

LOCAL SOURCES OF ASSISTANCE

FOOD

F.I.S.H. Food Bank 509-925-5990
Mercer Creek Church, 1407 North B Street, Ellensburg

Free Food Pickup:

Mon, Tues, Thurs, Fri 3:30-5:30pm
Wed 9:00-11:30am
Enter Front door
Weekdays 3:30-6pm Back door for bread

The "Diner at F.I.S.H." M,W,F from 12-1:00pm
Sat 5-6pm Free hot meals for everyone.
Staff onsite to accept donations, M-F 8am-5pm.
Visit FISH website www.kvfish.org for more information

APOYO (Allied People Offering Year-Round Outreach) Se habla Espanol

Located at the Foot of the smokestack, in the alley behind Domino's on 7th & 8th Aves, Ellensburg (Food Bank Banner Window)

Free Food Pickup: Wed 6-6:30pm; Sat 1-1:30
Call 929-4112 for emergency assistance

Elmview Senior Nutrition
Meals on Wheels Ellensburg 933-3333
Or Cle Elum 674-7530

One free hot meal a day, Mon-Thurs, noon, for seniors & disabled adults at Ellensburg Adult Activity Center and Upper County Senior Center.

Meals delivered to homebound seniors. Home delivery of frozen weekend meals for seniors and adult disabled. Meals are provided at no cost, although a \$3.00 donation per meal is suggested.

Kittitas County Veterans Coalition Relief Fund 933-2932
413 N. Main, Ste. H, Ellensburg
Fridays 10-2 Senior Center, 3rd Ave.

Food voucher available for low income veterans

Community Services Division of the Department of Social & Health Services 1-877-501-2233
100 East Jackson St., Ellensburg
Food stamps and food assistance for income eligible individuals/families.

CLOTHING

Community Clothing Center 925-4188
210 N. Ruby, (Methodist Church), Ellensburg
Free clothing Tuesday 9am-noon; Thursday 1-4pm

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Free clothing bank: Wed 6-6:30pm; Sat 1-1:30pm
Call 929-4112 for emergency assistance.

Care Net 925-2273
111 E. 4th, Ellensburg
Free maternity and baby clothes;
Tues-Fri 11am-5pm

M-6/28 Clothing Bank 607-3745
408 South Maple Street, Ellensburg
Free clothing for all ages; Monday & Friday 9-11am

HOUSING/TEMPORARY SHELTER

HopeSource 925-1448
700 East Mountain View Ave, Ellensburg
Emergency and temporary housing; assistance in locating long-term low cost housing; Senior Rent Assistance Program for residents 65 or over with no financial assets but demonstrated budgeting skills. Successful applicants for the Senior Rent Assistance Program must live in an apartment complex and use all available public services including transportation.

Aspen
(Abuse Support Prevention Education Now) 925-9384
707 North Pearl Street, Ellensburg
Temporary safe housing for victims, and children, of domestic violence or sexual assault. Support and advocacy in locating low income housing. Assistance in interfacing with law enforcement and courts.

Housing Authority of Kittitas County 962-9006
107 W. 11th, Ellensburg
Federally funded low income housing. Call about availability and to place name on waiting list.

Veterans Health Administration 933-2932
413 N. Main, Ste H, Ellensburg
Rent vouchers available for homeless, low income veterans; temporary, emergency help for housing.

Yakima Neighborhood Health Services 509-454-4143
12 South 8th Street, Yakima
Housing Opportunities for people with AIDS (HOPWA)
Serves Kittitas County residents.

DSHS
Department of Social & Health Services 925-0400
100 E. Jackson, Ellensburg

WINTER HEATING /ENERGY

City of Ellensburg, Finance Department 962-7201
501 N. Anderson St, Ellensburg
* Low-income seniors and customers with disabilities may be eligible for reduced utility rates. Call for information

HopeSource Energy Assistance go to www.hopesource.us
or call 925-1448
* Assistance available for winter heating bills; eligibility and amount based on household size and income. Payments direct to vendors and may be used for electric, gas, oil, propane, and wood pellet heating.

Kittitas County Veterans Coalition Relief Fund 933-2932
413 N Main, Ste. H, Ellensburg; CleElum 674-3872
* Vouchers for fuel and utility bills for low income veterans; temporary assistance for emergency situations.

EMPLOYMENT

HopeSource - Hope University 925-1448
700 East Mountain View Ave, Suite 501 Ellensburg Hands on training for employment search, including online job postings. Assistance in preparing personalized resumes and cover letters; practice to improve interview skills.

WorkSource of Kittitas County 925-5311
309 East Mtn. View Ave, Ellensburg-

Monday - Friday 8am-5pm
Provides resources to assist people looking for work, including resume writing; job workshops; job searches; free computer and internet access. Website: www.go2worksource.com

(OIC) Opportunities Industrialization Center 962-8098
309 Mountain View Ave, Ellensburg

Monday-Friday 8am-5pm
Education and employment services; training and job skills; programs for youth ages 16-21; focus on working with low-income, ex-offenders and school drop-outs.

DSHS 925-0400
Department of Social and Human Services
100 East Jackson St, Ellensburg

MEDICAL/DENTAL

Ellensburg Community Health Clinic 929-7266
521 East Mountain View Ave, Ellensburg
201 Alpha Way, Cle Elum

Free, walk-in primary medical care and mental health services for low income, under-served and un-insured residents of Kittitas County; 1st and 3rd Saturdays, 9am-noon and 2nd and 4th Thursdays 6-8pm in Ellensburg; 2nd and 4th Saturdays 9 am-noon in Cle Elum.

