



# COMMUNITY RESOURCES

2023-24 Edition

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## UNDERSTANDING THIS GUIDE

This guide is designed for ease of use and understanding.

Within the specific category resources will be listed in the following format:

**\* *Most resources listed in this guide are regionally based in South Kitsap.***

**Resource Name (Location) (Population Served) \* [Website Link](#)**

**Phone Number | Specific Location Address**

**Details and information**

**\* Population service will be notated by the following:**

- (C)** Children including Infant – 12 years old
- (T)** Teenagers including 13-17 years old
- (A)** Adults include anyone above the age of 17 (this can include the elderly)
- (E)** Seniors / Elderly (this is specific to ages 65 and older)

**Location may be marked with the following where there are multiple locations:**

- **(SK)** South Kitsap | Port Orchard, Olalla, Manchester,
- **(BR)** Bremerton | East Bremerton, West Bremerton, Navy Yard City
- **(NK)** North Kitsap | Poulsbo, Kingston, Bainbridge Island
- **(CK)** Central Kitsap | Silverdale, Seabeck

\*\* To access website information please view this guide online at [www.skfr.org](http://www.skfr.org)

\*\*\* This is not an exhaustive list of resources as there may be others available not listed.



## ALCOHOL | DRUGS | SUBSTANCE ABUSE

### **Kitsap Needle Exchange (Multiple) (A)**

[https://kitsappublichealth.org/communityhealth/hs\\_exchange.php](https://kitsappublichealth.org/communityhealth/hs_exchange.php)

### **Pacific Hope and Recovery Center (Bremerton) (A)** [Website](#)

360.415.6685 | 1975 NE Fusion Rd, Bremerton, WA 98311 |

Provides a comprehensive assessment of an individual's condition, including psychiatric and factors pertaining to addiction. Medication assisted treatment options, group therapy, and discharge planning and referrals.

### **Kitsap Recovery Center (South Kitsap) (A)** [Website](#)

360.337.4625 | 1026 Sidney Ave, Port Orchard, WA 98366 |

Provides inpatient and outpatient addiction treatment services for men and women. Primarily serves Medicaid-eligible, low income and homeless clients. Also takes referrals from drug courts. Treatment options include assessment, detoxification, case management, group and individual counseling, 12-step support groups, and family programming.

### **The REAL Program (Multiple) (A)** [Website](#)

360.842.2396 |

The REAL Team provides intensive, field-based support to individuals with substance use disorders and mental illness to coordinate support and care for participants through engagement with treatment services and individualized plans. The REAL Team uses Law Enforcement Assisted Diversion (LEAD) core principles to provide strategies that help prevent homelessness and incarceration.

### **The Right Choice Counseling (Bremerton) (A) (T)** [Website](#)

360.373.4077 | 1740 NE Riddell Road, Bremerton, WA 98310 |

Provides substance abuse, domestic violence, and anger management services. Provides individual and family therapy and skills coaching.

### **West Sound Treatment Center (South Kitsap) (A) (T)** [Website](#)

360.876.9430 |

Provides outpatient programs, comprehensive assessments, relapse prevention, medicated treatment, naloxone, recovery housing, drug court support, New Start and Re-entry programs, and the Recovery – Empowerment – Advocacy - & - Linkage (REAL) Program.

### **Mission House (North Kitsap) (A)** [Website](#)

1.866.646.8736 |

Residential, work-based ministry for men battling addictions. Residents work through a six to nine month, Christ centered transformational program while providing manual labor on projects in the community.



**Olalla Recovery Centers (South Kitsap) (A) (T)** [Website](#)

800.882.6201 | 12850 Lala Cove SE, Olalla, WA 98359 |

Provides individual counseling, adult inpatient, adolescent treatment, and family services support. Olalla Recovery Centers has been offering inpatient and outpatient substance abuse treatment since 1969. Provides alcohol and drug assessments.

**The Coffee Oasis (Multiple) (A)(T)** [Website](#)

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2901 |

Provides free Substance Use Counseling to anyone 13-25 years of age as well as Celebrate Recovery.

**Agape Unlimited (Bremerton) (A) (T)** [Website](#)

360.373.1529 | 4841 Auto Center Way, Bremerton, WA 98312 |

Provides diagnostic evaluations, outpatient treatment, intensive outpatient support, relapse prevention, parenting women programs, on-site childcare, and transitional housing for adults and teens. Agape also participates in the therapeutic court system focusing on family, youth, and adults.

**Rainier Recovery (Gig Harbor) (A)** [Website](#)

253.544.4772 | 3214 50<sup>th</sup> St. Ct, Gig Harbor, WA 98335 |

Provides addiction counseling, medication assisted treatment, drug & alcohol evaluation, DUI assessment, individual counseling, intensive outpatient, peer support, group counseling, PCS housing support, care coordination & referral, case management, DUI victims impact panel, and jail reentry & court services.

**Wellness Center at Suquamish Tribe (North Kitsap) (A)** [Website](#)

360.394.8558 | 3214 50<sup>th</sup> St. Ct, Gig Harbor, WA 98335 |

Available to all community members offers assessments for chemical dependency, co-occurring disorders, intense outpatient programs, standard outpatient programs, monthly monitoring, individualized counseling, drug court treatment, and referrals.

**Celebrate Recovery (South Kitsap) (A)**

5:30pm Dinner | 6:30pm Large Group

Christian Life Center | 1780 Lincoln Ave SE, Port Orchard, WA 98366

**Celebrate Recovery (Gig Harbor) (A)**

5:30pm Dinner | 6:30pm Large Group | 7:30pm Small Groups

Harbor Covenant Church | 4901 Dr NW, Gig Harbor, WA 98335

**Celebrate Recovery (Bremerton) (A)**

7pm Large Group followed by small groups.

Abundant Life Foursquare Church | 5610 Kitsap Way, Suite 230, Bremerton, WA 98312

**Al-Anon & Alateen (South Kitsap) (A)**

Sundays 7pm – 8:15pm

Manchester Library | 8067 E Main St., Manchester, WA 98353



### **Al-Anon & Alateen (Belfair) (A)**

Mondays 7pm – 8:15pm | Haven of Hope | 42 NE Old Belfair Hwy, Belfair, WA 98528T

Thursdays 6:30pm – 7:30pm Via Zoom - [Link](#)

### **Al-Anon & Alateen (Bremerton) (A)**

Mondays 12pm – 1:30pm

United Methodist Church | 1150 Marine Dr, Room 201, Bremerton, WA 98312

Thursdays 12pm – 1:30pm

Via Zoom – Link (Password is GRATITUDE)

### **Narcotics Anonymous (South Kitsap) (A)**

Thursdays 8pm – 9pm | Lighthouse Last Thursday (potluck starts at 7pm)

American Legion #30 | 615 Kendall Street, Port orchard, WA 98366

### **Narcotics Anonymous (Bremerton) (A)**

Thursdays 12pm – 1pm | NA Old School Nooners

Summit Ave Presbyterian Church | 403 South Summit Ave, Bremerton, WA 98337

### **Narcotics Anonymous (Bremerton) (A)**

Thursdays 8pm – 9pm | Sleepless Nights

St. Paul's Church | 700 Calahan Drive, Bremerton, WA 98310 (Basement Entrance)

Location temporarily closed | [Zoom - Link](#)

### **Parent-Child Assistance Program (PCAP) (Bremerton) [Website](#)**

360.373.1529 | 4841 Auto Center Way, Suite 101 Bremerton, WA |

Provides home visitation, support and transportation to assist pregnant and parenting mothers get healthy and gain independent family lives. Case managers help create personalized goals for success in recovery and walk alongside mothers during the 3-year program.

## **PREGNANCY RESOURCES**

### **Trillium Women's Center (Bremerton) (A) [Website](#)**

Mondays, Wednesdays, Thursdays 9am – 5pm | Tuesdays 10am – 4pm

360.479.0243 | 4060 Wheaton Way, Unit E, Bremerton, WA 98310 |

Provides pregnancy medical services, referrals and education to women and families facing pregnancy decisions or in need of support during or after their pregnancy. Other services at no cost include testing, parenting classes, support for men, and health education.



**Catholic Community Services (CCS) (Bremerton) (A) (T)** [Website](#)

360.792.2020 | 285 5<sup>th</sup> St. Suite 2, Bremerton, WA 98337 |

PREPARES will “walk the journey” with pregnant and parenting women, men, and families who find themselves lacking a healthy support network. Families can access mentors and holistic wrap-around services from the time of awareness of pregnancy to the child’s fifth birthday.

