**Resource Guide**

**TABLE OF CONTENTS**

|  |  |
| --- | --- |
| **Hotline numbers** | **Page 3-4** |
| **Rental/utilities assistance** | **Page 4-5** |
| **Baby Clothing and Supplies** | **Page 5** |
| **Clothing/Furniture** | **Page 5-6** |
| **Childcare** | **Page 6** |
| **Dental Clinics** | **Page 6-7** |
| **Disabilities Services** | **Page 7** |
| **Disaster Emergency Services** | **Page 8** |
| **Disabilities Services Employment Opportunities** | **Page 8** |
| **Domestic Violence Resources** | **Page 8** |
| **Education, Employment, and Job Training** | **Page 8-9** |
| **Housing** | **Page 9** |
| **Low-income Housing** | **Page 10** |
| **Housing-Clean and Sober** | **Page 10** |
| **Housing-Ownership** | **Page 10** |
| **Housing-Services** | **Page 10** |
| **Housing-Shelters** | **Page 10-11** |
| **Housing-Transitional** | **Page 11** |
| **Legal Services** | **Page 11-12** |
| **Transportation** | **Page 12** |
| **Veteran’s Services** | **Page 12** |
| **Telephone Services** | **Page 12-13** |
| **Teen Services** | **Page 13** |
| **Medical Care** | **Page 13-14** |
| **Medical-Prescription Assistance** | **Page 14** |
| **Medical-Smoking Cessation** | **Page 14** |
| **Medical-WIC (Women, Infants and Children)** | **Page 14-15** |
| **Mental Health Services** | **Page 15** |
| **Senior Services** | **Page 15-16** |
| **Recreation** | **Page 16** |
| **Pet Services** | **Page 17** |
| **Food-Hot Meals** | **Page 17** |
| **Multi-Cultural Services** | **Page 17-18** |
| **Advocacy & Complaints** | **Page 18-19** |
| **Food Banks** | **Page 20-22** |

**\*\*\*\*\*HOTLINE NUMBERS\*\*\*\*\***

|  |  |
| --- | --- |
| **Abandoned Auto Hotline** | **1-253-591-5926** |
| **Abuse Hotline-suspected abuse of child or vulnerable adult** | **1-866-363-4276** |
| **Address Confidentiality Program** | **1-800-822-1065** |
| **Adoption Support Program** | **1-800-562-5682** |
| **AIDS Hotline** | **1-800-272-2437** |
| **Alcohol and Drug Help Line** | **1-866-789-1511** |
| **Alzheimer’s Association** | **1-800-848-7097** |
| **American Kidney Foundation** | **1-800-638-8299** |
| **American Lung Association** | **1-800-732-9339** |
| **Animal Control** | **1-253-627-7387** |
| **Arthritis Foundation** | **1-800-542-0295** |
| **Attorney General’s Office** | **1-800-551-4636** |
| **Beach Closure (Shellfish Toxins)** | **1-800-562-5632** |
| **Services for vision impaired** | **1-800-255-1147 or (253)597-3700** |
| **Cancer Hotline** | **1-800-422-6237** |
| **Children or Families at Risk** | **1-800-562-5624** |
| **Child Protective Services** | **1-800-422-7517** |
| **Child Support Enforcement Services** | **1-800-345-9976** |
| **Community Connections** | **1-253-798-4500** |
| **Cystic Fibrosis Foundation** | **1-800-344-4823** |
| **Domestic Violence Hotline** | **1-800-562-6025** |
| **Pierce County Domestic Violence Helpline** | **253-798-4166** |
| **Down Syndrome Society** | **1-800-221-4602** |
| **DSHS Call Center** | **1-877-501-2233** |
| **Family Reconciliation Services for Runaways** | **1-800-562-5624** |
| **Gang Reporting Hotline** | **1-253-594-7867** |
| **Illegal Drug Activity Hotline** | **1-253-798-7537** |
| **Internal Revenue Service** | **1-800-829-1040** |
| **Legislative Hotline (when in session)** | **1-800-562-6000** |
| **Mental Health Crisis Hotline** | **1-800-576-7764** |
| **Missing Children Clearing House** | **1-800-543-5678** |
| **Mobile Home Relocation Assistance Information** | **1-800-964-0852** |
| **National Brain Injury Information Center** | **1-800-444-6443** |
| **Nursing Home Complaints** | **1-800-562-6078** |
| **Pierce County 24 Hr. Crisis Line** | **1-800-576-7764** |
| **Poison Center (24 hour)** | **1-800-222-1222** |
| **Safety Restraint Coalition (to report unbuckled children)** | **1-800-282-5587** |
| **Sexually Transmitted Disease** | **1-800-227-8922** |
| **Social Security Administration** | **1-800-772-1213** |
| **Tacoma Police Department (Non Emergencies)** | **1-253-798-4721** |
| **Utilities Commission, WA State &TDD** | **1-800-562-6150** |
| **\*\*\*\*\*HOTLINE NUMBERS CONTINUED\*\*\*\*\*** | |
| **Veterans Affairs** | **1-800-562-2308** |
| **WA State School for the Blind** | **1-800-562-4176** |
| **Welfare Fraud** | **1-800-562-6906** |
| **Multicare/Good Samaritan Behavioral Health** | **253-697-8400** |
| **Family Renewal Shelter** | **253-475-9010**  **888-550-3915** |
| **\*\*\*\*\*RENTAL/UTILITIES ASSISTANCE\*\*\*\*\*** | |
| **Access Point 4 Housing** | **253-682-3401** |
| **Down Payment Assistance (City of Tacoma)** | **800-767-4663** |
| **MLK Housing Development** | **253-682-1300** |
| **Phoenix Housing Network** | **253-471-5340** |
| **Pierce County Community Action** | **253-798-4500** |
| **Lakewood Area Shelter Association** | **253-582-5320** |
| **Veterans Bureau of Pierce County** | **253-798-7449** |
| **Salvation Army (Tacoma)** | **253-572-8452** |
| **Salvation Army (Puyallup)** | **253-841-1491** |
| **Gig Harbor Peninsula FISH** | **253-858-6179** |
| **South Sound Outreach** | **253-593-2111** |
| **St. Nicholas Parish (Zip codes 98332, 98335, 98394)** | **253-851-0554** |
| **St. Martin of Tours (Zip codes 98354, 98371, 98422, 98424)** | **253-970-9037** |
| **St. John of the Woods (Zip codes 98371, 98373, 98404, 98443, 98444, 98446)** | **253-537-8551** |
| **Holy Rosary (Zip codes 98402, 98404, 98409, 98418)** | **253-383-4549** |
