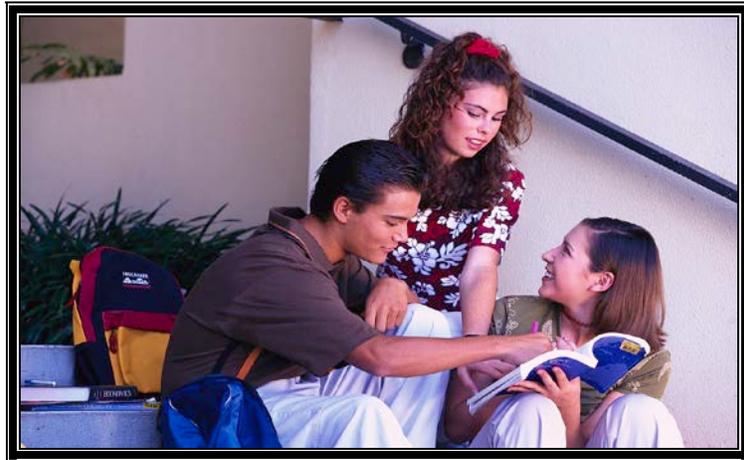


Resource Guide For Pregnant and Parenting Teens



**Clark County
Washington**

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Verifying You Are Pregnant

Birthright of Vancouver USA

214 E. 17th Street, Vancouver WA
(360) 694-8156-Main Phone
(800) 550-4900-Hotline
www.birthright.org

Services Include: Free pregnancy testing. Prenatal care referrals and information on medical and financial assistance, parenting skills, adoption referral, and fetal development. Maternity and infant clothes are available along with confidential support and encouragement.

Boys & Girls Aid of Southwest Washington

406 W. 12th Street, Vancouver WA
1-877-932-2734 Toll Free
options@boysandgirlsaid.org or boysandgirlsaid.org

Services Include: This is a non-profit pregnancy counseling and adoption service agency offering free unbiased counseling from a social worker. Pregnant women can call a 24-hour hotline and speak to a live person. Social Workers will meet with the woman and discuss the options of making a parenting plan, an adoption plan or abortion plan. They also counsel birth fathers as to their rights. All services are free.

Community Pregnancy Clinic-Camas

1542 N.E. Third Avenue, Camas WA
(360) 834-2829-Main Phone
Hours: Monday-Friday 2:00-6:00 pm
cpccw@communitypregnancyclinic.org

Services Include: Free pregnancy testing. They also have support services, childbirth education, relationship counseling information and referral. They have Doppler ultrasound and prenatal consultation with doctors and nurses on staff. Diapers, baby formula and food, maternity and baby clothing and furniture for anyone in need.

Options 360 Pregnancy Clinic

I-205 at Walmart
221 NE 104th Avenue
Vancouver, WA 98664
360-567-0285

1706 West Main Street, Suite 115
Battle Ground, WA 98604
360-687-8943

Services Include: Free pregnancy test, free ultrasound confirmation, confidential counseling and referral services. Parenting classes are available to earn baby and maternity clothes, diapers, formula and other essential items for babies.

Verifying You Are Pregnant

Planned Parenthood Vancouver

11516 S.E. Mill Plain Boulevard, Vancouver WA
Locations call 1-888-875-7820 or Teen Line call 1-800-230-7526

Planned Parenthood Salmon Creek

2105 N.E. 129th Street, Suite 105, Vancouver WA
Locations call 1-888-875-7820 or Teen Line call 1-800-230-7526
www.plannedparenthood.org/info-for-teens

Services Include: Free pregnancy testing and options information are available. They also offer birth control services and supplies, emergency contraception, annual checkup, Pap test, breast exam and pelvic exam.

Case Management and Home Visitation

Educational Opportunities for Children & Families (EOCF)

Prenatal to Five Years old
Early Head Start/Head Start/ECEAP
17800 S. E. Mill Plain Blvd. Suite 150, Vancouver WA
(360) 567-2720 or (360) 896-9912 ext. 160
www.eocfwa.org

Services Include: Early Childhood education with EOCF sponsoring Head Start and Early Head Start Home Base (prenatal-5 yrs), full time childcare (1mo-5yrs) and part time preschool (3yrs-5yrs) and ECEAP part time preschool.

ESD112 Early Head Start

2500 N.E. 65th Avenue, Vancouver WA
(360) 750-7500 ext. 342
Toll free 1-877-414-0071
www.ESD112earlylearning.org

Services Include: Offers early, continuous, intensive and comprehensive child development and family support services on a year-round basis to pregnant women and to families of infants and toddlers age birth to three years of age. The purpose of the program is to enhance children's physical, social, emotional, and intellectual development; to support parents' efforts to fulfill their parental roles; and to help parents move toward self-sufficiency.



