



• LINK BUS COLUMN: T means near Transfer Station on south Wenatchee Avenue.

• Send suggestions, changes, etc. to starjim@charter.net

- Copying & distribution of directory is encouraged, as long as it's FREE. Copies best on 24# paper on both sides.
- For new updated information & more details & web links go to <http://webpages.charter.net/starjim> (No WWW).

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| LITERACY COUNCIL - Adult Basic Literacy, ESL, Tutoring. Need Volunteers. Community Center 508 S Chelan Bldg B 682-6966. | - | - | • | - | - | - | - | - | - | - | A |
| MENTAL HEALTH Crisis services call 662-7105. Crisis Walk-in 145 S Worthen WEN Mon - Fri 8am-5pm. Crisis Line 662-7105 | - | - | - | - | - | - | - | - | - | - | 8 |
| Non-Crisis call first 662-6761. Non-Crisis services are at 145 S Worthen WEN See CATHOLIC FAMILY & CHILDRENS HOME | - | - | - | - | - | - | - | - | - | - | A |
| • Col Valley CH- Child 140 Easy Way WEN 662-4296. Adults 230 Grant Rd E WEN 884-9040. CHELAN 317 E Johnson 682-6000 | - | - | - | - | - | - | - | - | - | - | 7 |
| • NAMI - Support/Education/Advocacy for mentally ill/families. 663-8282 namidc.org or Facebook. See Support Groups: NAMI | - | - | - | - | - | - | - | - | - | - | 7 |
| • MENTAL HEALTH OMBUDS- Advocate for mental health treatment choices/rights, find solutions 886-0700 & 1-800-346-4529 | - | - | - | - | - | - | - | - | - | - | 7 |
| MOBILE MEALS- All ages Home Delivered Meals/Special Diets for ill/disabled/homebound in WEN & EAST WEN only 665-6254 | - | - | • | - | - | - | - | - | - | - | 8 |
| NORTHWEST JUSTICE PROJECT - Legal assistance based on income 664-5101 or 1-888-201-1021 300 Okanogan #3A WEN. | - | - | - | - | - | - | - | - | - | - | 8 |
| POWERHOUSE MINISTRY - Food/clothing/shower/laundry/counsel/prayer Mon-Fri 9-5 1052 Valley Mall Pkwy E WEN 888-6632 | • | • | - | - | - | - | - | - | - | - | A |
| REAL OPTIONS PREGNANCY CLINIC - Tests, ultrasound, ed, STI tests at 504 Orondo WEN 664-5298 Mon-Fri 10-4/Thur 10-7 | - | - | - | - | - | - | - | - | - | - | 8 |
| RED CROSS - Training programs include First Aid & CPR & AED & Babysitter & HIV/AIDS & Bloodborn Pathogen. Also | - | - | - | - | - | - | - | - | - | - | 5/8 |
| Blood Draws, Disaster Relief Services, Military Emergency Communications. Other services call 663-3907. | - | - | - | - | - | - | - | - | - | - | 8 |
| RELATIVES AS PARENTS/KINSHIP CAREGIVERS - Support services, Info & limited funding to help raise the children 662-6761 | - | - | - | - | - | - | - | - | - | - | A |
| RUNAWAY SWITCHBOARD - Runaways & parents can leave messages, get advice 1-800-RUNAWAY. See Chelan Co Juvenile. | - | - | - | - | - | - | - | - | - | - | A |
| SAGE SERVICES - Help for Domestic Violence & Sexual Assault. 24 hr Crisis Line 888-HELP. Counseling, Shelters, Therapy, | - | - | - | - | - | - | - | - | - | - | C |
| Legal Help. 710 N Chelan WEN 663-7446. See also Child/Family Advocacy Ctr, Crime Victim Ctr, see Support Groups:SAGE. | - | - | - | - | - | - | - | - | - | - | C |
| SALVATION ARMY-Clothing/Rent/Utilities Mon-Fri 9-11:30am. Showers Mon-Fri 1-3. Meal at 4. 1205 S Columbia WEN 662-5742 | • | • | - | - | - | - | - | - | - | - | 1 |
| SENIORS • MEALS - Meals delivered to homebound seniors 60+ in Chelan & Douglas Counties. For info call 470-0522. ----- | • | • | - | - | - | - | - | - | - | - | 1 |
| • AGING & ADULT CARE - Info/Assistance, Family Caregivers, Chore/Personal Care, Legal Help 50 Simon East Wen 886-0700. | - | - | - | - | - | - | - | - | - | - | A |
| • DSHS HOME & COMMUNITY SVS - Adult Protective Services. Help find assisted living, adult family, nursing home 886-6140. | - | - | - | - | - | - | - | - | - | - | A |
| • RSV - Seniors 55+ contact RSVP and volunteer to help address critical community needs like food, literacy, etc 662-3461. | - | - | - | - | - | - | - | - | - | - | 7 |
| SERVE WENATCHEE - Christian ministry offers food/non-food, shelter, counseling, furniture, utilities 663-4673 212 S Mission. | - | - | • | - | - | - | - | - | - | - | 7 |
| SOCIAL SECURITY & SSI - Apply at www.ssa.gov or call 1-800-772-1213. Office in Federal Building 301 Yakima 2nd floor WEN. | - | - | - | - | - | - | - | - | - | - | A |
| SOLOMON'S PORCH - Youth 13-19 drop-in center, Mon-Thur 4-8, Fri-Sat 4-9, meal Mon-Sat 6pm 17 S Mission WEN 662-1712. | - | - | - | - | - | - | - | - | - | - | 7 |
| TOGETHER - Parenting Classes. Join a group in your area to stop youth substance abuse 521 S Chelan Suite B WEN 662-7201 | - | - | - | - | - | - | - | - | - | - | A |
| TRAINING • SKILLSOURCE - Job Training for unemployed & under-employed Adults & Youth. 233 N Chelan WEN 663-3091. | - | - | - | - | - | - | - | - | - | - | 7 |
| • OIC of WA offers farmworkers education (GED /ESL /Civics), vocational, work skills training & employment services at | - | - | - | - | - | - | - | - | - | - | 12 |
| 270 9th East Wen 665-3715 • JOB CORPS - Job Training/education for men/women, age 16-24 1-509-762-5581. • See WVC. | - | - | - | - | - | - | - | - | - | - | 12 |
