

Disclaimer

If you or anyone you know is looking for a resource that is not listed in this resource guide, please visit The City of Tacoma's online resource Tacoma FIRST 3-1-1 or call United Way's Information Line by dialing 2-1-1.

If an agency you know or work with would like to be included in a future resource guide, please feel free to contact The REACH Center by calling or visiting our website.

253-573-6590

www.reachtacoma.org

The resources gathered in the Tacoma City Resource Guide were compiled by the staff at The REACH Center in Tacoma, WA. The REACH Center assumes no responsibility regarding the services provided by the organizations featured in this resource guide. Inclusion does not imply endorsement or recommendation.

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Hotline Resources

Hotline Resources

National Suicide Prevention Lifeline	1-800-273-8255
National Suicide Network	1-800-396-5180
24 Hour Youth Crisis Line	1-866-427-4747
National Teen Emergency Hotline	1-800-448-3000
National Youth Crisis Line	1-800-999-9999
National Crisis Helpline	1-800-233-4357
Gay and Lesbian National Hotline	1-888-843-4564
National Sexual Assault Network-Rape Abuse	1-800-656-4673
Pierce County Rape Relief	253-474-7273
Sexual Assault Center of Pierce County	253-474-7273
National Hotline for Lesbian, Gay, Bisexual, and Transgender (LGBT) Youth	1-800-347-8336
Suicide Text Line	714-714
Drug and Alcohol Dependency Hope Line	1-800-622-2255
24 Hour Pregnancy Hotline	1-800-366-7773

Housing and Shelter Resources

Shelter Resources

Community Youth Services

253-256-3087

Services:

- Overnight shelter

Beacon Senior Center

415 S 13th St. (location scheduled to change by 2018)

Ages 18-24, Open from 9:00pm-6:30am.

- Drop in center

The Wellness Center

1424 Tacoma Ave. S

Ages 12-24, Open 1:00pm-8:30pm

Counseling, case management, and laundry facilities.

- New Directions Center

Call for location 360-485-2721

Ages 12-17, Overnight shelter.

Salvation Army Family Lodge

521 S. 6th Ave.

253-627-3962

Services:

- Family emergency shelter providing housing and food.

Shelter Resources Cont.

Tacoma Rescue Mission

425 S. Tacoma Way

253-383-4493

Services:

- Overnight shelter for ages 18 and over.
- Showers, clean clothing, locker rental, and hygiene products.

Adams St. Family Campus

2909 S. Adams St.

253-383-4493

Services:

- Emergency shelter for single women and families with children.
- Apartment style housing, meals, showers, and additional resources.

Pierce County Family Renewal Shelter

6832 Pacific Ave.

253-475-9010

Services:

- Emergency shelter for survivors of domestic violence.
- Offers a wide variety of services to survivors of domestic violence.

Shelter Resources Cont.

YWCA

405 Broadway

253-272-4181

Services:

- Emergency shelter, housing program, legal services, children's programs, and support groups for survivors of domestic violence.

Family Housing Network (CCS)

7050 S G St.

253-471-5340

Services:

- Shelter services available to a maximum of 5 families at a time.
- Showers, laundry, phones, cooking, and case management.

Pierce County Alliance

510 Tacoma Ave. S.

253-572-4750

Services:

- Independent transitional living and youth housing for ages 18 - 21.
- Home visits, family unification, and foster care support.

Moving Resources and Housing Referral's

Call-2-Haul

253-573-2468

Services:

- Residential customers are eligible to use our Call-2-Haul program at no cost, twice per year to dispose of unusable household items that are not part of customer's regular curbside pick up.

Associated Ministries: Coordinated Entry

901 S 13th St

253-682-3401

Services:

- Referrals to housing programs or independent housing and assistance. Referrals in securing benefits by appointment only.

Housing Resources

The REACH Center

714 S. 27th St.

253-573-6590

Services:

- Housing 4 Success Program: 18-24 year old independent living, housing navigation, and case management. (Must be referred through Coordinated Entry.)
- Onsite Coordinated Entry appointments.

Shared Housing Services

909 S. 11th St.

253-272-1532

Services:

- Transitional host home program for youth and young adults 16-24. (Must be referred through Coordinated Entry.)
- Individual Case Management.

Housing Resources Cont.