Kittitas Valley Public Health Department 962-7515
507 Nanum Street, Suite #102, Ellensburg 8am-5pm
Sliding scale, income based fees for required childhood immunizations

Kittitas Valley Healthcare Hospital 962-9841 or 911
603 S. Chestnut St., Ellensburg

Cle Elum Urgent Care Clinic (509)674-6944
201 Alpha Way, CleElum Weekdays 5-11pm; 8am-11pm

Care Net Pregnancy Center 925-2273
111 E. 4th, Ellensburg
Pregnancy testing; counseling; medical and community referrals; Services are free. Tues-Friday 11am-5pm

Planned Parenthood of Central Washington 866-904-7721
613 North Pine, Ellensburg; Mon-Thurs 8:30am-6:30pm;
Tues-Wed 8:30-5pm; Friday 11am-5pm
Emergency contraception and all family planning needs. Free annual exam, a year's worth of birth control and infection screening.

Kittitas Valley Healthcare Hospital
Patient Prescription Assistance Program 933-7565
Medical Library/Hospital Campus 603 S. Chestnut, Ellensburg
Mon, Wed, Fri 1-3pm
Program for uninsured and low income patients. Call for info and appointment.

RSVP & Volunteer Center 962-4311
Assistance for obtaining medical insurance
Free information resource available to all ages and income levels for researching and identifying affordable medical care insurance.

Kittitas County Public Health 962-7515
507 N. Nanum Street, Suite 102 Ellensburg
ABCD Dental Program, Child Dentistry care with DSHS Services Card

Ellensburg Adult Activity Center 962-7242
506 South Pine St, Ellensburg
Free and reduced cost dental care for low income seniors.
Call for information and appointment
Free foot care for low income seniors. Call for appointment

Home Health & Hospice 962-7438
401 E. Mtn. View Ave. Suite 3, Ellensburg

Free nutritional, incontinence and medical equipment supplies for seniors 60 and over; anyone, regardless of age, with a life threatening illness is also eligible for free services. Transportation for medical appointments provided. Service limited to residents of Kittitas County.

TRANSPORTATION

HopeSource
Transportation Ride Line 933-2287
700 East Mountain View Ave. Suite 501, Ellensburg

Free or low cost fixed route transit throughout downtown Ellensburg and CWU campus and residential areas (Central Transit Bus Service), HopeSource Dial-A-Ride door to door transportation, county wide; 24 hour advance notice required; people with aging and long term care passes ride free; low cost discount rates for seniors, under eighteen and people with disabilities; service Monday-Friday 7am-6pm. Five round trip services daily between Ellensburg to Upper County; four round trips daily between Ellensburg and Yakima. Call for schedule and pick up/drop-off locations.

People for People (PFP)
Medicaid Transportation 925-5311
Medicaid medical transportation across County lines.

Kittitas County Veterans Coalition Relief Fund 933-2932
413 N Main, Ste. H, Ellensburg

Gas vouchers available for low income veterans. Transportation for low income Vets with urgent medical challenges and needs but no transportation.

DISABILITY SERVICES

Central Washington Disability Resources 962-9620
(CWDR)
200 East 4th Ave, Ellensburg
Service referrals, advocacy and vocational assistance for disabled residents.

Aging & Disability Resources Center 877-401-2583
206 West 1st Ave, Ellensburg 925-8765
Information and referrals for senior and disabled adults, 18 and over. Case management; Family Caregiver Support Program

Volunteer Chore Services 9-3057
206 West 1st Avenue, Ellensburg

Free gardening, light maintenance and other chores for low income, disabled adults. Labor supplied by volunteers.

PET FORD/ANIMAL CARE

F.I.S.H. Food Bank 925-5990
1407 North B St. Mercer Creek Church, Ellensburg

Free dog and cat food often available
Mon, Tues, Thurs, Fri 3:30-5:30pm; Wed 9-11:30AM
Enter through front door

KCFOA 509-312-9850
(Kittitas County Friends of Animals)

OTHER NEEDS

Legal Services
Dispute Resolution Center 925-5123
105 1/2 West 5th Ave, Ellensburg
Mediation and facilitation services; sliding scale fees

Interpretation, Translation & Advocacy

APOYO (Allied People Offering Year-Around Outreach)
Se habla Espanol 929-4112
Located at the foot of the smokestack, in the alley behind Dominos on 7th & 8th Aves, Ellensburg

Northwest Justice Project 888-201-1014
CLEAR (Centralized intake, advice, and referral)

Free civil legal assistance & representation for eligible low income people in cases affecting family safety & security; housing; income protection; access to health care; education; and other basic needs, including home mortgage foreclosure and lending abuses. Language & sign interpreters available

HopeSource 925-1448
700 East Mountain View Ave, Ellensburg
110 Pennsylvania Ave, Cle Elum 674-5187

Private, non-profit organization that provides a wide range of assistance services for residents of Ellensburg and greater Kittitas County. HopeSource is the best first contact for people in need of help. HopeSource staff will direct those in need to appropriate services in the community, respecting everyone's dignity and confidentiality. Other local service providers often rely on HopeSource for referrals and verification on income/program eligibility.

F.I.S.H. Community Food Bank 925-5990
In addition to operating a food bank and hot meals program, F.I.S.H. can assist those people who are income eligible and in need to secure emergency medical vouchers: F.I.S.H. also serves as the representative for Salvation Army emergency food, medical, housing, utilities and transportation assistance programs.

People for People 925-5311

An information helpline and referral service for county residents seeking assistance with social, economic, employment or medical needs