

Grant County Resource Guide

**Quincy, Ephrata, Moses Lake,
Othello, Royal City**

Behavioral Health, Substance Use & Eating Disorder Treatment

- **Crisis Lines**
- **Crisis Services**
- **Behavioral Health**
- **Behavioral Health Prescribing Providers**
- **Virtual and Phone Services**
- **Behavioral Health Support Services**
- **Substance Use Treatment**
- **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 National Suicide Prevention Lifeline	24 hours, 7 days per week	www.suicidepreventionlifeline.org
Crisis Services					
New Hope	Services for those with domestic violence, sexual assault, and crime, including: 24/7 crisis hotline, support groups, medical advocacy, safety planning. Shelter for DV, Walk-ins welcome.	311 W Third Avenue Moses Lake	24/7 Hotline: 1-888-560-6027, Main Line: (509) 764-8402	8-5 M/T/Th/F 10-5 Wednesday	https://newhopewa.org/
Behavioral Health					
Renew (Grant Behavioral Health and Wellness)	Mental health, substance use services, developmental disabilities, and crisis services. Locations in Ephrata, Grand Coulee, Mattawa, Moses Lake, Quincy, and Royal City	124 3rd Ave SW Ephrata	(509) 754-2012	8-5 Monday - Friday	https://www.grantcountywa.gov/866/About
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)
Confluence Health Kierstin Tate, LICSW Heather West, MS	Confluence Health Moses Lake Behavioral Health	840 E Hill Ave Moses Lake	(509) 764-6400		
Julirae Gunter Castleton, MS, LMHC	Individual, couple, and family counseling.	821 W Broadway, Ste 101 Moses Lake	(509) 769-3172		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
David Clees, MA, LMHC		Telehealth only with COVID	(509) 571-2026		Preferred provider: Blue Cross/Blue Shield, Premiera, Lifewise, Regence, First Choice
Glade Daniels-Brown, MS, LMHC	Specializes in marital counseling	822 E Cherry Ave Moses Lake	(509) 766-1878		
Pamela Duggan, MSW, LMHC	Specialized training in treating anxiety disorders, trauma, children and parent issues	21 D St SW Suite B-3 Quincy	pameladuggan47@gmail.com, (509) 797-5557 (text or call), (509) 795-0646		In person and telehealth appointments
Chad Davis, MS, LMHC		1800 S Clover Dr, Suite 2 Moses Lake	(509) 764-4164		https://www.chaddavisocounselingllc.com/
Katheryn Espinoza, MSW, LMHC	Individual, couple, and family counseling	821 W Broadway Ste 106 Moses Lake	(509) 750-6440		Bilingual in Spanish, https://www.katheryneesproza.com/
Debora Holt, LMHC (Basin Counseling)	Individual, couple, and family counseling	404 S Division St Moses Lake	(509) 764-7474		https://www.basincounseling.com/
Brad Smedley, MA, MS, LMFT	Individual, couple, and family counseling. Certified EMDR therapist	Telehealth only - 1800 Clover Suite 2, Moses Lake	(208) 699-4705		https://www.seasonscounselingml.com/
Tricia Cunningham, LMHC		Telehealth only	(509) 760-7226		No insurance coverage, \$135 for 50 min, https://www.triciacunninghamcounseling.com/
Paul Susac, LMHC	CBT and Gestalt techniques, and use guided imagery extensively	Phone sessions only, video coming soon	(509) 591-0581		
Moses Lake Community Health Center	Moses Lake Community Health Center	605 Coolidge Dr. Moses Lake	(509) 765-0674		
Samaritan Behavioral Health Healthcare	Samaritan Healthcare	1550 S. Pioneer Way, Suite 370, Moses Lake	(509) 793-9770		
Behavioral Health Prescribing Providers					
Confluence Health	Confluence Health Moses Lake Behavioral Health	839 E. Hill Ave Moses Lake	(509) 764-6399		
Shawla Sackett, ARNP, PMHNP-BC	Moses Lake Community Health Center	605 Coolidge Dr. Moses Lake	(509) 765-0674		
Samaritan Healthcare		1550 S. Pioneer Way, Suite 165, Moses Lake	(509) 793-9770		Has Pediatric Psychiatrist

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Substance Use Treatment					
Al-Anon Meetings	Group for family/support groups of alcoholics	See website for in person and virtual			www.wa-al-anon.org
Alcoholics Anonymous	Group for alcoholics. Area 92, District 19	See website for in person and virtual	(877) 740-2366		Online meetings: https://aa-intergroup.org/www.area92aa.org
Narcotics Anonymous	Group for narcotic users	See website for in person and virtual			Online meetings: https://virtual-na.org/www.wnima.org
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	
Renew (Grant Behavioral Health and Wellness)	Outpatient substance abuse rehab	840 E Plum St Moses Lake	(509) 765-9239, 24 hr crisis line: (800) 852-2923	8:00am-5:00pm Monday-Friday	Spanish speaking services, https://www.grantcountywa.gov/768/Substance-Disorders
STOP Moses Lake	Outpatient substance use program and counselors, DV counselors	104 W Broadway Moses Lake	(509) 855-9494		https://www.stopwa.com/moses-lake-treatment-center/
STOP Othello	Outpatient substance use program and counselors, DV counselors	600 S 1st Ave Othello	(509) 331-7654		https://www.stopwa.com/othello-treatment-center/
New Start Clinics	Opioid addiction outpatient and suboxone treatment. Locations in Brewster, Moses Lake, Omak, Richland, Spokane, Wenatchee, and Yakima	708 E Penn St Moses Lake	(509) 204-3678	9-6 Monday, 8-5 Tues-Thurs	Accepts insurance and special financing. https://newstartclinics.com/
Virtual and Phone Services					
BetterHelp	Online Counseling for individuals, couples, and adolescents				Average \$80-100 per week, insurance typically does not cover www.betterhelp.com
Cerebral	Online Counseling for individuals, couples, and adolescents. Prescribing of psych medications				Accept some insurance - Cigna. as low as \$30/month average for therapy, \$7/month prescriptions only. www.getcerebral.com
Mindful Therapy Group			(971) 352-6971		www.mindfultherapygroup.com Accepts all main Washington Insurances

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Talkspace	Online Counseling for individuals, couples, and adolescents 13-17 yrs old				Accept some insurance - Cigna. Plans start at \$65 per week. www.talkspace.com
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.pcl.psychiatry.uw.edu
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.mcmh.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 "VAPEFREEDWA" 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, Teens: (866) 833-6546,		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		(509) 389-4485 northcentral@ohnadvocacy.org		WA HCA Program
National Alliance on Mental Health (NAMI) Yakima County and Central WA State	Mental health support, education, and advocacy		(509) 453-8229		www.namiyakima.org
National Alliance on Mental Health (NAMI) Spokane	Mental health support, education, and advocacy		(509) 838-5515		https://namispokane.org/

