7am-3pm

Website: avantadental.com

# **Big Country Family Dental**

Accepts most insurances and offers a monthly plan for uninsured people

Phone: 509-962-6172

Address: 307 W. 1st Avenue, Ellensburg, WA 98926

Hours: Monday-Thursday 8am-1pm & 2-5pm

Website: bigcountryfamilydental.com

# **Central Washington Pediatric Dentistry**

Phone: 509-933-2973

Address: 109 N. Pine Street, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-4:30pm, Friday 8:30am-1pm

Website: cwpediatricdentistry.com

#### **Creekside Dental**

Phone: 509-933-4800

Address: 2601 Triple L Loop, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: <u>creeksidedentalellensburg.com</u>

### **Ellensburg Dental Care**

Does not deny access to services based on ability to pay, sliding fee options are available. The Senior Smiles Program provides access to dental services for residents in long-term or skilled nursing facilities that have limited transportation or mobility restrictions

Phone: 509-933-2400

Address: 521 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 7am-1pm & 2-5:30pm, Saturday 8am-12pm & 1-

4pm with on-call dentist available 24/7 Website: <a href="mailto:chcw.org/ellensburg-dental">chcw.org/ellensburg-dental</a>

### **Little Big Kids Pediatric Dentistry**

Address: 1206 N. Dolarway Road Suite 101, Ellensburg, WA 98926

Phone: 509-968-5608

Office hours: Monday-Friday 8am-5pm Website: littlebigkidspediatricdentistry.com

#### **Mountainview Dental**

Contracted with Delta Dental, Asuris, Regence, and Cigna, accepts Care Credit, and offers a monthly plan for uninsured people

Phone: 509-941-2368

Address: 708 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm Website: ellensburgdentist.com

# **Pearl Care Dental Clinic (Cle Elum)**

Phone: 509-674-2307

Address: 206 W. 1st Street, Cle Elum, WA 98922

Hours: Monday-Thursday 8am-5pm

Website: pearlcaredental.com

# Pearl Care Dental (Ellensburg)

Phone: 509-925-6553

Address: 2401 W. Dolarway Road, Ellensburg, WA 98926

Hours: Monday-Friday 8am-4:30pm

Website: pearlcaredental.com

#### **Sullivan Dental**

Phone: 509-962-9020

Address: 305 E. 2<sup>nd</sup> Avenue, Ellensburg, WA 98926

Hours: Monday-Thursday 8am-5pm Website: sullivanfamilydental.org

#### **Sunrise Dental**

Offers union, discount, and workman's compensation plans in addition to accepting most insurances. "No insurance? No problem!"

Phone: 509-361-5500

Address: 309 E. 2<sup>nd</sup> Ave, Ellensburg, WA 98926

Hours: Tuesday-Friday 9am-5pm

E-mail: ellensburg@sunrisedental.com

Website: sunrisedental.com/location/ellensburg

#### **Swiftwater Dental**

Phone: 509-674-5153

Address: 101 N. Harris Ave. Cle Elum, WA 98922 | PO Box 580

Hours: Monday-Thursday 8am-5pm, Friday 8am-2pm, Saturday 8am-1pm

E-mail: <a href="mailto:frontdesk@wesleyjohnsondds.com">frontdesk@wesleyjohnsondds.com</a>

Website: swiftwaterdental.com

### **Dr. William Phillips**

Phone: 509-962-8299

Address: 201 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday & Wednesday 8am-5pm, Tuesday & Thursday 7am-2pm

E-mail: <a href="mailto:drphillip@fairpoint.net">drphillip@fairpoint.net</a>

Website: wpdds.com

# **Disability Services**

### Aging & Long-Term Care (ALTC) / Aging & Disability Resources (ARDC)

Offers aging adults & adults with disabilities free support services including information & referrals, case management, nutrition programs, transportation services, benefits assistance, health & wellness programs, senior foot care, and legal services in addition to free long-term caregiver support

Phone: 509-925-8765 or 1-855-567-0252

Address: 206 W. 1st Avenue Suite A, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-5pm E-mail: <u>ADRCKittitas@dshs.wa.gov</u>

Website: altcwashington.com/kittitas-county

#### **Ambitions**

Residential & supported living services and specialized day programs for individuals with developmental disabilities

Phone: 509-925-9200

Address: 2301 W. Dolarway Road Suite 3, Ellensburg, WA98926

Website: wa.ambitions.org

# **Central Washington Disability Resources (CWDR)**

Free services for anyone who identifies as having a disability: individual & systems advocacy, independent living skills, information & referrals, peer counseling & support, youth transition services, and institutional transition & diversion

Phone: 509-492-5286

Address: 2009 W. Dolarway Road Suite 101, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm E-mail: admin@mycwdr.org

Website: mycwdr.org

# Department of Services for the Blind (DSB)

Washington State DSB provides training, counseling, and support to help Washington residents of all ages who are blind, deaf-blind, or low vision pursue employment, education, and independent living

Phone: 800-552-7103, 509-575-2014 (Yakima)

Address: 506 N 40th Ave Ste 102, Yakima, WA 98908

Hours: Monday-Thursday 8am-4:30pm

E-mail: <u>info@dsb.wa.gov</u> Website: <u>dsb.wa.gov</u>

#### **Elmview**

Employment services, person-centered planning, Community Engagement & Community Inclusion, in-school services

Address: 204 E 6th St, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Phone: 509.925.6688 Website: elmview.org

### **Entrust Community Services**

Programs: high school transitions, individual supported employment, community access, housing support, digital inclusion and assistive learning

Phone: 509-453-4756

Address: 415 E. Mountain View Avenue Suite 301, Ellensburg, WA 98926

Website: <a href="https://entrustcs.org/">https://entrustcs.org/</a>

# Hearts & Hands: A service provided by KCHN (Cle Elum)

Provides mobility aid lending, incontinence supplies, and nutritional supplements

Phone: 509-955-3780

Address: 116 Oakes Avenue Suite B, Cle Elum, WA 98922

Hours: Tuesday, Wednesday, Friday 9am-4pm

E-mail: <u>info@healthierkittitas.org</u>
Website: <u>healthierkittitas.org</u>

# Hearts & Hands: A service provided by KCHN (Ellensburg)

Provides mobility aid lending, incontinence supplies, and nutritional supplements

Phone: 509-968-5117

Address: 302 E. 2nd Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 1-5pm E-mail: <u>info@healthierkittitas.org</u> Website: <u>healthierkittitas.org</u>

# **Kittitas County Parent-to-Parent**

Support, resources, information, and system navigation for parents or guardians of children/adults with disabilities, mental/behavioral health, and chronic health conditions

Phone: 509-929-7277

Address: 111 E. University Way, Ellensburg, WA 98926

Virtual Support meeting: 2<sup>nd</sup> Monday of each month 6:30-7:30pm

Contact: <u>kittitascountyparent2parent@gmail.com</u>

Website: kc-p2p.wixsite.com/home

### **Kittitas Interactive Management (KIM)**

Provides adults with developmental disabilities with access to the Supported Living Services, In-Home Support Services, Community Protection programs in addition to payee services, personal care, and community access

Phone: 509-968-4432

Address: 305 N. Anderson Street, Ellensburg, WA 98926

Hours: Monday-Friday 9am-5pm E-mail: <u>info@kittitasinteractive.com</u> Website:kittitasinteractive.com

# **Washington Sensory Disabilities Services**

Partners with families to support students who are deaf/hard of hearing, blind/low vision, or deafblind

Phone: 360-947-3297 Website: <u>wsds.wa.gov</u>

# Education

# **Cle Elum-Roslyn School District**

Offers early learning opportunities including: Early Childhood Education and Assistance Program (ECEAP, Developmental Preschool, Transitional Kindergarten, and family resources

ndergarten, and family resou

Phone:509-852-4819

Address: 4244 Bullfrog Road, Cle Elum, WA 98922

Website: <a href="mailto:cersd.org">cersd.org</a>

# Carpenter Memorial – Cle Elum Public Library

Phone: 509-674-2313

Address: 302 N. Pennsylvania Avenue, Cle Elum, WA 98922 Hours: Monday-Tuesday 9am-5pm, Wednesday 10am-6pm, Thursday-Friday 9am-3:30pm, Saturday 9:30am-12:30pm

Website: <u>carpenter.lib.wa.us</u>

### **Central Washington University (CWU)**

Phone: 509-963-1111

Address: 400 E. University Way, Ellensburg, WA 98926

Website: <u>cwu.edu</u>

# **Early Childhood Learning Center**

Serves CWU faculty/staff and students enrolled in 6+ credits who have children ages 4 weeks to 12 years old. The ECLC plans for all areas of a child's developmental and educational needs as well as cognitive, social-emotional, creative, and physical development

Phone: 509-963-1744

Address: 1900 Brooklane Suite 101, Ellensburg, WA 98926

Hours: 7:30am-5:30pm E-mail: eclc@cwu.edu

Website: <a href="mailto:cwu.edu/student-life/student-support/early-learning">cwu.edu/student-life/student-support/early-learning</a>

#### **Easton School District**

Phone: 509-656-2317

Address: 1893 Railroad Street, Easton, WA 98925

Website: easton.wednet.edu

### **Ellensburg Choice Schools**

Operates under the Alternative Learning Experience guidelines to offer students and families more flexible learning options than the comprehensive schools

Phone: 509-925-8182

Address: 1203 E. Capitol Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 8am-2:30pm Website: ecs.esd401.org/12574 1

### **Ellensburg Public Library**

Phone: 509-962-7250

Address: 209 N. Ruby Street, Ellensburg, WA 98926

Website: ci.ellensburg.wa.us/144/Library

### **Ellensburg School District**

Phone: 509-925-8000

Address: 1300 E. 3rd Avenue, Ellensburg, WA 98926

Website: esd401.org

### **Ellensburg School District Early Learning Center**

Provides students from birth through third grade with an environment specifically designed to facilitate and encourage early childhood learning

Phone: 509-925-8090

Address: 705 W. 15th Avenue Ellensburg, WA 98926

E-mail: juli.hamilton@esd401.org
Website: www.esd401.org/31349\_3

# **Entrust Community Services**

Programs: high school transitions, individual supported employment, community access, housing support, digital inclusion and assistive learning

Phone: 509-453-4756

Address: 415 E. Mountain View Avenue Suite 301, Ellensburg, WA 98926

Website: entrustcs.org

# **High School Equivalency Program - CWU**

Helps migrant and seasonal farmworkers and their immediate family members earn the equivalent of a high school diploma (a GED) and attain the education needed to qualify for desired careers, enroll in college, or enlist in the military

