

Chelan and Douglas Counties Resource Guide

**Leavenworth, Cashmere,
East Wenatchee, Wenatchee,
Rock Island, Waterville**

Behavioral Health & Substance Use Treatment

- **Crisis Lines**
- **Behavioral Health Providers**
- **Substance Use Treatment**
- **Virtual and Phone Services**
- **Behavioral Health Support Services**
- **Eating Disorder Treatment**

Access to Behavioral Health, Behavioral Health Support Services, and Substance Use Treatment

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Crisis Lines					
Mental Health Crisis Line	Crisis Services		(509)662-7105 or (800)852-2923, or text "home" to 741741	24 hours, 7 days per week	Offer Services in Spanish, Russian
Domestic Violence Line	Crisis Services		(800)799-SAFE or (800)799(7233), TTY (800)787-3224, or text "START" 88788	24 hours, 7 days per week	
Suicide Hotline	Crisis Services		988 Number is a new National Suicide Prevention Lifeline	24 hours, 7 days per week	www.suicidepreventionlifeline.org offer services in many different languages
Crisis Services					
Sage	Non-profit agency located in Wenatchee WA - Provides services to victims of domestic violence, sexual assault, general crime, and child victims of violence.	710 N. Chelan Ave Wenatchee,	(509)663-7446	8:30 - 5:00 Monday - Friday	https://www.findsafety.org/
YWCA Emergency Shelter and Transitional Housing	Interim housing for up to 90 days for women and children, family services, case management, and job training	212 1st Street Wenatchee	(509)662-3531, info@ywcancw.org	Office:11:00 -1:00 Monday-Friday	www.ywcancw.org Must be clean and sober and pass urine screen
Behavioral Health					
Beacon Health Options WA	Mental Health & Substance Use Crisis Line	Chelan, Douglas, Grant & Okanogan Counties	Crisis Line: (800)852-2923, TTY (855)664-7361 Office: (855)228-6502, Fax: (855)228-6502, wa.beaconhealthoptions.com , Provider: inquiry@beaconhealthoptions.com	24 Hour Crisis Line, office M-F 8:30-5:00	
Catholic Charities Crisis Walk-In Services	Crisis Services	145 S Worthen St Wenatchee	Crisis Line: (800)852-2923 or (509)888-2118, Main Office: (509)888-2118	24 Hour Crisis Line	www.catholiccharitiescw.org
Catholic Charities Mental Health Outpatient Services	Outpatient Mental Health, Medication Services, Counseling all ages, Case Management, Peer Services	145 S Worthen St Wenatchee	(509)662-6761 or (800)852-2923		www.catholiccharitiescw.org
Central Washington Veterans Counseling	Counseling for Veterans for depression, anxiety, anger, PTSD, readjustment, individual, relationship, & family services	247 N Chelan Ave, Wenatchee	(509)667-8828, office@cwvetc.com	M - F 9:00 - 5:00	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Children's Home Society	Services for Children& Adolescents, Family Counseling & Support, Telehealth behavioral health appointments, school success programs, Triple Point LGBTQ+ program	1014 Walla Walla Ave, Wenatchee 220 Eastmont Ave, East Wenatchee	(509)663-0034	M - F 8:00 - 5:00, closed 12:00 - 1:00 daily	www.childrenshomesociety.org/chelandouglas Accept Medicaid and most private insurance, no Medicare. Withdrawal management offered to low-income at no cost or sliding scale without insurance.
Cheryl Short, LMFT, LMHC Counseling	Marriage, family, individual, grief, stress management, trauma, and pastoral counseling	Wenatchee	(509)662-9526, cjshortcounseling@hushmail.com	By Appointment	www.heartthreadscounseling.com Check with individual insurance for coverage. Out of pocket \$125 per session
Christal Counseling - Bo Christal MA, LMHC	Specializes in adult behavioral health, relationships, grief, depression, anxiety, substance use, and LGBTQ+ support	208 N Chelan Ave, Wenatchee	(509)387-1799	M - F 9:00 - 4:00	
Columbia Counseling	Outpatient behavioral health and chemical dependency services. SUD treatment for pregnant moms. Offer services in Spanish.	610 N Mission Ave. Suite 106, Wenatchee	(509)888-4404, Fax: (509)888-2741, office@columbiacounseling607.com	Mon-Thurs 9 - 5, Fri by appointment	www.columbiacounseling607.com Accept Premiera, Coordinated Care, Ambetter, Amerigroup, and Aetna Insurance
Columbia Valley Community Health	Outpatient Mental Health, Medication Services, Counseling all ages, Substance Use Counseling. In-person and telehealth services	504 Orondo Ave Wenatchee 230 Grant Rd, Ste 25A East Wenatchee	(509)662-6000 (800)288-7649 (509)662-1269 fax (509)884-9041 (509)664-4590 fax (509)664-4590	M - F 7-6 closed 12-1 M - F 8 - 6	Accept Medicaid, Medicare, financial assistance available, CVCH will not refuse to provide you with care based on your ability to pay
Columbia Pediatrics	Pediatric Mental Health	933 Red Apple Rd Ste C, Wenatchee	(509)663-8767, Fax: (509)663-1421	M-Thurs 8:00 - 6:00, F 8:00 - 5:00	Saturday clinic held at 600 Orondo 8:30 - 12:00
Cynthia Buckley LMHC Counseling	Specializes in treating anxiety disorders, trauma, and OCD. Additionally works through the Central Washington Veterans Counseling service.	113 Second St Suite 10, Wenatchee	(509)415-8530, cbuckley@protonmail.com	Tues - Thurs 10 - 7, Friday 10 - 4, Saturday 10 - 1	www.cbtcounseling.com Intake \$150, 55 minutes \$115, 85 minutes \$150. Out of network sliding scale available
Fusion Counseling Services Lori Andre-Van Lith, Edd, LMHC, CMPC	CBT, mindfulness, motivational interviewing	123 Ohme Garden Rd Suite A4, Wenatchee	(509)667-7790, lori@fusioncounseling.com	Mon-Thurs 9:00-5:00	www.fusioncounselingservices.com Accepts most private insurance, check with insurance for coverage or self-pay
Heart Spring Counseling Services - Torre Gilden LMHC, SUDP, MHP, Crystal Morrell MS, LMHCA, Michael Civile MS, LMHCA	Counseling for patients 4 years and older, mental health and addiction services, motivational interviewing	123 Ohme Garden Rd Suite A1, Wenatchee	(509)540-3026 or (509)679-3691 or (509)620-6994	By Appointment	www.heartspringcounseling.org Accept Premiera, LifeWise, Regence, Asuris, Cigna, Aetna, Optum, and First Choice. Sliding scale available

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Integrative Counseling and Wellness - Tara Clark MSW, LSWAIC, LMHC	Individual, family, and group counseling for children, teens, adults, and older adults. CBT, ACT, DBT, mindfulness, motivational interviewing, positive parenting.	Wenatchee	(509)433-7123, tara@integrativecounselingandwellness.com	Tues and Weds by appointment	www.integrativecounselingandwellness.com Private pay, \$195 first session 90 minutes, \$140 for 55 minutes sessions. Telehealth services.
LaRee Rumble LMHC Counseling Services	Behavioral health counseling. Offers Telehealth.	25 N Wenatchee Ave Suite 209, Wenatchee	(509)679-2380, Fax: (509)423-7428	M 3:00pm - 7:00pm, Tues-Thur 10am - 7pm	Accepts Premiera, GEHA, Aetna, Asuris, First Choice, LifeWise, Regence, Cigna. Set cash rates: \$150 intake, \$130/hr following.
Open Arms Christian Counseling - Debra Clario MSED, LMHC	Christian Based Counseling - Marriage, family, individual, trauma, grief, PTSD, depression, and anxiety.	210 Methow St, Wenatchee	(509)662-3762, Fax: (509)866-5023, openarms.dclario@gmail.com	Mon-Thurs 9:30-6:30, evenings/weekends by special appt.	www.openarmschristiancounseling.com Accepts Premiera, Regence, First Choice Health Plans, Asuris, Aetna, United Healthcare, LifeWise. \$140/hr.
Parkside American Behavioral Health Systems	Crisis Stabilization unit with inpatient services for psychiatric management & chemical dependency for adult parents. SUD treatment for pregnant moms.	1230 Monitor St, Wenatchee	(509)300-1221, Direct Clinical Admit: (509)300-1220, parkside@abhsince.net		www.americanbehavioralhealth.net Provider referral pathway
Peer Pathfinder Services	Outreach Services for Individuals experiencing homelessness and specifically opioid and stimulant use disorders. WA DOH Program.		(360)763-2129, lisa.bennett-perry@hca.wa.gov		Peer Pathfinder Services Information Sheet WA DOH Program.
Professional Consultation Services - Terri Greer PhD, LMHC, ACHT, CTS	Behavioral health services for relationships, mood disorders, parenting, grief, and life coaching.	630 Valley Mall Pkwy #451, East Wenatchee	(509)387-1533	Mon, Tues, Thurs, Fri 9:00 - 5:00	Telehealth Services.
Redemption Counseling	Christian Based Counseling - individual, marriage, child, and adolescent counseling services.	11 Spokane Street #203B, Wenatchee	(877)474-4355, Fax: (877)3475455	By Appointment	www.redemptioncounseling.net Do not accept Medicare, Medicaid, Molina. Accept Premiera, Asuris, Regence, Aetna, Confluence Health, LifeWise, BCBS, First Choice Network. Options for financial hardship.
Rising Hope Counseling - Melissa Kelley MA, CLC	Christian Based Counseling - Trauma, relationship, addiction, and faith based counseling	23 South Wenatchee Ave, Wenatchee	(509)213-0282	M-F 10:00 - 2:00	www.risinghope-counseling Reduced rates available. Free 15 minute consultation, \$140 for 80 minute session. Does not accept insurance.
SAGE	Domestic violence, crime victim, and child victim of violence services - crisis line, shelter, protection order assistance, community outreach	710 N. Chelan Ave, Wenatchee	(509)663-7446, www.findsafety.org	24 Hour Crisis Line, Office open M - F 8:00 - 5:00	

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Serenity Counseling - Andra Darlington MA, LMHCA, SUDP	Counseling services for a variety of mental health needs. Specializes in depression, trauma, PTSD, and anxiety services	123 Ohme Garden Rd Suite A5, Wenatchee	(509)566-9780, andra@serenity.sprucecare.com	M - F 10:00 - 5:00	\$100-\$150 per session, sliding scale available.
Shipowick-Smith Counseling, LLC	Behavioral health, therapy, and counseling for individuals, couples, teens, families. Alcohol and substance use assessment and therapy. SUD treatment for pregnant moms.	326 N Miller St, Wenatchee	(509)667-0679	By Appointment	www.shipowickcounseling.com Most insurance accepted including Coordinated care, Amerigroup, Ambetter, and Molina. Sliding scale/reduced fee available.
Sommer Seitz MA, LMHC Counseling	Counseling for individuals, couples, families, and children. CBT, trauma, addiction.	200 Palouse St Suite 201-6B, Wenatchee	(503)208-1030	By Appointment	\$120/ 50 minutes, then \$60 per additional 30 minutes. Does not accept insurance.
Strength of Life Counseling	Christian Based Counseling - Anxiety, trauma, depression, bipolar, childhood, eating disorders, grief, relationship, and other services.	37 S Wenatchee Ave Suite F, Wenatchee	(509)888-4866	By Appointment	www.strengthoflife.org Accept Premiera, Asuris, First Choice, Aetra, Lifewise, Healthwise, EBMS, HMA, Kaiser, BAS, Cigna.
Taproot Holistic Counseling Kathleen Hill MA, LMFT	Counseling for individuals, couples, and families. Coaching for couples and parents	430 Elva Way, East Wenatchee	(509)822-2588, Kathleen@taprootcounseling.com	By Appointment	www.taprootcounseling.com Out of Network, check with insurance for coverage. \$100/50 minutes, sliding scale available.
Veteran's Affairs Clinic/ HUD VASH Program	Behavioral Health Services for Veterans, case management	2530 Chester-Kimm Rd, Wenatchee	(800)325-7640 or (509)663-7615		
Veterans Serving Veterans of NCW/ The Bunker	Counseling Services for Veterans and assistance with VA paperwork support, emergency assistance, and referrals to other veteran resources in the area	1250 N Wenatchee Ave, Wenatchee	(509)885-5559, NCWVetsServingVets@gmail.com	M - F 9:00 - 1:00	Volunteer Run Organization
Wenatchee Children's Behavioral Health - CVCH	Pediatric Mental Health services, counseling, and social work	140 Easy Way, Wenatchee	(509)662-4296, Fax: (509)664-1037	M-F 7:00 - 6:00 (closed 12:00 - 1:00)	Accepts Medicaid, financial assistance available. CVCH will not refuse to provide you with care based on your ability to pay.
Cascade Medical Center	Depression, anxiety, difficult life problems, stress, substance abuse, coping with medical problems	817 Commercial St, Leavenworth	(509)548-5815, Fax: (509)548-1411	8:00am - 5:00pm Monday - Friday	www.cascademedical.org/behavioral-health Amerigroup Medicaid, Asuris, Bankers Life, Benesight, Carpenters Trust, Cigna, Combined Insurance of America. Coordinated Care Medicaid, First Choice Health, GEHA, Great West, Kaiser, L&I, Lifewise, Premiera, Mega Life, Mutual of Omaha, NASE, North

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					west Laborers, Northwest Administrators, Physicians Mutual, Prudential, Regence, Retail Clerks Welfare Trust, TPA of WA, United HealthCare.
Confluence Health Behavioral Health -	Behavioral Health, Suboxone Prescriber	Wenatchee	(509)436-4104, Fax: (509)667-3651		In-Network contracts with Asuris, First Choice, Cigna, Aetna, Health Alliance Northwest, United Healthcare, CHPW, Ambetter. Medicaid and Medicare coverage. Check with individual insurance for coverage. Charity care and financial assistance programs offered
Quartet Health	Quartet's care navigation team matches members to in-person and telemedicine behavioral health providers who are in the plan's network, have availability, and offer an array of behavioral health services, including, but not limited to, mental health counseling, substance use disorder, and psychiatry services.		1-888-849-3681 (TRS: 711)		https://www.quartethealth.com PEBB (Public employees benefits board) SEBB (School employees benefits board)
Substance Use Treatment					
Al-Anon Meetings	Group for family/support groups of alcoholics	Wenatchee		Vary	www.wa-al.anon.org Printable AA Schedule
Alcoholics Anonymous	Group for alcoholics. Area 92, District 5	Wenatchee, E. Wenatchee Entiat, Cashmere, Leavenworth, Peshastin	(509)664-6469	Vary	www.aanew.org Printable AA Schedule
Center for Alcohol and Drug Treatment	Detox, outpatient and inpatient services. SUD treatment for pregnant moms.	327 Okanogan Ave #2970, Wenatchee	(509)662-9673	M - F 8:00 - 6:00, 24 Hour Help Line	www.cfadt.org Accept Medicaid and most private insurance, do not accept Medicare. Sliding scale fee discount - bring income verification
Ideal Option Wenatchee - James Peay, ARNP	Outpatient addiction medicine clinic. Suboxone prescriber and other medication-assisted treatments. SUD treatment for pregnant moms.	667 Grant Road Suite #3, East Wenatchee	(877)522-1275	Mon-Thurs 8:00-6:00	www.idealoption.com/clinics/wenatchee Accept Medicaid, Medicare, private insurance, and offers payment plans
Narcotics Anonymous	Group for narcotic users	Wenatchee, E. Wenatchee, Entiat		Vary	www.codcna.org Printable NA Schedule