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
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 medicaid
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 medicaid and offers scholarships and payment plans for self-pay

Care/Walk-In Clinic & Emergency Services

- **Emergency Services**
- **Hospitals**
- **Urgent Care/Direct Care Clinics**
- **Primary Care/ Public Health / Community Clinics**
- **Health Insurance Resources**
- **Dental**
- **Pharmacy**
- **Lab Services**
- **Developmental Disability Services**

Access to Care/Walk-In 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)762-1160 24/7 https://macc911.org/contact/			
Moses Lake Emergency Medical Services	City of Moses Lake Fire Department runs ambulance services. Dispatched by 911 services		911	24/7	https://www.cityofml.com/656/Emergency-Medical-Services-Ambulance
Ephrata Emergency Medical Services	Ephrata Emergency Medical Services	800 A St SE Ephrata	911 Non-emergency number:(509) 754-5714	24/7	https://ephrata.org/departments/fire/index.php
American Medical Response Grant County	Medical transportation for Grant County	6828 22nd Ave NE Moses Lake	(509) 765-2155		https://www.amr.net/contact
Poison Control Center	Immediate, free, expert advice in case of exposure to poisonous, hazardous, or toxic substances		(800) 222-1222	24/7	
Hospitals					
Samartian Hospital	Hospital in Moses Lake, 24/7 emergency services, obstetric services	801 E Wheeler Rd. Moses Lake	(509) 765-5606		
Columbia Basin Hospital	24/7 Emergency Services	200 Nat Washington Way Ephrata	(509) 754-4631		https://www.columbiabasinhospital.org/
Quincy Valley Medical Center	Hospital in Quincy. 24/7 emergency services	908 10th Ave SW Quincy	(509) 787-3531		https://www.quincyhospital.org/
Urgent Care/Direct Care Clinics					
Confluence Health Moses Lake Direct Care	Direct Care Same day or next day appointments	840 E. Hill Ave Moses Lake	(509) 764-6400	8:30am-6:30pm M-F, 8:30am-3:30pm Sat/Sun	
Moses Lake Community Health Center	Same day clinic	605 Coolidge Dr. Moses Lake	(509) 765-0674	8:30am-8:00pm M-F, 8:30am-5:00pm Sat	(sliding scale available)
Samartian Healthcare Urgent Care - N Moses Lake	Urgent Care - 2 locations	8420 Aspi Boulevard North Moses Lake	(509) 793-9782	8:00am-5pm Monday-Friday	
Samartian Healthcare Urgent Care - Pioneer	Urgent Care - 2 locations	1550 S. Pioneer War Moses Lake	(509) 793-9790	8:00am-7:00pm M-F, 9:00am-6:00pm Sat/Sun	
Quincy Community Health Center	Same day clinic in Quincy	1450 1st Ave SW Quincy	(509) 787-6423	8:30am-8:00pm M-F, 8:30am-5:00pm Sat	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Sage/View Family Care Clinic	Offers same-day appointments and walk-ins	908 10th Ave SW Quincy	(509) 787-3503	8:00am-6:00pm M-F	https://www.quincyhospital.org/service/clinic
Primary Care/Public Health/Community Clinics					
Confluence Health Moses Lake Campus	Primary Care	840 E. Hill Ave Moses Lake	(509) 764-6400	7:30am-5:00pm Monday-Friday	
Confluence Health Ephrata Clinic	Primary Care	314 Basin St. SW Ephrata	(509) 754-7186	7:30am-5:00pm Monday-Friday	
Confluence Health Royal City Clinic	Primary Care	103 Camelia St NW Royal City	(509) 346-1447	8:30am-4:30pm Monday-Friday	
Columbia Basin Family Medicine		220 Nat Washington Way Ephrata	(509) 754-3330	8:00am-5:00pm Monday-Friday	
Quincy Community Health Center	Family medicine, obstetrics, lab, radiology, behavioral health, diabetes education	1450 1st Ave SW Quincy	(509) 787-6423	8:30am-8:00pm M-F,	
Sage/View Family Care Clinic	Offers same-day appointments and walk-ins	908 10th Ave SW Quincy	(509) 787-3503	8:00am-6:00pm M-F 8:30am-5 Saturday	https://www.quincyhospital.org/service/clinic
Coulee City Medical Clinic		130 N Adams St Coulee City	(509) 632-5701	9:00am-5:30pm Mon, Tues, & Thurs	
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	8:00-5:00 Mon - Fri	Offer services in Spanish
Medicare Savings at DSHS	Helps low-income Medicare recipients pay for their Part A and B premiums, co-payments, and deductibles	1651 Pilgrim St Moses Lake	(877) 501-2233, (509) 764-5666	M - F 8:00 - 5:00	www.washingtonconnection.org
Statewide Health Insurance Benefits Advisors (SHIBA)	Support in managing and understanding Medicare enrollment and benefits		(888) 452-0731, (800) 562-6900	8:00am - 5:00pm Monday - Friday	http://www.communitychoice.us/health-insurance.html
Washington State Insurance Commissioner	Insurance assistance to understand benefits		(800) 562-6900	8:00am - 5:00pm Monday - Friday	www.insurance.wa.gov
Dental					
Ephrata Community Dental Clinic	Dental Services	204 12th Ave SW Ephrata	(509) 754-6199	7:00am-6:00pm Monday-Friday	(sliding scale available) https://www.mchc.org/content/ephrata