| TRANSPORTATION • LINK BUSES 662-1155 or TDD 664-7287. Also LINKPLUS for seniors & disabled 662-1155 TDD 664-7287. | - | - | - | - | - | - | - | - | - | - | 12 |
| • PEOPLE FOR PEOPLE - Transportation to medical care for those on Medicaid call 1-800-233-1624 /or/ TTD 1-800-606-1302. | - | - | - | - | - | - | - | - | - | - | 12 |
| UNEMPLOYMENT INSURANCE - Open or reopen claims 8AM-5PM Mon thru Fri call 1-800-318-6022. See Worksource. | - | - | - | - | - | - | - | - | - | - | 12 |
| VETERANS • VA CLINIC only for veterans at 2530 Chester-Kimm Rd in Olds Station WEN. By appointment only 663-7615. --- | - | - | • | - | - | - | - | - | - | - | 8 |
| • VET SERVICES CHELAN CO - Help Vets & dependents Mon/Wed/Thurs 8:00-11:30 at Vet Hall 508 S Chelan WEN 664-6801 | - | - | - | - | - | - | - | - | - | - | A |
| • VET SERVICES DOUGLAS CO - Help with VA benefits/disability claims. Mon-Fri 10AM-4PM. 11th & Baker E WEN 884-3617. | - | - | - | - | - | - | - | - | - | - | 8 |
| • VET PROFESSIONAL COUNSELING - Individual & group for eligible vets & their significant others. 667-8828. ----- | - | - | - | - | - | - | - | - | - | - | 8 |
| • VET - The BUNKER offers coffee, games, benefit help, counseling, food, clothing at 1250 N Wen Ave WEN. 885-5559. ---- | • | • | - | - | - | - | - | - | - | - | C |
| VICTIM-WITNESS PROGRAM - Help for victims of crime. 2 offices: Chelan County 667-6206 & Douglas Co 745-8535 Ex 216. | - | - | - | - | - | - | - | - | - | - | 8 |
| WV COLLEGE • WORKER RETRAINING PROGRAM provides retraining in technical & professional programs 682-6612, see | - | - | - | - | - | - | - | - | - | - | 5/B |
| http://commons.wvc.edu/wfeg • WORKFIRST provides training in technical & professional programs for TANF participants | - | - | - | - | - | - | - | - | - | - | 5/B |
| see http://commons.wvc.edu/wfeg • ADULT BASIC ED, GED, English as 2nd Language 682-6790. • VETERANS ED 682-6817 | - | - | - | - | - | - | - | - | - | - | 5/B |
| WORKSOURCE WENATCHEE - Job search assistance, job workshops, etc 270 9th East Wen 665-6605. See Unemployment Ins | - | - | - | - | - | - | - | - | - | - | 12 |
| WIC PROGRAM - 501 Idaho St WENATCHEE 664-3771. Also in CHELAN 317 E Johnson 682-2120. See also HEALTH DISTRICT | - | - | - | - | - | - | - | - | - | - | 12 |
| WSU EXTENSION - Family/Youth Programs, resource info, parenting, nutrition, 4H. Chelan Co 667-6540 Douglas Co 745-8531 | - | - | - | - | - | - | - | - | - | - | 5 |
| YOUTH •Camp Fire 663-1609 •BoyScout 662-5501 •GirlScout 1-800-827-9478 •Young Life 662-1480 & 548-6280 •YMCA 662-2109 | - | - | - | - | - | - | - | - | - | - | 5 |
| YWCA - Empowering women with on-the-job training, free womens professional clothes 212 1st Wen 662-3531 See HOUSING | - | - | - | - | - | - | - | - | - | - | 7 |
| • FOOD BANKS • • • FOOD BANKS | - | - | - | - | - | - | - | - | - | - | 7 |
| WENATCHEE - Community Center - Open Thursdays 9:00 AM to 11:00 AM at 504 South Chelan. ----- | - | - | - | - | - | - | - | - | - | - | A |
| WENATCHEE - Salvation Army - Open Mon thru Fri 1:00 PM to 3:00 PM at 1205 S Columbia 662-5742. See Salvation Army. - | - | - | - | - | - | - | - | - | - | - | 1 |
| WENATCHEE - St Vincent de Paul - Open Saturdays 8 AM-11 AM. Catholic church convent 600 St Joseph Place. ----- | - | - | - | - | - | - | - | - | - | - | 5 |
| BRIDGEPORT - Open 2nd & 4th Thursday 1:00 PM - 2:30 PM at Bridgeport Community Church 1300 Foster Ave 686-4206. -- | - | - | - | - | - | - | - | - | - | - | 5 |
| CASHMERE - Call 782-4262 for a food bank appointment. ----- | - | - | - | - | - | - | - | - | - | - | 5 |
| CHELAN - Open Tuesdays 8:30 AM to 10:00 AM at 417 South Bradley Street (The Bradley Building) 433-7776. ----- | - | - | - | - | - | - | - | - | - | - | 21 |
| ENTIAI-Open two Saturdays per month 3-5 PM & meal 2084 Entiat Way. Call 888-3999 for dates. See Entiat Valley Community | - | - | - | - | - | - | - | - | - | - | 21 |
| LEAVENWORTH - Community Cupboard - Mon thru Sat 11:00 AM to 5:00 PM at 219 14th 548-6727. Also clothing & thrift store | • | • | - | - | - | - | - | - | - | - | 22 |
| MANSFIELD - Open every other Friday from 11:00 AM to 12:00 Noon. 26 South Main. Senior Center has dates. ----- | - | - | - | - | - | - | - | - | - | - | 22 |
| ORONDO - Open 1st & 3rd Wednesday 4:00 PM to 6:00 PM at Orondo Community Church 13966 State Route 2. ----- | - | - | - | - | - | - | - | - | - | - | 25 |
| PLAIN - Open Thurs 1 - 7 PM & 2nd Sat 9 AM - 1 PM at 12447 Chapel Drive next to Plain Community Chapel 888-1110. ----- | - | - | - | - | - | - | - | - | - | - | 25 |
| ROCK ISLAND - Open every Tuesday 9:00 - 11:00 AM at the city park next to the Rock Island fire station. ----- | - | - | - | - | - | - | - | - | - | - | 23 |
| WATERVILLE - First & Third Thursday 2:30 PM - 4:00 PM at the Senior Center 413 S Central. 745-8237. ----- | - | - | - | - | - | - | - | - | - | - | 25 |