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New Path - Columbia Valley Community Health	Intensive outpatient program for adults. SUD treatment for pregnant moms.	819 N Miller St Suite 1, Wenatchee	(509)664-4592, Fax: (509)664-3594	M-F 9:00 - 6:00 (closed 12:00 - 1:00)	Must be a Columbia Valley Community Health to utilize this program
New Start Clinics	Suboxone and outpatient services for opiate treatment. SUD treatment for pregnant moms.	603 N Mission St, Wenatchee	(509)587-0105	Mon 8:00 - 4:30, Tues 8:00 - 5:00, Fri 8:00 - 1:00	www.newstartclinics.com Accept most insurance, fee adjustment available
Oxford House Washington State Association	Recovery houses for individuals to have an opportunity for clean and sober living	5 locations Wenatchee, 4 locations E. Wenatchee			wa.oxfordhouse.us , www.oxfordhouse.org FREE
The Sanctuary at the Lake	Detox, outpatient and inpatient services	503 E Highland Ave, Chelan	(509)682-3300 or (800)233-0045		
Peer Pathfinder Services	Outreach Services for Individuals experiencing homelessness and specifically opioid and stimulant use disorders		(360)763-2129, lisa.bennett-perry@hca.wa.gov		WA DOH Program
SAMHSA National Hotline	National hotline for individuals and families facing substance use disorders. Helps connect to local organizations and support groups		(800) 662-HELP or (800) 622-4357, TTY: (800) 487-4889	24/7	

Virtual and Phone Services

BetterHelp	Online Counseling for individuals, couples, and adolescents				www.betterhelp.com Average \$80-100 per week, insurance typically does not cover
Cerebral	Online Counseling for individuals, couples, and adolescents. Prescribing of psych medications				www.getcerebral.com Accept some insurance - Cigna. as low as \$30/month average for therapy, \$7/month prescriptions only
Talkspace	Online Counseling for individuals, couples, and adolescents				www.talkspace.com Accept some insurance - Cigna. Plans start at \$65 per week.
Mindful Therapy Group			(971)352-6971		www.mindfultherapygroup.com Accepts all main Washington Insurances
University of Washington Psychiatry Consult Line	For Providers - questions about mental health and substance use care of adult patients	University of Washington	877-WA-Psych or (877)924-7924	24hrs, 7 days week	www.pci.psychiatry.uw.edu

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Partnership Access Line (PAL)	For providers - Questions on mental health care for children	Seattle Children's	(866)599-7257, paladmin@seattlechildrens.org	8:00am-5:00pm Monday-Friday	www.seattlechildrens.org/PAL
PAL for Moms	For Providers with perinatal psychiatry questions	University of Washington	877-PAL4MOM or (877)725-4666, PPCL@uw.edu	9:00am-5:00pm Monday-Friday	www.mcmmh.uw.edu/ppcl
Tobacco Quitline	Support with quitting tobacco and smoking, counseling, and access to free nicotine patches by enrolling in the quit program	Washington State	1-800-QUIT-NOW or (800)784-8669, Text "READY" to 200-400, Age 13-24yrs text "VAPEFREWEWA" to 88709, "2Morrow Health" Mobile Application.	24hrs, 7 days week	www.quitline.com
Washington's Mental Health Referral Service for Children and Teens	WA mental health referral service for children and teens to connect patients and families with outpatient services		(833)303-5437 or (866)583-1527 to access with interpreter		www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens
Washington Recovery Helpline	24 hr crisis line, support for substance abuse, gambling, and mental health		(866)789-1511, TTY (206)461-3219, Teens: (866)833-6546, recovery@crisisclinic.org		www.warecoveryhelpline.org
Behavioral Health Support Services					
Advocacy-Behavioral Health Ombuds	Support with complaints, grievances, appeals, and administrative hearings for behavioral health services	(844)572-4459 or (800)833-6388			WA HCA Program
National Alliance on Mental Health (NAMI) Chelan-Douglas Chapter	Mental health support, education, and advocacy		(509)663-8282		www.namico.org
Eating Disorder Treatments					
Emily Program	Residential, Intensive OP, OP & Virtual programs for children, adolescents and adults	Seattle and Spokane	1-888-364-5977		www.emilyprogram.com Takes private/commercial insurance and medicalaid
Recovery and Wellness Center of Eastern WA	Intensive outpatient care for adolescents and adults	Richland	(509)619-0519		www.recoveryandwellness.org Takes private insurances and medicalaid and offers scholarships and payment plans for self-pay

Care/Direct Care Clinic & Emergency Services

- **Emergency Services**
- **Ambulance Services**
- **Hospitals**
- **Urgent Care/Direct Care Clinics**
- **Primary Care Clinics**
- **Public Health/Community Clinics**
- **Screening**
- **Health Insurance Resources**
- **Dental**
- **Pharmacy**
- **Lab Services**
- **COVID Testing**

Access to Care/Direct Care Clinic and Emergency Services

Name of Resource		Services	Location	Contact Information	Hours	Additional Information
Emergency Services			Always dial 911 for any emergency, non-emergency dispatch number (509)667-6851 Cashmere, (509) 663-9911 Wenatchee			
Confluence Health - Central Campus		Emergency Department	1201 S. Miller St Wenatchee	(509)662-1511	24hrs, 7 days week	
Confluence Health - Mares Campus		Emergency Department	820 N. Chelan Ave Wenatchee	(509)663-8711	24hrs, 7 days week	
Cascade Medical Center		Emergency Department	817 Commercial St Leavenworth	(509)548-5815	24hrs, 7 days week	www.cascademedical.org Also offer ambulance service, acute care services, laboratory, imaging, behavioral health, endoscopy, rehabilitation services, and family practice services
Douglas County Hospital District #2 Ambulance Serv		Ambulance located in Waterville		(509)745-8448	24/7	
Douglas County Fire District #1		Fire and rescue volunteer services		Non-emergency line: (509) 745-8270		
Lake Chelan Health		Hospital with 24 hour emergency services	503 East Highland Ave. Chelan, WA 98816			
Poison Control Center - Washington		Immediate, free, and expert advice in case of exposure to poisonous, hazardous, or toxic substances.		(800)222-1222	24hrs, 7 days week	
Ambulance Services						
Ballard Ambulance		Emergency and transport ambulance service	1028 N Wenatchee Ave Wenatchee 1100 Valley Mall Pkwy East Wenatchee	(509)663-6513	24hrs, 7 days week	www.ballardambulance.com
Lifeline Ambulance		Emergency and transport ambulance service	501 N. Wenatchee Ave Wenatchee 230 Grant Road East Wenatchee	(509)663-8091	24 hrs, 7 days week	www.lifelineambulance.net
Hospitals						
Confluence Health Hospital		Hospital Offering a number of procedures and specialty care	Central Campus: 1201 S. Miller Wenatchee Mares Campus: 820 N. Chelan Wenatchee	(509)663-1511 (509)663-8711	24/7 24/7	

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Urgent Care/Direct Care Clinics					
Lake Chelan Express Care	Urgent Care in Lake Chelan	219 E. Johnson Ave Chelan	(509)682-8511	9 - 6, Closed 1 - 2 7 days a week	
Confluence Health East Wenatchee Clinic	Same day/next day appointments	100 Highline Dr, East Wenatchee	(509)884-0614	7am - 7pm M - F, 8am - 4pm Saturday	
Confluence Health Mares Campus	Same day/next day appointments	820 N Chelan Wenatchee	(509)663-8711	7am - 7pm Daily except some holidays	
CVCH Express Care Clinic		600 Orondo Ave Wenatchee	(509)662-6000	8 - 6 Monday-Friday, 8:30am - 4:00pm Sat	
Cashmere Urgent Care	Consults, Telehealth, Minor Procedures Walk in, Same day and Next day Appointments	207 Woodring St, Cashmere	509-782-CARE(2273) urgent@cashmereurgentcare.com	8:00am-5:00pm Tuesday-Friday	www.cashmereurgentcare.com
Primary Care Clinics					
East Wenatchee Clinic - Confluence Health	General primary care, walk-in clinic, laboratory services, internal medicine, behavioral health services, pediatrics, preventive care, radiology/imaging	100 Highline Dr, East Wenatchee	(509)884-0614, Fax: (509)665-5812	M-F 7:00 - 7:00, Sat 8:00 - 4:00	Accept Apple Health/ Medicaid, Medicare, most private insurance
Family Medicine - Confluence Health Central Campus	Primary care services for patients of all ages, newborn care, well child exams, immunization, sports physicals, adolescent healthcare, annual physicals, preventive care, acute and chronic illness care	1201 S Miller, Wenatchee	(509)665-6087		Accept Apple Health/ Medicaid, Medicare, most private insurance
Family Medicine - Confluence Health Mares Campus	General primary care - other services on site: Emergency department, direct care, internal medicine, specialty services, behavioral health care, radiology/imaging, laboratory services	820 N Chelan Ave, Wenatchee	(509)663-8711, Fax: (509)667-3662		Accept Apple Health/ Medicaid, Medicare, most private insurance
Cashmere Clinic - Confluence Health	Primary care for children and adults, anticoagulation clinic	303 Cottage Ave, Cashmere	(509)782-1541	8:00am-5:00pm Monday-Friday	www.confluencehealth.org Accept Apple Health/ Medicaid, Medicare, most private insurance
Pacific Northwest Wellness Center	General practice for children and adults, cardiac and stroke prevention, walk-in care, house call services	230 Grant Road Suite B2, East Wenatchee	(509)888-6334	Mon-Thurs 8 - 5, Fri 8 - 1	www.theredimedicalclinic.com Fee-for-service, membership pay scale

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Pacific Northwest Wellness Center	General practice for children and adults, cardiac and stroke prevention, walk-in care, house call services	207 Woodring St, Cashmere	(509)436-9029	8:00am - 5:00pm Monday - Thursday	www.theredimedclinic.com Fee-for-service, membership pay scale
Cascade Medical Center	Preventive care, women's health, sports medicine, newborn and pediatric care, chronic condition management, behavioral health, nutrition counseling, prescription management, immunizations, osteopathic medicine	817 Commercial St, Leavenworth	(509)548-3420, Fax: (509)548-1605	8:00am - 5:00pm Monday - Friday	www.cascademedical.org/services/family-practice-clinic Accept Medicare, Molina, AARP, Aetna, Ambetter, Amerigroup Medicaid, Asuris, Bankers Life, Benesight, Carpenters Trust, Cigna, Combined Insurance of America, Coordinated Care Medicaid, First Choice Health, GEHA, Great West, Kaiser, L&I, Lifewise, Premiera, Mega Life, Mutual of Omaha, NASE, Northwest Laborers, North west Administrators, Physicians Mutual, Prudential, Regence, Retail Clerks Welfare Trust, TPA of WA, United HealthCare
Cascade Wellness - Sarah Plestrup, FNP	Family medicine, functional medicine, acupuncture, alternative and Eastern Medicine	10454 Fox Rd, Leavenworth	(509)548-4780	9:00am - 5:00pm Monday - Friday	www.cascadewellness.com Accepts Medicare, Molina, Aetna, Premiera, Asuris, First Choice, and most other health and auto insurance
Waterville Clinic Confluence Health		117 S Chelan Ave Waterville	(509)745-8461	8:00-5:00 Monday - Friday	
Public Health/Community Clinics					
Upper Valley Free Clinic	Weekly medical care services	817 Commercial St, Leavenworth	(509)548-0408	6:30am - 8:00pm Mondays	Free
Chelan-Douglas Public Health District	Health Promotion, Disease and Injury Prevention, Emergency preparedness, Immunizations	200 Valley Mall Pkwy, East Wenatchee	(509)886-6400 or (509)886-6499 after hours	Mon-Thurs 8:00-5:00	www.cdhd.wa.gov Services/information offered in Spanish
Columbia Valley Community Health East Wenatchee	Medical, behavioral health, WIC services	900 Eastmont Ave. East Wenatchee	(509)884-9000	M - F 8:00 - 6:00	www.cvch.org Accepts Medicaid, Medicare, financial assistance available, CVCH will not refuse to provide you with care based on ability to pay
Columbia Valley Community Health	Medical, express care (Wenatchee), dental (Wenatchee), behavioral health, WIC services	600 Orondo Ave #1, Wenatchee	(509)662-6000, Fax: (509)664-4590	M - F 8:00 - 6:00	www.cvch.org Accepts Medicaid, Medicare, financial assistance available, CVCH will not refuse to provide you with care based on ability to pay

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
CVCH Connect Clinic - Columbia Valley Community Health	Mobile health clinic to provide a variety of services based on patient and location needs	Varies - Mobile Clinic	(509)662-6000		Patients can make appointments by calling (509)662-6000
Entiat Regional Free Clinic	Primary and preventive care, urgent care, physical exams, medication assistance, referrals, outreach, and education	2084 Entiat Way, Entiat	(509)888-3999, evcsfb@nwi.net		www.evcsfb.org/entiat-regional-health-clinic Services for uninsured, underinsured, and low-income residents of Entiat, Chelan or Douglas Counties
Hope Care Clinic	Medical and Dental Services. Behavioral health talks. Oral health program	414 S Columbia St., Wenatchee	(509)888-7796	Tuesdays 5:00pm - 8:00pm by appointment	www.hopcareclinic.com \$20 per medical visit. \$15 per dental visit, \$30 per extraction, \$65 per filling
Screening					
Breast, Cervical, and Colon Health Program - Confluence Health	Free breast, cervical, and colon cancer screening	820 N Chelan, Wenatchee	(509)664-3415 or (888)551-3994	By appointment	www.confluencehealth.org/services/cancer-care/breast-cervical-colon-health-screenings Must be Female 40-64yrs or male 45-64 yrs and uninsured or underinsured

Health Insurance Resources

Confluence Health Insurance Navigators	Assistance for insurance application through the Health Benefit Exchange or the Affordable Care Act (ACA)	Confluence Health - Mares Campus	Phone(509)436-6224, Fax(509)664-4846, Email: SM_CH_Navigators@confluencehealth.org		Offer services in Spanish
Gaylen Willett Insurance	Medicare, Rx, Dental, Critical Care, Nursing Home Benefit Plans	311 Henderson Rd, Chelan	(509)679-4619, Fax:(509)682-4617, gaylenwillettinsurance@gmail.com		
Medicare Savings at DSHS	Helps low-income Medicare recipients pay for their Part A and B premiums, co-payments, and deductibles	805 S Mission St, Wenatchee	(877)501-2233	M - F 8:00 - 5:00	www.washingtonconnection.org
Statewide Health Insurance Benefits Advisors (SHIBA)	Support in managing and understanding Medicare enrollment and benefits	504 S Chelan Ave, Wenatchee	Chelan/Douglas/Okanogan County: (888)452-0731, shiba@communitychoice.us	8:00am - 5:00pm Monday - Friday	WA State-wide program
Washington State Insurance Commissioner	Insurance assistance to understand benefits		(800)562-6900	8:00am - 5:00pm Monday - Friday	www.insurance.wa.gov