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Quincy Community Health Center	Dental Services	1450 1st Ave SW Quincy	(509) 787-0715	7:00am-6:00pm Monday-Friday	(sliding scale available)
Moses Lake Community Health Center	Dental Services	605 Coolidge Dr. Moses Lake	(509) 766-8977	7:00am-6:00pm Monday-Friday	(sliding scale available)
Columbia Basin Health Association - Othello Clinic	Dental clinic	1515 E Columbia St Othello	(509) 488-5256	7:00am-6:00pm Monday-Friday	
Pharmacy					
Safeway Pharmacy	Vaccines, Blood pressure	1150 Basin St SW Ephrata	(509) 754-3567	9 - 9 Monday-Friday, 10 - 9 Sat & Sun	
Rite Aid Pharmacy	Vaccines, Blood pressure	250 Basin St SW Ephrata	(509) 754-3513	8 - 10, 7 days/wk	
Walmart Pharmacy		1399 Nat Washington Way Ephrata	(509) 754-8837	9 - 7 Mon - Sat, 10 - 6 Sunday	\$4 prescriptions
Quincy Community Health Center	pharmacy services	1450 1st Ave SW Quincy	(509) 787-0735	9 - 6 Monday-Friday, 9 - 5 Saturday	
Laketown Pharmacy	Vaccinations available	1550 S Pioneer Way, Suite 105 Moses Lake	(509) 765-8891	8:30-6 Mon-Fri, 9:00am-1:00pm Sat	
Rite Aid	Vaccinations, blood pressure	500 S Pioneer Way Moses Lake	(509) 765-1219	9:00am-7:00pm daily	
Safeway Pharmacy	Vaccinations, blood pressure	601 S Pioneer Way Moses Lake	(509) 764-4721	9 - 9 Monday-Friday, 10 - 6 Sat and Sun	
Southgate Pharmacy	Vaccinations available	2709 W Broadway Ave Moses Lake	(509) 765-9332	9 - 7 Monday-Friday, 9 - 2 Saturday	
Walgreens	Vaccinations, blood pressure	200 E Broadway Ave Moses Lake	(509) 765-1217	9 - 9 Monday-Friday, 9 - 6 Sat, 10 - 6 Sun	
Walmart Pharmacy		1005 N Stratford Rd Moses Lake	(509) 766-0168	9 - 7 Mon-Sat, 10 - 6 Sunday	\$4 prescriptions
Moses Lake Community Health Center		605 Coolidge Dr. Moses Lake	(509) 764-7426	9:00am-6:00pm Monday-Friday	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Confluence Health Royal City Clinic		103 Camelia St NW Royal City	(509) 346-1447	8:30am - 4:30pm Monday-Friday	In-house pharmacy
Othello Walmart		1860 E Main St Othello	(509) 488-9324	9 - 7 Monday-Friday, 9 - 5 Saturday, 10 - 4 Sunday	
Columbia Basin Health Association - Othello Clinic	Pharmacy	1515 E Columbia St Othello	(509) 488-5256	8:00am-7:00pm Monday-Friday	
Lab Services					
Columbia Basin Hospital		200 Nat Washington Way Ephrata	(509) 754-4631, ext 1400	7:00am-5:00pm Monday-Friday	No appointment needed
Confluence Health Moses Lake Campus		999 Pioneer Way Moses Lake	(509) 764-6400	8:00am-5:00pm Monday-Friday	
Moses Lake Community Health Center		605 Coolidge Dr. Moses Lake	(509) 764-0674	7:30am-5:30pm M-F 8:00am - 5:00pm Sat	
Samaritan Healthcare - Main Hospital	Outpatient lab services	801 E Wheeler Rd Moses Lake	(509) 765-5606	6 - 6 Monday-Friday, 9 - 12 Saturday	https://www.samaritanhealthcare.com/lab/
Samaritan Healthcare - Pioneer clinic		1550 S Pioneer Way Suite 125 Moses Lake	(509) 793-9770	7:30am-5:15pm Monday-Friday	https://www.samaritanhealthcare.com/lab/
Samaritan Healthcare - Patton clinic		8420 Aspi Boulevard North Moses Lake	(509) 793-9781	8:00am-4:00pm Monday-Friday	https://www.samaritanhealthcare.com/lab/
Developmental Disability Services					
Directions in Community Living	Support services for those with developmental disabilities. Part of Grant Integrated Service	1103 Lowry Moses Lake	(509) 762-1161	10:00am-2:00pm Monday-Friday	
Department of Social and Health Services	Help with set up of Developmental Disabilities Case Manager	1651 Pilgrim St. Moses Lake	(509) 764-5759, (877) 501-2233, TTY: (800) 833-6384	8:00am-5:00pm Monday-Friday	Limited services in-person (see website for most updated times and services) https://www.dshs.wa.gov/node/30064
Renew/ (Grant Behavioral Health and Wellness)	Mental health, substance use services, developmental disabilities, and crisis services. Locations in Ephrata, Grand Coulee, Mattawa, Moses Lake, Quincy, and Royal City	130 Camelia St Royal City	(509) 913-3059	8:00am-5:00pm Monday-Friday	www.grantcountywa.gov/866/About

Chronic Disease Resources

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

Chronic Disease Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Education & Support Groups					
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
Confluence Health Moses Lake - Nutrition Services	Nutrition therapy and DM teaching	840 E. Hill Ave Moses Lake	(509) 764-6400		
Parkinson's Support Group	Monthly meeting at Columbia Basin Hospital Conference Room	200 Nat Washington Way Ephrata	(509) 754-4631	First Thurs every month 2:45pm-3:45pm	
Specialty Services					
Confluence Health Moses Lake Specialty Care Serv.	Optometry, surgery, vascular surgery	1345 Yonezawa Blvd Moses Lake	(509) 764-6400	7:30am-5:00pm Monday-Friday	
Action Health Partners	Community care coordination, health education, health insurance, and support services	230 Grant Rd A35, East Wenatchee	(509) 782-5030		www.communitychoice.us/cc.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		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Medical Supplies					
Norco	Medical Supplies	820 E Broadway Ave Moses Lake	(509) 766-2494	8:00am-5:00pm Monday-Friday	
Vision					
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		Individuals 250% below US poverty line www.new-eyes.org
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
Lions Club	Offer eyeglass and hearing aid assistance	Moses Lake			https://e-clubhouse.org/userfiles/1440/file/AssistanceApp11.pdf , https://www.facebook.com/moseslake lions/

Physical Rehabilitation Resources

- **Rehab/Therapy Services**
- **Rehabilitation Facilities**

Rehabilitation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Rehab/Therapy Services					
Columbia Basin Rehabilitation	PT, OT, and Speech therapy	200 Nat Wahington Way Ephrata	(509) 717-5214	8:00am-6:00pm Monday-Friday	
Quincy Valley Medical Physical Therapy	PT	406 S Central Quincy	(509) 787-0569		
Columbia Physical Therapy	Services include: aquatic therapy, pediatric	1800 S Clover Dr Moses Lake	(509) 765-9608	8:00am-6:00pm Monday-Friday	www.moseslakephysicaltherapy.com/ , Insurance: private, Medicare, DSHS
Moses Lake Sports Physical Therapy		515 N Stratford Rd Moses Lake	(509) 766-4277	7:30-7 M, W, Thu, 7:30-4 Tu, 7:30-12 Fr	
Samarian Health	PT, Cardiac rehab, pulmonary rehab	801 E Wheeler Rd Moses Lake	(509) 793-9605		
Rehabilitation Facilities					
McKay Healthcare and Rehabilitation	Full nursing services (short term and longterm stays), ADL help, PT, OT, speech therapy	127 2nd Ave SW Soap Lake	(509) 246-1111		www.mckayhealthcare.org/ Medicare/ Medicaid coverage and private insurance
Columbia Basin Hospital	Long-term care wing with post-acute care services	200 Nat Washington Way Ephrata	(509) 717-5208		
Columbia Crest Center	Post Acute Services, short term and long term care	1100 E Nelson Rd Moses Lake	(509) 765-6788		
Avalon Care Center - Othello	Short term care center for post acute care, rehabilitation services (PT, OT, speech, wound care, diabetic teaching)	495 N 13th St Othello	(509) 488-9609		
Columbia Crest Center	Post Acute Services, short term and long term care	1100 E Nelson Rd Moses Lake	(509) 765-6788		www.columbiacrestcenter.com/