**Childbirth Education at St. Michaels (Central Kitsap) (A) (T)** [Website](#)

888.825.3227 | 4060 Wheaton Way, Unit E, Bremerton, WA 98310 |

Birthing and family education classes. Provides information about choosing a maternity care provider, parental coaching, tailoring a birth plan, and information on WIC.

**CareNet of Puget Sound (Gig Harbor) (A) (T)** [Website](#)

253.828.3227 | 2727 Hollycroft Suite #130, Gig Harbor, WA 98335 |

Provides testing, viability ultrasound, limited std/sti testing, parenting support, support for dads, pregnancy and infancy loss support and other programs.

**Women, Infants, Children (WIC) (South Kitsap) (A) (T)** [Website](#)

360.473.2144 x1 | 1201 Park Ave, Port Orchard, WA 98366 |

Provides nutritional program that helps families get nutritious food at no cost. Available to pregnant women, new and breastfeeding moms, infants, and children up to age 5.

**Bremerton Family YMCA (Bremerton) (A) (T)** [Website](#)

360.377.3741 | 2261 Homer Jones Rd, Bremerton, WA 98310 |

Helps pregnant and recently postpartum women have healthy babies through education about physical activity and nutrition. The program is a collaboration with MultiCare’s Center for Health Equity and Wellness. Email to register: [womenforwellness@mutilcare.org](mailto:womenforwellness@mutilcare.org)

**Olive Crest (Central Kitsap) (A) (T)** [Website](#)

360.328;1650 or text “open” to 971.266.0924 |

Dedicated to preventing child abuse by strengthening, equipping, and restoring children and families in crisis. Provides child abuse prevention, family crisis intervention, and support in homes for children, teens, and young adults.

**Olympic College Parenting Support Classes (Multiple) (A) (T)** [Website](#)

360.475.7625 |

Current classes offered: Learn how to focus on your children’s needs during separation, custody issues, or divorce in the Parenting Through Divorce & Beyond seminar.

**Nurse Family Partnership Program (Multiple) (A) (T)** [Website](#)

360.728.2235 | Spanish: 360.536.7884 |

Nurse-Family Partnership is a free program for people who are pregnant with their first baby. Provides a specially trained nurse who offers knowledge and support to create a better life for individuals and their baby. Provides referrals for healthcare, childcare, job training, and other supportive services.



**Parent-Child Assistance Program (PCAP) (Bremerton)** [Website](#)

360.373.1529 | 4841 Auto Center Way, Suite 101 Bremerton, WA |

Provides home visitation, support and transportation to assist pregnant and parenting mothers get healthy and gain independent family lives. Case managers help create personalized goals for success in recovery and walk alongside mothers during the 3-year program.

## CHILD ABUSE

**Childhelp USA – National Child Abuse Hotline** [Website](#)

1.800.422.4453 |

**Kitsap Spc. Assault Investigation & Victim Services (SAIVS) (South Kitsap) (A) (T)** [Website](#)

253.828.5585 |

Provides victim support, support with protection orders, escape from human trafficking.

**Department of Child and Family Services (DCFS) (C) (T)** [Website](#)

360.475.3501 | After Hours: 1.800.562.5624 |

Report on abuse, neglect, and exploitation of a child.

## YOUTH RESOURCES

**The Boys and Girls Clubs (South Kitsap) (C) (T)** [Website](#)

360.265.0302 | 2220 Pottery Ave, Port Orchard, WA 98366 |

Provides programs and activities to children and teens 6 – 18 years of age. The hours of operation are Monday – Friday after school – 6pm. Cost is \$25.00 per year (\$50.00 max per family). Monthly fees are \$15.00 for middle school and \$5.00 for high school. Financial assistance is available.

**The Coffee Oasis (South Kitsap) (A) (T) (13-25)** [Website](#)

360.602.0408 | 807A Bay Street, Port Orchard, WA 98366 (rear of building) |

Provides programs including job skills & internships, community center, clothing closet, laundry services, meals, mentorships, holiday activities, crisis services, crisis text line, substance abuse services, and group therapy. The organization also has two underage youth shelters; Bremerton that operates from 8pm – 8am and is available to youth aged 16-20, and Tacoma that operates 24/7 for youth 13-17.

**YMCA (South Kitsap) (C) (T) (A) (E)** [Website](#)

360.813.1813 | 2261 Homer Jones Road, Bremerton, WA 98310 |

Offers services for children, teens, adults, and the elderly. Services include aquatic activities, child and teen activities, health and wellness programs, and leadership opportunities.





**Stand Up for Kids (South Kitsap) (T) (A) (12-24)** [Website](#)

360.443.3680 (Discovery) or 360.974.5600 (South Kitsap High School)

2150 Fircrest Dr SE, Port Orchard, WA 98366 (Discovery Alternative)

425 Mitchell Ave, Port Orchard, WA 98366 (South Kitsap High School)

Serve youth 12-24 to assist homeless and at-risk youth to improve their lives. Provides support to students primarily through the education system at a variety of schools throughout Kitsap County. Provides nutritional support through weekend backpacks that help supply food and meals. Educational locations – Discovery Alternative and SKHS.

**South Kitsap School District Special Services Department (South Kitsap) (C) (T)** [Website](#)

360.443.3648 | 2689 Hoover Ave SE, Port Orchard, WA 98366 |

Provides support to enable staff to meet the diverse needs of students with disabilities and assure program compliance with local, state, and federal standards. Home base for school psychologists, speech and language pathologists, occupational therapists, and behavioral health programs.

## SENIOR RESOURCES

**Kitsap County Aging and Long-term Care (South Kitsap) (E)** [Website](#)

360.337.5700 | 1026 Sidney Ave Ste., 105, Port Orchard, WA 98366 |

Provides long-term care, homebound & community meals, legal services, counseling, caregiver support, utility assistance, personal emergency response systems, housing, transportation, social activities, volunteering, and employment support.

**Visiting Angels Living Assistance Services (South Kitsap) (E)** [Website](#)

360.602.0609 | 700 Prospect St., Suite #204, Port Orchard, WA 98366 |

Comprehensive home care that is customized for seniors based on their individual needs and preferences. Provides Alzheimer's care, companion care, dementia care, end of life care, palliative care, personal care, Ready-Set-Go Home (avoiding hospital readmission), and social care programs.

**Meals on Wheels Kitsap (South Kitsap) (E)** [Website](#)

2817 Wheaton Way, Suite 208, Bremerton, WA 98310 |

Provides noontime meals to home-bound seniors. The meals are delivered by volunteer drivers who not only deliver the meals, but also spend a few minutes visiting and doing a visual check of the surroundings to ensure individuals are safe and well in their homes.

**Long-term Care Ombudsman (Kitsap County) (E)** [Website](#)

360.337.5714 | Dana Gargus | [dgargus@kitsap.gov](mailto:dgargus@kitsap.gov) |

The Long-term Care Ombudsman provides residents with easy access to a personal, onsite, advocate who is mandated to work only on behalf of residents. They visit their assigned facilities on a weekly basis working to resolve issues of resident care, resident rights, family matters, and finances. Refers potential cases of abuse, neglect, retaliation, or coercion to authorities.



**Bremerton Senior Center (Bremerton) (E)** [Website](#)

360.473.5357 | 1140 Nipsic Ave., Bremerton, WA 98310 |

Operating Monday – Friday 8am – 3pm, the center is committed to enriching senior lives by providing lifelong learning, artistic activities, health and wellness, recreation opportunities, classes, and trips. The building includes a pool room with 4 regulation size tables, a large multipurpose room, hardwood dance floor, computer lab, meeting room, kitchen, and office. Membership is for seniors 55 and up for \$20.00/year. Couples' membership is \$32.00 a year.

**Kitsap County Aging and Long-term Care Upcoming Activity Calendar (Kitsap County) (E)**

[Website](#)

**Boeing Bluebills (Kitsap County) (E)** [Website](#)

Bluebills & World Vision Kitsap: 360.437.0423 |

This is a program to make homes safer and more comfortable for the elderly and physically disabled. Provides volunteer and social opportunities for retirees. Common projects are ramp construction, grab bar installation, door widening for wheelchair access, railing installation and minor home repairs relating to safety and ease of living. Clients are usually referred by agencies or hospitals. Funding for materials is from the agency or client. World Vision may provide donated materials.