Case Management and Home Visitation

Nurse-Family Partnership (NFP)

Clark County Public Health

(360) 397-8440 or www.nursefamilypartnership.org

Services Include: NFP partners a registered nurse (RN) with a first time mother early in her pregnancy. The main goals: a healthy pregnancy, healthy baby and self-sufficiency for the mother/family. NFP has been shown through research to be very effective in promoting positive health outcomes for mothers and children over their life course. Mothers are more likely to finish school, support their family, and be safer and healthier. Their child is more likely to be ready for school and successful in school. The RN provides home visits that continue through the child's second birthday and mentors the client as she prepares to parent and adjusts to life changes. New parents learn skills to be the best first teachers they can be for their child. Eligibility: pregnant with first baby, enrolls in NFP no later than 28 weeks gestation, lower income. There is no charge to the client/family for this program.



Sea Mar Maternity Support Services

Battle Ground (360) 213-1340 or Vancouver (360) 852-9092

Washougal (360) 213-1340

Services Include: A free, voluntary program for low-income expectant mothers. A Community Health Worker is the first connection to this program, and can help guide you through the program and connect you to resources, including medical insurance, a medical provider and the Women, Infants and Children program. A Social Worker can help you access community resources and help you develop healthy ways to manage stress, fear, anxiety and depression. A nurse can help you deal with medical issues and concerns. This program helps new mothers prepare for labor and first two months with the baby. There is also an Infant Case Management Program that offers additional support and information and can support eligible families through the first year of their child's life.

Child Care

Child Care and Family Service Educational Service District 112

2500 N.E. 65th Avenue, Vancouver WA

(360) 750-9735-Clark or 1-800-446-1114

Services Include: Helping families connect with childcare providers. They provide information on childcare subsidies and community resources. Free childcare and family referrals for before and afterschool care.

Community Centers

Catholic Community Services

9300 N.E. Oak View Drive, Suite A, Vancouver WA
(360) 567-2211

www.ccsww.org

Services Include: A variety of programs and services to assist families in need, support to families in crisis, as well as services for children who are struggling with family breakup or mental health issues. They have several programs that offer housing for families with children.

Children's Home Society-East County

1702 'C' Street, Washougal WA

(360) 835-7802

Hours: Tuesday and Thursday 9:00-5:00 pm

Wednesday and Friday 9:00-1:00 pm

Children's Home Society of Washington

309 W. 12th Street, Vancouver WA

Hours: Monday-Friday 9:00 am to 5:00 pm.

(360) 695-1325 or www.chs-wa.org

Services Include: Providing early learning, child and family counseling, and family support services to families through programs such as PlayBright Play and Learn groups, Welcome Baby @ Home, Parents as Teachers, Triple P Parent Coaching, and Kinship Care Navigator.

Family Community Resource Centers

Services Include: Family-Community Resource Centers are a place where families can access a range of support including academic and early learning programs, health and social services, youth and community development, and community engagement. Community partners work together to provide support and services including such necessities as Back to School supplies. To date centers are located at nine district schools. A center has been in operation at Fruit Valley since 2001, at Hough since 2006 and, at Washington since 2008. This year centers opened at King, Peter S. Ogden, and Roosevelt elementary schools. If you are a parent of a child enrolled in Vancouver Public Schools, please contact your child's school regarding opportunities through a Family Resource Coordinator.



Community Centers



The Lighthouse

(360) 695-3681

LighthouseCRC@gmail.com

Services Include: Resources for teen parents and their children in a safe and encouraging environment. They have diapers, wipes, baby food and formula, toys and books, baby and toddler gear, children's clothing and shoes, referrals for counseling and other community agencies, classes focused on parenting and life skills, as well as classes for relaxation and enjoyment. They have a volunteer program that lets you earn credit to purchase merchandise.

Dental Health

ABCD Program

Clark County Public Health

1601 E. Fourth Plain Boulevard, Vancouver WA

(360) 397-8000 ext. 7371

Services Include: Referral service that will help find a child-friendly dentist in your area. Children ages birth to six are eligible if covered by state insurance.

Sea Mar Dental Clinic Vancouver

1412 N.E. 88th Street, Vancouver WA

Hours Monday-Saturday 8:00 am to 5:00 pm

(360) 574-4074

7410 Delaware Lane, Vancouver WA

(360) 896-5128

Services Include: Sea Mar Dental Clinic specialize in family dentistry, including preventive dental exams, emergency care and referrals for other dental services. Their teams of dental providers care for patients of all ages, religion, ethnicity, or sexual preference, without regard to income, occupation, immigration status, or citizenship.

DSHS Application Assistance

Pregnancy Partners

Clark County Public Health
Doris Sanders Patient Navigator
(360) 397-8254
Doris.Sanders@clark.wa.gov

Services Include: This program assists uninsured and/or partially insured pregnant women throughout Clark County of all ages to obtain health insurance, referrals to community partners including food and cash assistance through DSHS, WIC, Maternity Support Services, dental, vision and childcare.