Phone: 509-452-0639 or 509-453-4006

Website: <a href="mailto:cwu.edu/academics/specialized-programs/hs-equivalency-">cwu.edu/academics/specialized-programs/hs-equivalency-</a>

program/

# **HopeUniversity by HopeSource**

Free classes and 1:1 coaching for people who want to improve skills for life,

family, and money management Phone: 509-925-1448

Address: 606 W. 3rd Avenue Ellensburg, WA 98926

Website: hopesource.us/hopeu

# **Kittitas County Early Learning Coalition**

Dedicated to creating early learning events in Kittitas County by hosting free parent-child early learning STREAM events and providing free children's books that address socio-emotional learning and educational tools

Phone: 509-306-1740

Address: P.O. Box 112 Ellensburg, WA 98926

E-mail: <a href="mailto:earlylearningkittitas@gmail.com">earlylearningkittitas@gmail.com</a>
Website: <a href="mailto:kittitasearlylearningcoalition.com">kittitasearlylearningcoalition.com</a>

### **Migrant Education Program**

Dedicated to meeting the needs of migrant students, families, and their educators

Phone: 509-575-2885

Address: 33 S 2<sup>nd</sup> Ave, Yakima, WA 98902

Website: <a href="mailto:esd105.org/academic-support/migrant-services">esd105.org/academic-support/migrant-services</a>

# **Migrant Education Student Resources**

Supports state and federal programs that help migrant and multilingual students address academic challenges including education disruption, cultural and language differences, and health-related problems

Phone: 360-725-6147

Website: ospi.k12.wa.us/student-success/access-opportunity-

education/migrant-and-multilingual-education

# **Roslyn Public Library**

Phone: 509-649-3105

Address: 201 S. 1st Street, Roslyn, WA 98941

Hours: Tuesday/Wednesday/Friday 11am-5pm, Thursday 11am-7pm,

Saturday 11am-3pm Website: <u>roslyn.lib.wa.us/</u>

# **Seedlings Center for Early Learning**

Provides (Early) Head Start for children from birth to four years old

Phone: 509-872-5132 or 509-594-4562

Address: 220 E. Helena Avenue Ellensburg, WA 98926

Hours: Monday-Friday 7:15am-5:15pm Website: epicnet.org/programs/head-start

### **Swiftwater Learning Center**

Big Picture Learning program that strives to promote and create a personalized education that is unique for each student

Phone: 509-852-4829

Address: 4244 Bullfrog Rd, Cle Elum, WA 98922

Website: cersd.org/o/swiftwater

# **Washington Outdoor School**

Nature-based education that provides equal access to outdoor adventures and stewardship of the natural world through year-round programming

Phone: 206-898-2041

Address: PO Box 327, Roslyn, WA 98941 E-mail: waoutdoorschool@gmail.com

Website: waoutdoorschool.org

# Yakima Valley College - Ellensburg Learning Center

Offers GED preparation (high school diploma for individuals 16 years or older), English Language Acquisition (literacy classes for non- or limited English-speaking adults), and Step Up to College (students ages 16-20 earn a high school diploma or GED) for \$25/quarter

Phone: Ellensburg Learning Center – 509-201-1269 College & Career Readiness – 509-574-6850

Step Up to College – 509-834-4535

Address: 401 E. Mountain View Avenue Suite 2, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-12:30pm

E-mail: ccr@yvcc.edu

Website: <a href="https://www.ellensburg-learning-center.php">www.ellensburg-learning-center.php</a>

# **Employment**

### **Ability Employment Services**

Dedicated to providing personalized support to help individuals with unique challenges gain sustainable, integrated employment

Phone: 509-856-5457

Address: 1215 W. University Way, Ellensburg, WA 98926

Website: abilityemployment.net

### **AtWork! Washington**

Supports young adults with disabilities to graduate high school, build skills, and enter the workforce. Empowers individuals with disabilities to find meaningful employment opportunities that align with their skills, interests, and goals. Promote social connectedness, independence, and community inclusion.

Phone: 425-247-4000

Address: 312 N. Pearl St, Ellensburg, WA 98926

E-mail: <u>info@atworkwa.org</u>
Website: atworkwa.org

### **Compass Career Solutions**

Pre-vocational readiness, job development, job supports

Phone: 509-251-3020 or 833-327-2667

Address: 1440 N. 16th Avenue Suite 2, Yakima, WA 98902

Website: careersbycompass.com

#### **Elmview**

Employment services, person-centered planning, Community Engagement & Community Inclusion, in-school services

Phone: 509-925-6688

Address: 204 E. 6th Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm E-mail: elmview@elmview.org

Website: elmview.org

# **Entrust Community Services**

Help prepare individuals with disabilities and people experiencing poverty enter the workforce with services tailored to individual needs, interests, and abilities

Phone: 509-453-4756

Address: 415 E. Mountain View Avenue Suite 301, Ellensburg, WA 98926

Hours: Monday-Friday 8am-4:30pm

Website: entrustcs.org

WorkSource Kittitas County/People for People
Provides employment and training services to job seekers and employers

Phone: 509-690-5311

Address: 1100 W. University Way, Ellensburg

Website: worksourcewa.com or pfp.org

# **Financial Support**

### **Gretchen Weller Foundation**

Provides financial support for medical expenses, meals, transportation, car maintenance, and more to Kittitas County residents undergoing cancer treatment

Phone: 509-929-4166

E-mail: gretchenwellerfoundation@gmail.com

Website: gretchenwellerfoundation.com

# **Social Security Administration**

Phone: 866-338-8552 or 800-772-1213

Address: 801 Fruitvale Boulevard, Yakima, WA 98902

Hours: Monday-Friday 9am-4pm

Website: ssa.gov

# Food

#### **APOYO**

Apoyo distributes boxes of nutritious, culturally-relevant food every Wednesday 4:00-6:00p.m. and every Saturday 12:00-2:00p.m. Apoyo also offers health education workshops and bilingual advocacy and translation services. Apoyo's Community Closet provides cost-free and culturally appropriate essential items for anyone.

Phone: 509-201-1820

Address: 1320 E. 18th Avenue. Ellensburg, WA 98926

Hours: Wednesday 4-6pm, Saturday 12-2 pm

Website: apoyo-community.org

### **CWU Wildcat Pantry**

Provides free food, hygiene, and household products to CWU students, faculty, and staff

Phone: 509-963-1856

Location: CWU Library Room 153 with grab-and-go sites located in Black

Hall, Shaw Smyser Hall, and McIntyre Music Building

Hours: Monday-Thursday 10am-4pm E-mail: wildcatpantry@cwu.edu

Website: cwu.edu/student-life/wildcat-pantry

# **Department of Social & Health Services (DSHS)**

Assists with applying for monthly benefits to buy food through the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF)

Phone: 509-933-6100 or 877-501-2233

Address: 1100 W. University Way, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm, day-of in-person services 8am-2pm

Website: dshs.wa.gov/location/dshs-cso-019

Application: washingtonconnection.org

# **Easton Food Pantry**

Phone: 253-405-3104

Address: 2821 E. Railroad Street, Easton, WA 98925

(Upper County Community Church)

Hours: second and fourth Wednesday 1pm

E-mail: <u>uccceaston@outlook.com</u>

### FISH Community Food Bank – Ellensburg

Client-choice pantry where individuals can choose from a wide selection of fresh, frozen, and shelf-stable foods twice monthly.

Diaper Bank provides infant care items (formula, diapers, wipes).

Birthday Bags allows parents of children 10 and under to pick up a "party in a bag" to celebrate the big day.

Phone: 509-925-5990

Address: 804 Elmview Road, Ellensburg, WA 98926

Hours: Monday-Thursday 1:30-4pm, Friday 9-11:30am, second Saturday

of each month 9-11:30am

E-mail: questservices@kvfish.org

Website: kvfish.org

# **Mobile Food Pantry - Kittitas**

Client-choice pantry where individuals can choose from a wide selection of fresh, frozen, and shelf-stable foods twice monthly

Address: 210 Main Street, Kittitas, WA 98934 (New Life Church)

Hours: second and fourth Friday of each month 1-3pm

# **Mobile Food Pantry – Roslyn**

Client-choice pantry where individuals can choose from a wide selection of fresh, frozen, and shelf-stable foods twice monthly

Address: 207 N. 1<sup>st</sup> Street, Roslyn, WA 98941 (Roslyn Presbyterian Church)

Hours: first and third Thursday of each month 1-3pm

#### Meals on Wheels

A home delivery meal program available to disabled and homebound adults 55+

Phone: 509-933-3333

#### Connections

Provides pantry users throughout Kittitas County with one-on-one coaching to reach their goals

Phone: 509-925-5990 x1007 E-mail: eric.d@kvfish.org

# **Senior Nutrition Program**

Offers pre-registered seniors 60+ a free lunch

Phone: 509-933-3333

**Ellensburg** Address: 204 N. Main Street, Ellensburg, WA 98926

Hours: Monday-Friday 11:30am-1pm

<u>Cle Elum</u> Address: 115 E. 2<sup>nd</sup> Street, Cle Elum, WA 98922

Hours: Monday-Friday 12-1pm Website: <u>kvfish.org/get-a-hot-meal</u>

# **Open Table Community Lunch**

Serves lunch to anyone needing a nutritious meal

Phone: 509-925-5990 x1014

Address: 204 N. Main Street, Ellensburg, WA 98926

Hours: Monday-Friday 1-2pm E-mail: <a href="mailto:stacey.w@kvfish.org">stacey.w@kvfish.org</a>

### **SNAP Coordinator**

Help navigating the basic food benefit enrollment process

Phone: 509-925-5990 x1008 or 509-312-8079

E-mail: <u>laura.s@kvfish.org</u>
Website: <u>kvfish.org/snap</u>

### **HopeSource Upper County Food Pantry – Cle Elum**

Stocks produce, pantry staples, meats, pet food, hygiene products, and more

Phone: 509-925-1448

Address: 110 N. Pennsylvania Avenue, Cle Elum, WA 98926

Hours: Monday 11am-4pm, Wednesday 11am-4:30pm

E-mail: <u>info@hopesource.us</u>
Website: hopesource.us/services

# **Help Me Grow Washington**

Resource finder for food, basic needs, child development, healthcare, hotlines, behavioral health, parenting & caregiving, and pregnancy and post-partum

Phone: 1-800-322-2588

Website: <u>resources.helpmegrowwa.org</u>

# Women, Infants & Children Nutrition Program (WIC) - Cle Elum

Serves Kittitas County by phone or in-person; provides health screening, nutrition education, breastfeeding support, and referrals to other health and social services for pregnant people, new mothers, infants, and children under 5.

Phone: 509-962-7077

Address: 719 E. 3rd Street, Cle Elum, WA 98922

Hours: (by appointment only) Tuesday 9:15am-12pm and 1-3:30pm

E-mail: wic@chcw.org

Website: <a href="mailto:chcw-ellensburg/wic-clinic">chcw.org/chcw-ellensburg/wic-clinic</a>

# Women, Infants & Children Nutrition Program (WIC) - Ellensburg

Serves Kittitas County by phone or in-person; provides health screening, nutrition education, breastfeeding support, and referrals to other health and social services for pregnant people, new mothers, infants, and children under 5.