**Bremerton Family YMCA (Bremerton) (A) (E) (T) (C)** [Website](#)

253.853.9622 | 2261 Homer Jones Dr, Bremerton, WA 98310 |

Programs offered include Enhance<sup>®</sup> Fitness is a virtual evidence-based program designed to assist adults who are at risk of falling and/or managing arthritis to improve their strength, balance, and flexibility through group exercise and regular progress tracking. The Healthy Aging Community Café brings together people who are 55+ to engage in meaningful learning and sharing surrounding topics relevant to individuals moving toward and through their golden years. Provides blood pressure self-monitoring.

[Enhance<sup>®</sup> Fitness](#) | [Community Café](#) | [MultiCare Program](#) | [Livestrong](#) |

**Knights of the Republic Hospital Equipment Lend Program (Kitsap County) (E)** [Website](#)

360.329.2461 | Call for appointment in Poulsbo or Bainbridge |

Physical Location: St. Vincent de Paul 1186 N Wycoff Ave., Bremerton, WA

KC HELP provides standard hospital room equipment for people in need to use in their home, such as hospital type beds, over the bed tables, lift chairs, wheelchairs, bath and shower chairs, walkers, and portably bathroom equipment, etc. **AT NO COST.**

**Kitsap Community Resources (KCR) (South Kitsap) (E) (A) (C) (T)** [Website](#)

360.473.2144 x1 | 3200 SE Rainshadow Court, Port Orchard, WA 98366 |

Provides employment and training, housing support, energy assistance, WIC, and veterans services.



## VETERAN & ACTIVE-DUTY SERVICES

### **Disabled American Veterans #5 (Bremerton) (E) (A)** [Website](#)

360.373.2397 | 4980 Auto Center Way, Bremerton, WA 98312 |

Free service-connected disability claim assistance. Provides advocacy to veterans who are navigating through disability claims and employment support.

### **Naval Hospital Bremerton (Bremerton) (E) (A)** [Website](#)

360.475.4000 | 1 Boone Rd, Bremerton, WA 98312 |

Naval Hospital located in Bremerton, WA serving veterans, active duty, and their families.

### **American Legion Posts (Multiple) (E) (A)**

Post 30      360.475.4000   | 615 Kendall St, Port Orchard, WA 98366   | [Website](#)

Post 2669      360.876.2669   | 3100 Mile Hill Dr, Port Orchard, WA 98366   | [Website](#)

Post 239      360.377.6739   | 190 Dora Ave, Bremerton, WA 98312   | [Website](#)

Non-profit focusing on service to veterans, servicemembers, and communities.

Open to all ages offering programs in leadership, activities, scholarships, service member support, etc.

### **Department of Veterans Affairs (E) (A)** [Website](#)

360.895.4700 | 1141 Beach Dr E, Port Orchard, WA 98366 |

Providing lifelong healthcare services to eligible military veteran personnel.

### **Veterans Transitional Housing Program (E) (A)** [Website](#)

360.337.4811 | 1141 Beach Dr E, Building 9, Port Orchard, WA 98366 |

Providing help with stable housing, vocational rehabilitation, and employment.

### **Navy Relief Society PSNS (E) (A) (T) (C)** [Website](#)

360.627.2187 | 120 S Dewey St. Ste 491, Bremerton, WA 98314 |

Providing financial, educational, and other need-based assistance to Navy and Marine families.

### **Navy Sexual Assault Prevention and Response (E) (A) (T) (C)** [Website](#)

360.340.7037 or 877.995.5247 |

Providing advocacy, information, referral and counseling. Assistance with obtaining civilian and military protective orders.

### **Specialized Training for Military Parents (PAVE/STOMP) (A)** [Website](#)

253.565.2266 or 1.800.572.7368 |

Offers two-day in-person workshops and 90-minute webinars to provide support, information, and resources so that military parents, individuals with disabilities, and military personal access services.

### **West Sound Fleet and Family (E) (A) (T) (C)** [Website](#)

866.854.0638 |

Providing support to military families.



Outpatient clinic offering primary care and specialty health services, including laboratory services, mental health care, social work, women's healthcare, and more.

## FIRE SAFETY WORD SEARCH

H R R K S N U H U B R G M H H T S U G E N L X V  
O W E F A T R H Y U I L Z P K Y I I S F V S S Q  
T I T L F X O J E K O M S A T H E C O U T X Q P  
A U H L E A Q P I J B T Y S L J A W C E U J E M  
U J G O T K K V L A G E S X W P L R J T F E G D  
Z H I I Y X J G C S X Z J S E Q O Q V J W G U J  
Z M F P I N E K S O R F P P A K K O B D C F C E  
U P E X D H D B C H P E L U H M K T T P I V Y D  
A K R H H R Q M L Q X A S V H S Z A T P H X Q I  
T S I Y A T I H J Z N I Q C T I Y L P U N K Z X  
D M F F E I U T F Z J U N S U G U A A R O K U O  
G I T S T O P D R O P R O L L E I R W W T U V N  
T G Q G N K H V P L W H C P Q N C M I O X Z F O  
I D C K E S B P L T A G K M A K F D E Y R U X M  
B N W T H G I L H S A L F V Z Z D F A E V P H N  
Q Z K Z E M E U L J N G K M J C B T U H T M D O  
Q U K K V N O D B P Y S P C I K K E Q Z R X M B  
H U Q H A E B U O P I Y N W M G N X D X A T F R  
X A S S C X T W M Z O H J W A T U Y N U P G Q A  
Q A I Y U C X M H R S O B U S B T K G W R P E C  
X Z B U A X M H S U S A W Z B R A S Q Z P C M T  
S G Q U T F G S X J D Z F C I Z L U A Q Z P Y P  
J Z X S E U G O Q U Q C W S R U J U Y M S O O I  
W I C L L Q P F R W D W A T M P M N P S D F L L

ALARM

ESCAPE PLAN

FLASHLIGHT

SMOKE

BACKDRAFT

EVACUATE

RESCUE

STOP DROP ROLL

CARBON MONOXIDE

FIREFIGHTER

SAFETY

TRAP



## ADULT PROTECTIVE SERVICES

1.877.734.6277 | [Website](#)

Email: [apscentralintake@dshs.wa.gov](mailto:apscentralintake@dshs.wa.gov)

Obvious Warning Signs of Adult Abuse	Subtle Warning Signs of Adult Abuse
<b>Injuries:</b> Suspicious or unexplainable bruises, sores, or weight loss	<b>Isolating:</b> Individuals are kept from or are absent from normal activities with family, friends, or social events.
<b>Behaviors or emotions:</b> Change in normal personality.	<b>Missed or cancelled appointments:</b> Regular appointments such as medical or professional, are stopped without communication.
<b>Daily living needs:</b> Neglect or inattention to hygiene, clothing, medication, food, or home.	<b>Sudden appearance of unknown individuals or previously uninvolved relatives:</b> new individual(s) become involved and take over personal and financial matters.
<b>Property and finances:</b> Unexplainable financial changes or missing money and personal belongings.	<b>Irrational excuses or explanations:</b> Individual or caretaker explanation of behaviors or physical indicators don't make sense
<b>Verbal aggression:</b> Comments or statements that are intimidating, threatening, or degrading.	

Investigates reports about abuse, abandonment, neglect, exploitation, and self-neglect of vulnerable adults. The State of Washington defines a vulnerable adult by law as a person who is:

- 60 years of age or older who has the functional, mental, or physical inability to care for himself or herself; or
- Found incapacitated under chapter [11:88 RCW](#); or
- Who has a developmental disability as defined under [RCW 71A.10.020](#); or
- Admitted to any facility; or
- Receiving services from home health, hospice, or home care agencies licensed or required to be licensed under chapter [70.127 RCW](#); or
- Who self-directs his or her own care and receives services from a personal aide under chapter [74.39 RCW](#).

Not sure if someone is considered a vulnerable adult? Report your concerns anyway.



## COUNSELING AND MENTAL WELLNESS

**Kitsap ALTC (Kitsap County) (E)** [Website](#)

360.337.5700 |

The Kitsap Aging and Long Term Care (ALTC) contracts with a counseling provider to provide both Older Adult Counseling and Chemical Dependency services for people 60+ or eligible younger family caregivers for an adult, upon referral and service availability.

**Kitsap Mental Health Services (Kitsap County) (A) (T) (C)** [Website](#)

360.337.5700 |

Provides compassionate, expert treatment for mental health and wellness in the community.

**Kitsap Clubhouse (Bremerton) (A)** [Website](#)

360.373.5031 |

Kitsap Clubhouse is structured around the “Work-Ordered Day,” Membership is free, members identify talents, develop skills and build self-confidence by helping run the program. Tasks are tailored to members’ strengths and can include greeting visitors, writing newsletters, maintaining computers, and welcoming new members.