Education Assistance

The Bridges Academy

12200 N.E. 28th Street, Vancouver WA
Katie Niskanen, Student Advocate
(360) 604-1072
(360) 604-1050-Main office
thebridgesacademy.org

Services Include: Helping students under age 21 who have dropped out of high school or are in danger of dropping out due to credit deficiency complete a high school diploma. Students who have completed a GED are also eligible. The Bridges Academy is a partnership between ESD 112 and the Clark County Skills Center designed to provide high quality career and technical education.

Clark County Skills Center

12200 N.E. 28th Street, Vancouver WA
(360) 604-1050
www.ccskillscenter.com

Services Include: Educational training is available for the following programs at the center: Applied Medical Sciences, Automotive Technology, Commercial Painting and Decorating, Construction Technology, Cosmetology, Criminal Justice, Dental Assisting, Diesel Technology, Electro-Digital Technologies, Financial Customer Service, Legal/Medical Office, Pre-Engineering Design Technology, Restaurant Management, Culinary Arts, Travel and Hotel Management. Skills Center students can also earn a variety of industry certifications and licenses. This program serves junior and seniors to improve their earning potential through advanced career training.

The Clark County Skills Center is owned and operated by 10 School Districts including Battle Ground, Camas, ESD 112, Evergreen, Hockinson, La Center, Ridgefield, Vancouver, Washougal and Woodland.

Education Assistance

ESD 112

Graduation Alternative Program (GAP)

2500 N.E. 65th Avenue, Vancouver WA
Janet Webster (360) 750-7500 ext. 290
Janet.Webster@ESD112.org

Services Include: Help youth between 16-21 years of age prepare for a GED at Clark College. An orientation is required with the teacher on Wednesday or Thursday at 1:00 p.m.; scheduling an appointment is not necessary. New class sessions start every month, usually the last or next to last Monday of each month. Classes are self-paced, depending on how long it takes to complete the work. The teacher will make the determination when the student is ready to take the GED test at Clark College. Testing is free if the student goes through ESD 112. Participant must be a U.S. citizen to be eligible.

ESD 112

Youth Workforce Program

2500 N.E. 65th Avenue, Vancouver WA
(360) 750-7500 ext. 390
www.esd112.org/ywp

Services Include: Eligible youth between the ages of 16-21 can receive tutoring, instruction and study skills training leading to the completion of secondary school. The Youth Workforce Program's Workforce Development Specialists work closely with youth to develop an individual plan, taking into account the youth's interests, skills and motivation. Most youth remain in the program for 9 to 18 months, gaining additional education through classes, academic support for secondary or post secondary education or training, and real world work experience. Further, the youth gains exposure to multiple careers, communities, businesses, opportunities for leadership development and gains a greater understanding of his/her skills and abilities. Participant must be a U.S. citizen to be eligible. Contact Youth Workforce Program at Educational Service District 112 for more information.

The Giving Closet/Giving Hope G.E.D. Preparation/Adult Basic Education

2804 N.E. 65th Avenue, Vancouver WA
(360) 993-4800 ext. 2001
www.givingclosetgivinghope.org

Services Include: The Closet is meeting new needs of the community through adult and child educational services. G.E.D. preparation is available. All ages are welcomed. Picture identification and social security numbers or passport identification for all family members is required. They also offer a mentoring program that includes basic life skills classes. Students receive one-on-one assistance. All community classes are offered free of charge. Please call to register for all classes.

Employment

Clark College Employment Services Center Work Source Affiliate Site

1933 Fort Vancouver Way, Vancouver WA
Gaiser Hall East Wing-in the Workforce Development Center, room 204.
Monday, Wednesday, Thursday 8:00 am-5:00 pm.
Tuesday 8:00 am-6:30 pm Friday 8:00-4:30 pm.
(360) 992-2155
www.clark.edu/student_services/employment or workforce@clark.edu

Services Include: Local and statewide job listings for full and part-time jobs, temporary and seasonal jobs, computer use for résumé writing, cover letters and internet access for job search, job coaching and job development. They also have counselors and staff to provide assistance with job search efforts and free telephone usage for job searches.

Goodwill Job Connection

6425 N.E. Fourth Plain Boulevard, Vancouver WA
(360) 695-1923 or 1-877-676-5872
www.meetgoodwill.org./jobs

Services Include: Free employment services that will help develop an effective résumé, develop effective interviewing skills, and identify employment goals and potential employers. Identify immediate job openings and obtain vouchers for business attire and transportation. Must be 16 years or older to attend an orientation for job connection. After orientation, a career counselor will be assigned to help with job placement.

PIC-Partners in Careers

3210 N.E. 52nd Street, Vancouver WA
(360) 696-8417 or www.partnersincareers.org

Services Include: Identifying skills, job training and coaching, workshops and networking. Help with résumé development and on-site interview for clients. Self-sufficiency through specialized job training and employment services. They match employees with employers for job placement.

Work Source Town Plaza

5411 E. Mill Plain Boulevard, Suite 15, Vancouver WA
(360) 735-5000
www.fortress.wa.gov

Services Include: Comprehensive job placement assistance through a network of Work Source Centers. Job listings and referrals for jobs are available for clients. This site provides computers for creating résumé, copiers, telephone, and fax machines. They also offer Internet access to jobs, newspapers to search for jobs, videos and brochures with tips on finding a new job, workshops and classes to help a client get and keep the job.