Phone: 509-962-7077

Address: 607 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday, Tuesday, Wednesday, Friday 8am-12:30pm & 1:45-5pm,

Thursday 8am-12pm & 2:30-5pm

E-mail: wic@chcw.org

Website: <a href="mailto:chcw-ellensburg/wic-clinic">chcw.org/chcw-ellensburg/wic-clinic</a>

# Health & Medical

### 4th Trimester Resource Center: extension of KVH Family Birthing Place

Provides postpartum education, care, and assistance to mothers and infants

Phone: 509-933-7593 (postpartum) or 509-962-7388 (lactation) Address: 708 E. Manitoba Avenue, Ellensburg, WA 98926

E-mail: 4thtrimester@kvhealthcare.org

Website: kvhealthcare.org/hospital-services/family-birthing/4th-trimester

### **Basalt Family Wellness**

Women-run and provider-owned holistic care for Pediatric, Primary Care, Women's Health, Prenatal, and Mental Health services. In-network with Coordinated Care, Community Health Plan of Washington, and Wellpoint

Phone: 509-426-3750

Address: 1005 S. Canyon Road, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-5pm

Website: <u>basaltfw.com</u>

# **Care Coordination: Kittitas County Health Network**

Provides resources and connections to services for Kittitas County residents in acute need.

Phone: 509-201-1145

Hours: Monday-Friday 9am-4pm Website: healthierkittitas.org

# **Compass Direct Healthcare**

Primary care services via e-mail, phone, video chat, and in-person office visits. Monthly membership instead of medical insurance-based care.

Phone: 509-388-2345

Address: 100 W. 3<sup>rd</sup> Avenue, Ellensburg, WA 98926 Hours: Monday-Thursday 9am-5pm, Friday 7:45am-3pm

Website: compassdirecthealthcare.com

# **Community Health of Central Washington (CHCW)**

Primary care, obstetrics, pediatrics, dental care, behavioral health, WIC, substance use disorder treatment, and pharmacy. Care regardless of ability to pay. On-call nurse available 24/7

Phone: 509-962-1414

Address: 521 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 7am-5:30pm Website: <a href="mailto:chcw-ellensburg">chcw-ellensburg</a>

#### **Gretchen Weller Foundation**

Provides financial support for medical expenses, meals, transportation, car maintenance, and more to Kittitas County residents undergoing cancer treatment

Phone: 509-929-4166

E-mail: gretchenwellerfoundation@gmail.com

Website: gretchenwellerfoundation.com

# Hearts and Hands: A service provided by Kittitas County Health Network – Cle Elum

Provides mobility aid lending, incontinence supplies and nutritional supplements

Phone: 509-955-3780

Address: 116 N. Oakes Avenue Suite B, Cle Elum, WA 98922

Website: healthierkittitas.org

# Hearts and Hands: A service provided by Kittitas County Health Network – Ellensburg

Provides mobility aid lending, incontinence supplies and nutritional supplements

Phone: 509-968-5117

Address: 302 E. 2<sup>nd</sup> Avenue, Ellensburg, WA 98926

Website: healthierkittitas.org

### **Home Care Services of Washington**

Staff assist with housekeeping, errands, medication reminders, meal preparation, transferring, dressing, bathing, grooming, toileting, Alzheimer's and dementia care, respite and supportive care

Phone: 509-962-6242

Address: 1206 N. Dolarway Road Suite 110, Ellensburg, WA 98926

E-mail: ellensburg@seniorliferesources.org

Website: seniorliferesources.org/services/home-care-services

# **Kittitas Valley Healthcare: Hospital**

Phone: 509-962-9841

Address: 603 S. Chestnut Street, Ellensburg, WA 98926

Website: kvhealthcare.org

# Kittitas Valley Healthcare: Family Medicine - Cle Elum

Provides comprehensive and personalized family medicine care to patients of all ages. Diagnosis and treatment of illnesses, routine checkups, immunizations, screening tests, health-risk assessments, management of chronic illness, Medicare wellness exams, addiction treatment, anticoagulation, integrated behavioral health.

Phone: 509-674-5331

Address: 201 Alpha Way, Cle Elum, WA 98922

Website: kvhealthcare.org/clinics-and-specialty-services/family-medicine-

<u>cle-elum</u>

### Kittitas Valley Healthcare: Family Medicine – Ellensburg

Provides comprehensive and personalized family medicine care to patients of all ages. Diagnosis and treatment of illnesses, routine checkups, immunizations, screening tests, health-risk assessments, management of chronic illness, Medicare wellness exams, addiction treatment, anticoagulation, integrated behavioral health.

Phone: 509-933-8777

Address: 100 E. Jackson Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: kvhealthcare.org/clinics-and-specialty-services/family-medicine-

ellensburg

# **KVH Home Health & Hospice**

Delivers palliative and comfort care while placing special emphasis on the patient's quality of life. On-call nursing services 24/7, outpatient medication, speech, physical, and occupational therapy, bereavement counseling for family

Phone: 509-962-7438

Address: 1506 Radio Hill Road, Ellensburg, WA 98926

Website: kvhealthcare.org/clinics-and-specialty-services/hospice

# Kittitas Valley Urgent Care – Ellensburg

Quality, convenient, cost-conscious episodic care for acute illness and injuries

Phone: 509-968-5273

Address: 702 E. Mountain View Avenue #1, Ellensburg, WA 98926

Hours: Monday-Friday 8am-8pm, Saturday-Sunday 9am-6pm, Holidays

10am-6pm

E-mail: <u>frontoffice@kvurgentcare.com</u>

Website: kvurgentcare.com

### **KVH Urgent Care – Cle Elum**

Walk-in healthcare services for non-emergency medical needs

Phone: 509-674-6944

Address: 214 W. 1st Street, Cle Elum, WA 98922

Hours: Daily 10am-10pm

Website: kvhealthcare.org/clinics-and-specialty-services/urgent-care

### **Open Door Health Clinic – Ellensburg**

Free basic healthcare for everyone, regardless of ability to pay. Routine checkups, minor wound and injury treatment, management of known chronic conditions, medication refills, and sports exams.

Phone: 509-929-7266

Address: 521 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: first and third Saturdays of each month 9am-12pm, second and

fourth Thursdays of each month 6pm-9pm

Website: opendoorhealthclinic.com

### Planned Parenthood – Ellensburg Health Center

Wellness and preventative care, STI testing and treatment, HIV services, genderaffirming care, pregnancy testing and planning, abortion, birth control, emergency contraception, sexual and reproductive concerns, vaccinations

Phone: 866-904-7721

Address: 613 N. Pine Street, Ellensburg, WA 98926

Hours: Monday 8:30am-6pm, Tuesday-Thursday 8am-6pm

Website: plannedparenthood.org/health-

center/washington/ellensburg/98926/ellensburg-health-center-2402-91850

# Cancer Support

#### **Gretchen Weller Foundation**

Provides financial support for medical expenses, meals, transportation, car maintenance, and more to Kittitas County residents undergoing cancer treatment

Phone: 509-929-4166

E-mail: <a href="mailto:gretchenwellerfoundation@gmail.com">gmail.com</a>

Website: gretchenwellerfoundation.com

# **Kittitas County Cancer Support Group**

Connect with community members, find resources, and share your stories

Location: KVH café conference room - 603 S. Chestnut Street, Ellensburg

Hours: first and third Mondays of each month E-mail: Russell Colmore, RAColmore@gmail.com

### Health Insurance

# **Department of Social & Health Services (DSHS)**

Assists individuals with completing applications for Medicaid coverage

Phone: 509-933-6100

Address: 1100 W. University Way, Ellensburg, WA 98926

### **Help Me Grow Washington**

Assists with applying for health insurance, food resources (SNAP, TANF, WIC)

Phone: 1-800-322-2588

Website: referrals.helpmegrowwa.org/benefit finder

### **Health Insurance Enrollment: Kittitas County Public Health Department**

Assists with state health insurance application through Washington State Healthplanfinder. Learn about Apple Health and review insurance plans

Phone: 509-962-7515

Address: 507 N. Nanum St. Suite 102, Ellensburg, WA 98926

Email: <u>publichealth@co.kittitas.wa.us</u>

# Statewide Health Insurance Benefits Advisor (SHIBA): Kittitas County Health Network

Volunteers provide free, impartial, and confidential counseling and education on Medicare enrollment, healthcare, prescription drug access, fraud, and abuse

Phone: 509-794-1569

E-mail: Morgan@healthierkittitas.org
Website: https://healthierkittitas.org/shiba

# Housing

### **Briarwood Commons**

Affordable one-bedroom apartments for seniors 55+ and individuals with disabilities

Phone: 509-933-1888

Address: 1001 S. Chestnut Street, Ellensburg, WA 98926

Website: <u>briarwoodcommonsapts.com</u>

# **Brookwood Apartments**

Income-based 1- and 2-bedroom apartments subsidized by HUD

Phone: 509-925-3506

Address: 606 E. Manitoba Avenue, Ellensburg, WA 98926

### **Crestview Terrace Apartments**

Income-based 1-, 2-, 3-, and 4-bedroom apartments; waitlist prioritizes large households and individuals with disabilities

Phone: 509-925-6616

Address: 2101 N. Alder Street #93, Ellensburg, WA 98926

Hours: Monday-Friday 9am-5pm Website: <u>crestviewterracewa.com</u>

# **Habitat for Humanity**

Builds and sells homes to people in need of affordable housing, provides critical and minor home repairs to low-income households in need

Phone: 509-962-5058

Address: 605 N. Main Street Suite 3, Ellensburg, WA 98926

Website: kchabitat.org

# **Hampton Court: Quantum Residential**

Secured building with affordable 1- and 2-bedroom apartments

Phone: 509-925-2899

Address: 700 N Cle Elum St, Ellensburg, WA 98926

Website: livehamptoncourt.com

#### HopeSource - Cle Elum

Offers shelter (temporary, daily drop-in, short-term stays), eviction prevention, supportive housing, rapid re-housing, veteran housing, youth homelessness support, and affordable housing units.