Diet & Nutrition Resources

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

Diet and Nutrition Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Nutritionist Services					
Confluence Health Moses Lake Nutrition Services	Nutrition therapy and DM teaching	840 E. Hill, Moses Lake	(509) 764-6400		
Food Banks and Hot Meals					
Ephrata Food Bank		1010 A St. SE Ephrata	(509) 754-5772	2-4pm on Monday and Thurs	
Soap Lake Food Bank		325 Main Ave E Soap Lake	(509) 246-0164	10am-3:35pm on Tuesdays	www.soaplakefoodbank.com/
Quincy Food Bank		210 1st Ave SE Quincy	(509) 787-4963	4:30-6pm on Tuesdays	
Ephrata Senior Center	\$6 lunch on weekdays, need to reserve meal by 11am. Meal can be delivered (call to arrange). Also has special meals on holidays	124 C Street NW Ephrata	(509) 754-2382	12:00pm Monday-Friday	www.ephrataseniorcenter.org/meals
Community Services of Moses Lake Food Bank		1075 W Maina Dr. Moses Lake	(509) 765-8101	11am-2:45pm Monday-- Thursday	www.mffood.org/welcome
Aging and Adult Services of Central Washington	Can help connect home delivered meals and nutrition vouchers for seniors		(509) 886-0700		www.aaccw.org/
Moses Lake Senior Center	Lunch served most days at noon (verify on website calendar)	609 East 3rd Ave Moses Lake	(509) 765-7809	12:00 most days	www.moseslakeseniorcenter.org/lunch-menu.html
Salvation Army	Food assistance, Medical/prescription assistance, late rent/utilities assistance	212 S Alder St Moses Lake	(509) 766-5875	1:00pm-4:00pm Mon, Wed, Fri	
Othello Food Bank	Serves those with a 99344 zipcode. Families can pick up once per week	949 E Main St Othello	(509) 488-6044	12-2:30pm Tuesday-Thursday	
Warden Food Bank		301 E 5th St Warden		3:30-4:30pm on Thursdays	
Royal City Food Bank		229 Balsam St NW Royal City	(509) 346-2679	12:30-3pm on Tuesdays	
Mattawa Food Bank		23898 RD T.2 Mattawa		1-4pm 2nd & 4th Saturdays of the month	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Women, Infants, Children (WIC)					
Moses Lake Community Health Center		605 Coolidge Dr. Moses Lake	(509) 766-9815	8am-5pm Monday-Friday	
Moses Lake Community Health Center - Ephrata WIC office		131 Basin SW Ephrata	(509) 754-1052	8am-5pm on Mon and Wed	
Quincy Community Health Center		1450 1st Ave SW Quincy	(509) 787-1796	8:30am-5:30pm M-Thur, 8am-5pm Friday	
"Help Me Grow" Washington Hotline	Free service that connects parents and caregivers to resources in their community		(800) 322-2588		
SNAP					
Moses Lake 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: https://www.washingtonconnection.org/home/ , Application info in other languages: https://www.dshs.wa.gov/esa/community-services-offices/basic-food Limited services in-person (see website for most updated times and services) https://www.dshs.wa.gov/node/30029

Physical Activity Resources

- **Pools, Parks, Fitness & Recreation Programs**

Physical Activity Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pools, Parks and Recreation Programs					
Ephrata Parks and Recreation	Recreation programs, parks, events. See program guide on website for calendar of events and programs		(509) 754-4426		www.ephrata.org/departments/parks_recreation/index.php
Splash Zone - Ephrata's Community Pool		780 A St SE Ephrata	(509) 754-3456	Open June thru Labor Day	Free for kids 5 and under www.ephrata.org/departments/parks_recreation/splash_zone.php
Beezley Hill Trails	Trail system for mountain biking and hiking				www.ephrata.org/departments/parks_recreation/parks_trails/beezeley_hill_trails.php
Parks	various parks throughout Ephrata				www.ephrata.org/departments/parks_recreation/parks_trails/index.php
Ephrata Senior Center	Exercise programs including yoga and SAIL (Stay Active and Independent for Life). SAIL is free	124 C Street NW Ephrata	(509) 754-2382		www.ephrataseniorcenter.org/exercise-1
Grant County PUD	Recreation areas including beaches, trails, campgrounds, boat launches, and areas for fishing		(509) 754-5085		www.grantpud.org/visit-us
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
Royal City Lion's Park	Local park - pavilion available for rent	105 Camelia St NW Royal City	(509) 754-4426		www.royalcitywa.org/community-center-and-park-reservations
Moses Lake Parks and Recreation	Recreation programs, parks, events, Free family events on Saturday afternoons. See program guide on website for calendar of events and programs		(509) 764-3805	8:00am-5:00pm Monday-Friday	www.cityofml.com/68/Parks-Recreation-Cultural-Services
Surf'n Slide Water Park	Swim lessons available, Open late May to early September	401 W 4th Ave Moses Lake	(509) 764-3842 (during the season)		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Cascade Park	Waterfront park with shoreline access. Amenities include: boat launch, swimming area, campgrounds, sports fields, picnic areas, playground	2001 West Valley Road Moses Lake			www.cityofml.com/541/Cascade-Park
Blue Heron Park	Waterfront park with shoreline access. Amenities include: boat launch, fishing bridge, swimming area, picnic areas, walking trails, 9 hole disc golf course	111 Westshore Dr Moses Lake			www.cityofml.com/538/Blue-Heron-Park
Other parks in Moses Lake	Multiple parks within Moses Lake area. Website linked with all parks listed and information on each				www.cityofml.com/874/Basin-Homes-Dog-Park
Grant County PUD	Recreation areas including beaches, trails, campgrounds, boat launches, and areas for fishing	(509) 754-5085			www.grantpud.org/visit-us