Family Activities

Children's Home Society of Washington: Play and Learn

East County Family Resource Center

1702 'C' Street, Washougal WA

Renee (360) 835-7802

www.childrenshomesociety.org

Services Include: Every Tuesday morning from 10-12 there are play and learn groups that provide activities and fun for families with children birth to 5 years.

Family Activities

Website:

<http://attractions.uptake.com/washington/vancouver>

Services Include: This website lists free or low cost activities around the city. If you are living on a tight budget, find free or low-cost recreational opportunities that your family can enjoy.

Noah's Ark Play Park

First Presbyterian Church

4300 Main Street, Vancouver WA

Beth Brady (360) 634-9016

www.noahsarkprograms.org

Services Include: Children and their parents or caregivers form nurturing bonds through special activities. New sessions start each quarter and fees are prorated.

Food Assistance

Department of Social & Health Services

5411 E. Mill Plain Boulevard Building 1, Vancouver WA

Hours: Monday-Friday 7:45 am to 5:00 pm.

(360) 397-9544

www.dshs.wa.gov

Services Include: Emergency food and cash assistance, help with medical and mental health issues, medical insurance for children and childcare assistance if eligible.

Fish of Orchards

6008 N.E. 110th Avenue, Vancouver WA

Hours: Monday-Friday: 10:00-12:00 pm and 12:30-2:30 pm.

(360) 256-2440

<http://fishforchards.org>

Services Include: Emergency food and clothing resources are available at this facility, if eligible. This facility is located in East County.

Food Assistance

Fish of Vancouver

St. Paul's Outreach Center, 14th & Franklin, Vancouver WA

Hours: Monday-Friday 10:00 am-3:00 pm.

(360) 695-4903

<http://fishvancouver.org>

Services Include: Emergency food, some maternity clothing and small household goods are available at this facility. Free baby layette to first time moms.

North County Community Food Bank

17 N.E. 3rd Avenue, Battle Ground WA

Hours: Monday-Thursday 9:00-11:15 am and 1:30-3:15 pm, Friday 9:00-11:15 am.

(360) 687-5007

www.nccfoodbank.org

Services Include: Emergency food boxes, information and referral for utilities assistance, health and dental information and Basic Life Skills Classes.

One Life

2007 E. 12th Street, Vancouver WA

(360) 904-1273

www.welcometoonelife.com/foodpantry

Services Include: Food is distributed every Sunday from 12:00 to 1:30 pm, except for holidays, at the Portal Building located at: 2007 East 12th Street. Emergency foods boxes are available once a month, to anyone in Clark County. Identification is required and client intake form must be completed.

St. Vincent de Paul-Battle Ground

11117 NE 189th Street, Battle Ground WA

(360) 576-0122 Hours: Monday-Friday 8:00 am to 8:00 pm.

St. Vincent de Paul-Brush Prairie

11607 N.E 87th Avenue, Vancouver WA

(360) 573-7199 or sjc@stjohnvancouver.org Hours: M-W-F 9:30 am-12:30 pm.

St. Vincent de Paul-Camas

324 Oak Street, Camas WA

(360) 834-2126 ext. 251 Hours: 9:00 am to 4:00 pm.

St. Vincent de Paul-Vancouver

2456 Stapleton Road, Vancouver WA

(360) 694-5388 or svdp@svdpvancouverusa.com Hours: M-F 9:00 am to 1:00 pm.

Services Include: Emergency food and lodging with rent and utilities assistance as needed. They also have clothes and household goods. Please call first for eligibility requirements.

Graduation Reality And Dual-Role Skills-GRADS

Evergreen Public Schools

Graduation Reality and Dual-Role Skills (GRADS)

14300 N.E. 18th Street, Vancouver WA

Peggy McNabb, GRADS Teacher

(360) 604-3700 ext. 8795

Peggy.mcnabb@evergreenps.org

GRADS Website:

[http://www.evergreenps.org/SchoolInfo/Pages/GRADS\(TeenParentProgram\).aspx](http://www.evergreenps.org/SchoolInfo/Pages/GRADS(TeenParentProgram).aspx)

Services Include: GRADS is a program developed for any pregnant or parenting high school student. Classes in prenatal care, childbirth, parenting, child development, career exploration and post graduate planning. The daycare has licensed adult caregivers that provide learning and loving atmosphere with reduced fees.

Vancouver School District

Graduation Reality and Dual-Role Skills (GRADS)

2901 Falk Road, Vancouver WA

(360) 313-1000 Main phone

1601 E. McLoughlin Blvd, Vancouver WA

Melanie Spencer, Teen Parent Program Coordinator

(360) 313-4446

www.bay.vansd.org/services/grads.html

Services Include: Vancouver School District offers a Teen Parent Program with case management and parenting classes for teen mothers and fathers together with regular school classes. Support services provided to enable teen parents to complete their formal education. Day care is available at reduced fees for children whose parent/parents are attending school.