Phone: 509-674-2375

Address: 110 Pennsylvania Avenue Cle Elum

Hours: Monday, Tuesday, Thursday 9am-4pm, Wednesday 9am-5pm

Website <u>hopesource.us/cle-elum</u>

#### **HopeSource – Ellensburg**

Offers temporary shelter, eviction prevention, supportive housing, rapid rehousing, veteran housing, youth homelessness support, and affordable housing

Phone: 509-925-1448

Address: 606 W. 3rd Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 8am-4pm E-mail: info@hopesource.us

Website: hopesource.us/Ellensburg

#### **Housing Authority of Kittitas County**

Provides affordable, income-based housing

Phone: 509-962-9006

Address: 107 W. 11th Avenue, Ellensburg, WA 98926

Hours: Monday-Thursday 8am-4pm E-mail: housing@hakittitas.org

Website: hakittitas.org

# **Huntington Court I: Quantum Residential**

Income-based, accessible 1- and 2-bedroom apartments for seniors 62+ and people with disabilities

Phone: 509-925-5178

Address: 306 E. Manitoba Avenue, Ellensburg, WA 98926

Website: livehuntingtoncourt.com

# **Huntington Court II: Quantum Residential**

Secure building with income-based, accessible 1-bedroom apartments

Phone: 509-925-5178

Address: 101 S. Pearl Street, Ellensburg, WA 98926

Website: <u>livehuntingtoncourt.com</u>

#### **Spurling Court Apartments: Quantum Residential**

Affordable 1- and 2-bedroom apartments

Phone: 509-968-5067

Address: 1204 Rainier Street, Ellensburg, WA 98926

Website: <u>livespurlingcourt.com</u>

#### **Windsor Park Apartments: Quantum Residential**

Income-based housing to families, seniors, or disabled households

Address: 401 E. Cherry Lane, Ellensburg, WA 98926

Phone: 509-925-3228

Website: <u>livewindsorparkapts.com</u>

#### **Cle Elum Manor**

Affordable 1-bedroom apartments

Address: 100 N Pennsylvania Ave, Cle Elum, WA 98922

Phone: 509-674-4771

#### Pennsylvania Place: Quantum Residential

Income-based 1-bedroom apartments

Address: 103 E. Pennsylvania Avenue, Roslyn, WA 98941

Phone: 509-649-2281

Website: <u>livepennsylvaniaplace.com</u>

#### **Our Passions House (Men)**

Sober housing for men

Placement Specialist: 509-643-7393, <u>mikem@our-passion.org</u> Regional Manager: 509-901-8378, <u>wesj@our-passion.org</u> Address: 106 W. 12th Avenue, Ellensburg, WA 98926

# Oxford House - Dakari (Men)

Sober housing for men

Phone: 509-201-1371

Address: 202 W. 10th Avenue, Ellensburg, WA 98926

Website: oxfordvacancies.com

# Oxford House – Golden Feather (Women)

Sober housing for women

Phone: 509-201-1587

Address: 704 W. 11th Avenue, Ellensburg, WA 98926

Website: oxfordvacancies.com

# In-Home Care Agencies

#### Aging & Long-Term Care (ALTC) / Aging & Disability Resources (ARDC)

Offers aging adults & adults with disabilities free support services including information & referrals, case management, nutrition programs, transportation services, benefits assistance, health & wellness programs, senior foot care, and legal services in addition to free long-term caregiver support

Phone: 509-925-8765 or 1-855-567-0252

Address: 206 W. 1st Avenue Suite A, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-5pm E-mail: ADRCKittitas@dshs.wa.gov

Website: altcwashington.com/kittitas-county

# **All Ways Caring**

Supports hospital-to-home transitions and provides in-home Alzheimer's care, individualized care, respite care, and veteran care

Phone: 509-255-3545

Address: 4700 Tieton Drive Suite B, Yakima, WA 98908

Website: allwayscaring.com/location/all-ways-caring-homecare-yakima-

washington

#### **Family Resource Home Care**

Reliable in-home care and companionship

Phone: 509-254-8489

Address: 1800 Rainier Place #101, Union Gap, WA 98903

E-mail: <a href="mailto:yakima@familyrhc.com">yakima@familyrhc.com</a>

Website: familyresourcehomecare.com/locations/yakima

#### **Health Home**

Provides Medicaid clients with serious chronic conditions with care management and coordination, health promotion, transitional care, individual and family support, referrals to community and social support services

Phone: 509-925-9861 or 509-492-1825

Address: 707 N. Pearl Street Suite K, Ellensburg, WA 98926

Website: comphc.org/services/health-home

#### **Home Care Services of Washington**

Staff assist with housekeeping, errands, medication reminders, meal preparation, transferring, dressing, bathing, grooming, toileting, Alzheimer's and dementia care, respite and supportive care

Phone: 509-962-6242

Address: 1206 N. Dolarway Road Suite 110, Ellensburg, WA 98926

E-mail: ellensburg@seniorliferesources.org

Website: seniorliferesources.org/services/home-care-services/

#### **Home and Community Services - DSHS**

Promotes, plans, develops, and provides long-term care services for persons with disabilities and the elderly who need state funds (Medicaid) to afford them

Phone: 509-955-7344 or 509-568-3767 or 1-866-353-9409 Address: 1100 W. University Way, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: dshs.wa.gov/location/dshs-hcs-ellensburg

Referral form: dshs.wa.gov/sites/default/files/forms/pdf/10-570.pdf

# Legal & Courts

#### **BPE Law, James Denison**

Practice areas: family law, estate planning and probate, real estate, commercial and business law, dental law, and general civil practice and litigation.

Phone: 509-245-0400

Address: 700 E. Mountain View Ae, Suite 508, Ellensburg, WA 98926

Website: <u>bpelaw.com</u> Fax: 877-864-2385 Hours: 9am-5pm daily

# Community Peace Center of Central Washington (formerly Dispute Resolution Center of Yakima/Kittitas County)

Offers mediation, trainings, gun violence intervention, and other restorative justice initiatives to empower individuals, families, and organizations to resolve conflicts effectively, foster positive relationships, and build peace

Phone: 509-453-8949

Address: 132 N. 1st Avenue, Yakima, WA 98902

Hours: Monday-Thursday 8:30am-4:30pm, Friday 8:30am-12pm

E-mail: <u>info@cpcocw.org</u>
Website: <u>cpcocw.org</u>

## **Court-Appointed Special Advocates (CASA)**

CASA volunteers are appointed by judges to advocate for children's best interests, which makes a life-changing difference for youth who have experienced abuse or neglect, many of whom are in foster care

Phone: 509-925-4871

Address: 421 N. Pearl Street Suite 208, Ellensburg, WA 98926

Website: <u>casaprogram.org</u>

# **Ellensburg Bail Fund**

The Ellensburg Bail Fund provides cash bail for marginalized people and college students charged with crimes who are unable to afford bail and find themselves incarcerated while awaiting routine court appearances for minor offenses in Kittitas County, Washington State.

Phone: 509-593-0369

E-mail: <a href="mailto:eburgbail2020@gmail.com">eburgbail2020@gmail.com</a> Website: ellensburgbailfund.org

## **Guardian Community Law**

Practice areas: family law, guardianships, estate planning

Phone: 509-968-5021

Address: 110 W 6th Ave, Suite 193, Ellensburg, WA 98926

Hours: M-Th 9am-4pm Website: guardianlaw.us

#### **Heritage Law Office**

Practice areas: traffic violations, DUI, underage DUI/minor in possession (MIP), CDL violations, DOL license suspension, driving while license suspended, reckless and negligent driving, speeding tickets, trucking log book violations.

Phone: 509-899-5375

Address: P.O. Box 50, Cle Elum, WA 98922

Hours: 8:30am-5pm M-F Website: heritage-law.com

Fax: 888-357-7377

#### **Kendrick & Malane Attorneys at Law**

Practice areas: traffic offenses, DUI, emergencies, suspended license, other crimes.

Phone: 509-925-4117, emergency phone line (24/7): 509-966-4255

Hours: M-Th 8am-5pm, F 8am-3:30pm

Address: 4109 Tieton Drive, Yakima, WA 98908

Website: <u>kmwdefense.com</u>

# **Kittitas County Lower District Court**

Phone: 509-962-7511

Address: 205 W. 5th Avenue #180, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-4:30pm

# **Kittitas County Upper District Court**

Phone: 509-674-5533

Address: 700 E. 1st Street, Cle Elum, WA 98922

Hours: Monday-Thursday 8am-4:30pm, Friday 8am-12pm and 1-4pm

E-mail: <u>upperdistrictcourt@co.kittitas.wa.us</u>

# **Kittitas County Probation Services**

Phone: 509-962-7646

Address: 507 N. Nanum Street Suite 8, Ellensburg, WA 98926

Hours: Monday-Friday 8am-12pm, 1pm-5pm (phone hours end at 4pm)

E-mail: misdprob@co.kittitas.wa.us

#### **Kittitas County Public Defense**

Phone: 509-962-7042

Address: 205 W. 5th Ave Suite 212, Ellensburg, WA 98926 Hours: M-Th 8am-12pm, 1pm-5pm & F 8am-12pm, 1pm-4pm

E-mail: <a href="mailto:publicdefense@co.kittitas.wa.us">publicdefense@co.kittitas.wa.us</a>/public-defense

#### Law Office of Mark A. Chmelewski

No-charge for initial consultations. Practice areas: felonies, misdemeanors, DUI, reckless/negligent driving, driving while license suspended, assault, possession, traffic infractions, probation violations.

Phone: 509-933-1529

Address: 410 N. Pine St, Ellensburg, WA 98926

Hours: Monday-Friday 9am-5pm

Website: mac1law.com

#### **Law Office of Tony Swartz**

Practice areas: DUI defense, administrative law hearings, nonprofit law, business law, landlord/tenant law, liquor law, estate planning, civil law.

Phone: 509-293-7593

Address: 422 N Pine St, Ellensburg, WA 98926

E-mail: tony@ellensburglawyer.com

Website: tonyswartzlaw.com

Fax: 509-295-8378

# **Northwest Justice Project**

Provides free legal assistance to low-income individuals to address needs such as housing, family safety, income security, healthcare, education, and more

Phone: 509-574-4234 or 888-201-1018

Address: 311 N. 4th St Suite 201, Yakima, WA 98901

Website: <a href="mailto:nwjustice.org/home">nwjustice.org/home</a>

Coordinated Legal Education Advice & Referral (CLEAR) – toll-free hotline for people with low incomes: 888-201-1014 weekdays 9:15am-12:15pm

Eviction assistance: 888-657-8387

#### The Law House PLLC

Practice areas: estate planning, business formation, business maintenance.