• SUPPORT & EDUCATION GROUPS: For more info on following select #3 SUPPORT GROUPS at <http://webpages.charter.net/starjim>.
 Post Abortion Support 662-0652 ADD/ADHD 293-9933 Alcoholics Anonymous & Alanon all meetings 663-4567 or www.area92aa.org Alzheimers 782-0927
 Alzheimers HelpLine 1-800-272-3900 Autism 679-2171 Auto-immune 630-5344 Caregiver (non-parent raising child under 18) 886-0700 ext 220
 Celebrate Recovery (for those with any addiction/habit) Wen 663-6025 & East Wen 884-4530 & Chelan 682-5953 Diabetes (English/Spanish) 682-6000
 Food Intolerance 470-8678 Greater Wenatchee Mended Hearts (heart disease) 679-8181 Homecoming (For partners of sexual addicts) 679-3553
 Interstitial Cystitis 860-7466 La Leche League (breast-feeding) 664-0186 or 387-1172 Mended Hearts Visitors (Heart Patient Support) 421-3641 Mothers
 of Preschoolers (MOPS) Wen 662-1502 & East Wen 884-7623 Multiple Sclerosis Self Help Group 264-0826 Narcotics Anonymous 1-877-664-0398 or
www.cwana.org Parent Education/Support (a loved one's involvement in substance abuse) 662-9673 Parkinsons 470-6416 or 548-5753 Parkinsons
 Caregivers 884-6833 Polio 884-8856 Post Traumatic Stress (for female family/friends of veterans with PTSD) 679-9157 Prenatal & Newborn Parenting
 662-0652 Take Off Pounds Sensibly (TOPS) Wen 669-8205 & East Wen 884-1833 Valley Homeschool Educators 630-9225 Veterans of Iraq & Afghanistan
 679-9157 Vision Impossible 884-6192.

- • NAMI Groups call 663-8282 for ① Mental Health Support Meetings, ② Basics for families of mentally ill child, ③ Family To Family (for families of mentally ill adults) ④ Peer To Peer (helps individuals with mental health issues). See also MENTAL HEALTH: NAMI.
- • SAGE Groups 663-7446 for ① Domestic Violence Survivor, ② Sexual Assault Survivor, ③ Strengthening Families ④ Non-offending parent of Sexual Assault
- • WELLNESS PLACE Groups call 888-9933 for ① Caregiver (of ill person), ② Ostomy, ③ Traumatic Brain Injury, ④ Women Surviving Cancer (Wenatchee and Chelan), ⑤ YOGA (illness recovery, fitness). See also CANCER:Wellness Place.