Housing

Emergency Housing Assistance

Emergency Shelter Clearing House has access to all shelter beds available in Clark County at (360) 695-9677.

Homeless Services

Council for the Homeless

2500 Main Street, Suite 200, Vancouver WA

(360) 993-9561-Main Phone

915 W 13th Street or (360) 993-9570 or www.icfth.com

Services Include: Providing three direct services for people who are homeless: Emergency Shelter Clearinghouse, Community Voice Mail and the Community Housing Program.

Homeless Services



Oak Bridge Youth Shelter

(360) 891-2634

Services Include: Youth Shelter Crisis intervention program in Clark County serves runaway and homeless boys and girls ages 9-17 and emphasizes family reconciliation when appropriate or long-term placement when necessary.

SHARE Homestead

4921 NE Hazel Dell Avenue, Vancouver WA

(360) 693-8923

Services Include: Emergency housing for women and families up to 30 days. Meals served to residents. They have 13 rooms, 12 family rooms and one room for 4 single women.

SHARE House

1115 W. 13th Street, Vancouver WA (Men Only)

(360) 695-7658

(360) 695-9677

programdir@sharevancouver.org

Services Include: Emergency housing for men up to 30 days. Meals served to residents and to men that are homeless and low income. They also offer additional beds for transitional housing.

Share Orchards Inn

5609 N.E. 102nd Avenue, Vancouver WA

(360) 604-0907

Services Include: Emergency Housing for 11 families including pregnant couples, and one room for four single women with a 30 day maximum. Provide clients with case management and information and referral services.

Yellow Brick Road

(360) 314-5716

Services Includes: Street outreach is conducted Monday-Friday providing first aid supplies, hygiene supplies, socks, gloves, safe sex supplies, and resource information and referrals. You must be between the ages of 16 and 24 to be eligible for this program.

Maternity Services

Avonlea Acres

Battle Ground, WA

(360) 601-0272

info@avonleaacres.com

Services Include: Housing for moms ages 18-28, services include parenting/life skills while furthering education and advancing employment opportunities to help mothers live successfully and independently in the community. They are a long-term program, not a shelter. They provide a home for those girls that want to change their lives and need a safe place to do that. The residents can stay up to 2 years and must be pregnant or have children 2 years old or younger to be eligible. This non-profit serves homeless single mothers in crisis due to unplanned pregnancy and or domestic violence.

New Beginnings Maternity Home

Rhoda Gigstad

(360) 989-0280 rhodagigstad@aol.com or www.newbeginningsmaternity.org

Services Include: Providing a family style shelter for young, pregnant women and young mothers who are homeless. They also provide food, life skill classes, transportation, support and security to homeless teens and young women who are facing motherhood without the support of their own family.

Vida's Ark

Hope Baker

(360) 695-3681

hope@vidasark.org

Services Include: Homeless shelter for teen mothers and their children providing safe and supported living conditions. They will teach young mothers life and parenting skills to become self-sufficient. Moms can remain in the home through age 20 or until the child is 2 years old.

Legal Resources

Clark County Volunteer Lawyers

1409 Franklin Street, Suite 101, Vancouver WA

Monday-Thursday: 9:00-4:00 pm.

Tuesday: Family Law

Thursday: General Law

(360) 695-5313

www.washingtonlawhelp.org

Services Include: Offering free legal services to low income individuals with non-criminal matters. Help with divorce, custody, parenting plans, child support or non-parental custody. They also help with bankruptcy, eviction and other civil matters. We cannot give legal advice over the phone. They provide these services with volunteer attorneys in the area.

Legal Resources

Clear Hotline Legal Counsel Northwest Justice Project

Clear is open Monday-Friday 9:15 am-12:30 pm, 3:30-6:15 pm.
1-888 201-1014

Services Include: Providing free legal services to low-income persons with civil (non-criminal) matters in Clark County Washington Courts. All calls are screened for eligibility before talking to an attorney. It is a very busy number. You should hang up and redial repeatedly until you get through. Monday is their busiest day. You could be on hold for 30 minutes. A landline is better than a cell phone to try to contact them.

Crime Victim Advocacy Lutheran Community Services

3600 Main Street #200, Vancouver, WA
(360) 694-5624 or 1-888-425-1176 (24-Hour Crisis Line)

Services Include: Providing a crisis phone line available 24 hours a day with information on legal rights, medical support, safety planning, resources and services for crisis intervention.

Library

Fort Vancouver Regional Library District

901 'C' Street, Vancouver WA
(360) 906-5106
www.fvrl.org/events

Services Include: Activities for all ages including lap sit story times, toddler and family story times. Early learning opportunities are available. Free book bag and baby books for first time moms. To find out dates and time visit them on their website at www.fvrl.org.