Phone: 509-925-9600

Address: 604 N Main, St Ellensburg, WA 98926 Hours: M-Th 9am-4pm by appointment only

E-mail: <a href="mailto:thelawhousepllc@gmail.com">thelawhousepllc@gmail.com</a> Website: <a href="mailto:estateplanningellensburg.com">estateplanningellensburg.com</a>

Legal resources: estateplanningellensburg.com/resources

# LGBTQIA2S+ / SOGIE

#### **EQuAl (Equality through Queerness and Allies)**

LGBTQIA+ group at Central Washington University that provides a safe and welcoming environment for LGBTQIA+ students, staff, and beyond

Facebook: <a href="https://www.facebook.com/CWUEQUAL">https://www.facebook.com/CWUEQUAL</a> Instagram: <a href="https://www.instagram.com/equal\_cwu/">https://www.facebook.com/CWUEQUAL</a>

#### **Gender Justice League**

Civil & human rights organization focused on elevating the rights of Twospirit, Trans, and Gender Diverse communities in Washington State through advocacy efforts, direct services, shared leadership development, and the creation of sacred Trans spaces

Phone: 206-538-0423 (call or text) E-mail: info@genderjusticeleague.org

Website: https://www.genderjusticeleague.org/category/resources/

#### **Helen House**

SOGIE-safe space. Gives power to and validates SOGIE community members to foster self-exploration, self-expression, and self-acceptance

Phone: 509-968-5064

Address: 108 N. Sprague Street, Ellensburg, WA 98926

Hours: Monday and Friday (ages 13-17) 3-6pm, Tuesday (18+) 3-6pm,

Wednesday (ages 13-17) 2-6pm, Thursday (18+) 4-7pm

Website: helen-house.org

# **Kittitas County Pride**

Promote awareness of Sexual Orientation, Gender Identity & Expression (SOGIE) and to foster a welcoming community for LGBTQIA2S+ diversity, education, health, culture and acceptance

Email: kittitascountypride@gmail.com

Website: kittitascountypride.org

#### **SAGE**

Advocacy & services for LGBTQ+ elders Hotline: 1-877-360-LGBT(5428)

Website: <a href="mailto:sageusa.org/your-rights-resources">sageusa.org/your-rights-resources</a>

# Sexuality and Gender Alliance (SAGA) at Ellensburg High School

Advisor: Lorraine Barlow, Lorraine.Barlow@esd401.org

Meetings: Thursdays

#### **Trans Rural Lives**

A digital storytelling project exploring and celebrating the lives of transgender, Two-Spirit, and gender-diverse older adults who live in or have strong ties to rural areas and small towns in the Pacific Northwest

Website: transrurallives.org

Resources: transrurallives.org/resources-for-trans-adults

#### **Washington State LGBTQ Commission**

Advisory board of 15 commissioners who represent the wealth of experiences and diversity of the 2SLGBTQIA+ community in Washington to improve the government's interface with the LGBTQ+ community, identify needs of its members, and ensure that there is an effective means of advocating for LGBTQ+ equity in all aspects of state government.

Website: lgbtq.wa.gov/resources/county/kittitas

## **Queer-Safe Churches**

#### **Ellensburg United Methodist Church**

Phone: 509-962-9257

Address: 210 N. Ruby Street, Ellensburg, WA 98926

Hours: Tuesday-Thursday 11am-2pm E-mail: secretary@ellensburgumc.org

Website: ellensburgumc.org

# **Grace Episcopal Church**

Phone: 509-962-2951

Address: 1201 N. B Street, Ellensburg, WA 98926

Hours: Tuesday and Thursday 1-4pm E-mail: <a href="mailto:church@graceellensburg.com">church@graceellensburg.com</a>

Website: graceellensburg.com

# Kittitas Valley Unitarian Universalist Congregation

Address: 400 N. Anderson Street, Ellensburg, WA 98926

E-mail: office@kvuu.org
Website: https://kvuuc.net/

# Mental Health

Crisis Line: 988

#### **Community Clinic**

Free counseling for Kittitas County youth 12-17 years old experiencing socialemotional difficulties (i.e. depression, trauma, school refusal, anxiety, social skill deficits, and adjustment difficulties)

Phone: 509-963-2501

Address: 1405 N. Walnut Street Suite 118, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

#### **Community Health of Central Washington (CHCW)**

Primary care, obstetrics, pediatrics, dental care, behavioral health, WIC, substance use disorder treatment, and pharmacy. Care regardless of ability to pay. On-call nurse available 24/7

Phone: 509-962-1414

Address: 521 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 7am-5:30pm Website: <a href="mailto:chcw-ellensburg">chcw-ellensburg</a>

#### **Comprehensive Healthcare - Cle Elum**

Accepts Medicaid. Evidence-based practice services for adults and children, group and family therapy, medication management, school-based services, youth wraparound intensive services, crisis support. Same-day access intake assessments. In-person and telehealth appointments available.

Phone: 509-674-2340

Address: 309 E. 1st Avenue, Cle Elum, WA 98922

Website: comphc.org

# Comprehensive Healthcare – Ellensburg

Accepts Medicaid. Evidence-based practice services for adults and children, group and family therapy, medication management, school-based services, youth wraparound intensive services, crisis support. Same-day access intake assessments. In-person and telehealth appointments available.

Phone: 509-925-9861

Address: 707 N. Pearl Street Suites E & K, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: comphc.org

#### Ignite a Path to Wellness

Reduced-rate counseling offered on a sliding scale. In-person and telehealth appointments available. In-network providers: Blue Cross Blue Shield, Premera Blue Cross, Regence Blue Shield, Aetna, First Choice Health, Kaiser PPO (First Choice)

Phone: 253-348-6548

Hours: Monday-Saturday 8am-8pm

Website: ignitepathways.com

#### National Alliance on Mental Illness (NAMI) - Kittitas

Organization of families, friends, and individuals whose lives have been affected by mental illness advocating for individuals living with mental illness

Email: namikittitas@gmail.com

Website: namikittitas.org

#### Nan Doolittle Expressive Arts, LLC

Phone: 509-607-0193

#### **Quiet Cadence**

Provides support to educators, frontline workers, healthcare providers, and veterans through yoga, art, equine psychotherapy, and other activities

Phone: 509-986-3108 Website: <u>quietcadence.org</u>

#### **Triumph Treatment Services**

Outpatient substance use and mental health treatment and residential admissions. Provides transportation to inpatient if needed

Phone: 509-834-4300

Hours: Monday-Friday 8am-5pm

E-mail: <u>info@triumphtx.org</u> Website: <u>triumphtx.org</u>

# Valley Psychological Services

Compassionate psychotherapy to help you find peace and happiness

Phone: 509-968-5086

Address: 2109 W. Dolarway Road, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-5pm

Website: valley-psych.com

# Pets

#### **ARRF Animal Rescue**

Dedicated to promoting the care and welfare of companion animals in Upper Kittitas County. Provides services including: spay/neuter vouchers, help with supplying food and vet care for low-income families, pet adoption, fostering, reuniting lost and found pets with their owners, humane education

Phone: 509-304-4805

Address: P.O. Box 670, Roslyn, WA 98941

Email: arrfanimalrescue@gmail.com

Website: arrfanimalrescue.org

#### **Ellensburg Animal Shelter**

Adoption, spay and neuter clinic, pet licensing, animal control, lost & found pets, pet surrender, end-of-life services, and a Pet Pantry that offers cat and dog food to community members in need when supplies are available

Phone: 509-925-7387

Address: 1007 S. Industrial Way, Ellensburg, WA 98926

Hours: Monday-Saturday 10am-12pm and 1-4pm

Email: <a href="mailto:yhsellensburg@yakimahumane.org">yhsellensburg@yakimahumane.org</a>

Website: yakimahumane.org/locations/ellensburg

## **Kittitas County Friends of Animals (KCFOA)**

Promotes the welfare of pets in our community by providing life-saving services to county residents and financial aid for veterinary care to low- income residents.

Address: P.O. Box 1239, Ellensburg, WA 98926

E-mail: kcfoa2002@gmail.com

Website: KCFOA.org

# **Veterinary Hospitals**

# **Best Friends Mobile Veterinary Care**

Phone: 509-306-6628

Address: 415 E. Mountain View Avenue Suite 201, Ellensburg, WA 98926

Hours: by appointment only

Monday: in clinic 8am-5pm Tuesday: house calls 9am-5pm

Wednesday: Jeb's Pet Shop (Cle Elum) 10am-3pm

Thursday: house calls 9am-5pm Friday: house calls 9am-5pm

E-mail: receptionist@bestfriendsmvc.com

Website: bestfriendsmvc.com

#### **Bless This Pet**

Phone: 509-925-5911

Address: 1442 W University Way, Ellensburg, WA 98926

Hours: Monday-Thursday 10am-7pm E-mail: blessthispetvet@outlook.com

Website: blessthispetvet.com

#### **Central Washington Equine Hospital**

Phone: 509-859-2933

Address: 1603 S. Lakeshore Way, Ellensburg, WA 98926

Hours: available 24/7 for your equine medical emergencies and Thursday

morning through Monday afternoon for surgical emergencies.

Website: centralwashingtonequinehospital.com

#### **Ellensburg Animal Hospital**

Phone: 509-925-2833

Address: 1800 Vantage Highway, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: eburgvet.com

#### Mt Stuart Animal Hospital

Phone: 509-925-2332

Address: 807 E. 8th Ave, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: <a href="mailto:facebook.com/mtstuartanimalhospital">facebook.com/mtstuartanimalhospital</a>

# Valley Veterinary Hospital

Phone: 509-925-6146

Address: 2090 Vantage Highway, Ellensburg, WA 98926 Hours: Monday-Friday 8am-5pm, Saturday 8am-12pm

Website: <u>valleyvetandcascadeeast.com</u>

# Pharmacies & Medication Take-Back Sites

### **Cle Elum-Roslyn Police Department**

Medication take-back site

Phone: 509-674-2991 or non-emergency after-hours 509-925-8534

Address: 807 W. Second Street, Cle Elum, WA 98922

Hours: Monday-Thursday 8am-4:30pm, Friday 8am-1:30pm

Website: cleelum.gov/city-services/police

#### **Community Health of Central Washington (CHCW)**

Provides low-cost medication to patients through their internal pharmacy.