| **Metropolitan Development Council** | **253-597-6728 or 253-536-6200** |
| **Helping Hand House** | **253-848-6096** |
| **All Saints Community Services** | **253-848-2000** |
| **Pierce County AIDS Foundation** | **253-383-2565** |
| **Eatonville Family Agency** | **360-832-6805** |
| **Pregnancy Aid** | **253-383-4100** |
| **New Connections** | **253-617-1405** |
| **St. John Bosco/St. Francis Cabrini (Zip Codes 98439, 98498, 98499)** | **253-588-2141** |
| **Holy Disciples (Zip Codes 98338, 98372, 98373)** | **253-875-6630** |
| **All Saints Community Services (Zip codes 98371,98372,98373)** | **253-848-2000** |
| **Our Lady Queen of Heaven (Zip codes 98387, 98444, 98445, 98580)** | **253-537-5266** |
| **St. Leo’s (Zip Codes 98402, 98405)** | **253-272-5136** |
| **St. Patrick’s (Zip Codes 98403, 98406, 98407)** | **253-383-2783** |
| **St. Rita’s (Zip Code 98405)** | **253-627-4851** |
| **Holy Cross (Zip Codes 98406, 98407)** | **253-759-3368** |
| **Sacred Heart (Zip Code 98404)** | **253-472-7738** |
| **\*\*\*\*\*RENTAL/UTILITIES ASSITANCE CONTINUED\*\*\*\*\*** | |
| **St. Charles Parish (Zip Codes 98406, 98465, 98466, 98467)** | **253-565-7655** |
| **Catholic Community Services (www.ccsww.org)** | **253-502-2696 or 253-383-3697** |
| **\*\*\*\*\*BABY CLOTHING AND SUPPLIES\*\*\*\*\*** | |
| **Care Net Pregnancy Centers**  *1209 6th Avenue, Tacoma* | **253-383-2988** |
| **Care Net Pregnancy Centers**  *10828 Gravelly Lake Dr. SW, Ste 101, Lakewood* | **253-984-6222** |
| **Tacoma Adventist Community Services**  *3108 E. Portland Avenue, Tacoma* | **253-272-8289** |
| **Sunrise Medical Campus**  *11216 Sunrise Blvd E, Puyallup* | **253-446-0886** |
| **Pregnancy Aid-Urban Grace**  *902 S. Market St, Tacoma* | **253-383-4100** |
| **Our Lady of Guadalupe**  *5705 Main St. SW, Lakewood* | **253-582-3384** |
| **\*\*\*\*\*CLOTHING/FURNITURE\*\*\*\*\*** | |
| **St. Nicholas Parish (Zip codes 98332, 98335, 98394)** | **253-851-0554** |
| **Holy Rosary (Zip codes 98402, 98404, 98409, 98418)** | **253-383-4549** |
| **St. Patrick’s (Zip Codes 98403, 98406, 98407)** | **253-383-2783** |
| **Holy Disciples (Zip Codes 98338, 98372, 98373)** | **253-846-8806** |
| **St. Leo’s (Zip Codes 98402, 98405)** | **253-272-5136** |
| **Sacred Heart (Zip Code 98404)** | **253-472-7738** |
| **St. John of the Woods (Zip codes 98371, 98373, 98404, 98443, 98444, 98446)** | **253-537-8551** |
| **Fircrest United Methodist Church**  *1018 Columbia Avenue, Tacoma* | **253-564-7862** |
| **Rainier View Christian Church**  *12305 Spanaway Loop Road, Parkland* | **253-531-0757** |
| **St. Francis House**  *322 7th St. SE, Puyallup* | **253-848-3618** |
| **BASH**  *755 108th St. South, Tacoma* | **253-531-9600** |
| **Nativity House**  *2304 S. Jefferson, Tacoma* | **253-272-5266** |
| **St. Vincent De Paul**  *4009 S. 56th Street, Tacoma* | **253-474-0519** |
| **Suited for Success** | **253-471-5340** |
| **St. John Bosco/St. Francis Cabrini (Zip Codes 98439, 98498, 98499)** | **253-588-2141** |
| **Seventh Day Adventist Community Services**  *3108 E. Portland Avenue, Tacoma* | **253-272-8289** |
| **The Crossing**  *10625 Pacific Avenue, Ste A, Parkland* | **253-537-2001** |
| **Bethany United Methodist (Zip Codes 98404, 98408, 98409, 98418)**  *5634 S. Park Avenue, Tacoma* | **253-475-7098** |
| **\*\*\*\*\*CLOTHING/FURNITURE CONTINUED\*\*\*\*\*** | |
| **TACS**  *3108 Portland Avenue, Tacoma* | **253-272-8289** |
| **WWEE** | **253-474-9933** |
| **\*\*\*\*\*CHILDCARE\*\*\*\*\*** | |
| **Working Connections Childcare (DSHS contact Center)** | **877-501-2233** |
| **Tacoma Day Nursery**  *1113 S. I Street, Tacoma* | **253-627-5671** |
| **Childcare Resource and Referral Network**  **www.childcarenet.org** | **253-591-2025 or 800-446-1114** |
| **Community Montessori**  *1407 S. I Street, Tacoma, WA 98405* | **253-627-7554** |
| **Tacoma Learning Center**  *6316 S. 12th Street, #A, Tacoma* | **253-565-4887** |
| **PAVE Parent to Parent**  *6316 S. 12th Street, Tacoma* | **253-565-2266** |
| **Puyallup Play Care**  *120 McElroy Place, Puyallup* | **253-848-4232** |
| **Head Start/Early Childhood Education Assistance Program (ECEAP)** | **800-664-4549** |
| **Grandview Early Learning Center**  *3580 E. Grandview, Tacoma* | **253-680-5515** |
| **Puyallup Tribe of Indians**  *3009 E. Portland Avenue, Tacoma* | **253-573-7800 or 800-653-5083** |
| **\*\*\*\*\*DENTAL CLINICS\*\*\*\*\*** | |
| **Bates Dental Clinic (Reduced Fees)**  *1101 S. Yakima Avenue, Room E202A, Tacoma* | **253-680-7310** |
| **Bates Denture Clinic** | **253-680-7314** |
| **Dental Lifeline** | **303-991-4092** |
| **Grant Denture Clinic** | **253-471-9999** |
| **Pierce College Dental Hygiene Clinic (Reduced Fees)**  *9401 Farwest Drive SW, Lakewood* | **253-964-6694** |
| **Lindquist Dental Clinic for Children (Sliding Scale Fees)**  *3875 S 66th Street, Tacoma* | **253-539-7445** |
| **Sea Mar Dental Clinic (Sliding Scale Fees)**  *1215 S. 11th Street, Tacoma* | **253-280-9840**  **24 hour nurse line: 1-866-418-1002** |
| **Sea Mar Dental Clinic (Puyallup)**  *10217 125th St. Court East, Puyallup* | **253-864-4760** |
| **Lakewood Community Dental Van**  *11315 Bridgeport Way SW, Lakewood* | **253-985-6483** |
| **Pierce County ADR** | **253-798-4600** |
| **Lindquist Dental (Parkland)**  *130 131st Street, Tacoma* | **253-539-7445** |
| **Provall Dental Special Needs Clinic**  *10215 Lake City Way NE, Suite E, Seattle* | **206-632-2612** |