Medical Clinics

Free Clinic of Southwest Washington

4100 Plomondon Street, Vancouver WA
Urgent Care Clinics Hours
Monday, Wednesday, and Friday: 8:30 am
and Tuesday, Thursday 5:30 pm.
(360) 313-1390
www.freeclinic.org

Services Include: Morning Clinics are available every Monday, Wednesday and Friday. Sign in begins at 8:30 am, first-come, first served. On Tuesday and Thursday, sign in begins at 5:30 pm, first-come, first served. Services are provided to patients who are uninsured and low-income. People who have urgent care concerns such as: infections, flu symptoms, a bad cold or minor injuries can receive care at the clinic.

Medical Clinics

New Heights Clinic

8000 N.E. 58th Avenue, Vancouver WA

Appointments only: Monday, Tuesday & Wednesday: 9:00 to 11:00 am and 1:00 pm to 4:00 pm, Thursday: 1:00 pm to 4:00 pm and 7:00 pm to 9:00 pm.
(360) 694-0355

Services Include: Free medical care for low income uninsured residents of Clark County. If you have health care needs and do not have insurance, New Heights Clinic may be able to serve you. The clinic will see only SW Washington residents who have no insurance or ability to pay.

Sea Mar Community Health Center

1601 E. Fourth Plain Boulevard, Third Floor, Vancouver WA

Monday-Thursday 8:00 am 7:00 pm and Friday 8:00 am 5:00 pm.
(360) 852-9070

Services Include: Well-child checkups, family planning, referrals to specialty care, provider on-call for after-hour needs, minor procedures.

Medical Resources

Apple Health for Kids

1-877-543-7663

www.applehealthforkids.wa.gov

Services Include: Washington Apple Health for kids brings together children's medical programs under one umbrella. Families only need to complete one application. If your family meets the income eligibility standards, your children will be eligible. Each year, families will need to provide proof they remain eligible for the program. Apply now for free or low cost insurance.

Prescription Discount Cards

1-877-321-2652 or www.caremark.com/naco

Services Include: This card may be used any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use the card. No enrollment form, no membership fee, one card, for immediate use. Visit www.caremark.com/naco to look up a participating pharmacy, a price estimate for your prescription, check drug interactions, or read news articles from leading health journals.

WPDP Prescription Drug Discount Cards

1-800-813-4146 or www.rx.wa.gov

Services Include: In addition to the NACO discount drug cards described above, you may also get a free discount drug cards from the Washington Prescription Drug Program (WPDP). Members of the WPDP can receive discounts up to 60% on generic drugs and up to 20% on brand name drugs.

Mental Health

Baby Blues Connection

Toll-free (866) 616-3752

www.babybluesconnection.org

info@babybluesconnection.org

Services Include: BBC offers help for pregnant and postpartum women and men with depression, anxiety or adjustment-related stress. Trained volunteers, many of whom have struggled with these feelings themselves, offer mom-to-mom support via phone, email, and new-mom groups. They also provide informational reference materials, including lists of counselors, doctors, and additional professional help, as well as strategies for combating postpartum blues. New mothers may feel inadequate, guilty, and afraid to admit their feelings, especially in an age where women are expected to be “super moms.” Fathers, too, are susceptible to depression, especially if their partners are suffering from it. They may feel dread over what fatherhood might be like or anxious about how to care for the baby. BBC helps moms and dads get through these sometimes tough early months. Reaching out is crucial to healing, and isolation only deepens depression. BBC offers local support groups where moms can meet and share with other moms dealing with the same scary emotions and frustrations. Volunteers staff a warm-line for moms and dads to call in for support. If you believe that you or someone you know has prenatal or postpartum depression, BBC provides free, caring, and confidential help.

Clark County Mental Health Crisis Line

(360) 696-9560

1-800-626-8137

Services Include: Evaluation and referral to community outpatient and inpatient services, including peer support counselors. This service is available 24 hours a day, seven days a week. Professional counselors will answer your call and help guide you through a network of services available in the community.

Clark County Regional Support Network (CCRSN)

1601 E. Fourth Plain Boulevard, Bldg. 17, Suite C214, Vancouver WA

(360) 397-2130

1-800-410-1910

www.clark.wa.gov/mental-health

Services Include: Mental health services funded by the CCRSN are available to individuals and families who are eligible for Medicaid and who meet medical necessity criteria, if they fall into a high-need category, and if funding is available. All Clark County residents are eligible to receive Clark County Crisis services. If you feel that you or your dependent child need mental health services you may call the CCRSN and ask to speak to a Care Manager who can help determine which agency provides the best service for your specific need.

Mental Health

Clark County Teen Talk

(360) 397-2428

ccteen1@hotmail.com

Services Include: Offering a safe place to talk. Talk to trained teen volunteers about personal problems concerning boyfriends, girlfriends, depression, sex, and sexually transmitted disease, trouble with your parents, drugs or alcohol. The teen volunteers will research all options for your situation.

Youth Suicide Prevention Program National Suicide Prevention Hotline

1-800 273-8255 (24 Hours) www.yspp.org

Services Include: Resources and support 24 hours a day, seven days a week.

