

Okanogan County Resources

SUPPORT GROUPS

Alcoholics Anonymous

- Omak
509-826-6299
- Malott
509-422-4325
- Tonasket
509-486-0577
- Oroville
509-476-2798
- Methow Valley
509-996-8174
- Grand Coulee/Electric City
509-633-3377
- Nspelem
509-634-4921
- Republic/Wauconda
500-775-2504

Compassionate Friends for Parents on Death of a Child

509-826-1348 after 6pm or 322-5826.

Family Help Line

24 hrs a day, 7 days per week

1-800-932-hope.

Narcotics Anonymous

Help line 509-826-6371

Family Empowerment Project

509-422-5414

American Cancer Society

800-227-2345

Alcohol & Drug Hotline

800-252-6465

Relatives Raising Children

Moses Lake & Okanogan 800-261-1094 ext. 3051

Mended Hearts

509-679-8181

Okanogan County Parent to Parent

509-826-8495 or TTY 509-826-2113

CRISIS LINES

For emergency dial 911, or from cell phone, 112

24-hour crisis line (Spokane RSN)

1-866-826-6191 or 509-826-6161

Domestic violence and sexual assault help line (The Support Center), 24 hours a day

1-888-826-3221

Poison Control Center

1-800-732-6985

Runaway Hotline

1-800-RUNAWAY (786-2929)

Suicide prevention

1-866-826-6191 or 509-826-6161

Okanogan Behavioral Health Crisis Line

509-826-6191

Veteran's Crisis Line

800-273-8255 #1

Adult Protective Service (APS)

800-459-0421

Alcohol & Drug Hotline

800-252-6465

Domestic Violence/Abuse Hot Line

800-799-2733

Emergency Management

509-422-7206

Health District

509-422-7140

Lifeline Ambulance

509-422-4212

FOOD BANKS

Food Assistance and Nutrition

Brewster

Brewster Food Bank
509-689-2728
123 Indian Ave. - Episcopal Church
basement
Thursdays 10:00am-12:00pm

Seventh Day Adventist Community Center
Emergency food
Tuesday from 1:00-3:00pm

Bridgeport

Bridgeport Food Bank
1300 Foster Avenue
509-587-3011
2nd & 4th Thursday, 1:00-3:00pm

Conconully

Conconully Town Hall
509-826-4958
1st & 3rd Wednesday
9:00-11:00am

Nespelem

Dorothy Palmer
(509) 634-4711
Reservation (residents only)

Okanogan

Okanogan County Community Action
Council
(509)422-4041

Wacounda

Wacounda Food Bank
509-486-1431

424 S. 2nd Ave
Monday and Thursday 9:00-11:00am

Omak

Omak Food Bank
509-826-1717
101 West 4th Avenue
Monday & Thursday, 9:00-11:00

Food Stamps: DSHS Dept of Social & Health
Services
1-877-501-2233
130 S Main, Omak, WA
98841

Oroville

Oroville Food Bank
509-476-3978
Basement of Seventh Day Adventist Church
Thursday, 9:30-11:30

Tonasket

Tonasket Food Bank
509-486-2480
300 South Whitcomb Avenue
Thursday, 9:00-11:00

Twisp

Twisp Food Bank
509-997-0227
The Cove, 128 Glover Street
Thursday, 1:00-4:00

129 Troda Creek Road
Every 1st & 3rd Thursday, 1:00-2:00

TRANSPORTATION

Okanogan County Transportation & Nutrition

509-826-4391

Trancare

1-800-352-8726 or 509-667-2727

People for People

Medical Assistance Transportation

1-800-233-1624

Appleline Bus

800-366-6975

NW Trailways

509-662-2183

Pangborn Memorial Airport

509-884-2494

Special Mobility Services

800-892-4817

Volunteer Chore Service

509-647-5351

EMPLOYMENT SERVICES

Work Source Okanogan

126 S Main St. Omak

509-826-7310 / 1-800-887-8057

www.wa.gov/esd/okanogan

Job search assistance, unemployment compensation, dislocated worker program, GED classes, special services for seniors, youth and veterans.

Career Path Services

509-826-2417

<http://www.careerpathservices.org>

Unemployment Insurance

800-318-6022 or

<http://www.esd.wa.gov/uibenefits/fileweekly/file-weekly-claim.php>

Work with disabled adult & children, physically/mentally. Also offer welfare to work programs.

To file your unemployment claim call Vocational Rehabilitation

Omak: 509-826-7571 or 826-7568

SENIOR SERVICES

Senior Centers and Meal Sites

(Meals vary-please call for days and times.)