Metropolitan Development Council (MDC)

721 Fawcett Ave.

253-383-3921

Services:

- MDC owns and manages 375 units of housing in four service models for low-income and homeless families and individuals throughout Pierce County.

New Phoebe House

712 Martin Luther King Jr. Way

253-383-7710

Services:

- Transitional housing services and support for Pierce County mothers and children impacted by substance abuse, primarily methamphetamine.

Tacoma Housing Authority

902 S L St.

253-207-4400

Services:

- High quality housing and supportive services to persons and families in need.

Utility Assistance Resources

City of Tacoma Utility Assistance

1-877-798-4328

Services:

- Income based utility assistance for residents of the City of Tacoma.
- Discount Rate Program, Water and Environmental Services Assistance, and Tacoma PowerAid.
- Customers may qualify for a 30% discount on their power, water, solid waste, surface water and/or wastewater bill.

Families Unlimited Network

2610 Sunset Dr. W.

253-460-3134

Services:

- Utility Assistance for anyone who resides in the 98466 & 98467 zip codes and meets program qualifications.
- Services are not based or limited on income.
- Appointments can be made by calling 253-460-3134. There is limited space and availability.

Utility Assistance Resources

Cont.

Metropolitan Development Council (MDC)

721 Fawcett Ave.

253-383-3921

Services:

- The Energy Assistance Program provides a one-time per program-year assistance with heating costs. You must live within the city of Tacoma and meet the income guidelines.
- Call 253-572-5557 for an appointment Monday-Friday, 9:00 am-2:00 pm.

Food Resources

Food Bank Resources

Jackson St. FISH Food Bank

7410 S. 12th St.

253-383-3164

Service Hours:

- Last Wednesday of the month, 5:00pm - 7:00pm

Southeast Tacoma FISH Food Bank

1704 E. 85th St.

253-531-4530

Service Hours:

- Monday & Friday, 11:00am - 4:00pm; Wednesday, 11:00am - 6:00pm

Northwest Tacoma FISH Food Bank

2710 N. Madison St.

253-756-4974

Service Hours:

- Wednesday, 12:00pm - 4:00pm; Saturday, 11:30am - 3:00pm

Browns Point FISH Food Bank

5339 Browns Point Blvd. NE

253-886-2463

Service Hours:

- Wednesday, 12:00pm - 4:00pm; Saturday, 11:30am - 3:00pm

Food Bank Resources Cont.

Holy Cross Food Bank

5510 N. 44th St.

253-759-3368

Service Hours:

- Tuesday, 9:00am - 9:30am

Eloise's Cooking Pot Food Bank

3543 McKinley Ave E.

253-426-1994

Service Hours:

- Tuesday, 11:30am - 4:30pm; Thursday, 9:00am - 5:00pm;

Friday, 11:30am - 4:30pm; Saturday, 10:30am - 3:30pm

Bounty Food Bank

5634 Park Ave.

253-475-7098

Service Hours:

- Monday, 9:30am - 11:30am

Food Bank Resources Cont.

Families Unlimited Network

2610 Sunset Dr. W.

253-460-3134

Service Hours:

- Tuesday 12:00pm - 3:00pm; Thursday 3:30pm - 5:00pm;
Saturday 10:00am - 12:00pm

Salvation Army

1521 6th Ave

253-627-3962

Service Hours:

- Call for most updated hours.

Bikers Against Statewide Hunger Food Bank

103 140th St. S.

253-536-6480

Service Hours:

- Call for most updated hours.

Mobile Food Bank Resources

Bethlehem Lutheran Church (FISH Mobile Food Bank)

101 E. 38th St.

Service Hours:

- Monday, 1:00pm - 3:00pm

Giaudrone Middle School (FISH Mobile Food Bank)

4902 S. Alaska St.

Services Hours:

- Monday, 4:30pm - 6:30 pm

STAR Center (FISH Mobile Food Bank)

3873 S. 66th St.

Service Hours:

- Tuesday, 1:00pm - 3:00pm

Hot Meal Site Resources

African American Evening Meal Site

1323 S. Yakima St

253-502-2723

Service Hours:

- Dinner served Thursdays at 4:00 pm (call for reservations).
- Free for low income

My Sister's Pantry

423 Martin Luther King Jr. Way

253-627-0129

Service Hours:

- First & third Monday: 5:00pm - 7:00pm
- Fourth Saturday: 10:00am - 1:00pm
- Free for low-income and homeless

Hospitality Kitchen

1323 S. Yakima

253-502-2763

Service Hours:

- Monday through Saturday, Breakfast: 8:30am - 9:30am; lunch: 11:30am - 12:30 pm
- Free for low-income and homeless

Hot Meal Site Resources Cont.