**New Journeys (Kitsap County) (A) (T)** [Website](#)

360.373.5031 |

Provides individuals aged 15-40 who are experiencing their first episode of psychosis. Support is provided, setting goals, identifying strengths, building resiliency, and developing individuals’ confidence in their ability to live fulfilling lives.

**Peninsula Community Health Services (South Kitsap) (A) (T)** [Website](#)

360.377.3776 |

Provides behavioral health services as an integrated part of their primary care program. Onsite behavioral health staff have the ability through telehealth and referrals to meet the needs of patients. PCHS also provides a [mobile behavioral health clinic](#) that travels to scheduled locations throughout Kitsap County.

**Agape (Bremerton) (A) (T)** [Website](#)

360.373.5031 |

Agape Integrated Mental Health Services (AIMS) provides services in partnership with PCHS

**Catholic Community Services (CCS) (Bremerton) (T) (C)** [Website](#)

360.792.2020 |

Family Behavioral Health (FBH) is a family centered agency that provides intensive “as needed” services to safely maintain children/youth with family or timely reunification from foster care to a permanent family that they can rely on for life.



**Salish Youth Network Collaborative (SYNC) (Kitsap County) (T) (C)** [Website](#)

360.373.5031 |

Serves children and youth experiencing complex behavioral health needs and their families with priority given to youth in emergency departments or other non-treatment facilities regardless of insurance. SYNC provides coordination of existing treatment services.

**Gateway Counseling (SK) (North Kitsap) (T) (C) (A)** [Website](#)

360.394.4158 |

Newlife Church – 4885 SW Hovde Rd, Port Orchard, WA 98366

18901 8<sup>th</sup> Ave NE, Poulsbo, WA 98370

Provides wide range of therapeutic services focusing on addiction support, adolescents and teens, anger, anxiety, children's issues, co-dependency, depression, grief, marriage and family, trauma, and more. For the complete list visit website.

**Dispute Resolution Center (Kitsap County) (T) (A)** [Website](#)

360.698.0968 |

Provides counseling and support for individuals, families, and organizations dealing with conflict.

**Kitsap Children's Therapy (North Kitsap) (C)** [Website](#)

360.697.2228 | 19319 7<sup>th</sup> Ave, Ste. #104, Poulsbo, WA 98370 |

Provides rehabilitation services and speech/language therapy for children from birth to young adulthood with a variety of diagnoses including; cerebral palsy, developmental delay, autism, spina bifida, genetic disorders, dyslexia, and more.

## WARM LINES

When you call a warm line, you are talking to a peer. Peers have their own lived experience with mental health conditions and/or substance use and strive to provide you with support, understanding and a listening ear.

**Washington Warm Line – Crisis Connections** [Website](#)

877.500.9276 | 4pm – 12am every day |

**CVAB – Values Driven, Peer-Run, and Trauma Informed** [Website](#)

360.903.2853 | 4pm – 12am every day |



# INTIMATE PARTNER VIOLENCE | EXPLOITATION

## **Protection Orders (Kitsap County) (A) (T) (E)** [Website](#)

360.373.4077 | 614 Division St Port Orchard, WA 98366 |

Provides assistance obtaining protection orders for harassment, domestic violence, sexual assault, stalking, vulnerable adult, and extreme risk.

## **YWCA (Kitsap County) (A) (T) (E)** [Website](#)

24-hour Crisis Line 1.800.500.5513 | 905 Pacific Ave Bremerton, WA 98337 |

Provides emergency shelter, supportive housing, legal advocacy, support groups, education, and health and wellness programs for those seeking support from domestic violence.

## **Address Confidentiality Program (Kitsap County) (A) (T) (E)** [Website](#)

1.800.822.1065 | 360.753.2972 |

The Washington Address Confidentiality Program (ACP) offer survivors of domestic violence, sexual assault, stalking, or trafficking who are a target for threats or harassment, a substitute mailing address to receive first class mail. The address is accepted by Washington State, county, and city government agencies in lieu of a residential address for creating records.

## **Victim Support Services (Kitsap County) (A) (T) (E)** [Website](#)

425.252.6081 |

VSS provides peer support and advocacy for victims of crimes which include courtroom support, medical advocacy, information, and referrals. All services are free. 10-week closed support groups are offered for homicide survivors.

## **Victim/Witness Notification Program (Kitsap County) (A) (T) (E)** [Website](#)

1.800.422.1536 |

Designed to assist victims and witnesses of sexual assault or violent crimes in tracking the location of the person who victimized them. The program is confidential.

## **Scarlet Road (Kitsap County) (A) (T)** [Website](#)

360.850.9718 |

Intervenes and educates to prevent victimization, provides solutions and resources to exit the sex industry safely. Provides prevention education, crisis support, drop-in center, and shelter.

**National Domestic Violence Hotline: 1.800.779.7233**

**24-Hour Sexual Assault Hotline: 1.866.831.2050**

**24-Hour Crime Victim Hotline: 1.888.500.9221**

## **1 IN 6 (A) (T)** [Website](#)

1.800.656.4673 |

Provides statistics and support to males who have experienced sexual abuse or assault.





**Abused Deaf Women's Advocacy Services (A) (T) (E)** [Website](#)

Local: 206.812.1001 | National Hotline: 855.812.1001 |

Empowers Deaf and Deafblind survivors of domestic violence, sexual assault, and harassment. Services include advocacy, counseling, children's programs, and supportive housing.

**Rape, Abuse & Incest Network (RAINN) (A) (T) (C) (E)** [Website](#)

24/7 1.800.656.4673 |

Provides information and support to victims of sexual assault, abuse, and incest.

**Turning Pointe (Shelton) (A) (T) (C) (E)** [Website](#)

24/7 360.432.1212 |

Provides safety and support for sexual and domestic abuse survivors through advocacy, prevention education and action for social change. Provides supportive housing and shelter to women w/o children.

**Women Spirit Coalition (Central Kitsap) (A) (T) (C) (E)** [Website](#)

24/7 360.432.1212 |

Advocates for and promotes policy on behalf of member tribal programs to ensure that tribes are receiving equal access to funding streams to establish and maintain services to increase the safety of Native women victimized by crimes under the Violence Against Women's Act.

## CULTURALLY INCLUSIVE AGENCIES

**Suquamish Tribe (North Kitsap) (A) (T) (E) (C)** [Website](#)

360.598.3311 |

Provides community support to tribal residents including education, human services, and wellness.

**S'Klallam Tribe (North Kitsap) (A) (T) (E) (C)** [Website](#)

360.297.2646 |

Provides community support to tribal residents including education, human services, and wellness.

**Olympic College Multicultural Services (Bremerton) (A) (T) (E)** [Website](#)

360.475.7680 |

Provides a center for direct student support and engagement. Presents a welcoming, equitable, and inclusive environment that promotes strong social connections.

**Kitsap Immigrant Assistance Center (Bremerton) (North Mason) (A) (T) (E)** [Website](#)

Family Services & Immigrant Legal Services 360.616.2722 |

3627 Wheaton Way, Bremerton, WA 98310

Belfair Community Church – 23300 WA-3, Belfair, WA 98528

Provides family services which include advocating for rights and assistance obtaining resources, legal services providing low cost legal services to foreign born individuals and their families, and tax and business services to immigrants.



## EATING DISORDERS

**National Eating Disorders Association Helpline** (A) (T) (E) [Website](#)  
1.800.931.2237 |

**The Emily Program** (Seattle) (A) (T) (E) [Website](#)  
1.888.364.5977 |

## ASSISTANCE FOR: HOUSING, UTILITIES, EDUCATION

**Kitsap Community Resources (KCR)** (South Kitsap) (E) (A) (C) (T) [Website](#)  
360.473.2144 x1 | 3200 SE Rainshadow Court, Port Orchard, WA 98366 |  
Provides employment and training, housing support, energy assistance, WIC, and veterans services.

**Kitsap Community Resources (KCR)** (Bremerton) (C) (T) [Website](#)  
360.377.0053 | 1201 Park Avenue, Bremerton, WA 98337 |  
Provides early learning and family services, housing support, and veteran support.

**Learning Disabilities Association of Washington** (C) (T) (A) [Website](#)  
425.882.0820 |  
Provides referral services to connect individuals – parents, children, teens, adults, with resources throughout the Puget Sound.

**Olympic College Running Start** (T) [Website](#)  
360.475.7646 |  
Provides high school juniors and seniors the ability to earn college credits and satisfy high school requirements, while taking tuition-free classes.