Referral Services

211info

Monday-Friday 8:00 am-6:00 pm

1-877-211-3874 or www.211info.org

Services Include: Providing the latest free or low cost resources that are available in Clark County, just dial 211 or log on to the website.

ParentFuture ® a Search Institute Resource for Families

Website: <http://www.parentfurther.com/>

Services Include: Behind our advice and approach are research-based information and tools that have been put to the test in the real world, as well as a panel of experts in parenting, child psychology, and related fields. The core of our approach is built on Search Institute's Developmental Assets®: 40 common sense, positive qualities and experiences that help influence the choices kids make.

ParentHelp123.org

Monday-Thursday 8:00-5:30 pm and Friday 8:00-5:00 pm.

Family Health Hotline 1-800-322-2588

www.parenthelp123.org

Services Include: Family Health Hotline can help you understand and apply for a variety of food and health resources. They offer bilingual staff for Spanish speaking clients and other languages are served using interpreters via AT&T Language Line. In addition, they have a website helping families in Washington find local resources. This website has information on health insurance, food assistance, childbirth and support for new parents.

Referral Services

WashingTeenHelp.org

www.washingteenhelp.org

Services Include: This website is designed to empower teen parents to connect to the resources to support a healthy family. Teen parents will find information on pregnancy, nutrition, parenting, child development, relationships, sexual health, getting medical care, parental legal rights and responsibilities, as well as how to make a plan to reach educational goals.

Special Needs

Educational Opportunities for Children and Families (EOCF)

Birth to Three Years old

Early Support for Infants & Toddlers (ESIT)

17800 S.E. Mill Plain Blvd. Suite 150, Vancouver WA

(360) 896-9912 ext. 463

www.eocf.org

Services Include: Information on how children develop and what to do if you have a concern about your child's development. If eligible, they provide assessment and early intervention for young children.



Washington Elks Therapy Program for Children Inc.

(A non-profit organization serving families in SW Washington)

1-800-825-3557

www.waelkschildtherapy.org

Services Include: The Washington Elks Therapy Program for Children, Inc. is the Major Project sponsored by the Elks of Washington, for over 50 years. It provides home-based occupational and physical therapy services for children with disabilities at not cost to the families served. Children served range in age from birth to 21 years. However, preference is given to infants and young children; those who are medically fragile or who would otherwise go without services because of the family's lack of resources; and to children who, without therapy, will experience deterioration in their status. Eligibility for services does not require affiliation, membership, or association with the Elks, its members, or lodges and is at the discretion of the local therapist and prescribing physician or nurse practitioner. Our therapy team believes that participation by the entire family, both nuclear and extended, is critical to each child's success. In Washington State, contact us at (800) 825-3557 or online at www.waelk.net.

Supplies

Babies in Need

All Saints Episcopal Church

2206 N.W. 99th Street, Vancouver WA

Kitty Ash Director

(360) 573-8299

www.babiesinneed.org

Services Include: They serve needy newborns and their families in Southwest Washington with clothing and newborn supplies. They supply a layette containing gowns, pajamas, undershirts, fleece sleepers, wash-cloths, receiving blankets, quilt or crib blanket, diapers and much more. They are an all-volunteer ministry providing support for parents in need.

Clark County Sheriff's Office

Car Seat Clinic

(360) 450-8997

Services Include: On the 3rd Saturday of each month, CCSO will conduct a free car seat class and clinic at PeaceHealth Southwest Medical Center. Register for the class at (360) 450-8997, to learn the basics of proper car seat installation from nationally certified technicians. Ask about low cost car seats.

The Giving Closet/Giving Hope

2804 N.E. 65th Avenue, Vancouver WA

(360) 993-4800

www.givingclosetgivinghope.org

Services Include: Providing services for the homeless, low-income families, persons affected by domestic violence, fire loss or other situations. Services include clothing, food, education, and are based on financial need. Picture identification is required. Giving Closet will be open on Wednesday and Thursdays only.

Santé Mama

113 N.E. 92nd Avenue, Vancouver WA

(360) 253-2229

Hours: Monday-Friday 10:00-6:00 pm

Saturday 10:00-5:00 pm.

<http://www.santemama.com>

Services Include: Products for pregnancy and parenting including breast pump rental and childbirth education. Knowledgeable staff offer educational information to help prepare, encourage and equip families for healthy and confident beginnings.

Receive a Bra! Santé Mama is graciously hosting Bras2MomsBra fittings at this location from 4:30-5:30 pm the 1st and 3rd Monday of every month. If you have questions please contact bras2moms@gmail.com.

Support Groups

City Harvest Church

Help and Hope for Single Parents

8100 N.W. 9th Avenue, Vancouver WA

Andy (360) 433-8656

Hours: Thursday 6:30-8:00 pm or singleparent@cityharvestchurch.com

Services Include: Free single parenting groups that share tips and parenting wisdom. They provide video seminars that will help single parents solve day-to-day problems. Call Andy to register, free childcare is available.