Nativity House

2304 S. Jefferson

253-272-5266

Service Hours:

- Wednesday through Sunday: 11:00am - 4:00pm
- Free for low-income and homeless

Tacoma Rescue Mission

425 S. Tacoma Way

253-383-4493

Service Hours:

- Dinner served at 5:00pm
- Free for low-income and homeless

Community Youth Services

1424 Tacoma Ave. S.

253-256-3087

Service Hours:

- Dinner served Monday through Saturday: 5:30pm-6:30
- Free for young people ages 12-24 experiencing homelessness.

Government Food Assistance Resources

To access all of the below resources make sure you bring a photo ID and proof of residency

SNAP Benefits

SNAP (Supplemental Nutrition Assistance Program), helps low income people make ends meet by providing monthly benefits to buy food. SNAP resources can be accessed through the DSHS offices.

Pierce South (DSHS)

1301 E. 72nd St.
1-877-501-2233

Pierce North (DSHS)

3873 S. 66th St.
1-877-501-2233

WIC Nutrition Services

Women, Infants, and Children Nutrition Program for pregnant women, new and breastfeeding moms, and children under five that provides monthly benefits for healthy food.

-To access, call the Family Health Hotline 1-800-322-2588 or Text "WIC" to 96859

Health Resources

Mental Health Resources

Comprehensive Life Resources

1201 S. Proctor St.

253-369-5800

Services:

- Individual, group, and family therapy.
- Psychiatric assessment and medication management.
- Family advocates/peer support.

Sea-Mar Community Health

1516 S. 11th St.

253-396-1634

Services:

- Individual and group therapy, case management, psychiatric evaluations, medication management and monitoring, and peer support.

Mental Health Resources Cont.

Greater Lakes Mental Health

1415 E. 72nd St.

253-620-5800

Services:

- Full range mental health services: Intensive outpatient services
- Classes and groups, medication assessment, outreach services, school-based services, and mental health assessments.

Hope Sparks Family Services

6424 N. 9th St.

253-565-4484

Services:

- Treatment for trauma, children and adults, anxiety, depression, behavioral issues, Parent-Child Interaction Therapy (PCIT), play and art therapy, individual counseling, couples and marriage counseling, and family counseling.

Mental Health Resources Cont.

Consejo Counseling and Referral Services

5915 Orchard St. W.

253-414-7461

Services:

- Co-occurring disorder treatment, case management, home visits, family intervention services, outpatient substance use disorder treatment and recovery services for high-risk youth.
- Encourages family involvement and provide support services for the families of affected youth.

Catholic Community Services

5410 N. 44th St.

253-759-9544 or 1-800-566-9053

Services:

- Intensive support services are provided to families with children at risk of out of home placement. This is a short-term community-based alternative to psychiatric hospitalization or foster care placement.

General Health Resources

Molina Healthcare

1-800-294-8620

Services:

- Free healthcare for qualified applicants.

Sea-Mar Community Health

1516 S. 11th St.

253-396-1634

Services:

- Sliding scale fees for low income individuals.
- Provides general health care.

Statewide Health Insurance Benefits Advisor

1-800-562-6900

Services:

- Part of the insurance commissioner's consumer protection services, SHIBA provides free, unbiased, and confidential assistance with Medicare and health care choices.

General Health Resources Cont.

Neighborhood Clinic

1323 S. Yakima

253-627-6353

Services:

- Free urgent medical care for individuals who cannot afford healthcare.

Community Health Care

Sliding scale fee for uninsured and insured patients.

Hilltop Family Medical Clinic

1202 Martin Luther King Jr. Way

253-597-3813

Service Hours:

- Monday - Friday, 8:00am - 5:00pm (closed 12:00pm - 1:00pm)
- Call for appointment

Urgent Care Clinic (walk-in basis)

1202 Martin Luther King Jr. Way

253-442-8809

Service Hours:

- Monday - Friday, 8:00am - 5:00pm (closed 12:00pm - 1:00pm)

General Health Resources Cont.