### **Kitsap County Alternative Schools** (T)

<b>South Kitsap</b>	Discovery Alternative School	360.443.3690	<a href="#">Website</a>
<b>Bremerton</b>	Renaissance Alternative School	360.473.4700	<a href="#">Website</a>
<b>Kingston</b>	Choice Academy School	360.396.3000	<a href="#">Website</a>
<b>Central Kitsap</b>	Barker Creek Community School	360.662.2570	<a href="#">Website</a>

**West Sound Technical Skills Center** (T) (A) [Website](#)  
360.473.0550 | 101 N National Ave, Bremerton, WA 98312 |  
Provides opportunity for students between the ages of 16 and 21 or in grades 11 or 12 to engage in advanced career and technical education programming as part of the public educational system at no cost to the student. Provides students with the opportunity to get a jump-start on a post-secondary education and introduction to living-wage career opportunities.



**Low Income Energy Assistance (LEAP) (A)** [Website](#)

360.479.1507 |

Providing assistance for income-eligible renters and homeowners by providing financial assistance to pay their electric, natural gas, oil, propane, wood, water, and sewer bills.

## GRIEF SUPPORT

**The Compassionate Friends (Kitsap County) (A) (T) (E)** [Website](#)

877.969.0010 |

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**Grief Share (Kitsap County) (A) (T) (E)** [Website](#)

13-week group providing support and education for those grieving.

**Bridges Center for Grieving Children (T) (C)** [Website](#)

253.403.1966 |

Provides support to children in our community struggling to reconcile the serious illness or death of a family member.

## HEALTH & WELLNESS

**Peninsula Community Health (Kitsap County) (A) (E) (T) (C)** [Website](#)

360.377.3776 for all locations |

Comprehensive health services providing support for behavioral health, dental, support, medical, and pharmacy services throughout Kitsap and Mason Counties.

Services offered: Behavioral Health **(B)** | Medical **(M)** | Pharmacy **(P)** | Dental **(D)**

<b>(South Kitsap)</b>	320 South Kitsap Blvd. Port Orchard, WA, 98366	<b>(B) (M) (P)</b>
<b>(South Kitsap)</b>	1950 Pottery Ave Suite 170, Port Orchard, WA 98366	<b>(D)</b>
<b>(Bremerton)</b>	31 NE State Route 300 Suite 200   Belfair, WA 98528	<b>(B) (M) (P) (D)</b>
<b>(Gig Harbor)</b>	11901 137 <sup>th</sup> Ave. NW Unit A, Gig Harbor, WA 98329	<b>(B) (M) (P) (D)</b>
<b>(Bremerton)</b>	2720 Clare Avenue, Bremerton, WA 98310	<b>(B) (M) (P) (D)</b>
<b>(Bremerton)</b>	5455 Almira Drive NE, Bremerton, WA 98311	<b>(M) (D)</b>
<b>(Bremerton)</b>	3102 Wheaton Way, Bremerton, WA 98310	<b>(D)</b>
<b>(Bremerton)</b>	616 6 <sup>th</sup> Street, Bremerton, WA 98338	<b>(B) (M) (P) (D)</b>
<b>(North Kitsap)</b>	19917 7 <sup>th</sup> Ave Suite 205, Poulsbo, WA 98370	<b>(B) (M) (P)</b>
<b>(North Kitsap)</b>	19705 Viking Ave NW Suite 201, Poulsbo, WA 98370	<b>(D)</b>
<b>(Central Kitsap)</b>	3100 Northwest Bucklin Hill Road Suite 102, 98383	<b>(D) (B) (P)</b>



**Peninsula Community Health School Based Clinics (Kitsap County) (T) (C)** [Website](#)

360.377.3776 **for all locations** |

School based health services provide behavioral health and medical services to youth.

<b>Madrona Heights Elementary</b>	<b>Room G-1</b>	2150 Fircrest Dr SE, Port Orchard, WA
<b>Barker Creek Alternative School</b>	<b>Room 141/143</b>	1400 NE McWilliams Rd, Bremerton, WA
<b>Bremerton High School</b>	<b>Room 114</b>	1500 13 <sup>th</sup> Street, Bremerton, WA
<b>Central Kitsap High School</b>	<b>OFC 5010</b>	10182 Frontier Place NW, Silverdale, WA
<b>Esquire Hills Elementary School</b>	<b>Main Office</b>	2650 NE John Carlson Rd, Bremerton, WA
<b>Fairview Middle School</b>	<b>Main Office</b>	8107 Central Valley Rd NE, Bremerton, WA
<b>Kingston High School</b>	<b>Room 121</b>	26210 Siyaya Ave. NE, Kingston, WA
<b>Klahowya</b>	<b>Clinic</b>	7607 NW Newberry Hill Road, Silverdale, WA
<b>Mountain View Middle School</b>	<b>Main Office</b>	2442 Perry Ave, Bremerton, WA
<b>Olympic High School</b>	<b>Portable H14</b>	7077 Stampede Blvd. NW, Bremerton, WA
<b>Poulsbo Middle School</b>	<b>Clinic P10</b>	2003 Hostmark Street, Poulsbo, WA
<b>North Mason School District</b>	<b>Gym</b>	300 E. Campus Drive, Belfair, WA 98528

**Apple Health (A) (C) (T) (E)** [Website](#)

1.800.652.3022 |

**Kitsap Public Health STI Health Information/Testing (A) (T) (E)** [Website](#)

360.728.2235 |

**Kitsap Mental Health Services (A) (T) (E)** [Website](#)

360.405.4010 | 5455 Almira Dr. NE, Bremerton, WA 98312 |

## HOMELESSNESS | RUNAWAYS

**The Coffee Oasis (Multiple Locations) (A) (T) 13-25** [Website](#)

Provides resources including meals, clothing closet, job skills program, case management, other housing options, drop-in centers, and substance use/crisis services.

**Drop in Center Locations include:**

<b>(South Kitsap)</b>	807 A Bay S.,	Port Orchard	360.602.0408	M-F 2-5pm
<b>(Bremerton)</b>	822 Burwell St,	Bremerton	360.479.5123	M-F 2-5pm
<b>(North Kitsap)</b>	780 NE Iverson St,	Poulsbo	360.598.2091	M,W,F 2-5pm
<b>(Kingston)</b>	11212 WA-104,	Kingston	360.881.0228	M,W,F 2-5pm



**Greyhound: Free Ticket Home Project (T) (A) 18-21 years old** [Website](#)  
1.800.786.8344 |

**North Kitsap Fish Line (North Kitsap) (A) (T) (E)** [Website](#)

360.779.5190 | 19705 Viking Ave NW, Poulsbo, WA 98370 | M, TU, TH, F 9am-5pm

Provides, case management, food pantry, mental health counseling, student support opportunities, haircuts, showers. Birthday Fairy program. Food bank hours are M, Tu, Th, F 11am-4pm

## SHELTERS: YEAR ROUND

**Kitsap Rescue Mission (South Kitsap) (A)** [Website](#)

360.602.0408 |

This location is not open currently. The building is currently under renovation with a scheduled opening date sometime in 2024. For more information on this project click [here](#).

**The Coffee Oasis (Bremerton) (A) (T) 16-20** [Website](#)

360.602.0408 |

Provides Kitsap's only underage youth shelter for ages 16-20. Operating hours are from 9pm – 8am. In addition, provides resources including meals, clothing closet, job skills program, case management, other housing options, drop-in centers, and substance use/crisis services. Coffee Oasis also operates a 24-hour youth shelter in Tacoma which serves youth ages 13-17.

**The Birkenfeld Stella Maris Shelter (Bremerton) (A)** [Website](#)

360.473.2035 |

22 bed Women's shelter providing food and a safe and supportive environment for women (and women with children) in the Kitsap Community. The shelter provides these services along with compassionate assistance at no cost. Residents are assigned full-time case manager.

**CCS Benedict House (Bremerton) (A)** [Website](#)

360.377.6136 |

Provides emergency beds for 24 single homeless men who are currently homeless in Kitsap County. The shelter also provides 3 additional respite beds for those needing time to recover after medical treatment.