Dental

Cashmere Dental	General dentistry, restorative care, imaging, cosmetic, crowns, dentures, implants, root canal treatment, TMJ treatment	112 Cottage Ave, Cashmere	(509)782-2297	9am-5pm Monday, 8am-4pm Tues & Wed, 8am-4pm Thursdays	www.leehankinsdds.com Accept most major insurance, financing available through CareCredit
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Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Cashmere Family Dentistry	General, cosmetic, restorative, children's dentistry	209 Aplets Way, Cashmere	(509)782-2516	8:00am - 5:00pm Tuesday- Friday	www.cashmerefamilydentistry.com Accept most major insurance, financing available through CareCredit
Leavenworth Dental	Family dentistry, same-day crowns, cleaning and prevention, extractions, implants, Invisalign, sleep appliances	11779 US-2, Leavenworth	(509)548-5415	8am-5pm Mon-Wed, 8am-2pm Thursdays	www.leavenworthdental.com
John M Schiefelbein DMD	Family Dentistry	246 Division St, Leavenworth	(509)548-5841	8:00am-5:00pm Monday-Thursday	www.schiefelbeindmd.com
Upper Valley Free Dental Clinic		817 Front St, Leavenworth	(509)548-0408	Monthly Dental Care	Free
Access to Baby and Child Dentistry (ABCD) Program at Chelan-Douglas Health District	Connect Medicaid eligible children with dentist and specialized oral health information	200 Valley Mall Pkwy, East Wenatchee	(509)886-6400	Mon - Thurs 8:00 - 5:00	www.cdhd.wa.gov/access-to-baby-and-child-dentistry Apple Health/Medicaid Eligible children <5 yrs
Anderton Family Dental	General dentistry, family dentistry, restorative dentistry, cosmetic dentistry, root canals, implants, crowns, fillings, extractions, dentures	222 N Mission St Suite A, Wenatchee	(509)662-1648	Mon - Thurs 7:30 - 5:30	www.andertonfamilydental.com Accept insurance, check with individual insurance for coverage.
Aspen Dental	General dentistry, cosmetic dentistry, denture services, emergency dental services, radiology, screening for oral cancer	401 Valley Mall Pkwy, East Wenatchee	(509)289-2500	Mon 9 - 5, Tues 8-6, Wed/Thurs 7-5, Fri 7-12	Accepts Access Dental Network, Aetna, Ameritas, Avia, Basix Dental Discount, Careington International, Cigna, Decare Dental, Delta Dental, DeltaCare, Dental directory services, DHA, Dentegra, Dental health services, DentaMax, DNOA, GEHA, Guardian, Humana, MetLife, Premiera, Regence, Unicare, United Concordia. Third party financing available
Bibbens Family Dentistry	Adult and pediatric dentistry, endodontics, periodontics, implants, dentures, fillings, crowns, cosmetic dentistry, orthodontics, oral surgery, appliances	445 N Mission St, Wenatchee,	(509)663-5722, Emergency Line: (509)669-4541, Fax: (509)663-1402	Mon/Tues 8 - 6, Wed/Thurs 8 - 5, Fri 9 - 3	www.bibbensfamilydentistry.com Accept Delta Dental, Premiera, United Concordia. 5% discount for patients >55yrs
Busk Family Dentistry	General dentistry, restorative dentistry, cosmetic dentistry	222 N Mission St Suite D, Wenatchee	(509)662-8156	Mon-Thurs 8:00-5:00	www.buskfamilydentistry.com Accept insurance, check with individual insurance for coverage. Financing available through CareCredit. In-house savings plan

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Cascade Denture Clinic	Dentures, implants, extractions	714 N Chelan, Wenatchee	(509)662-5322	Mon/Wed 9 - 5, Tues/Thurs/Fri 9 - 5	www.cascadedenturedentist.com Accept Medicaid, state insurance, Apple Health, Coordinated Care, Provider One, Molina
Central Washington Oral & Facial Surgery	Implants, wisdom teeth removal, orthognathic surgery, bone grafts, extractions, facial trauma surgery, sleep apnea, TMJ treatment, cleft lip & palate surgery	304 N Chelan Ave, Wenatchee	(509)663-0068	Mon-Thurs 7:30-5:00, Fri 7:30 - 4:00	www.cwofc.com Accept some insurance carriers, check with individual insurance prior to appointment for coverage. Financing available through CareCredit
Children's Dentistry	General dentistry, care for infants, toddlers, school age children, and adolescents	650 N Miller St, Wenatchee	(509)662-3621	Mon - Thurs 7:30 - 4:00	www.smilebugg.com Accepts major insurance, including Medicaid
Columbia Valley Community Health	Dental	600 Orondo Ave #1, Wenatchee	(509)662-6000, Fax: (509)664-4590	M - F 8:00 - 6:00	www.cvch.org Accepts Medicaid, Medicare, financial assistance available, CVCH will not refuse to provide care based on your ability to pay
David Parks, DMD	Orthodontics for children and adults	222 N Mission Suite B, Wenatchee	(509)662-7918	Mon 8:00-5:00, Tues- Thurs 8:00-2:00	www.dparksortho.com Offer interest-free financing plan
Eastmont Family Dental	General dentistry, preventive care, fillings, extractions, root canals, Same-Day Crowns, dental implants, cosmetic	801 Eastmont Ave Ste A, East Wenatchee	(509)886-2345, Fax: (509)886-2611, EastmontFamilyDental@gmail.com	Mon-Thurs 8:00 - 5:00	www.eastmontdentistrywa.com Accept most insurance
Echo Ridge	CEREC, Invisalign, Zoom, oral cancer screening, sleep apnea treatment, conscious sedation, dentures, dental implants, smoking cessation	620 N Emerson Suite 103, Wenatchee	(509)662-9685	Mon-Thurs 8 - 5, Thurs 8 - 4	www.echoridge.dental Financing available through CareCredit
Family Tree Dentistry	Preventive, restorative, cosmetic, emergency, extraction, denture services	241 N Chelan Ave, Wenatchee	(509)662-9624	Mon-Thurs 8:00-5:00 Offers affordable pay/ment/discount plans	www.famtreedentistry.com Offers affordable pay/ment/discount plans
Fibonacci Smile	Cleaning and prevention, family dentistry, cosmetic dentistry, tooth replacement, extraction, preservation, appliances, orthodontics	1 Fifth St #100, Wenatchee	(509)665-0300	Mon/Wed/Fri 8 - 5, Tues/Thurs 8 - 4	www.fibonaccismile.com Accept some insurance carriers, check with individual insurance prior to appointment for coverage. Financing available through CareCredit or Lending Club
Fluegge Family Dentistry	Cosmetic dentistry, sleep apnea appliances	476 Grant Rd, East Wenatchee	(509)888-3384, www.fluegge dental.com	M-F 8:00 - 5:00	Accept some insurance carriers, check with individual insurance prior to appointment for coverage. Financing available through CareCredit.

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Green Dental	Exams and hygiene, cosmetic dentistry, fillings, tooth replacement, emergency dentistry, crowns	1008 Fifth St, Wenatchee	(509)662-8815	Mon-Fri 7:30 - 4:30	www.mygreendental.com Accept Delta Dental and most insurance carriers, check with individual insurance prior to appointment for coverage. Financing available through CareCredit
Gundersen Dental	Cleanings and prevention, cosmetic dentistry, pediatric dentistry, periodontal disease, restorations, laser dentistry, sleep apnea appliances	251 N Chelan Ave, Wenatchee	(509)663-4436	Mon-Thurs 7:00-6:00, Fri 7:00 - 3:00	www.tylergundersends.com Financing available through CareCredit
Holmberg, L. Erik DDS	General and preventive dentistry, restorative dentistry, cosmetic dentistry, X-ray	222 N Mission St #C, Wenatchee	(509)663-1161	Mon-Thurs 8:00-5:00	
Hope Care Clinic	Dental Services	414 S Columbia St., Wenatchee	(509)888-7796	Tues 5pm - 8pm by appointment	www.hopecareclinic.com \$15 per dental visit, \$30 per extraction, \$65 per filling
James K Burnham, DDS MS	Periodontal services, dental implants	101 11th St NE, East Wenatchee	(509)886-0664	Tues- Thurs 8 - 5	www.jameskburnhamdds.com
Johnson Family Dental	Preventive, restorative, cosmetic dentistry	790 Grant Rd, East Wenatchee	(509)886-8833	M-Th 8:00 - 5:00	www.wenatcheevalleymiles.com Accept Anthem, Asuris, Delta Dental, HMA MODA, Regence, BC Federal, Cigna, & others
Ottosen and Nygard Endodontics	Root canals, cracked teeth, dental trauma, endodontic surgery, sedation dentistry	1010 5th St, Wenatchee	(509)664-6669 or (800)474-8640	M - F 7:15 - 5:00	Accept most insurance, including Children's Medicaid. Financing available through CareCredit
Professional Denture Clinic	Dentures, implants, same-day denture repair	533 S Mission St, Wenatchee	(509)664-7308 or (800)659-9797	Mon-Thurs 8 - 4	www.professionaldenturecenter.com
Riverview Family Dentistry	General dentistry services, dentures, crowns, implants, extractions, appliances	101 11th St NE, East Wenatchee	(509)884-7137	Mon 9 - 6, Tues-Thurs 8 -5, Fri 8 - 3:30	www.eastwenatcheedentist.com Accept insurance, check with individual insurance for coverage. Financing available
Riverway Family Dental	Bridges, crowns, dentures, healthy hygiene, implants, root canal, same-day restorations, cosmetic dental	821 N Wenatchee Ave, Wenatchee	(509)662-3651	Mon-Thurs 8 - 5, Fri 8 - 3	Financing available through CareCredit
Sagebrush Dental	Dental emergencies, cosmetic and restorative dentistry, dentures and partials, preventive dentistry	1114 N Mission St, Suite A, Wenatchee	(509)436-8202	M-F 8:00 - 5:00	www.sagebrushfamilydental.com Accept Delta Dental, Premiera, MetLife, Aetna, Cigna, Tricare. Subscription service available

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Steven Feldman, DDS	Cleaning and prevention, family dentistry, cosmetic dentistry, tooth replacement, extraction, preservation, appliances, orthodontics	330 King Street Suite 8, Wenatchee	(509)662-1583	Mon-Thurs 8 - 5	www.stevenfeldmandds.net Accepts Delta Dental, Premiera, United Concordia, and some others, check with individual insurance for coverage. Financing available with CareCredit
Sunrise Dental	Emergency dental care, dental exams and cleaning, gum disease treatment, pediatric dentistry, preventive dentistry, root canal treatment. Dental care for children and adults	620 N Emerson Ave Suite 304, Wenatchee	(509)530-2077	Mon, Tues, Sat by appointment. Weds-Fri 8:00 - 5:00	www.sunrisidentalwenatchee.com Accept Aetna, Ameritas, Anthem/Blue Cross, Assurant, Blue Shield, Cigna, Delta Dental, GEHA Dental, Guardian, MetLife, United Concordia, United Health, and several union plans. Annual plans starting at \$24.50 for children or \$39.50 per month.
Tveten Dental Care	Emergency dentistry, general dentistry, pediatric dentistry, orthodontics, oral surgery, periodontics, endodontics, cosmetic dentistry, appliances	222 N Chelan Ave, Wenatchee	(509)662-2260	Mon&Thurs 7:30 - 5, Tues&Weds 7:30-6, Fri 8 - 4	www.tvetendentalcare.com Accept all major insurance
Webb Dental Care	Cleaning and prevention, family dentistry, tooth replacement, extractions and preservation, oral appliances	703 Valley Mall Pkwy, East Wenatchee	(509)884-6901	Mon/Tues/Thur 9 - 5, Fri 9 - 2	www.webbdentalcare.com Accept most insurance, check with individual insurance for coverage. Financing available through CareCredit
Wenatchee Dental	Family dentistry, cleaning and prevention, extractions and implants, same-day crowns, appliances, cosmetics	808 N Miller St, Wenatchee	(509)663-0536	M - F 8:00 - 5:00	www.wenatcheedental.com No Molina or Apple Health. Accept Delta Dental, Asurs, and Regence of WA. 5% discounts for uninsured and seniors >65.
Wenatchee Dental Arts	Cleanings and prevention, family dentistry, periodontal disease, implants, crowns, dentures and partials, oral and maxillofacial surgery, cosmetics	417 N Mission St, Wenatchee	(509)293-4909, info@wenatcheedentalarts.com	Mon-Thurs 8:00 - 5:00	www.wenatcheedentalarts.com Financing available through CareCredit
Wenatchee Pediatric Dentistry	Pediatric dental care	146 Easy Way, Wenatchee	(509)664-5000, info@wenatcheepediatricdentistry.com	Mon-Thurs 8:00-5:00	www.wenatcheepediatricdentistry.com Accept insurance, check with individual insurance for coverage. Financing available
Wenatchee Valley Dental Village	Early dental care, pediatric general dentistry, preventive care, restorative treatment, dental emergencies, extractions	210 Valley Mall Pkwy, East Wenatchee	(509)886-2500	Mon-Fri 7:30 - 5:00, Fri 8:00 - 4:00	Services offered in Spanish. Accept most insurance, check with individual insurance for coverage.

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pharmacy					
Doane's Valley Pharmacy	Prescription services	119 Cottage Ave, Cashmere	(509)782-2717	9am - 4:30pm M - F, 9am - 5pm Saturday	www.doanesvalleypharmacy.com Will help with billing issue resolution with insurance/Medicare
Safeway Pharmacy	Prescriptions services, immunization, health screenings	116 River Bend Dr, Leavenworth	(509)548-5811	9am - 7pm M - F, 10am - 6pm Sat & Sun	
Confluence Health Waterville Clinic	Pharmacy located in clinic	117 S Chelan Ave Waterville	(509)745-8461	8am - 5pm Mon - Fri	
Albertsons Pharmacy	Prescriptions services, immunization, health screenings	1128 N Miller St, Wenatchee	(509)662-5152	M-F 9am - 9pm, Sat/Sun 10am - 6pm	
Columbia Valley Community Health Center Pharmacy	Prescriptions services, drive-thru	600 Orondo Ave, Wenatchee	(509)664-3508	Mon/Tues/Thurs/Fri 8:30 - 6:00, Wed 9:30 - 6:00	
Fred Meyer Pharmacy	Prescriptions services, immunization	11 Grant Rd, East Wenatchee	(509)881-2833	M-F 10-7, Sat 9-7, Sun 11-6	
Professional Pharmacy		1201 S Miller St, Wenatchee	(509)667-3333	Mon-Fri 9:00-6:30, Sat 9:00-4:00	
Safeway Pharmacy	Prescriptions services, immunization, health screenings	501 N Miller St, Wenatchee	(509)663-5575	M-F 9:00-9:00, Sat/Sun 10:00-6:00	
Walgreens Pharmacy	Prescriptions services, immunization, drive-thru	1050 N Miller St, Wenatchee 470 Grant Rd, East Wenatchee	(509)665-7539 (509)886-7047	M-F 9-9 (closed 1:30-2:00)	
Walmart Pharmacy	Prescriptions services, immunization,	2000 N Wenatchee Ave, Wenatchee	(509)664-3698	Mon-Sat 9:00-7:00, Sun 10:00-6:00	\$4 prescription offerings, lower cost insulin
Washington Valley Pharmacy	Prescriptions services, immunization, drive-thru	636 Valley Mall Pkwy Ste 7, East Wenatchee	(509)888-7797	Mon-Fri 9:30-7:30, Sat 10:00-4:00	www.washingtonvalleypharmacy.com
Wenatchee Clinic Pharmacy	Compounding pharmacy - capsules, creams, and liquids	820 N Chelan Ave, Wenatchee	(509)662-5801	Mon-Fri 8:00-7:00, Sat 8:00-12:30	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Lab Services					
Confluence Health Laboratory & Pathology Services	Chemistry, PCR/Molecular, Hematology, Immunology, Cytology, Pathology, Serology, Microbiology, Point of Care	820 N Chelan Ave, Wenatchee	(509)663-8711		Call (509)436-4020 for coverage questions

Chronic Disease Resources

- **Education & Support Groups**
- **Specialty Services**
- **Medication Assistance**
- **Medical Supplies**
- **Hearing**
- **Vision**