Community Health Care Cont.

Women's Health Clinic

1708 E. 44th St.

253-404-0737

Service Hours:

- Monday - Friday, 8:00am - 5:00pm (closed 12:00pm - 1:00pm)
- Sliding scale fee for uninsured and insured patients.

East Side Community Clinic

1708 E. 44th St.

253-471-5395

Services Hours:

- Monday - Friday, 8:00am - 5:00pm (closed 12:00pm - 1:00pm)
- Call for appointment
- Sliding scale fee for uninsured and insured patients.

General Health Resources Cont.

Crystal Judson Family Justice Center

718 Court E.

253-798-4166

Services:

- A variety of services offered including legal support, spiritual support, support groups and counseling, medical clinic referrals, and resource navigation.

Pierce County AIDS Foundation

625 Commerce St.

253-383-2565

Services:

- Case management, transportation and housing assistance, food bank, help navigating insurance, prevention services, navigation for PrEP. PrEP, is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day.

General Health Resources Cont.

Care Net Pregnancy and Family Services

1924 S. Cedar St. b

253-383-2988

Services:

- Confidential, no cost, and no insurance needed. Medical services are provided by medical professionals. Ultrasounds, pregnancy testing, STI/STD testing, parenting support, sex health education, abortion recovery, childbirth education, medical consultations, options counseling, and prenatal hospice.

Planned Parenthood - Tacoma Health Center

1515 M.L.K. Jr Way

1-800-769-0045

Services:

- Birth control, STD testing, treatment & vaccines, pregnancy testing & services, HIV testing, women's health care, men's health care, general health care, morning-after pill (emergency contraception), LGBT services, and abortion services.

Recovery and Support Group Resources

Lakeside Milam

3315 S. 23rd St.

253-299-2495

Services:

- Outpatient individual drug and alcohol counseling.

Consejo Counseling and Referral Services

5915 Orchard St.

253-414-7461

Services:

- Substance abuse treatment, outpatient options, assessments and referrals, and one-on-one and group therapy.

Sea-Mar Adult Residential Treatment

1415 Center St.

253-280-9860

Services:

- Intensive inpatient drug and alcohol rehabilitation.
- Groups and individual substance-use counseling.

Recovery and Support Group Resources Cont.

Metropolitan Development Council (MDC)

721 Fawcett Ave.

253-383-3921

Services:

- Intensive outpatient substance disorder services.
- Interim outpatient substance disorder services.
- Inpatient withdrawal management services (detoxification).

Recovery Cafe

1143 Tacoma Ave. S.

253-280-9860

Services:

- The program is designed to help people maintain recovery, reduce relapse, and fulfill their potential. Free nutritious meals, sobriety birthday celebrations.
- Accountability groups (recovery circles): 12 Step Alcoholic Anonymous, Narcotics Anonymous, and Overeaters Anonymous.
- Referral services for housing, healthcare, mental health services, and legal assistance.

Recovery and Support Group Resources Cont.

North West Integrated Health

5929 Westgate Blvd., Suite A

253-503-0226

Services:

- Intensive outpatient substance disorder services.
- Medication-assisted treatment for opioid dependence.
- DUI Assessments.
- Alcohol Drug Information School (ADIS).

Foundation For Multicultural Solutions/ El Camino

2316 S. State St., Suite B

253-572-3214

Services:

- Intensive outpatient services (bilingual Spanish/English).
- Recovery support groups and family inclusion.
- DUI Assessments and DUI Impact Panels.
- Alcohol Drug Information School (ADIS).

Recovery and Support Group Resources Cont.

Prosperity Wellness Center

5001 112th St. E. (Residential)

253-531-2103

12201 Pacific Ave. S. (Outpatient & Admissions)

253-536-6425

Services:

- Assessments, urinalysis testing, intensive outpatient and inpatient substance use disorder services, individual and group sessions, educational groups on relapse prevention, education on stress dynamics, stress reduction skills, and chemical dependency basics.

Alcoholics Anonymous Central Service Office

3640 S. Cedar, Suite S

253-474-8897

Services:

- Call the Central Service Office to find a meeting in your area.

Recovery and Support Group Resources Cont.