Dads for Dads Group

Children's Home Society

1112 Columbia Street, Vancouver WA

Cara (360) 695-1325 ext. 4221

Services Include: Free support group meets on the first Thursday of each month from 6:45-8:15 pm, no registration required.

M.O.M.S

New Heights Church

7913 N.E. 58th Avenue, Vancouver WA

Contact Karen Faust (503) 358-2526 or Rhonda Oathes at (360) 909-6275

Services Include: Free support group for mothers of young children. Meetings are Wednesday from 9:30-11:30 am. A small donation for childcare is requested.

Mothers Share

Peace Health-Family Birth Center Conference Room,

87th Avenue and 5th Street, Vancouver WA

Mondays from: 10:30 am to 12:00 pm for more information, call 514-Baby

Services Include: Free support group for new parents and their babies up to 9 months old. You do not need to register for this program.

Pathways to Responsible Fatherhood

9901 N.E. 7th Ave, B-107, Vancouver WA

(360) 260-1100 or drbob@northwestmarriage.org

Services Include: Free 10-hour program designed specifically for fathers, whether single or married. The purpose is to help men to become better fathers, relationship partners and family men. Women are encouraged to attend. There is no cost for singles or couples to attend the 10-hour program.

Support Groups

So You have a Baby, Now What?

The Transition Space
2200 Broadway Street Suite B-1, Vancouver WA
Chelsea Jackson, Program Coordinator
(360) 601-4583 or cjackson@innovativeservicesnw.org

Services Include: A free weekly peer-to-peer group for pregnant and parenting mothers ages 15-24 years of age 3:30 to 5:30 p.m. Tuesday.

Spanish Speaking Mom's Support Group-YWCA

3609 Main Street, Vancouver WA
Irma Magana
(360) 906-9118

Services Include: Support group for Spanish speaking mothers meets on Thursdays from 12-2 pm. Focusing on education, information and referral, domestic violence issues, legal issues and much more. **Free** childcare is available.

Teen Recovery Group

Xchange Recovery Center and Re-Store

7735 N.E. Hwy 99, Vancouver WA
Wednesday 4:00 to 6:00 pm.
teenrecoverygroups@northwestbhs.com

Services Include: High school students meet other teens in recovery, empower each other and have fun. Youth come in and enjoy a snack the first 20 to 30 minutes, partake in a big group experiential lesson followed by 30 to 45 minutes of check in and process. For additional information, contact this website: teenrecoverygroups@northwestbhs.com.

YoungLives Pregnant/Parenting Teens

Contact Amber Froescher
(503) 522-4260
wa442younglives@gmail.com

Services Include: YoungLives is an international program designed specifically for pregnant/parenting teens under age 20. It is a program of YoungLife, a non-denominational religious based organization. In the YoungLives Club, teens, both male and female, currently meet once per month for 2 hours in the evening. Participants receive free childcare, a meal, a fun activity, and 5-10 minutes of religious sharing. Participants receive a mentor who helps teens navigate the two roles they play, listen without judgment, help heal and find hope in the future. Mentors often provide transportation. Another program called "Campaigners" meets weekly in the afternoon and goes into deeper bible study. Babies are welcome. Teens involved in YoungLives also have the opportunity to attend a free weeklong summer camp designed specifically for teen moms. Each baby receives a nanny during camp, which allows the mom to be a teen and enjoy activities including a zip line, ropes course, pool and other adventures.



Women Infants and Children

WIC Nutrition Program-Sea Mar Independent Mobile Site

701 East Main Street, Battle Ground WA
(360) 687-7126

Clark County Center for Community Health

1601 E. Fourth Plain Boulevard, Third Floor, Vancouver WA
(360) 397-8459

Washougal Social Services Center

(Independent Mobile Site)
1702 'C' Street, Washougal WA
(360) 835-7802

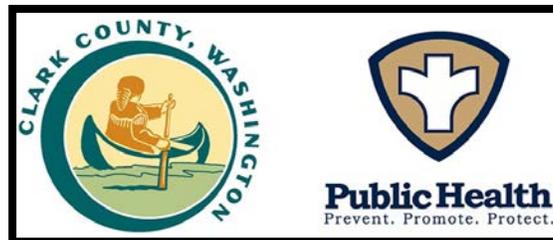
Services Include: Helping pregnant women, new mothers, and young children under five through a supplemental food, nutrition and breastfeeding education program. Offering clients nutrition and breastfeeding counseling, vouchers for nutritious foods, and assistance with referrals to needed services. Breast pumps are available on loan for breastfeeding moms.

**Resource Guide for Pregnant Teens and Parenting
Teens was compiled as a service of:**



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For other formats, contact the Clark County ADA Office:
Voice (360) 397-2322, **Relay** 711 or (800) 833-6388,
Fax (360) 397-6165, **E-mail** ADA@clark.wa.gov.

**Resource Guide
Clark County Washington**

<http://www.clark.wa.gov/public-health/family/programs.html#grads>