| **Lindquist Clinic (Sliding Scale Fees)**  *2120 Ryan Road, Buckley* | **253-539-7445** |
| **\*\*\*\*\*DENTAL CLINICS CONTINUED\*\*\*\*\*** | |
| **Lindquist Clinic (Sliding Scale Fees)**  *8502 Skansie Avenue, Gig Harbor* | **253-539-7445** |
| **Community Health Care (Sliding Scale Fees)**  *10510 Gravelly Lake Dr. SW, Tacoma* | **253-589-7030** |
| **Community Health Care (Sliding Scale Fees)**  *1708 East 44th Street, Tacoma* | **253-572-7002** |
| **UW Dental Clinic (Reduced Fees)**  *1959 NE Pacific Avenue, Seattle* | **206-616-6996** |
| **Puyallup Tribal Health Authority**  *2209 E. 32nd Street, Tacoma* | **253-593-0232** |
| **\*\*\*\*\*DISABILITIES SERVICES\*\*\*\*\*** | |
| **COPES**  *1949 S. State. St, 2nd Floor, Tacoma* | **253-476-7292 or 800-442-5129** |
| **Lutheran Social Services** | **253-272-8433** |
| **Developmental Disabilities Pierce County** | **253-798-6109** |
| **Catholic Community Services Care Givers** | **877-870-1582** |
| **Center for Independence** | **253-582-1253** |
| **Volunteer Chore Services** | **253-502-2690 or 1-800-372-3697 ext. 690** |
| **Department of Services for the Blind**  *949 Market Street, Tacoma* | **253-597-4417** |
| **Disabled American Veterans** | **253-752-2970** |
| **Division of Developmental Disabilities**  *1305 Tacoma Ave. S, Ste 300, Tacoma* | **253-404-5500 or 800-248-0949** |
| **Educational Programs & in Home Living** | **253-473-1401** |
| **Pierce County ADR** | **253-798-4600** |
| **Pierce County Human Services Developmental Disabilities** | **253-798-4600** |
| **Pierce County Library**  *3005 112th St E, Tacoma* | **253-548-3300** |
| **Puyallup Tribes of Indians**  *3009 Portland Avenue, Tacoma* | **253-573-7842** |
| **Tacoma Learning Center**  *6316 S. 12th Street, Tacoma* | **253-565-4887** |
| **Tacoma Public Library**  *1102 Tacoma Ave S* | **253-292-2001** |
| **TACID**  *6315 S. 19th Street, Tacoma* | **253-565-9000** |
| **Hearing, Speech, and Deafness Center (hearing aids, phone services)** | **253-475-0782 or 866-421-5560** |
| **Mary Bridge Children’s Hospital and Health** | **253-697-2710** |
| **PAVE parent to parent**  *6316 S. 12th Street, Tacoma* | **253-565-2266** |
| **Goodwill Industries**  *714 S. 27th Street, Tacoma* | **253-272-5166** |
| **Washington State School for the Blind** | **800-562-4176** |
| **Washington Talking Book and Braille Library** | **206-615-0400 or 800-542-0866** |
| **Northwest Transport** | **800-600-9225** |
| **\*\*\*\*\*DISASTER EMERGENCY SERVICES\*\*\*\*\*** | |
| **American Red Cross** | **253-474-0400** |
| **Federal Emergency Management Administration (FEMA)** | **800-525-0321** |
| **Need-A-Break Services (Rescue Mission)** | **253-284-4282** |
| **Salvation Army** | **253-572-8452** |
| **\*\*\*\*\*DISABILITIES SERVICES EMPLOYMENT OPPORTUNITIES\*\*\*\*\*** | |
| **CAPA**  *120001 Pacific Avenue S., Suite 201, Tacoma* | **253-536-2339** |
| **Enrich (Good Samaritan Behavioral Health)**  *325 E. Pioneer Avenue, Puyallup* | **253-697-8400** |
| **VADIS**  *1701 Elm Street, Sumner* | **253-863-5173** |
| **Center Force**  *5204 Solberg Dr. SW, Lakewood* | **253-584-1001** |
| **Metropolitan Park District of Tacoma**  *4851 S. Tacoma Way, Tacoma* | **253-305-1000** |
| **Tahoma Associates**  *1545 Tacoma Avenue South, Tacoma* | **253-627-7980** |
| **\*\*\*\*\*DOMESTIC VIOLENCE RESOURCES\*\*\*\*\*** | |
| **Lakewood CSO**  *Our Sisters House*  *5712 Main St. SW, Lakewood* | **253-512-4349** |
| **Pierce County Domestic Violence Helpline** | **253-798-4166 or 800-764-2420** |
| **Sexual Assault Center of Pierce County** | **253-474-7273 or 800-756-7273** |
| **Casteele, Williams, & Associates** | **253-536-2881** |
| **Family Renewal Shelter** | **253-475-9010 or 888-550-3915** |
| **Joint Base Lewis-McChord Safeline** | **253-966-7233** |
| **National Domestic Violence Hotline** | **800-799-7233** |
| **Washington State Domestic Violence Hotline** | **800-562-6025** |
| **We Are Family (KWA)** | **253-535-4202** |
| **YMCA Women’s Shelter** | **253-383-2593** |
| **\*\*\*\*\*EDUCATION, EMPLOYMENT & JOB TRAINING\*\*\*\*\*** | |
| **Tacoma Community College**  *www.tacomacc.edu*  *6501 S. 19th St., Tacoma* | **253-566-5000** |
| **Clover Park Technical College**  *www.cptc.edu*  *4500 Steilacoom Blvd SW, Lakewood* | **253-589-5800** |
| **Pierce College-Fort Steilacoom**  *www.pierce.ctc.edu*  *9401 Farwest Dr. SW, Lakewood* | **253-964-6500** |
| **\*\*\*\*\*EDUCATION, EMPLOYMENT & JOB TRAINING CONTINUED\*\*\*\*\*** | |
| **Pierce College-Puyallup**  *www.pierce.ctc.edu*  *1601 39th Avenue SE, Puyallup* | **253-840-8400** |
| **Bates Technical College**  *www.bates.ctc.edu*  *1101 S. Yakima Avenue, Tacoma* | **253-680-7000** |
| **Challenge Learning Center**  *www.trm.org/cls.htm*  *425 S. Tacoma Way, Tacoma* | **253-383-4469** |
| **Goodwill Industries**  *www.tacomagoodwill.org*  *714 S. 27th St, Tacoma* | **253-272-5166** |
| **WorkSource**  *1305 Tacoma Avenue South, Tacoma* | **253-593-7300** |
| **Centro Latino SER**  *www.centrolantino-ser.org*  *1208 S. 10th Street, Tacoma* | **253-572-7717** |
| **Educational Opportunity Center (EOC)**  *622 Tacoma Avenue South, Ste 2, Tacoma* | **253-572-5960** |
| **My Service Mind**  *Korea Town Plaza*  *11016 Bridgeport Way SW, Lakewood* | **253-584-5615** |
| **Pierce County Community Services**  *8811 South Tacoma Way Bldg. 2, Lakewood* | **253-798-7240** |