Chronic Disease Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Education & Support Groups					
The EASE Cancer Foundation	Events, programs, education, and support for survivors of cancer	Cashmere	(509)782-3990 or (509)860-1322. Fax: (509)782-5320		www.easecancer.org
DSHS Chronic Disease and Education Materials	Education material on advance care planning, behavioral health, disability, diabetes, falls, hearing loss, heart disease, oral health, pain, medication, sleep disorders, pediatrics, substance use disorder, gambling				www.dshs.wa.gov/altsa/stakeholders/chronic-disease-and-education-materials
Confluence Health Diabetes Self-Management Training	Weekly sessions on the first Tuesday of each month	Central campus: 1201 S Miller St Wenatchee	(509)663-8711, ext 5533		
Diabetes Education - Confluence Health	Tools and techniques for controlling your diabetes	1201 S Miller St, Wenatchee	(509)663-8711, ext 5533		Referral needed for Diabetes Self-Management Training from provider
Action Health Partners - Chronic Disease Self Management Program	Free - Open to individuals with chronic conditions and those who support them. Small group sessions over 6 weeks		(509)860-9545		http://www.communitychoice.us/chronic-disease.html
Action Health Partners - Chronic Pain Self Management Program	Free - Open to individuals with chronic pain and those who support them. Small group sessions over 6 weeks		(509)860-9545		http://www.communitychoice.us/chronic-pain.html
Action Health Partners - Diabetes Self Management Program	Free - Open to individuals with diabetes and those who support them. Small group sessions over 6 weeks		(509)860-9545		http://www.communitychoice.us/diabetes.html
Community Choice	Diabetes education, chronic disease management, chronic pain self-management	504 S Chelan Ave Bldg B, Wenatchee	(800)782-6204		Offer Services in Spanish
Wellness Place	Support for Cancer Patients, Survivors, and their loved ones. Programs, groups, and classes	609 Okanogan Ave, Wenatchee	(509)888-9933	Mon-Thurs 9 - 4	www.wellnessplacewenatchee.org Free services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Specialty Services					
Amputee, Wheelchair, and Spine Clinics Confluence Health	Programs designed to restore independence and mobility for patients who have lost a limb, been confined to a wheelchair, or experienced spinal injuries	1201 S Miller St, Wenatchee 820 N Chelan Ave, Wenatchee	(509)662-1511 (509)663-8711		
Cardiopulmonary Rehab - Confluence Health	Small group classes for patients with pulmonary or cardiac rehabilitation needs	1201 S Miller St, Wenatchee	(509)433-3180 or (509)433-3212	Pulmonary: Tues/Thurs Cardiopulmonary: MMW/F	Up to 36 visits
Speech Language Pathology Confluence Health	SLP services for children, aphasia, dysarthria, apraxia, parkinson's, voice therapy, cognitive communication, speech devices, dysphagia	1201 S Miller St, Wenatchee	(509)433-3212		
Wound and Ostomy Services Confluence Health	Acute and chronic wound management, ostomy management	1201 S Miller St, Wenatchee	(509)433-3212		
Action Health Partners	Community care coordination, health education, health insurance, and support services	230 Grant Rd A35, East Wenatchee	(509)782-5030		http://www.communitychoice.us/ccc.html
Medication Assistance					
FamilyWize Prescription Savings	Prescription Discounts		(800)222-2818		www.familywize.org
GoodRx	Prescription Discounts				www.goodrx.com Prescription Discount Cards can be made available for patients
Medicare Extra Help	Prescription Discounts		(800)772-1213		
WA Prescription Drug Program	Prescription Discounts		(800)913-4146		
Medical Supplies					
Blood Pressure Monitor Check-Out Program	Able to check-out automatic blood pressure cuff from the NCW Library in Cashmere, Leavenworth, Wenatchee	300 Wooding St, Cashmere 700 Hwy 2, Leavenworth 310 Douglas St, Wenatchee	(509)782-3314 (509)548-7923 (509)662-5021	Cashmere: MMW/F/Sat 10:00-1:00, Tues/Thurs 3:00-6:30 Leavenworth: Mon/Weds 10:00-1:00, Tues/Thurs 3:00-6:30, Fri 10:00-6:30	No-Cost rental for 2 weeks

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Knights of Columbus	Medical Supplies	625 S Elliott St, Wenatchee	(509)888-3050 or (509)679-0444	Mon / Tues / Thurs 9:00 - 3:00	
Hearing					
DSHS Office of Deaf and Hard of Hearing	Services for deaf, hard of hearing, and deaf-blind individuals		(360)902-8000, TTY: (800)422-7930		www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing
Vision					
Liac Services for the Blind	In-home training, expanding Braille transcription services, adaptive aid demonstrations, low-vision assessments, magnifier program, referral services	4 Kittitas St Suite 203, Wenatchee	(509)888-7597 or (800)422-7893	Mon/Tues 10 - 3	www.liacblind.org
New Eyes for the Needy	Voucher program for low-income individuals for prescription eye glass purchasing. For adults and children.	National Program	(973)376-4903		www.new-eyes.org Individuals 250% below US poverty line
Eyecare America	Free eye exams and eye care for qualified seniors (65+). Also have glaucoma program for those who are uninsured	National program	(877)887-6327	8:00am-12:00pm Monday-Friday	https://www.aao.org/eyecare-america/read-more
Wenatchee Central Lions Club	Offer eyeglass and hearing aid assistance	Wenatchee	(509)423-6715		Online application: www.wenatcheecentrallions.org/services.html

Physical Rehabilitation Resources

- **Physical & Occupational Therapy**
- **Rehabilitation Facilities**
- **Disability Resources**

Physical Rehabilitation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Physical and Occupational Therapy					
Associates in Physical Therapy	Physical therapy, work injury rehab, orthotics, vestibular dizziness treatment, functional capacity evaluations, Stay Active and Independent for Life (SAIL) program for seniors. Services offered in Spanish	230 Grant Rd B27, East Wenatchee	(509)884-1437	Mon-Thurs 7:30-7:00 Fri 7:00-5:00	www.myaip.t.com Accept Medicare, Medicaid, Premiera, Cigna, Asuris, Community Health Plan, Soundpath, Molina, L&I Workers Comp, DSHS, BCBS First Choice Health, Motor Vehicle Accident PIP, Triwest, TriCare, Regence, United Healthcare, Coordinated Care, Aetna
Biosports	Aquatic therapy, sports biomechanics, orthopedic physical therapy, orthotics, gait analysis	18 N Worthen St #200, Wenatchee	(509)665-3156	M-F 7:00 - 7:00	www.biosports.net Accept most insurance, check with individual insurance for coverage
Confluence Health Physical Therapy	Sports therapy, orthopedic therapy, pre/post-surgical therapy, exoskeleton work-related injuries, geriatric physical therapy, hand therapy, balance disorders, chronic pain, back and neck pain, pelvic health therapy, neurorehabilitation, oncology, therapy for lymphedema, therapy for vestibular conditions	1201 S Miller St, 1000 B N Miller St, Wenatchee	(509)433-3212 (509)664-4868		
Forge Physio	Rehabilitation, performance, return to sport, consulting and programming	1544 N Wenatchee Ave #200, Wenatchee	(509)421-7896		www.forgephysio.com
Mission Peak Physical Therapy	Orthopedics, women's health, pelvic floor PT, sports and dance medicine, pilates	701 N Miller St Suite A, Wenatchee	(509)888-4088	Mon/Wed 8:30 - 7 Tues/Thur 7:00-4:30 Fri 8:00 - 2:00	www.missionpeakpt.com Accept Asuris, Premiera, Lifewise, Blue Cross/Blue Shield, Cigna, First Choice Health Networks
Confluence Health Occupational Therapy	Pediatrics therapy, hand therapy, therapy for lymphedema, therapy for chronic pain, therapy for work related injuries, neurorehabilitation, geriatric physical therapy, diving program, BIG program	1201 S Miller St, 820 N Chelan Ave, 1000 N Miller St, Wenatchee	(509)433-3212 (509)664-3290 (509)664-4868		
Waterville Physical Therapy		117 S Chelan Ave Waterville	(509)745-8447		
Cascade Medical Center	Physical Therapy, Occupational Therapy, Speech Therapy	817 Commercial St, Leavenworth	(509)548-3421, Fax: (509)548-2511	8:00am-5:00pm Monday-Friday	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Cashmere Physical Therapy	Physical Therapy	203 Mission Ave #112, Cashmere	(509)782-8818	7:30am-6pm Mon & Wed, 9am-5:30pm Tues, 9am-5pm Thur, 7:30am-5:30pm Friday	www.cashmere-physical-therapy.business.site
Rehabilitation Facilities					
Cashmere Post Acute	Post-Acute Care, Rehabilitation, Long Term Care, 24-hour skilled nursing, PT, OT, SLP	817 Pioneer Ave, Cashmere	(509)782-1251	9:00am-5:00pm Monday-Friday	www.cashmerepostacute.com
Colonial Vista Post-Acute and Rehabilitation Center	Rehabilitation, post-acute care, independent living, assisted living	625 Okanogan Ave, Wenatchee	(509)663-1171, Outpatient therapy: (509)888-6127, Fax: (509)664-6864		Accept Medicare, Medicaid, and several managed care plans
Regency Wenatchee	Skilled nursing, long term care, rehabilitation therapy, respite care	1326 Red Apple Rd, Wenatchee	(509)682-2551		
Disability Resources					
Elmview	Services for individuals with developmental disability - employment, person-centered planning, community engagement and respite, in-school services.	23 S Wenatchee Ave Suite 126, Wenatchee	(509)415-8014		www.elmview.org
Upper Valley Connection	Recreation program for youth and adults with special needs through events and recreational activities	Leavenworth	(509)888-4181		uppervalleyconnection@gmail.com , www.uppervalleyconnection.org

Diet & Nutrition Resources

- **Nutritionist Services**
- **Food Banks, Hot Meals**
- **Women, Infants, Children (WIC)**

Diet and Nutrition Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Nutritionist Services					
Baseline Nutritional Therapy	Nutritional therapy	205 Mission Ave Ste C Cashmere	(509)669-1555	10am-4pm Mon-Wed 10am-3pm Thurs 10am-1pm Sat	
Confluence Health Nutrition Services	Oncology Nutrition - Natalie Harris and Laura Smith, Outpatient & Wellness Dietician - Jess Tyrell	820 N Chelan Ave, Wenatchee	(509)433-1916, Fax: (509)436-3032		
Food Banks and Hot Meals					
Waterville Food Bank		413 S. Central Ave Waterville	(509)745-9210	2:30pm-4:00pm the 1st & 3rd Thursdays of the month	
Lake Chelan Food Bank		417 Bradley St. Chelan	(509)368-4151	9:00am-10:00am on Tuesday & Saturday	https://www.lakechelanfoodbank.org/
Home Delivered Meals - Aging & Adult Care of Central Washington	No-cost meal delivery for eligible seniors who are homebound	270 9th St NE, East Wenatchee	(509)886-0700, aacw@dshs.wa.gov	8:00am-5:00pm Monday-Friday	www.aacw.org/nutrition-assistance
Cashmere Emergency Food Bank		Cashmere Methodist Church: 300 S. Division St.	(509)669-2399	3:30pm-5:30pm on 2nd & 4th Wednesdays	
Cashmere Free Community Meal		213 S. Division St Cashmere	(509)782-3811	5:00pm-7:00pm on Thursdays	
Community Cupboard	Food and clothing services for individuals in need within the Cascade School District	219 14th Street, Leavenworth	(509)548-6727	11:00am-5:00pm Monday-Saturday	www.uvmend.org/food Produce in the summer through the Community Harvest Gleaning Program
Food Pantry at Cashmere Food Bank	Food distribution, drive-thru style	316 River Street, Cashmere	(509)245-6464, cashmerefoodbank@gmail.com	2:30pm-3:30pm the 2nd & 4th Wednesday	
Leavenworth Senior Center Meal Service	Meal delivery service for seniors. Home delivered meals only.	423 Evans St, Leavenworth	(509)888-4440	Mon, Wed, Fri deliveries	www.leavenworthseniors.com
Plain Pantry		12447 Chapel Drive, Plain	(509)888-1110	1pm-7pm Thursdays, 9am-1pm on the 2nd and 4th Saturdays	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Senior Farmer's Market Nutrition Program	Farmer's Market vouchers for seniors >60 yrs (>55yrs if Native American/ Alaska Native), 185% below poverty line. Apply through Aging & Adult Care of NCW	Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties	(509)886-0700ext.235 or (800)572-4459 ext.235		www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program
Chelan Douglas Community Action Council	Food distribution	620 Lewis St, Wenatchee	(509)662-6156, info@cdcac.org	Vary	www.cdac.org
Entiat Valley Food Bank	Food Bank, Hot Meals, outreach for community services, assistance in applying for SNA, financial aid, medical, SSI, unemployment, Veteran's benefit, etc.	2084 Entiat Way, Entiat	(509)888-3999, sb.evcs@gmail.com	Every other Sun 9-11:30 Every other Thur 5-6:30 Office Wed, Fri 9-12	
Entiat Senior Meal Service		1920 Entiat Way, Entiat	(509)888-4440	Mon/Thur call to arrange pick-up time	
Hospitality House	Hot Meals for men, women, and children. Men only for shelter	1450 S. Wenatchee Ave, Wenatchee	(509)663-4289	Breakfast, Lunch Dinner	www.hhmwen.org
Lighthouse Christian Ministries	Hot Meals, Free food market	410 S Columbia St, Wenatchee	(509)888-4864		www.wenatcheelighthouse.org
Mobile Meals of Wenatchee	Home delivered meals for residents of Wenatchee and East Wenatchee who are home bound, recovering from illness/injury/surgery, hospice care, facility residents without meals	1201 South Miller Street, Wenatchee	(509)433-3166	Meal delivered M-F 11:00 - 12:15	www.mobilemealsofwenatchee.org \$5.50 per meal. Assistance is available for the cost of meals if needed, service is not refused if the cost of the meal cannot be covered
Rock Island Food Bank	Food Bank	5 N Garden Ave, Rock Island	rockislandfoodbank@gmail.com	Tuesday 9 - 11	
SAGE Food Pantry	Essential food items for victims of domestic violence	710 N Chelan Ave, Wenatchee	(509)663-7446, dsvcrcrisis@nwi.net	M-F 8:30-5:00	www.findsafety.org
Saint Vincent de Paul	Food Bank	625 S Elliott St, Wenatchee	(509)663-5785	Sat 8:00 - 11:00	
Salvation Army	Food Bank, Hot Meals	1205 S. Columbia St, Wenatchee	(509)662-8864	Mon-Fri 1:00 - 3:00	
SERVE Wenatchee Valley Fresh Hope Market	Food Bank, Market. Food, nonfood, and baby care items.	12 Orondo Ave, Wenatchee	(509)663-4673	Mon-Thurs 9 - 4:30 Closed 12 - 1:30	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Small Miracles	Free lunches for students during summer break. Pick-up available at several locations in Wenatchee, East Wenatchee, and Cashmere	595 Grant Road, East Wenatchee	(509)888-9495, smallmiraclesncw@gmail.com	Mon-Thurs 11-12	www.smallmiraclesncw.org <18 yrs old
Wenatchee Food Bank	Food Bank	504 S. Chelan, Wenatchee	(509)663-4333	Thurs 9:00 - 11:00	
Women, Infants, Children (WIC)					
WIC Remote Services	Nutritional assistance and education to women with infants and small children				https://www.doh.wa.gov/YouandYourFamily/WIC/WICRemoteServices WIC appointments available by phone or video
Chelan-Douglas Health District	WIC office	200 Valley Mall Parkway East Wenatchee	(509)886-6408 wic@cchd.wa.gov		www.cdhd.wa.gov/wic-women-infants-children
Columbia Valley WIC	Health Screening, Nutrition education, breastfeeding support, food cost assistance	502 Orondo Ave, Wenatchee	(509)664-3771, Fax: (509)664-6753	M-F 8 - 6:30 closed 3rd Tues of month 8 - 1:30	
"Help Me Grow" Washington Hotline	Free service that connects parents and caregivers to resources in their community		(800)322-2588		
SNAP					
Wenatchee Community Services Office	SNAP, Food Benefits, FAP (Food Assistance Program for Legal immigrants)	805 S. Mission St. Wenatchee	(877)501-2233	8am-5pm Mon-Fri, self service functions available 24/7	Online application: www.washingtonconnection.org/home/ Application info in other languages: www.dshs.wa.gov/esa/community-services-offices/basic-food