Transportation Resources

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

Transportation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Transit/Transportation					
People for People Health Shuttle (fixed schedule)	Free shuttle with varying routes: Route 100 Wenatchee to Moses Lake (stops in Ephrata and Quincy)	Varying routes (see website)	(509) 765-9249, ext. 555	Monday-Friday	www.pfp.org/pfp/Transportation/Schedules.aspx
People for People Door-to-Door transportation (non-Medicaid)	Free transportation for qualifying individuals. Requires reservation at least 2 business days ahead.		(509) 765-9249, ext. 555		
Special Mobility Services (SMS) Medicaid Transportation	Offer fuel vouchers, as well as rides on the public bus, in taxis, or with volunteers. The Washington State Health Care Authority (HCA) pays for these services.	Grant County	(800) 892-4817, (509) 534-9760	8:00am-4:00pm Monday-Friday	www.sns1.org/medicaid-transportation #eligible
Bus					
Grant County Transit	Local bus service	Grant County	(509) 765-0898		www.granttransit.com/
Taxi					
Scabland Taxi and Delivery	Local taxi service	Moses Lake	(509) 762-4183, (888) 762-4183		
Pack's Taxi	Local taxi service	Moses Lake	(509) 762-1234		
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
Airfltt Northwest Membership	Insurance for Emergency Medical Air Transport		(888) 835-1599		www.uwmedicine.org/airfltnw/membership \$60 per year for entire household

Child and Adolescent Resources

- **Local Line for CPS**
- **Child Center for Advocacy**
- **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					
Moses Lake DCFS	This office serves following cities: Benge, Beverly, Coulee City, Cunnigham, Electric City, Ephrata, George, Grand Coulee, Hartline, Hatton, Lind, Marlin, Mattawa, Moses Lake, Othello, Quincy, Ritzville, Royal City, Soap Lake, Stratford, Warden, Washlucna, Wilson Creek	1651 S Pilgrim St Moses Lake	WA tollfree: (866) 363-4276, Local Intake: (800) 557-9671, After hours: (800) 562-5624 Reception: (509) 764-5757		
Child Center for Advocacy					
Kids Hope	WA Children's Center for Advocacy that provides children believed to be victims of neglect, physical abuse and/or sexual abuse a safe place to be interviewed by a specially trained forensic interviewer.	311 W Third Avenue Moses Lake	Main Line: (509) 764-8402	8:00am-5:00pm Monday-Friday	www.newhopewa.org/kids-hope/
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
Fiza Kahn, MD	Pediatric Psychiatrist at Samaritan Health	1550 S. Pioneer Way, Suite 165, Moses Lake	(509) 793-9770		
Rehabilitation					
Columbia Basin Rehabilitation	PT, OT, and Speech therapy	200 Nat Wahington Way Ephrata	(509) 717-5214	8:00am-6:00pm Monday-Friday	
Achieve Center - Pediatric therapy	Therapy for delays in communication or motor development related to conditions like autism, cerbral palsy, or down syndrome. In person and telehealth available. 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	2323 W Broadway Ave Suite 3 Moses Lake	(509) 707-0336		www.achievecenter.net/
Columbia Physical Therapy	Pediatric PT available	1800 S Clover Dr Moses Lake	(509) 765-9608		www.moseslakephysicaltherapy.com/ , Insurance: private, Medicare, DSHS

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
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		
Ephrata Community Dental Clinic	Dental Services (sliding scale available)	204 12th Ave SW Ephrata	(509) 754-6199	7:00am-6:00pm Monday-Friday	www.mlchc.org/content/ephrata
Moses Lake Community Health Center	Dental Services (sliding scale available)	605 Coolidge Dr. Moses Lake	(509) 766-8977	7:00am-6:00pm Monday-Friday	
Parent Support					
Parent to Parent program	Provides support, information, and education to those who are raising children with disabilities and special healthcare needs in Grant county	840 E Plum St Moses Lake	(509) 764-6329		
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
Kinship Caregiver Support Group - Grant County	Support for grandparents and other family members raising children. Has funds for food, housing, clothing, school supplies, and medical assistance	Meeting location: Work Source 309 E 5th Ave Moses Lake	(509) 662-6761, (800) 261-1094		www.dshs.wa.gov/kinshipcare
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		https://www.thebravewarriorproject.com/

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pediatric Therapies for those with Disabilities or Delay in Development					
Achieve Center - Pediatric therapy	Therapy for delays in communication or motor development related to conditions like autism, cerebral palsy, or down syndrome. In person and telehealth available. 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	2323 W Broadway Ave Suite 3 Moses Lake	(509) 707-0336		www.achievecenter.net/
Autism Speaks	Resource for parents with children with autism				www.autismspeaks.org
Autism Therapy Services of Moses Lake	Provides Applied Behavioral Analysis (ABA) therapy. Includes 1:1 therapy and Day Treatment Programs. Cares for those with Medicaid	615 S Division St Suite A Moses Lake	(509) 764-6644, ats.moseslake@gmail.com	9:00am-4:00pm Monday-Thursday, 9:00am-12:00pm Friday	www.atsmoseslake.com/
Child Find - Early Intervention Services	Services through Ephrata School District. Contact them for evaluation and screening (can be contacted by parents as well)	111 4th Ave NW Ephrata	(509) 754-3538		www.esd.ss18.sharpschool.com/departments/special_services/child_find_-_early_intervention_services
Confluence Health Pediatrics - Petra Swidler, MD	Specializes in autism spectrum disorder (ASD) evaluation. Available for remote consults	Smith Building 803 N Emerson Ave Wenatchee	(509) 436-4004		
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,		Free for children birth to 21 yrs, services available in several languages www.wsdsonline.org
Early Child Education/Education					
Early Head Start	Parent Education and Support for Low Income Families with Infants, Toddlers and Pregnant Moms (All children who	Grant County	(509) 766-9877, (509) 762-5506		www.familyservicegc.net/early-head-start

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
	qualify are from families who meet federal income eligibility guidelines, are in the child welfare system or have special needs/circumstances). Includes home visits, part-time and full-time daycare options				
Head Start	Full preschool curriculum with meals, health screenings, and family support to children aged 3 to 5 at centers in Moses Lake, Ephrata, and Soap Lake. For those with low income	Moses Lake, Ephrata, and Soap Lake	(509) 766-9877, (509) 762-5506		www.familyservicecg.net/head-start
Early Childhood Education and Assistance Program	Early Education and Subsidy Program		eeceap@dcyf.wa.gov	Partial, Full, or Extended Days	
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	Moses Lake Schools: Endeavor Middle School, Larson Heights Elementary School, North Elementary School	(509) 888-4009		www.cisncw.ciswa.org/
Moses Lake School District Special Services Dept	Various developmental and health services through the school district, including OT, PT, speech therapy, educational services, IEP	1620 S Pioneer Way Moses Lake	(509) 766-2670		www.mlsd161.org/apps/pages/childfind
Ephrata School District - Special Services Department	Various developmental and health services through the school district, including OT, PT, speech therapy, educational services, IEP		(509) 754-3538		www.esd.ss18.sharpschool.com/departments/special_services
Royal School District		901 Ahlers Rd Royal City	(509) 346-2222, Special education and health services: (509) 346-2487		www.royalsd.org/
National School Lunch Program	Free school lunch program for school aged children. Application through your school district. Incomes below 130% of the poverty level.				www.fns.usda.gov/nslp
Childcare Resources					
Early Head Start - Early Care Program	Full day care services for those under 3 years. Qualifying low income parents must be working and/or going to school	Moses Lake	Enrollment: (509) 766-9877 ext. 408	Program hours: 7:30am-5:30pm Monday-Friday	www.familyservicecg.net/ehs-early-care-program