| **Tacoma Community House**  *www.tchonline.org*  *1314 S. L Street, Tacoma* | **253-383-3951** |
| **Washington Women’s Employment and Training**  *3516 South 47th Street, Ste 205, Tacoma* | **253-474-9933** |
| **Tacoma Urban League**  *2550 S. Yakima, Tacoma* | **253-383-2007** |
| **\*\*\*\*\*HOUSING\*\*\*\*\*** | |
| **Pierce County Housing Authority**  *www.pchawa.org*  *603 S. Polk Street, Tacoma* | **253-620-5400** |
| **Tacoma Housing Authority**  *www.tacomahousing.org*  *902 S. L Street #1A, Tacoma* | **253-207-4400** |
| **\*\*\*\*\*LOW-INCOME HOUSING\*\*\*\*\*** | |
| **International Place (KWA)** | **253-475-6861** |
| **Pacific Villa (KWA)** | **253-538-9387** |
| **Pierce County Home and Family Services** | **253-798-7240** |
| **The Orchard (KWA)** | **253-843-0384** |

|  |  |
| --- | --- |
| **\*\*\*\*\*HOUSING CLEAN & SOBER\*\*\*\*\*** | |
| **Jefferson Square**  *Single Men/Single Women* | **253-272-6828** |
| **Rialto Apartments**  *Single Men/Single Women* | **253-272-5486** |
| **New Phoebe House**  *Single women or women with children* | **253-383-7710** |
| **Guadalupe House**  *Single Men/Single Women* | **253-572-6582** |
| **\*\*\*\*\*HOUSING-OWNERSHIP\*\*\*\*\*** | |
| **Habitat for Humanity**  *www.tpc-habitat.org* | **253-627-5626** |
| **Homeownership Center of Tacoma**  *www.hcthomes.org*  *1424 South J Street, Tacoma* | **253-627-6560** |
| **\*\*\*\*\*HOUSING-SERVICES\*\*\*\*\*** | |
| **Open Hearth Ministries** | **253-307-2274** |
| **Shared Housing Services**  *909 S. 11th Street, Ste A, Tacoma* | **253-272-1532** |
| **Complaints/Discrimination (City of Tacoma)** | **253-591-5151** |
| **Metropolitan Development Council (MDC)**  *www.mdc-tacoma.org*  *721 S. Fawcett, Ste 201, Tacoma* | **Home Repair: (253)591-7020**  **Weatherization: (253)593-2336** |
| **Associated Ministries**  *1224 S. I Street, Tacoma* | **253-682-3401 or 253-383-3056 ext. 111** |
| **Project Interdependence Program**  *www.associatedministries.org* | **253-383-3056 ext. 109** |
| **Pierce County Community Services** | **253-798-6937** |
| **Mi Casa (Kalles Properties)** | **253-848-9393** |
| **City of Lakewood Major Housing Repair** | **253-983-7785** |
| **Pierce County Home and Family Services** | **253-798-4400** |
| **Rebuilding Together South Sound** | **253-238-0977** |
| **Tacoma Power** | **253-502-8363** |
| **\*\*\*\*\*HOUSING-SHELTERS\*\*\*\*\*** | |
| **Helping Hand House**  *Homeless families with children* | **253-848-6096 ext. 12** |
| **Korean Women’s Association**  *Domestic Violence & Sexual Assault*  *Single women or women with children* | **253-359-0470** |
| **Hope Guest Home**  *Women with mental impairment* | **253-627-3620** |
| **Lakewood Area Shelter Association**  *Homeless families with children under 18* | **253-581-8689** |

|  |  |
| --- | --- |
| **\*\*\*\*\*HOUSING-SHELTERS CONTINUED\*\*\*\*\*** | |
| **Catholic Community Services**  *Single Men/Single Women* | **253-572-0131** |
| **Salvation Army Family Lodge**  *Single women and families* | **253-627-3962** |
| **Family Renewal Shelter**  *Domestic Violence*  *Single women or women with children* | **253-475-9010** |
| **YWCA Domestic Violence Shelter**  *Domestic Violence*  *Single women or women with children* | **253-383-2593** |
| **Tacoma Rescue Mission**  *Women/Family Shelter* | **253-383-4493 ext. 1500** |
| **Tacoma Rescue Mission**  *Men’s Shelter* | **253-383-4493** |
| **Phoenix Housing Network**  *Families with children under 18* | **253-471-5340** |
| **\*\*\*\*\*HOUSING-TRANSITIONAL\*\*\*\*\*** | |
| **Lakewood Area Shelter Association** | **253-581-8689** |
| **Network Tacoma**  *One or two parent families* | **253-474-9334 ext. 106** |
| **Phoenix Housing Network**  *One or two parent families* | **253-471-5340** |
| **Hope Program (Pierce Co Alliance)**  *Youth ages 13-17* | **253-502-5427** |
| **Exodus Housing**  *One or two parent families* | **253-862-6808** |
| **Tacoma Rescue Mission-Tyler Square**  *One or two parent families* | **253-383-4493** |
| **Helping Hand House Puyallup**  *One or two parent families* | **253-848-6096 ext. 11** |
| **Sojourner Place (Seattle)**  *Single and pregnant or single and 1 child* | **206-545-4200** |
| **Hope Guest House**  *Single women with mental impairment Receiving SSI or SSA* | **253-627-3620** |
| **Shared Housing Services** | **253-272-1532** |
| **\*\*\*\*\*LEGAL SERVICES\*\*\*\*\*** | |
| **Clearline Columbia Legal Services** | **888-201-1014**  **888-387-7111-Over 60** |
| **Landlord/tenant information** | **253-591-5163** |
| **Pierce County District Court #1** | **253-798-7474** |
| **City of Tacoma Human Services** | **253-591-5151** |
| **Northwest Para Services LLC** | **253-353-3493** |
| **National Fraud Information Center (renamed to Fraud.org)** | **www.fraud.org** |
| **Korean Women’s Association** | **253-535-4202** |
| **Northwest Justice Project** | **253-272-7879 or 888-201-1015** |
| **\*\*\*\*\*LEGAL SERVICES CONTINUED\*\*\*\*\*** | |
| **Pierce County Center for Dispute Resolution** | **253-572-3657** |
| **Pierce County Prosecuting Attorney** | **253-798-7400** |
| **Lawyer Referral Services Tacoma/Pierce County Bar Association** | **253-383-3432** |
|  |  |
| **\*\*\*\*\*TRANSPORTATION\*\*\*\*\*** | |
| **Pierce Transit** | **253-581-8000 or 800-841-1118** |
| **Pierce Transit Shuttle Reservations** | **253-581-8000** |
| **Para Transit** | **800-925-5438 or 877-590-8967** |