Physical Activity Resources

- **Pools, Parks, Fitness & Activity Centers**

Physical Activity Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pools, Parks and Recreation Programs					
Cashmere City Pool	Seasonal pool, swimming lessons, and swim team	104 Paton St, Cashmere	(509)782-1300		
Howard Hopkins Memorial Pool	Seasonal pool, swimming lessons, and swim team	700 Hwy 2, Leavenworth	(509)548-5275		
Lifejacket Loaner Stations	Stations to borrow infant, child, and adult life jackets for the day or weekend, return the jacket at the end of your trip. Located at marinas, boat launches, state parks, and other locations near waterways	Throughout WA State			www.parks.state.wa.us/956/Life-Jacket-Loaner-Program
Washington State Parks	Pinnacles, Lake Wenatchee				www.parks.state.wa.us Free or discounted passes for Veterans, Disabled, Seniors, and Foster Children
Pioneer Park	Ball diamond, playground, tennis court, and picnic tables	Waterville			
Waterville Swimming Pool	Open during the swim season		(509)745-8966		www.watervillewa.com/parksrec/page/waterville-swimming-pool
Badger Mountain Ski Hill	Operated by Waterville Lions Club, Open January-March		(509) 745-8273	11:00am-4:00pm Weekends & Holidays	www.mwintersportsman.com/BadgerMt/index2.htm
Orondo River Park	Swim beach, shelter, free day use boat launching	21553 U.S. 97, Orondo		Open from April 15 to September 30	www.chelanpud.org/parks-and-recreation/our-parks/day-use-parks/orondo-river-park
Daroga State Park	Nearby park with swimming, hiking trails, campground, tennis courts, and playground	1 S Daroga Park Ln, Orondo			https://parks.state.wa.us/495/Daroga
Chelan County PUD Parks and Recreation	15 parks, ballfield complexes, Apple Capital Loop Trail (10 miles) and other walking trails, Rocky Reach Discovery Center, boat launches, fishing and boating	327 N Wenatchee Ave, Wenatchee	(509)663-8121		www.chelanpud.org/parks-and-recreation Free day use parking pass available through the PUD for Daroga, Lincoln Rock, Wenatchee Confluence State Parks
Eastmont Metro Parks and Recreation	Parks, aquatic center, ballfield complexes, indoor and outdoor sports leagues, sports camps, day camps, Apple Capital Loop Trail (10 miles) and other walking trails, activities and programs	255 N Georgia Ave, East Wenatchee	(509)884-8015		www.eastmontparks.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Sports 4 The Blind	Variety of sports and activities both indoors and outdoors for blind and visually impaired participants to enhance independence and quality of life		(509)345-3035, info@Sports4TheBlind.org		www.sports4theblind.org
Washington State Parks	Wenatchee Confluence, Daroga, Lincoln Rock, Squilichuck				www.parks.state.wa.us Free or discounted passes for Veterans, Disabled, Seniors, and Foster Children
Wenatchee Outdoors	Activity guide for outdoor activities surrounding Wenatchee. Includes family friendly and dog friendly activities. List of outdoor clubs, groups, agencies, shops, and guides				www.wenatcheeoutdoors.org Information offered in Spanish
Wenatchee Parks and Recreation	Recreation programs and events, parks, aquatic center, arts	1350 McKittick St, Wenatchee	(509)888-3282		Scholarship service available to children age 3-14 to participate in programs
Wenatchee Valley Sports	Recreation opportunities for several sports, sports tournaments, events, and related activities	137 North Wenatchee Ave, Wenatchee	(509)662-2116		www.wenatcheevalleysports.com
Wenatchee Valley YMCA	Recreational programs and services for all ages, gym, aquatic center	217 Orondo Ave, Wenatchee	(509)662-2109		www.wenymca.org Insurance may help to cover membership dues, financial assistance available

Transportation Resources

- **Transit/Transportation**
- **Taxi**
- **Flight**

Transportation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Transit/Transportation					
DART Transport	Dial-A-Ride Transportation for travel within Leavenworth	Leavenworth	(509)662-1155 for enrollment, (509)662-3569 for reservations	5:15am-9:00pm M-F, 7:45am-7pm Sat & Sun	Ride requests should be made 1-5 days prior to need. No cost
Link Transit	Local Public Transit - Route 28 Wenatchee to Cashmere, Route 22 North Wenatchee to Leavenworth (stop in Cashmere). Route 25 Waterville to Wenatchee. Paratransit Available	300 S Columbia St, Wenatchee	(509)662-1155		www.linktransit.com
People for People	Non-emergent medical transportation for Medicaid Patients. Arrange transportation for those with Apple Health and have a current ProviderOne service card	Douglas and Chelan Counties	(800)233-1624 Weekend/after hours/holiday # for Douglas County: (509)292-3566	8:00am-4:00pm Monday-Friday	Needs provider approval, must be initiated by the patient. 2 day notice for local trips, 5 day notice for long distance trips www.pfp.org
Provide-A-Ride	Medical appointment transportation for individuals in Chelan and Douglas counties.	Leavenworth	(509)292-3566	8:00am-3:00pm Monday-Friday	Fee-based, schedule at least 24 hours in advance
Washington State Department of Transportation	Real-time travel alerts for WA roads		(800)695-7623 or dial 511		www.wsdot.com/travel/real-time/map
All Ways Caring Home	Local and long-distance non-emergency transportation	93 Eastmont Ave, East Wenatchee	(509)886-0473	Office M-F 8:00-5:00 on-call 24hrs	www.allwayscaring.com For referred Medicaid patients or those willing to pay out of pocket, arrange at least 24 hours in advance
Chelan Valley Hope	Gas and bus tokens	417 S Bradley St, Chelan	(509)888-2114		www.chelanvalleyhope.org
Grant County Health Shuttle			(509)765-9249 ext. 555		Stops between Wenatchee and Moses Lake
Taxi					
AC Checker Taxi	Taxi Service		(509)663-8294		www.acchecker.com
A-Cab	Taxi Service		(509)886-4222	M-F	www.acabonline.com
Apple City Taxi	Taxi Service		(509)662-2126		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Flight					
Angel Flight West	"Links volunteer pilots and airlines with people who require air travel to access non-emergency care and other essential services"		(310)390-2958, info@angelflightwest.org		www.angelflightwest.org
Airift Northwest Membership	Insurance for Emergency Medical Air Transport		(888)835-1599		\$60 per year for entire household www.uwmedicine.org/airiftnw/membership

Child and Adolescent Resources

- **Local Line for CPS**
- **Health Resources**
- **Behavioral Health**
- **Rehabilitation**
- **Dental**
- **Parent Support**
- **Pediatric Therapies for those with Disabilities or Delay in development**
- **Early Childhood Education/Education**
- **Childcare Resources**
- **Youth Activities**
- **Family Unit Resources**
- **Child Safety**
- **Hotlines/Virtual Services**

Child and Adolescent Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Local Line for CPS					
Child Protective Services - Wenatchee	Mandatory reporting, Intake, screening, and investigative services for suspected child abuse or neglect	805 S Mission St Wenatchee	(509)665-5300 or after hours line: (800)562-5624, 1-800-ENDHARM or (800)557-9671 central reporting line	8:00am-4:30pm Monday-Friday	www.dcyf.wa.gov/services/child-welfare-system
Health Resources					
Seattle Children's at Wenatchee Clinic	Specialty pediatric services including cardiology, endocrinology, nephrology, neurology, orthopedics, pulmonary. Immunizations	526 North Chelan Ave, Wenatchee	(866)987-2000	Mon-Thurs 8:00-5:00	Telemedicine available. Children <21 yrs. Accept Apple Health/Medicaid and private insurance, financial assistance available www.seattlechildrens.org/contact/wenatchee
Washington Apple Health for Kids	Apple Health application, eligibility		(855)900-3066		www.hca.wa.gov/health-care-services-supports/apple-health-medicare-coverage/children#applying-for-apple-health-coverage
Behavioral Health					
Partnership Access Line (PAL)	For providers - Questions on mental health care for children	Seattle Children's	(866)599-7257	8:00am-5:00pm Monday-Friday	www.seattlechildrens.org/PAL
Rehabilitation					
Waterville Physical Therapy		117 S Chelan Ave Waterville	(509)745-8447		
Dental					
Access to Child and Baby Dentistry (ABCD)	Statewide program that ensures access to dental care for children 0-5 years old on Medicaid. Can help connect families to dentists trained to work with children		(509)766-7960		
Parent Support					
Parent Help 123	Education for parents on child development, maternity support, health, and special needs. Information and support for eligibility for WIC, food benefits, other DSHS programs for parents.	Washington State	(800)322-2588	8:00am-5:30pm Monday-Thursday, 8:00am-5:00pm Friday	www.parenthelp123.org Services offered in Spanish, other languages through interpretation line

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Brave Warrior Project	Non-profit organization for families with children that have developmental disorders, chronic health care needs, and cancer. Include parent support groups, respite program (sliding scale cost and voucher available), and social skills programs. Ages 3-21. Bilingual Spanish services available	18 N. Mission Wenatchee	(509)888-0902		www.thebravewarriorproject.com/
Pediatric Therapies for those with Disabilities or Delay in Development					
Children with Special health Care Needs (CSHCN) - Chelan-Douglas Health District	Access to medical and social services, health insurance, support groups, and developmental screening and assessment	200 Valley Mall Pkwy, East Wenatchee	(509)886-6400	8:00am-5:00pm Monday-Thursday	www.cdhd.wa.gov/children-with-special-health-care-needs Children <18yrs
Achieve Center - Pediatric therapy	Therapy for delays in communication or motor development related to conditions like autism, cerebral palsy, or down syndrome. Speech & language therapy, OT, PT, social language therapy, feeding & swallowing therapy, ASD therapy, sensory processing disorder therapy, tongue thrust therapy. Can help with IEP advocacy. Birth to 3.	1500 South Mission St, Wenatchee	(509)888-2505	M-F 8:00-4:00	www.achievecenter.net In person and telehealth available.
Alathia Therapeutic Riding Center	Non-profit equine therapy and adaptive riding for children and adults with needs, including learning disability, autism, MS, stroke, PTSD, TBI. Program also available for Veterans with PTSD.	2170 Sleepy Hollow Heights, Wenatchee	(509)630-8710	M-F 8:30-6:30	Financial assistance available. www.alathiaridingcenter.com
Autism Speaks	Resource for parents with children with autism				www.autismspeaks.org
NCESD Early Support	Birth to 3				www.ncesd.org/services/early-intervention Available at North Central Educational Service District, Achieve Center, Castle Rock Early Childhood Learning Center, Wenatchee Schools, Eastmont Schools, Children's Home Society

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
North Central Educational Service District	Career services, classroom support, birth to 3, early childhood development, migrant education, special education, student support, professional development	430 Olds Station Road, Wenatchee	(509)665-2610		www.ncesd.org
Castle Rock Early Childhood Learning Center	Preschool for children of all needs. Children with developmental delays can be enrolled through the school district. Birth to 3.	112 South Elliott, Wenatchee	(509)663-7117	M-F 7:55-10:25 or 11:45-2:15	www.wenatcheeschools.org/cp 3-4yr olds. Must be toilet trained. Tuition fee \$100-200 monthly
Center for Autism & Related Disorders	Applied behavioral analysis, autism, specialized services for extreme behaviors, training programs, education services for children with autism, therapy programs	246 N Mission St, Wenatchee	(509)293-8116	8:00 - 8:00	www.centerforautism.com/locations/wenatchee Services offered remote. Services offered in Spanish. Covered through most insurance under the ACA
Discovery Behavior Solutions	Applied behavior analysis therapy for those with special needs and developmental diagnoses, behavior consultation, specialized habilitation	125 Easy St Wenatchee	(360)984-3131	M-F 8:00 - 6:30	www.discoverybehaviorsolutions.com In person clinic, In-home services, and telehealth. Accept Aetna, Asuris, Cigna, Community Health Plan, Coordinated Care, First Choice Health, Kaiser, Molina, Pacific Spurge, Providence, and Regence
Ohana OT - Pediatric Specialists	Specialize in kids with developmental challenges. Sensory therapies.	1139 N Princeton Suite B, Wenatchee	(509)888-7345	M-Thurs 8:00 - 6:30	www.ohanaot.com In person and telehealth available. Accept most insurance, typical out of pocket cost ranges from \$10-\$75. Self-pay \$50-\$150
Washington Developmental Disabilities Administration	Support for disabled individuals and families, family consultation, preventive check-ups, community engagement, assistive technology, back-up caregivers				www.dshs.wa.gov/dda
Washington Sensory Disabilities Services for Deaf and Blind	Works with parents, schools, and specialists to aid children who are deaf or blind to achieve in learning both in school and outside of school		(800)572-7000 or (425)917-7827 - voice/TTY		www.wsdsonline.org Free for children birth to 21 yrs, services available in several languages
Early Child Education/Education					
Chelan Douglas Child Services Association	Head start (dcyf.hscoc@dcyf.wa.gov), early head start, ECEAP, summer school program, private childcare, parent education, health and nutrition education	10375 Mill Rd, Peshastin	(509)663-5179 (509)884-7057	6:30am-5:30pm Monday-Friday	www.cdcsa.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Early Childhood Education and Assistance Program	Early Education and Subsidy Program		eeceap@dcyf.wa.gov	Partial, Full, or Extended Days	
National School Lunch Program	Free school lunch program for school aged children				www.fns.usda.gov/nsip Application through your school district. Incomes below 130% of the poverty level.
School District Services	K-12 education. Resources for students experiencing homelessness - transportation, supplies, food, and other assistance		Cashmere: (509)782-3355 Cascade: (509)548-5885 Wenatchee: (509)663-8161ext.33330 Eastmont School District: (509)548-5885 Chelan School District: (509)682-7744 Entiat School District: (509)888-5175		www.cashmere.wednet.edu www.cascadesd.org home.wsd.wednet.edu www.eastmont206.org
Small Miracles	Free lunches for students during summer break. Pick-up available in Cashmere	595 Grant Road, East Wenatchee	(509)888-9495, smallmiraclesncw@gmail.com	11:00am-12:00pm Monday-Thursday	www.smallmiraclesncw.org <18 yrs old
TEAMS Learning Center	Early Learning and Parent Support, drop-in day care, and training for parents	200 Tichenal Road #2, Cashmere 317 First St, Wenatchee	(509)782-2800 (509)860-5241	8:00am-9:00pm Monday-Friday	www.teamsllearningcenter.org "Stay & Play" early learning sessions for parents are free. Scholarships available
Chelan Douglas Child Services Association	Head start (dcyf.hscoc@dcyf.wa.gov), early head start, ECEAP, summer school program, private childcare, parent education, health and nutrition education	1305 Kittitas St, 1321 Methow St, Wenatchee 1864 N Aurora Ave, East Wenatchee	(509)663-5179, (509)663-3919, (509)884-7057	6:30am-5:30pm Monday-Friday	www.cdcsa.com
Communities in Schools of North Central Washington	Comprehensive services that connect kids to caring adults and community resources to help them succeed. Includes school-based site coordinators who help with case management	Waterville	(509)888-4009		https://cisncw.ciswa.org/
Alternative High School at Wenatchee School District	Non-traditional arrangement for students for whom traditional classroom placement will not be successful.	1510 9th St, Wenatchee	(509)663-7947	M-F 8:00-4:00	www.wenatcheeschools.org/wshs Referrals can be made by the student, parent staff, or administration. Ages 14-20yrs
Communities in Schools North Central Washington	Comprehensive support for children and adolescents to increase graduation, college preparation, and school success. Basic needs support including clothing, food and physical and mental healthcare. Bully prevention education. Life skills. Family engagement	14 N Mission St, Wenatchee	(509)888-4009	M-F 8:30-5:00	www.cisncw.ciswa.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
East Wenatchee Seedlings Center	Head start, early head start, migrant and seasonal headstart	91 Eastmont Ave, East Wenatchee	(509)454-2488		www.esd105.org Early Education Program for 3-5 year olds, subsidized
Lighthouse Christian Ministries	Preschool program Christian-centered preschool and pre-k for children 3-5yrs	12 N Chelan Ave, Wenatchee	(509)670-5886	Preschool Tu/Th 8:30-11 PreK M/W/F 8:30-11 PreK T/W/TTh 11:30-2	www.wenatcheelighthouse.org Scholarships available
National School Lunch Program	Free school lunch program for school aged children				www.fns.usda.gov/nslp Application through your school district. Incomes below 130% of the poverty level.
Parents as Teachers	Parent Education, developmental support and activities	139 S Worthen St, Wenatchee	(509)662-6761 ext. 30001		www.parentsaSTEACHERS.org Prenatal to age 4
Childcare Resources					
Working Connections Childcare Subsidy	Childcare Subsidy Program		(844)626-8687		www.WashingtonConnection.org
Youth Activities					
Camp Fire Club/ Youth United	Youth club with team sports, community service, arts, weekend outdoor adventures	7 N Wenatchee Ave Suite 201, Wenatchee	(509)663-1609		www.campfirecwcw.org
Entiat Valley Community Services	Youth in Action, youth activities	2084 Entiat Way, Entiat	(509)888-3999, evcsfb@nwi.net		www.evcsfb.org/entiat-r-regional-health-clinic
4-H Youth Development Program Okanogan County	Youth development education program through agricultural and animal husbandry activities, community service	400 Washington St, Wenatchee	(509)667-6540	M-F 8:00-5:00	www.extension.wsu.edu/chelan-douglas/youth/youthdevelopment
Family Unit Resources					
Chelan Douglas CASA Program	Advocacy and services for children in the welfare system	431 Douglas St, Wenatchee	(509)662-7350	M-F 8:30-4:30	www.cdccasa.org
Children's Home Society	Family counseling services, foster care, nurturing stable, safe, and secure families. Early childhood education, Birth to 3	1014 Walla Walla Ave, Wenatchee 220 Eastmont Ave B, East Wenatchee	(509)663-0034		www.childrenshomesociety.org
Foster Care at Washington State Department of Children, Youth, & Families	Licensing for foster homes, works with foster parents, children, natural parents, community agencies, courts.	805 S Mission St, Wenatchee	(509)665-5300	M-F 8:00-5:00	www.dcyf.wa.gov/services/foster-parenting