## SEASONAL SHELTERS

SEVERE WEATHER SHELTERS | Activated by Kitsap Department of Emergency | Operates Nov. 1 – March 31

**Salvation Army Winter Shelter (Bremerton) (A)** [Website](#)

360.373.5550 | 832 6<sup>th</sup> Street, Bremerton, WA 98337 |

**Silverdale Community Church (Central Kitsap) (A)** [Website](#)

360.692.9813 | 832 6<sup>th</sup> Street, Bremerton, WA 98337 |

## HOUSING

**Bremerton Housing Authority (Bremerton) (A)** [Website](#)

360.479.3694 |

Providing affordable housing opportunities for people with limited financial means. Also provides mutual self-help housing; where individuals and families build their own homes with a group of their neighbors guided by staff and funded through the home loan process.

**Housing Solutions Center (Multiple) (A)** [Website](#)

(SK) 360.473.2146 | (BR) 360.473.2035 | (NK) 360.801.2564 |

Serves the needs of families and individuals who are homeless or at risk of becoming homeless. Provides intervention services including eviction prevention and affordable housing options.

**Housing Kitsap (Bremerton) (A)** [Website](#)

360.535.6100 |

Public housing authority that works with homeowners, home buyers, renters, developers, and contractors to sustain affordable housing in Kitsap County.

**Communitas (Bremerton) (A)** [Website](#)

360.377.7231 | 920 Park Ave, Bremerton, WA 98337 |

Provides residential services for people with developmental and cognitive disabilities. Providing an individualized approach that encourages each person to be an active part of their community. Group homes, apartment programs, tenant support, recreational support, serves adults over 18.

**Habitat for Humanity Kitsap (A)** [Website](#)

360.479.3853 | 3581 Wheaton Way, Bremerton, WA 98312 |

Partners with local families to help them build and buy safe, decent, affordable places to call home.

**Kitsap Residences (Port Orchard) (A)** [Website](#)

360.876.1470 | 2505 Mile Hill Dr #201, Port Orchard, WA 98366 |

Provides residential care services to adults with intellectual disabilities. Apartment programs, tenant support, community integration, and recreational support.



**Kitsap Tenant Support Services (A)** [Website](#)

360.377.7307 | 2540 Cascades Pass Blvd. # 100 Bremerton, WA 98312 |

Provides habilitative services, caregiving, training, support, and supervision to persons with developmental disabilities and special needs.

**Max Hale Center (Bremerton) (A)** [Website](#)

360.792.2117 | 285 5<sup>th</sup> St Ste 1, Bremerton, WA 98337 |

non-emergency, permanent housing for homeless and income eligible individuals. Provides a 53-unit affordable housing project in downtown Bremerton.

## HOUSING OPTIONS FOR SENIORS

**Key:**

(AL) Assisted Living | (MC) Memory Care | (SNF) Skilled Nursing | (R) Respite  
(IH) In Home | (STC) Short Term Care | (IL) Independent Living | (RH) Rehabilitation

**Stafford Suites (South Kitsap) (A) (E) (AL)** [Website](#)

360.874.1212 | 1761 Pottery Ave, Port Orchard, WA 98366 |

**Liberty Place (South Kitsap) (A) (E) (MC)** [Website](#)

360.874.7400 | 300 S. Kitsap Blvd., Port Orchard, WA 98366 |

**Orchard Pointe (South Kitsap) (A) (E) (AL) (R)** [Website](#)

360.558.3593 | 155 W Lippert Dr, Port Orchard, WA 98366 |

**Life Care Center (South Kitsap) (A) (E) (SNF) (RH)** [Website](#)

360.876.8035 | 2031 Pottery Ave, Port Orchard, WA 98366 |

**Bethesda, LLC Adult Family Home (South Kitsap) (A) (E) (AL)** [Website](#)

425.577.0950 | 3140 SE Beechcrest Ct., Port Orchard, 98366 |

**Park Vista (South Kitsap) (A) (E) (IL) (AL) (MC)** [Website](#)

360.871.2323 | 2944 SE Lund Ave, Port Orchard, WA 98366

**Bay Pointe (Bremerton) (A) (E) (IL) (AL) (MC)** [Website](#)

360.871.2323 | 2944 SE Lund Ave, Port Orchard, WA 98366

## FREE MEALS

**Hollowed Grounds (Silverdale) (A) (E) (T)** [Website](#)

Every Tuesday 3:30pm – 5pm | 360.692.9813 | 832 6<sup>th</sup> Street, Bremerton, WA 98337 |

Free community dinner for all low-income individuals and families.



**Kitsap County Free Meal Schedule** (Multiple) (A) (E) (T) \_\_\_\_\_ [Website](#)

## FOOD BANKS | CLOTHING

**South Kitsap Helpline** (Port Orchard) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.876.4089 | 1012 Mitchell Ave, Port Orchard, WA 98366 |

Food Bank open Monday, Tuesday, Thursday, and Friday from noon – 4:45pm

**St. Vincent De Paul** (Port Orchard) (A) (T) (E) (C) \_\_\_\_\_ [Website](#)

360.876.6933 | 2525 Bethel Rd SE, Port Orchard, WA 98366 |

Clothing and thrift store.

**Goodwill** (Port Orchard) (A) (T) (E) (C) \_\_\_\_\_ [Website](#)

360.874.0579 | 1700 Mile Hill Dr., Port Orchard, WA 98366 |

Clothing and thrift store.

**St. Vincent De Paul** (Bremerton) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.377.2929 | 1137 N. Callow Ave, Bremerton, WA 98312 |

Food Bank open Monday, Tuesday, Thursday, and Friday from 10:30am – 2:30pm

**Bremerton Foodline** (Bremerton) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.479.6188 | 1600 12<sup>th</sup> Street, Bremerton, WA 98337 |

Food Bank open Monday, Tuesday, Wednesday, and Thursday from 10am – 1:30pm

**Central Kitsap Food Bank** (Silverdale) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.692.9818 | 3537 NW Anderson Hill Rd, Silverdale, WA 98383 |

Food Bank open Monday, Tuesday, Thursday, and Friday from 10am – 1:15pm

**North Kitsap Fishline** (Poulsbo) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.779.5190 | 19705 Viking Ave NW, Poulsbo, WA 98370 |

Food Bank open Monday, Wednesday, Friday 11am-4pm and Tuesday, Thursdays 10am-7pm

## LEGAL SERVICES

**Kitsap Legal Services** (Bremerton) (A) (T) (E) \_\_\_\_\_ [Website](#)

360.479.6125 | 500 Pacific Ave Suite 401, Bremerton, WA 98337 |

Free civil legal aid to low-income residents specifically providing emergency services in eviction cases.

**Northwest Justice Project** (A) (T) (E) \_\_\_\_\_ [Website](#)

206.464.1519 |

Free legal assistance to address fundamental human needs such as housing, family safety, income security, health care, education, and more.





## DISABILITY SERVICES

### **Kitsap County Adult Employment and Day Programs (A)** [Website](#)

360.337.4624 | 614 Division Street, Port Orchard, WA 98366 |

Employment services for adults with developmental disabilities

### **Kitsap County Developmental Disabilities Program (Kitsap County) (A) (T)** [Website](#)

360.373.5031 |

Provides a full array of services and supports that enhance the lives of children and adults with developmental disabilities.

### **Holly Ridge Center (C) (A)** [Website](#)

360.373.2536 | 5112 NW Taylor Road, Bremerton, WA 98312 |

Provides early support services for children and toddlers and adult employment services for individuals with disabilities.

### **Cares of Washington (A) (E)** [Website](#)

206.938.1253 | 614 Division Street, Port Orchard, WA 98366 |

Supporting people with disabilities and low incomes to realize their purpose, potential, and strength. Provides coaches to help clients with job searches and placement, mental health care, childcare, transportation, financial education, and life skills.

### **The Lund House (Port Orchard) (T) (A)** [Website](#)

360.328.4558 | 2361 SE Lund Ave, Port Orchard, WA 98366 |

Non-medical Residential Care Facility for residents with developmental disabilities. Providing care and services to those who need assistance, have health issues, or are no longer safe by themselves.

### **Easterseals Washington (A) (C) (T) (E)** [Website](#)

206.284.5700 | 5112 NW Taylor Road, Bremerton, WA 98312 |

Provides services for children and families, adults, and seniors which include Autism/ABA therapy, camping and recreational activities, childcare and early learning as well as parent coalitions.

### **Division of Vocational Rehabilitation (C) (A) (E)** [Website](#)

360.698.4360 |

Assists people with disabilities to prepare for, secure, maintain, advance in, or regain employment.

### **The ARC of the Peninsulas (C) (A) (E) (T)** [Website](#)

360.377.3473 |

Promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes. Focuses on housing, community activities and engagement, learning opportunities, and resource support.