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
	full time. Children are covered for a 9 hr day.				
Child Care Aware	Helps those find quality child care in their community		(800) 446-1114		www.childcareawarewa.org
Working Connections Childcare Subsidy	Childcare Subsidy Program		(844) 626-8687		www.WashingtonConnection.org
Youth Activities					
Moses Lake Parks and Recreation	Recreation programs, parks, events, Free family events on Saturday afternoons. See program guide on website for calendar of events and programs		(509) 764-3805	8:00am-5:00pm Monday-Friday	www.cityofml.com/68/Parks-Recreation-Cultural-Services
Family Unit Resources					
Foster Care at Washington State Department of Children, Youth, & Families	Licensing for foster homes, works with foster parents, children, natural parents, community agencies, courts.	1651 S Pilgrim St, Moses Lake	(509) 764-5757, (800) 749-5965		
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 W/C enrollment		(800) 322-2588		https://www.dshs.wa.gov/esa/social-services-manual/first-steps
Lifeguard Loaner Stations	Operate from April-September		(509) 766-7960		www.granthealth.org/drowning-prevention/
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**
- **Maternal Support**
- **Reproductive Health**

Prenatal, Maternal, and Reproductive Health Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Prenatal					
Confluence Health Moses Lake	CNM and MD Services	840 E. Hill Ave Moses Lake	(509) 764-6400	7:30am - 5:00pm Monday - Friday	
Moses Lake Community Health Center	Obstetrics, maternity support services	605 Coolidge Dr. Moses Lake	(509) 765-0674	8:30-5:00 Mon-Fri, 8:30-5:00 Saturday	
Samaritan Healthcare	CNM and MD services	1550 S. Pioneer Way, Suite 370, Moses Lake	(509) 793-9770		
AION Women's health	CNM and MD services	1022 S Pioneer Way, Suite A Moses Lake	(509) 762-2466	8:00am-5:00pm Monday-Friday	
Maternal Support					
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 help pregnant women receive the medical and social services they may need. Team includes: Registered Nurse, Nutritionist, Behavioral Health Specialist, Community Health Worker, and a Infant Case Manager. All pregnant people covered under Medicaid are eligible for services. May have coverage until 1st year of life.	605 Coolidge Dr Moses Lake	(509) 766-8976	8:30am-5:00pm Monday-Friday	
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		www.preparesforlife.org Associated with Catholic Charities NCW Spanish services available

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Samaritan Hospital Lactation Services		801 E Wheeler Rd. Moses Lake	(509) 793-9753		
Reproductive Health					
Planned Parenthood	Health and STI screenings, birth control, abortion referrals and care. Patients can have birth control filled at on-site pharmacy	920 W Ivy Ave Moses Lake	(866) 904-7721	8:00am-6:00pm Monday-Thursday	

Aging Care Resources

- **Adult Protective Services**
- **Aging Adult Resources**
- **Advanced Home Directives**
- **In-Home Care**
- **Assisted Living/Memory Care**

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	https://www.dshs.wa.gov/altsa/home-and-community-services/report-concerns-involving-vulnerable-adults
Aging Adult Resources					
Aging and Adult Care of Central Washington	Services for seniors and adults with disabilities.	1336 S Pioneer Way #103 Moses Lake	(509) 766-2568, (800) 572-4459		www.aacw.org
Catholic Charities Serving Central Washington	Volunteer program to help seniors - serves Grant county		(509) 662-6761, (800) 261-1094		www.catholiccharitiescw.org
Ephrata Senior Center	Hot lunches, events, and exercise programs	124 C Street NW Ephrata	(509) 754-2382		www.ephraataseniorcenter.org
Soap Lake Senior Center	Various activities and groups at the community center	121 Second Ave SE Soap Lake	(509) 246-1913		www.soaplakeforlocals.com/soap-lake-senior-center
Stay Active and Independent for Life (SAIL) program for seniors	Exercises to improve strength, balance, and fitness for adults 65 yrs and older.		(509) 393-9113		www.sailfitness.org/classes No-Cost or small fee based on ability to pay
Advanced Home Directives					
Apple Health Advance Directive Resources	Support with advance directives, living wills, POLST		(877) 644-4613, TTY/TDD: (866) 862-9380		https://www.coordinatedcarehealth.com/members/medicaid/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				https://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,		https://www.dshs.wa.gov/altsa/home-and-community-services/legal-planning

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
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
In-Home Care					
All Ways Caring Homecare	Provides in-home personal and companion care, chores, errands, and respite care. Also offers visiting nurses, OP/PT and other skilled medical care	821 E Broadway Ave Suite 12 Moses Lake	(509) 492-3884		Accepts COPEs
Assure Home Health	Provides in-home health care, including PT/OT and skilled medical care	1417 S Pioneer Way Moses Lake	(509) 765-1856		
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. No nursing or physical therapy services	1010 S Pioneer Way Ste C Moses Lake	(509) 764-0004, (844) 764-0004	M-F 8:00-5:00	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		(509) 665-6049	7 days/week, oncall after hours, weekends holidays	
Assisted Living/Memory Care					
Columbia Basin Hospital Long-Term Care Wing	Nursing home within hospital	200 Nat Washington Way Ephrata	(509) 717-5208		
Garden Oasis Assisted Living	24 hr healthcare staff	200 Nat Washington Way Ephrata	(509) 754-4631 ext. 1270		
McKay Healthcare and Rehabilitation	Full nursing services for residents (short term and longterm stays), ADL help, PT, OT, speech therapy	127 2nd Ave SW Soap Lake	(509) 246-1111		www.mckayhealthcare.org/ Medicare/Medicaid coverage and private insurance
Avamere at Moses Lake	Independent and assisted living. Also has respite care services	8425 Aspi Blvd NE Moses Lake	(509) 762-9115		www.avamere.com/avamere-at-moses-lake
Brookdale Hearthstone Moses Lake	Assisted living for seniors	905 S Pioneer Way Moses Lake	(844) 425-2217		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Lake Ridge Center	Skilled nursing facility specializing in those with Alzheimer's and other dementia diagnosis. Also provides post-acute care services	817 E Plum St Moses Lake	(509) 765-7835		www.lakeridgecenter.com
Monroe House	Independent and assisted living. Hospice and respite care available	1405 S Monroe St Moses Lake	(509) 765-2200		www.monroehousealf.com
Summer Wood Alzheimer's Special Care Center	Living facility with memory care. Other services include respite care	830 NW Sunburst Ct Moses Lake	(509) 764-1900		sinceriseniorliving.com/summer-wood
The Cambridge	Assisted living facility	301 H St SW Quincy	(509) 797-9555		
Avalon Care Center - Othello	Short term care center for post acute care, rehabilitation services (PT, OT, speech, wound care, diabetic teaching)	495 N 13th St Othello	(509) 488-9609		