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Foster Parent Alliance of Washington	Non-profit that supports foster parents and their families		24/7 hotline: (800) 391-CARE, (800) 391-2273		
Child Safety					
Car Seats	Low-cost or free car seats are available through Medicaid with WIC enrollment		(800)322-2588		www.dshs.wa.gov/esa/social-services-manual/first-steps
Safe Kids Chelan-Douglas	Car-seat checkups, safety workshops, sports clinic to prevent childhood injuries	377 N Eastmont Ave, East Wenatchee	(509)662-4003		Led by Douglas County Fire District #2
Hotlines/Virtual Services					
Runaway Switchboard and Hotline	Hotline for youth, parents, and guardians		(800)RUNAWAY or (800)786-2929	24 hours, 7 days per week	www.1800runaway.org
Stop Bullying	Resources for bullying and cyberbullying		1-800-273-TALK or (800)273-8255	24 hours, 7 days per week	www.stopbullying.gov
Teen Link	Program for WA State adolescents for support with bullying, substance use, relationships, stress, depression, and other concerns		1-866-TEENLINK or (866)833-6546	24 hours, 7 days per week	www.teenlink.org

Prenatal, Maternal, and reproductive Health Resources

- **Prenatal**
- **Support Programs**
- **Family Planning**

Prenatal, Maternal, and Reproductive Health Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Prenatal					
Confluence Health	Office on Red Apple Road, deliveries at Confluence Hospital - Central Campus	933 Red Apple Road Wenatchee	(509)433-3203	8:00am - 5:00pm Monday - Thursday, 8:00am - 3:00pm Fri.	www.confluencehealth.org/services/womens-health/ob-gyn/
Riverside Midwifery - Columbia Valley Community Health	Prenatal care, well woman exams	600 Orondo Ave, Wenatchee	(509)888-1924 or (800)288-7649, Fax: (509)664-4590	M-F 8:00-6:00	
Wenatchee Midwife	Breastfeeding support and other postpartum and newborn care support	310 S Mission St, Wenatchee	(509)663-2770, info@wenatchemidwife.com		
Support Programs					
PAL for Moms	For Providers with perinatal psychiatry questions	University of Washington	877-PAL4MOM or (877)725-4666, PPCL@uw.edu	9:00am - 5:00pm Monday - Friday	www.mcmh.uw.edu/ppcl
Parent Help 123	Education for parents on child development, maternity support, health, and special needs. Information and support for eligibility for WIC, food benefits, other DSHS programs for parents.	WA	(800)322-2588	8:00am - 5:30pm Monday - Thursday, 8:00am - 5:00pm Fri	www.parenthelp123.org Services offered in Spanish, other languages through interpretation line
First Steps	Program to promote early prenatal care, access to delivery care, post-pregnancy care, dental care, family planning, newborn care, maternity support services, infant case management, childbirth education, outreach, transportation.	933 Red Apple Road, Wenatchee	Enrollment: (800)322-2588 Local service provider: (509)443-3203		www.dshs.wa.gov/esa/social-services-manual/first-steps Local office at Confluence Health
Nurse Family Partnership	Support for first time parents through regular nurse visits starting in pregnancy through the child's second birthday	200 Valley Mall Pkwy, East Wenatchee	(509)886-6400, nfp@cdhd.wa.gov		www.nursefamilypartnership.org Must be a first-time mother, <28 weeks pregnant, income eligibility requirement
PREPARES Pregnancy & Parenting Support	Basic needs, parent support groups, play groups for children, family companions	Central Washington	(509)946-4645, syndee@preparesforlife.org		www.preparesforlife.org Associated with Catholic Charities NCW
La Leche League	Support and information parent to parent from pregnancy through weaning	941 Washington St Wenatchee	(509)664-0186 annette.muellers@gmail.com , Regional Helpline: (509)761-9181		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Confluence Health Lactation Services	Assistance with breastfeeding needs to promote health breastfeeding	1201 S Miller St, Wenatchee	(509)433-3331	7 days per week	
National Breastfeeding Helpline	Support with breastfeeding, returning to work, storing breastmilk		(800)994-9662	M-F 6:00-3:00 (9:00-6:00 EST)	
Wenatchee Breastfeeding Awareness Coalition	Promote breastfeeding, advocacy for breastfeeding, provider education/ communication	600 Orondo Ave, Wenatchee	(509)664-3548, jceesay@cvch.org	Bi-monthly meetings Jan, Mar, May, Jul, Sep, Nov 8:30-10:00 4th Thurs on the month	
Family Planning					
Planned Parenthood Wenatchee	Family planning, contraception/ emergency contraception, STI testing and treatment, HIV services, LGBTQ+ services, primary care, both women's and men's healthcare, medication abortion, referral for other abortion services out of area	609 Okanogan Ave Wenatchee	(866)904-7721, Fax: (509)248-3644	Monday 8:00-1:30 Tues-Thur 7:00-6:00	www.plannedparenthood.org Accept WA Apple Health and other insurance Lower fee scale/ state-funded services available for uninsured persons. Services offered in Spanish, other languages by telephone interpreter

Aging Care Resources

- **Adult Protective Services**
- **Advanced Directives**
- **In-Home Care**
- **Assisted Living**
- **Adult Family Homes**
- **Cleaning and Chore Services**

Aging Care Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Adult Protective Services					
APS Reporting Line	System to report concerns involving vulnerable adults		(877)734-6277, 1-800-ENDHARM or (800)557-9671 central reporting line	Online reporting 24/7	www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults
Cashmere Senior Center	Activities, events	120 Cottage Ave. Cashmere	(509)782-2415		
Leavenworth Senior Center		423 Evans St Leavenworth	(509)888-4440		www.leavenworthseniors.com
Catholic Charities	Elder Volunteer Services	145 South Worthen St, Wenatchee	(509)662-6761		
Advanced Directives					
Apple Health Advance Directive Resources	Support with advance directives, living wills, POLST		(877)644-4613, TTY/TDD: (866)862-9380		www.coordinatedcarehealth.com/members/medical/resources/advance-directive.html
End of Life Washington	Support with end of life choices, planning/documentation, education around end of life, and death with dignity	9311 SE 36th St Suite 110, Mercer Island WA	(206)256-1636		www.endoflifewa.org
Physician Orders for Life Sustaining Treatment (POLST)	Access to POLST information, document download/ordering, and training materials				www.doh.wa.gov/YouandYourFamily/IllnessandDisease/PhysiciansOrderforLifeSustainingTreatment
WA DSHS Legal Planning Resources	Summary of Wills, advance directives, living wills, health care directive, durable power of attorney, POLST, guardianship		General information line: (360)725-2300		www.dshs.wa.gov/altsa/home-and-community-services/legal-planning
Washington State Medical Association Advance Directive Information	Education for patients and providers on advance directives. Patient education print-outs and low-cost booklet orders available				https://wsma.org/advance-directives
Confluence Health Advance Care Planning	Support with advance directives	1000 A.N. Miller Wenatchee	(509)630-4042		www.confluencehealth.org/resources/advance-care-planning/

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
In-Home Care					
All Ways Caring	Medication preparation and adherence support, grocery shopping, transportation, ambulatory assistance, housework, managing communications	93 Eastmont Ave Ste 150, East Wenatchee	(509)886-0473	M-F 8:00-5:00	www.allwayscaring.com
Aveanna Healthcare	Home healthcare, hospice care	409 N Mission St, Wenatchee	(509)470-8205	Mon-Sun 9:00-5:00	
Beneficial In-Home Care	Provides in-home personal and companion care, chores & errands.	430 Rock Island Rd, East Wenatchee	(509)663-7900	M-F 8:00-5:00	www.bihc.biz Accepts COPEs; No nursing or physical therapy services. Does not accept Medicare. Case manager assessment within 24 hours.
Confluence Health Home Care & Hospice	Rehabilitation therapy, infusion therapy, ostomy/wound care, pain and symptom management, hospice	820 N Chelan Ave, Wenatchee	(509)665-6049	7 days/week, oncall after hours, weekends holidays	
ResCare of Washington	Provides in-home personal and companion care, chores & errands. Also offers visiting nurses, OP/PT and other skilled medical care	801 Eastmont Ave Ste D, East Wenatchee	(509)255-3532		rescare.com/homecare-services Accepts COPEs
Advanced Home Health & Home Care NW of Wenatchee	Provides In-home personal & companion care, chores & errands. They also offer visiting nurses, OT/PT and other skilled medical care.	285 Technology Center Way Suite 107, Wenatchee	(509)663-9585	24/7	www.wenatcheehomehealth.com Does NOT accept COPEs, accepts Medicare & Medicaid payment for physician ordered home health care. Formally known as "Healthy Options"
In-Home Care of Central WA	Provides in-home personal & companion care, chores & errands, no nursing or physical therapy services.	509 N Western Ave, Wenatchee	(509) 663-7742 or (800)640-6907		www.in-homecare.org Service Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties
Total Care Home Health	Provides in-home personal & companion care, chores & errands, and skilled nursing services.	415 N Mission St, Wenatchee	(800)755-1458		
Serengeti Care	In-home health care services including companion, bathing, dressing, housekeeping, errands, etc.	200 Palouse St #101, Wenatchee	(509)630-8481		www.serengeticare.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Visiting Angels	Safe and steady fall program, respite care, Alzheimer's care, homecare, personal care, palliative care, social care, Ready Set Go Home program	1737 Wenatchee Ave #B, Wenatchee	(509)888-4781		
Assisted Living					
Cashmere Post Acute	Long term care, memory care, hospice, respite care	817 Pioneer Ave Cashmere	(509)782-1251	9:00am-5:00pm Mon - Fri	www.cashmerepostacute.com
Cornerstone Community Adult Family Home	Assistance with ADL's, personal care, social services	12125 Detillion Rd, Leavenworth	(509)888-3311		
Epedalín	Assisted Living, respite care	809 Pioneer Ave, Cashmere	509-782-7600		Accept Medicaid
Mountain Meadows	Assisted living, memory care, respite care	320 Park Ave, Leavenworth	(509)548-4076		Accept Medicaid
Amber Waves Boarding Home	Assisted living facility, alzheimer's and dementia specialty house	302 E Ash St Waterville	(509)745-8187		
Avamere at Wenatchee	Assisted Living, Respite Care	1550 Cherry St Wenatchee	(509)662-8646		www.avamere.com/avamere-at-wenatchee Accept Medicaid
Blossom Creek	Memory Care, respite care	1740 Madison St, Wenatchee	(509)662-3500		Accept Medicaid
Blossom Valley	Assisted Living, respite care	1701 Orchard Ave, Wenatchee	(509)667-0990		Accept Medicaid
Bonaventure	Assisted Living, Memory Care, respite care	50 29th St NW, East Wenatchee	(509)881-2093		
Colonial Vista Post-Acute and Rehabilitation Center	Independent living, assisted living	625 Okanogan Ave, Wenatchee	(509)663-1171, Fax: (509)664-6864		Accept Medicare, Medicaid, and several managed care plans
Christopher House	Assisted Living	100 S. Cleveland Ave, Wenatchee	509-888-0773		Accept Medicaid
Ciel Senior Living	Residential memory care services for residents with Alzheimer's and other forms of dementia	817 Red Apple Rd, Wenatchee	(509)683-7173		https://cielseniorliving.com/ Monthly rent + cost of assisted living services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Garden Terrace Senior Housing	Low-income senior housing - independent living with mandatory meals	500 North Emerson Ave, Wenatchee	(509)663-2154, gardenterrace@nwi.net	Office M-F 9 - 4	www.gardenterrace.us/application Age 62 yrs and older, income below \$35,200/year. HUD subsidized monthly rent program
Highgate House	Assisted Living, Memory Care, respite care	1320 S. Miller St, Wenatchee	509-665-6695		
Kadie Glen	Assisted Living, respite care	451 N Baker Ave, East Wenatchee	509-884-9555		Accept Medicaid
Prestige Colonial Vista	Assisted Living, skilled nursing, respite care	601 Okanogan Ave, Wenatchee	509-663-3337		Accept Medicaid
Prestige Hearthstone	Assisted Living, respite care	589 Highline Dr, East Wenatchee	509-884-3938		Accept Medicaid
Regency	Skilled nursing	1326 Red Apple Rd, Wenatchee	(509)682-2551		
Riverwest Senior Living	Assisted living, independent living, memory care, care coordination	900 North Western Ave, Wenatchee	(509)662-2797		www.riverwestretirement.org Self-pay or long-term care insurance. Veteran's VA discount cover 25-50% of costs.