| **Sound Transit** | **888-889-6368** |
| **Amtrak** | **800-872-7245** |
| **Washington State Ferry Information** | **888-808-7977** |
| **Kitsap Transit** | **800-501-7433** |
| **Greyhound** | **800-231-2222** |
| **Intercity Transit-Thurston County** | **800-287-6348** |
| **St. Vincent DePaul** | **253-474-0519** |
| **Nativity House** | **253-272-5266** |
| **Project New Start** | **253-627-5445** |
| **St. Leo’s** | **253-272-5136** |
| **Lakewood Area Shelter Association** | **253-582-5320** |
| **Around the Sound** | **253-858-7088** |
| **Ferry Information Line** | **800-843-3779** |
| **\*\*\*\*\*VETERANS SERVICES\*\*\*\*\*** | |
| **Army Emergency Relief** | **253-967-9852 or 253-967-9812** |
| **Tri Care** | **877-988-9378** |
| **Pierce County Veterans Bureau** | **253-798-7449** |
| **US Department of Veterans Affairs**  *www.va.gov* | **800-827-1000** |
| **Veterans Outreach Center**  *4916 Center Street, Ste E, Tacoma* | **253-565-7038** |
| **Disabled American Veterans** | **253-472-4680** |
| **Army Family Services**  *Bldg. 2140, Waller Hall*  *Monday-Friday 8:00-4:30pm* | **253-967-7166** |
| **Washington State Department of Veterans Affairs** | **800-562-0132** |
| **Homeless Veterans Reintegration Project** | **866-487-2365** |
| **\*\*\*\*\*TELEPHONE SERVICES\*\*\*\*\*** | |
| **Assurancewireless.com** | **888-321-5880** |
| **\*\*\*\*\*TELEPHONE SERVICES CONTINUED\*\*\*\*\*** | |
| **Safelinkwireless.com** | **800-723-3546** |
| **\*\*\*\*\*TEEN SERVICES\*\*\*\*\*** | |
| **Ala Teen** | **800-726-8094** |
| **Emancipation** | **253-798-7900** |
| **Involuntary Commitment for Alcohol & Drugs** | **800-576-7764** |
| **Planned Parenthood** | **253-779-3900** |
| **Red Cross Volunteer** | **253-441-7626** |
| **Teen Anger Management** | **253-565-6565** |
| **Big Brother/Big Sisters** | **253-763-9060** |
| **Family Preservation** | **253-759-9544** |
| **Suicide & Crisis Line** | **253-581-7020 or 253-584-8933** |
| **Northwest Leadership Foundation** | **253-779-0951** |
| **Job Core** | **800-733-5627** |
| **\*\*\*\*\*MEDICAL CARE\*\*\*\*\*** | |
| **Statewide Health Insurance Benefits Advisors (SHIBA)**  **www.insurance.wa.gov** | **800-652-6900** |
| **Public Health Nurse Referral** | **253-798-6403** |
| **Wellness Clinic at PLU** | **253-535-7337** |
| **MDC Homeless Services**  **2342 Tacoma Ave. South, Tacoma**  **Adults only-Hygiene** | **253-627-5445** |
| **Washington Basic Health Care Plan**  **www.basichealth.hca.wa.gov** | **800-562-3022** |
| **Immunization Referrals** | **253-798-6410** |
| **Poison Center** | **800-222-1222** |
| **SeaMar Clinic-Tacoma (Health Education)**  **1112 S. Cushman, Tacoma** | **253-593-2144** |
| **SeaMar Clinic-Puyallup**  **10217 125th St Ct East, Puyallup** | **253-864-4550** |
| **Neighborhood Clinic**  **1323 S Yakima, Tacoma** | **253-627-6353** |
| **Soundview Clinic**  **3611 S. D Street, Tacoma** | **253-404-0737** |
| **Lakewood Clinic**  **10510 Gravelly Lake Dr. SW, Lakewood** | **253-589-7027** |
| **Tillicum Clinic**  **14916 Washington Ave SW, Lakewood 98498** | **253-589-7027** |
| **Multicare Hearing Services** | **253-403-4437** |
| **Washington Poison Center**  **www.wapc.org** | **800-222-1222** |
| **Healthy Options** | **800-562-3022** |
| **Vision USA** | **800-766-4466** |
| **\*\*\*\*\*MEDICAL CARE CONTINUED\*\*\*\*\*** | |
| **Hepatitis-C information line** | **800-232-4636** |
| **Sudden Infant Death Syndrome** | **800-533-0376** |
| **Trinity Health Clinic**  **1619 6th Ave, Tacoma** | **253-272-8819** |
| **Downtown Clinic**  **1102 S. I Street, Tacoma** | **253-597-3813** |
| **Eastside Medical Clinic**  **1720 E. 44th Street, Tacoma** | **253-471-4553** |
| **Spanaway Clinic**  **134 188th Street South, Spanaway** | **253-847-2304** |
| **Planned Parenthood** | **253-779-3900** |
| **Pierce County health Department** | **253-798-6500** |
| **Home Health Services** | **888-516-4504** |
| **Apple Health for Kids** | **877-543-7669** |
| **Needle Exchange Program**  **3629 South D Street, Tacoma** | **253-798-6410 or 798-3805** |
| **\*\*\*\*\*MEDICAL-PRESCRIPTION ASSISTANCE\*\*\*\*\*** | |
| **Salvation Army** | **253-572-8452** |
| **South Sound Outreach Services** | **253-593-2111** |
| **All Saint’s Community Services** | **253-848-2000** |
| **Lakewood Area Shelter Association** | **253-582-5320** |
| **Immunization Referrals** | **253-798-6410** |
| **\*\*\*\*\*MEDICAL-SMOKING CESSATION\*\*\*\*\*** | |
| **American Cancer Society** | **253-272-5767** |
| **Centro Latino** | **253-572-7717** |
| **Korean Women’s Association** | **253-535-4202** |
| **Tobacco Prevention and Control Program** | **253-798-6500** |
| **American Lung Association of Washington** | **800-732-9339** |
| **Clean Air for Kids** | **253-798-2954** |
| **Puyallup Tribal Health** | **253-593-0232** |
| **\*\*\*\*\*MEDICAL-WIC (WOMEN, INFANTS AND CHILDREN)\*\*\*\*\*** | |
| **State WIC office** | **800-841-1410** |
| **Puyallup Tribal Health Authority**  *2209 East 32nd, Tacoma* | **253-593-0238** |
| **St. Clare Hospital**  *10510 Gravelly Lake Dr. SW, Ste 200, Lakewood* | **253-588-9597** |
| **Mary Bridge**  *315 South K Street, Tacoma* | **253-403-1349** |

|  |  |
| --- | --- |
| **\*\*\*\*\*MEDICAL-WIC (WOMEN, INFANTS AND CHILDREN) CONTINUED\*\*\*\*\*** | |
| **Parkland WIC**  *126 131st Street South* | **253-531-2460** |
| **Puyallup WIC**  *606 East Main, Puyallup* | **253-848-0490** |