Housing Resources

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

Housing Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Housing Services					
Housing Authority of Grant County	Housing services, links on website to rental assistance and low income housing	1139 Larson Blvd Moses Lake	(509) 762-5541, (800) 747-9202, TTY: (800) 833-6384		
New Hope	Shelter for DV and 24/7 crisis hotline	311 W Third Avenue Moses Lake	24/7 Hotline: 1-888-560-6027, Main Line: (509) 764-8402	8 - 5 M, T, Th, Fr and 10 -5 Wednesday	
Developmental Disabled Development Project	The Housing Authority of Grant County is the property manager for units located in North Moses Lake. This is an affordable housing project serving persons with incomes, which do not exceed 50% of the median income of Grant County and adjusted yearly. The project is targeted to a special needs population. Directions in Community Living (Renew) refer prospective tenants.	North Moses Lake			
Open Doors Sleep Center	Enhanced shelters in Moses Lake, first-come first-served. Pets are allowed.	Southeast corner of the intersection of state Route 17 and East Broadway Avenue in Moses Lake	(509) 707-0179	The Sleeping Center opens at 6 p.m. daily until 10 p.m. to allow for guest check-ins. At 6 a.m., staff will begin wakeup calls and the site must be vacated by 8 a.m.	Sleeping Center FAQs: https://www.cityofml.com/DocumentCenter/View/8956/Sleeping-Center-FAQ-1
Opportunities Industrialization Center (OIC) Energy and Rental Assistance Programs	Financial assistance to households at or below poverty line	903 W 3rd Ave Moses Lake	(509) 452-7145	8:00am-5:00pm Monday-Friday	
Salvation Army	Late rent/utilities assistance. No shelter services.	212 S Alder St Moses Lake	(509) 766-5875	1:00pm-4:00pm Mon, Wed, Fri	
Mental Health Housing	Properties located in Grand Coulee, Ephrata and Moses Lake. This living environment provides affordable housing for low income persons with chronic mental illness and must be referred by Grant Mental Healthcare.	Grand Coulee, Ephrata, and Moses Lake			

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
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.
Financial Assistance					
Serve Moses Lake	Non-food pantry, financial assistance, clothing, furniture, bus passes. Christian-based organization (all faiths welcome)	422 W 3rd Ave Moses Lake	(509) 764-8276	9:00am-4:00pm Monday-Thursday	
Temporary Assistance for Needy Families (TANF) by Moses Lake Community Services Office	Income and resource requirements. 60 month benefit time	1651 Pilgrim St. Moses Lake	(877) 501-2233	8:00am-5:00pm Monday-Friday	online application: https://www.washingtonconnection.org/home/
Clothing					
Serve Moses Lake - Clearinghouse	Non-food pantry, financial assistance, clothing, furniture, bus passes. Christian-based organization (all faiths welcome)	422 W 3rd Ave Moses Lake	(509) 764-8276	9:00am-4:00pm Monday-Thursday	
Pet Services					
Grant County Animal Outreach	low cost spay/neuter, adoption, fostering, microchipping	6725 Randolph Rd NE Moses Lake	(509) 762-9616	12pm-2pm Thurs-Sat and by appointment	

Community and Cultural Centers

➤ Community Organizations

Community and Cultural Centers

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Community Organizations					
American Legion Post 28	Veteran Service Organization	276 8th Ave NW Ephrata	(509) 679-2432		
Knights of Columbus - 3153	Catholic Fraternal organization that focuses on charity projects	St Rose of Lima Church basement - 560 SE Blvd Ephrata		Meetings at 7pm on 1st and 3rd Thurs of the month	www.kofc.org/en/get-involved/find-a-council.html
Lions Club	Community volunteer organization	Ephrata Recreation Center 1st Ave and Basin St SW Ephrata		Meetings at 6:30pm 1st & 3rd Tuesdays of the month	
Opportunities Industrialization Center (OIC) of WA	Community services, education and employment training, financial services	903 W 3rd Ave Moses Lake	(509) 665-3715		www.yvoic.org
Rotary Club of Ephrata	Community organization with an emphasis on supporting education and athletics	Meetings at The Country Deli - 245 Basin St Ephrata		Meetings at 12:00pm on Tuesdays	Offer Scholarships, https://rotary5060.org/
United Way of Grant County	Community organization working to promote education, income, and health for communities. Programs include early childhood learning, alleviating poverty, and youth united	Moses Lake	(509) 771-2535		Physical office temporarily closed.
Veterans of Foreign Wars Post 24 - Grant County	Veteran Service Organization	Location of meeting alternates between Quincy Senior Center and Moses Lake Elks	(509) 765-1736	Meetings at 10:00am on 2nd Saturday	
American Legion Post 209	Veteran Service Organization	538 W Broadway Moses Lake	(509) 765-1126		
Knights of Columbus - 4367	Catholic Fraternal organization that focuses on charity projects	Our Lady Fatima CCO Center 200 N Dale Rd, Moses Lake		Meetings at 7:00pm on 1st and 3rd Thursdays	www.kofc.org/en/get-involved/find-a-council.html
Lions Club	Community volunteer organization	Meetings at Huck Fuller Building at Grant County Fairgrounds		Meetings at 6:30pm on 1st and 3rd	www.e-clubhouse.org/sites/moseslakewa/index.php

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Rotary Club of Moses Lake	Community organization with an emphasis on supporting education and athletics	Pillar Rock 1373 Rd F.2 NE Moses Lake	rotarymoseslake@gmail.com	Meetings at 12:00pm on Tuesdays	Offer Scholarships
Moose Fraternity	Community organization for men and women	105 Camelia St Royal City	(509) 989-1031		www.mooseintl.org/be-a-moose