Adult Family Homes

Angelas Adult Family Home		1529 Cherry St, Wenatchee	509-665-3479		
Argonne Adult Family Home		1572 Grant Road East Wenatchee	509-888-4814		
Avalon Adult Family Home		430 NE 19th ST, East Wenatchee	509-884-6470		
Caring Cottage LLC		2023 Westhaven, Wenatchee	509-888-4950		
Char's Family Home		1128 Castlerock Ave, Wenatchee	509-888-0348		
Columbia View Terrace AFH		1722 N Anne Ave, East Wenatchee	509-886-5971		
Dore Haven		1310 2ND SE, East Wenatchee	509-884-3020		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Ella's Adult Family Home		1511 Elmwood St, Wenatchee	509-888-0519		
Entiat Valley Senior Home		6610 Roaring Creek Rd, Entiat	509-784-2247		
Golden Years		613 Royal Anne Dr, Wenatchee	509-470-7154		
Gracious Hearts Adult Family Home		33 Furney St, Wenatchee	509-470-6683		
Home Sweet Home		1127 Monroe, Wenatchee	509-663-6901		
Peach Haven Adult Family Homes		1987 Peach Haven Ct, East Wenatchee	509-884-3141		
Seniors Delight AFH Oasis LLC		2125 8TH ST NE, East Wenatchee	509-886-4227		
Seniors Serenity Adult Family Home		2519 Cordell St, Wenatchee	509-662-5300		
Souve Family Home		2710 Num 1 Canyon Rd, Wenatchee	509-662-3634		
Sunnyslope Adult Family Home		828 Beacon Rd, Wenatchee	509-470-8711		
The Maple Lodge LLC		1738 Maple St, Wenatchee	509-665-9494		
Tuscany Cottage		2490 Golf Course Rd, Malaga	509-888-2736		
Tuscany Cottage Cordell		2557 Cordell St, Wenatchee	509-679-0508		
Cleaning and Chore Services					
Catholic Charities Volunteer Chore Service	In-home chore services	145 South Worthen St., Wenatchee	(509)293-8365		www.catholiccharitiescw.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Crispy Clean Home Cleaning	Cleaning service	1662 N Anne Ave, East Wenatchee	(509)433-1688	M-F 9:00-12:00	www.crispycleaninc.com
Merry Maids	Cleaning service	1718 N Pine Ave, Wenatchee	(509)663-1710	M-F 8:30-5:00	www.merrymaids.com

Housing Resources

- **Housing Services**
- **Phone/Internet Assistance**
- **Clothing/Hygiene**
- **Pet Services**

Housing Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Housing Services					
Upper Valley MEND	Human Services Organization for housing, healthcare, and hunger needs of area residents.	347 Division St., Leavenworth	(509)548-0408, info@uvmend.org	9:00am-5:00pm Monday-Friday	www.uvmend.org
Eviction Rent Assistance Program (Chelan-Douglas Community Action Council)	Rent and utilities assistance for those eligible by income	620 Lewis Street Wenatchee	(509)662-6156	8 - 5 Mon-Thurs, 8 - 4 Friday	https://cdcac.org/affordable-housing/
Foundational Community Supports	WA State program for benefits for supportive housing services and supported employment for Apple Health eligible beneficiaries		(844)451-2828		
Habitat for Humanity of the Greater Wenatchee Area	Construction of affordable housing and store with affordable house renovation and repair supplies, assistance with the home ownership process.	615 S Wenatchee Ave, Wenatchee	(509)667-1638	Store: 9:00-5:00 Thursday-Saturday	All are welcome. Christian based. www.wenatcheehf.org
Haven of Hope - Wenatchee Rescue Mission	Transitional housing for women & children residents can stay for 12-24 months	202 S Franklin St, Wenatchee	(509)888-3979, mjohanson@wenatchee.rescuemission.org		www.wenatchee.rescuemission.org /haven-of-hope Women and women with children only. Clean and sober
Hospitality House Men's Shelter	Emergency Shelter. Hot meals and showers for non-residents as well	1450 S Wenatchee Ave, Wenatchee	(509)663-4289	Meals: 7:00am, 12:00pm, 6:00pm	www.hhmwen.org Men only
Projects for Assistance in Transition from Homelessness Services (PATH)	Housing services for individuals experiencing mental health concerns & homelessness, outreach, SUD treatment, referrals for primary care, job training, educational services, & housing				www.benefits.gov/benefit/728 or www.samhsa.gov/homelessness-programs-resources/grant-programs-services/path
SAGE Domestic Violence Shelter		710 N. Chelan Ave, Wenatchee	(509)663-7446	8:00am-5:00pm Monday-Friday	www.findsafety.org Community Housing Network Office
Women's Resource Center	Transitional housing for families and individuals, housing services. Men may be accepted if disabled or recovering from substance dependence	202 Palouse St., Wenatchee	(509)662-0121, info@wrc-ncw.org	Office: 9:00-5:00 Monday-Friday	Household below 30% of area median income, services up to 24 months www.wrc-ncw.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
YWCA Emergency Shelter and Transitional Housing	Interim housing for up to 90 days for women and children, family services, case management, job training	212 1st St, Wenatchee	(509)662-3531, info@ywcancw.org	Office: 11-1 Monday-Friday	www.ywcancw.org Must be clean and sober and pass urine screen
Catholic Charities	Housing Services	145 South Worthen St., Wenatchee	(509)888-9035 or (509)888-2118	M-F 8:00 - 5:00	www.catholiccharitiescw.org Community Housing Network Office
Chelan County Wenatchee Housing Authority	Housing Services	1555 S. Methow St., Wenatchee	(509)663-7421		
Chelan Valley Hope	Housing Services	417 S Bradley St., Chelan	(509)888-2114		Community Housing Network Office
Columbia Valley Home Ownership	Affordable home ownership for low-income households - down payment assistance, revolving loan program, counseling, land trust, forgivable loans	1555 S Methow St, Wenatchee	(509)663-7421	Call Tues/Weds/Thurs Afternoon	www.cvhousing.org
Foundational Community Supports	WA State program for benefits for supportive housing services and supported employment for Apple Health eligible beneficiaries		(844)451-2828		
Gospel House Shelter - Lighthouse Christian Ministries	Emergency Shelter	810 S Wenatchee Ave Wenatchee	(509)664-6775, rau@wenatcheelighthouse.org		Men, Women, & Families
Grace House - Lighthouse Christian Ministries	Transitional housing for women and children, opportunity to provide stability to return children to mothers	291 2nd St NE, East Wenatchee	(509)888-4864, grace@wenatcheelighthouse.org		Women and Children Only
Housing and Recovery through Peer Services (HARPS)	Support for individuals who experience behavioral health disorders and homelessness. Permanent Options for Recovery-Centered Housing (PORCH)		(360)725-1947, wanda.johns@hca.wa.gov		
Lighthouse Christian Ministries	Emergency and Transitional shelter for families and individuals	410 S Columbia St, Wenatchee	(509)888-4864, rau@wenatcheelighthouse.org	Daily 1800-0700, Check-in from 1800-2100 nightly	www.wenatcheelighthouse.org/gospel-house \$10/night, \$175/half month, \$250/month per individual, \$350/month for family Services offered in Spanish
SERVE Wenatchee Valley	Rent eviction prevention and utility assistance	12 Orondo Ave, Wenatchee	(509)663-4673, info@servewenatchee.org	Mon-Thurs 9:00-4:30 (Closed 1200-1330)	www.servewenatchee.org Residents within the Wenatchee or Eastmont School Districts

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
St. Jude's Landing	Supportive/affordable housing facility built by Catholic Charities	1545 S Mission St, Wenatchee	(509)663-7421, alicia@ccwha.com		
VA Clinic/HUD VASH Program	Housing assistance, section 8 rental voucher, and case management services for veterans	2530 Chester-Kimm Rd, Wenatchee	(800)325-7640 or (509)663-7421		
Veteran's Assistance Fund at Chelan Veteran's Services Office	Temporary emergency financial assistance - rent, fuel, burial expense, and other funds	428 Orondo Ave, Wenatchee	(509)664-6801	Mon-Thurs 10:00 - 3:00	www.co.chelan.wa.us/veterans-program/pages/veteran-service-offices All Veterans, spouses, and dependents of Veterans
Phone/Internet Assistance					
Assurance Wireless	Access to mobile phones, wireless phone service, texting, and data service for low-income individuals		(888)321-5880		www.assurancewireless.com Eligible with enrollment in SNAP, Medicaid, Veterans Pension, Social Security Income, Federal Public Housing/Section 8
Safelink Wireless	Access to mobile phones, wireless phone service, texting, and data service for low-income individuals		(800)723-3546		www.safelinkwireless.com Eligible with enrollment in SNAP, Medicaid, Veterans Pension, Social Security Income, Federal Public Housing/Section 8. Assurance Wireless not available in Okanogan county
Washington Telephone Assistance Program	Access to landline telephone services for low-income residents. Call individual area telephone company for specific application requirements		(800)700-8880		Must be a DSHS client.
Clothing and Hygiene					
Salvation Army	Hot Showers, Thrift Store Clothing Vouchers, rent and utility assistance	1205 S. Columbia St, Wenatchee	(509)662-8864		
Hospitality House	Hot showers, hot meals for public. Shelter only for men.	1450 S Wenatchee Ave, Wenatchee	(509)663-4289		www.hhmwen.org
Women's Resource Center	Hygiene and Household Supplies	202 Palouse St, Wenatchee	(509) 662-0121	10:00am-2:30pm Monday-Thursday	www.wrc-ncw.org
Veteran's Closet Men's Clothing	Military Surplus Clothing for Veterans	1450 S. Wenatchee Ave, Wenatchee	(509)663-4289	Mon-Sat 10:00-6:00	
YWCA Store	Clothing and clothing voucher program	231 A N Wenatchee Ave, Wenatchee	(509) 423-7599, info@ywcancw.org	11:30-5:30pm Tuesday-Saturday	www.ywcancw.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pet Services					
Okandogs	Dog shelter, spay/neutering, emergency vet fund, adoptions	6820 Osprey Lane, Cashmere	(509)670-4937		www.okandogs.com
Wenatchee Valley Humane Society	Low-cost spay/neuter, pet food assistance, disaster assistance, emergency medical fund, animal surrenders/re-homing	1474 S Wenatchee Ave, Wenatchee	(509)662-9577	Mon - Tues 11 - 6, Thurs - Fri 11 - 6, Sat - Sun 11 - 3	www.wenatcheehumane.org

Community and Cultural Centers

- **Local Clubs**
- **Community Organizations**

Community and Cultural Centers

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Local Clubs					
Rotary Club Cashmere	Community organization with an emphasis on supporting education and athletics	303 Maple St, Cashmere	(509)555-1212	Wednesdays at 1200	www.rotaryclubofcashmere.com
Rotary Club Leavenworth	Community organization with an emphasis on supporting education and athletics		(509)393-1778	Meet at Kristall's Family Restaurant Fridays 1200	
Waterville Lions Club		601 N Monroe St Waterville		Meetings: 6:30pm 2nd Tues of the month	www.lionsclubs.org/en/start-our-approach/club-locator/details?id=7726
American Legion	Activities, events, meals, and support services for Veterans and their families	208 N Wenatchee Ave, Wenatchee	(509)663-5912		www.post10wenatchee.org
Lions Club	Community volunteer organization		(509)423-6715		www.wenatcheecedcentralions.org
Rotary Club of Wenatchee	Community organization with an emphasis on supporting education and athletics	3 North Worthen Street, Wenatchee		Meetings Wednesdays at 12:00	www.wenatcheeconfluencerotary.com Offer Scholarships
Veterans of Foreign War Post 3617	Events, benefit counseling	211 11th St NE East Wenatchee	(509)884-3617		www.vfwpost3617.org
Community Organizations					
Upper Valley MEND	Human Services Organization for housing, healthcare, and hunger needs of area residents.	347 Division St., Leavenworth	(509)548-0408		www.uvmend.org
Action Health Partners	Community care coordination, health education, health insurance, and support services	230 Grant Rd A35, East Wenatchee	(509)782-5030		
American Red Cross - Greater Inland Northwest	Respond to local disasters/needs	230 Grant Rd B1, East Wenatchee	(509)663-3907		
Chelan-Douglas Community Action Council		620 Lewis St., Wenatchee	(509)662-6156	Mon-Thurs 8 - 5, Friday 8 - 4	Community Outreach, financial and benefit assistance
Community Foundation of North Central WA	Philanthropic organization that helps individuals, families, businesses, and agencies support charitable causes throughout Chelan, Douglas, and Okanogan counties	9 S Wenatchee Ave, Wenatchee	(509)663-7716, info@cfncw.org	M - F 8:00 - 5:00	www.cfncw.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Opportunities Industrialization Center of WA	Community services, education and employment training, financial services	270 9th St NE Suite #240, East Wenatchee	(509)665-3715		www.yvoic.org
PowerHouse Ministry Center	Mentoring, education, and financial services, Homeless day center, laundry, clothing, phone calls, computer services, community group meetings	526 S Wenatchee Ave, Wenatchee	(509)888-6632		www.powerhousewenatchee.com All services are free
Together Wenatchee	Community Connection, Meal Share Program, Supporting Small Businesses		Together Wenatchee Facebook Group		www.togetherwenatchee.com
United Way of Chelan and Douglas Counties	Community organization working to promote education, income, and health for communities. Programs include early childhood learning, alleviating poverty, and youth united	107 S Mission St, Wenatchee	(509)662-8261, alan@uwcdc.org trina@uwcdc.org		
Wenatchee Community Center	Community services, programs and events, rental spaces, community garden, Veteran's hall, Utility/rent assistance, mentoring	504 South Chelan Ave, Wenatchee	(509)888-3286		www.wenatcheeewa.gov Community organization hub for: Wenatchee Food Bank, American Red Cross Blood Drive, Veteran's Services, Community Choice, Alcoholics Anonymous, Amigos Unidos, Child Care Aware, Literacy Council
Wenatchee Pride	LGBTQ+, BIPOC, community outreach, Financial hardship and medical expense microgrants	Wenatchee	PO Box 3242, Wenatchee		www.wenatcheepride.org ,