**Washington Father's Network** [Website](#)

[jkennedy@ssp2p.org](mailto:jkennedy@ssp2p.org) |

Monthly support group for fathers of children with a disability or special needs. Meets

**Trillium Employment Services (A) (T)** [Website](#)

360.698.6659 | 3501 NW Lowell St Suite 101, Silverdale, WA 98383 |

Trillium Employment Services is a nonprofit organization committed to integrating people with intellectual disabilities into the workforce.

**VADIS (A) (T)** [Website](#)

253.863.5173 | 3381 NW Bucklin Hill Road, Suite B, Silverdale, WA 98383 |

Providing services to youth and adults with disabilities. Provides employment services, school to work program, pre-employment transition services, and housing development.

**Jones and Ibrahim (A) (T) (E) (C)** [Website](#)

206.405.3240 | 14711 NE 29<sup>th</sup> Pl. Suite 202, Bellevue, WA 98007 |

Legal team representing families and people with disabilities.

**Group Action for Peninsula People (A)** [Website](#)

253.857.7183 | 8725 WA-302, Gig Harbor, WA 98329 |

Enhancing the lives of individuals with developmental disabilities in South Puget Sound by providing opportunities for education, employment, housing, social support, and increased community awareness. GAPP currently owns four homes in Pierce and Kitsap Counties where individuals with DD can reside within their communities.

## RECREATION & INVOLVEMENT

**Easterseals Washington Adult Day Services (A) (E)** [Website](#)

360.377.9810 | 4414 Perry Ave NE, Bremerton, WA 98310 |

Provides home and community-based services offering adults and seniors activities and resources.

**Bremerton Family YMCA (Bremerton) (A) (E) (T) (C)** [Website](#)

360.377.3741 | 2261 Homer Jones Rd, Bremerton, WA 98310 |

Programs offered include Enhance<sup>®</sup> Fitness is a virtual evidence-based program designed to assist adults who are at risk of falling and/or managing arthritis to improve their strength, balance, and flexibility through group exercise and regular progress tracking. The Healthy Aging Community Café brings together people who are 55+ to engage in meaningful learning and sharing surrounding topics relevant to individuals moving toward and through their golden years. Provides blood pressure self-monitoring.

[Enhance<sup>®</sup> Fitness](#) | [Community Café](#) | [MultiCare Program](#) | [Livestrong](#) |



**Tom Taylor YMCA (Gig Harbor) (A) (E) (T) (C)** [Website](#)

253.853.9622 | 10550 Harbor Hill Dr, Gig Harbor, WA 98332 |

Programs offered include Enhance<sup>®</sup> Fitness is a virtual evidence-based program designed to assist adults who are at risk of falling and/or managing arthritis to improve their strength, balance, and flexibility through group exercise and regular progress tracking. The Healthy Aging Community Café brings together people who are 55+ to engage in meaningful learning and sharing surrounding topics relevant to individuals moving toward and through their golden years. Provides blood pressure self-monitoring. [Enhance<sup>®</sup> Fitness](#) | [Community Café](#) | [MultiCare Program](#) | [Livestrong](#) |

**Haselwood Family YMCA (Silverdale) (A) (E) (T) (C)** [Website](#)

360.698.9622 | 3909 NW Randall Way, Silverdale, WA 98383 |

Programs offered include Enhance<sup>®</sup> Fitness is a virtual evidence-based program designed to assist adults who are at risk of falling and/or managing arthritis to improve their strength, balance, and flexibility through group exercise and regular progress tracking. The Healthy Aging Community Café brings together people who are 55+ to engage in meaningful learning and sharing surrounding topics relevant to individuals moving toward and through their golden years. Provides blood pressure self-monitoring. [Enhance<sup>®</sup> Fitness](#) | [Community Café](#) | [MultiCare Program](#) | [Livestrong](#) |

**Bremerton Teen Center Bremerton (T) (C)** [Website](#)

360.830.6947 | 3102 Wheaton Way, Bremerton, WA 98310 |

Provides a safe and fun environment for youth after school. Programs and activities include homework help, healthy meals and snacks, access to technology, arts programs, caring adult mentors, sports activities, field trips, STEM activities, and having fun with friends. Hours after school – 6pm ages 6-18

**Bremerton Senior Center (Bremerton) (E)** [Website](#)

360.473.5357 | 1140 Nipsic Ave., Bremerton, WA 98310 | M-F 8am-3pm |

Recreational and social activities for seniors including billiards tables, hardwood dance floor, computer lab, meeting room, kitchen, and office.

**Marvin Williams Center (Bremerton) (E) (A) (T) (C)** [Website](#)

360.377.6000 | 725 Park Ave, Bremerton, WA 98337 |

Beneficial programs from toddlers to adults, such as toddler gym, ballroom dance, youth mentoring, academic tutoring, and 30 minute meals.

**The Coffee Oasis (Port Orchard) (A)(T) (13-25)** [Website](#)

360.602.0408 | 807A Bay Street, Port Orchard, WA 98366 (rear of building) |

Provides programs including job skills & internships, community center, clothing closet, laundry services, meals, mentorships, holiday activities, crisis services, crisis text line, substance abuse services, and group therapy. The organization also has two underage youth shelters; Bremerton that operates from 8pm – 8am and is available to youth aged 16-20, and Tacoma that operates 24/7 for youth 13-17.

**Givens Community Center (Port Orchard) (E)** [Website](#)

360.337.5734 | 1026 Sidney Ave., Port Orchard, WA 98366 |

Open-daily Senior Center.



## SUICIDE INTERVENTION & PREVENTION

Suicide is the second leading cause of death in the state of Washington. Experts generally agree that suicide and suicidal behaviors are underreported. For every death<sup>1</sup>, there are three hospitalizations for self-inflicted injury<sup>2</sup> and an estimated 225 adults who seriously consider suicide<sup>3</sup>.

From 2010 to 2014, 5,094 people in Washington lost their lives to suicide. Those who died ranged from 10 to more than 85 years old. Washington's 2013 suicide rate was 14.7 per 100,000 people, 11% higher than the national rate.

In 2020 1,170 known suicide deaths were reported to the Washington State Violent Death Reporting System (WA-VDRS.) From 2010 – 2020 13,365 known\* suicide deaths occurred over the 10-year period<sup>4</sup>. According to the NVDRS more than 19,000 people were victims of homicide and almost 45,000 people died by suicide in 2016 Nationwide<sup>5</sup>.

Warning signs of suicide include:

- Changes in eating and sleeping patterns.
- Dropping hints or talking about suicide; making a plan.
- Giving away prized possessions.
- Being very obsessive or perfectionistic.
- Engaging in risky behaviors (driving recklessly, substance use)

Consider the following questions to help you determine the urgency:

1. Are there three or more warning signs?
2. Have the warning signs been present for two weeks or longer?
3. How extreme or severe are the warning signs?

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or use push them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

\* We refer to "known" as actual confirmed deaths by suicide. If there is not a definitive conclusion that the death was by suicide it is placed into "other" category by the coroner's office.

<sup>1</sup> Washington State's Death Certificate Data

<sup>2</sup> Washington State Department of Health's Center for Health Statistics

<sup>3</sup> Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer, 2014

<sup>4</sup> <https://jamanetwork.com/journals/jama/fullarticle/2778234>

<sup>5</sup> National Violent Death Reporting System: [NVDRS-factsheet508.pdf](#)



## SUICIDE PREVENTION/INTERVENTION RESOURCES

### **National Suicide Prevention Hotline** **Dial 988**

988 | [988 Lifeline Chat and Text](#)

All chat and text centers in the 988 Lifeline network are accredited by either the American Association of Suicidology or the International Council for Helplines. 988 Lifeline Chat and Text is available 24/7 across the U.S. and certain territories.

### **Boys Town National Hotline**

800.448.3000 | [Your Life Your Voice](#)

All chat and text centers in the 988 Lifeline network are accredited by either the American Association of Suicidology or the International Council for Helplines. 988 Lifeline Chat and Text is available 24/7 across the U.S. and certain territories.

### **Forefront Suicide Prevention** [Website](#)

Forefront Suicide Prevention is prevention driven and offers training, statistical information, and resources for the state of Washington.

### **Coffee Oasis Crisis Text Line** [Website](#)

Text **help** to 360.377.5560 |

Forefront Suicide Prevention is prevention driven and offers training, statistical information, and resources for the state of Washington.

### **NAMI Kitsap (National Alliance of Mental Illness)** [Website](#)

Helpline: 1.800.950.6264 |

Organization of families, friends, and individuals whose lives have been affected by mental illness. Provides advocacy for better lives for those individuals who have a mental illness.