Medication take-back site Phone: 509-962-1414

Address: 521 E. Mountain View Ave. Ellensburg

Hours: Monday-Friday 8:30am-5:30pm Website: chcw.org/chcw-ellensburg

#### **Compass Direct Healthcare**

Provides low-cost medication to established patients through internal pharmacy

Phone: 509-388-2345

Address: 100 W. 3rd Avenue, Ellensburg, WA 98926 Hours: Monday-Thursday 9am-5pm, Friday 7:45am-3pm

Website: compassdirecthealthcare.com

#### **Cost Plus Drugs**

Access to affordable medication; every product is priced at cost + 15% whether you have insurance coverage or not

Website: costplusdrugs.com/medications

#### GoodRx

Save up to 80% on prescriptions

Website: goodrx.com

# Kittitas County Sheriff's Office

Medication take-back site Phone: 509-962-7525

Address: 307 W. Umptanum Road, Ellensburg, WA 9892

Hours: Monday-Friday 9am-5pm Website: co.kittitas.wa.us/sheriff

#### **Kittitas Police Department**

Medication take-back site Phone: 509-968-0220

Address: 207 N. Main Street, Kittitas, WA 98934

#### **KVH Hospital**

Pharmacy and medication take-back site

Phone: 509-925-8484

Address: 603 S. Chestnut Street, Ellensburg, WA 98926

Hours: 24/7

Website: <a href="https://kwhealthcare.org/hospital-services/pharmacy-services">kvhealthcare.org/hospital-services/pharmacy-services</a>

#### Safeway Pharmacy - Cle Elum

Pharmacy, immunizations, and medication take-back site

Phone: 509-852-3006

Address: 804 W. First Street, Cle Elum, WA 98922

Hours: Monday-Friday 9am-1:30pm and 2pm-9pm, Saturday-Sunday

10am-1:30pm and 2pm-9pm

Website: local.pharmacy.safeway.com/safeway/wa/cle-elum/804-w-1st-

st.html

### Safeway Pharmacy - Ellensburg

Pharmacy, immunizations, and medication take-back site

Phone: 509-962-5096

Address: 400 N. Ruby Street, Ellensburg, WA 98926

Hours: Monday 10am-4pm, Tuesday-Friday 9am-1:30pm, 2-9pm,

Saturday-Sunday 10am-1:30pm, 2-6pm

Website: local.pharmacy.safeway.com/safeway/wa/ellensburg/400-n-ruby-

st.html

# **Super 1 Pharmacy**

Pharmacy, immunizations, and medication take-back site

Phone: 509-962-7777 or 509-962-7770 (general store)

Address: 200 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 9am-7pm, Saturday 9am-6pm

#### **Whole Health Pharmacy**

Locally-owned, independent pharmacy and medication take-back site offering drive-through and delivery service and immunizations

Phone: 509-925-6800

Address: 800 S. Pearl Street #1, Ellensburg, WA 98926 Hours: Monday-Friday 9am-6pm, Saturday 10am-4pm

Website: mygnp.com/pharmacies/whole-health-pharmacy-ellensburg-wa-

98926

# Pregnancy & OBGYN

#### 4th Trimester Resource Center: extension of KVH Family Birthing Place

Provides postpartum education, care, and assistance to mothers and infants

Phone: 509-933-7593 (postpartum) or 509-962-7388 (lactation) Address: 708 E. Manitoba Avenue, Ellensburg, WA 98926

E-mail: 4thtrimester@kvhealthcare.org

Website: kvhealthcare.org/hospital-services/family-birthing/4th-trimester

#### **Basalt Family Wellness**

Women-run and provider-owned holistic care for Pediatric, Primary Care, Women's Health, Prenatal, and Mental Health services. In-network with Coordinated Care, Community Health Plan of Washington, and Wellpoint

Phone: 509-426-3750

Address: 1005 S. Canyon Road, Ellensburg, WA 98926

Hours: Monday-Thursday 8:30am-5pm

Website: <u>basaltfw.com</u>

#### **CareNet Pregnancy Center**

Pregnancy testing, confirmation ultrasound, and nurse consultations. Provides maternity items, diapers and clothing for children up to age 2

Phone: 509-925-2273

Address: 111 E. 4th Avenue, Ellensburg, WA 98926

Website: carenetellensburg.org

# **Kittitas County Breastfeeding Coalition: KCPHD**

Promotes, protects, and supports breastfeeding for lifelong individual, family, and community health

Phone: 509-962-7515

Address: 507 N. Nanum Street Suite 102, Ellensburg, WA 98926

(Kittitas County Public Health Department)

Meetings: Third Wednesday each month 9-10:30am in conference room

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E-mail: <a href="mailto:healthpromo@co.kittitas.wa.us">healthpromo@co.kittitas.wa.us</a>

Website: co.kittitas.wa.us/health/programs/breastfeeding.aspx

# Kittitas Valley Healthcare Pediatrics - Ellensburg

Phone: 509-962-5437

Address: 100 E. Jackson Avenue Suite 101, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: kvhealthcare.org/clinics-and-specialty-services/pediatrics

#### **KVH Family Birthing Place**

Family-centered maternity care environment. Offers a range of birth and family preparation classes, free breastfeeding support, and support for infant loss

Phone: 509-962-7328 or 509-962-7388 (lactation)

Address: 603 S. Chestnut Street, Ellensburg, WA 98926

E-mail: FamilyBirthing@kvhealthcare.org

Website: kvhealthcare.org/hospital-services/family-birthing

#### **Planned Parenthood**

Phone: 866-904-7721

Address: 613 N Pine Street Ellensburg

Website: plannedparenthood.org

Special Hours of Operations: Monday through Thursday only

# **Protective Services**

#### **Adult Protective Services (APS): DSHS**

Report concerns involving vulnerable adults

Phone: 1-877-734-6277 or 1-833-866-5595 to report abuse and/or neglect

Address: 1100 University Way, Ellensburg, WA 98926

Report online or via phone: dshs.wa.gov/altsa/home-and-community-

services/report-concerns-involving-vulnerable-adults

#### **Aspen Victim Advocacy Services**

Support for survivors of sexual assault and intimate partner domestic violence

Phone: 509-925-9384

Address: 220 W. 4th Avenue, Ellensburg, WA 98926

Website: <a href="mailto:comphc.org/services/aspen/">comphc.org/services/aspen/</a>

# Child Protective Services (CPS): Department of Children, Youth, and Families

Responsible for investigating reports of suspected child abuse and neglect

Phone: 509-933-6030 or 1-855-420-5888

Address: 1210 W. University Way, Ellensburg, WA 98926

Website: <a href="https://dcyf.wa.gov/safety/report-abuse">dcyf.wa.gov/safety/report-abuse</a> Kittitas County is in Region 2

#### **Crime Victim Hotline**

Phone: 509-575-4824

#### **Domestic Violence & Sexual Assault Hotline**

Phone: 509-925-9384 or 1-866-925-9384

# **Senior Care**

#### Aging & Long-Term Care (ALTC) / Aging & Disability Resources (ARDC)

Offers aging adults & adults with disabilities free support services including information & referrals, case management, nutrition programs, transportation services, benefits assistance, health & wellness programs, senior foot care, and legal services in addition to free long-term caregiver support

Phone: 509-925-8765 or 1-855-567-0252

Address: 206 W. 1st Avenue Suite A, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-5pm E-mail: ADRCKittitas@dshs.wa.gov

Website: altcwashington.com/kittitas-county

#### **Avista Senior Living**

Assisted living facility with healthcare providers on-site 24/7

Phone: 509-295-2074

Address: 1008 E. Mountain View Avenue, Ellensburg, WA 98926

Website: avistaseniorliving.com/ellensburg

#### **Catholic Charities**

Senior Companionship Program provides companionship and direct support to seniors and people with limited mobility. Offers volunteer opportunities and connection to the community

Phone: 509-965-7100

Address: 5301 Tieton Drive Suite C, Yakima, WA 98908

Website: <u>catholiccharitiescw.org/services/americorp-senior-companions</u>

# **Ellensburg Adult Activity Center**

Drop-in recreation for adults 50+ offering activities in health and wellness, fitness, nutrition, intellectual wellbeing, art, games, trips, tours, and special events

Phone: 509-962-7242

Address: 506 S. Pine Street, Ellensburg, WA 98926 Hours: Monday-Friday 8am-4pm, closed holidays Website: ci.ellensburg.wa.us/823/Adult-Activity-Center

## **Ellensburg Senior Living**

Provides compassionate, personalized care through independent living, assisted living, memory care, and respite care services

Phone: 509-388-0283

Address: 818 E. Mountain View Avenue, Ellensburg, WA 98926

E-mail: crd.ellensburg@ellensburgseniorliving.com

Website: ellensburgseniorliving.com

#### **Grace Manor**

Adult family home specializing in dementia care

Phone: 509-607-3940

Address: 906 E. Seattle Avenue, Ellensburg, WA 98926

E-mail: <u>info@gracemanoradultfamilyhome.com</u>
Website: <u>gracemanoradultfamilyhome.com</u>

#### **Hearthstone Senior Living**

Offers independent living and assisted living with tailored amenities and support to fit your lifestyle

Phone: 509-925-3099

Address: 802 E. Mountain View Avenue, Ellensburg, WA 98926

Website: <u>hearthstone-sl.com</u>

#### **Living Well**

No-cost assistance with navigating the many choices in senior living that include memory care, assisted living, adult family homes, and independent living

Phone: 509-607-9980

Email: <u>livingwellplacement@gmail.com</u>

Website: livingwellsenior.com

#### Meals on Wheels: FISH

A home delivery meal program available to disabled and homebound adults 55+

Phone: 509-933-3333

Website: <a href="https://kwfish.org/meals-on-wheels">kvfish.org/meals-on-wheels</a>

#### **Mountain View Post Acute**

Offers fall prevention, pain management, cancer recovery, orthopedic, stroke, and cardiac rehabilitation, pulmonary, post-operative, bariatric, tracheostomy, palliative, and hospice care, physical, speech, and occupational therapies, pharmacy, laboratory, and x-ray services, and renal and digestive disease care

Phone: 509-925-4171

Address: 1050 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Every day 8am-5pm Website: <a href="mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:mthyle:m

#### Ruth's Home - Belair House

Adult family living for seniors

Phone: 509-304-9618

Address: 304 E. 3<sup>rd</sup> Street, Cle Elum, WA 98922

#### Ruth's Home - Malibu House

Adult family living for seniors Phone: 509-304-9618

Address: 401 Main Street, South Cle Elum, WA 98943

#### **Upper Kittitas County Senior Center**

Offers mentally, socially, and physically enriching programs and services to enhance the wellbeing of older adults in Upper County Breakfast Monday-Friday 8-10am, Lunch Monday-Friday 11:30am-1pm (\$7/meal)

Phone: 509-674-7530

Address: 719 East 3<sup>rd</sup> Street. Cle Elum, WA 98922 Mailing Address: P.O. Box 877, Cle Elum, WA 98922

Hours: Monday-Friday 8am-2pm E-mail: <u>info@ukseniorcenter.org</u> Website: <u>ukcseniorcenter.org</u>

# Social Services

#### Adult Protective Services (APS): DSHS

Report concerns involving vulnerable adults

Phone: 1-877-734-6277 or 1-833-866-5595 to report abuse and/or neglect

Address: 1100 University Way, Ellensburg, WA 98926

Report online or via phone: dshs.wa.gov/altsa/home-and-community-

services/report-concerns-involving-vulnerable-adults

#### **Catholic Charities**

Provides life affirming services to the most vulnerable regardless of their faith or religious background.

Phone: 509-965-7100

Address: 5301 Tieton Dr. Yakima WA

#### **Department of Social & Health Services (DSHS)**

Phone: 509-933-6100

Address: 1100 W. University Way Ellensburg

Website: dshs.wa.gov/

#### **Connections: FISH**

Provides pantry users throughout Kittitas County with one-on-one coaching to reach their goals

Phone: 509-925-5990 x1007 E-mail: eric.d@kvfish.org

#### **HopeSource**

Provides care navigation to address the needs of individuals and families to achieve long-term stability.