| **Spanaway WIC**  *18020 E. B Street, Spanaway* | **253-846-8234** |
| **\*\*\*\*\*MENTAL HEALTH SERVICES\*\*\*\*\*** | |
| **Crisis Line** | **253-272-9882 or 800-576-7765**  **253-798-4333- or 253-584-8933** |
| **Comprehensive Mental Health**  *514 S. 13th Street, Tacoma* | **253-396-5000** |
| **Good Samaritan Mental Health**  *325 East Pioneer, Puyallup* | **253-396-5000** |
| **Asian Counseling Treatment Services**  *8739 South Hosmer Street, Tacoma* | **253-302-3826** |
| **Child & Family Guidance Center**  *6424 North 9th St. Street, Tacoma* | **253-565-4484** |
| **Pierce County Alliance**  *510 Tacoma Avenue S, Tacoma* | **253-572-4750** |
| **Greater Lakes Mental Healthcare**  *9330 59th Avenue SW, Lakewood* | **253-581-7020** |
| **Children’s Service’s**  *1201 South Proctor, Tacoma* | **253-396-5800** |
| **SeaMar Behavioral Health**  *1112 South Cushman, Tacoma* | **253-593-2144** |
| **Catholic Community Services**  *www.ccsww.org* | **253-502-2696** |
| **Healing Places Counseling Center**  *1614 South Mildred, Ste B, University Place* | **253-564-4233** |
| **PLU Couple & Family Therapy Center**  *12108 Pacific Avenue, Parkland* | **253-535-8782** |
| **Bridges, A Center for Grieving Children**  *310 North K Street, Tacoma* | **253-272-8266** |
| **Hope Sparks**  *6424 North 9th Street, Tacoma* | **253-565-4484** |
| **Recovery Response Center** | **800-576-7764** |
| **Sexual Assault Center**  *633 North Mildred Street, Ste J, Tacoma* | **253-474-7273 or 800-756-7273** |
| **Consejo Counseling and Referral Services**  *5915 Orchard Street W, Tacoma* | **253-414-7461** |
| **Families & Friends of Violent Crimes Victims** | **800-346-7555** |
| **\*\*\*\*\*SENIOR SERVICES\*\*\*\*\*** | |
| **AAA 55 Alive Driver’s Course** | **253-756-3050** |
| **Lutheran Community Services** | **253-272-8433** |
| **Catholic Community Services** | **253-383-3697** |
| **The Hear Now Program** | **800-648-4327** |
| **\*\*\*\*\*SENIOR SERVICES CONTINUED\*\*\*\*\*** | |
| **Paint Tacoma/Pierce Beautiful** | **253-383-3056 ext. 105** |
| **Multi Care Home Health & Hospice** | **888-516-4505 or 253-301-6400** |
| **Washington Telephone Assistance Program** | **888-700-8880** |
| **Senior Employment Program** | **253-593-7357** |
| **Salvation Army-Hot Meals**  *4009 9th Street SW, Puyallup* | **253-841-1491** |
| **Lighthouse Assembly-Hot Meals** | **253-591-5151** |
| **Aging and Disability Resource Center** | **253-798-4600 or 800-562-0332** |
| **COPES**  *1949 South State Street, 2nd Floor, Tacoma* | **800-786-3799** |
| **Volunteer Chore Services** | **253-502-2690** |
| **Easter Seal Society of Washington** | **800-678-5708** |
| **Living Will Assist-WA St. Medical Assoc.** | **800-552-0612** |
| **Good Samaritan Hospital Home & Health Hospice Services** | **253-697-7600** |
| **Celebrate Seniority 55+** | **253-697-7385** |
| **Retired and Senior Volunteer Program** | **253-682-1832** |
| **Senior Housing Assistance Group (SHAG)** | **888-450-7424** |
| **Trinity Lutheran Food Pantry-Hot Meals**  *12115 Park Avenue South, Parkland* | **253-537-9171** |
| **Clearline Columbia Legal Services** | **888-387-7111** |
| **\*\*\*\*\*RECREATION\*\*\*\*\*** | |
| **Big Brothers/Big sisters** | **877-700-2447** |
| **Boy Scouts of America** | **253-752-7731** |
| **Gateway for Youth and Family** | **283-383-4361 ??????** |
| **Metropolitan Park** | **253-305-1000** |
| **Sound End Neighborhood Center (Metro Parks)** | **253-305-1000** |
| **United Way Volunteer Bureau** | **211** |
| **YMCA-Lakewood** | **253-584-9622** |
| **YMCA-Tacoma Center** | **253-597-6444** |
| **YMCA-Tacoma Family Branch** | **253-564-9622** |
| **YMCA-Puyallup** | **253-841-9622** |
| **YMCA-Gig Harbor** | **253-853-9622** |
| **YMCA-Camp Seymour** | **253-884-3392** |
| **Boys and Girls Clubs** | **253-502-4600** |
| **Camp Fire Girls** | **253597-6234** |
| **Girl Scouts USA** | **253-475-0307** |
| **Pierce County Parks and Rec** | **253-798-4176** |
| **South Park Community Center (Metro Parks)** | **253-305-1000** |

|  |  |
| --- | --- |
| **\*\*\*\*\*PET SERVICES\*\*\*\*\*** | |
| **Humane Society**  *2608 Center Street, Tacoma*  *www.thehumanesociety.org* | **253-383-2733** |
| **Volunteer Information Line** | **253-383-2733 ext. 5832** |
| **Animal Emergency** | **253-474-0791** |
| **Spay/Neuter Financial Assistance** | **253-383-2733 ext. 5838** |
| **Senior Pet Adoption Program** | **253-383-2733 ext. 5845** |
| **\*\*\*\*\*FOOD-HOT MEALS\*\*\*\*\*** | |
| **Hospitality Kitchen**  *1323 S. Yakima, Tacoma*  *Breakfast 8:30-9:30am*  *Lunch 11-12:30pm* | **253-502-2763** |
| **Salvation Army Meal Site**  *4009 9th St. SW, Puyallup* | **253-841-1491** |
| **Good Shepard Lutheran**  *140 E. 56th St. SW, Tacoma* | **253-473-4848** |
| **St. Francis House**  *602 Kincaid, Sumner* | **253-848-3618** |
| **My Sister’s Pantry**  *423 Martin Luther King Jr. Way, Tacoma* | **253-627-0129** |
| **My Sister’s Pantry**  *621 Tacoma Ave.*  *1st and 3rd Monday 5-7 pm*  *4th Saturday 10:30-12:30pm* | **253-627-1186** |
| **Tacoma Rescue Mission**  *425 S. Tacoma Way, Tacoma*  *Breakfast 6:15 am*  *Dinner 5:00 pm and 6:30 pm* | **253-383-4493** |
| **St. Francis House**  *622 4th Ave SE, Puyallup* | **253-848-3618** |
| **Peace Lutheran Church**  *214 E. Pioneer Avenue, Puyallup* | **253-845-8819** |
| **Nativity House**  *2304 S. Jefferson, Tacoma* | **253-272-5266** |
| **Steilacoom Community Center** | **253-983-2059** |