Brewster Senior Center

509-689-2815

Omak Senior Center

509-826-4741

Methow Valley Senior Center (Twisp)

509-997-7722

Oroville Senior Center

509-476-2412

Okanogan Senior Center

509-422-6776

Tonasket Senior Center

509-486-2483

Nursing Home and Assisted Living

Complaint Resolution Unit

800-562-6078

Long Term Care Ombudsman (LTC)

800-572-4459

Brewster Harmony House Healthcare Center

509-689-2546

Omak Apple Springs Retirement & Assisted Living

509-826-3590

Rose Garden Care Center

509-826-4628

Tonasket North Valley Hospital (90 day swing bed)

509-486-2151

Nespelem Colville Tribal Convalescent Center

509-634-2878

Respite Care

Aging and Adult Care of Central Washington: Respite Program

800-572-4459

<http://www.aaccw.org>

Information and referral service for adults age 60+

Home Care Agencies

Beneficial In-Home Care

877-884-2776

In-Home Care of Central Washington

800-640-6307

Frontier Home Health & Hospice

509-422-8621

ResCare of Washington

866-670-4269

Northwest Justice Project

1-888-387-7111

General Senior Support

Social Security

1-800-772-1213

Family Caregiver Support Program

509-826-7452

Long Term Care Ombudsman

509-886-0700, 1-800-572-4459

Fax: 509-884-6943

Email: einarr@dshs.wa.gov

Advocates for people living in care facilities.

Adult Protective Services

1-800-459-0421

(TTY) 1-509-568-3086

Fax #: 509-458-3558

Retired Public Employees Council of Washington

800-562-6097

Retired Senior Volunteer Program – RSVP, Omak

509-826-4741

DEVELOPMENTAL DISABILITIES

Washington PAVE

www.washingtonpave.org

The Arc of Washington

www.arcwa.org

Disabled Parking Decals

360-902-3770

National Assoc. of the deaf

800-214-3323

EDUCATION

School Districts and Special Education

Brewster School District

509-689-3418

Grand Coulee Dam School District

509-633-2143

Grand Coulee Dam School District Special Services

509-633-1520

Methow Valley School District

509-996-9205

Nespelem School District

509-634-4541

North Central ESD

509-665-2610

North Central ESD Special Education

509-665-2630

Okanogan School District

509-422-3629

Okanogan School District Special Education

509-422-3580

Omak School District

509-826-0320

Omak School District Special Education

509-826-8143 or 509-826-7684

Oroville School District

509-476-2281

Pateros School District

509-923-2343

Pateros School District Special Education

509-923-2751 ext. 4

Tonasket School District

509-486-2126

Tonasket School District Special Education

509-486-4933

Colleges, Trade and Technical Schools

Institute of Structural Medicine

509-997-9392

Wenatchee Valley College – Omak Campus

509-422-7800

WSU Extension Okanogan County

509-422-7245

WIC – WOMEN, INFANTS & CHILDREN

Information, support, or advocacy

Children and Family Services

509-846-2010 (after 5:00pm call 1-800-869-4018)

Protective services, foster and childcare

Answers for Special Kids (ASK) Resource line

1-800-322-2588

Statewide-info about providers and programs

DSHS Division of Developmental Disabilities

509-846-2098

Family Faces

1-866-987-3271

Info/support for craniofacial disorders

Family Voices of Washington

360-866-8254

Info on healthcare policy

Fathers Network

509-892-0218

Okanogan County Parent to Parent

509-826-8495 or TTY 509-826-2113

ParentHelp123

1-800-322-2588

Washington P.A.V.E.

1-800-572-7368

Support/help with schools

Catholic Family & Child Services Child Care Resource & Referral

509-662-6761 or 1-800-261-1094

Birth to 3 Program (Okanogan Behavioral Healthcare)

509-826-6191

Children's Early Learning Academy (CELA – Okanogan Behavioral Healthcare)

509-826-6191

CSCHN Coordinator (Okanogan County Public Health)

509-422-7140 or 1-800-222-6410

Early Childhood Education (Okanogan Behavioral Healthcare)

509-826-6191

Family Resources Coordinator

509-826-8486

First Steps Program (Okanogan County Public Health)

509-422-7140 or 1-800-222-6410

Okanogan County Family/Child Support

509-422-7287

For assistance with paternity establishment, modifications and enforcement of child support orders.

Okanogan County Support Center

509-826-3221 or toll free 24 hrs. 1-888-826-3221

Victims of rape, abuse or domestic violence can receive information and assistance including legal assistance, transportation, shelter, and one-on-one counseling. Support groups for sexual assault, domestic violence and victims in school.

Okanogan County Health District

509-422-7140 or 1-800-222-6410

1234 2nd Ave. S.

<http://www.okanogancounty.org/ochd>

Immunizations, TB tests, STD & AIDS counseling, maternity support services, WIC & breastfeeding consultation.

CareNet

509-422-5506 or 800-395-4357

1152 2nd Ave N.

<http://www.care-net.org>

Pregnancy tests, peer counseling, maternity and baby clothing. Free & confidential. 24-hour hotline.