Phone: 509-925-1448

Address: 606 W 3rd Avenue Ellensburg Website: <a href="https://hopesource.us/Ellensburg">hopesource.us/Ellensburg</a>

# **Kittitas County Health Network**

Advocates for whole person health through community collaborations and connections to resources.

Phone: 509-925-5246

Mailing Address: 110 W 6th Ave. PMB #393, Ellensburg Physical Address: 2411 Dolarway Rd. Suite 1, Ellensburg

Website: healthierkittitas.org

# Social Security Administration - Yakima Phone: 800-772-1213

Address: 801 Fruitvale Blvd. Yakima WA

# Substance Use & Recovery

#### **Al Anon**

Phone: 509-962-9045 or 866-504-6974 (for help finding meetings)

Meetings: wa-al-anon.org/meetings/?type=in-person&region=ellensburg

Website: wa-al-anon.org

#### **Alcoholics Anonymous (AA)**

Phone: 509-925-1771

Meetings: https://area92aa.org/meetings/?region=ellensburg

Website: Kittitascountyaa.org

#### **Celebrate Recovery - Mercer Creek Church**

Phone: 509-933-7800

Address: 1407 N. B Street, Ellensburg, WA 98926

Meetings: Thursdays 6:30pm

E-mail: <a href="mailto:celebrate.recovery@mercercreek.org">celebrate.recovery@mercercreek.org</a>

#### **Celebrate Recovery - Independent Baptist Church**

Phone: 509-607-2028

Address: 1104 N. Okanogan Street, Ellensburg, WA 98926

Meetings: Saturdays 6pm

Website: https://www.ibcellensburg.com/

#### **CONNECT: Community Health of Central Washington**

Outpatient care for Opioid Use Disorder

Phone: 509-452-7131 (local) or 844-452-7131

Address: 521 E. Mountain View Avenue, Ellensburg, WA 98926

Hours: Monday-Thursday 8am-5pm, Friday 8am-2pm

Website: chcw.org/connect

#### **Comprehensive Healthcare – Ellensburg**

Substance Use Disorder treatment through outpatient and group counseling, intensive outpatient, and Integrated Dual Diagnosis(/Co-occurring disorders) Treatment (IDDT). Evidence-based practice services for adults and children, group and family therapy, medication management, school-based services, youth wraparound intensive services, crisis support. Same-day access intake assessments. In-person and telehealth appointments available. Accepts Medicaid.

Phone: 509-925-9861

Address: 707 N. Pearl Street Suite K, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: comphc.org/locations/ellensburg-center

#### Kittitas Valley Healthcare - Cle Elum

Support and treatment for Opioid Use Disorder, Alcohol Use Disorder, Tobacco Use Disorder, Stimuland Use Disorder, Cannabis Use Disorder, and other substance use problems

Phone: 509-674-5331

Address: 201 Alpha Way, Cle Elum, WA 98926

Hours: Monday-Friday 8am-5pm

Website: kvhealthcare.org/clinics-and-specialty-services/addiction-

medicine

#### Kittitas Valley Healthcare - Ellensburg

Support and treatment for Opioid Use Disorder, Alcohol Use Disorder, Tobacco Use Disorder, Stimuland Use Disorder, Cannabis Use Disorder, and other substance use problems

Phone: 509-674-5331

Address: 100 E. Jackson Avenue Suite 301, Ellensburg, WA 98926 Website: <a href="https://kvhealthcare.org/clinics-and-specialty-services/addiction-">kvhealthcare.org/clinics-and-specialty-services/addiction-</a>

medicine

#### **Merit Resource Services**

Drug treatment and rehabilitation center. Alcohol and drug treatment assessment, education, and referrals, outpatient, intensive outpatient, and telehealth programs, relapse prevention, continuing recovery, and aftercare, alcohol drug information school (ADIS). English and Spanish-speaking services available.

Phone: 509-925-9384

Address: 220 W 4<sup>th</sup> Avenue, Ellensburg, WA 98926 Hours: Monday-Thursday 8am-6pm, Friday 8am-5pm

Walk-in assessments available Tuesday through Thursday 12:30

Website: meritresources.org

# **Narcotics Anonymous (NA)**

Phone: 877-664-0398

Meetings: https://cwaona.org/meetings/

Website: cwaona.org

#### **Never Share Syringe Service Program: KCPHD**

Offers free syringes, naloxone, fentanyl test strips, nicotine cessation products, wound supplies, hygiene products, HIV and hepatitis prevention, referrals, etc.

Phone: 509-859-6274

Ellensburg Address: 210 N. Ruby Street Classroom 9, Ellensburg, WA

98926 (United Methodist Church)

Hours: Tuesday & Thursday 9am-12pm and 1-5pm

County-wide: harm reduction professionals will meet you where you are

Hours: Monday and Wednesday by appointment

Website: co.kittitas.wa.us/health/community/harm-reduction-program.aspx

#### Parent Child Assistance Program (PCAP): Triumph

Intensive home visitation program for parents who experiences Substance Use Disorder during pregnancy to access services, achieve and maintain recovery, and create a healthy family environment

Phone: 509-907-1105

Address: 801 Summitview Avenue, Yakima, WA 98902

Hours: Monday-Friday 8am-5pm Website: triumphtx.org/parent-family

#### Peers Rising - Ellensburg

Promotes long-term recovery through education, advocacy and support services

Phone: 509-968-5224

Address: 116 W. 3<sup>rd</sup> Avenue Suite 100, Ellensburg, WA 98926

Hours: Monday-Friday 9am-4pm E-mail: <u>info@peersrisingwa.org</u> Website: <u>peersrisingwa.org</u>

# Peers Rising - Cle Elum

Promotes long-term recovery through education, advocacy and support services

Phone: 509-968-5224

Address: 113 N. Wright Avenue, Cle Elum, WA 98922

Hours: Tuesday and Thursday 9am-4pm

Website: peersrisingwa.org

# Peers Rising – Kittitas

Promotes long-term recovery through education, advocacy and support services

Phone: 509-968-5224

Address: 117 Main Street, Kittitas, WA 98934

Hours: by appointment Website: <u>peersrisingwa.org</u>

#### **Recovery Navigator Program: MERIT**

Connects individuals with locally available treatment and support services

Phone: 509-643-8497

Email: RNPEllensburg@meritservices.org

Website: meritresources.org/recovery-navigator-program

#### **Triumph Treatment Services**

Outpatient substance use and mental health treatment and residential admissions. Provides transportation to inpatient if needed

Phone: 509-248-1800

Hours: Monday-Friday 8am-5pm

E-mail: <u>info@triumphtx.org</u>
Website: <u>triumphtx.org</u>

#### **Washington Recovery Helpline**

24-hour help for substance abuse, problem gambling & mental health

Phone: 1-866-789-1511

Website: warecoveryhelpline.org

#### Youth Cannabis Prevention Education Program: KCPHD

Focused on reducing marijuana use by youth ages 12-20

Phone: 509-962-7515

Address: 507 N. Nanum Street Suite 102, Ellensburg, WA 98926

Email: publichealth@co.kittitas.wa.us

Website: co.kittitas.wa.us/health/community/ympep.aspx

#### Tobacco Use Disorder

# **Never Share Syringe Service Program: KCPHD**

Offers free syringes, naloxone, fentanyl test strips, nicotine cessation products, wound supplies, hygiene products, HIV and hepatitis prevention, referrals, etc.

Phone: 509-859-6274

**Ellensburg** Address: 210 N. Ruby Street Classroom 9, Ellensburg, WA

98926 (United Methodist Church)

Hours: Tuesday & Thursday 9am-12pm and 1-5pm

**County-wide**: harm reduction professionals will meet you where you are

Hours: Monday and Wednesday by appointment

Website: co.kittitas.wa.us/health/community/harm-reduction-program.aspx

#### **Tobacco Cessation Resources**

Phone: 1-800-QUIT-NOW(784-8669)

# **Tobacco & Vaping Prevention & Control Program: KCPHD**

Education about the dangers of tobacco use and cessation resources

Phone: 509-962-7515

E-mail: <u>healthpromotion@co.kittitas.wa.us</u>

Website: co.kittitas.wa.us/health/community/tobacco/default.aspx

# **Support Groups**

#### Alzheimer's & Dementia Support Group

A place for caregivers, loved ones, or someone experiencing Alzheimer's and dementia themselves to share experiences and stories, exchange resources, ask questions, and receive support

Address: 1801 N. Walnut Street, Ellensburg, WA 98926 (The Burg Coffee)

Meetings: third Thursday each month at 4pm

#### **GriefShare – Ellensburg**

13-week program: weekly video seminar and discussion on grief and recovery

Phone: 509-654-6428 or 509-933-7800

Address: 1410 N. Main Street, Ellensburg, WA 98926 (Mercer Creek

Church)

Meetings: Thursdays 6-7:30pm November-December and April-May

E-mail: diaruthgary@yahoo.com or info@mercercreek.org

#### **Kittitas County Cancer Support Group**

Connect with community members, find resources, and share your stories

Location: KVH café conference room – 603 S. Chestnut Street, Ellensburg

Hours: first and third Mondays of each month E-mail: Russell Colmore, RAColmore@gmail.com

#### **Peace After Loss**

7-8 week program hosted by Grief Recovery Method Specialist, Dr. Mary Butler

Phone: 509-418-4563

E-mail: mmbutler8@gmail.com

## **Tender Loving Care-for Caregivers (TLC)**

Family Caregiver Support Group

Phone: 509-925-8765 (ALTC Ellensburg)

Address: 1201 N. B Street, Ellensburg, WA 98926

Meetings: second and fourth Wednesdays at Grace Episcopal Church

Website: <u>altcwashington.com/caregiver-support-services</u>

#### **Understanding Your Grief**

10-week program using the curriculum and journal of Dr. Alan D. Wolfelt

Phone: 509-899-1467

# **Transportation**

#### **Ellensburg Taxi Services**

Phone: 509-899-8340

#### **HopeSource**

Central Transit provides fare-free public transit on a fixed schedule 7 days/week

Phone: 509-925-8680

Address: 607 W. 3rd Avenue, Ellensburg, WA 98926

E-mail: transit@ci.ellensburg.wa.us

Website: centraltransit.org

**ADA Paratransit** provides rides within Ellensburg city limits to individuals with physical or mental disabilities, temporary injury, or illness

Phone: 877-232-7433 or 509-925-8680 (Spanish & Braille)