| **Tillicum Community Center**  *14916 Washington Ave. SW, Tillicum* | **253-584-1280** |
|  | |
| **\*\*\*\*\*MULTI-CULTURAL SERVICES\*\*\*\*\*** | |
| **Centro Latino**  *1208 S. 10th Street*  *Tacoma, WA 98405*  *www.clatino.org*  *253-572-7717* | **Interpretation**  **On the job Training**  **English as a Second Language** |

|  |  |
| --- | --- |
| **\*\*\*\*\*MULTI-CULTURAL SERVICES CONTINUED\*\*\*\*\*** | |
| **Indo-Chinese Cultural & Service Center**  *1427 E. 40th Street*  *Tacoma, WA 98404*  *253-473-5666 or 253-535-4202* | **Translation and Interpretation for:**  **Vietnamese and Cambodian** |
| **Asian Counseling Services**  *4301 S. Pine Street, Room 456*  *Tacoma, WA 98408*  *253-697-8650* | **Multi-language mental health services: English, Vietnamese, Korean, Cambodian, Samoan, Laotian** |
| **Puyallup Tribe of Indians**  *3009 E. Portland Avenue*  *Tacoma, WA 98404*  *253-573-7800* | **Nutrition, transportation, medical, dental, children’s services, housekeeping, adult education, counseling, parenting , substance abuse treatment** |
| **Tacoma Community House**  *1314 S. L Street*  *PO Box 5107*  *Tacoma, WA 98405*  *253-383-3951* | **Education, employment, counseling for all immigrants, and refugees, ABE & GED classes, youth services ages 14-21, help with immigration issues, interpretation and translation** |
| **Small Tribes Organization of West Washington**  *3040 96th Street S*  *Lakewood, WA 98499*  *253-589-7101* | **Residents on tribal land and tribal members may be eligible to receive energy and food services.** |
| **Tacoma Urban League**  *2550 S. Yakima Avenue, Suite A*  *Tacoma, WA 98405*  *253-383-2007* | **Educational programs, teaching innovations, community outreach and research.** |
| **Bureau of Indian Affairs**  *Puget Sound Agency*  *425-258-2651* | **Broad range of services** |
| **Consejo Counseling & Referral Services**  *5915 Orchard St. West*  *Tacoma, WA 98467*  *253-414-7461* | **High risk gang intervention and prevention, youth outpatient treatment, medical coupons, insurance, sliding scale** |
| **Foundation for Multicultural Solutions**  *2316 S. States St. Ste B*  *Tacoma, WA 98405*  *253-572-3214* | **Family intervention services for at risk youth, educational programs, support groups, drug and alcohol youth classes, adult parenting classes, DUI victims panel** |
| **Avanza ECEAP**  *13008 94th Avenue East*  *Puyallup, WA 98373*  *253-770-8269* | **Preschool opportunities for Spanish speaking 3 & 4 year old children and their families** |
| **Puyallup Tribe Health Authority**  *Kwawachee Counseling Center*  *2209 E. 32nd St., bldg. 4*  *Tacoma, WA 98404*  *253-593-0247* | **Mental health support, medical coupons, insurance and sliding fee scale** |
| **Tahoma Indian Center**  *1556 Market Street*  *Tacoma, WA 98402*  *253-593-2707* | **Blessings for funerals, births, and weddings for Native Americans. Landlord/tenant counseling.** |
| **\*\*\*\*\*ADVOCACY & COMPLAINTS\*\*\*\*\*** | |
| **Aging & Disability Resource Center** | **800-562-0332**  **253-798-4600** |
| **Better Business Bureau** | **253-830-2924** |
| **Charity information** | **800-332-4483** |
| **\*\*\*\*\*ADVOCACY & COMPLAINTS CONTINUED\*\*\*\*\*** | |
| **City of Tacoma Human Rights & Human Services Department** | **253-591-5151** |
| **Services Department** | **253-591-5151** |
| **Disabled American Veterans** | **253-472-4680** |
| **DSHS Adult Protective Services** | **1-877-734-6277** |
| **Department of Health** | **800-633-6828** |
| **Residential Care Services** | **800-562-6078** |
| **Medicaid/Medicare Fraud** | **800-447-8477** |
| **Medicare Part B Hotline** | **800-633-4227** |

***Food Banks***

**To find a meal near you call: 1-888-4FOOD-WA, Text ‘meals’ to 96859, or visit whyhunger.org/findfood**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Zip codes*** | ***Food Bank*** | ***Phone #*** | | ***Days*** | | | ***Hours*** | | ***Limits*** |
| \*\*\*\*\*Eatonville Food Banks\*\*\*\*\* | | | | | | | | | |
| 98304, 98328, 98330 | Eatonville Food Bank  305 Center St.  Eatonville | 360-832-6805 | | M, Th, F  Wed | | | 9-2pm  9-3pm | | Twice per month  Need Pic ID |
| 98304, 98328, 98330 | Josephs Storehouse  Eatonville Hwy W  Eatonville | 360-832-4220 | | Tuesday | | | 10-1pm | |  |
| \*\*\*\*\*Bonney Lake Food Banks\*\*\*\*\* | | | | | | | | | |
| 98390, 98391 | Bonney Lake Food Bank  18109 Old Buckley Hwy  Bonney Lake | | 253-863-4043 | Tues-Thurs  Fri | | | 10-1pm  5-7pm | | Twice per month |
| \*\*\*\*\*Buckley Food Banks\*\*\*\*\* | | | | | | | | | |
| 98321, 98323, 98385, 98396 | Buckly Kiwanis  127 North River  Buckley | 253-266-7309 | | Wed  Friday | | | 9-2pm  9-12pm | | Proof of Residence |
| \*\*\*\*\*Gig Harbor Food Banks\*\*\*\*\* | | | | | | | | | |
| 98329, 98332, 98333, 98335, 98349, 98351, 98357, 98359, 98494 | Peninsula FISH  4425 Burnham Dr  Gig Harbor | 253-383-3164 | | Friday  Saturday | | | 2:00-7:00pm  11:00-3:00pm | | Visit any FISH food bank once per week  Picture ID |
| \*\*\*\*\*Puyallup/Edgewood Food Banks\*\*\*\*\* | | | | | | | | | |
| 98338, 98354, 98360, 98371, 98372, 98373, 98374, 98375, 98390, 98391 | Salvation Army Food  4009 9th St. SW  Puyallup | 253-841-1491 | | Mon, Tues, Thurs, Fri | | | 9-11am &  1-2:30pm | | Once per month |
| 98352, 98371, 98372, 98373, 98374, 98375, 98360 | Puyallup Food Bank  110 23rd St. SW  Puyallup | 253-848-5240 | | Mon, Tues, Wed & Fri | | | 9:15-2:30pm | | Call for appointment |