WIC Centers

Brewster

Family Health Centers

509-689-3161 ext 3600

Grand Coulee

Colville Federated Tribes

509-634-2960

Nespelem

Colville Confederated Tribes

509-634-2960

Okanogan

Family Health Centers

509-422-7626

Omak

Colville Confederated Tribes

509-422-7450

Oroville

Oroville Family Medical Clinic

509-476-3911

Tonasket

Family Health Centers

509-422-7616 ext 1600

Twisp

Family Health Centers

509-689-3161 ext 3600

Youth Groups and Services

4-H of Okanogan County

509-422-7245

Boy Scouts Grand Columbia Council

1-800-572-8603

Camp Fire of the Inland Northwest

1-800-386-2324

Girl Scouts Eastern Washington Northern Idaho

1-800-827-8091

HEALTH SERVICES

Health Insurance

DSHS Dept of Social & Health Services (Medicaid)

1-877-501-2233 @ 130 S Main, Omak, WA 98841

Medicare (seniors, disabled)

1-800-633-4227 or TTY 1-877-486-2048

Washington Apple Health for Kids

1-855-900-3066

Washington Basic Health Plan

1-800-660-9840

Washington Prescription Drug Program

206-521-2027

Mental/Behavioral

Okanogan Behavioral Health Care

509-826-6191

Medical, Dental

Access to Baby and Child Dentistry

509-422-7148 ext 148

Wenatchee Valley Dental Village

1-866-886-2500

Colville Indian Health Center - Dental

509-634-2920

Family Health Centers Dental

1-800-660-2129

Medical, General

Breast, Cervical and Colon Health Program (BCCHP)

1-888-551-3994

Center on Human Development & Disabilities (CHDD) UW Seattle

206-543-7701

Children's Hospital & Regional Medical Center Seattle

206-987-2000

Colville Indian Health Center

Medical 509-634-2913

Optometry 509-634-2937

CSCHN Coordinator (Okanogan County Public Health)

509-422-7140 or 1-800-222-6410

Family Health Centers

1-800-660-2129

Lake Roosevelt Community Clinic - Inchelium

509-722-7006 or 1-888-881-7684 ext 7006

Okanogan County Public Health

509-422-7140

Eye & Ear Clinic Omak

509-826-1191

Oroville Family Medical Clinic

509-476-3911

Home care services and equipment

Addus Healthcare

509-422-3400

Allied Medical Equipment

509-826-2331

In-Home Care of Central Washington

509-826-5825

Lincare

509-826-5060

Okanogan Regional Home Health Care

509-422-6721

ResCare Home Care

509-422-1791

Doane's Medical Equipment

509-888-0444

Knights of Columbus Help

509-888-3050

Norco Medical

509-663-2137

Hospitals

Mid Valley Hospital - Omak

509 826-1760

www.mvhealth.org

North Valley Hospital

Tonasket - 509 486-2151

www.nvhospital.org

Three Rivers Hospital

Brewster - 509 689-2517

<http://www.threerivershospital.net>

Coulee Community Hospital

Grand Coulee Dam - 509 633-1753

www.couleecommhosp.org

HOUSING

Okanogan County Community Action Council

509-422-4041

Okanogan County Housing Authority

509-422-3721

Housing Authority of Oroville

509-476-3059

North Okanogan Habitat for Humanity

509-486-2372

Okanogan County Habitat for Humanity

509-223-3147

Okanogan Country Dwellers (low-income housing for people with developmental disabilities)

509-486-4706

Oxford Houses of Washington

1-800-562-1240

Ruth's House of Hope (women's transitional)

509-476-HOPE

The Shove House (mentally ill)

509-826-8444

Colville Indian Housing Authority

509-634-4767

LEGAL SERVICES

Northwest Justice Project: CLEAR

1-888-201-1014

*Northwest Justice Project: CLEAR*Sr (60-plus)*

1-888-387-7111

Okanogan County Dispute Resolution Center

509-826-1776

Attorney General-Consumer Protection

800-551-4636

Human Rights Commission

360-753-6770

UTILITIES, TELEPHONE & CELL PHONE

Assurance Wireless (free for low income)

1-888-898-4888

AT&T Wireless Lifeline Service

1-800-377-9450

Okanogan County Community Action Council

509-422-4041

Safelink Wireless (free for low income)

1-800-723-3546

Washington Telephone Assistance Program (WTAP)

1-800-562-6150

VETERANS SERVICES

Veteran Support

National 1-800-827-1000

Local 509-816-7557

Okanogan Veterans Assistance Program

509-422-7240

American Legion

Post 56, Okanogan

509-826-4849

Post 82, Tonasket

509-486-2382

Post 84, Oroville

509-476-2761

Post 97, Brewster

509-689-3307

Post 120, Winthrop

509-996-2296

Post 143, Twisp

509-997-4481

FINANCIAL ASSISTANCE

DSHS Dept of Social & Health Services

1-877-501-2233

130 S Main, Omak, WA 98841

Foreclosure Assistance: Okanogan County Community Action

509-422-4041 ext 17 or 1-877-641-0101

Supplemental Security Income (SSI) (For the disabled through Social Security)

1-800-772-1213