Narcotics Anonymous

253-531-8792

Services:

- Call to find a meeting in your area.

Marijuana Anonymous Helpline

1-800-766-6779

Services:

- Call to find a meeting in your area.

National Clearinghouse for Alcohol and Drug Information

1-800-729-6686

Services:

- Call for information on drug and alcohol recovery resources.

Identity Resources

Identity Resources

Oasis Youth Center

2215 Pacific Ave.

253-671-2838

Services:

- Drop-in hours for LGBTQ youth 14-24 with trained adult staff and volunteers.
- Leadership training, 24/ 7 crisis line, navigation of legal and medical systems, referrals, skills building, connection to a group of peers and mentors, rapid HIV testing (results in 20 minutes), crisis intervention and advocacy services for LGBTQ youth victims of crime, support around issues of sexual orientation and gender identity.

Rainbow Center

2215 Pacific Ave.

253-383-2318

Services:

- Through education, advocacy, and celebration, the Rainbow Center expands resources and provides a safe space for the lesbian, gay, bisexual, transgender, queer, and allied (LGBTQA) community.

Identity Resources Cont.

Asian Pacific Cultural Center

4851 S. Tacoma Way

253-383-3900

Services:

- Asian Pacific Cultural Center offers a variety of educational, cultural, and language programs throughout the year.

Gender Alliance of the South Sound

2215 Pacific Ave.

253-383-2318

Services:

- Gender Alliance of the South Sound is a community group that meets every other Friday to connect transgender youth with one another.

Identity Resources Cont.

Centro Latino

1208 S. 10th St.

253-572-7717

Services:

- Although Centro Latino's emphasis is in the Latino Community, services are for any individual or family in need.
- Case management in medical, housing, and legal services, employment and educational assistance, sexual assault support, and immigration services.

The Mockingbird Society

714 S. 27th St.

253-573-6590

Services:

- Trains young people who have been homeless or in foster care to be their own best advocates. By doing so, they change policies and perceptions that stand in the way of every child having a safe and stable home, and a loving family.
- Monthly chapter meetings include training on public speaking, civic engagement, connection to peers, skill building, leadership opportunities and training.

Identity Resources Cont.

Urban League

2550 S. Yakima

253-383-2006

Services:

- **The Male Involvement Program:** A youth violence prevention program for middle school males of color. Program teaches alternate options for addressing conflict, managing anger, and avoiding violence through structured dialogue, culture specific exercises, and group mentoring.
- **Family Support Partnership:** A home visiting program providing support and training to families with children ages 2-12.
- **Digital Connectors:** A program that immerses talented young people in technology training and helps them build their leadership and workplace skills in order to enter the 21st century economy.

Education Resources

Education Resources

REACH

714 S. 27th St. 1st floor

253-573-6590

Services:

- Ages 16-24 years old, self-paced, no cost, multi-level GED program
- Free breakfast, lunch, and transportation services for enrolled students

Goodwill

714 S. 27th St. 3rd floor

253-573-6603

Services:

- Ages 18+ GED program. Free breakfast, lunch, and transportation support for enrolled students.
- High School 21 Program: High school completion program for students ages 21 years and older.
- Ages 16+ Math tutoring Monday-Thursday 3-7 pm

Educational Resources Cont.

Tacoma Community College-Fresh Start

6501 S. 19th St.

253-566-5086

Services:

- A high school completion and college credit earning program for 16 - 21 year-old credit deficient students. Quarterly program enrolling new students in the Fall, Winter, and Spring.

Tacoma Police Department

Services:

- Tacoma Police Explorers: 253-591-5290. Ages 15 -19 can gain skills that include officer safety techniques, handling high-risk and routine calls, report writing, defensive tactics, and firearms safety.
- Law Enforcement Youth Camp: www.leyc.org. Interact with law enforcement as well as experience the fun and positive interactions of attending a week-long camp.
- Citizens' Academy: (253) 591-5697. Offers community members over 18 an up close and personal look at the way the T.P.D. is organized and an opportunity to learn more about various bureau activities.

Educational Resources Cont.