Hours: Monday-Sunday 6:55am-8:15pm

Website application: adaride.com

**Dial-A-Ride** provides transportation for low-income, elderly, and disabled individuals

Phone: 509-933-2287

Website: hopesource.us/doortodoortransportation

Kittitas County Connector offers free rides between Connects Ellensburg, Cle

Elum, Roslyn, Ronald on a fixed schedule 7 days/week

Website: hopesource.us/kcc

**Cabulance** offers 24/7, non-emergency medical transportation services within Ellensburg city limits. Ride requests must come from a healthcare provider

#### **People for People**

Provides transportation for seniors, individuals with disabilities, and the general public. Client must call at least 24 hours in advance and be a Medicaid recipient with a current Provider One card

Phone: 509-248-6726 Website: mypfp.org

# **Rodeo City Taxi**

Contracted provider through People for People for urgent transportation requests on weekends, after-hours & holidays. Family operated for over 10 years

Phone: 509-929-4222

# **Yakima Transit**

Route 11: Yakima to Ellensburg Commuter

Phone: 509-575-6175

Hours: Monday-Friday 5:30am-6:30pm, Saturday 7am-6:30pm,

Sunday 8am-4pm

E-mail: transit@yakimawa.gov Website: yakimatransit.org

# **Veterans Services**

VA Suicide Hotline: dial 988, press 1

#### **National Call Center for Homeless Veterans**

Services for homeless vets or vets at risk for homelessness

Phone: 877-424-3838

#### **Kittitas County Veteran Services Program**

Veteran Service Officers work on behalf of veterans and their dependents and survivors, providing emergency funds, coordinating resources, and applying for VA benefits

Phone: 509-933-8320 or 509-910-4855

Ellensburg Address: 507 N. Nanum Street Suite 117, Ellensburg

Hours: Monday-Friday 8am-4pm E-mail: vsp@co.kittitas.wa.us

Website: co.kittitas.wa.us/health/veterans.aspx

**Upper County**: 719 E. 3<sup>rd</sup> Street, Cle Elum (UKC Senior Center)

Hours: first and third Tuesday each month 10am-2pm

#### Supportive Services for Veteran Families (SSVF): HopeSource

Phone: 509-925-1448

Address: 606 W. 3rd Avenue, Ellensburg, WA 98926

Website: hopesource.us/ellensburg

#### **Veterans Affairs (VA)**

Provides benefits to veterans, service members, and their families

Phone: 800-698-2411 Website: va.gov

#### **Veterans Justice Outreach Program**

Provides early-intervention support to justice-involved veterans

Website: va.gov/HOMELESS/VJO.asp

#### **Veterans of Foreign Wars (VFW)**

Advocates for, serves, and fosters camaraderie among foreign conflict veterans

Website: vfw.org

Kittitas: Post 683 Rodeo Post Phone: 509-899-0498

Address: P.O. Box 568, Kittitas, WA 98934

Meeting: second Tuesday 6:30pm at 106 Main Street, Kittitas, WA 98934

Cle Elum: Post 1373 Douglas A. Munro-Robert H. Brooks Post

Phone: 509-674-6226

Address: P.O. Box 52, Cle Elum, WA 98922

Meeting: first Monday 4pm at 719 E. 3<sup>rd</sup> Street, Cle Elum, WA 98922

#### **Veteran and Military Spouse Support: WorkSource**

Provides veterans and their families with employment resources and access to programs and benefits

Phone: 509-690-5311

Website: worksourcewa.com

# **Vision Care**

#### **Pacific Northwest Retina**

Retina specialists

Phone: 206-215-3850

Address: 2205 W. Dolarway Road Suite 2, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

Website: pnwretina.com/retina-centers/ellensburg

#### **Pearl Street Optical**

Eyewear and sunglasses store

Phone: 509-899-9333

Address: 317 N. Pearl Street, Ellensburg, WA 98926

Hours: Monday-Friday 10am-5pm

E-mail: pearlstreetoptical@hotmail.com

#### **Valley Vision**

Total eye care facility providing eye exams, contact lens fitting, eye disease management, and frame/lens fittings

Phone: 509-925-1000

Address: 2201 W. Dolarway Road, Ellensburg, WA 98926

Hours: Monday-Friday 8:30am-5:30pm Website: valleyvisionassociates.com

# Vision Source Family Eye Clinic – Ellensburg

Phone: 509-925-9873

Address: 707 N. Pearl Street Suite D, Ellensburg, WA 98926 Hours: Monday – Thursday 8 am – 5 pm, Friday 7 am – 1 pm

Website: visionsource-familyeyeclinicwa.com

# Youth & Families

#### 509 Teens

A safe space for peer support for youth ages 12-17

Phone: 509-968-5224

Address: 116 W. 3<sup>rd</sup> Avenue, Ellensburg, WA 98926

E-mail: kc509teens@gmail.com

Website: 509teens.com

#### **Car Seat Clinics: Ellensburg Police Department**

Certified car seat technicians will check your car seats, ensure proper installation, and answer any questions. Limited free car seats available

Phone: 509-962-7280

#### **Catholic Charities**

Kinship Program provides free assistance for caregivers of young relatives overcome barriers in: navigating government systems, seeking legal advice, enrolling students in school, accessing coverage, qualifying for financial support, and connecting to behavioral health resources

Phone: 509-965-7100

E-mail: <a href="mailto:mpleger@catholiccharitiescw.org">mpleger@catholiccharitiescw.org</a>

Website: catholiccharitiescw.org/services/kinship-raising-a-child-not-born-

to-you

# **Child Care Aware of Washington**

Helping families find childcare

Phone: 1-800-446-1114

Hours: Monday-Friday 8:30am-4:30pm E-mail: <a href="mailto:familycenter@childcare.org">familycenter@childcare.org</a> Website: <a href="mailto:childcareawarewa.org">childcareawarewa.org</a>

# Childhood Injury Prevention: Kittitas County Public Health Department

Limited number of free car seats available for families in need

Phone: 509-962-7515

Address: 507 N. Nanum Street Suite 102, Ellensburg, WA 98926

Email: publichealth@co.kittitas.wa.us

Website: co.kittitas.wa.us/health/programs/childhood-injury-

prevention.aspx

#### Children's Village

Provides families and children with special healthcare needs with: medical specialty clinics, developmental screening and diagnosis, dental services, occupational, physical, and speech therapy, mental health counseling, education, care coordination, and family services

Phone: 509-574-3200

Address: 3801 Kern Road, Yakima, WA 98926

Hours: Monday-Thursday 8am-5pm, Friday 8am-3pm

Website: yakimachildrensvillage.org

#### **Children & Youth with Special Health Care Needs Program**

Connects systems of care for children and youth with special care needs

Phone: 509-933-8392

Address: 507 N. Nanum Street Suite 102, Ellensburg, WA 98926

Email: publichealth@co.kittitas.wa.us

Website: doh.wa.gov/you-and-your-family/infants-and-children/health-and-

safety/children-and-youth-special-health-care-needs

#### **Community Clinic**

Free counseling for Kittitas County youth 12-17 years old experiencing socialemotional difficulties (i.e. depression, trauma, school refusal, anxiety, social skill deficits, and adjustment difficulties)

Phone: 509-963-2501

Address: 1405 N. Walnut Street Suite 118, Ellensburg, WA 98926

Hours: Monday-Friday 8am-5pm

#### **CWU Family Resource Center**

Provides programming to support families coordinating family-related research and providing civic engagement opportunities for students

Phone: 509-963-2758 Location: Michaelsen 100

Website: <a href="mailto:cwu.edu/academics/child-family/family-resource-center">cwu.edu/academics/child-family/family-resource-center</a>

# **Every Kid Sports**

Gives qualifying families financial support to pay youth sports registration fees. Children must be between the ages of 4-18, enrolled in Medicaid, SNAP, or WIC, and the sport you're applying for is recreational (not elite or travel) with a season that lasts at least four weeks

Website: <a href="https://everykidsports.org/">https://everykidsports.org/</a>

#### **Help Me Grow Washington**

Resource finder for food, basic needs, child development, healthcare, hotlines, behavioral health, parenting & caregiving, and pregnancy and post-partum

Phone: 1-800-322-2588

Website: resources.helpmegrowwa.org

#### **Kittitas Environment Education Network (KEEN)**

Offers nature programs and K-12 outdoor adventures, provides Wilderness First Aid training, and creates educational materials

Phone: 509-551-8807

Address: 115 E. 4th Avenue Suite 215, Ellensburg, WA 98926

E-mail: keen@keenetwork.org

Website: vcic.org

#### **Lazy F Camp**

Offers space for community programming and summer camp for youth

Phone: 509-962-2780

Address: 16170 Manastash Road, Ellensburg, WA 98926

Website: <u>lazyfcamp.org</u>

#### **Stan Bassett Youth Center**

Phone: 509-925-8604

Address: 406 E. Capital Avenue, Ellensburg, WA 98926

Hours: Monday-Friday 2-6pm

# The Shop Teen Center: Community Builders

Safe space for teens that provides transportation to Thorp and Easton, peer-led support groups, activities, and events

Phone: 509-304-3036

Address: 218 E. 1st Street, Cle Elum, WA 98926

Hours: Monday: 4-10pm (high school only)

Tuesday: 4-10pm (high school/group participants) Wednesday: 4-10pm (middle and high school)

Thursday: 4-10pm (high school only)

Friday: 2:30-10pm (middle and high school)
Saturday: 2:30-10pm (high school only)
Sunday: 2:30-10pm (middle and high school)

Website: the shopteen center.com

# **THRIVE Youth Mentoring: Kittitas County Health Network**

Opportunities for 1:1 community-based mentorships for youth 8-18 years old.

Phone: 509-925-5246

Address: 2411 W. Dolarway Rd Suite 1 Website: healthierkittitas.org/thrive

#### **Washington Outdoor School**

Provides equal access to outdoor adventures, offers programs year-round

Phone: 206-898-2041

E-mail: waoutdoorschool@gmail.com

Website: waoutdoorschool.org

#### **Working Connections Child Care: DCYF**

Child care subsidy program for eligible families

Phone: 1-844-626-8687

Website: <a href="https://dcs.nig.gov/services/earlylearning-childcare/getting-help/wccc">dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc</a>

#### **Young Life**

Programming and support for middle and high school youth, youth with disabilities, and teen moms

Phone: 509-933-3973

Email: <a href="mailto:kcyounglife@gmail.com">kcyounglife@gmail.com</a>
Website: <a href="mailto:kittitascounty.younglife.org">kittitascounty.younglife.org</a>

## Youth Recreation Scholarships: HopeSource

Scholarships can help pay for music lessons, art classes, dance, gymnastics, swim lessons, sports leagues, day camps, and more for children up to 18

Phone: 509-925-1448

Address: 606 W. 3rd Avenue, Ellensburg, WA 98926

Website: <a href="https://hopesource.us/youthscholarships">hopesource.us/youthscholarships</a>