Government Offices and Services

- **Local Government**
- **Veteran's Services**

Government Offices and Veteran's Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Local Government					
Cashmere Chamber of Commerce	Business directory, business support, community events	103 Cottage Cashmere	(509)782-7404		www.cashmerechamber.org
Leavenworth Chamber of Commerce	Business directory, business support, community events	940 US-2 Suite B, Leavenworth	(509)548-5807	9 - 6 Sun - Wed, 8 - 6 Thurs - Sat	www.leavenworth.org
Wenatchee Valley Chamber of Commerce	Business directory, COVID recovery council, business support	137 North Wenatchee Ave, Wenatchee	(509)662-2116, info@wenatchee.org		www.wenatchee.org
City of Cashmere	Government services, public works, parks and recreation	101 Woodring St, Cashmere	(509)782-3513	9:00am - 5:00pm Monday - Friday	www.cityofcashmere.org
City of Leavenworth	Government services, public works, parks and recreation	700 Hwy 2, Leavenworth	(509)548-5275	9:00am - 4:00pm Monday - Friday	www.cityofleavenworth.com
City Hall - East Wenatchee	Government services, community services, resources	271 9th St, East Wenatchee	(509)844-9515	M - F 8:00 - 5:00	www.eastwenatcheewa.gov
City Hall - Entiat	Government services, community services, resources	14070 Kinzel Sr, Entiat	(509)784-1500	M - F 8:00 - 5:00	www.entiatwa.us
City Hall - Rock Island	Government services, community services, resources	5 N Garden Ave, Rock Island	(509)884-1261	M - F 8:00 - 5:00	www.rockislandwa.gov
City Hall - Wenatchee	Government services, community services, resources	301 Yakima St, Wenatchee	(509)888-6200	M - F 8:00 - 5:00	www.wenatcheewa.gov
County of Chelan	Government services, community services, resources	18 S Mission St, Wenatchee	(509)663-2778	M - F 9:00 - 4:00	www.co.chelan.wa.us
Chelan County PUD	Utilities, parks and recreation, environment, rebates, public education	203 Olds Station Road Wenatchee	(509)663-8121 or (888)663-8121	M - F 8:00 - 5:00	www.chelanpud.org
Department of Social and Health Services (DSHS)	Financial assistance through TANF, Aged Blind and Disabled (ABD), Social Security Application Assistance and Advocates, Additional Requirements and Emergent Needs (AREN), Diversion Cash Assistance (DCA), Housing and Essential Needs (HEN), Refugee Cash Assistance (RCA)	805 S Mission St, Wenatchee	(888)778-1575 or (509)834-7656 or (877)501-2233	M - F 8:00 - 5:00	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Developmental Disabilities Administration DSHS	Home care aides, assistive technology, community engagement, non-residential services and programs, child development services, community residential services, employment, day programs, Medicare reimbursement, nursing services, rehabilitation, respite services	50 Simon St SE, East Wenatchee	509-886-6183	M - F 8:00 - 5:00	Apply for services online at www.washingtonconnection.org www.dshs.wa.gov/dda/developmental-disabilities-administration-services-programs
DSHS Home and Community Services	Long Term Care Services	50 Simon St SE, East Wenatchee	509-886-6141	M - F 8:00 - 5:00	www.dshs.wa.gov/location/dshs-hcs-wenatchee
HopeSource	Supportive Services, Veterans services, employment services, assistance in benefit applications/services	23 S Wenatchee Ave Suite 224, Wenatchee	(844)831-4673, info@hopesource.us	M - F 8:00 - 4:00	www.hopesource.us/wenatchee
Rural Housing Service USDA	Improve housing and essential community facilities in rural areas	301 Yakima St, Wenatchee	(509)663-4019 ext 145		
Social Security Patient Support Services	Assistance with social security benefits	301 Yakima St, Wenatchee	(877)669-3125		
Wenatchee Community Services Office	Get help with signing up for: SNAP, EBT, childcare subsidy, DSHS emergency programs, housing and essential needs, medical assistance programs, pregnant women assistance, refugee cash assistance, TANF	805 S Mission St, Wenatchee	(877)501-2233, TTY (800)833-6384, FAX (888)338-7410	M - F 8:00 - 5:00	
Veteran's Services					
Veteran's Crisis Line	Support for Veterans in Crisis and their families		(800)273-8255		www.veteranscrisisline.net
Veteran's HUD VASH Program	Behavioral Health, Housing, and Employment Services	512 S Chelan Ave, Wenatchee	(800)325-7640 or (509)663-7615		
Veteran's Service Office - Chelan County	Disability, VA paperwork, Veteran's assistance fund	428 Orondo Ave, Wenatchee	(509)664-6801	Monday - Thursday 10:00 - 3:00	
Veteran's Service Office - Douglas County	Disability, VA paperwork, Veteran's assistance fund	211 11th St NE, East Wenatchee	(509)683-3605	Tuesday - Friday 9:00 - 3:00	www.douglascountywa.net
Vets Serving Vets/ The Bunker	Counseling, employment resources, healthcare navigation, foodbank	1250 N Wenatchee Ave, Wenatchee	(509)885-5559	Monday - Friday 9:00 - 1:00	www.nowveterans.info/resources/vets-serving-vets-the-bunker/

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
WA Female Veterans	Behavioral Health, Housing, and Employment Services	2530 Chester-Kimm Rd., Wenatchee	(800)325-7640 or (509)663-7615		Center for Women Veterans (CWV)
WA State Department of Veteran's Affairs	Housing, employment services, claims assistance and counseling		(509)669-0601 or (800)562-2308, benefits@dva.wa.gov		www.dva.wa.gov

Employment Services

➤ **Employment Services**

Employment Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Employment Services					
Local Job Listings Cashmere			Found at Chamber of Commerce, City, and School Districts		
Department of Vocational Rehabilitation	Assists people with disabilities to prepare for, secure, maintain, or regain employment	630 N Chelan Ave Ste B6 Wenatchee,	(509) 662-0439, (877) 688-1007	8:00 - 5:00 Monday - Friday	
OIC of Washington - National Farmer Jobs Program and YouthBuild Program	Job training and job search assistance for unemployed farm workers. Assistance with rent, toiletries, and gas funds. OIC also helps with education and training with both youth and adults	270 9th St NE Suite #420 East Wenatchee	(509) 426-1941	8:00 - 5:00 Monday - Friday	www.yvoic.org/services
SkillsSource	Education and employment services, computer classes, basic skills, GED,	233 N Chelan Ave Wenatchee	(509) 663-3091		www.skillssource.org
Veteran Educational and Career Counseling	Employment assistance for Veterans				Apply online: www.va.gov/careers-employment/education-and-career-counseling/
Washington Career Bridge	Website to help those explore careers, view job trends, and find education				www.careerbridge.wa.gov/
Eastside Vocational Services	Education and employment services - Vocational Counseling, Job Analysis Preparation, Return to Work Programs, Resume Services, Goal Attainment Program, Workplace Ergonomics	23 S Wenatchee Ave Suite 320, Wenatchee	(509) 962-1950, FAX: (866) 243-7009		
Migrant Seasonal Farmworker Program of OIC of Washington	Job training and job search assistance for unemployed farm workers. Assistance with rent, toiletries, and gas funds.	270 9th St NE, East Wenatchee	(509) 665-3715	M - F 8:00 - 5:00	www.yvoic.org/services
Opportunities Industrialization Center of WA	Education and employment services	270 9th St NE Suite #240, East Wenatchee	(509) 665-3715		www.yvoic.org/services
Veteran's HUD VASH Program	Employment assistance for Veterans	2530 Chester-Kimm Rd, Wenatchee	(800) 325-7640 or (509) 663-7615		
Wenatchee Valley Chamber of Commerce Job Board	Job Postings				http://wenatchee.org/jobs

Name of Resource		Services	Location	Contact Information	Hours	Additional Information
WorkSource		Education and employment services, unemployment insurance	270 9th St. NE Suite 240, East Wenatchee	(509)665-6605 or (800)318-6022	Monday - Friday 8:00 - 5:00	www.WorkSourceWA.com On Bus Routes 11 and 12

Education Resources

- **Libraries**
- **Other Resources**

Education Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Libraries					
NCW Wenatchee Library	Book borrowing, events, computers, printing (free up to 15 pages)	310 Douglas St, Wenatchee	(509)662-5021	Mon-Thurs 9 - 6:30, Fri/Sat 9 - 5:30	www.ncwlibraries.org
Waterville Public Library	Public computers, free WiFi, printer, children's play area, reading area	107 W Locust St Waterville	(509) 745-8354	10-2 & 3-7 Tue/Wed, 10-2 Thurs - Sat	www.ncwlibraries.org/locations/waterville-public-library/
North Central Washington Libraries Website	Includes links to free educational services available with library account, including homework help with tutoring				www.ncwlibraries.org/free-educational-resources-for-students-and-educators/
Other Resources					
Wenatchee River Institute		347 Division St, Leavenworth	(509)548-0181		www.wenatcheeriverinstitute.org Educational events and programs for children and adults
Literary Council of Chelan and Douglas counties	Free classes for English as second language, writing, and reading for adults		(509)662-6156	See website for class times and registration	https://cdcac.org/literacy-council/
Asset Building (Chelan-Douglas Community Action Council)	Online education resources for adults on money and assets.	Online	(509)662-6156		https://cdcac.org/asset-building/
Chemistry Coach	Free tailored online chemistry study guides, Each study guide was crafted by a team of college professors				https://chemistry.coach/
Khan Academy	Free online learning for grade 2 and up in math and reading & language arts				www.khanacademy.org/
Community Education at Community for the Advancement of Family Education (CAFE)	Tutoring K-12, ESL, basic computer skills classes, small business training, technical assistance, youth organizing	766 South Mission St, Wenatchee	(509)415-8274, info@wenatcheecafe.org	Monday - Friday 9:00 - 5:00	www.wenatcheecafe.org
Wenatchee Valley College	Adult education classes, job skills/skilled trades, ESL	1300 Fifth St, Wenatchee	(509)682-6800		www.wvc.edu Financial aid available

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Wenatchee Valley Technical Skills Center	Credit acceleration program. Programs in automotive technology, digital media arts, collision repair technology, construction trades, cosmetology, criminal justice, culinary arts, fire science, videogame designs, leadership.	327 East Penny Road Building A, Wenatchee	(509)662-8827 Ext. 25222	Monday - Friday 7:30 - 3:30	Able to attend am 8:40 - 11:25 or pm 12:35 - 15:05, then attend half day at high school

Community Safety Resources

- **Environmental Safety**
- **Fire and Emergency Management**
- **Law Enforcement**
- **Firearm Safety**

Community Safety Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Environmental Safety					
Radon Testing	Free testing, quotes for mitigation		(509)202-4296, (800)299-3578		WA DOH Radon Information Sheet
Well Water Testing for Arsenic Information	WA DOH information on well water testing.				Arsenic and Well Water Information Sheet List of well water testing sites: https://apps.ecology.wa.gov/laboratorysearch/ Average cost \$20-\$35.
IEH Laboratories	Food testing, pathogen detection, FDA compliance, PPE for food facilities	201 S Division St, Cashmere	(509)782-1500	7:00am - 7:00pm Monday - Friday	www.iehinc.com
Eurofins Microbiology Laboratories	Agriculture testing, solid wastes, wastewater, drinking water, product & ingredient testing, environmental monitoring	3019 Gs Center Rd, Wenatchee	(509)662-1888, Cascade@EurofinsUS.com		www.eurofinsus.com
Safe Environment at Chelan-Douglas Health District	Solid waste, vectors, bio/chemical, water, and environmental hazards testing	200 Valley Mall Pkwy, East Wenatchee	(509)886-6400	Mon - Thurs 8:00 - 5:00	www.cdhd.wa.gov/environmental-health "Craft3" clean water loan program available to help homeowners repair or replace their septic systems
Fire and Emergency Management					
Chelan County Emergency Management	Emergency planning, emergency management, access	206 Easy St, Wenatchee	(509)667-6863		www.co.chelan.wa.us "AlertSense" Chelan County Public Alerting System - Sign up for texts, emails, pager, or voicemail.
Cashmere Volunteer Fire Department	Emergency preparedness and response, fire safety	101 Wooding St, Cashmere	(509)782-1114	24/7	www.cashmerefire.com
Lake Wenatchee Fire and Rescue Outreach	Emergency preparedness and response, fire safety, living with wildfire	21696 Lake Wenatchee Hwy, Leavenworth	(509)668-9396	Office: 8:00 - 3:00 Monday-Thursd	www.lwfr.org
Law Enforcement					
Chelan County Sheriff		401 Washington St #101, Wenatchee	(509)667-6851		
Douglas County Sheriff		100 19th St NW Suite A East Wenatchee	(509)884-0941		
East Wenatchee Police Department		271 9th St NE, East Wenatchee	(509)884-9511		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Wenatchee Police Department		140 S Mission St, Wenatchee	(509)663-9911		
Firearm Safety					
Liberty Defense	NRA approved firearm safety courses	East Wenatchee	(509)433-7282		www.liberty-defense.com
Project ChildSafe Wenatchee	Firearm safety education and free firearm safety kits	401 S Washington St #101, Wenatchee	(509)630-7654		Associated with Chelan County Sheriff
Wenatchee Rifle and Revolver Club	NRA approved firearm safety courses	2800 #2 Canyon Rd, Wenatchee	(509)662-2388		www.wenrrc.org

Occupational Harzard Resources

➤ Occupational Resources

Occupational Hazard Resource

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Occupational Resources					
Occupational Safety & Health Administration (OSHA)	Report any work-related severe or fatal injury	Nearest office: 300 Fifth Ave Suite 1260, Seattle	24-hour hotline 1-800-321-OSHA or (800)321-6742 or Seattle office (206)757-6677	24 hour reporting line	www.osha.gov/report
Labor & Industries State of Washington	Worker's health and safety, workers compensation, protection from hazardous jobs, safe work places		(800)547-8367 or (360)902-5800		
Tri-County Horticultural Pest and Disease Board	Pest and disease management, pesticide spray guides and schedules	412 Washington St, Wenatchee	(509)667-6827		www.co.chelan.wa.us/horticultural-pest-and-disease-board
Disability Awards and Pensions at Washington State Department of Labor & Industries	Disability awards, pension benefits based on degree of bodily impairment when job injury results in permanent inability to work, survivor benefits.	519 Grant Rd, East Wenatchee	(509)886-6500	Monday - Friday 8:00 - 5:00	www.lni.wa.gov

Legal Resources

- **Legal Service**
- **Immigration/Citizenship Services**
- **Free WIFI Hotspots**
- **Tax Help**
- **Spanish Health Help**
- **Other**

Legal Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Legal Services					
CLEAR Legal Services Northwest Justice Project	Legal help in civil matters for low-income households	300 Okanogan Ave Suite 3A, Wenatchee	(888)201-1014, Seniors: (888)387-7111 (888)201-1012		www.nwjustice.org
Volunteer Attorney Services Chelan & Douglas Counties	Twice-weekly advice clinics, monthly Will and Estate clinics. Quarterly bankruptcy clinics		(509)663-2778		
Northwest Immigrants' Rights Project	Domestic Violence, Asylum, Family services, children & youth, Citizenship, DACA, Detention & Deportation Defense	620 N Emerson Ave Suite 201 Wenatchee	(888)756-3641 (509)570-0054	9:00am - 5:00pm Monday - Friday	www.nwirp.org/get-help/
National Hispanic Family Health Helpline	Provides free reliable and confidential health information in Spanish and English to help callers navigate the health system		(866)783-2645		
Crime Victim Advocate at Together for Youth	Advocacy services for victims of crime, safety planning, crime victim compensation applications, finding shelter and transportation, referral to services	1012 Springwater Ave, Wenatchee	(509)662-7201, info@togethercd.org	9:00am - 5:00pm Monday - Friday	www.togethercd.org/crime-victim-advocacy
Immigration/Citizenship Services					
Hand in Hand Immigration Services	Free citizenship classes for legal permanent residents to prepare for passing the citizenship exam. Offered in English and Spanish, in-person and virtually	18 North Mission St, Wenatchee	(509)888-4833, info@handinhandmd.org	Mon 3:00-7:00, Tues 10:00-1:00, Wed 1:00-5:00	www.handinhandis.org In-Person Immigration Classes: Mon 5:30 in English/ Thurs 5:30 in Spanish, Facebook Live Classes: Tues 6:00 in Spanish, Weds 6:00 in English
Tax Help					
United Way - Tax Program	File taxes and get assistance for free		https://myfreetaxes.com/		
Spanish Health Help					
National Hispanic Family Health Helpline	Provides free reliable and confidential health information in Spanish and English to help callers navigate the health system		(866)783-2645	9:00am-6:00pm EST Monday-Friday	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Other					
Notary - Steve Hardin	Notary Services		(509)888-1902		Reduced Fee, Able to Travel
Wenatchee Valley Dispute Resolution Center	Dispute resolution, mediators	5 S Wenatchee Ave Suite 210, Wenatchee	(509)888-0957	Mon-Thurs 8:30-5:30, Fri 8:30-12:30	www.wvdlrc.org \$25-170 per 3 hour session on sliding scale

Other Resources Directories						
Name of Resource	Services	Location	Contact Information	Hours	Additional Information	
WA211					www.wa211.orh	
Wenatchee World					www.wenatcheeworld.com/wellness	
Chelan County					www.co.chelan.wa.us	
Workfirst					www.workfirst.wa.gov	