Metropolitan Development Council (MDC)

The REACH Center

714 S. 27th St., 1st Floor

253-573-6590

Services:

- Education Opportunities Center advisor helps low-income first generation students graduate high school and enroll in college.
- Utilizes Talent Search and College Bound

Job Corps

The REACH Center

714 S. 27th St., 1st Floor

253-573-6590

Services:

- Two year live-in no cost education and vocational training GED program.
- Locations in: Washington, Idaho, and Oregon

Employment Resources

Employment Resources

Goodwill

714 S. 27th St., 3rd Floor
253-573-6603

Services:

- Goodwill's Milgard Work Opportunity Center offers a resource/computer room for job search process and training programs.
- Programs Include: YouthBuild, barista training, culinary skills training, custodial skills training, computer and office skills, warehouse, and logistics training and more.

Sound Outreach

1106 Martin Luther King Jr. Way
253-593-2111

Services:

- Financial Empowerment Including: financial counseling, credit UP loan products, and VITA free tax preparation
- Employment Resources: Job search assistance, interview preparation, and RISE program.
- Basic Needs: SHIBA health insurance guidance, SNAP food benefits, and rapid re-housing assistance.

Employment Resources Cont.

Tacoma Community Boat Builders

4540 S. Adams St.

253-720-8227

Services:

- Boat building mentoring program for youth and young adults.
- To acquire the skills, integrity and confidence to be a good citizen, become work ready, develop a sense of belonging, and learn and grow together.

Alchemy Skateboarding

311 S. 7th St.

253-237-4281

Services:

- Youth skateboarding mentoring program.
- Job readiness training through volunteering at the indoor skate park, experience with customer service, point of sale, cash handling, and custodial work.

Employment Resources Cont.

Metropolitan Development Council (MDC)

721 S. Fawcett Ave.

253-383-3921

Services:

- Helps young adults access the opportunity of living wage employment through job skills training.

WorkSource Youth Center

1314 S. L St.

253-383-3951

Services:

- A partnership of state, local, and nonprofits that provide employment and training services to job seekers and employers in Washington.

Vadis

The REACH Center

714 S. 27th St., 1st Floor

253-863-5173 or 253-573-6590

Services:

- Assistance with employment, life skills, financial literacy, renter readiness, nutrition, and communication. Youth experiencing homelessness are eligible ages 13-24.

Armed Services and Recruitment Resources

Armed Services and Recruitment Resources

Air National Guard

*107 Engineering Dr. Camp Murray
1-800-864-6264*

Army Reserve

*5119 Portland Ave.
253-472-1032*

Army

*1614 S. Mildred
253-564-5922*

Coast Guard

*4301 S. Pine
253-472-5939*

Air Force

*4301 S. Pine
253-475-8200*

Navy

*4301 S. Pine
253-472-9688*

Marine Corps

*4301 S. Pine
253-472-2079*

Legal Services Resources

Legal Resources

Northwest Justice Project

715 Tacoma Ave. S.

253-272-7879

Services:

- NJP is Washington's publicly funded statewide legal aid program for low income persons and groups. NJP focuses on high priority cases and the emergent legal needs of low income individuals in housing, family safety, protection from predatory lending and other unfair or fraudulent practices, discrimination in housing, education, and employment, access to health care or subsistence benefits, or issues related to disabilities or other barriers that low income persons might experience in accessing services or the justice system itself.

TeamChild

715 Tacoma Ave S.

253-274-9929

Services:

- TeamChild upholds the legal rights of youth to ensure that they have opportunities to succeed. Offers services for basic needs, education, record sealing, juvenile justice, health and wellness, emancipation, re-entry, and transition services.

Legal Resources Cont.

Volunteer Legal Services

621 Tacoma Ave. S. # 303

253-572-5134

Services:

- Volunteer Legal Services can help with civil legal issues in Pierce County when you cannot afford to hire an attorney. You do not have to be a Pierce County resident to get help with your case. Call 253-572-5134 or e-mail vls@tacomaprobono.org for an appointment. If you call, please leave a message and you will be contacted by an intake specialist who can schedule you for a legal clinic or refer you to other resources as appropriate.

All of the resources in this city resource guide were compiled by staff members at The REACH Center. If your organization would like to be included in the next printing, please contact The REACH Center:

714 S. 27th St.

253-573-6590

www.reachtacoma.org

Thank you very much for using this city resource guide.



The REACH Center would like to extend a sincere thank you to PRINT NW for printing the 2017-2018 city resource guide.



REACH

Resources for Education and Career Help

C E N T E R