## CLUBS | ORGANIZATIONS | ACTIVITIES

### **Kitsap Saddle Club (South Kitsap)** [Website](#)

253.363.3388 | 1470 Saddle Club Road, Port Orchard, WA 98366 |

Equine riding facility for all disciplines, and ages.

### **Kiwanis Club of (Bremerton)** [Website](#)

515 5<sup>th</sup> St, Bremerton, WA 98337

Providing community service to Bremerton and surrounding area. Comprised of men and women, young and not so young, they meet for lunch weekly at The Source.

### **Parkwood Community Club (Port Orchard)** [Website](#)

3045 Madrona Drive SE, Port Orchard, WA 98366

Through membership offers pool activities, swim lessons, & water aerobics.



## KITSAP REGIONAL LIBRARY

### Kitsap Regional Library

[Website](#)

<b>Port Orchard Branch</b>	360.447.5440	87 Sidney Ave. Port Orchard, WA 98366
<b>Manchester Branch</b>	360.447.5430	8067 E. Main Street, Port Orchard, WA 98366
<b>East Bremerton Branch</b>	360.447.5480	1301 Sylvan Way, Bremerton, WA 98310
<b>Bremerton Downtown</b>	360.447.5420	612 5 <sup>th</sup> Street, Bremerton, WA 98337
<b>Poulsbo Branch</b>	360.447.5450	700 NE Lincoln Road, Poulsbo, WA 98370
<b>Silverdale Branch</b>	360/440/5470	3650 NW Anderson Hill Rd, Suite 101, Silverdale 98383

## TRANSPORTATION

### Paratransit Services

[Website](#)

360.377.7008 | 3045 Madrona Drive SE, Port Orchard, WA 98366 |

Non-Emergency Medical Transportation. Also provides transportation assistance in the form of bus passes and fuel vouchers.

### Around the Sound

[Website](#)

253.858.7088 |

Provides long-distance transportation to individuals with limited mobility including those in wheelchairs, scooters, gurneys, and people with memory issues.

### Kitsap Transit

[Website](#)

800.501.7433 |

Multiple transportation options throughout Kitsap County including busses, on-demand dial-a-ride, worker/driver, ferries, vanpool and carpools.

### Kitsap Transit ACCESS

[Website](#)

800.501.7433 | [Eligibility Form](#) |

Provides door-to-door or curb-to-curb transportation to the elderly and disabled unable to use the fixed route transit system. Must complete eligibility application and receive approval prior to scheduling.

### NOTES




## GOVERNMENT SUPPORTS

### **Department of Social and Health Services (DSHS)** [Website](#)

360.473.2200 | 4710 Auto Center Blvd, Bremerton, WA 98312 |

Provides supports for food stamps, financial and medical assistance, licensed family adult home referrals. Assists with workforce and social services cases.

### **Adult Protective Services (APS)** [Website](#)

1.877.734.6277 | 1737 Airport Way S Ste 130, Seattle, WA 98314

Investigates allegations of abuse, neglect, abandonment, and financial exploitation of vulnerable persons over the age of 60, individuals 18 and over with disabilities, information, and referral.

### **Kitsap County Division of Aging and Long Term Care** [Website](#)

360.337.5700 | 1026 Sidney Ave, Port Orchard, WA 98366 |

Free information and referral services for adults 60 and over and for family and friends helping care for an older adult.

### **Family Caregiver Support Program** [Website](#)

360.337.5700 | 1026 Sidney Ave, Port Orchard, WA 98366 |

Provides help and resources for those who provide unpaid care to a senior adult or an adult with a disability.

### **Division of Children and Family Services, Child Protective Services (CPS)** [Website](#)

360.475.3688 or 1.800.423.6246 | 3423 6<sup>th</sup> St Ste 217, Bremerton, WA 98312 |

Intake and reporting number for requesting services, information, and referrals, foster care, family preservation services, investigation of abuse and neglect for children under 18.

### **Developmental Disabilities Administration (DDA)** [Website](#)

360.405.7800 | 4700 Auto Center Blvd, Bremerton, WA 98312 |

Intake, information and referral, case/resource management, residential, community and employment supports, eligibility assessments for personal care services.

### **Division of Vocational Rehabilitation (DVR)** [Website](#)

206.444.3800 | 18000 International Blvd. Ste 1000, SeaTac, WA 98188 |

Post high school assessment, education, placement, training, eligibility for services, referrals, case management, employment training and assistance.

### **Working Connections Childcare** [Website](#)

360.473.2200 or 1.844.626.8687 |

Helps eligible families pay for childcare. When a family qualifies for childcare subsidy benefits and chooses an eligible provider, the state pays for a portion of the cost of childcare. Parents may be responsible for a copayment to their provider each month.



**Kitsap County Social Security Administration** [Website](#)

800.772.1213 | 9594 Mickelberry Rd, Silverdale, WA 98383 |

Financial assistance; social security income (SSI), disability and social security disability insurance (SSDI).

**Access Washington** <https://wa.gov>

Provides numbers for all state agencies in Washington State

## HOLIDAY SUPPORT

The following are organizations that provide support during the holiday season for gifts, events, birthdays, etc. Please contact each organization for specific dates and details

**Newlife (Multiple) (T) (C)** [Website](#)

South Kitsap 4885 SW Hovde Rd, Port Orchard

Holiday events include:

Easter	Hop Drop
Halloween	Trunk or Treat
Christmas	Outrageous Christmas – see newlife.tv for more information
Summer	Camps for kids, middle schoolers, and high school students

**The Coffee Oasis (Multiple) (T)** [Website](#)

South Kitsap 807A Bay Street | 360.602.0408

Bremerton 822B Burwell Street | 360.479.5123

Poulsbo 780 NE Iverson Street | 360.598.2031

Kingston 11212 NE State Highway 104 | 360.881.0314

Holiday events for youth 13-25 include:

Halloween	Hit the Hay event	(Dinner   activities)
Thanksgiving	Night of Thankfulness	(Dinner   activities)
Christmas	The Family Christmas Project	(Dinner   activities   gifts)

**Fishline (Poulsbo) (C)** [Website](#)

360.779.5190 | 9594 Mickelberry Rd, Silverdale, WA 98383 |

Provides support for birthdays of children who meet criteria. Children's Holiday Help.

**Salvation Army (Poulsbo) (C)** [Website](#)

360.373.5550 | 832 6<sup>th</sup> Street, Bremerton, WA 98337

Angel Tree program helps provide Christmas gifts for both children and seniors.

**Basket Brigade (Gig Harbor)** [Website](#)

253.514.6338 | 9672 Bujacich Road, Gig Harbor, WA 98335

Provides Thanksgiving meals to local families.





### **Thanksgiving Dinner (South Kitsap)**

360.876.4572 | 1397 Olney Ave SE

Hosting Thanksgiving Dinner to anyone in the community to join Noon – 3pm

### **Toys for Tots (Kitsap County)**

[Website](#)

360.876.4572 | 1397 Olney Ave SE

Application online. Requirements are parent/s names, child/children's names, ages, genders.

### **Kitsap County Shop with a Cop (Kitsap County)**

[Website](#)

360.337.4514

Each year a different school district is selected and the kids are selected by the school district. The kids are bussed to an area Walmart, with police lights and siren escort. Each child is paired with a "Cop" for the day who assists them in their shopping.

### **Kitsap County Shop with a Cop (Kitsap County)**

[Website](#)

360.337.4514

Each year a different school district is selected and the kids are selected by the school district. The kids are bussed to an area Walmart, with police lights and siren escort. Each child is paired with a "Cop" for the day who assists them in their shopping.

### **KCR Christmas Angel Program (Kitsap County)**

[Website](#)

360.473.2004

Assists low income families provide gifts to their children.

## **FUN FACTS**

There are over 1.1 million firefighters in the United States.

The first official fire department was founded in Boston, MA in 1678.

Tokyo, Japan has the largest fire department in the world, staffing 18,408 people.

75% of all firefighters are volunteers.

In South Kitsap, firefighters also are EMT's or Paramedics.

Across the U.S. a fire department responds to a fire every 33 seconds.

The first Defibrillator (AED) was developed in Belfast, Northern Ireland.

240 million 911 calls are made a year in the US, over half are for medical aid.

The first motorized ambulance was invented in 1899 in Chicago, it could drive up to 20 mph.

There are over 27 thousand registered fire departments in the US.

Before fire hydrants were available, firefighters had to carry around buckets of water.

South Kitsap Fire and Rescue thanks you, our community, for your support.