Employment Services

➤ **Employment Services**

Employment Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Employment Services					
Department of Vocational Rehabilitation	Assists people with disabilities to prepare for, secure, maintain, or regain employment	309 E 5th Ave Ste C Moses Lake,	(509) 766-5570	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	903 W 3rd Ave Moses Lake	(509) 764-8120	8:00 - 5:00 Monday - Friday	www.yvoic.org/services
SkillsSource	Education and employment services, computer classes, basic skills, GED,	309 E 5th Ave Ste B Moses Lake	(509) 766-6300		www.skillsource.org
Total Employment & Management	Provides temporary, seasonal, and permanent employment	723 W Broadway Ave Moses Lake	(509) 765-3214		www.teamshome.com/
Veteran Educational and Career Counseling	Employment assistance for Veterans				Apply online: www.va.gov/careers-employment/education-and-career-counseling/
Vocational Connections	Private vocational rehabilitation services. Specializes in both state fund and self insurance Worker's Compensation Vocational Rehabilitation, Long Term Disability, Progressive Goal Attainment Program (PGAP), and Ergonomics	821 W Broadway 107 Moses Lake	(509) 663-4992		www.vocationalconnections.com/
Washington Career Bridge	Website to help those explore careers, view job trends, and find education				www.careerbridge.wa.gov/
WorkSource Central Basin	Education and employment services, unemployment insurance	309 E Fifth Ave Moses Lake	(509) 766-2559	8:00am-5:00pm Monday-Friday	www.WorkSourceWA.com
Express Employment	Staffing firm that connects workers and employers throughout the Moses Lake area.	131 W 4th Ave Moses Lake	(509) 765-0322		www.expresspros.com/moseslakewa

Education Resources

- **Libraries**
- **Other Resources**
- **Scholarship & Grants**

Education Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Libraries					
Ephrata Public Library	Public computes, free WiFi, children's play area	45 Alder St NW Ephrata	(509) 754-3971	9am-7pm Mon-Thur, 9am-5pm Friday, 10am-2pm Saturday, Closed Sundays	https://www.ncwlibraries.org/locations/ephrata-public-library/
Moses Lake Public Library	Public computers, free WiFi, printer/photocopier, children's play area, "Storytime" readings	418 E 5th Ave Moses Lake	(509) 765-3489	10am-7pm Mon-Thur, 10am-6pm Fri-Sat, 10am-5pm Sunday	Spanish speaking
Royal City Public Library	Public computers, free WiFi, printer/photocopier	136 Camelia St NW Royal City	(509) 346-9281	9am - 6pm Mon-Wed 10am-4pm Thurs, 10am-1pm Friday, Closed Sat and Sun	Spanish speaking services, www.ncwlibraries.org/locations/royal-city-public-library/
Other Resources					
Big Bend Community College	Also has Basic Education for Adults (BEDA) classes: ESL, GED prep, high school diploma	7662 Chanute St NE Moses Lake	(509) 793-2222, BEDA classes: (509) 793-2304		www.bigbend.edu/
Chemistry Coach	Free tailored online chemistry study guides, Each study guide was crafted by a team of college professors				https://chemistry.coach/
Columbia Basin Technical Skills Center	Credit acceleration program. Programs in automotive technology, welding & manufacturing, collision repair technology, construction trades, cosmetology, criminal justice, culinary arts, flight technology, medical careers, videogame designs,	900 East Yonezawa Blvd Moses Lake	(509) 793-7000		www.cbtech.mlsd161.org
Khan Academy	Free online learning for grade 2 and up in math and reading & language arts				https://www.khanacademy.org/
Ephrata School District			(509) 754-2474		www.ephrataschools.org
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/

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Scholarship & Grants					
Columbia Basin Foundation	Community foundation serves Grant County with a mission to improve the quality of life and shape the future of the Columbia Basin through philanthropy. This site includes information about college scholarships for students and grants for nonprofit organizations in Grant County.				www.columbiabasinfoundation.org

Community Safety Resources

- **Environment Safety**
- **Law Enforcement**
- **Firearm Safety**

Community Safety Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Environmental Safety					
Grant County Emergency Management	Emergency planning, emergency management		(509) 762-1462		Sign up for telephone notification of emergencies online: https://member.everbridge.net/1772417038942517/login
Radon Testing	Free testing, quotes for mitigation		(509) 202-4296, (800) 299-3578		WA DOH Radon Information Sheet
Grant County Health Department	Water testing center - drop off sample at their office. Call for more information on hours open and price	1038 W Ivy St Moses Lake	(509) 766-7960		www.granthhealth.org/environment/drinking-water
Well Water Testing for Arsenic Information	WA DOH information on well water testing. Average cost \$20-\$35.				Arsenic and Well Water Information Sheet List of well water testing sites: https://apps.ecology.wa.gov/laboratorysearch/
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 "Crafts" clean water loan program available to help homeowners repair or replace their septic systems
Law Enforcement					
Grant County Sheriff Department		35 C Streen NW Ephrata	(509) 754-2011		www.grantcountywa.gov/524/Sheriffs-Office
Ephrata Police Department		121 Alder St SW Ephrata, WA 98823	Non-emergency line: (509) 762-1160		www.ephrata.org/departments/police/index.php
Royal City Police			Non-emergency: 509) 762-1160, Office: (509) 346-2212		www.royalcitywa.org/police

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Firearm Safety					
Project ChildSafe	Firearm safety education and free firearm safety kits. This is associated and completed by the Moses Lake Police Department	411 Balsam St Moses Lake	(509) 764-3887		

Occupational 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	https://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		
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
Grant County Horticultural Pest and Disease Board	Pest and disease management, pesticide spray guides and schedules				www.grantcountywa.gov/400/Horticultural-Pest-Disease-Board Pest and disease management, pesticide spray guides and schedules

Legal Resources

- **Legal Services**
- **Immigration/Citizenship Services**
- **Tax Help**
- **Spanish Health Help**

Legal Resources					
Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Legal Services					
Northwest Justice Project	Legal aid program for low-income people. Toll-free intake and referral hotline CLEAR	300 Okanogan Ave Suite 3A Wenatchee	(888) 201-1012, Intake: (888) 201-1014		https://nwjustice.org/about
Spokane Volunteer Lawyer Program	Free legal services to low-income persons in Spokane and surrounding counties (including Grant). Specialize in family law, evictions, wills & estates, and consumer law issues	1116 W Broadway Ave, Spokane,	Eviction Defense Project: (509) 477-2674, CLEAR intake line: (888) 201-1014		www.spokanenvlp.org/
Immigration/Citizenship Services					
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	https://www.nwirp.org/get-help/
Tax Help					
United Way - Tax Program	File taxes and get assistance for free				www.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	

Other Resources Directories						
Name of Resource	Services	Location	Contact Information	Hours	Additional Information	
WA211					www.wa211.org	
Rural Resources					www.ruralresources.org	
Grant County					www.grantcountywa.gov/resourcedirectory	