| 98371, 98373, 98374 | All Saints Community  204 6th Ave SW  Puyallup | 253-847-2000 | | Mon-Fri | | | 10-12pm&  1-3pm | |  |
| All Pierce County | Graham FISH  10425 185th St. E  Puyallup | 253-846-3805 | | Mon, Fri  Wed | | | 10-1:30pm  2-6pm | | Visit any FISH Food bank once per week  Photo ID |
|  | Edgewood FISH  3607 122nd Ave. E Suite A  Edgewood | 253-826-4654 | | Thursday  Saturday | | | 3:30-6:30pm  11:00-2:00pm | | Visit any FISH Food bank once per week  Photo ID |
| \*\*\*\*\*Spanaway Food Banks\*\*\*\*\* | | | | | | | | | |
| 98338, 98344, 98387 | Mobile FISH  22215 38th Ave. E  Spanaway | 253-383-3164 | | Wednesday | | | 4:30-6:30pm | | Visit any FISH Food bank once per week  Photo ID |
| 98387, 98558, 98580 | Mobile FISH  166th & Pacific Ave  Spanaway | 253-383-3164 | | Tuesday | | | 4:30-6:30pm | | Visit any FISH Food bank once per week  Photo ID |
| \*\*\*\*\*Sumner Food Banks\*\*\*\*\* | | | | | | | | | |
| 98390 | St. Andrew Emmanuel  1401 Valley Ave E  Sumner | 253-863-2253 | | Tuesday  Wednesday  Friday | | | 10-12pm  3-6pm  10-12pm | | 2 pieces of ID including picture ID |
| \*\*\*\*\*Steilacoom Food Banks\*\*\*\*\* | | | | | | | | | |
| 98388 | WLSA Food Pantry  1314 Nisqually  Steilacoom | 253-581-1076 | | 2nd Wed  4th Sat | | | 10-11:30am | | Call to make appointment |
| \*\*\*\*\*Tacoma Food Banks\*\*\*\*\* | | | | | | | | | |
| 98387, 98444, 98445, 98447 | Parkland First Baptist  11222 10th Ave. S  Tacoma | 253-535-1293 | | | Tuesday  Thursday | | 11-3pm  11-3pm & 4-8pm | | Once per month |
|  | Mobile FISH  4902 S. Alaska St  Tacoma | 253-383-3164 | | | Monday | | 4:30-6:30pm | | Visit any FISH Food bank once per week  Photo ID |
|  | Northeast FISH  5339 Browns Point Blvd NE  Tacoma | 253-927-3188 | | | Friday | | 4:30-6:00pm | | Visit any FISH Food bank once per week  Photo ID |
| 98404, 98408, 98409 | Bounty Food Bank  5634 S. Park  Tacoma | 253-475-7098 | | | Monday | | 9-11am | | Proof of Residence |
| 98404 | TACS Special Diet  3108 Portland Ave.  Tacoma | 253-272-8289 | | | Mon-Thurs | | 10-2:30 | |  |
| 98404 | Southwest Asian Diets  1427 E. 40th St.  Tacoma | 253-472-7264 | | | Last Sun of each month | | 12:30pm &  3-5:30pm | | Picture ID |
| 98404 | Eloise Cooking Pot  3543 McKinley  Tacoma | 253-426-1994 | | | Tue, Fri  Sat | | 1-3pm  11-1pm | | Picture ID |
| 98404 | Gateway Church  7310 12th Ave E  Tacoma | 253-537-6619 | | | Thursday | | 5-7pm | |  |
| 98405 | New Jerusalem Food  101 S. J St  Tacoma | 253-572-6785 or 253-376-3152 | | | Tuesday  Saturday | | 11-1pm  11-2pm | | Once per month  Picture ID  Proof of Residence |
| 98405 | Network Tacoma  5435 S M St.  Tacoma | 253-474-9334 | | | M-Tu &Thur | | 9:30-3:30pm | |  |
| 98406, 98407, 98416 | Northwest FISH  2710 N Madison  Tacoma | 253-756-4974 | | | Wed  Sat | | 12-4pm  11:30-3:00pm | | Visit any FISH Food bank once per week  Photo ID |
| 98409 | Pantry at Grace Place  3801 S. Union Ave  Tacoma | 253-617-3142 | | | Friday | | 1-3pm | |  |
| 98445 | Korean Women’s Association | 253-537-3420 | | | Friday | | 12-1pm | |  |
| 98465, 98466, 98467 | Jackson St. FISH  7410 S. 12th St.  Tacoma | 253-564-4402 | | | Last Wed of the month | | 5-7pm | | Visit any FISH Food bank once per week  Photo IDF |
| All Pierce County | Allen AME Food Pantry  1223 MLK Jr Way  Tacoma | 253-627-6855 | | | Tues & Thurs | | 10-1pm | | Picture ID  Blue Allen Food Bank ID Card |
| All Pierce County | Salvation Army  1501 6th Ave  Tacoma | 253-572-8452 | | | Monday  Tues-Fri | | 1-3pm  10:30-3pm | |  |
| All Pierce County | BASH  118 141st St. Ct. S | 253-531-9600 | | | Wed & Thurs | | 10-2pm | | Once per month |
| All Pierce County | Food Connection  1323 S. Yakima  Tacoma | 253-383-5048 | | | Wed & Fri  Tues & Thurs | | 9:30-11am & 12-3:30pm  12-3:30pm & 4:30-6pm | |  |
| All Pierce County | My Sister’s Pantry  621 Tacoma Ave  Tacoma | 253-627-1186 | | | 1st & 3rd Mon  4th Sat | | 5-7pm  10:30-12:30 | |  |
| All Pierce County | Pregnancy Aid  902 Market St.  Tacoma | 253-383-4100 | | | Mon, Wed, Fri | | 10-1:30pm | |  |
| All Pierce County | SE Tacoma FISH  1704 E 85th St.  Tacoma | 253-531-4530 | | | Mon & Fri  Wed | | 11-4pm  11-6pm | | Visit any FISH Food bank once per week  Photo ID |
| \*\*\*\*\*Lakewood/University Place Food Banks\*\*\*\*\* | | | | | | | | | |
| 98303, 98388, 98433, 98438, 98439, 98498, 98499 | Bread of Life  8810 Lawndale Ave SW  Lakewood | | 253-582-2515 | | | Thursday | | 1-5pm |  |
| 98433, 98439, 98498, 98499 | Prince of Peace  10333 Bridgeport Way SW  Lakewood | | 253-584-2565 | | | Tuesday | | 12-3pm | Proof of residence  ID for all household members |
| 98439, 98498 | Tillicum Food Bank  14916 Washington Ave  SW, Lakewood | | 253-584-1280 | | | Mon, Wed, Fri | | 9-11am | Once per month  Picture ID, current lease, utility bill |
| 98439 | Mobile FISH  14721 Murray Rd SW  Lakewood | | 253-383-3164 | | | Thursday | | 4:30-6:30pm | Visit any FISH Food bank once per week  Photo ID |
| 98499 | Samoan Family Services  3624 Steilacoom Blvd SW, Lakewood | | 253-535-9616 | | | Tuesday | | 9-Close |  |
| All Pierce County | Lakes FISH  6900 Steilacoom Blvd  Lakewood | | 253-581-1116 | | | Monday  Wed & Fri | | 2-6pm  1-5pm | Visit any FISH Food bank once per week  Photo ID |
| All Pierce County | UP Food Bank  2610 Sunset Dr. W  University Place | | 253-460-3134 | | | Tuesday  Thursday  Saturday | | 12-3pm  3:30-6pm  10-12pm |  |